

Existing Canadian Support Programs Available for Young Adult Survivors Suffering with Psychological Distress as a Consequence of Cancer

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Abstract

The present study examined the existing Canadian support programs that are available for young adult survivors suffering with psychological distress as a consequence of cancer. Results showed that there are different support programs offered within Canada or that are accessible to Canadians via the internet, this being based on whether one is available to meet in person or not, whether one wishes to engage with peers or professionals, and whether one desires to engage in a target-specific program or a program that generally addresses the issue of psychological distress together with other issues associated with survivorship. These findings demonstrated the availability and type of support programs existing that address psychological distress within young adult cancer survivors.

Introduction

Psychological distress is a pervasive and acute issue haunting today's Canadian society. By definition psychological distress refers to the unpleasant feelings and/or emotions that impact one's level of functioning; it includes issues such as post-traumatic stress, depression, anxiety as well as any other issue that impacts psychological functioning. The issue of psychological distress is so prevalent that according to Canadian Mental Health Association (2016) it will affect every single Canadian at some point in their lives either through direct experiences - such as individual experience or encountering's - or indirect experiences - such as encountering the issue through a family member, a friend or even a colleague. More specifically, psychological distress is recognized as being particularly common amongst young adults; that is young adults, aged 15 to 24, are perceived to be far more likely to experience psychological distress than any other age group within society (Canadian Mental Health Association, 2016).

Young adults are recognized as the "at risk" population and as having the greatest chance of suffering from a mood and/or anxiety disorder (Canadian Mental Health Association, 2016). Such risk for said age group is seen to be even greater when one is also unfortunately a young adult cancer survivor. Current research evidences that young adult survivors are shown to have significantly higher rates of psychological distress (Meeske, 2001); there is evidence of a correlation between cancer and psychological distress in young adults. Seitz & et al. (2009) conclude that young adult survivors of cancer show elevated risk of presenting post-traumatic stress, anxiety and/or depression. Bruce (2005) provided similar findings, maintaining that childhood cancer survivors have a heightened risk of developing internalizing and externalizing difficulties and, in turn, are more likely to present trauma-related symptomatology such as

avoidant behaviours, depression, and/or post-traumatic stress. Such an elevated risk of psychological distress has come to be explained in recent studies.

Through recent scholarly work it has become evident that a key challenge following completion of cancer treatment and the entrance into remission for young adult cancer survivors is coping with the emotional impact of the disease. According to D'Agostino & et al. (2013) many young adult survivors struggle emotionally regarding topics such as sense-of-self, self-worth, understanding their survival, reoccurrence, disclosure of their experiences, establishment of relationships, feelings of social isolation, loss of autonomy, et cetera. As a consequence of such inability to cope emotionally, countless young adult cancer survivors have come to develop psychological distress – that is, as a result of prolonged living with and surviving of cancer and its associated emotional impact, depression, anxiety, post-traumatic stress symptoms/disorder and many other psychological distress issues have become a common occurrence among many young adult cancer survivors. Schrag & et al. (2008) reiterated such findings concluding that “the impact of such a stressful catalysts [like cancer] on still developing personalities has considerable implications for increased risk of adjustment disorders, depression, post-traumatic stress disorder and acute stress disorder” (p.98). Meeske & et al. (2001) further concluded that implications of psychological distress, such as PTSD, PTS and depression, is significant and has a great effect on the psychological development and well-being of a young adult survivor. Many young adult cancer survivors evidently, and unfortunately, are plagued by psychological distress following their defeat of cancer and their transition out of treatment and into remission.

If one is to further explore academia pertaining to psychological distress in young adult cancer survivors two key studies emerge: Lee & et al. (2007) and Schwartz & et al. (2001). The work of Lee & et al. (2007), delves into the prevalence of psychological distress,

specifically post-traumatic stress (PTS) and post-traumatic stress disorder (PTSD), in long-term young adult cancer survivor patients. Lee & et al.'s (2007) results illustrate that young adult cancer survivors are likely to exhibit post-traumatic stress following years after treatment: the prevalence rate of full-blown PTSD falls within the range of 6.2% to 22% and is significantly greater for PTS. Similar findings were also illustrated by the work of Schwartz & et al (2001). Schwartz & et al. (2001) in their study of 57 young adult survivors of cancer and 83 young adult non-cancer individuals concluded that young adult survivors were more likely to experience psychological distress such as PTSD, depression and anxiety. Schwartz & et al. (2001) findings suggested such distress is a serious issue young adult survivors are being plagued with. They discovered that prevalence of depression was 24.7% and anxiety prevalence rates 15.4% among young adult cancer survivors (Schwartz & et al., 2001). Furthermore, they reinforced that survivors are at greatest risk of psychological distress when individuals are entering early adulthood. Studies of both Lee & et al. (2007) and Schwartz & et al. (2001) effectively highlight the current and critical issue of psychological distress among young adult survivors of cancer, with both scholars acknowledging the vital need for such a critical issue, affecting numerous young adult cancer survivors, to be urgently dealt with and effectively managed.

It is important to note, however, that although the literature regarding psychological distress among young adult cancer survivors is available and recognizes the existence of such issue being prevalent among young adult survivors, scholars fail to provide detailed information regarding support programs specific to such an issue. The scholarly works in many circumstances minimally and in some cases even completely neglects to provide any resources regarding the availability of such programs or any suggestions for future programs concerning such an issue, therefore creating a serious drawback to prior research. The following research

included within the present study will unquestionably fix the limitations of prior research. The information captured within the present study extends the current literature by examining new information regarding the already existing and available support programs set in Canada for those young adults suffering with psychological distress as a consequence of cancer. The current study will provide an answer to the following question: What already existing Canadian support programs are available for young adult survivors suffering with psychological distress as a consequence of cancer?

