Session 2: Psychosocial Distress

**Articles:**

- **American Society of Clinical Oncology Publications:** *Best Practices in Oncology Distress Management: Beyond the Screen*

- **National Comprehensive Cancer Network:** *NCCN Guidelines for Distress Management* (may need to create a profile to access)

**Presenter Information:**

Gilda’s Club Kansas City  
[info@gildasclubkc.org](mailto:info@gildasclubkc.org)  
Phone: 816-531-5444

Turning Point  
[turningpoint@kumc.edu](mailto:turningpoint@kumc.edu)  
Phone: 913-574-0900

Trish Long, PA  
Masonic Cancer Alliance Psychosocial Oncology Services  
[plong@kumc.edu](mailto:plong@kumc.edu)  
Phone: 913-588-2649
Community Resource List 2020

**Cancer/Illness Related-General/Financial**

Cancer Support Community: [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org) CSC Support Helpline: 1-888-793-9355

Turning Point: support for anyone impacted by chronic illness- [https://www.turningpointkc.org/](https://www.turningpointkc.org/) 913-574-0900

Imerman Angels: [https://imermanangels.org/](https://imermanangels.org/) 866-463-7626 (one to one cancer support mentoring program)

Working Families’ Friend: (need referral from medical professional, employed/recently unemployed, may not qualify for help at other social service agencies, advocacy, some financial assistance) 816-842-5600

Fund Finder PAN Foundation: [https://fundfinder.panfoundation.org/Home/Funds](https://fundfinder.panfoundation.org/Home/Funds) You can use this link to search for resources according to diagnosis.


National Coalition for Cancer Survivorship (NCCS): provides information on cancer support, employment, financial and legal issues, advocacy, and related issues. 1-877-622-7937 [www.canceradvocacy.org](http://www.canceradvocacy.org)

Nancy’s List: (numerous cancer related resources- financial, co pay assistance, etc) *need to be below poverty line* [https://nancyslist.org/](https://nancyslist.org/)

HealthWell Foundation: (financial assistance for certain out of pocket health care costs): 800-675-8416 [www.healthwellfoundation.org](http://www.healthwellfoundation.org)


Cancer Financial Assistance Coalition (national coalition with database of financial assistance organizations): [cancerfac.org](http://cancerfac.org)

CancerCare: Co-Payment Assistance Foundation, Online Support Groups, Meditation App, My Cancer Circle (free online support community for caregivers of those facing cancer) Also developing a Pet Assistance and Wellness Program. 1-800-813-4673 [www.cancercare.org](http://www.cancercare.org)


The Assistance Fund: [www.theassistancefund.org](http://www.theassistancefund.org)

Need Help Paying Bills: [www.needhelppayingbills.com](http://www.needhelppayingbills.com)

Patient Services, Inc: [www.patientservicesinc.org](http://www.patientservicesinc.org) 1-800-366-7741

Patient Resource: [www.patientresource.com](http://www.patientresource.com) (numerous cancer related resources)
Cancer/Illness Related-General/Financial (cont.)

mymoney.gov (financial planning/navigating resource)

Kansas Cancer Partnership- kscancerpartnership.org (resources by zip code)

Pathlight- pathlight.peopledesigns.net (online tools and info to better understand and reduce cancer related expenses)


American Cancer Society Kansas City: 816-842-7111

https://cancerfinances.org/ (navigating finances after cancer)

Insurance/Medical Supplies/Benefit Programs
Cancer Action (medical supplies, transportation assistance, resources and referrals): 913-642-8885 (Overland Park), 816-350-8881 (Independence)

https://triagecancer.org/animatedvideos (health insurance, financial information)

http://atk-kee.org/reuse/avail_equipment-public.php (medical equipment for uninsured or underinsured persons in Kansas. They deliver the equipment to the patient at their home or facility).

https://atk.ku.edu/get-refurbished-device (medical equipment for uninsured or underinsured persons in Kansas. They deliver the equipment to the patient at their home or facility).

https://atk.ku.edu/about-us AT device demonstration, short-term equipment loan, AT reuse. The program also works with K-Loan to offer low interest financial loans for the purchase of AT.


