

THE CONNECTICUT PROGRAM FOR CHILDREN WITH DIABETES

SUPPORT FOR CHILDREN & THEIR FAMILIES

A diagnosis of diabetes may represent a crisis for children and parents who need to accept the diagnosis and its implications and manage their individual feelings about it. We know that living with diabetes makes life more stressful, so children and parents are bound to feel frustrated, scared, and angry from time to time. When stressed, it is helpful to find a way to release your feelings and to problem-solve constructively. Groups can provide an excellent format for expression and mutual support!

- **“Super Saturday”** is a half-day program (9am-12:30pm) for children 4-8 or 8-12 years of age who have Type I diabetes. The program is designed to give children with diabetes the opportunity to share similar experiences in a fun and relaxed atmosphere. The program includes planned activities, games, discussion, and a group lunch. Super Saturday is held at CCMC four times each year, and registration is required.
- **“A Lifestyle and Coping Program”** is a training and support program for adolescents with diabetes. Adolescents meet for 1 ½ hours each week for six weeks to receive skills-based training from professionals and support from their peers. The program uses a cognitive-behavioral model to help teenagers better understand stress and its effect on their emotional health, expand their coping responses, learn problem-solving skills, and communicate more effectively with family and friends. This program is held at different times each year, and registration is required
- **“The Greater Hartford Coffee and Education Group for Parents of Children with Type 1 Diabetes”** is a support program sponsored by The Juvenile Diabetes Research Foundation. The group meets one Tuesday morning per month @ The JDRF Office in Farmington, CT. Please contact Simone Reynolds at sqr717@comcast.net or JDRF Greater CT/Western MA for more information.
- **“The Family Teamwork in Diabetes Project at CT Children’s”** is a new program offered to children ages 11-15 years of age and their families aimed to reduce conflict and increase teamwork around diabetes care. This program will be offered at various times during the year.
- **The Clinical Social Worker for the Diabetes Clinic at CT Children’s Medical Center** is also available to meet with children and families to:
 - **Help manage critical issues at diagnosis.**
 - **Facilitate positive self-care attitudes, coping behaviors, and motivation.**
 - **Educate and problem-solve at different developmental stages.**
 - **Assist families with communication, conflict, and sibling issues.**
 - **Intervene and provide support for social, emotional, or behavioral problems.**
 - **Help locate concrete resources (financial, housing, insurance concerns).**
- For more information about any of the above programs, or to speak with her directly: contact Stacey Reicher, LCSW at sreicher@connecticutchildrens.org or 860-837-6736