Methods

Setting & Materials

The principal researcher's chosen setting for the present research study was the MacEwan University sociology research lab. The study was carried out over a three-week course and was completed within the period November 12th to December 1st. Necessary materials required to perform the research study was access to the Internet; specifically access to the search engine Google as well as MacEwan University library database was required. Google was the primary search engine for obtaining materials regarding existing support programs while MacEwan University database was required for obtaining scholarly resources for the literature review regarding the current issue of psychological distress. Additionally, access to the following websites was necessary: BC Cancer Agency; Atlantic Provinces Pediatric Hematology Oncology Network; Current Oncology; Alberta Health Services; Princess Margaret Cancer Foundation; BC Children's Hospital Foundation; Kids With Cancer Society; and Redit.

Sample Selection

To discover all relevant and existing Canadian support programs for young adult cancer survivors who suffer from psychological distress as a consequence of cancer various search strategies were employed. To begin the process of acquisition the principal researcher first focused on the work of scholars. The principal researcher used the MacEwan University database to search for prior research completed pertaining to the area of interest. The researcher used key phrases such as “Canadian young adult cancer support programs”, “young adult cancer Canadian support networks”, “young adult cancer supports in Canada”. Upon so doing the researcher discovered that prior research neglected to provide examples of available and existing support programs; the prior researchers would tend to recognize that problems exist but neglects to provide accessible resources. Following such a discovery the principle researcher then utilized the search engine Google for possible resources.

To begin with, the researcher did a general search using the key phrase “Cancer support for young adult cancer survivors in Canada who suffer with psychological distress”. Minimal results were found, with most not meeting the criteria of the predefined search phrase. Next, the principal researcher altered their search strategy. The principle researcher used multiple predefined key phrases – “Canadian cancer resources”, “Canadian cancer associations”, “Canadian cancer organizations”, “Canadian cancer supports” - to search Google in order to locate important websites pertaining to cancer. Drawing on the sources provided from the basic Google search, the principle researcher then methodically explored each website independently. Each website was examined with a focus of locating resource forums regarding cancer supports (online, in-person, professional and peer supports) for those touched by cancer. Following such exploration a list of significant websites was constructed. Eight different websites were chosen: BC Cancer Agency; Atlantic Provinces Pediatric Hematology Oncology Network; Current

Oncology; Alberta Health Services; Princess Margaret Cancer Foundation; BC Children's Hospital Foundation; and Kids With Cancer Society.

Each website was chosen on the basis that it included a list of relevant Canadian resources regarding cancer support programs. Next, the principal researcher methodically filtered through the resources provided by each website by meticulously exploring each resource independently for those resources emphasizing young adults support programs; there were 198 cancer support resources that emphasized support programs (N=198) included within the eight websites and 63 resources (N=63) of the 198 that emphasized existing young adult support programs. The principal researcher then employed a detailed analysis of the 63 resources that emphasized young adult support programs focusing on those resources that emphasized both survivorship and psychological supports but as importantly, the ease of accessibility. A list of 28 resources (N=28) was established for the sample set. The principal researcher then in order to ensure all relevant and potential resources were included in the sample set employed one last search strategy. The researcher did a general search of the website Redit - an online forum that consists of a variety of resources – for any potential support programs. The principal research, using the platform's built-in search engine, used the key phrases “Canadian cancer survivor support programs”, “young adult cancer chat programs”, “young adult cancer peer-support programs”, “Canadian cancer survivor networks” in order to search said website. The researcher concluded no useful data from such a search.

Sample Result

The purposive sample consists of 28 different resources (N=28) (See Table 1 for the complete sample set). Each resource encompassed in the sample set includes at least one already existing support program that focuses on providing psychological support to young adult cancer

survivors who currently suffer with psychological distress as a consequence of surviving cancer. Additionally, some resources incorporated into the sample set entail multiple support programs. Furthermore, the sample set incorporates support programs that are online and in-person, peer-run and professional-run as well as target-specific psychological programs (programs that only focus on psychological distress) and general-target psychological programs (programs that focus on psychological distress in addition to other issues). The sample set includes all types of support programs in order to provide a wide range of existing programs. More over, all programs incorporated within the sample are either within Canada or accessible to Canadians via the Internet.

Inclusion and Exclusion Criteria

Because the current study is specifically interested in already existing programs that are available for young adult cancer survivors who are currently suffering with psychological distress as a consequence of cancer, only support programs that specifically targeted psychological wellbeing in some manner or fashion were included; programs failing to recognize psychological wellbeing and recovery were excluded. Furthermore, since the present study is focusing on psychological distress of young adult survivors, only support programs that recognized and were specific to young adults were included – that is, resources pertaining to children and early adolescents were excluded as the current study as previously mentioned is exclusively focused on young adults. Additionally, resources that were outside of Canada or inaccessible from Canada (website restrictions) were excluded from the study. Lastly, support programs encompassed in the sample set meet the criteria of being easily accessible to young adult survivors; all programs that were difficult to access were excluded from the sample set.

Unit of analysis

The units of analysis for this current study were 28 cancer resources (N=28) in which each resource included at least one support program (if not more) for young adult cancer survivors. The units of analysis consist of N=7 from BC Cancer agency, N=3 from Atlantic Provinces Pediatric Hematology Oncology Network, N=5 from Current Oncology, N=5 from Alberta Health Services, N=8 from Princess Margaret Cancer Foundation, N=1 from BC Children's Hospital Foundation.

