



Conference Agenda

THURSDAY, JUNE 9

1:00 pm - 1:45 pm

Gentle Flow Yoga for Every Body

hosted by Pathways

2:00 pm - 2:45 pm

Loving-Kindness Guided Meditation

hosted by Pathways

3:00 pm - 3:45 pm

**Throwback Thursday:
Slumber Party Crafts**

4:15 pm - 4:45 pm

First-Timer Orientation

5:00 pm - 7:00 pm

Welcome Reception

6:00 pm - 7:30 pm

Community Meetups:

LGBTQ+, BIPOC, Caregivers, Pediatric Survivors

8:30 pm - 10:00 pm

Karaoke

Full descriptions and locations will be available in the
Conference Program and CCL2022 App.

Session times and schedule are subject to change. All times in Central Time.



FRIDAY, JUNE 10

9:00 am - 9:45 am

Fun Run to Loring Park

hosted by Ulman Foundation

10:00 am - 10:45 am

Low Impact Training Class

hosted by Epic Experience

10:30 am - 11:00 am

First-Timer Orientation

11:00 am - 11:45 am

Let's Express: Vision Boards

hosted by Project Koru

Opening Session

- Greeting from Board Chair David Richman
- Welcome from Stupid Cancer CEO Alison Silberman
- Addressing Health Disparities in AYA Cancer Care
 - Keynote Panel with Julye Williams, Lisa Nelson, Fernando Olivarez, and Ambreen Maan
- Owning my Lifetime Survivorship Status
 - Keynote Address by Sue Moser

2:00 pm - 3:15 pm

Breakout 1*

- A Hidden Pandemic: Black Grief in the Oncology Setting
- Caring Community: Building Support for Caregivers
- Loving Your Body: Finding Acceptance After "Betrayal"
- Self-Advocacy 101: Play an Active Role in Your Cancer Care

5:00 pm - 6:30 pm

Reception with Exhibitors

7:30 pm - 8:30 pm

Scavenger Hunt

8:45 pm - 10:00 pm

Stupid Trivia

***Scroll down for full session descriptions & intended audience.**



SATURDAY, JUNE 11

8:00 am - 9:00 am

Breakfast with Exhibitors

General Session

- Resilience after Cancer Treatment
 - Keynote Presentation by Shernan Holtan, MD
- Morning Mindful Moving Meditation
 - led by Gabrielle Roberts of 612 Jungle
- Awards Ceremony

9:15 am - 10:15 am

Breakout 2

- ...And Now I Go Back to Work? Communicating Effectively in the Workplace
- Cancer as Work: A Space for Nonprofit & Healthcare Professionals
- From Day One: Planning Your Survivorship Care
- Man Enough for Cancer? Transcending Toxic Masculinity & Finding Support

10:30 am - 12:00 pm

12:15 pm - 1:15 pm

Lunch with Exhibitors

Breakout 3

- Anticipatory Grief
- Cancer in the Bedroom: Sex & Intimacy
- Coping with Loneliness, Fear, & Anxiety

2:00 pm - 3:30 pm

Breakout 4

- Finding Meaning & Creating Legacy
- Healing from Post-Traumatic Stress Disorder: Trauma Therapy, Post-Traumatic Growth, Psychedelics & More
- Understanding Your Rights and Advocating for Yourself as an LGBTQI2S+ Cancer Patient

4:00 pm - 5:30 pm



SATURDAY, JUNE 11

5:30 pm - 6:30 pm

Reception with Exhibitors

6:00 pm - 7:00 pm

Storytelling Open Mic

8:00 pm - 11:00 pm

CancerCon Nights: Stupid Cancer's 15th Birthday Party

SUNDAY, JUNE 12

8:00 am - 9:00 am

Breakfast with Exhibitors

9:00 am - 10:30 am

Breakout 5

- Engaging AYAs: Bridging the Gap to Include AYAs in Research & Trials
- Helping Kids Cope with Their Parent's Cancer
- Mindset of Survivorship: Authentically Owning an Empowered Survivor Experience
- What's Next? School and Work After Cancer and COVID