KC Care Health Center (numerous services to include federal insurance navigators): 816-753-5144, email cac@kccareclinic.org Also offers pain management group- 816-753-0165 halleyr@kccare.org

Jewish Family Services: (insurance navigators) 913-327-8250 (KS) and 816-333-1172 (MO)

Social Security Info: www.socialsecurity.gov, 1-800-SSA-1213, Regional Public Affairs line: (816) 936-5740 (ask for David Seymour), Compassionate Allowances: www.ssa.gov/compassionateallowances

QMB (Qualified Medicare Beneficiary)-program through Medicaid which pays premium for Medicare coverage if meet eligibility requirements
Insurance/Medical Supplies/Benefit Programs (cont.)
SHIP-State Health Insurance Program (every state has one)-helps people with eligibility questions (Medicaid, Medicare, possibly marketplace) KS=SHICK, KanCare MO=CLAIM

Riverview Health Services: connects uninsured children and adults with affordable health services; helps people access health education, medications and medical supplies. (also has Spanish speaking staff) 913-371-7070 http://www.riverviewhealthservices.org/

Kansas City Free Eye Clinic: free or reduced cost preventative care, eye glasses for low income or homeless individuals https://www.kcfreeeyeclinic.org/our-services/
Lions Club: can help with eyeglasses

Hope Faith Ministries: Serves homeless and at-risk individuals, families, and youth; anchor partners provide medical, dental, vision, and mental health services. 816-471-4673 https://www.hopefaithministries.org/services/
KanCare (Different Plans; United potentially offers)/Missouri Medicaid (Community Based Services)-has program which will reimburse those caring for loved ones in the home. (Missouri may not be family members or just a spouse?) Cannot be a spouse in Kansas. https://www.kancare.ks.gov/consumers/choosing-a-plan

Medication/Prescription Assistance
Needy Meds: lists medicine assistance programs available from drug companies. Usually patients cannot apply directly to these programs. Ask doctor, nurse, or social worker to contact on your behalf. 1-800-503-6897 needymeds.org

Good Days: (medication assistance for underinsured individuals- must have private insurance or Medicare Part D) 877-968-7233 www.gooddaysfromcdf.org

Kansas City Medicine Cabinet: https://kcmedicinecabinet.org/about/ 816-276-7517
Patient Advocacy Foundation, Co-Pay Relief Program: 866-512-3861 www.copays.org
RxAssist: www.rxassist.org
RxHope: www.rxhope.com
Rx Outreach: www.rxoutreach.org
Partnership for Prescription Assistance: 888-477-2669 www.pparx.org

Cancer Related-Specific
Leukemia & Lymphoma Society’s Urgent Need Program: www.lls.org/urgentneed 866.446.7377

Breast Cancer Charities of America: 936-231-8460 www.thebreastcancercharities.org (breast cancer-financial assistance for rent/utilities)

The Catherine Fund: https://catherinefund.org/Get-Help.html (breast cancer- general assistance)
Cancer Related-Specific (cont.)

The Pink Fund: http://www.thepinkfund.org 877-234-PINK (breast cancer-general living expenses)

Breast Cancer Society Inc: www.breastcancersociety.org (breast cancer-general living expenses)

Komen Treatment Assistance Program, (in partnership with CancerCare): 877-GO KOMEN (877-465-6636). Open to low-income, underinsured or uninsured women who are actively undergoing treatment for breast cancer (medications, child/eldercare, home care, lymphedema care, medical equipment, psychosocial support etc).

