

Background

Young Adult Survivors United (YASU):

- The largest community in Western Pennsylvania for young adult cancer survivors and their co-survivors, while also providing virtual programming on a national scale.³
- Provides members with the ability to cope and thrive through emotional, social, and financial support under professional guidance and with peers who understand and can relate.³
- [Adolescent & Young Adult] cancer patients may suffer from greater negative health and psychological outcomes from social isolation than their same-aged peers.¹
- Maintaining and developing a network of supportive social relationships have been identified as one of the most important issues for long-term health, well-being, and quality of life for [adolescent and young adult] cancer survivors and co-survivors.¹

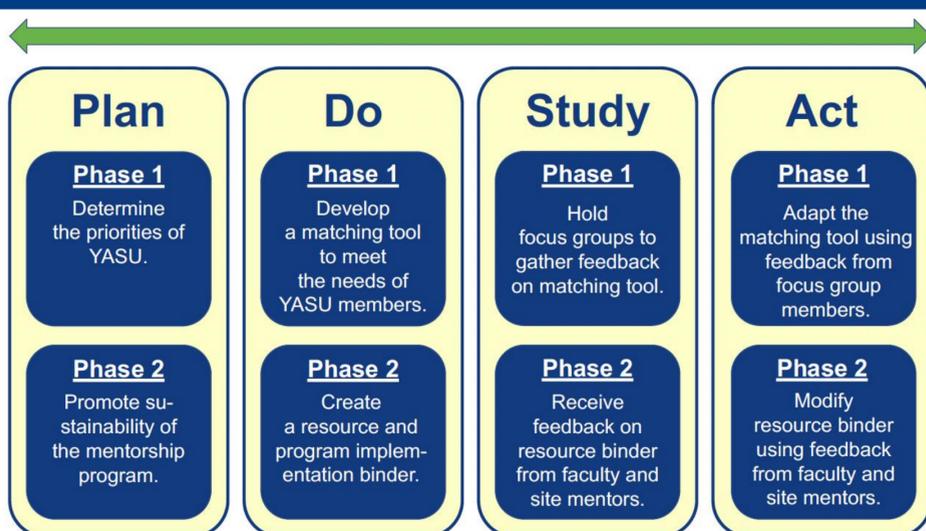
Objectives

- Objective 1:** Create a unique matching tool to pair mentors with mentees based on personal experiences and individualized priorities to enhance emotional support and facilitate relationships.
- Objective 2:** Create a sustainable resource and program implementation binder for the Young Adult Survivors United staff in order to provide structured guidelines to promote longevity of the mentorship project.

Participants

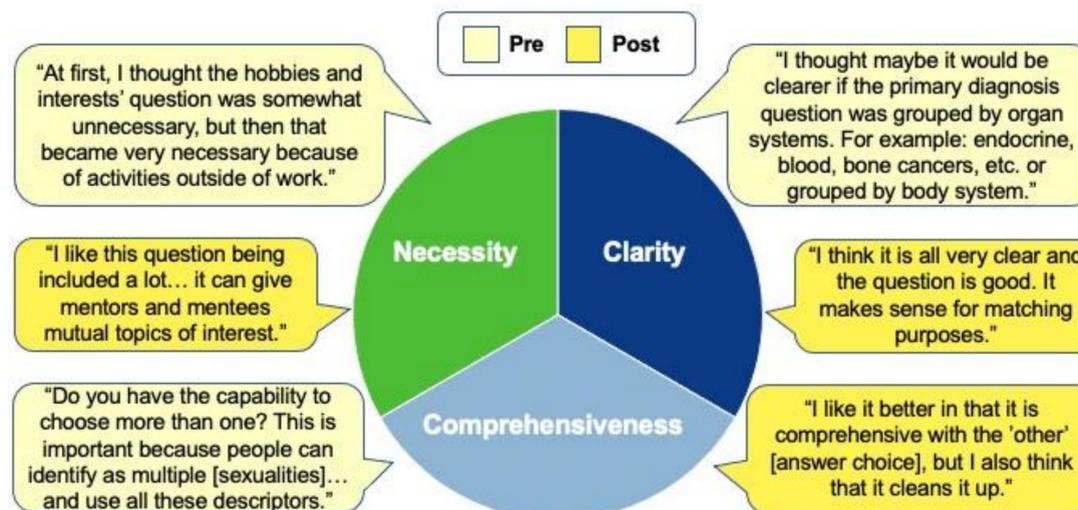
- All participants were 18 years of age and older with a wide range of cancer diagnoses
- Focus Group Members:**
 - Two focus groups consisting of 2-9 YASU community members with diverse backgrounds
- Trial matching:**
 - 24 YASU community members volunteered to take our matching survey