Design

Content analysis was the method of analysis used to carry out the present research study. The principal researcher employed such a method of analysis to determine what already-existing Canadian support programs are available for young adult survivors suffering with psychological distress as a consequence of cancer.

Procedure

The principal researcher examined all 28 resources (N=28) and their associated support programs individually on the basis of three distinct themes: online versus in-person; peer versus professional; target-specific versus general target. To begin, the principal researcher first examined each resource on the basis of whether or not said resource was an online or in-person form of support. The principal researcher assessed whether the resource offered support programs accessible via the internet - where an individual can access support from any location as long as internet is available - or whether the resource offered in-person support programs - where individuals physically attend some type of program in-person. The researcher then categorized each resource into three categories based on the type of support said resource

offered: 1) online support; 2) in-person support; and 3) both online and in-person support. Next, the principal researcher examined each of the 28 resources focusing on the basis of whether or not each resource was peer-support, professional-support or a combined form of both peer and professional support. The researcher then classified such findings into three distinct categories: 1) peer support; 2) professional support; 3) combined peer and professional support. Lastly, the principal researcher examined each of the 28 resources with regards to whether or not the resource specifically targeted psychological distress – programs that only address and focus on psychological distress – or if the resource generally targeted psychological distress – programs that address psychological distress in addition to other issues survivors face (in other words programs that do not just focus on psychological distress). The principal researcher then categorized each resource into two distinct categories: 1) target-specific and 2) general-target.

Results

There were 28 different resources (N=28) that entailed at least one or more support programs available to Canadians via the Internet or within Canada directed towards young adult Canadian cancer survivors suffering with psychological distress as a consequence of cancer.

Online support versus In-person support

With regards to the theme of in-person versus online support findings revealed that of the 28 available resources 50 percent (N=14) are strictly in-person supports, 29 percent (N=9) are strictly online supports, and 21 percent (N=6) are support programs that combine the use of both online and in-person supports (See Table 2 for graph and Table 3 for list). The resources that were strictly online included Cancer Chat Canada, 2beme, Cancer Connection, Health

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Talk, Childhood Cancer Canada, Teen Living with Cancer, Canadian Virtual Hospice, Cancer Care. The strictly in-person resources entailed Candlelighters Childhood Cancer Support Programs, The Self-help Connection, Alberta Health Psychosocial and Spiritual Resources, Wellspring, Survive & Thrive Cancer Programs, Alberta Health Arts in Medicine, Psychosocial Oncology Clinic Support, Cancer Rehabilitation Survivorship Program, iRest, ELLICSR, You Can Connect, 20s & 30s Networking Cancer Group, The Adolescent and Young Adult Oncology Program, and Adult Childhood Cancer Survivorship Program. The combination programs included the following: Young Adult Cancer Canada, Young Survival Coalition, POGO, RealTime Cancer and Cancer Fight Club. Overall, the results evidenced that the majority of available Canadian support programs that address psychological distress in young adult cancer survivors are in-person support programs.

Peer support versus Professional support

The findings pertaining to the theme of peer support versus professional support indicated that the majority of support programs available to Canadian young adult cancer survivors currently suffering with psychological distress as a consequence of cancer embrace a combination of both peer support as well as professional support. Findings showed that of the available 28 resources 54 percent (N=15) are a combination program (entailing peer and professional support), 28 percent (N=8) are strictly peer support only and 18 percent (N=5) are strictly professional support only (See Table 4 for graph and Table 5 for list). With regards to combination programs the following programs were included in said category: Stupid Cancer, Young Adult Cancer Canada, Cancer Survival Coalition, POGO, Canadian Virtual Hospice, Cancer Care, Candellighters Childhood Cancer Support Programs, The Self-Help Connection, Alberta Health Psychosocial and Spiritual Resources, Wellspring, Psychosocial Oncology

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Support Clinic, ELLICSR, You Can Connect, Adult Childhood Cancer Survivorship Program, Cancer Fight Club. Programs that strictly utilized peer support included Cancer Connection, Health Talk, 2beme, Childhood Cancer Canada, Teen Living with Cancer, RealTime Cancer, Survive & Thrive Cancer Programs, 20s & 30s Networking Cancer Group. Programs regarding only professional support encompassed Cancer Chat Canada, Alberta Health Arts in Medicine, Cancer Rehabilitation Survivorship Program, iRest, and The Adolescent and Young Adult Oncology Program.

Specific Support versus General Support

The findings regarding the theme of specific versus general support indicates that of the 28 available resources those that are target-specific (entail programs that place sole focus on psychological distress) represented 57 percent (N=16) while those that are general-target (entail programs that address psychological distress but the sole focus is not directly on psychological distress) represent 43 percent (N=12) (See Table 6 for graph and Table 7 for list). Programs exclusive to target-specific support included Cancer Chat Canada, Young Survival Coalition, POGO, Canadian Virtual Hospice, The Self-Help Connection, Alberta Health Psychosocial and Spiritual Resources, Wellsprings, Alberta Health Arts in Medicine, Psychosocial Oncology Clinic, Cancer Rehabilitation Survivorship Program, iRest, ELLICSR, You Can Connect, 20s & 30s Networking Cancer Group, The Adolescent and Young Adult Oncology Program. Those programs that were general-target support entailed Cancer Connection, Health Talk, 2beme, Stupid Cancer, Young Adult Cancer Canada, Childhood Cancer Canada, Teen Living with Cancer, Cancer Care, Candellighters Childhood Cancer Support Programs, RealTime Cancer, Survive & Thrive Cancer Programs and Cancer Fight Club. In sum, the findings revealed that resources that are target-specific are the more prominent of the two forms of support.

