



Bobby's Coaches

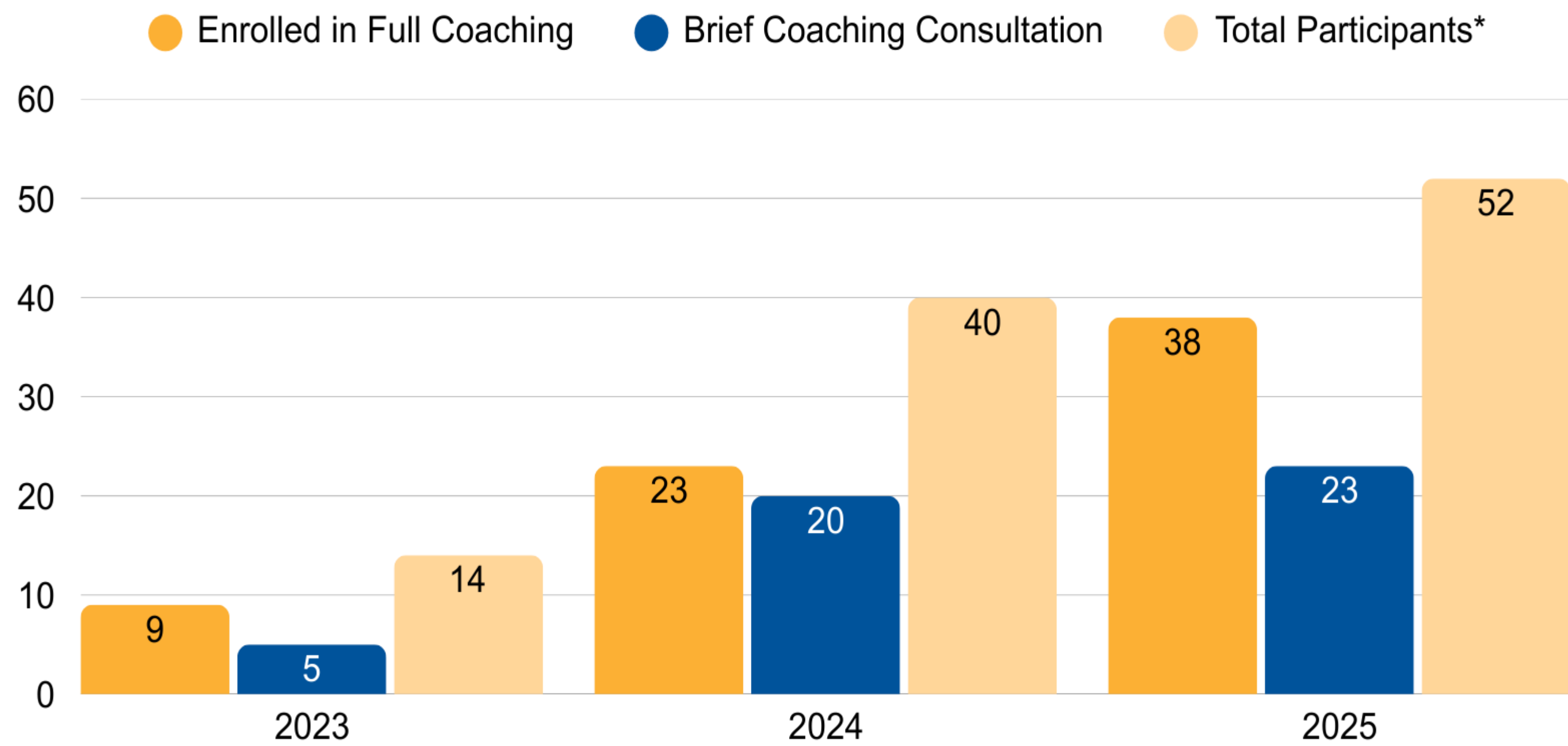
**Navigating Life as Cancer
Patients and Survivors**

Program Update

November 2025

1. Participant Enrollment
2. Outcomes from Coaching Studies Update
3. Coach Staffing
4. Partnerships
5. Next Phase

Participants Receiving Coaching Annually, 2022-2025



*Total participants is less than the sum of enrollment and brief consultation, as some individuals who received a brief consultation ultimately decided to enroll for full coaching.



