

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



PROBLEMS

Cancer is the leading disease-related cause of death in adolescents and young adults (AYAs).

MS is the most common neuroinflammatory disease affecting young adults.

Cancer, MS, and all serious health conditions present unique challenges and obstacles to young adults.

OBSTACLES

80,000 adolescents & young adults are diagnosed with cancer each year

Minimal peer support

Rare and aggressive tumor biology

Lack of participation in clinical

Disrupts normative milestones of adulthood

Higher rate of depression and psychosocial distress in young adults impacted by MS and cancer

FD PROGRAM OUTCOMES

100%

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

81%

REPORTED INCREASED SELF-EFFICACY

99%

OF PARTICIPANTS WANT TO STAY INVOLVED

17% U TO 7%

PARTICIPANTS WHO REPORTED FEELING DEPRESSED BEFORE AND AFTER FIRST DESCENTS

#### 20 YEARS OUT 20 YEARS OUT NIVES IT 2001 2006 2010 2011 2013 2014 2012 First Rock Surfing Healthcare 1st Annual FD Team FD Climbing **Programs** Partner Program First Tributaries Rebranded Descents Programs Begin and FDrock Launched to the Out Launched Ball Caregiver Living It **Programs** Project Created First FDX International Program Over 1.000 **Keck Graduate Participants** Institute Research Served Study on the Psychosocial Benefits of FD 2018 2019 2015 2016 2020 University 1,000+ Prescribe 20th Established Participants Adventure of Michigan **Anniversary** Served FD Trib 10.000 Research Launched Study on the Annually Communities Participants Psychosocial Served FD Founder Benefits of FD Provided 3 Brad Ludden **Programs** Expanded Recognized for Young Programming as Top 10 Out Living Adults to Young Adults **CNN** Hero It Magazine Living with Coping with MS. Launched Hosted Pilot Program



## **Week-Long Programs**

Each participant is eligible for a week-long destination program around the country. Most programs are free of cost and include lodging, gear, outfitter instruction, and delicious meals prepared by First Descents chefs!

# FD Tributaries

One of the first things we do is connect young adults to a local adventure community, also known as a First Descents Tributary (or Trib). Trib participants are eligible for single day and multi day programs with other young adults close to home.

## Monthly Meetups

These alumni-driven meetups provide frequent, low-barrier opportunities for local young adults to connect. Any potential alumnilead must submit an application and complete formal training prior to organizing local meetups.

# PROGRAM MODEL

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First Descents partners with medical centers to provide opportunities for young adults impacted by cancer and other serious health conditions to attend First Descents programs. Prescribe Adventure engages healthcare professionals to empower young adults to connect with their peers through community and adventure. Research shows that our programming improves survivorship, and we're reaching young adults earlier in their treatment processes through our growing network of healthcare professionals and medical centers. Below are just a few of the incredible medical centers with whom we partner.

**4008** 

HEALTHCARE PROFESSIONALS ENGAGED THROUGH PRESCRIBE ADVENTURE

400+

MEDICAL CENTERS AND HEALTHCARE ORGANIZATIONS REFERRING PATIENTS



Tampa, FL



Hartford, CT



Durham, NC



Springdale, AR



Boston, MA



Tacoma, WA



Wauwatosa, WI



Los Angeles, CA



Philadelphia, PA



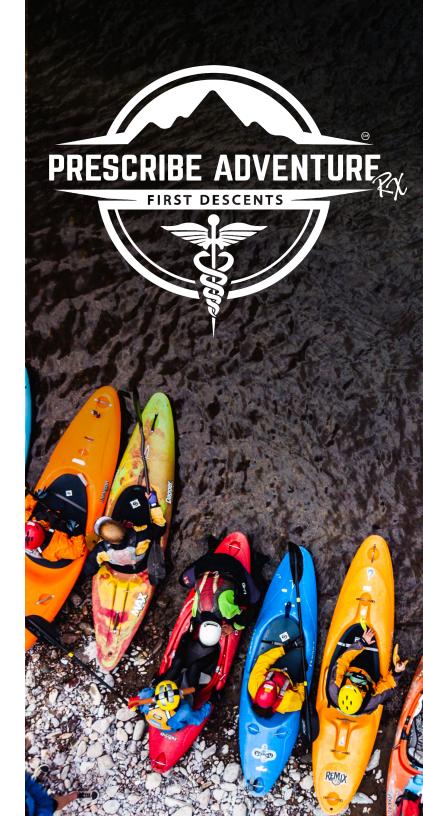
Chapel Hill, NC



Milwaukee, WI



Portland, OR





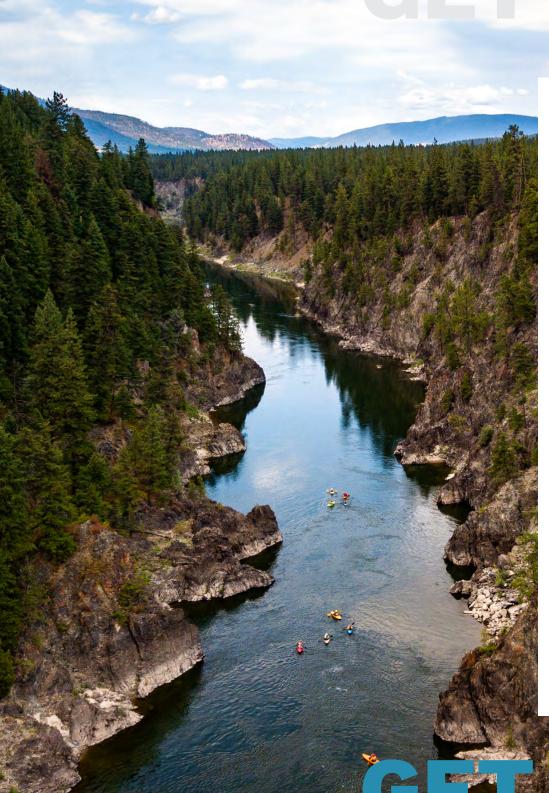
"For most of my life I have felt like no one would truly understand what it means to have cancer as a young adult. To say that First Descents has been life-changing would be an understatement. This program is crucial to survivors thriving and knowing they have a purpose far beyond cancer."

- Program Participant

"Everyone walked away with more confidence and strength knowing that they ARE stronger than MS and that no matter what their limitations are, they CAN keep moving."

- Program Participant

# TESTIMONIALS



Extend the healing power of adventure by getting involved with First Descents. These are just a few of the options for how to share FD with your patients.

## Include First Descents in your patient care planning

- Provide free, life-changing outdoor adventures for young adults (18-39) impacted by cancer and other serious health conditions
- Improve mental, physical, and emotional health of participants
- · Build supportive peer-to-peer relationships
- Include First Descents program options in your newsletter, resource folders, survivorship clinics, and support groups

### **Share our info with your community**

- Out Living It E-News
- Social Media Posts
- Prescribe Adventure Newsletter
- Staff & Alumni Speakers
- · Resource Fair Exhibitors

### **Support First Descents Directly**

- Volunteer Opportunities
- Local Events & Fundraisers
- Out Living It Projects

Direct your patient to firstdescents.org/joinus or call us at 303.945.2490 to apply today.

MOLVED

