Duke Cancer Institute clinical social worker Terri Stong started smoking four years ago during an extremely stressful period of her life. Tobacco cessation treatment at Duke and a reminder of what she has to live for turned her around.

Oncology clinical social workers help patients and families cope with the emotional and practical concerns that accompany the diagnosis and treatment of cancer. Terri Stong, MSW, LCSW, ACSW, is one of them. Stong helps patients apply for charity grants, solve transportation issues, access discounted lodging, and find food pantries. She is their rock in cancer’s stormy sea. But it wasn’t so long ago that it was Stong who needed a lifeline.

“In 2014, I had baby boy, Finnegan. And he was born very sick. He went undiagnosed for a very long time.” Eventually it was determined that he had two very rare, very severe airway disorders. After a long fight, he passed on February 8, 2016, age 21 months. Stong, who was no longer working, began smoking, first one, then two cigarettes, then a half pack that “easily escalated into an entire pack.”

“When I wanted to take a break, I would go outside and smoke,” said Stong. “Smoking was a way to take a timeout from crying or pacing or cursing at God or whatever else I was doing. And I would just chuckle over the irony. What a morbid thing, to have watched my son struggle just to take a breath, and yet, here I was destroying my own body and my lungs.”

In June 2018, she accepted the position of oncology clinical social worker at Duke Cancer Center. “I thought, I cannot be working in this cancer center and be a smoker. I mean that’s an oxymoron,” Stong recalled. It was then continued on page 2
As the COVID-19 pandemic continues to evolve, it has become clear that we need to continue our efforts to minimize health and safety risks to Duke patients, staff, families, and the larger community.

Your psychosocial needs remain a top priority. We are continuing to offer the services listed on the following two pages remotely. For questions or to access these supportive care and survivorship services, please call 919.684.4497, email cancersupport@duke.edu or ask your doctor or nurse. We are grateful for your continued cooperation and flexibility during this public health crisis.

Cancer Support Services

Duke Cancer Institute offers a variety of support services and resources for patients and their loved ones to assist with navigating life during and after cancer treatment. In honor of this year’s Survivorship Day, the Supportive Care and Survivorship Center created DukeCancerInstitute.org/SurvivorshipDay—a site that features videos that highlight each of the services listed in this calendar.

We encourage you to view by clicking the hyperlinks to hear directly from our providers who strive to make the cancer experience better for everyone we serve.

Tour the site by visiting DukeCancerInstitute.org/SurvivorshipDay.

Patient and Nurse Navigation

Navigators help identify and evaluate barriers to timely diagnosis and treatment of cancer. We focus on patients who are faced with multiple barriers such as transportation, housing and financial concerns. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care.

Clinical Social Work

Oncology and palliative care social workers help patients and their loved ones cope with the emotional and practical concerns that accompany the diagnosis and treatment of cancer. Individuals and family members are assessed to identify and address specific needs. We work together to establish interventions to help you alleviate stressors and financial burden associated with a cancer diagnosis, as well as connect you and your loved ones to resources such as disability, home health/hospice, advance directives and end of life care. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care/Social-Work.

Chaplain Services & Education

Duke chaplains are on-site seven days a week to offer spiritual support to you and your loved ones. When requested, they connect you with faith-specific representatives from the community. To learn more, contact Chaplain Services & Education at Duke Cancer Institute locations in Raleigh, call 919.812.7972; for Duke Cancer Center in Durham, 919.684.3586; or Duke Cancer Center North Durham, 919.470.5363. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services.
Therapy and Counseling
Our medical family therapists provide individual, couples and family therapy. They help you and your loved ones cope with the impact of cancer. Psychiatry and psychology services are also available and offered as part of our treatment for emotional, psychological and relational issues associated with a cancer diagnosis. To learn more, visit http://dukecancerinstitute.org/therapy-and-support-groups.

Sexual Health Services
Sexual health services provide education on the impact cancer treatments have on sexual health and intimacy, and therapy services that address concerns surrounding sexual function, sexual feelings, intimacy, and changes in sexual health. To learn more, visit http://dukecancerinstitute.org/supportivecare/sexual-health-intimacy.

Quit at Duke
Quit at Duke is a program designed to help people quit using tobacco products. Services are provided by tobacco treatment specialists and behavioral medicine clinicians. For more information or to schedule an appointment, please call 919.613.QUIT (7848). To learn more, visit http://dukecancerinstitute.org/quitatduke.