Discussion

The present study, carried out by the principal researcher, evidently highlights the existing Canadian support programs available for young adult cancer survivors suffering with psychological distress as a consequence of cancer. The principal researcher concluded from their analysis of 8 websites that there are at least 28 existing resources within Canada or that are accessible to Canadians via the Internet that entail one or more support program(s), that is, that provide direct support to those young adult cancer survivors who currently suffer with psychological distress. Furthermore, findings evidenced that not only are these support programs available but that there are multiple types of support programs that address psychological distress in young adult cancer survivors. Different types of programs are available to meet each individual's unique needs and wants.

The principal researcher discovered that there are different support programs offered based on whether one is available to meet in-person or not, whether one wishes to engage with peers or professionals, and whether one desires to engage in a target-specific program or a program that will generally address the issue of psychological distress in addition to other issues associated with survivorship. Specifically, findings evidenced that there are available support programs that include strictly online support (utilizing online chat rooms, forums, discussion boards, et cetera), others that strictly involve in-person support (survivor camps, events, meet-ups, et cetera), and even some programs that are based on utilizing a combination of online and in-person support. Moreover, such research findings highlighted that there are existing support programs that are exclusively for on peer-support, others simply for professional support, and yet some others that are centered on utilizing both peer and professional support. In addition to such programs, the researcher also determined that there

are programs that specifically focus on psychological distress whereby providing support that places the main focus of the program on psychological distress, while also recognizing that there are programs that just generally address psychological distress in supplement to other issues young adult survivors face. Such findings were surprising as prior researchers, such as Lee & et al. (2007), Schwartz & et al. (2001), Meeske & et al., Schrag & et al. (2008), failed to highlight any type of available support program within their research studies thereby making it appear as though such programs were non-existent.

The importance of the above-findings is that there is a large population in need of such support programs. According to the Public Health Agency of Canada (2015) 85% of young adults survive their cancer diagnosis. Such high survival rates only exemplify the fact that cancer support programs for young adult cancer survivors are in high demand. More specifically, but tragic is that of the 85% of survivors a significant portion of young adult cancer survivors suffer from psychological distress. As highlighted by Lee & et al. (2007) and Schwartz & et al. (2001) among young adult cancer survivors the prevalent rate of PTSD lies within the range of 6.2% to 22%, the prevalent rate of depression 24.7% and anxiety a prevalent rate of 15.4%. Young adult cancer survivors are often plagued by psychological distress as a consequence of cancer and, in turn, are in eager need of resources, specifically those support programs that target psychological distress. With such a population requiring psychological distress support programs the findings derived from the present research study are essential to helping the young adult cancer survivor community. The findings provide said community with much needed resources that are essential to their future wellbeing as a cancer survivor. Additionally, such findings provide explicit information as to where such support programs are offered and are situated, something prior research studies have failed to identify.

Limitations. Although this study provided interesting information into the availability of existing Canadian support programs available to Canadian young adult survivors suffering with psychological distress as a consequence of cancer, there are a few limitations to the methods of data collection that are important to address. First, only support programs that explicitly targeted young adults were examined; that is, the support programs that only mentioned the term “young adult” and were completely focused on young adults were included. As a consequence programs that may have offered support to young adult cancer survivors with psychological distress in addition to providing support to other age categories were excluded. Such thereby ignored other potential support programs available for said young adults. Another limitation within this study was that the sample set used was small. As result, the results arrived at in terms of existing support programs available for young adults suffering with psychological distress as a consequence of cancer may not represent all available programs for young adults with psychological distress as a whole. The final limitation of the present study was the fact that the present study focused on Canada in its entirety; that is, the search area for potential programs covered all of Canada. A consequence of having such a broad search area is that it fails to provide specific information pertaining to specific areas. Despite the previously mentioned limitations it is important to note, however, that the present study did provide a wealth of information pertaining to the existing Canadian support programs available for young adult cancer survivors suffering with psychological distress as a consequence of cancer

Future studies. For researchers interested in carrying out future studies regarding the above area of interest one may consider being more specific, that is, focusing on a specific region within Canada in order to define their target of interest. Additionally, the above study utilized a small sample set so further studies therefore may consider increasing the sample size in order to ensure all potential available support programs are included within the sample.

Lastly, future studies may consider including late adolescence in addition to young adults as part of their in-depth study as they too are seen as struggling to cope emotionally after surviving cancer.