Participants newly
enrolled for full
coaching in 2025



Participants enrolled
for full coaching since
program creation

Cost Per Individual Enrolled in Full Coaching

2024 Cost

2025 Cost

Goal

\$3200

\$2100

\$2000

Current Team and Programs

Duke Team –Department of Psychiatry and Duke School of Nursing

- Jon Wolseth, PhD
- McLean Pollock, PhD, MSW
- Gary Maslow, MD, MPH
- Sharron Dochety, PhD, PNP
- Lakaya Craig, LCMHC
- Angel Barnes, RN

Students who completed dissertations with team with plans to continue involvement in 2026

- Remi Misiewicz, RN soon to be PhD,
- Sam Brotkin, PhD

Partnership with DCI TYAO Program

- Recruitment partnership with Nurse Navigator
- Connected to IMPACT program
- Coaches recruiting in clinics and hospital



Research Programs

- PiCASO (9 conditions)
- CHASM (congenital heart disease)
- IBD Coach Study

Clinical/service Programs

- Bobby's Coaches
- Family Partner Coach for NC-PAL and in Western North Carolina
- ATLAS
- Jodie's Prom @ Duke Children's

Future Plans/Proposals

- IDD FPC Study
- Youth/Parent Cancer Peering Coach study
- Expand Bobby's Coaches
- Disseminate Bobby's Coaches to other AYA Cancer programs
- Disseminate Coach Training

Current Team and Support

Bobby's Coaches

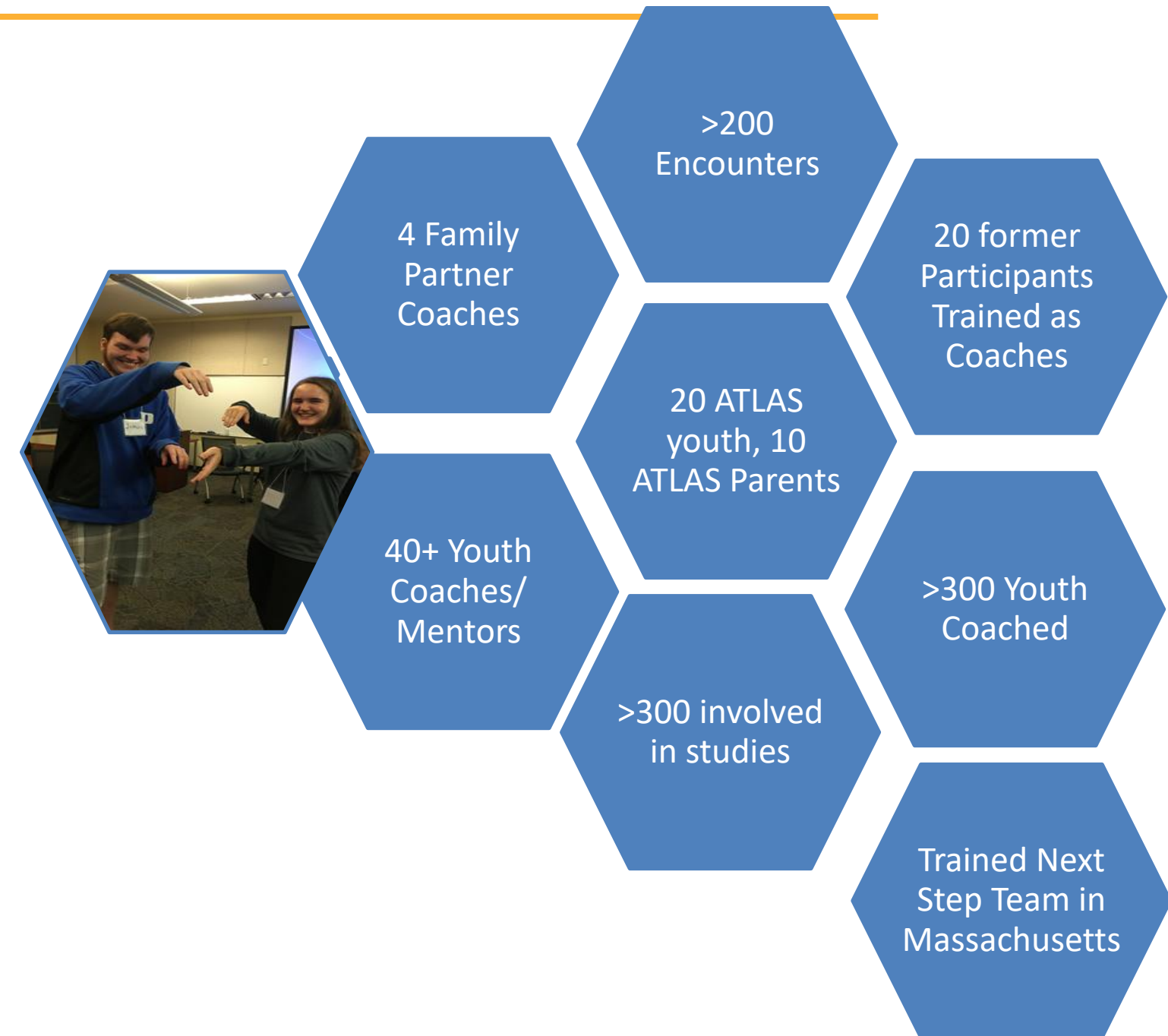
- I'm Not Done Yet Foundation
- Gorrell Family Children's Psychiatry Endowment, Duke University School of Medicine, July 2025
- Partnered with Duke Cancer Institute

