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Special Dedication: Honoring participants of the Living with Metastatic Breast Cancer Support Group

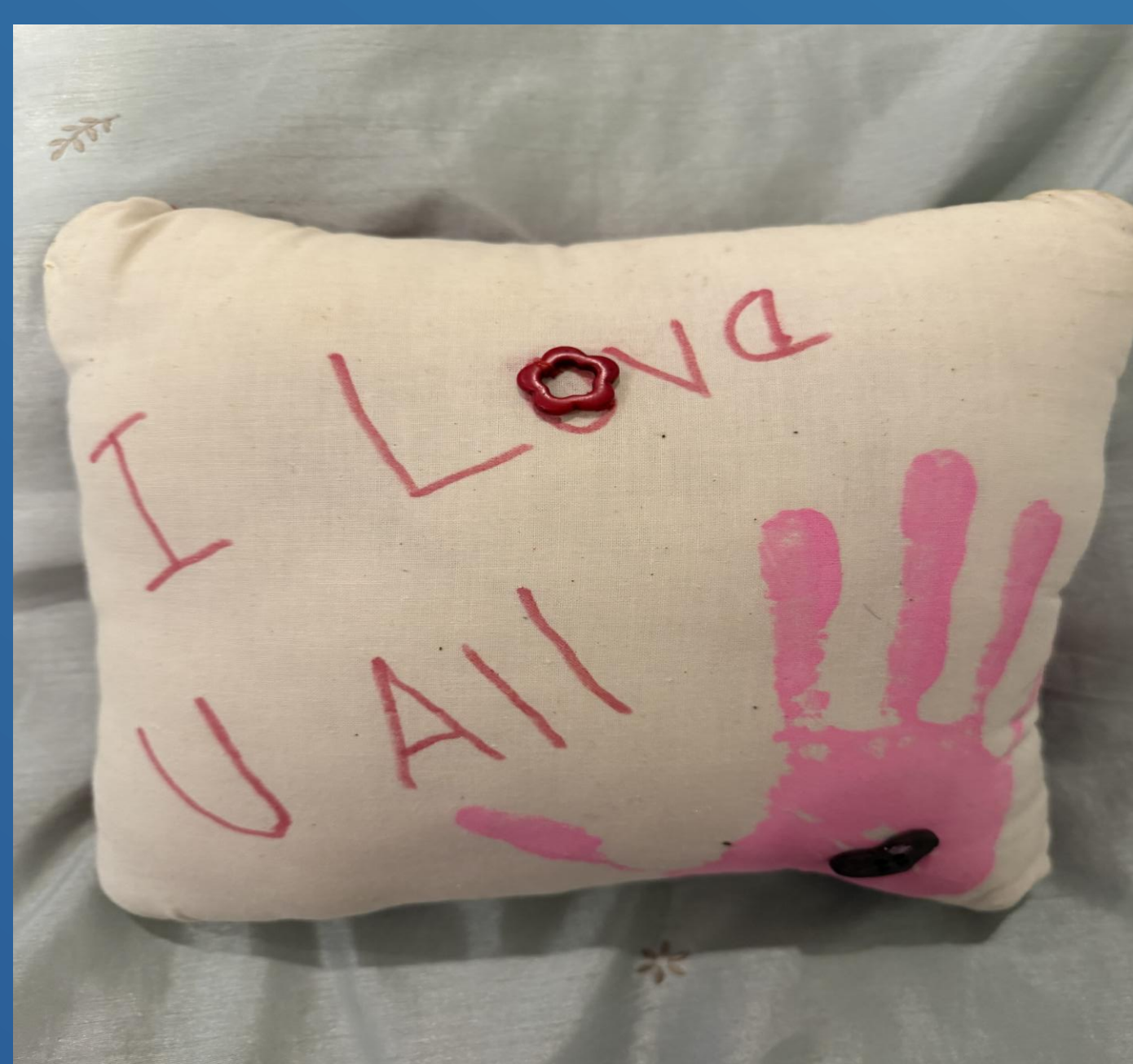


## Background

- Metastatic (Stage 4) breast cancer is underrepresented in traditional awareness efforts, which primarily focus on early detection and cure
- Clinical management of metastatic disease emphasizes disease control, symptom management, and quality of life
- Historically classified as terminal, Stage 4 breast cancer has received less research and psychosocial support investment
- Advances in treatment have extended survival, shifting the disease toward a chronic, manageable condition
- Existing supportive care models often do not fully address the long-term and complex needs of this population
- There is a critical need to align psychosocial and supportive care interventions with evolving clinical outcomes to optimize patient quality of life

## Program Objectives

- Participants will:**
- Identify evidence-based coping strategies to enhance quality of life in patients with advanced cancer
  - Participate in a social connection activity facilitated by a supportive care provider.
  - Socially connect with individuals of similar disease type and life roles
  - Experience a calming activity
  - Learn a new resource

