



SMITH FARM CENTER  
*for healing and the arts*

## Patient Navigation Training in Integrative Cancer Care

### INFORMATION

Based on its holistic model of patient navigation in cancer care, Smith Farm Center for Healing and the Arts is offering a four-night, five-day training program for new and experienced cancer navigators. **Space is limited.**

**Application submission deadline: March 10, 2010**

**Program Dates: April 11 — April 15, 2010**

**Location: Hallowood Retreat & Conference Center, Comus, Maryland**

**Background:** In 2005, Smith Farm Center developed an integrative model for cancer care navigation. Our holistic model has been employed successfully for the past four years at Howard University Cancer Center, contributing to a 15% increase in treatment compliance rates in its first year of operation. The model has also been used in community navigation, offering navigation and education/outreach services through churches to over 9,000 of our city's underserved residents since 2007. Our unique model empowers patients from screening through survivorship by offering individualized psychosocial support, experiential education in integrative therapies and improved access to resources that support the healing of body, mind and spirit.

**Training Overview and Objectives:** The goal of our navigation training program is to assist new and experienced navigators in the successful establishment of an integrative navigation practice. This training offers information and tools that navigators can use to provide holistic navigation to patients throughout the treatment continuum – care that supports each individual physically, emotionally and spiritually.

This training is based on our holistic model of navigation developed at Smith Farm Center and used successfully in both hospital and community-based settings for over four years. The training level is geared towards laypersons, and a significant portion of the instruction will be experiential in nature.

**Special Section on Gastrointestinal Cancers:** With the support of our sponsor, The Palette Fund, we will be offering a special section on gastrointestinal cancers during the training. This module will focus on the basic pathology, physical side effects from treatments, and special needs of gastrointestinal cancer patients, along with supportive resources for assisting your patients.

Following the training, participants will be able to:

- Define cancer navigation and the role of navigators
- Effectively communicate with and guide individuals through cancer
- Describe integrative cancer care and basic integrative cancer therapies
- Learn and use basic, proven integrative mind-body therapies with clients
- Facilitate clients identifying and accessing integrative therapies
- Build an effective support system for navigators

#### **Who Should Attend:**

New and experienced cancer patient navigators who wish to develop their practice to include integrative cancer care and apply a more holistic approach in their interactions with patients. Both lay professionals,

including cancer survivors, and health care professionals are encouraged to attend. This training will be appropriate for both community and hospital-based navigation programs. Language and presentation level will be geared toward laypersons. A considerable portion of the instruction will be experiential in nature.

**Cost:** The cost of the four night, five day training is a total of \$1,200. The cost includes all training materials, faculty fees and resources (\$700) plus accommodation costs and all meals (\$500). Limited Scholarship assistance is available. We have made every effort to keep the cost consistent with our previous training. Transportation costs to and from the retreat center are not included.

Because of our rigorous training schedule we require everyone to stay at the retreat center to maximize the learning experience.

**Continuing Education Credits:** This program will be co-provided with Capital Hospice and Nursing Contact Hours will be awarded.

Capital Hospice is an approved provider of continuing nursing education by the Virginia Nurses Association, an accredited approver by the American Nurses' Credentialing Center's Commission on Accreditation.

In addition, Smith Farm is a National Board of Certified Counselors (NBCC) Approved continuing education provider (#6327) and may offer NBCC approved clock hours for events and programs that meet NBCC requirements. Processing fees may apply.

**Faculty:** Our faculty is comprised of seasoned integrative practitioners, cancer coaches, cancer survivors, clinical health professionals, and national leaders in cancer care.

- **Carole O'Toole**, MS, Training Facilitator, is Director of Smith Farm Center's hospital and community-based patient navigation programs, and was instrumental in the development of their integrative navigation model. She was trained as a Cancer Guide, founded a private cancer coaching practice, and served as a navigator at a Washington, D.C. area hospital. Ms. O'Toole has been involved with cancer navigation for 13 years, is the author of two books on integrative cancer care, and has chaired the DC Cancer Consortium Workgroup on Patient Navigation Training and Education.
- **Laura Pole**, RN, MSN, OCNS, Training Facilitator, is an Oncology Clinical Nurse Specialist and head chef for Smith Farm Center retreats. Ms. Pole is also a consultant in palliative care for the Roanoke Valley End of Life Care partnership, nurse educator for the Virginia Association of Hospices, and past president of the Southwest Virginia Pain Initiative. She was trained as a Cancer guide. Ms. Pole has had numerous faculty and Board appointments, and is the recipient of an Outstanding Nurses of America award.

