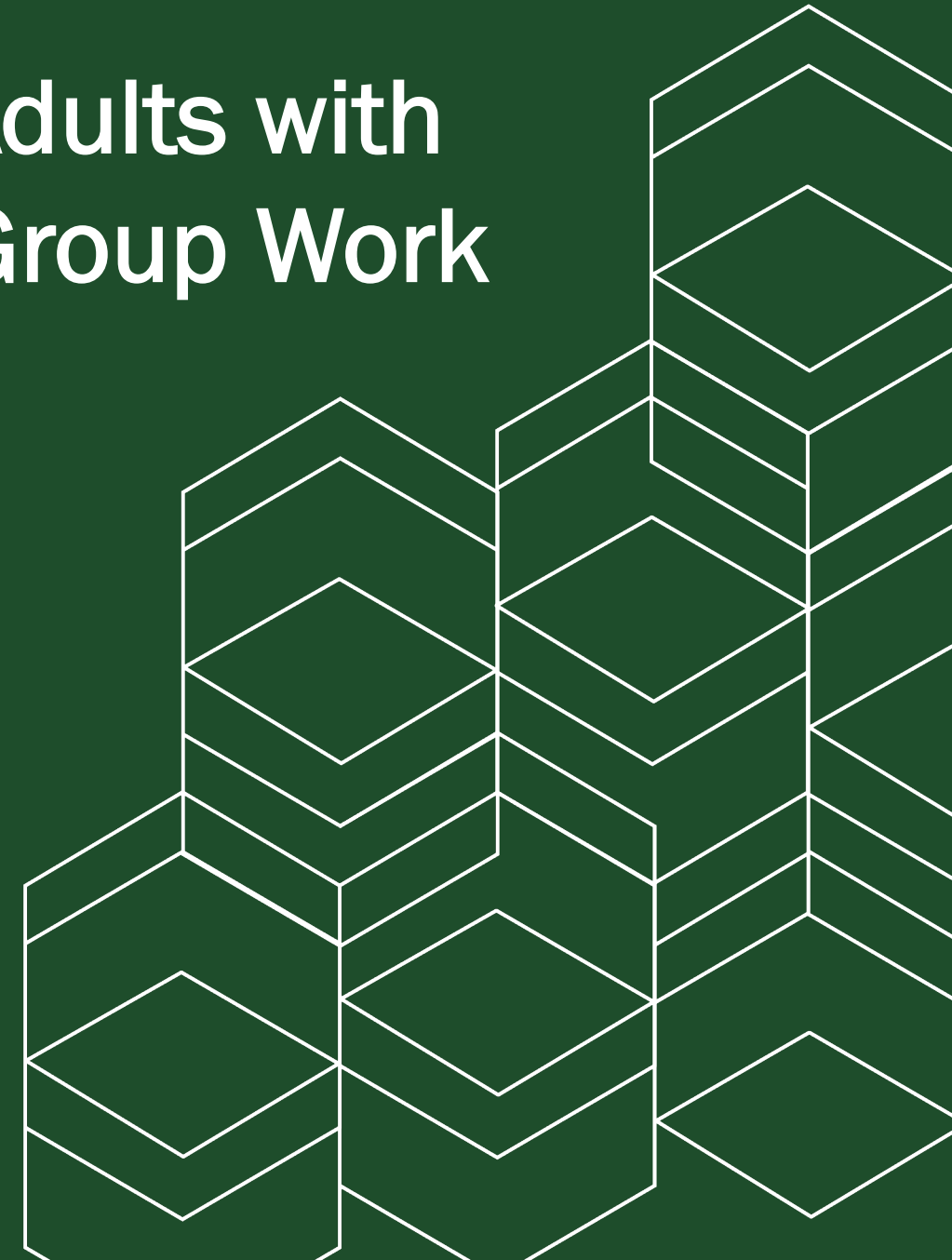




# Visual HeARTS: Connecting Young Adults with Cancer through Online Photovoice Group Work



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### The power of virtual group work

- Unique ability to partner with co-facilitators from other parts of the county/world
- Reduced feelings of isolation due to COVID-19 and the rarity of their cancer experiences as a young adult
- When a member moves across country, they can still participate in the group
- Opened opportunities and skill development for people who had not previously participated in groups
- Empowered members to seek counseling after group ended
- Safety afforded through this type of group

### Themes that emerged during the group

- Isolated experience as a young adult with cancer
- Coping mechanisms
- Humor
- Dreams and hopes for the future
- The value of having this shared experience in group

### Unique Lessons learned/tips for others:

- Inception of the group idea came about pre-COVID and was able to continue despite the pandemic
- Participants wanted to raise awareness of their unique developmental perspectives of living with cancer in young adulthood, yet the pandemic created challenges because of social distancing mandates
- Teaching members how to create a confidential space in their homes
- Adjust the number of photos participants share based on group size and member engagement
- Partner with several community organizations to support recruitment of participants when incorporating research designs
- The photovoice and home-based intervention may promote deeper sharing than typical groups
- If working with young adults, your members may also be in the role of caregiving for parents who have cancer
- Group sense of cohesion emerged right away and as such, earlier discussions of preparing for termination seemed necessary