

Behavioral Health Services

Meet our staff

Linda Huber, R.N., M.S.N.



Huber has been in practice for more than 30 years. As an advanced practice nurse with a specialty in behavioral health, she brings an understanding of the connection between the emotional, physical, and interpersonal aspects of having cancer.

She works with the health care teams in the Blood and Marrow Transplant Program as well as the Gynecologic Oncology Program, providing services to patients and families.

Bridget Byrne, A.C.S.W., L.C.S.W.



Byrne has been practicing psychotherapy for more than 30 years. One of her specialties is helping patients and families manage the emotional and interpersonal challenges presented by serious medical illness. At Saint Luke's Cancer Institute, she provides

services to patients and their families on an inpatient and outpatient basis.



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For more information call

(816) 932-9007

or NurseLine: (816) 932-6220

4323 Wornall Road
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What are Behavioral Health Services?

Behavioral Health Services are designed to meet the emotional needs of patients and their families as they work through the oftentimes confusing and frightening world of cancer care.

Every year in our country, more than 1.2 million people will be diagnosed with cancer. Many people fear these words more than any others in the English language. The reality is that cancer is treatable, and in fact is the most curable of all chronic diseases in our country. Many people will receive treatment and will be cancer free; others will engage in a long and difficult battle; and for some the battle will be lost. But for all people, we know that being positive and emotionally well can be of great benefit.



The challenges that arise from a diagnosis of cancer are many times life changing. Modern medicine has made tremendous advances in the treatment of cancer and the survival rate, but the emotional needs of patients and their loved ones can be less aggressively treated. We at Saint Luke's Cancer Institute recognize the importance of treating the whole person. We know that there is no illness that is purely a physical problem. We know that every illness is an attack on the whole person. This includes mind and emotions as well as the physical body. It is for these reasons that we have enlisted the services of an advanced practice behavioral health clinical nurse specialist and a licensed psychotherapist.

What services are provided?

Thoughts and feelings neither cause nor can cure cancer but they most definitely can impact a person's overall sense of well being. Having a sense of control over the illness and being able to learn certain kinds of psychological actions can affect the immune system positively.

Some of the services offered include education and training on:

- Coping and adjusting to living with cancer
- Quality of life issues
- Stress reduction
- Progressive relaxation
- Visualization and guided imagery
- Grief counseling
- Smoking cessation
- Journaling
- Pain management
- Management of relationships/ interpersonal issues

A variety of formats are used including group as well as individual and family sessions.

How do I access these services?

Your physician may refer you to this service, or you can request services on your own. *Services are provided at no cost to you or your family.* Please call Saint Luke's Cancer Institute Family Resource Center at (816) 932-9007 for information; or you may call Bridget at (816) 932-0000 or Linda at (816) 932-5927 directly.