

F I R S T D E S C E N T S

# HEALTHCARE PARTNERS





**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 trials

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% ↓ TO 7%

PARTICIPANTS WHO REPORTED FEELING DEPRESSED BEFORE AND AFTER FIRST DESCENTS





# 20 YEARS OUT LIVING IT



**2001**

First Program

**2006**

1st Annual First Descents Ball

**2010**

Rock Climbing Programs Launched

**2011**

Surfing Programs Begin

First FDX International Program

**2012**

Healthcare Partner and FDRock Caregiver Programs Created

Over 1,000 Participants Served

Keck Graduate Institute Research Study on the Psychosocial Benefits of FD

**2013**

FD Tributaries Launched

**2014**

Team FD Rebranded to the Out Living It Project

**2015**

University of Michigan Research Study on the Psychosocial Benefits of FD

Out Living It Magazine Launched

**2016**

1,000+ Participants Served Annually

FD Founder Brad Ludden Recognized as Top 10 CNN Hero

**2018**

Prescribe Adventure Launched

Expanded Programming to Young Adults Coping with MS. Hosted Pilot Program

**2019**

18 Established FD Trib Communities

Provided 3 Programs for Young Adults Living with MS

**2020**

**20th Anniversary**

10,000 Participants Served

# 20 YEARS OUT LIVING IT





## 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 alumni-lead must submit an application and complete formal training prior to organizing local meetups.

MEET.  
CONNECT.  
ADVENTURE.

First Descents Tributaries offer local adventures and community support for young adults impacted by cancer and other serious health conditions.





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.

# 800+

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





“First Descents provides a unique, empowering opportunity for young adults with cancer to feel like themselves again, often for the first time since diagnosis. They are given a safe, welcoming space to not only be active and feel like a normal young adult again, but also to connect with their peers who simply “get it” and can relate on a different level than other friends or family. First Descents is truly a gift to young adults facing the physical and emotional challenges of cancer. As someone who works closely with young adults in an academic medical institution, the relief and comfort of knowing FD exists is felt not only by patients, but also those who care for them.”

- Patient Navigator



“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](https://firstdescents.org/joinus) or call us at 303.945.2490 to apply today.**





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@firstdescents

#OutLivingIt