

PEDIATRIC TRACK

COMMUNITY CONNECTIONS FOR CHILDREN AND ADOLESCENTS WITH DIABETES



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EPIDIO DIABETES CONFERENCE

MAY 22, 2021 | WEBINAR

EMPOWERING PATIENTS
FOR
INDIVIDUALIZED CARE



DISCLOSURES


- Board of Directors for Diabetes Training Camp
- Advisory Board for Provention Bio
- Consultant for DexCom
- Medical Advisory Board for Beyond T1D



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**Children and adolescents with type 1
diabetes should lead healthy and
fulfilling lives within their community.**



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YOUR CHILD'S PRESCRIPTIONS

- Insulin
- Glucometer, test strips, lancets
- Continuous Glucose Monitor systems
- Glucagon
- Ketone meter/strips or urine Ketostix
- Syringes/InPen
- Pump, infusion sets, reservoirs
- Barrier films/wipes/alcohol pads
- Levothyroxine, gluten free diet
- Heart healthy diet, statins
- Lisinopril

Connection

connectedness is “the degree to which a person or group is socially close, interrelated, or shares resources with other persons or groups”



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CONNECTION IS IMPORTANT

- Humans are wired to connect
- Health is improved by connecting with others
 - ❖ Maintenance of a healthy body mass index
 - ❖ Control of blood glucose levels
 - ❖ Improved cancer survival
 - ❖ Decreased cardiovascular mortality
 - ❖ Decreased depressive symptoms
 - ❖ Mitigation of posttraumatic stress disorder symptoms,
 - ❖ improved overall mental health.



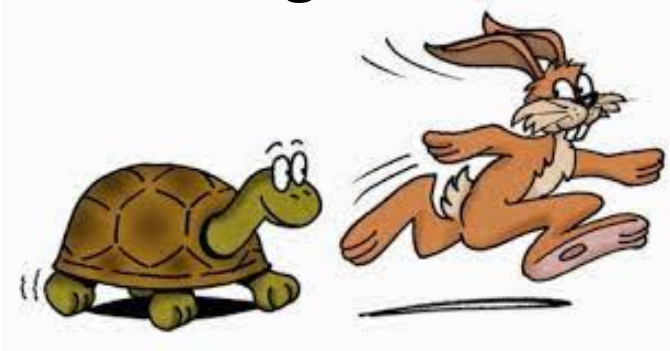
"Healing yourself is connected with healing others." -Yoko

Ono



RX: CONNECT WITH YOUR COMMUNITY

- Community can be T1D related or T1D unrelated.
- Parents may want to join the T1D community faster than children or teens – this is ok!
- As long as T1D is not getting in the way of a child or adolescent being involved in A COMMUNITY, he/she can move at his/her own pace with regard to interacting with others who have T1D.



"The person who is truly effective has the humility and reverence to recognize his own perceptual limitations and to appreciate the rich resources available through interaction with the hearts and minds of other human beings." -Stephen Covey



T1D COMMUNITY CONNECTIONS

- Medical community
- Local community
- National/International Community



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CONNECT WITH YOUR MEDICAL COMMUNITY

- Utilize your care team and aim to have continuity of care



Team Clinic

Grandparents Workshop

Latino Clinic

College Workshop

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<https://medschool.cuanschutz.edu/barbara-davis-center-for-diabetes/patient-and-provider-resources/patient-programs>



TEAM CLINIC

RESUMING OUTDOORS IN AUGUST 2021

- Clinical appointment to enhance the patient experience, accredit advocacy, and provide patients the empowerment to take control of their own appointments through real life experiences, interactive situations, and community connections at the Barbara Davis Center.
- Patients meet briefly with their provider followed by breaking off into parent and teen groups.
- Parents are able to share their experiences with one another while patients have the ability to problem solve and think critically through day to day settings they often come across.
- Provides means for patients to prepare to become the driver of their Type 1 Management.