ATLAS, Jodie's Prom at Duke Children's

- Department of Psychiatry and Behavioral Sciences, Duke University School of Medicine
- Pratt Family Foundation
- Jodie's Fund (Jodie's Prom)
- Gorrell Family Children's Psychiatry Endowment, Duke University School of Medicine, July 2025

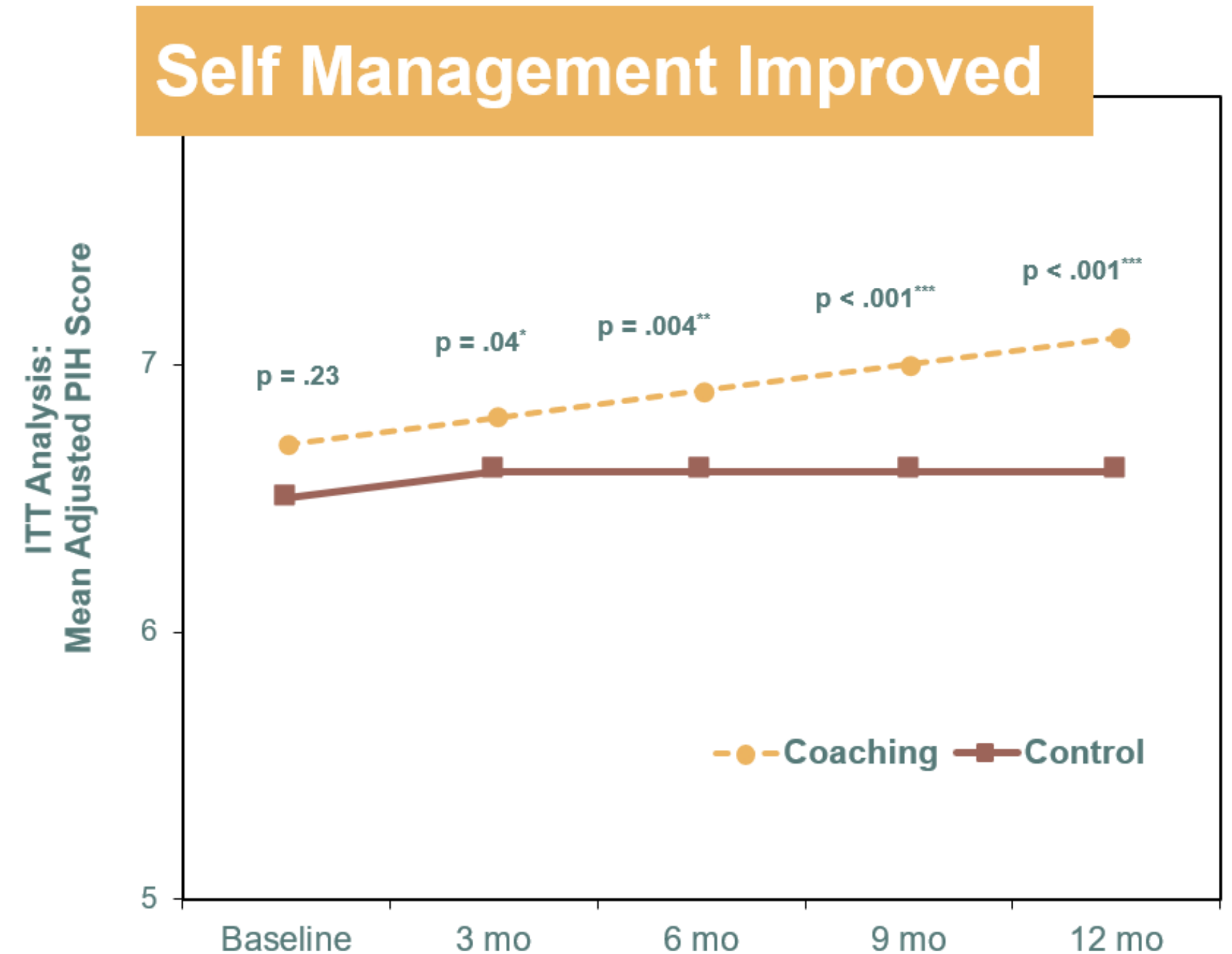
PiCASO Research Team and Family Partner Program