10:45 am - 12:15 pm

Breakout 6

- COVID-19 and Cancer: Reflecting on the Pandemic and Mapping the Road Ahead
- Imposter Syndrome During AYA Cancer Survivorship
- Living Single with Cancer
- Therapeutic Cannabis and Cancer

12:15 pm - 1:15 pm

Lunch with Exhibitors

1:30 pm - 2:15 pm

Closing Session

- Thriving in Community
 - Keynote Address by Uma Chatterjee
- Survivorship as a Whole Body Experience
 - Keynote Panel with Karim Sadak, MD, MPH, Anne Blaes, MD, and Megan Voss, DNP, RN
- Farewell Remarks from Stupid Cancer CEO Alison Silberman

A Hidden Pandemic: Black Grief in the Oncology Setting

sponsored by Jazz Pharmaceuticals

AUDIENCE:
everyone

The COVID-19 pandemic led to an unprecedented death toll among Black Americans, leaving a disparate impact on black grief and loss. This presentation aims to increase awareness of the risks and consequences of the COVID-19 pandemic on the lives of Black cancer patients as well as to identify some contributing factors which lead to disparities in mental health and grief within this community. Join this session to discuss the impact of racial inequities and learn strategies that can be utilized by health care professionals to support Black patients.

Lisa Petgrave-
Nelson, LMSW,
OSW-C

Caring Community: Building Support for Caregivers

AUDIENCE:
caregivers only

When you are the caregiver to an AYA patient, it can be hard to balance caring for your loved one and taking time for yourself. Whether you're caring for a romantic partner, child, sibling, family member, or friend, you need a community of caregivers to support your own journey. Join your caregiving peers in small groups to discuss your successes, concerns, or frustrations, and learn that you are not alone.

Whitney Hadley,
MA, MSW, LSW

Loving Your Body: Finding Acceptance After "Betrayal"

AUDIENCE:
survivors

Seeing sudden changes to your body after cancer treatment can be traumatizing and the effects can be long-lasting or permanent. So how do you learn to accept, and even love, your body after you feel it has betrayed you? How does body image affect the way you see yourself, your partner, or other relationships? In this session, hear from survivors who have found a newfound love and appreciation for their bodies after cancer and then join in a discussion to share your own experiences.

Wendy Griffith,
MSSW, LCSW,
Ashadee Miller
James O'Neill

Self Advocacy 101: Play an Active Role in Your Cancer Care

sponsored by Seagen

AUDIENCE:
survivors &
caregivers

Fear, anxiety, and feeling of loss of control are all associated with a cancer diagnosis. Through self-advocacy, you can play an active role in your care and recovery and take back your power. Join this interactive session to empower yourself with the tools, information, and skills you need to become your own best advocate.

Ambreen Maan,
MSW
Mindy Freund,
MSN

Breakout 2

Saturday, June 11

10:30 am - 12:00 pm

...And Now I Go Back to Work?

Communicating Effectively in the Workplace

AUDIENCE:
everyone

It can feel overwhelming thinking about going back to work after a cancer diagnosis, whether you've been away from your job for a year, or only an afternoon. Understanding how to best communicate with coworkers and supervisors can be nuanced and require strategy. This session will help you to think through your communication style, understand how disclosure decisions can shape ways to communicate at work, and provide tips and techniques for ensuring a comfortable workplace experience.

Yunna Sinskey, MD
Rachel Becker,
LMSW
Sarahi Hernandez
Rico

Cancer as Work:

A Space for Nonprofit & Healthcare Professionals

AUDIENCE:
professionals only

Whether you work as an advocate, a nonprofit professional, a healthcare provider, or an industry partner, when it's your job to support those with cancer, there are lots of unique challenges and stressors. This working session will allow for professionals in the AYA oncology space to join together across disciplines to collaborate and share solutions.

