

## **Psychosocial Support and Resources**

### **Clinical social work role in transplant:**

A core member of your Blood and Marrow (BMT) team is the clinical social worker. You will work with two Masters-level social workers in the BMT program throughout your transplant; one in the outpatient clinic and one during your inpatient stay(s).

Included in the required transplant preparation process is for you and your caregiver(s) to meet with a social worker for an initial psychosocial assessment. All patients being considered for a transplant must be cleared by social work to proceed.

The assessment is a comprehensive review to help you and the social worker identify and discuss any concerns you and your caregiver(s) may have, as well as evaluating the following areas:

- Support system
- Caregiver plans
- Lodging plans (for patients traveling over 100 miles to Michigan Medicine)
- Work, financial, insurance and disability concerns
- Past and current use of alcohol, tobacco and drugs
- Understanding of the need for abstinence from alcohol, tobacco and drugs
- Coping and mental health support
- Supporters of your family and caregivers and how they are coping
- Understanding and adjustment to the transplant process by you, your family and caregivers
- Ability to follow your treatment plan
- Goals of care

In the folder titled “Important Paperwork and Forms to Return” within your transplant binder, you have been provided the following forms **to complete and submit to your social worker before transplant:**

- Advance Directive Tips, “Start The Conversation: Making your health care wishes known”
- Pre-Transplant Patient Checklist\*
- Caregiver Responsibilities Agreement\*

*\* Copies of these forms, minus the signatures, are included in this section for your reference.*

Our clinical social workers provide expert assistance with the psychological, social, emotional and practical needs of transplant patients and their families. Social work is available for supportive counseling, education, advocacy and resource identification before, during and after transplant as needed.

If the clinical social worker or your BMT medical team identifies a need for additional assessment, you may be referred for evaluation in the Rogel Cancer Center PsychOncology clinic.

<https://www.rogelcancercenter.org/locations/psychoncology-clinic>

### **Your BMT clinical social work team is comprised of:**

Jack Harrington, LMSW – outpatient/clinic (734-232-9073)

Barb Rose, LMSW – inpatient/hospital (734-232-8757)

Toni Spano-English, LMSW – outpatient/clinic (734-232-5776)

### **Social work locations at Michigan Medicine:**

At Michigan Medicine, we offer practical support and assistance at the following two locations:

1. Guest Assistance Program (GAP) office - in the main hospital  
(800-888-9825)

2. Patient Assistance Center (PAC) office - in the Rogel Cancer Center  
(877-907-0859)

Bachelors-level social workers are available in the GAP and PAC offices to assist you and your caregiver(s) before, during and after transplant as needed. GAP and PAC social workers are available to help address the numerous practical matters that you face throughout your treatment. This can include assistance with:

- prescription payment
- transportation
- wigs
- parking
- lodging payment
- meal vouchers
- gas cards
- information on community resources
- other unforeseen needs

GAP and PAC staff can also connect you to resources within and/or outside of Michigan Medicine, such as:

- **Clinical social workers** for assistance with psychological, social, emotional and practical needs
- **Medicaid** for coordination with your caseworker related to potential meal, lodging and/or transportation benefits while you receive care at Michigan Medicine
- **Patient Financial Counselors (PFC's)** for assistance with billing, insurance and payment concerns

Phone: (877-326-9155)

- **Patient and Visitor Accommodations (PVA)** for assistance with locating discounted lodging in the Ann Arbor area

Phone: (800-544-8684)

Website: <https://www.rogelcancercenter.org/support/financial-assistance/practical-assistance-center>

## **Additional support resources at Michigan Medicine:**

- **Hematology/Oncology Patient and Family Support Group**

For adult patients, or families and caregivers of someone undergoing hematology/oncology treatment or transplant. This support group is offered once a week and is an open forum lead by a social worker on the inpatient unit. Website: <https://www.rogelcancercenter.org/files/hem-onc-bmt-support-group.pdf>

- **Families Facing Cancer**

Parents or grandparents with cancer often have concerns about how to discuss the illness with their children. The *Families Facing Cancer* program specialist is a Certified Child Life Specialist who provides assistance to the patient and family in helping children understand and cope. Resource kits with information about talking with children, parenting during illness, and recommendations of appropriate books for children are available.