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BDC PROGRAMS

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<https://medschool.cuanschutz.edu/barbara-davis-center-for-diabetes/patient-and-provider-resources/patient-programs>

CONNECT WITH YOUR T1D COMMUNITY LOCAL, NATIONAL AND INTERNATIONAL

- Sharing of Resources
- Support Groups
- Camps
- Programs and Events
- Advocacy
- Volunteer

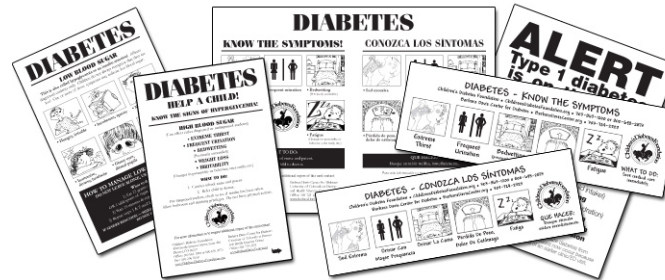
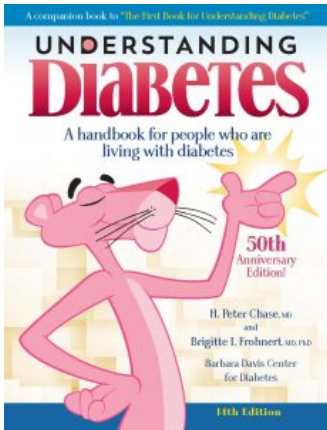


"We humans are social beings. We come into the world as the result of others' actions. We survive here in dependence on others. Whether we like it or not, there is hardly a moment of our lives when we do not benefit from others' activities. For this reason, it is hardly surprising that most of our happiness arises in the context of our relationships with others." -The Dalai Lama



SHARING OF RESOURCES

Children's Diabetes Foundation



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<https://www.childrensdiabetesfoundation.org/books/>
<https://www.childrensdiabetesfoundation.org/printables/>
<https://www.childrensdiabetesfoundation.org/newsnotes/>

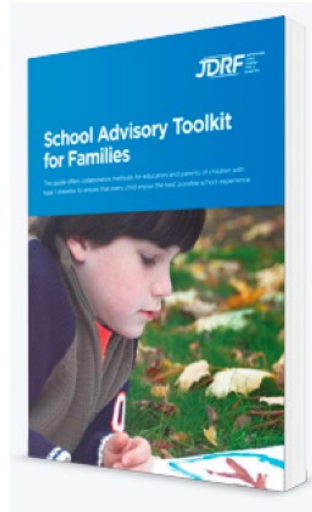


SHARING OF RESOURCES

JDRF



Teen Care Kit



School Advisory Toolkit



Bag of Hope



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<https://www.jdrf.org/t1d-resources/>



SHARING OF RESOURCES

There are many Facebook groups for people with T1D. These are great for empathizing with others and brainstorming creative solutions to common T1D management challenges. Please make sure to ask your medical team if you have any questions. The group below is moderated by the ADA.



Colorado Family Link- Parents of Type 1 Diabetes Kids

Private group · 942 members

The Family Link is resource for families living with type 1 diabetes in Colora...
2 posts a day



"I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship." -Brené Brown



SUPPORT GROUPS

Children's Diabetes Foundation

- Denver Metro Area – all ages and relationships to diabetes
- Colorado Springs, CO – all ages and relationships to diabetes
- Northeastern Colorado (Sterling, Iliff, Merino, Hatxun, Crook, Fleming) – all ages and relationships to diabetes – meets every 2 months
- “The Keepers” in Denver – parents & caregivers of teens with type 1
- Fort Collins, CO – for kids 18 and under with type 1 diabetes and their caregivers
- Central Rockies (Lake County, Leadville, Summit County, Eagle County, and Chaffee County) – all ages and relationships to diabetes
- Cheyenne, WY – all ages and relationships to diabetes
- Rifle, CO (Grand Junction, Glenwood Springs, Delta, Grand Mesa) – all ages and relationships to diabetes
- Douglas County, CO – all ages and relationships to diabetes
- Digital – Virtual meetings for anyone regardless of location, age, and connection to diabetes
- Teen Connection Community **New!** (Virtual)- For those with type 1 diabetes between the ages of 13 and 18.
- Southeastern Colorado (Pueblo, Canon City, Lamar, etc.) **New!** – All ages and relationships to diabetes