Ashley Williams,
LCSW

From Day One: Planning Your Survivorship Care

sponsored by The Leukemia & Lymphoma Society

AUDIENCE:
everyone

The decision about when to call yourself a "survivor" varies between cancer patients, but the National Cancer Institute defines cancer survivorship from the date of diagnosis. Therefore, the focus on survivorship care planning should start from the beginning and continue throughout treatment and beyond. This presentation will explore the process of creating and sharing a survivorship care plan, show why it's so important to have one, and shed light on the research on the disparities and gaps in survivorship care for young adult cancer patients.

Amelia Baffa, MSN,
APRN, PMHNP-BC
Crystal Reinhart, PhD

Man Enough for Cancer? Transcending Toxic Masculinity & Finding Support

AUDIENCE:
male-identifying
survivors

Battling cancer is a hard time for everyone, but given societal pressures to "stay strong" and the underrepresentation of men in cancer support spaces, being an AYA male can be a particular challenge. This discussion will be an opportunity for male-identifying survivors to talk about their struggle to overcome toxic messages of masculinity in order to accept physical and emotional help.

Charles Razook
Calvin Hauer, MA,
LMFT

Anticipatory Grief

AUDIENCE:
caregivers

As a cancer caregiver, it can be hard to not think about the future and what it may or may not hold. In doing so, it is common for caregivers to experience anticipatory grief, in which you mourn the loss of your loved one while they are still here as well as grieve the future that is no longer available to you. In this discussion session, we will dig into this term, talk about how and when these feelings emerge for us, and explore how we can cope when they do.

Allison Breininger
Megan Voss, DNP, RN

Cancer in the Bedroom: Sex & Intimacy

AUDIENCE:
everyone

You may be frustrated by disruptions to your sex life during and after cancer treatment, but there are interventions and tools that can help you regain confidence and increase pleasure. This dynamic panel presentation will share approachable tools and strategies to address the physical and emotional aspects of intimacy and sex after cancer.

Tara Rick, PA-C
J. Pritchett
Calvin Hauer, MA, LMFT

Coping with Loneliness, Fear, & Anxiety

sponsored by Merck

AUDIENCE:
survivors

The cancer experience is often characterized by loneliness, fear, and anxiety. Upon diagnosis, there are many challenges and uncertainties that can leave you feeling isolated and scared. This session will address the impact of loneliness, fear and anxiety on the patient experience, identify strategies for coping with these feelings when they arise, and provide an opportunity to share and connect with your peers.

Ashley Williams, LCSW

Finding Meaning & Creating Legacy

AUDIENCE:
survivors only

Every AYA has a unique experience with cancer. Finding meaning through your cancer diagnosis can help patients, especially those with metastatic or chronic cancer, cope with the challenges and limitations you may face along the way. This workshop will offer a unique way for AYAs to explore meaning and create a story of legacy using vision boarding and small group discussion.

Whitney Hadley,
LSW
Amelia Baffa, MSN
Alique Topalian,
PhD, MPH

Healing from Post-Traumatic Stress Disorder: Trauma Therapy, Post-Traumatic Growth, Psychedelics & More

AUDIENCE:
everyone

You finished your last dose of chemotherapy, your last course of radiation, or your final surgery and thought the hard part was over — only to find a new struggle in front of you. What do you do if you feel like you're "surviving" but not quite living? PTSD after cancer is common, but many cancer survivors don't seek out help because they don't recognize the signs and symptoms in themselves or don't know how to get the help they need. In this session you will learn how the cancer experience can cause PTSD, how to identify the signs and symptoms of PTSD in yourself, and how to get the right help to recover from cancer emotionally.

Elana Miller, MD

Understanding Your Rights and Advocating for Yourself as an LGBTQI2S+ Cancer Patient

sponsored by Amgen

AUDIENCE:
LGBTQ+ survivors

LGBTQI2S+ identifying cancer patients, survivors, and caregivers face unique practical and legal issues that can impact health care, access to health insurance, estate planning, and medical decision-making. In this interactive session, learn about the steps you can take to be better prepared legally. Then, join the conversation to explore how to advocate for appropriate and inclusive care, workshop how to talk with and interview medical professionals, and share in community with your peers.