Survivorship Services
Our cancer survivorship initiative focuses on the design and delivery of high-quality survivorship care. We partner with you and your loved ones to achieve healthy, fulfilling lives beyond cancer. Areas of care that are addressed include assessment and management of both physical and emotional needs that may result from the cancer experience, cancer screenings and monitoring, and counseling related to prevention and health promotion. We offer a number of clinical and supportive services. For more information, call 919.668.2122. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care/Survivorship.

Teen and Young Adult Oncology Program
Duke Cancer Institute’s Teen and Young Adult Oncology Program provides teen and young adult patients (ages 15 to 29) and their loved ones with support and community during a cancer diagnosis, treatment and survivorship. The program offers specialized medical care; individual, couples and family therapy; peer connection; and activity-based groups, both in the medical center and in the community. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/TYAO.

Palliative Care
Duke's palliative care experts help you find relief from the pain, symptoms and stress of serious illness. No matter your age or the stage of your illness, we work closely with you and your doctors to help you understand your treatment options and make decisions about your care. We’re here to help you gain emotional and psychological strength, and to ensure you and your loved ones experience the best possible quality of life. Although palliative care providers sometimes see people at the end of life, and we may talk with you about what hospice offers, we are not hospice care. We can help with pain control, symptom management, complex medical decisions, navigation of complex health care issues, and advance care planning, including a living will or healthcare power of attorney. To schedule an appointment, call 919.668.6688, option #7. Please visit DukePalliativeCare.org for more information. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Palliative-Care.

Self-Image Services
Our self-image consultants offer a variety of services and products to assist individuals with changes in body-image experienced during cancer treatment and survivorship. To best serve our patients and their families we are offering virtual consultations, video resources, product shipping and curbside pick-up options. If you are interested in a self-image consultation, call 919.613.1906 or email cancersupport@duke.edu. To learn more about our self-image services, visit DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Self-Image-Services.
Support Groups

The Duke Cancer Patient Support Program provides services and resources to help support patients and their loved ones. For a list of complimentary services, visit dukecancerinstitute.org/supportivecare or call 919.684.4497.

To help ensure the continuation of these vital programs and services, please get involved by visiting DukeCancerInstitute.org/SurvivorshipDay/Get-Involved-With-DCI.

Due to COVID-19 precautions, support groups scheduled for December will be held virtually.

Duke Cancer Patient Support Program’s support groups are professionally facilitated groups, where patients and their caregivers have an opportunity to meet people in a similar situation, share what’s happening and get support, tips and ideas from those who understand what you’re going through. Registration is required. Please see each group for the correct contact information to register. For questions, please call 919.684.4497.

Blood and Marrow Transplant Survivorship Support Group
Wednesday :: December 16
4 to 6 p.m.
Third Wednesday of the month
To register, email John.Schweichler@duke.edu or call 919.668.2480.

Caregiver Support Group
Thursday :: December 17
5:30 to 7 p.m.
Third Thursday of the month
To register, email Tracy.Berger@duke.edu or call 919.681.6835.

General Cancer Support
Thursday :: December 17
5:30 to 7 p.m.
Third Thursday of the month
Patient and caregiver groups are held separately. During this group, you will have an opportunity to meet other individuals facing cancer, share your own experience, and learn about topics helpful to being your own best advocate. Topics typically include communicating, finding information, making decisions, solving problems, negotiating and standing up for your rights. To register, email Tracy.Berger@duke.edu or call 919.681.6835.

LGBTQ+ Cancer Support
Returning Wednesday, December 30
5:30 to 7 p.m.
Fourth Wednesday of the month
This support group is for oncology patients and families. To register, email Parker.Anderson@duke.edu or call 919.613.1365.

Prostate Cancer
Monday :: December 21
4 to 6 p.m.
Fourth Monday of the month
To register, email John.Schweichler@duke.edu or call 919.668.2480.

Breast & GYN Cancers
Tuesday :: December 8
5:30 to 7 p.m.
Second Tuesday of the month
This group is for patients only. To register, email Ginger.Gialanella@duke.edu or call 919.307.0332.

Kids Can!

KidsCan! is a program designed to support children and teens, ages 4 to 18, who have a parent or significant caregiver living with a diagnosis of cancer. Monthly meetups focus on issues such as understanding cancer, changes in the family life, feelings, self-care, memories, cooperation, love and family. The next virtual gathering will be held on Monday, December 14 at 6:30 pm.

To learn more or to register, contact Hannah Sasser at 919.954.4117, or email hes15@duke.edu.

Are you a teen or young adult with cancer?
Visit our newly renovated Teen & Young Adult Oncology site to navigate resources and services available to you at ease.

Join us for TYAO virtual meetup this month on Wednesday, December 30 from 6:30 p.m. to 7:30 p.m. To register email TAYO@Duke.edu.