Website: <https://www.rogelcancercenter.org/support/managing-emotions/complementary-therapies/families-facing-cancer>

- **Symptom Management/Palliative Care**

Palliative Care offers pain and symptom management as well as emotional support. The goal of palliative care is to improve quality of life for the patient and family. It is appropriate at any age and at any state in a serious illness, and can be provided along with curative treatment. You can speak with your provider about a referral to the Symptom Management clinic at any point in your treatment.

Website: <https://www.rogelcancercenter.org/files/palliative-care-information-guide.pdf>

- **Fertility Assistance**

At the Center for Reproductive Medicine/Reproductive Endocrinology clinic, there are several resources available that offer information and support on fertility preservation and sexual and fertility changes. Some insurances may require a referral from your medical provider.

Website: <https://www.rogelcancercenter.org/files/fertility-cancer-information-guide.pdf>

- **Patient and Family Support Services (PFSS) Program**

Cancer affects not only the body, but the whole person and the whole family. To reduce the burden of cancer, which can take many forms throughout diagnosis and treatment, services of the Patient & Family Support Services (PFSS) Program are integrated into each patient's multidisciplinary treatment plan. Available services are listed below on the following pages.

Website: <https://www.rogelcancercenter.org/about/support-services>

### **Services Available through PFSS:**

- **Spiritual Care**

Clinically trained chaplains are available to listen and provide spiritual care and assistance to those working through the distress that can accompany disease and treatment. They represent a variety of religions and faith traditions. Chaplains are available Monday through Friday, 8am - 5pm for consultations (inpatient, outpatient, infusion settings). A chaplain is also on-call after hours and on weekends for urgent needs.

Website: <https://www.rogelcancercenter.org/support/managing-emotions/spiritual-care>

- **Complementary Therapies Program**

Providing activities which offer a creative and/or physical outlet to reduce stress and anxiety, such as the following:

- **Art Therapy**

A practice that complements standard cancer treatment by integrating artistic expression into your healing process. You will work with a Board Certified art therapist. Projects are based on individual needs and preferences.

Website: <https://www.rogelcancercenter.org/support/managing-emotions/complementary-therapies/art-therapy>

- **Guided Imagery/Meditation/Breathwork**

A licensed specialty clinician will customize resources to help you regain a sense of control and calm. You will learn tools and practices to manage anxiety, pain and other symptoms by using breath and visualization.

Website: <https://www.rogelcancercenter.org/support/managing-emotions/complementary-therapies/guided-imagery>

- **Music Therapy**

With the support of accomplished musicians and certified therapists, music interventions that are based on science and research will be utilized to meet your physical, emotional, cognitive and social needs.

Website: <https://www.rogelcancercenter.org/support/managing-emotions/complementary-therapies/music-therapy>

- **Legacy Therapy**

A legacy therapist guides individuals in legacy activities, providing a wide assortment of projects and supplies to help navigate the journey of life review and reminiscence through creative expression and discovery.

Examples include photography/film, art, music and visual/digital storytelling.

Website: <https://www.rogelcancercenter.org/support/managing-emotions/complementary-therapies/legacy-therapy>

**Other resources:**

- **Gifts of Art** - Utilizing arts to assist and enhance the healing process, reduce stress, support human dignity and renew the spirit.  
Website: <http://www.med.umich.edu/goa/>
- **Art Cart** - A volunteer can bring framed posters to the floor for patients to select different artwork to display in their rooms.
- **Bedside Music Program** - Certified music practitioners provide bedside music in your room.
- **Bedside Art Program** - Engage patients and families with art making projects at the bedside, free of charge (journals, beaded bracelets, paper folding, drawing, cards and more).
- **Story Studio** - Provides an opportunity for patients and families to record a personal story for someone special in their lives.