



Participant Handout: Supporting Young Breast Cancer Survivors

A Family Medicine Training

This training is part of the Family Medicine Education Consortium (FMEC) Young Breast Cancer Survivors (YBCS) Project. This training is designed to equip family medicine faculty, residents, and care teams with practical approaches to strengthen survivorship support for young breast cancer survivors. The focus is on psychosocial needs, communication, care coordination, and connecting survivors to resources.

Key takeaways

- **Risk and incidence inform care.** Understand the risk and incidence of breast cancer in young women to guide timely screening, referral, and survivorship conversations.
- **Psychosocial needs are clinical needs.** Screen, name, and normalize concerns (e.g., anxiety, fatigue, fertility/sexual wellness, financial strain, body image, caregiving stress).
- **Small systems changes matter.** Use Policy, Systems, and Environmental (PSE) strategies to make support more consistent (e.g., clear referral pathways, reliable follow-up workflows).
- **Clarity reduces distress.** Survivorship Care Plans (SCPs) help patients and teams understand follow-up, roles, and what to expect.
- **Navigation is a care intervention.** Help survivors find and use supports (peer groups, financial counseling, behavioral health, genetic counseling/testing, clinical trials when appropriate).
- **Communication builds trust.** Practice fair, respectful, audience-appropriate, and personalized conversations.

Important Links for this Training		
<p>1) Training resources</p>  <p>What it includes: bibliography and spreadsheet with downloadable tools/templates (e.g., SCP examples), and healthcare provider resources and training</p>	<p>2) EmpowerHER Connections</p>  <p>Resource Database: Use to identify psychosocial supports, peer support, and community resources.</p>	<p>3) Evaluation / Feedback</p>  <p>Please complete the brief evaluation to support the improvement of future trainings.</p>

Notes/action plan (1–2 ideas you will try)