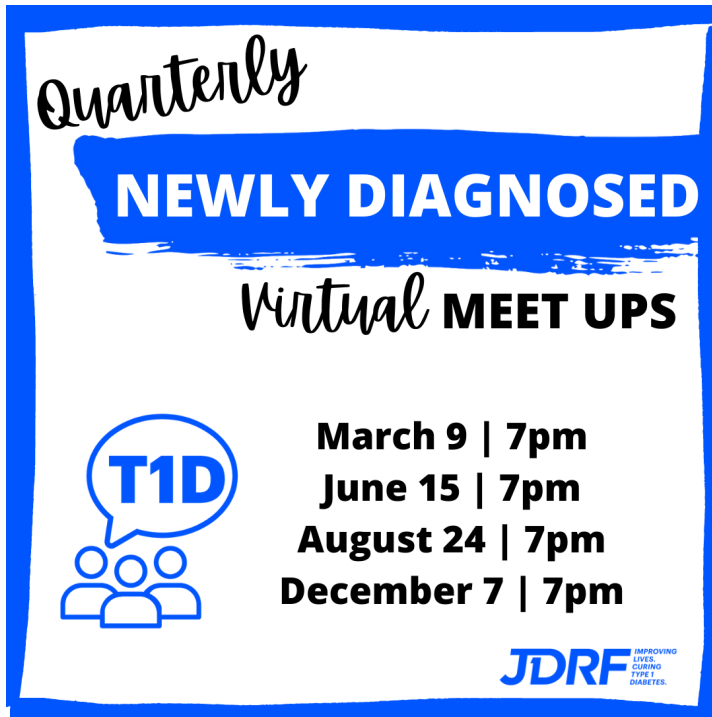
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ChildrensDiabetesFoundation.org/Support-Groups



SUPPORT GROUPS

JDRF



Quarterly

NEWLY DIAGNOSED

Virtual **MEET UPS**

T1D

March 9 | 7pm
June 15 | 7pm
August 24 | 7pm
December 7 | 7pm

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

The poster features a blue border and a white background. At the top left, the word 'Quarterly' is written in a cursive font. Below it, 'NEWLY DIAGNOSED' is in a bold, white font on a blue brushstroke background. 'Virtual MEET UPS' is in a mix of cursive and bold sans-serif fonts. A speech bubble with 'T1D' and three stylized people icons is on the left. The dates and times are listed in the center. The JDRF logo and tagline are at the bottom right.

Online Diabetes Support Team

T1D Connections: JDRF Outreach Volunteers



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<https://www.jdrf.org/mountainwest/>

<https://www.jdrf.org/t1d-resources/t1d-connections/>



DIABETES CAMPS IN COLORADO



Imagine Camp

Free 4 one-week sessions (M-F), June 7–July 26
for youth ages 5–17. Daily sessions will include
one-hour virtual meetups over Zoom.

Next year, look for: Camp Colorado (8-17), Day Camps (5-11)



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www.Diabetes.org/ImagineCamp





DIABETES CAMPS

[HTTPS://WWW.DIABETESCAMPS.ORG](https://www.diabetescamps.org)



Casper, WY



First Session: June 6 – 24, 2021
Second Session: June 27 – July 15, 2021
Third Session: July 18 – August 5, 2021

Gainesville, TX



Teen Boot Camp
August 7-9, Lancaster, PA



<https://camphopewy.net>
<https://campsweeney.org>
<https://www.diabetestrainingcamp.com/camp/teen-boot-camp/>



