



FIRST DESCENTS

HEALTHCARE PARTNERSHIPS

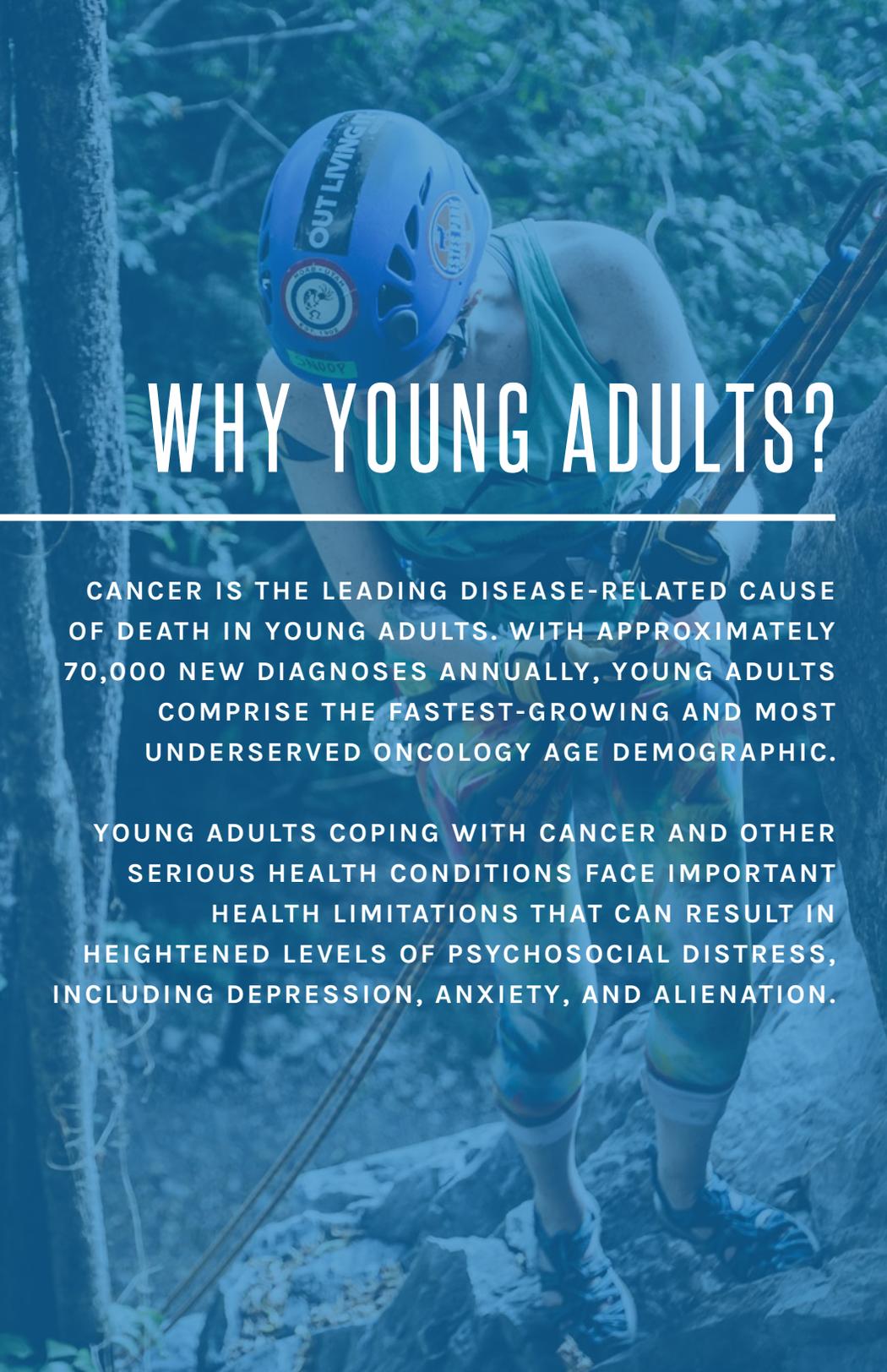
FIRST DESCENTS PROVIDES
LIFE-CHANGING OUTDOOR
ADVENTURES FOR YOUNG
ADULTS (AGE 18-39) IMPACTED
BY CANCER AND OTHER SERIOUS
HEALTH CONDITIONS



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

Poor improvement in five-year survival rates

Minimal peer support

Unique psychosocial challenges

Lack of participation in clinical trials

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 rock climbing a dark, textured rock face. The climber is wearing a blue helmet, a blue t-shirt, and dark shorts. They are positioned on the right side of the frame, with their body angled towards the left. The background is a clear blue sky. The left side of the image is dominated by the dark, vertical rock face, which is slightly out of focus compared to the climber.

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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