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Tables

Table 1: Complete List of Support Programs Included Within The Sample With Their Name, Contact information and Type of support

Name of Resource	Contact information	Type of Support Program
<i>Cancer Chat Canada</i>	https://cancerchat.desouzainstitute.com/	Online support – live chat
<i>Cancer Connection</i>	https://cancerchat.desouzainstitute.com/	Online support - live chat, discussion forum, blogs
<i>Health talk</i>	http://www.healthtalk.org/	Online support – live chat
<i>2beme</i>	http://lookgoodfeelbetter.org/2bMe/2bMe.html	Online support - discussion forum
<i>Stupid Cancer</i>	http://stupidcancer.org/	Online and in-person – live chat, podcasts, survivor retreats, meet-ups, survival summits
<i>Young Adult Cancer Canada</i>	http://www.youngadultcancer.ca/	Online and in-person – live chat, retreats, meet-ups, conferences
<i>Young Survival Coalition</i>	https://www.youngsurvival.org/	Online and in-person – survivor summits, discussion forum
<i>Childhood Cancer Canada</i>	www.childhoodcancer.ca/get-help/teen-connector	Online – live chat, discussion forum
<i>Peidiatric Oncology Group of Ontario (POGO)</i>	http://www.pogo.ca/programs-support/survivor-care/	Online and in-person – live chat, survivor conferences, counseling, after-care program
<i>Teen Living with cancer</i>	http://13thirty.org/welcome/	Online– live chat, discussion forums, blogs
<i>Canadian Virtual Hospice</i>	http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx	Online – live chat, support groups
<i>Cancer care</i>	http://www.cancercare.org/tagged/young_adults	Online – counseling, online support groups, blog
<i>Candlelighters Childhood Cancer Support Programs</i>	https://candlelighters.net/	In-person – survivor events, meet-ups
<i>RealTime Cancer</i>	https://realtimercancer.org/	Online and In-person – discussion forums, meet-ups, live chats
<i>The Self-Help Connection</i>	http://selfhelpconnection.ca/	In-person – counseling, peer support groups, workshops
<i>Alberta health: Psychosocial and Spiritual resources</i>	http://www.albertahealthservices.ca/info/service.aspx?id=1053260	In-person – counseling, peer support groups
<i>Wellspring Edmonton</i>	http://www.wellspringedmonton.ca/	In-person – counseling, peer support groups
<i>Survive & Thrive Cancer Programs</i>	http://survivethrive.org/	In-person – survivor adventures, discovery campsmeet-ups, peer support groups
<i>Alberta Health: arts in medicine</i>	http://www.albertahealthservices.ca/info/service.aspx?id=1025606	In-person – creative outlets of expression emotions, counseling
<i>Psychosocial oncology clinic</i>	http://www.uhn.ca/PrincessMargaret	In-person – counseling, peer support groups
<i>Cancer Rehabilitation Survivorship Program</i>	http://www.theprincessmargaret.ca (Click on “Healthcare Professionals, then on “Patient education & survivorship”, and then Survivorship link)	In-person – counseling
<i>iRest</i>	http://www.uhn.ca/PrincessMargaret	In-person – counseling program
<i>ELLICSR: Health Wellness & Cancer Survivorship Center</i>	http://www.ellicsr.ca	In-person –counseling, peer group support, workshops
<i>You Can Connect</i>	https://wellspring.ca/westerkirk/	In-person – counseling, peer group support, workshops, survival conferences
<i>20s & 30s Networking Group</i>	https://gildasclubtoronto.org/adult-programs/	In-person – peer group support, survival events
<i>The Adolescent & Young Adult Oncology Program</i>	http://www.uhn.ca/PrincessMargaret	In-person – counseling
<i>Adult Childhood Cancer Survivorship Program</i>	https://www.bcchf.ca/stories/miracle-stories/?start=0	In-person – counseling, peer support group
<i>Cancer Fight Club</i>	https://www.cancerfightclub.ca	Online and in-person – blog, discussion forum, meet-ups, survivor events, online professional