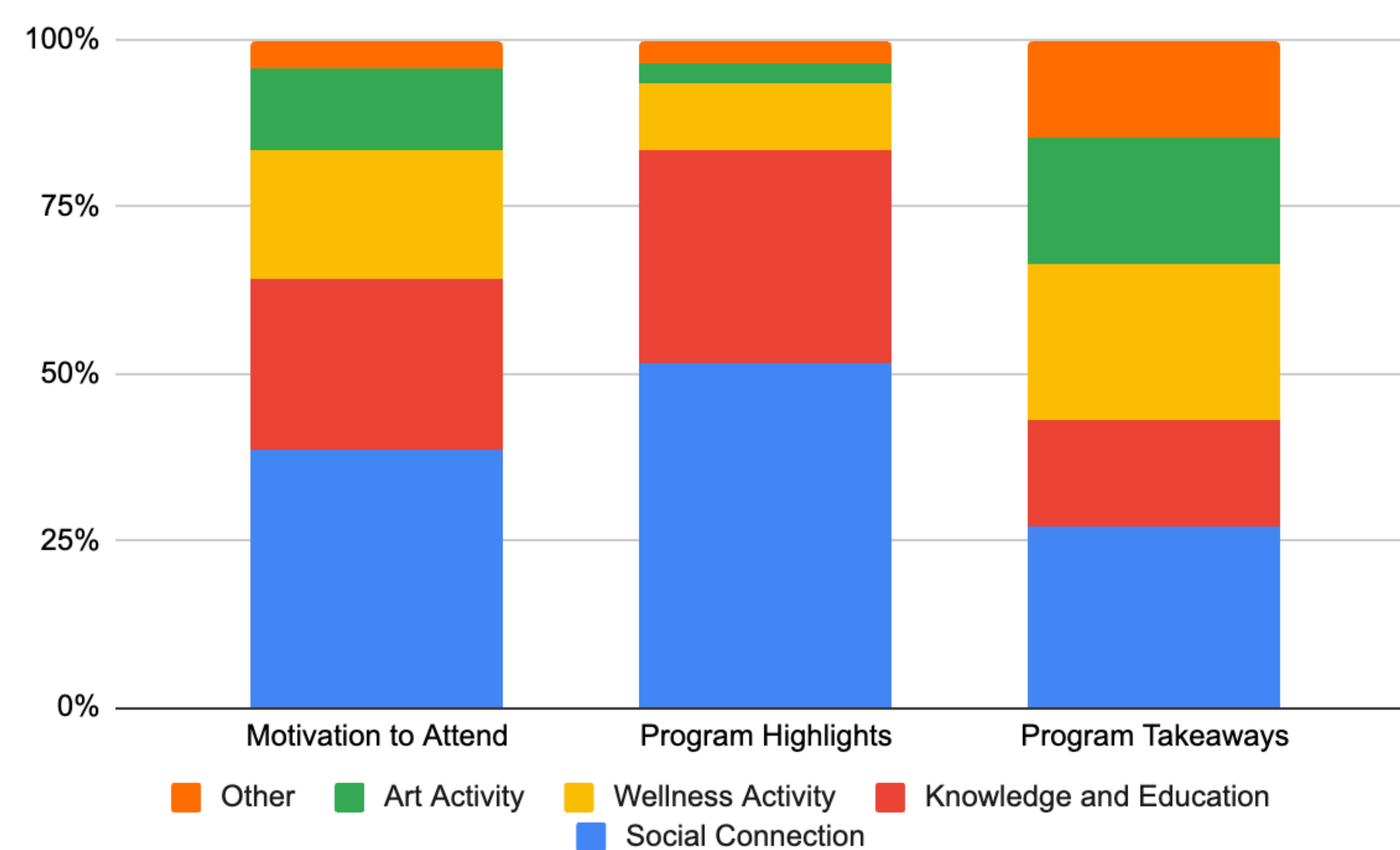


## Wellness Retreat Methods

- Half-day wellness retreats were tailored to meet the unique needs of stage 4 breast cancer patients.
- Each Living with Metastatic Breast Cancer Wellness Retreat featured a unique theme, educational speakers to inform and empower participants, and workshops focused on coping strategies, self-care, art activities, and social connection.
- Participants were all Stage 4 Breast Cancer Patients from City of Hope and the community.
- Retreat recruitment and participation doubled over the last two years, increasing from 25 to 50 stage 4 breast cancer patients.
- Enrollment strategies improved progressively each year, enhancing participation and outreach effectiveness.
- Participation options expanded in the last three years to a hybrid format, allowing attendees to join in person or virtually.
- Pre- and post-event surveys, along with Redcap evaluations, were administered to measure program success, identify highlights, and areas for improvement, and determine future topics of interest.