CONNECT WITH THE T1D NATIONAL/INTERNATIONAL COMMUNITY

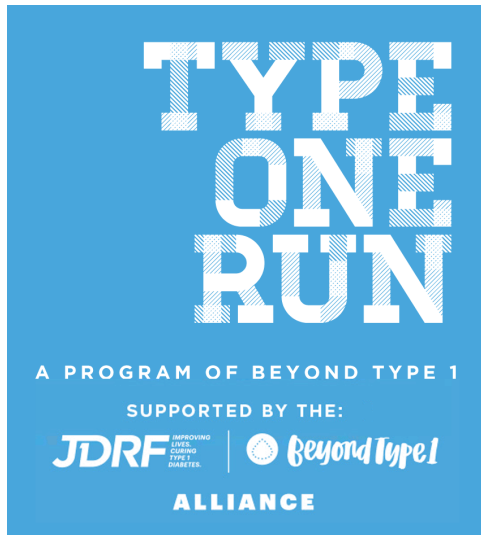


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<https://beyondtype1.org/snail-mail-club/>



CONNECT WITH THE T1D NATIONAL/INTERNATIONAL COMMUNITY



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<https://www.typeonerun.org>



SCHOLARSHIP OPPORTUNITIES



2021-2022
CHARLOTTE TUCKER
SCHOLARSHIP

**APPLICATIONS OPEN
FEBRUARY 1 - APRIL 26**


QUALIFICATIONS

- Patient at the Barbara Davis Center seen in the last 12 months
- Have type 1 diabetes
- Have a minimum of a 2.0 GPA
- High school senior who is planning to attend a 2 or 4 year college or trade school- OR- College undergraduate taking a minimum of 12 credits/ semester



<https://www.childrensdiabetesfoundation.org/charlotte-tucker-scholarship/>

<https://diabetesscholars.org>



DIABETES SCHOLARS
Awards Over 50 Scholarships
for Students Living with Type 1 Diabetes



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YOUTH ADVOCACY

CDF Advocate Program

<https://www.childrensdiabetesfoundation.org/cdf-advocate-program/>

JDRF Youth Ambassador Program

Applications launch June 1 for the 2021-2022 JDRF Youth Ambassador Leadership Program! Call 720-413-1523 to learn more.



“Never underestimate the empowering effect of human connection. All you need is that one person, who understands you completely, believes in you and makes you feel loved for what you are, to enable you – to unfold the miraculous YOU.” –Drishti Bablani



UPCOMING FUNDRAISERS (LOCAL)

CDF

Tory Burch Fundraising Event

Denver Premium Outlets

Online shopping event on June 24

In-store June 25-27

CDF's Tied to a Cure Denver Golf Tournament

Pinehurst Country Club

July 12

CDF's Annual Run for the Ring 5K and Fun Run

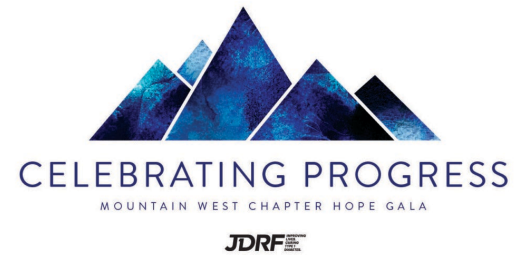
Barbara Davis Center, Anschutz Campus

August 7

Don't Sugar Coat it 5K

Redstone Park (Highlands Ranch)

