

Kentucky Cancer Consortium

Wellness After Cancer - A Digital Storytelling Project

February 6, 2023 | 11:30 am – 1:30 pm EST | Register [here](#)



Join us for a discussion and screening of videos featuring Kentucky cancer survivors. We will discuss how we can share the videos in a meaningful way and engage more cancer survivors in our work.

The sensitive nature of these powerful stories demands that they be shared in closed, structured settings where an audience's attention can be captured fully and where healthy discussions can emerge. This meeting will be facilitated by Dr. Nicole Breazeale, who will share ground rules around the discussion that follows the sharing of the stories, in line with trauma-informed teaching practices. Please be prepared to give this meeting your full attention.

Agenda

- Overview of the Wellness After Cancer Digital Storytelling Project
- Meet the storytellers
- Viewing of their stories
- Discussion: What can we develop around these stories to help our partners understand the needs of cancer survivors and create more powerful community-level interventions? Below, are a few ideas that were generated in a previous viewing:
 - Integrate the stories into educational materials used in training physicians, patient navigators, oncology social workers, other public health providers, and administrators or other policy makers on the needs of cancer survivors.
 - Integrate the stories into educational programming, communication, and conversations with cancer survivors and their families.
 - Use the digital stories to help recruit and expand the network of peer supports and have them at community health clinics and cancer centers ready to talk
 - Build out a public website that explains the project and outlines best practices for how to share and use these digital videos in a respectful and appropriate way.
 - Other ideas?

In preparation for this conversation, feel free to review the attached case studies to learn how other public health groups have used digital videos produced in association with StoryCenter to support statewide programming and campaigns. Here is one relevant [case study](#) to explore. This [instructional handbook](#) was developed to accompany the videos, which include discussion questions around each video as well as advice on how to create space to support people as they watch and respond to such powerful stories. Here is [another example](#) of a public health group that developed an instructional handbook and series of campaigns around the digital stories as well.

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The Wellness After Cancer Digital Storytelling Project was designed to help Kentucky cancer survivors share personal stories about their attempts to achieve wellness using a digital format. Digital storytelling combines storytelling with computer-based technology to bring the power of media to everyday community members. This process involves narrating a short personal story (around 250-350 words) and adding photographs, video clips, and background music to produce a simple, 2-4 minute video that can be shared with a wide range of people.

Why should cancer survivors share their story? Because:

- It can be a healing and empowering experience
- It may encourage others who are cancer survivors to seek health and wellness
- It can help the cancer survivor develop as a leader and feel more comfortable giving public testimony about their cancer journey
- It can educate others about the challenges in accessing resources such as safe and nutritious food and getting the exercise, sleep, and mental health support needed as a survivor

Four cancer survivors committed to this eight-week, online, digital storytelling and leadership development opportunity led by Nicole Breazeale, who is a young cancer survivor and UK professor of Community Development. Additional technical support and facilitation was provided by the Story Center, a national organization that has 20+ years of experience teaching digital storytelling (see: storycenter.org). This project was developed in collaboration with KCC Survivorship Network's Nutrition and Physical Activity workgroup that includes the American Cancer Society, Friend for Life, the Kentucky Cancer Program and Kentucky Department for Public Health's State Nutrition and Physical Activity Program. Funded by the by the Centers for Disease Control and Prevention Cooperative Agreement number 5 NU58DP006313-05-00.