



# FIRST DESCENTS

HEALTHCARE PARTNERSHIPS



FIRST DESCENTS PROVIDES  
LIFE-CHANGING OUTDOOR  
ADVENTURES FOR YOUNG  
ADULTS (AGE 18-39) IMPACTED  
BY CANCER AND OTHER SERIOUS  
HEALTH CONDITIONS



Research shows First Descents  
improves self-efficacy and social  
support for participants



Deliver psychosocial and peer support  
to underserved patients.





# WHY YOUNG ADULTS?

CANCER IS THE LEADING DISEASE-RELATED CAUSE OF DEATH IN YOUNG ADULTS. WITH APPROXIMATELY 70,000 NEW DIAGNOSES ANNUALLY, YOUNG ADULTS COMPRISE THE FASTEST-GROWING AND MOST UNDERSERVED ONCOLOGY AGE DEMOGRAPHIC.

YOUNG ADULTS COPING WITH CANCER AND OTHER SERIOUS HEALTH CONDITIONS FACE IMPORTANT HEALTH LIMITATIONS THAT CAN RESULT IN HEIGHTENED LEVELS OF PSYCHOSOCIAL DISTRESS, INCLUDING DEPRESSION, ANXIETY, AND ALIENATION.

70,000 young adults are diagnosed annually

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Poor improvement in five-year survival rates

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Minimal peer support

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Unique psychosocial challenges

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Lack of participation in clinical trials

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Disrupts normative milestones of adulthood



PARTICIPANTS ORIGINALLY HAVING THE GREATEST SYMPTOMS OF PSYCHOLOGICAL DISTRESS SAW THE LARGEST GAIN FOR THE LONGEST TIME. IN OTHER WORDS, THOSE WHO NEED FD THE MOST, SAW THE MOST BENEFIT.

PARTICIPANTS FELT RECONNECTED TO THEIR BODIES AND MORE CONFIDENT IN THEIR PHYSICAL ABILITIES. THEY ALSO FELT AN INCREASE IN RESILIENCY AND FELT LIKE THEY HAD MORE RESOURCES TO NAVIGATE THE HEALTH SYSTEM AND THEIR OWN TREATMENT SCHEDULES.

99%

WANT TO STAY INVOLVED

100%

100% OF PARTICIPANTS REPORTED INCREASED ABILITY TO COPE WITH CANCER AND ITS EFFECTS

81%

REPORTED INCREASED SELF-EFFICACY, INCLUDING CONFIDENCE IN PHYSICAL, EMOTIONAL, AND INTELLECTUAL ASPECTS OF LIFE

BEFORE FIRST DESCENTS

17%

EXPERIENCED DEPRESSION

## WHY IT WORKS

In 2015, First Descents partnered with researchers at the University of Michigan to continue to study the quantitative and qualitative success of our programming. In 2016, we completed the research and analysis on this study. Here are the top findings from that study:

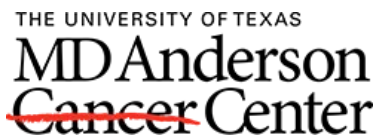
POST PROGRAM

7%

REPORTED DEPRESSION



# HEALTHCARE PARTNERS



A Cancer Center Designated by the National Cancer Institute



# TESTIMONIALS

A vertical photograph of a person rappelling down a dark, textured rock face. The person is wearing a blue helmet, a blue t-shirt, and a blue harness. They are positioned on the left side of the frame, with their body angled towards the right. The background is a clear blue sky.

## OREGON HEALTH AND SCIENCE UNIVERSITY

ACTIVITY: RAFTING AND KAYAKING IN HOOD RIVER WITH  
WET PLANET OUTFITTERS

Our First Descents program was a huge success for our patients. I believe every single participant said that they would apply for a week-long FD program next summer.

- OHSU Program Coordinator



## SEATTLE CHILDREN'S HOSPITAL

ACTIVITY: RAFTING AND KAYAKING ON THE WENATCHEE RIVER

For most of my life I have felt like no one would truly understand what it means to have cancer as a young adult. To say that First Descents has been life-changing would be an understatement. This program is crucial to survivors thriving and knowing they have a purpose far beyond cancer.

- Program Participant



# CONTACT

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