Methods

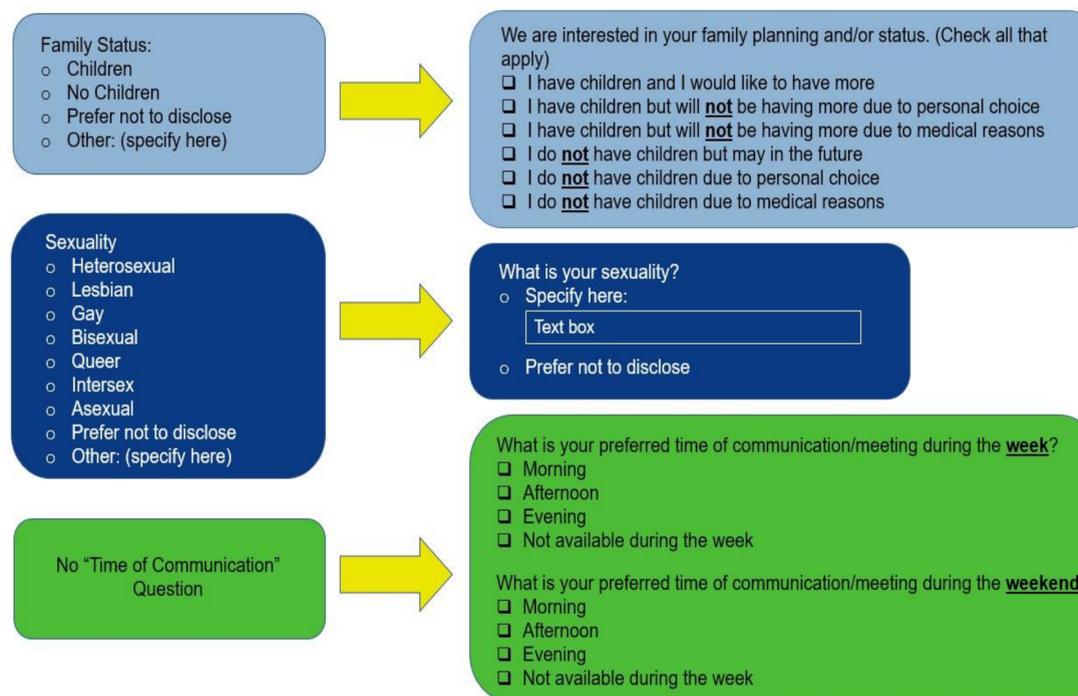


Necessity: The degree to which the question is essential to the matching tool
Clarity: The degree to which the question is understood as intended
Comprehensiveness: The degree to which the question-and-answer choices are all-inclusive

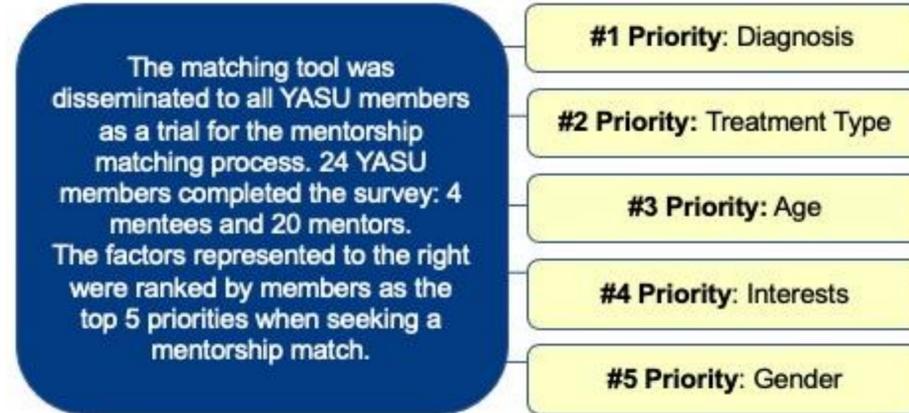
Results



		Outcome Measures		
		Necessity	Clarity	Comprehensiveness
Focus Group	Pre (n=9)	74%	67%	55%
	Post (n=2)	53%*	95%	93%



Trial Matching Process



Conclusion

- Stakeholder voices showed the **importance of a client-centered matching tool** as a foundation for this program and were vital in development in all stages of this program.
- Occupational therapists are experts in community-based program development** and can use this skill set to address the need for support in the YASU community.

Discussion

Future Plans:

- Refine matching process to increase efficiency of matches.
- Establish mentorship committee to assist YASU personnel in matching.
- Evaluate 'follow up' process for mentor/mentee matches to ensure quality match.
- Create workshops for bonding opportunities for new mentor/mentee matchups.

Limitations:

- Focus group participant numbers varied between sessions.
- Matching process was difficult to establish with data exported from Qualtrics platform.
- Imbalanced ratio of mentors vs. mentees who filled out survey for trial data.

Acknowledgements

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References

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