Jill’s Wish- www.jillswish.org 702-237-9123 (breast cancer-financial assistance)

My Hope Chest: www.myhopechest.org (assists uninsured or underinsured women obtain reconstruction)

Cancer Care and Patient Advocate Foundation also have breast cancer grants

Send Me On Vacation: https://sendmeonvacation.org/#sthash.R8nBJSqy.dpbs

Little Pink Houses of Hope: https://www.littlepink.org/

Healing Chair: https://www.healingchair.org/

Knitted Knockers: https://www.knittedknockers.org/
First Bra: https://firstbra.org/


Second Nature Fitting Salon- bras, prosthetics, pre- and post breast surgery; need appointment, will submit insurance https://secondnatureonline.net/913.649.1851

Financial resource for women who have been diagnosed with cancer: (only for those with female-related cancers such as ovarian, breast, etc) http://www.cancerrecovery.org/women-cancer-fund/

Stupid Cancer: stupidcancer.org (advocacy and support for young adults living with cancer)

KU Young Adult Cancer Support Group (Courtney Heitz contact)

First Descents: https://firstdescents.org/ (outdoor adventures for young adults living with cancer)

DAM-Cancer Foundation: http://www.dam-cancer.org/ (provides financial grants to young adult cancer patients, ages 18 through 35.)

The Jennifer Ireland Foundation: The fund has grants up to $1000 for cancer patients with minor children in the home. https://www.jif4families.com/

Stephanie Vest Foundation: financial assistance (grants) for parents with cancer diagnoses with minor children in the home living in the Kansas City area http://www.stephanievest.com/ 816-516-4767
Cancer Related-Specific (cont.)

Family Reach: Has funds for cancer patients needing assistance if they have children under the age of 22 in the home. There is a limit of five applications per facility per year. [https://familyreach.org/](https://familyreach.org/)

Teen Support: [https://cancerreallysucks.org/](https://cancerreallysucks.org/). This is a website run by teens for teens. Some are living with cancer themselves, others have a loved one living with it. They also have an app. Other website that might be helpful for information: [https://www.kidskonncet.org/](https://www.kidskonncet.org/)

Kids/Teens (parent impacted by cancer): Camp Kessem (camp, cards, events, additional supports) Website: campkesem.org/Kansas Email: Kansas@campkesem.org

Teen Support: Turning Point (Annie Seal has Teen Chat)

Dental assistance for Head and Neck Cancer patients living in Kansas: free dental services to eligible H&N patients before, during, and after treatment. The application can be accessed online at [www.HNCLiving.org](http://www.HNCLiving.org) or call Jodi Wilson at 913-735-0565.

Head and Neck Living Foundation: [https://www.hncliving.org/](https://www.hncliving.org/)

Esophageal Cancer Awareness Association: 770-722-1321. Rhonda Small has constructed a database which she uses to match callers with a peer who has gone through a similar experience. Callers need to provide her with the name, age, stage, and type of esophageal cancer. Esophageal Cancer Awareness Association (ECAA): [https://www.ecaware.org/](https://www.ecaware.org/) provides information about esophageal cancer.

Colon Cancer Alliance: [https://www.ccalliance.org/](https://www.ccalliance.org/) The organization provides $200 stipends


Lungevity: [https://lungevity.org/](https://lungevity.org/) Lung Cancer HELPLine 844-360-5864

Transportation Assistance (Medical/General)

Road to Recovery Program (American Cancer Society- transportation to cancer treatment) [www.cancer.org](http://www.cancer.org) 1-800-227-2345

Cancer Action (also provides transportation on a limited basis): 913-642-8885, 816-350-8881

The Whole Person (also provides transportation assistance)

Kansas Rides: (general public transportation) [www.ksrides.org](http://www.ksrides.org)

OATS (Missouri Transportation Assistance): [https://www.oatstransit.org/schedules](https://www.oatstransit.org/schedules) (Jackson County call the Harrisonville OATS Transit office at 816-380-7433 or 1-800-480-6287)

