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For more information about Bhope services, please contact the Behavioral Health Oncology Phone Line: 214.820.2991
For more information about Cvetko Center services, please contact the Cvetko Center Phone Line: 214.820.2608

**Bhope Consultation**

Focuses on enhancing your overall physical, mental and spiritual well-being:

- **BODY** = stress, sleep, appetite, fatigue, pain
- **MIND** = anxiety, sadness, worry, guilt, fear
- **SPIRIT** = hope, meaning, purpose, demoralization

It also focuses on helping people reduce life-stress, by promoting healthy lifestyle and coping strategies:

- **Healthy Lifestyle Management**: Diet/exercise, sleep/fatigue, restorative self-care
- **Life-Transitional Stress Management**: Stress-reduction and coping skills (via relaxation and mindfulness) for adjustment to common cancer-related life-transitional stressors:
  - Adjustment to Cancer (specific age and life-stage)
  - Medical Procedures (chemo, radiation, surgery)
  - Relational Stressors (marital, family, work)
  - Doctor-Patient Communication
  - Preparatory Grief and Bereavement

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**Cancer-Related Symptoms & Challenges**

### Physical & Medical Symptoms
- Adjustment to Illness
- Anxiety / Worry / Panic
- Depression / Sadness
- Fatigue / Sleep Disturbance

### Spiritual Demoralization
- Crisis in Meaning & Purpose
- Crisis in Faith & Hope (Religious / Spiritual Belief Systems)
- End-of-Life Exploration/Discussion
- Post-Traumatic Cancer Stress Vs. Post-Traumatic Growth

### Spiritual Suffering
- Death Anxiety
- Existential Distress
- Existential Guilt
- Existential Ambivalence
- Existential Isolation
- Existential Despair

### Existential/Spiritual Support
- Meaning-Centered Therapy
- Purpose-Driven Support
- Spiritual Care & Support
- Grief & Bereavement
- Post-Traumatic Growth
- Vital Involvement

### Psycho-Oncology
- Cancer-Related Stress Management
- Life-Transitional Stress Management
- Anxiety Management
- Depression Management
- Mindfulness & Relaxation
- Restorative Self-Care

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**Behavioral Health Oncology Service: an Integrative Bio-Psycho-Social Approach**

- **Body**
  - Integritive Behavioral Health
  - Healthy Life Style Management
    - Diet / Exercise Management
    - Coping & Stress Reduction
    - Cancer-Related Pain Management
    - Sleep Hygiene / Fatigue Management

- **Mind**
  - Psycho-Oncology
    - Cancer-Related Stress Management
    - Life-Transitional Stress Management
    - Anxiety Management
    - Depression Management
    - Mindfulness & Relaxation
    - Restorative Self-Care

- **Spirit**
  - Existential/Spiritual Support
    - Meaning-Centered Therapy
    - Purpose-Driven Support
    - Spiritual Care & Support
    - Grief & Bereavement
    - Post-Traumatic Growth
    - Vital Involvement

- **Cancer-Related Symptoms & Challenges**
  - Physical & Medical Symptoms
  - Spiritual Demoralization
  - Existential Suffering

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3410 Worth St., Suite 200 • Dallas,TX 75246

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Charles A. Sammons Cancer Center at Dallas
Virginia R. Cvetko Patient Education and Support Center

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**Behavioral Health Oncology**

Patient Evaluation and Consultation Service
What is the Behavioral Health Oncology Patient Evaluation (Bhope) Consultation Service?

The Behavioral Health Oncology (Bhope) service is based upon a population science approach; attempting to cast the widest net to reach the most cancer patients. The primary goal of Bhope consultation services is to help cancer patients manage common cancer-related physical, emotional and behavioral health challenges. The service also assists with life-transitional stressors that may interfere with daily functioning; thereby helping to promote overall health, quality of life and well-being for those it serves.

- The Bhope service differs from traditional mental health services as it is embedded in a cancer center. All services are cancer-related in nature and specifically tailored to focus on enhancing cancer patients’ overall health-related quality of life and well-being.

- Unlike traditional mental health services, you will not be offered long-term psychotherapy; rather you will be provided time-limited cancer-focused psycho-social supportive care.

- Unlike traditional weekly visits, Bhope appointments are commonly offered every 2-3 weeks, and must be confirmed by you ahead of time to secure your scheduled slot.

- Your behavioral health oncology consultant is well-trained in providing cancer-related supportive and behavioral health care, and will work directly with you to support your overall health and well-being.

Your Behavioral Health Oncology Consultant:

Dr. Shannon Poppito is a licensed clinical psychologist, specializing in psychology-oncology and providing integrated behavioral health consultation services in medical settings. Dr. Poppito received her B.A. degree in Existential Psychology from the University of Dallas, and her M.A. and Ph.D. in Clinical Psychology from Duquesne University. She completed her clinical-research fellowship in psychology-oncology at Memorial Sloan-Kettering Cancer Center, where she developed and provided existential Meaning-Centered Psychotherapy and Dignity-Conserving interventions for cancer and palliative care patients. Dr. Poppito went on to serve as assistant attending psychologist and co-director of Memorial Sloan-Kettering’s Psychotherapy Laboratory, and from there was later recruited to City of Hope Cancer Center, where she served as Service Chief/Director of Psychology in their Supportive Care Medicine Department. Dr. Poppito has co-authored two Oxford Press books on Meaning-Centered Psychotherapy and has published and presented extensively on existential-developmental (life-transitional) issues in cancer and palliative care.

What to Expect:

Your oncologist will refer you to Bhope services for a cancer-related issue. Dr. Poppito will develop a behavioral health plan that best suits your overall bio-psycho-social-spiritual health care needs.

- **Baylor-Accepted Insurance Plans:** Bhope services are only covered by Baylor-accepted insurance plans. Please call ahead to your insurance provider to confirm coverage under your oncologist’s cancer-related medical order.

- **Bhope Appointments:** Prior to your first visit, you will be sent forms to fully review and complete in preparation for your first meeting with Dr. Poppito. At each following visit, you will be asked to complete a brief quality of life questionnaire to assess your overall functioning and well-being.

- **Bhope Services:** You will be provided integrative cancer-related supportive care and brief solution-focused behavioral health interventions. This will help reduce cancer-related life-transitional stress, while enhancing healthy lifestyle, in order to bolster your overall vitality, immune functioning and quality of life.