Table 2: Graph Representing Online Versus In-person Available Support Programs

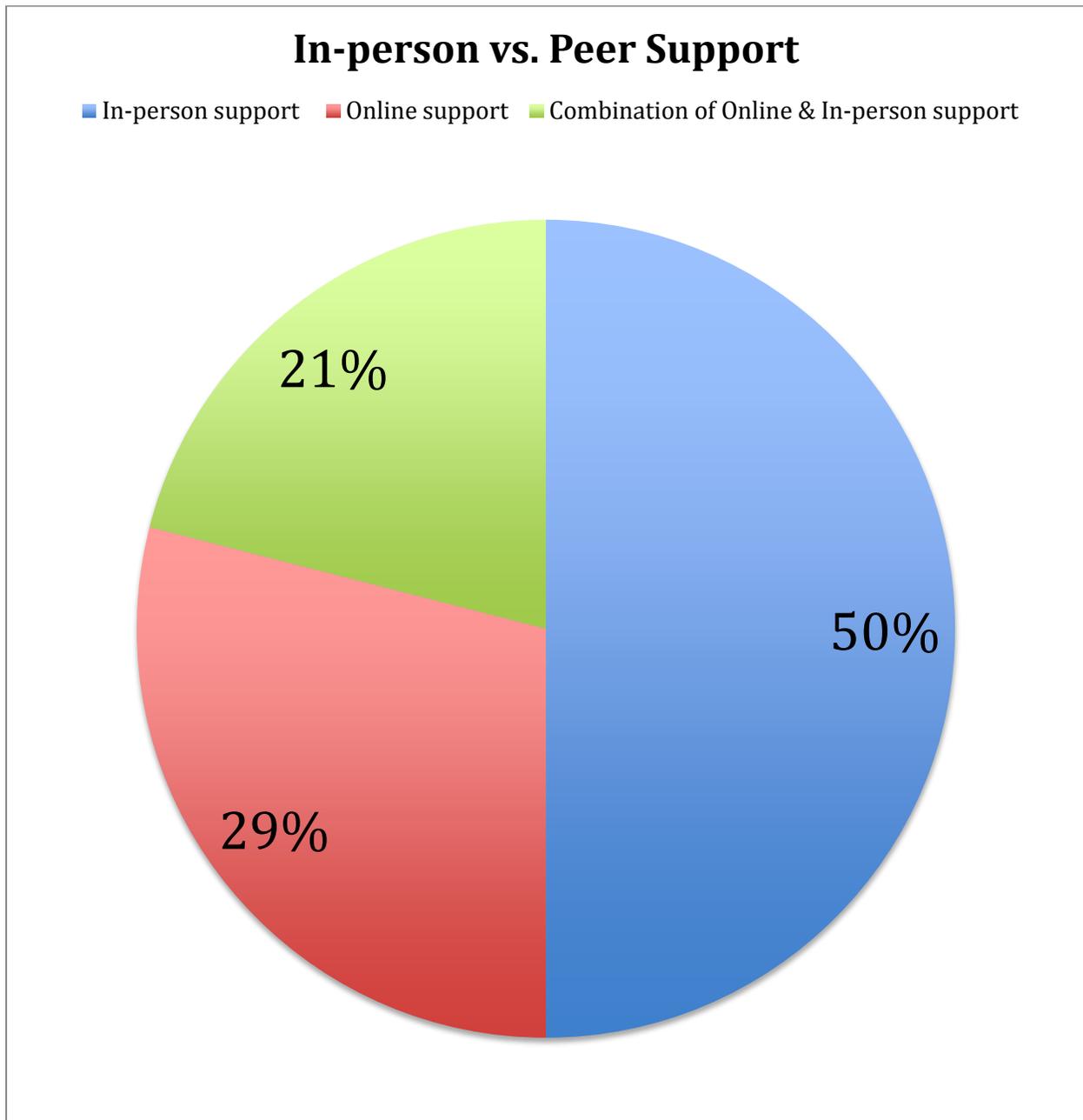


Table 3: List Representing Online Versus In-person Available Support Programs

	Resource	Contact information
Online only		
	Cancer Chat Canada	https://cancerchat.desouzainstitute.com/
	2beme	http://lookgoodfeelbetter.org/2bMe/2bMe.html
	Cancer Connection	https://cancerchat.desouzainstitute.com/
	Health Talk	http://www.healthtalk.org/
	Childhood Cancer Canada	www.childhoodcancer.ca/get-help/teen-connector
	Teen Living with Cancer	http://13thirty.org/welcome/
	Canadian Virtual Hospice	http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx
	Cancer Care	http://www.cancercare.org/tagged/young_adults
In-Person only		
	Candlelighters Childhood Cancer Support Programs	https://candlelighters.net/
	The Self-help Connection	http://selfhelpconnection.ca/
	Alberta Health Psychosocial and Spiritual Resources	http://www.albertahealthservices.ca/info/service.aspx?id=1053260
	Wellspring	http://www.wellspringedmonton.ca/
	Survive & Thrive Cancer Programs	http://survivethrive.org/
	Alberta Health Arts in Medicine	http://www.albertahealthservices.ca/info/service.aspx?id=1025606
	Psychosocial Oncology Clinic Support	http://www.uhn.ca/PrincessMargaret
	Cancer Rehabilitation Survivorship Program	http://www.theprincessmargaret.ca (Click on “Healthcare Professionals, then on “Patient education & survivorship”, and then Survivorship link)
	iRest,	http://www.uhn.ca/PrincessMargaret
	ELLICSR	http://www.ellicsr.ca
	You Can Connect	https://wellspring.ca/westerkirk/
	20s & 30s Networking Cancer Group	https://gildasclubtoronto.org/adult-programs/
	The Adolescent and Young Adult Oncology Program	http://www.uhn.ca/PrincessMargaret
	Adult Childhood Cancer Survivorship Program	https://www.bcchf.ca/stories/miracle-stories/?start=0
Combination		
	Young Adult Cancer Canada	http://www.youngadultcancer.ca/
	Young Survival Coalition	https://www.youngsurvival.org/
	POGO	http://www.pogo.ca/programs-support/survivor-care/
	RealTime Cancer	https://realtmecancer.org/
	Cancer Fight Club	https://www.cancerfightclub.ca

