

# Psychosocial Oncology Services



Marie Yeager  
Cancer Center

# Psychosocial Oncology Services at Marie Yeager Cancer Center

Lakeland Cancer Specialists is devoted to helping cancer patients and their families navigate the cancer experience from the time of diagnosis, through treatment and recovery, to the ultimate return to usual roles and life style. The Psychosocial Oncology Program has an experienced clinical social worker and clinical psychologist who understand the stresses of a cancer diagnosis and have the skills necessary to help individuals cope and maintain the best possible quality of life during this time.

## **Emotional Support:**

- Coping skills training and stress management
- Instruction in relaxation skills and meditation techniques
- Behavioral coaching in self-care strategies to manage illness and treatment side effects
- Non-pharmacological strategies for the management of pain
- Marital/family therapy
- Crisis intervention
- Bereavement counseling
- Support groups

## Social Support:

- Financial, insurance and employment assistance
- Medicare, Medicaid and disability help
- Access to community resources
- Decision-making and care planning
- Support groups



**Jamie Birris, PsyD**  
Clinical Psychologist  
(269) 556-7156

*"I was drawn to work with oncology patients because my brother had non-Hodgkin's lymphoma when he was 18. I saw then how important psychological support was for cancer patients and wanted to provide that for others."*



**Shanin Thomas, LMSW**  
Licensed Master Social Worker  
(269) 556-7161

*"I am here to help patients remain focused on their care and overall wellbeing by minimizing the financial stress that can come with cancer."*

## **Marie Yeager Cancer Center**

Lakeland Cancer Specialists  
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St. Joseph, MI 49085

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# Lakeland Health

[www.lakelandhealth.org](http://www.lakelandhealth.org)