- Duke University School of Nursing
- Gorrell Family Children's Psychiatry Endowment, Duke University School of Medicine, July 2025
- Patient Centered Outcomes Research Institute
- National Institute of Nursing Research
- NC-PAL and NC DHHS



PiCASO Study Results

- 149 participants received coaching (75 control group)
 - 1,871 phone calls
 - > 50,000 total minutes of calls
 - 13,664 messages exchanged
-
- **15** median calls per participant
 - **305** median minutes of peer coaching per participant

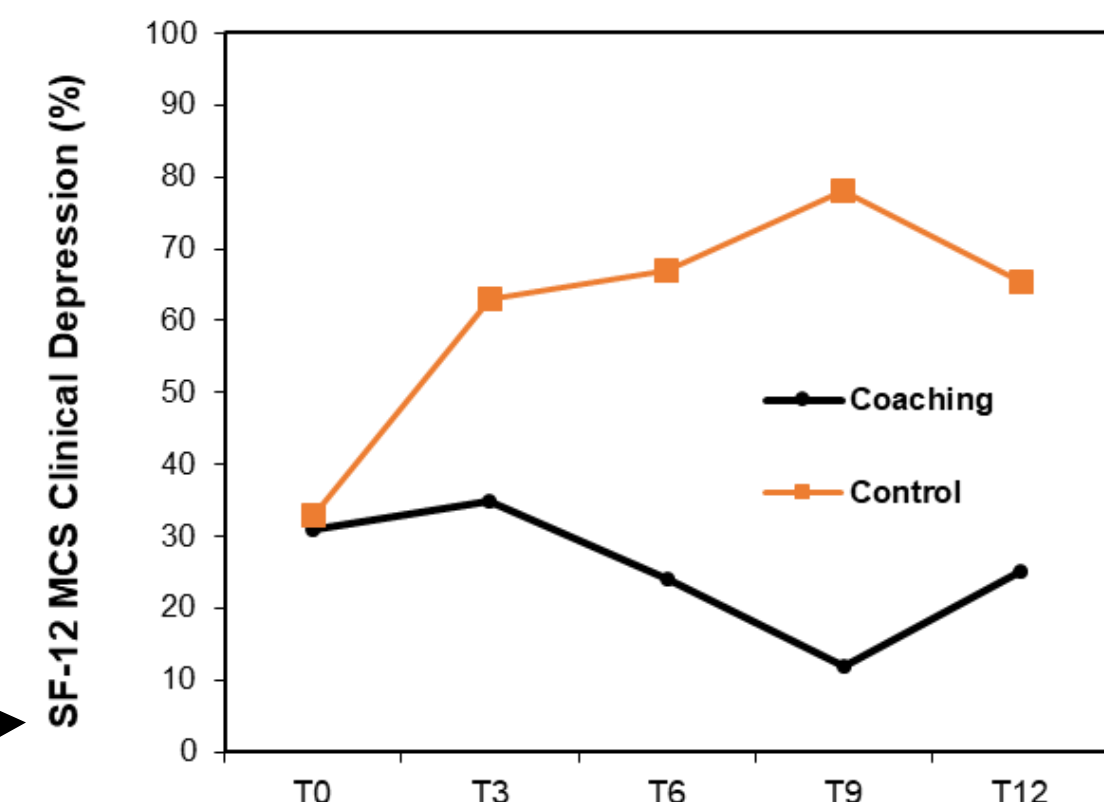
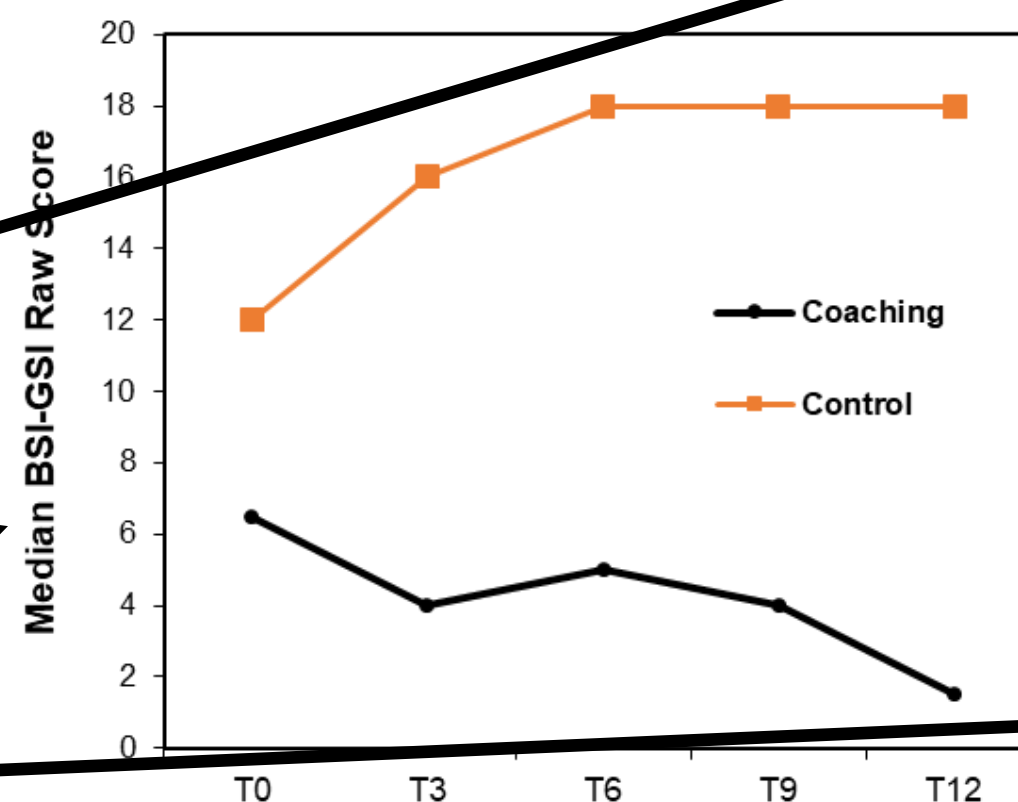
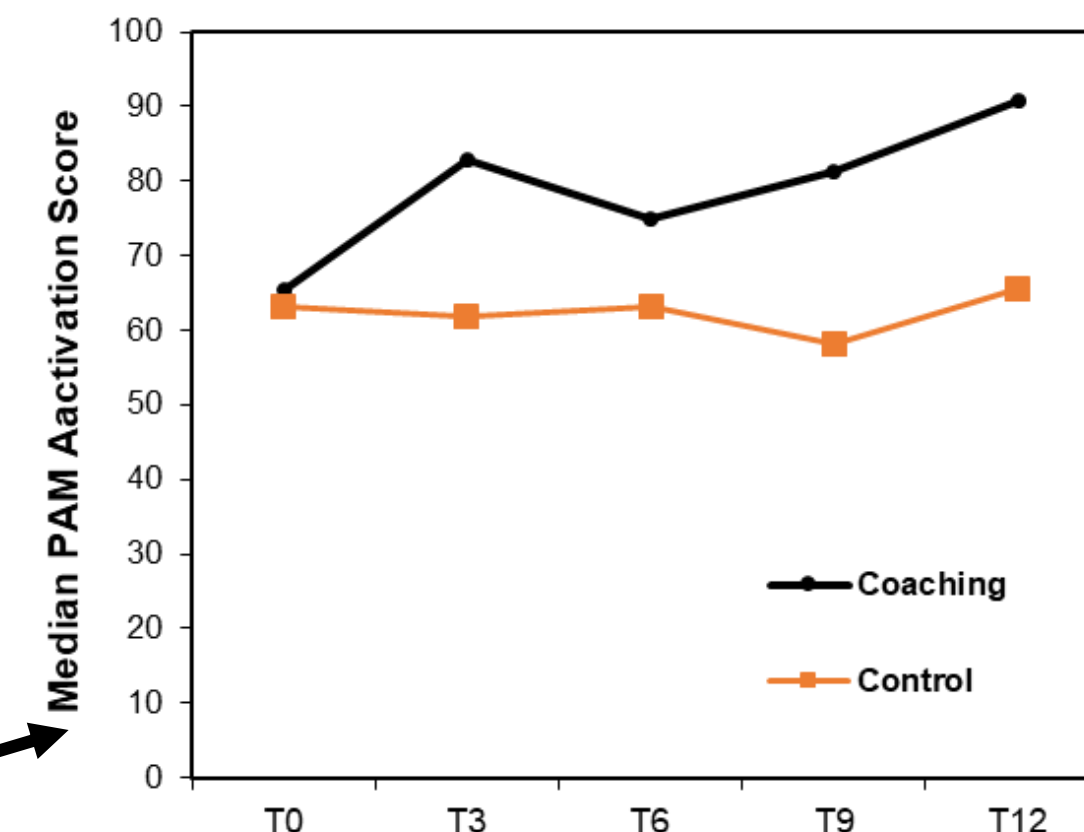
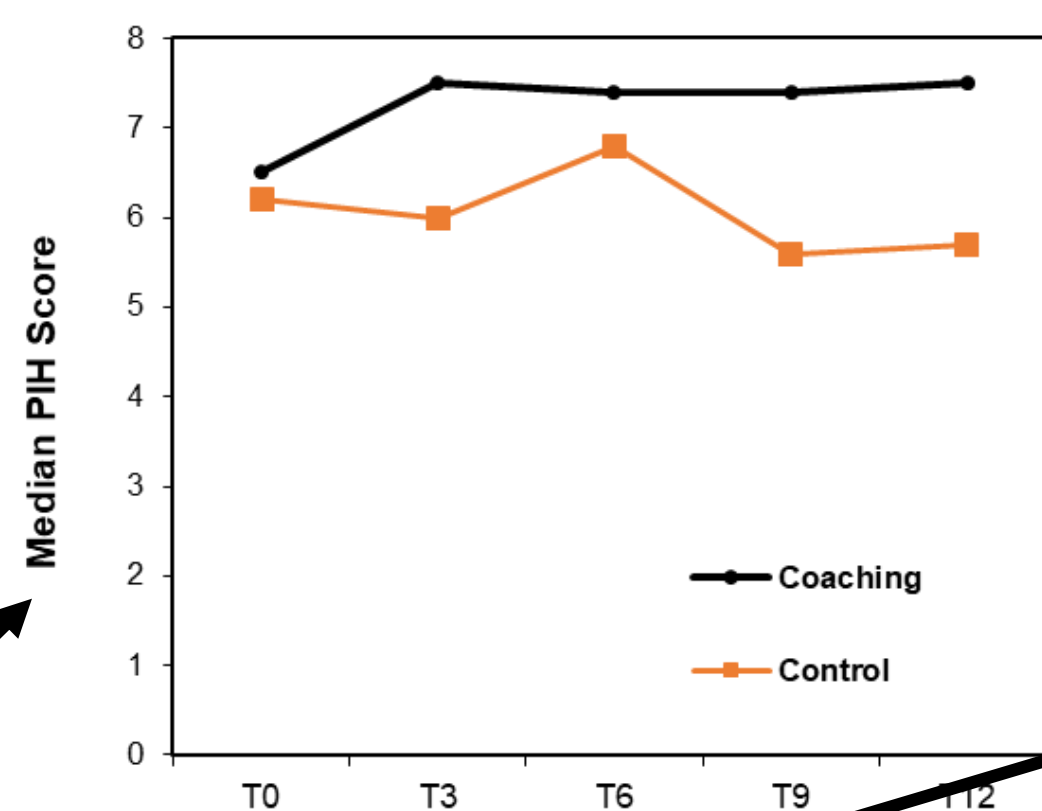