Corporate Angel Network: (arranges free air transportation for cancer patients traveling to treatment) 866-328-1313, www.corpangelsnetwork.org

Air Charity Network: 877-621-7177 [www.aircharitynetwork.org](http://www.aircharitynetwork.org)

Lifeline Pilots: 800-822-7972 [www.lifelinepilots.org](http://www.lifelinepilots.org)
**Housing/Accommodation Assistance (cancer/medical related)**
Cancer Support Community and Airbnb Free Housing Program: for cancer patients and caregivers who travel over 100 miles to receive cancer treatment. Refer to Cancer Support Helpline to complete a housing application. (888)-793-9355 helpline@cancersupportcommunity.org

Joe's House: (provides nationwide list of places to stay to assist cancer patients and their families in finding housing) 877-563-7468  www.joeshouse.org

The Guest Room (American Cancer Society- accommodation assistance): 1-800-227-2345

Hope Lodge: 816-842-6427 (lodging, cancer related)

Friendship Inn: 816-506-6339 (lodging- medical)

**Miscellaneous Resources (cancer/medical related)**
Cleaning for a Reason: house cleaning services provided for women living with any type of cancer  www.cleaningforareason.org

Adult Organizations similar to “Make A Wish”: Cancer.net and  www.dreamfoundation.org

Recommendations for pet care during hospitalization: senioradvisor.com, Rover.com

Battle Boutique:  www.battle.boutique  913-961-9795: (apparel and supplies helpful during cancer treatment)

Sante Image Renewal Boutique-Salon (AdventHealth Shawnee Mission) 9301 W 74th St Suite 200, Overland Park, KS 66204, 913-632-9800

Missy’s Boutique-(KU Westwood location) need appointment, will submit insurance, 2650 Shawnee Mission Pkwy, Westwood, KS 66205 (913) 945-5800

Image Renewal Center- Saint Luke’s East Hospital- North Medical Pavilion- Wigs, compression supplies, hats, scarves, head shaving
Licensed Salon & cosmetologist-cut included, Financial assistance for qualifying patients
American Cancer Society wigs- free of charge-limited selection
Fitting appointment required. 816-287-6080

Red Poppy Wigs & Cancer Care Products: Wigs, toppers, caps, compression garments. Products and services provided by appointment in a private setting (located inside Solera Salon and Spa in Overland Park) 913-634-1050  www.redpoppykc.com

Cancer Careers:  https://www.cancercareers.org/

Bio Feet: 7327 W 97th St (resource for lymphedema sleeves)
Wrapunzel: hair wrapping ideas and tutorials

Pelvic Floor Physical Therapy: Foundational Concepts 913-498-8492 (Overland Park) or 569-2802 (Brookside), Femme Focus 913-229-5981
Miscellaneous Resources (cancer/medical related) (cont.)
Suggestions for help with concerns related to hormone changes/sexual/intimacy concerns: Mona Lisa (laser treatment), coconut oil or V Magic (for vaginal dryness), pelvic floor physical therapist, sex therapist, acupuncture

Center to Advance Palliative Care: 1-212-201-2670 www.capc.org www.getpalliativecare.org

National Hospice and Palliative Care Organization (NHPCO): information on hospice care, local hospice programs, advance directives in different states, and finding a local health care provider. Education and materials on palliative and end-of-life issues through its Caring Connections program. 1-800-658-8898 www.nhpco.org

Estate Planning/End of Life Planning/Advanced Care Planning: Chris Morgan’s packet (Preparing for the Unexpected), Therese McKechnie’s The Last Chapter book, estateplanningbinders.com, everplans.com, MO Bar and KS Bar has downloadable forms, password keeper databases (keepass, dashlane)


National Cancer Legal Services Network: www.NCLSN.org

Cancer Legal Resource Center: 866-843-2572 www.cancerlegalresourcecenter.org

https://triagecancer.org/statelaws (list of employment related state laws)