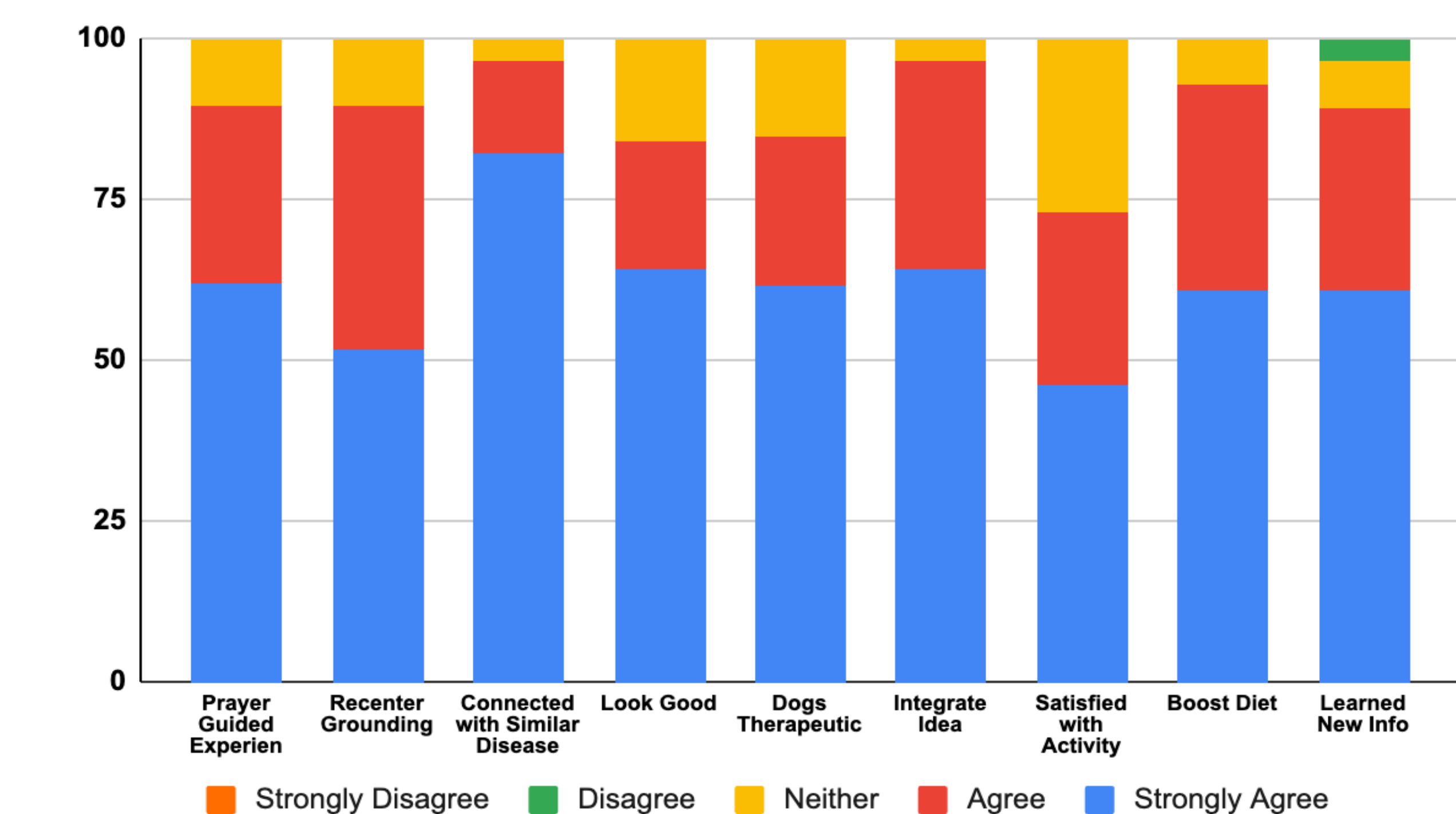
## Social Connections



## Overall Results

**116 participants** attended across **four wellness retreats**  
 Overall program evaluations were **highly positive**, indicating strong participant satisfaction  
**Top-ranked retreat components:**  
 1. Social connection  
 2. Education  
 3. Coping strategies  
 4. Art-based activities  
**Social connection** was the most valued component, ranking highest across:  
 • Motivation to attend  
 • Overall retreat experience  
 • Key takeaways  
**Attendance variability** observed due to:  
 • Medical uncertainty associated with advanced disease  
 • Unanticipated personal and health-related circumstances  
**Key Insight:** Programs that prioritize **connection, education, and coping support** are most impactful for this patient population

## 2025 Program Evaluations



## Participant Feedback

*“Side effects of drugs and ideas how others cope with side effects and the disease in general. We get so little time with our doctors and many of us learn so much from each other. Communication and connection with others is the most important thing about retreats. There are ways groups can get to know each other by games, etc... CONNECTION, CONNECTION, CONNECTION!!!”*

*“Thank you for all the hard work and the lovely idea of putting together a retreat. We are a tough bunch of women that need to find the space to relax and be okay with ourselves to ponder and reflect on our lives with people on the same journey.”*

## Conclusions

- Patient-informed program development, supported by mini-grants, physician champions, and donor funding, can effectively address unmet supportive care needs
- Targeted programs successfully fill service gaps within existing care models
- Participation in programs is associated with improved:
  - Resilience
  - Coping skills
  - Social connection and community-building
- Advances in cancer treatment have shifted Stage 4 disease toward a chronic, manageable condition
- There is an increasing need for supportive care programs focused on adjustment, coping, and quality of life for patients living with advanced disease