Cancer Survivor Outcomes in PiCASO

Demographics	Total Sample N=35	Coaching N=26	Control N=9
Age group			
Age 16-18	12 (34%)	9 (35%)	3 (33%)
Age 19-22	23 (66%)	17 (65%)	33 (67%)
Female gender	15 (43%)	10 (38%)	5 (56%)
Hispanic/Latinx	9 (26%)	5 (19%)	4 (44%)
Race			
White	16 (46%)	12 (46%)	4 (44%)
Black/African American	10 (29%)	10 (38%)	0 (0%)
Native American/Alaska Native	2 (6%)	1 (4%)	1 (11%)
Other	3 (9%)	2 (8%)	1 (11%)
Unknown	5 (14%)	2 (8%)	3 (33%)

Coaching Participants compared to Controls

- Increased self management
- Improved activation
- Decreased mental health symptoms while controls had increased mental health symptoms
- Improved mental health quality of life

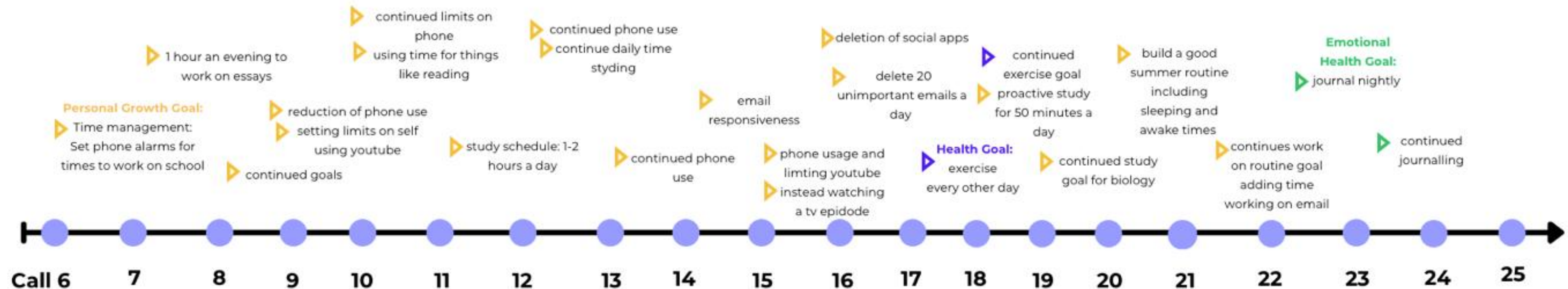


Analysis of Goal Setting by AYA Survivors

GOAL TAXONOMY	HIGHER-ORDER GOALS (# OF PARTICIPANTS)	LOWER-ORDER GOALS	GOAL TAXONOMY	HIGHER-ORDER GOALS (# OF PARTICIPANTS)	LOWER-ORDER GOALS
HEALTH	To have energy (1)	Eat breakfast daily; going grocery shopping; meal planning	PERSONAL GROWTH	To have an optimistic attitude (1)	Ensure she has done everything to have the energy to be optimistic
	To improve eating habits (2)	To reduce fast food consumption; learn how to cook; try different recipes & watch others cook; practice intentional and conscious eating strategies		To be a better leader (1)	Work on approachability and communication with team by use of praise comments
	Reduce headaches (1)	Practice stress reduction activities like relaxation & listening to music		To be self-aware of work tasks and productivity (1)	To pay attention to times when he is the most productive and creative
	To exercise regularly (4)	Build a schedule for exercising; use an accountability partner; to run 3 times a week		To manage time better (4)	Limit phone use; build a routine; break study time up in chunks; have an accountability partner; set alarms; change notification setting on phone; set deadlines for certain school goals; stop drinking coffee at night; setting own bedtime; responding and deleting emails
	Lose weight and become healthier (1)	Follow a <u>work out</u> and eating routine; have a workout partner, track progress; meal plan with family; set alarms for eating times and exercise times	EMOTIONAL HEALTH	To develop and practice coping/reflection/processing skills for stress (3)	Spend time journaling; spend time listening to music and writing

Cancer Survivor Goals Over Time in PiCASO

Justin's Goal Journey



Bold text describes goal taxonomy

▶ = Personal Growth goal

▶ = Health goal

▶ = Emotional Health goal

Cancer Survivor Goals Over Time in PiCASO

Sara's Goal Journey



Bold text describes goal taxonomy

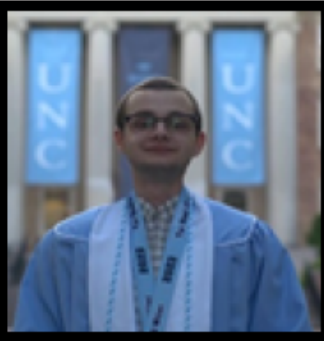
▶ = Health & Occupational goal

▶ = Health goal

▶ = Emotional Health goal

Bobby's Coaches

Our Veteran Coaches



Bud

23, Male
Graduate of UNC-CH
Enjoys videography & working out
Coach for 3 years



Viviana

23, Female
Graduate of Duke
Enjoys cooking & exercise
Coach for 4 years



Zach

27, Male
Graduate of NC State University
Enjoys skiing & tennis
Coach for 5 years

OUR THREE VETERAN COACHES HAVE
CONTINUED TO COACH AND MENTOR OUR
NEW COACHES, WHO JOINED US IN 2024.

