

Supporting Cancer Fighters, Survivors and Grievors Through Art

Background

From 2016-2020, Crook County has seen 472 new cancer cases and 161 deaths due to cancer per 100,000 people [1]. Crook County's rates are staggeringly higher than neighboring counties (i.e., Deschutes, Jefferson) (Graph.1).

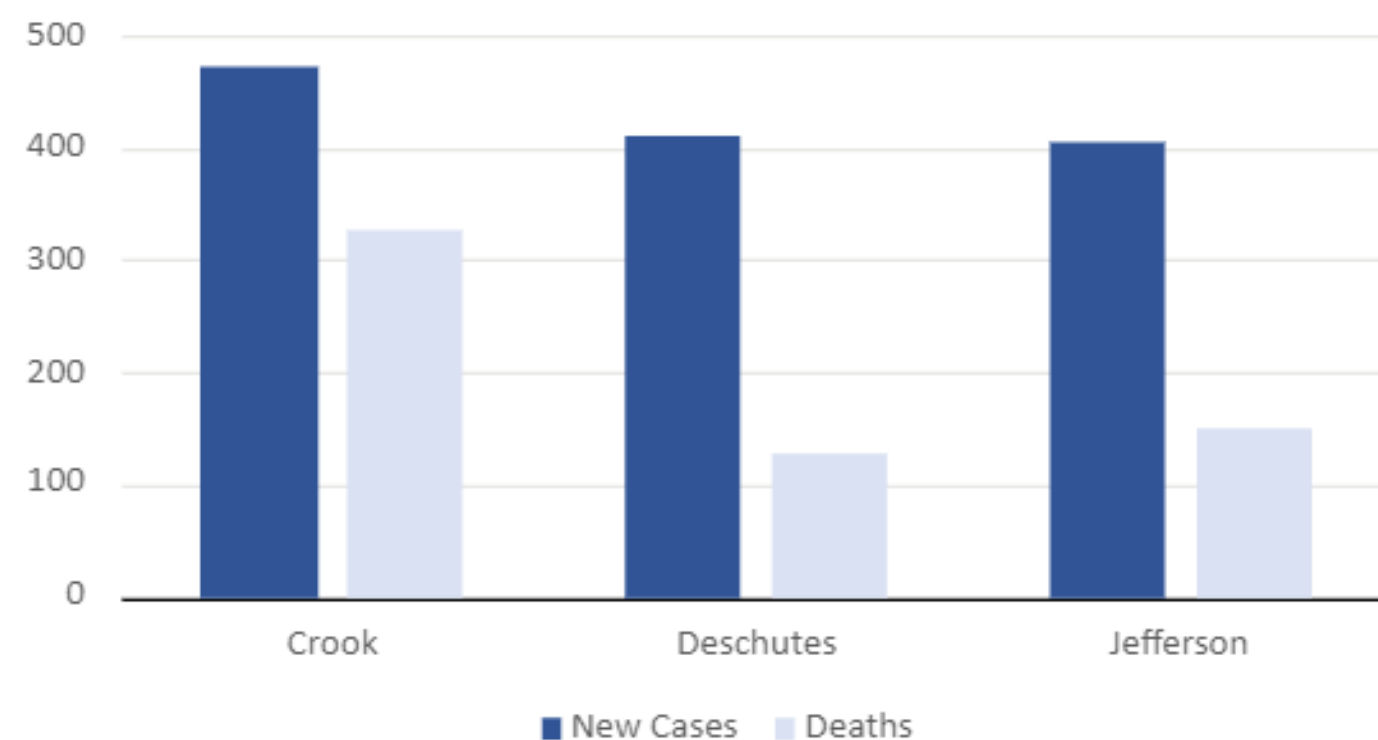
Based on a 2021-2022 OHSU funded tier-one project, Crook County residents affected by cancer experience significant challenges when accessing health and support services. With no active in-person support groups in Crook County, individuals must travel on average 20 to 50 minutes from the center of Crook County's main town (Prineville), and even farther if located outside of Prineville.

Why art therapy?

Art therapy offers a variety of health benefits for individuals affected by cancer such as: increased positive feelings, reduces feelings of isolation, provides a safe space for individuals to connect [2][3][4][5].

Rural areas experience increased challenges due to stigmatizing barriers when seeking mental health services [6]. By using art gatherings, this project reduces some of the stigmatizing barriers that may have restricted rural Crook County residents from attending a traditional therapy session or support group.

2016-2020 New Cancer Cases and Deaths per 100,000 (Graph.1) [1]



Aim

The aims of this project:

- Support resources for individuals affected by cancer.
- Connect individuals going through different stages of cancer, including early stages, remission, or grief associated with losing someone to cancer.
- Create a space where individuals affected by cancer can connect and build a supportive community system.
- Increase community involvement in sustaining the goals of this project beyond its funding cycle.

Project Design

Target Population: Crook County Residents between the ages of 20-80 years old that have been affected by cancer whether cancer fighters, survivors, or grievors.

Objective 1 Activities:

1. Develop an outreach campaign that promotes mental health awareness.
2. Promote the art gatherings for individuals affected by cancer.

Objective 2 Activity:

1. An art therapist will conduct twelve free art therapy gatherings twice a month.

Objective 3 Activities:

1. Provide a space for individuals with cancer to connect with each other.
2. Indirect support and encouragement.
3. Develop/distribute singular retrospective pre-posttest (RPT) survey that asks for overall feelings of connectedness and support per/post attendance in the art gatherings along with other requested measures.

Project Timeline:	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12
Outreach campaign for mental health awareness and the art therapy gatherings	Develop			Conduct						Evaluate		
Retrospective pre-posttest (RPT) Survey	Develop/Adapt					Collection					Evaluate	
Art Therapy Gatherings							Conduct Bi-Monthly Gatherings					



Evaluation Plan (In Progress)

Outreach tracking

Track number of clicks, shares, mailouts, attendance to the art gatherings from the outreach campaign

Art gathering tracking

Attendance sheet
RPT survey
Start-time/end-time
Materials

Survey responses analysis

RPT survey analysis
Survey response tracking sheet/database

Anticipated Outcomes/Future

Indirect support and encouragement
Increased positive feelings of support and connectedness
Decreased feelings of isolation
Inform future methods

Key Partners/Acknowledgement



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References

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