Hailey Johnston
Yasmine
Ramachandra, MS
Nicole Jolicoeur, Esq
Sheena Pruitt, LGSW

Engaging AYAs: Bridging the Gap to Include AYAs in Research & Trials

sponsored by Novartis

AUDIENCE:
providers

As the field of AYA oncology progresses, there's growing consensus that meaningful engagement from patient stakeholders is critical to improving outcomes. Yet patient engagement in research is not a universal standard practice and the proportion of AYAs taking part in clinical trials has decreased over the past decade. This panel presentation will address how to best engage AYA stakeholders in clinical trials and academic research, by identifying barriers to clinical trial enrollment for AYAs and sharing best practices for AYA patient engagement in the planning, conduct, and dissemination of AYA research.

Rebecca Johnson, MD
Bernadette Ray
Khamai Simpson, MSc
Emily Jordan, PhD

Helping Kids Cope with Their Parent's Cancer

AUDIENCE:
survivors &
caregivers only

Seeing yourself as a successful parent is hard enough at the best of times, but with cancer it can feel impossible. If you've ever wondered "How am I supposed to talk to them about this?" or "How do I make sure I don't scar them for life?" you are not alone. Join this discussion with other parents to explore the do's and don'ts for talking to your kids about cancer, strategies for helping them cope, and how to maintain your sense of worth as a successful parent.

Wendy Griffith,
MSSW, LCSW

Mindset of Survivorship

sponsored by Servier

AUDIENCE:
survivors

The mind is a powerful thing...how are your thoughts treating you? For many, the mindset of survivorship can become debilitating in personal and professional life. In this workshop, learn and practice strategies to prioritize, vocalize, and emphasize your desired mindset and relationship with your survivorship in order to establish habits that can help you authentically own your experience so you can be empowered by, instead of debilitated by, the realities of AYA cancer.

Susan Moser

What's Next? School and Work After Cancer and COVID

AUDIENCE:
Gen Z survivors

The transition into school and/or your first job is usually tricky, but if you're a Gen Z cancer patient or survivor, the past couple of years have been a truly wild ride. This workshop session will share important information you need to be successful at school and in your early job hunt and help you set goals for your future during a time of instability and the changing landscapes of working and learning.

Michele Rosenthal
Rachel Becker,
LMSW

COVID-19 and Cancer: Reflecting on the Pandemic and Mapping the Road Ahead

AUDIENCE:
everyone

Unsurprisingly, research on AYA cancer patients and survivors has demonstrated that the pandemic has heightened health and psychosocial challenges. In this session, learn about key research findings on the gaps, challenges, and opportunities presented by the pandemic and join in a discussion about how patients/survivors, family members/caregivers, and health care professionals can promote health management and improve the quality of life in the Covid era.

Marlyn Allicock, PhD, MPH
Andrea Betts, PhD, MPH

Imposter Syndrome During AYA Cancer Survivorship

AUDIENCE:
survivors only

Have you ever felt like you're "failing" at being a cancer survivor? This session will address imposter syndrome in the context of AYA cancer, discussing how common insecurities can creep into your subconscious and effect identity development during survivorship. Learn how to reframe these negative thoughts and join in a discussion about how you have navigated them in your treatment and survivorship.

C Robert Bennett, PhD,
CPNP-AC, PPCNP-BC
Peter Drahms, RN, BSN

Living Single with Cancer

AUDIENCE:
single survivors only

Whether you're trying to date or happily solo, there are unique struggles to single survivorship. Join this open and honest discussion session to share your frustrations, successes, and experiences with other survivors who understand what it's like to fly solo as an AYA with cancer.

Sheena Pruitt, LGSW
Jennifer Garam

Therapeutic Cannabis and Cancer

AUDIENCE:
everyone

Cannabis is a plant with therapeutic potential that has been shown to help people with cancer. Join this session to learn more about the scientific evidence on how cannabis can help treat the symptoms of cancer, practical information about what to expect if you decide to try cannabis, and how you find products that may work for you.

Alicia Bennett