Together, Ms. O'Toole and Ms. Pole collectively bring more than 40 years of experience in navigation, integrative cancer care, clinical training and teaching expertise. They are joined by:

- **Siddharth Ashvin Shah**, M.D., Clinician and instructor at George Washington University's Center for Integrative Medicine; Founder of Psychosocial Assistance Without Borders; Founder and President, Greenleaf Integrative Strategies LLC; Washington, D.C.
- **Hunter Groninger**, M.D., Medical Director, Division of Palliative Care, Washington Hospital Center; Program Director, Physician Fellowship, Capital Hospice;
- **John L Marshall**, M.D. Division Chief & Associate Professor of Medicine, Division of Hematology/Oncology, Georgetown University Hospital; Associate Director, Clinical Research, Lombardi Comprehensive Cancer Center
- **Shanti Norris**, Executive Director of Smith Farm Center; yoga and meditation instructor and artist;

- **Fay Burrs**, R.N. B.S.N, Clinical Educator, Capital Hospice;
- **Tom Large**, LCSW-C, Clinical Director, HopeWell Cancer Support;
- **Erin Johnson**, Licensed Professional Counselor and Creativity and Wellness Coach;
- **Kym Sevilla**, Certified Yoga Instructor and Clinical Exercise Specialist

Smith Farm Center's Medical Director is **Michael Hawkins, M.D.** Dr. Hawkins conducts clinical research in Oncology at Gilead Sciences. Formerly, Dr. Hawkins was the Chief Medical Officer at Abraxis BioScience, Inc., Associate Director of the Washington Cancer Institute at the Washington Hospital Center, Director of Clinical Research and Developmental Therapeutics Program at the Lombardi Cancer Center, and the Chief of the Investigational Drug Branch of the National Cancer Institute. He also served as Chairman of the Cancer Advisory Panel to the NIH's National Center for Complementary and Alternative Medicine (2000-2002).

**Facility:** The training will take place at the Hallowood Retreat & Conference Center in Comus, Maryland, located approximately 50 minutes from downtown Washington, DC. If you are traveling from outside the metropolitan Washington area, BWI (Baltimore), Dulles and Reagan National airports are all suitable. Car rentals would be required or you may reserve ground transportation through Super Shuttle, a shared van service that operates from all three airports. ([www.supershuttle.com](http://www.supershuttle.com))

For further description of the facility, please visit: <http://www.hallowood.org/>

We selected a facility that is relaxed, comfortable and rustic. Some information you might find useful:

- Each room is comfortable but minimalist in design. Linens are provided, but please feel free to bring your own items that will personalize your space (an extra comforter, favorite pillow, alarm clock, etc.). Bathrooms are shared.
- Hallowood prohibits the use of alcoholic beverages at their facility. Smoking is not allowed inside any of the buildings. Pets are also not allowed.
- All meals will be prepared by Hallowood under the guidance of Ms. Pole. Smith Farm Center is committed to serving abundant meals of whole foods that are nutritious and primarily vegetarian. If you have any dietary restrictions, food allergies or other issues, please contact Nekose Wills, [nekose@smithfarm.com](mailto:nekose@smithfarm.com), and we will do our best to accommodate you.
- Please dress casually and comfortably. As you will be participating in yoga and movement classes, bring some loose comfortable clothing with you. Slippers are encouraged!
- Hallowood has extensive acreage, with ponds, woods and streams to explore. We encourage you to bring whatever you need to make hiking part of your training experience.

We hope that our training opens you to new ideas and experiences, and that you arrive at Hallowood with an open mind and heart to take navigation in a new direction!

#### SPONSORS

Our integrative navigation training is generously supported by The Palette Fund, established to honor the legacy of Rand Harlan Skolnick through collaborative grant-making and programs that value human rights and education. Specifically, the foundation is focused on four health and/or social issues: the role of nutrition in healthcare and cancer, LGBT youth, HIV/AIDS and patient navigation.