August 15



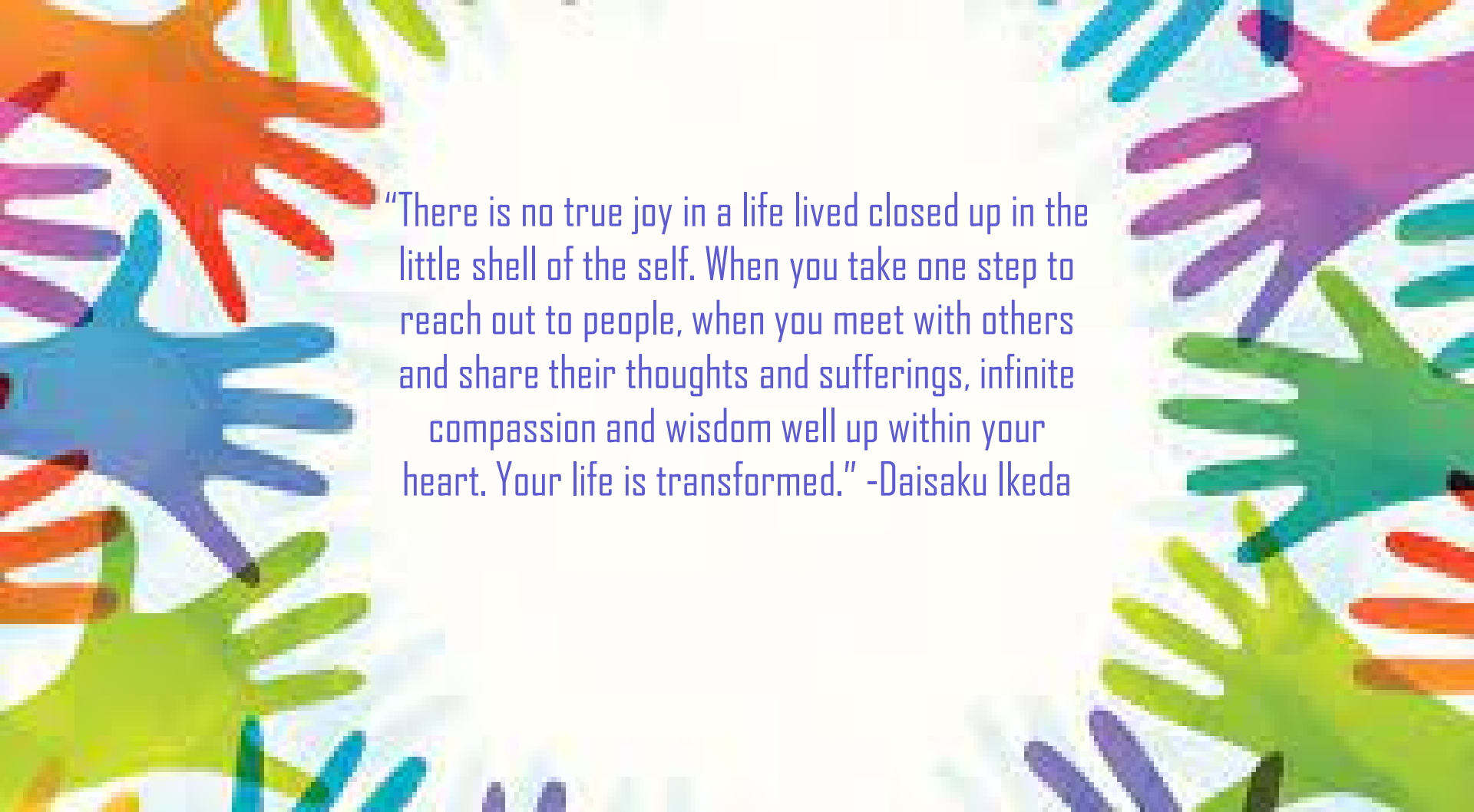
Virtual: 8/28/2021



https://www2.jdrf.org/site/TR?fr_id=8436&pg=entry

http://main.diabetes.org/site/TR/TourdeCure/TourAdmin?pg=entry&fr_id=13285





"There is no true joy in a life lived closed up in the little shell of the self. When you take one step to reach out to people, when you meet with others and share their thoughts and sufferings, infinite compassion and wisdom well up within your heart. Your life is transformed." -Daisaku Ikeda



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[ChildrensDiabetesFoundation.org](https://www.ChildrensDiabetesFoundation.org)