Table 4: Graph Representing Peer Versus Professional Available Support Programs

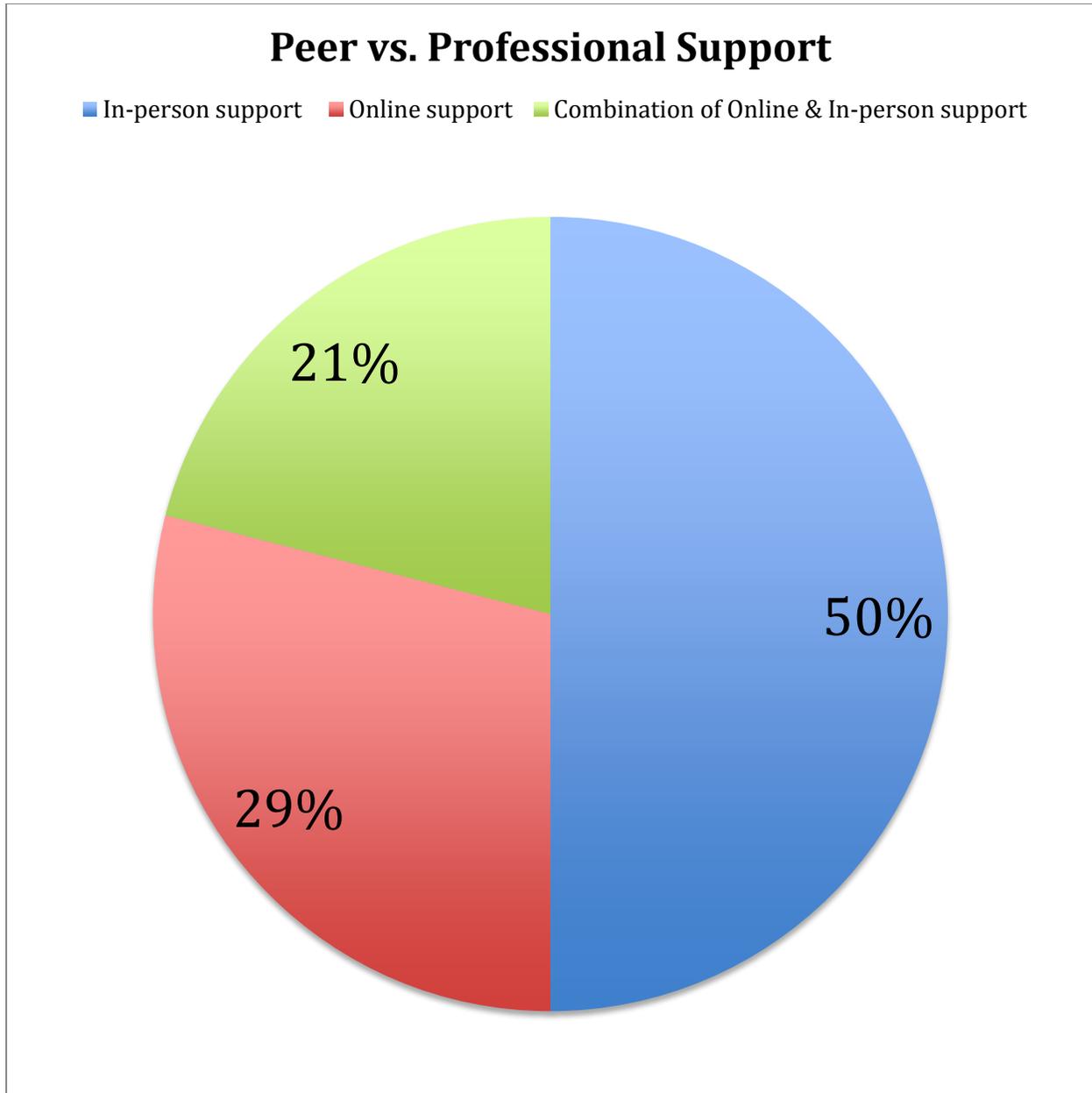


Table 5: List Representing Peer Versus Professional Available Support Programs

	Resource	Contact information
Peer only		
	Cancer Connection	http://cancerconnection.ca/home
	Health Talk	http://www.healthtalk.org/
	2beme	http://lookgoodfeelbetter.org/2bMe/2bMe.html
	Childhood Cancer Canada	www.childhoodcancer.ca/get-help/teen-connector
	Teen Living with Cancer	http://13thirty.org/welcome/
	RealTime Cancer	https://realtimercancer.org/
	Survive & Thrive Cancer Programs	http://survivethrive.org/
	20s & 30s Networking Cancer Group	https://gildasclubtoronto.org/adult-programs/
Professional only		
	Cancer Chat Canada	https://cancerchat.desouzainstitute.com/
	Alberta Health Arts in Medicine	http://www.albertahealthservices.ca/info/service.aspx?id=1025606
	Cancer Rehabilitation Survivorship Program	http://www.theprincessmargaret.ca (Click on “Healthcare Professionals, then on “Patient education & survivorship”, and then Survivorship link)
	iRest	http://www.uhn.ca/PrincessMargaret
	The Adolescent and Young Adult Oncology Program	http://www.uhn.ca/PrincessMargaret
Combination		
	Stupid Cancer	http://stupidcancer.org/
	Young Adult Cancer Canada	http://www.youngadultcancer.ca/
	Cancer Survival Coalition	https://www.youngsurvival.org/
	POGO	http://www.pogo.ca/programs-support/survivor-care/
	Canadian Virtual Hospice	http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx
	Cancer Care	http://www.cancercare.org/tagged/young_adults
	Candlelighters Childhood Cancer Support Programs	https://candlelighters.net/
	The Self-Help Connection	http://selfhelpconnection.ca/
	Alberta Health Psychosocial and Spiritual Resources	http://www.albertahealthservices.ca/info/service.aspx?id=1053260
	Wellspring	http://www.wellspringedmonton.ca/
	Psychosocial Oncology Support Clinic	http://www.uhn.ca/PrincessMargaret
	ELLICSR	http://www.ellicsr.ca
	You Can Connect	https://wellspring.ca/westerkirk/
	Adult Childhood Cancer Survivorship Program	https://www.bcchf.ca/stories/miracle-stories/?start=0
	Cancer Fight Club	https://www.cancerfightclub.ca

Table 6: Graph Representing Target-specific Versus General-target Available Support Programs