General/Emergency Assistance

Save Inc: (816) 531-8340 https://saveinckc.org/ (and rental/housing/financial assistance)

Metropolitan Lutheran Ministries: 913-342-8333, 816-454-5295

Redemptorist Social Services- 816-931-9942

Reconciliation Services- 816-931-4751 (and rental assistance)

St James Place/Bishop Sullivan Center: 816-231-0984

Metropolitan Missionary Baptist Church (Benevolent Ministry)-utility assistance, immediate emergency assistance, may also help with storage fees. 816-923-3689

Salvation Army: 816-756-1455 (KC) Salvation Army (Olathe): 913-782-3640

Catholic Charities: 816-221-4377 (KC), 913-782-4077 (Olathe), 913-433-2100 (Overland Park)

General/Emergency Assistance (cont.)
Jewish Family Services: (insurance navigators, employment, food pantry, emergency assistance, older adult services, mental health, spiritual care for those in hospitals and facilities): 913-327-8250 (KS) and 816-333-1172 (MO)

Community Assistance Council: (emergency assistance, prescription/medical, clothing, food, seasonal assistance): 816-763-3277 https://www.cackc.org/

Women’s Employment Network: (professional development, resume development, job search): 816-822-8083

Angel Eyes (assistance for single mothers, faith based): case management, education/job training, pregnancy/prenatal Angeleyeskc.org 816 368 4994

Keeler Women’s Center: numerous services for women (counseling, classes, etc, faith based) https://www.mountosb.org/ministries/keeler-womens-center 913-360-6200

United Way: 211 or 816-474-5112, United Way (Wyandotte County): (913) 371-3674

City Union Mission: (utility assistance, house wears, furniture, school uniforms, clothes, and baby supplies in addition to homelessness assistance): 816-329-1444

Happy Bottoms (provides diapers, multiple locations): www.happybottoms.org

LIHEAP (MO energy assistance): 573-751-3221 or 1-855-373-4636 https://www.benefits.gov/benefits/benefit-details/1573

Kansas LIHEAP: http://www.dcf.ks.gov/services/ees/Pages/Energy/EnergyAssistance.aspx 1-800-432-0043


Community Action Agency of Greater Kansas City (utility assistance, different counties): 816.358.6868 https://www.caagkc.org/programs/utility-assistance/

Legal Aid of Western Missouri: 816-474-6750, 816-474-9868 http://lawmo.org/

The Justice Project: Helps women with legal or judicial problems. They have a weekly support group called the Willow Tree room which offers peer-support. 816-769-3307. www.justiceprojectkc.org.

Warrant Relief: assistance with warrants/traffic tickets

Assistance for Post Incarceration Needs: Catholic Charities has a workshop every Tuesday at 9:00 am, Second Chance https://www.kc-crime.org/second-chance, Gracious Promise http://www.graciouspromise.org/programs, Kansas Cure or Missouri Cure (advocacy groups) Beyond the Conviction: assistance for individuals recently released from prison- 816-842-4975 Harvesters: 816-929-3000 (food distribution center)

General/Emergency Assistance (cont.)
Bishop Sullivan Center (food pantries)-39th and Troost location: 816-561-8515 or 6435 Truman Road location: 816-231-0984

Mimi’s Food Pantry- in Riverside off Vivian Road

Human Arc: community resources, food assistance programs, SNAP http://www.humanarc.com/ (800) 766-6185

Westside Housing: May be able to assist with home repairs- http://www.westsidehousing.org/real-estate-and-construction/home-repair-services/

Metro Lutheran Ministry Minor Home Repair Program: homeowners within service area, with income at or below 150% of the federal poverty, and has repairs related to safety/accessibility- 816-285-3145

United Way- 211 may be able to assist with resources for home repairs

Vehicle Repair: (suggestions for low cost repairs) Sallas Auto Repair-KC,MO 816 282 0101 and Overland Park 913 225 8995, Henry’s Auto Repair, Helping Hands- assists Missouri and Kansas households with vehicle repairs; focus on Veterans and families with special needs. http://www.helpinghandsolathe.com/Default