Our coaches' experiences
cover a range of diagnoses &
treatments that participants
may request to match on:

Diagnoses

- Breast cancer
- Hodgkin lymphoma
- Thymoma
- Osteosarcoma
- Acute lymphoblastic leukemia

Treatments

- Chemotherapy
- Radiation
- Surgery
- Immunotherapy
- Bone marrow transplant
- Fertility preservation

Nicole

- 24, Female
- Enjoys yoga & learning

Chandrica

- 30, Female
- Enjoys playing & coaching basketball

Alex

- 22, Male
- Enjoys golfing & all sports

Clare

- 28, Female
- Enjoys cooking & swimming

Ashley

- 29, Female
- Enjoys gardening & homesteading

2025 COACHING MILESTONES

January

2025

9

coaches on staff

Graduated from college

Started advanced nursing practice program

Promoted to new career position

Traveled solo overseas for a month

Moved across country to start med school

Left Bobby's Coaches for new career opportunity

Started first career post-college

Got married!

Headhunted for new job

Accepted to graduate program in counseling

Promoted to manager, resigned from Bobby's Coaches because of time commitments

7

coaches on staff

Celebrated birth of first child!

3

trainees complete coach training

10

coaches on staff

January

2026

Coach Lived Experience

Diagnosis	Receiving a diagnosis of blood, bone, lymph node, breast, and small organ cancers as a child, teen, or young adult
Treatments	Engaging in chemotherapy, radiation, endocrine therapy, immunotherapy, bone marrow transplant, and surgery as part of their treatment
Fertility Decisions	Navigating decisions about and engaging in fertility preservation services
School and Work	Pausing, and re-engaging with, career and school as a result of diagnosis and treatment
Independence & Support	Negotiating independence with caregivers and support networks during and post-treatment
Self-Advocacy	Building and exercising self-advocacy skills in the context of cancer care, the workforce, educational environments, and interpersonal relationships

Bobby's Coaches: Navigating Life as Cancer Patients and Survivors

Participant Experiences

“Bobby’s Coaches gave me the tools to take back my power in making positive lasting change to improve my overall health and well-being. I am so grateful to have programs like this possible.”

“You have your friends, but you can’t really talk to them because none of them really know anything about what you’re going through. All they really know is you have cancer, that’s it. It’s just nice having someone who’s a part of the been-there-done-that thing so you can actually open up and talk about it.”

“I learned a lot about myself and what I would like to do, what I can do.”

Partnerships



- Collaboration with Next Step, a non-profit in the Northeast serving teens and youth with special healthcare needs including young adult cancer survivors
- Trained 8 staff and 6 youth mentors in PiCASO methodology
- 75 teens with special health care needs mentored using PiCASO methodology

Plans for 2026

Support current coaches and grow coaching team

- Majority of Funding from INDY goes directly to support Coach salaries
- Three new coaches completing training
- Continue to support growth and development of coaching team

Increase participants from DCI engaged in Bobby's Coaches program

- Build on partnership with TYAO program at DCI
- Deploy coaches to directly meet participants in clinical settings to provide support and to recruit participants

Examine healthcare outcomes from coaching and examine opportunities related to having peer health coaching supported by health care billing or per patient per month value-based payments

- Work with Biostatistician and EHR researcher from Duke to examine health care outcomes of coach participants
- Building proposal to work with health care economist to analyze value of coaching
- Reviewing Medicaid Peer Support definition and opportunities to use within Duke Health
- Reviewing opportunity for piloting peer support for youth and/or parents in value-based programs

Develop strategy for working with other AYA programs for Bobby's Coaches dissemination

- Continue to build connection to Teen Cancer America
- Build on success of training coaches at Next Step program in Boston
- Planning data collection from AYA programs to understand existing peer supports and identify strategies to incorporate Bobby's Coaches Program as part of AYA program

Thank you!!



Jodie's Prom & ATLAS@15/Coach Summit, 2026

[Hospital Throws Prom for Teens Who Are Missing Their School Dances - YouTube](#)

[Duke Children's Retro Prom 2022 | Duke Health - YouTube](#)

Bobby's Coaches: Navigating Life as Cancer Patients and Survivors