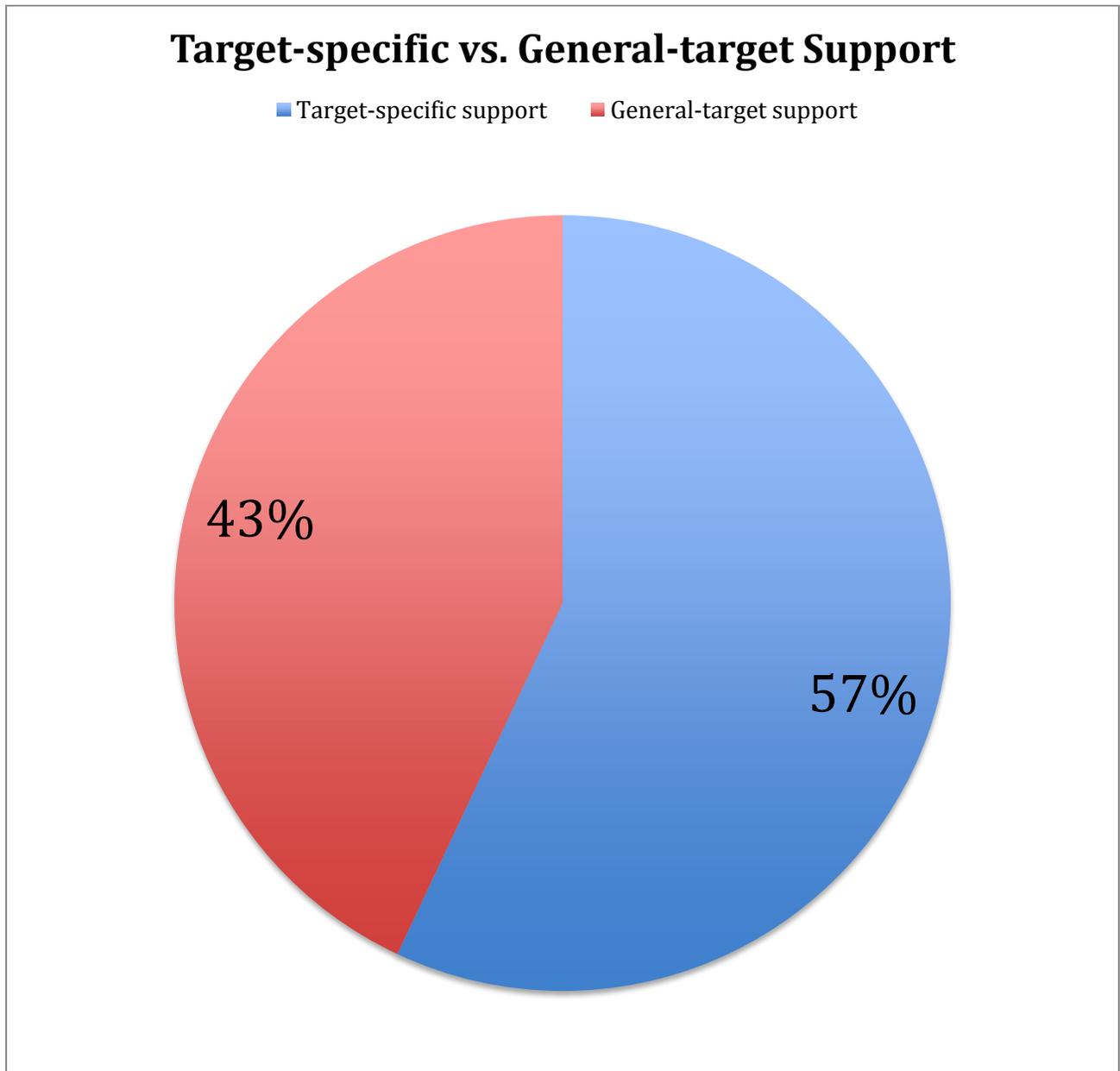


Table 7: List Representing Target-specific Versus General-target Available Support Programs

	Resource	Contact information
Target-specific		
	Cancer Chat Canada	https://cancerchat.desouzainstitute.com/
	Young Survival Coalition	https://www.youngsurvival.org/
	POGO	http://www.pogo.ca/programs-support/survivor-care/
	Canadian Virtual Hospice	http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx
	The Self-Help Connection	http://selfhelpconnection.ca/
	Alberta Health Psychosocial and Spiritual Resources	http://www.albertahealthservices.ca/info/service.aspx?id=1053260
	Wellsprings	http://www.wellspringedmonton.ca/
	Alberta Health Arts in Medicine	http://www.albertahealthservices.ca/info/service.aspx?id=1025606
	Psychosocial oncology clinic	http://www.uhn.ca/PrincessMargaret
	Cancer Rehabilitation Survivorship Program	http://www.theprincessmargaret.ca (Click on “Healthcare Professionals, then on “Patient education & survivorship”, and then Survivorship link)
	iRest	http://www.uhn.ca/PrincessMargaret
	ELLICSR	http://www.ellicsr.ca
	You Can Connect	https://wellspring.ca/westerkirk/
	20s & 30s Networking Cancer Group	https://gildasclubtoronto.org/adult-programs/
	The Adolescent and Young Adult Oncology Program	http://www.uhn.ca/PrincessMargaret
General-target		
	Cancer Connection	http://cancerconnection.ca/home
	Health Talk	http://www.healthtalk.org/
	2beme	http://lookgoodfeelbetter.org/2bMe/2bMe.html
	Stupid Cancer	http://stupidcancer.org/
	Young Adult Cancer Canada	http://www.youngadultcancer.ca/
	Childhood Cancer Canada	www.childhoodcancer.ca/get-help/teen-connector
	Teen Living with Cancer	http://13thirty.org/welcome/
	Cancer Care	http://www.cancercare.org/tagged/young_adults
	Candlelighters Childhood Cancer Support Programs	https://candlelighters.net/
	RealTime Cancer	https://realtimercancer.org/
	Survive & Thrive Cancer Programs	http://survivethrive.org/
	Cancer Fight Club	https://www.cancerfightclub.ca

Appendix

See attached folder.