Beds: Sleepyheadbeds.org, Flourish Furnishings Ministry

The Whole Person: (services for individuals living with disabilities) https://thewholeperson.org/ 816-561-0304, 913-871-4188

**Homeless/Housing/Transitional Housing**
(also see emergency and homeless shelters and services list)

Hope Faith Ministries: Serves homeless and at-risk individuals, families, and youth. Provides for immediate needs such as food, showers, clothing, laundry service, and case management. The HFM Day Center provides office space and operational support for anchor partners that provide medical, dental, vision, and mental health services. 816-471-4673 https://www.hopefaithministries.org/services/
Restart Inc: 816-472-5664 (various locations- emergency shelter, transitional housing, families, individuals)

River of Refuge: transitional housing program, 816-737-5100 http://www.riverofrefuge.com/

They also can assist youth 17-21, primarily out of foster system, but some exceptions

Community Linc: assists homeless families (interim housing, immediate housing, supportive services, aftercare services) 816-531-3727 https://www.communitylinc.org/index.html

The Housing Authority: 299 The Paseo, KCMO 64106 816-777-2912

HUD (varies by city) Public Housing or Section 8 (homeless, low-income) **Homeless/Housing/Transitional Housing (cont.)**
Truman Behavioral Health Housing Options (must have a diagnosed mental illness) 816-404-5700

KVC- Transitional housing for adolescents and young adults (Kansas)

Cornerstones of Care- Transitional housing for adolescents ages 16-23  
https://cornerstonesofcare.org/Our-Services/Youth-Support/Pathways-Transitional-Living

Forest Avenue Family Shelter- 816-753-4753

City Union Mission: 816-474-9380

Kansas City Rescue Mission: 816-421-7643

Salvation Army (shelter) Linwood Center: 816-756-2769

Synergy Services: Synergy House (short term) for ages 12-18 who are in crisis; intervention services are also offered to families in crisis. **816-741-8700** The Children’s Center includes an emergency shelter for children from birth to age 17. **816-321-7060**

**Mental Health**
Research Psychiatric: 816-444-8161

SM Medical Center: 913-676-2000 (main line; has an adult inpatient unit)

Truman Behavioral Health: 816-404-5709

Signature Psychiatric Hospital (NKCH and Liberty Hospital): Adult-Geriatric Inpatient, Adolescent Outpatient

MO Mental Health Crisis Line (Comm Care): 1-888-279-8188

Mental Health America of the Heartland: 913-281-2221

Compassionate Ear Warm Line (4pm-10 pm): 1-866-927-6327

Suicide Hotline: 1-800-273-8255; also has online chat feature (24/7)

Keypoint Counseling, Clinical Associates: SO Tx

**Substance Abuse**
Restart: 816-472-5664

Area NA. AA, Alanon or NarAnon groups also can be good resources-  
http://www.naranonkc.org/meetings/

SMART Recovery-  
www.smartrecovery.org

Hip Sobriety:  
www.hipsobriety.com

**Substance Abuse (cont.)**
Celebrate Recovery: [www.celebraterecovery.com](http://www.celebraterecovery.com)

**Domestic Violence**
Rose Brooks: 816-861-6100

SafeHome: 913-262-2868

New House: 816-471-5800

Hope House: 816-461-4673, (transitional housing generally awarded to those already participating in services-Shelter, Court, Therapy, exceptions can be made)


**Sexual Assault**
MOCSA: 816-531-0233 (MO crisis line); 913-642-0233 (KS crisis line)

**Child Abuse/Neglect Hotlines**
MO: 1-800-392-3738
KS: 1-800-922-5330

**Elder Abuse/Neglect Hotlines**
MO: 1-800-392-0210
KS: 1-800-842-0078 or 1-800-922-5330