

Community Programs for Children and Youth Living with Diabetes



Message from the Chair

2013-2014 Annual Report



As a mother of two boys living with diabetes, I have seen firsthand how challenging it is for parents and youth to navigate through the **transition** from pediatric to adult diabetes healthcare.

Since 1999, Diabetes Hope Foundation has invested over \$8 million into communities across Canada to enable children and youth to transition successfully into adulthood.

In recognition of their hard work and daily struggle to strive and succeed, Diabetes Hope Foundation was founded to provide community and financial support at crucial points of transition in the lives of families and youth living with diabetes.

Together, the foundation's Scholarship, Alumni Mentorship, and our Diabetes Youth Retreats work holistically together to address a cross section of youth to encourage healthy active lifestyles, better self-management practices, and increase access to post-secondary education.

In response to a growing need within the diabetes community to provide more targeted transition support, Diabetes Hope Foundation has been working within its network of 500+ Scholarship Alumni from across the country to develop innovative peer-based models of transition care and support.

Through their efforts and encouragement from the diabetes community, the foundation released its much anticipated **Guide for Successful Transition to College and University** this fall. The purpose of the guide is to address specific gaps in knowledge during the transition from pediatric to adult care, and from secondary to post-secondary education for students with diabetes.

With support from our donors and diabetes healthcare partners, the guide has been developed into an e-book and adapted into a series of Parent & Teen Pre-Transition Workshops that were piloted across Ontario this fall.

Together, our donors, families, and community partners have enabled the foundation to reach beyond our borders to support hundreds of families living with diabetes this year. It is through their support that we are able to continue to develop and provide programs that help to meet the daily challenges of today's youth.

Many thanks to all of you. We invite you to look at the impact your support has made in 2014.

Sincerely,

A handwritten signature in cursive script that reads "Barbara Pasternak".

Barbara Pasternak
Founder and Chair

Board of Directors

2013-2014 Committees



Diabetes Hope Foundation's Board and Committees assist the foundation in developing policies relating to fundraising, program planning, geographic focus, and they oversee the management of the foundation's expenses. Our Board is currently composed of 14 members and 2 sub-committees. Together they bring a vast range of knowledge and experience to the development and future growth of the foundation.

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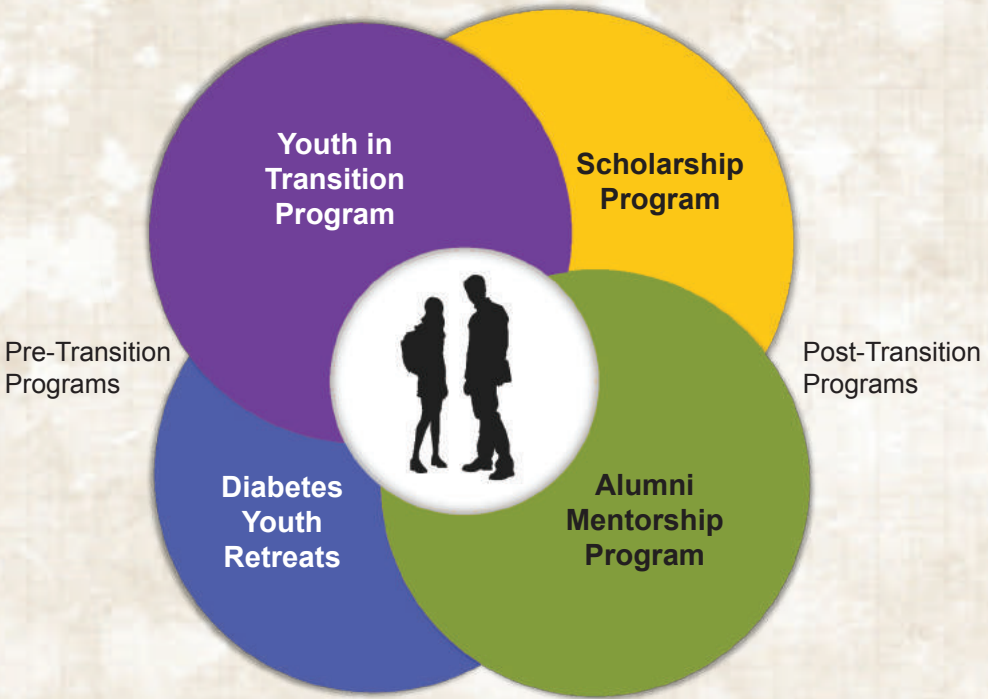
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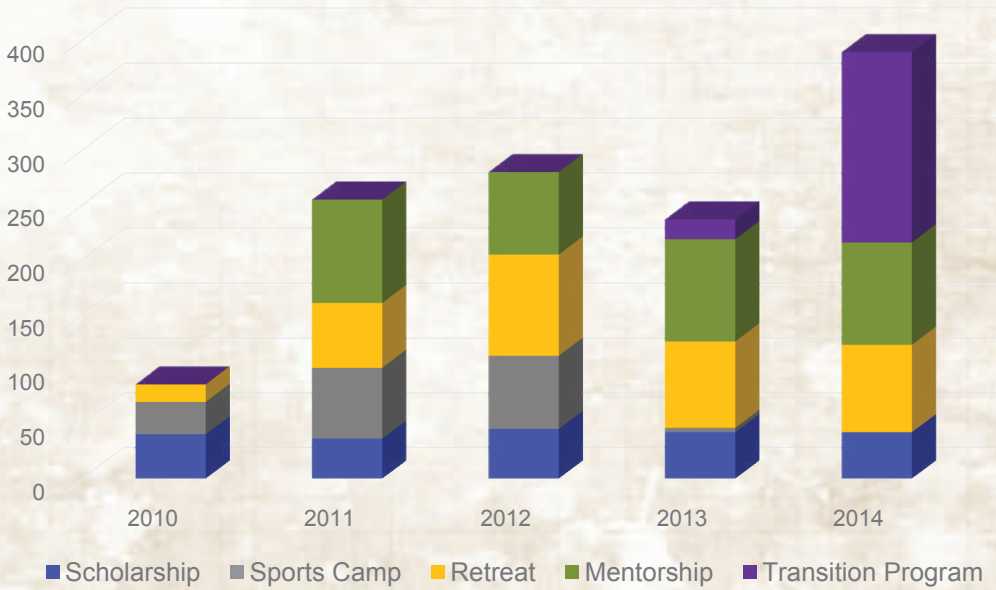
Our Vision

Diabetes Hope Foundation's mission is to reward, empower and provide peer education and support for youth in transition, or youth preparing for transition, to enable them to live successfully WITHIN and BEYOND diabetes.

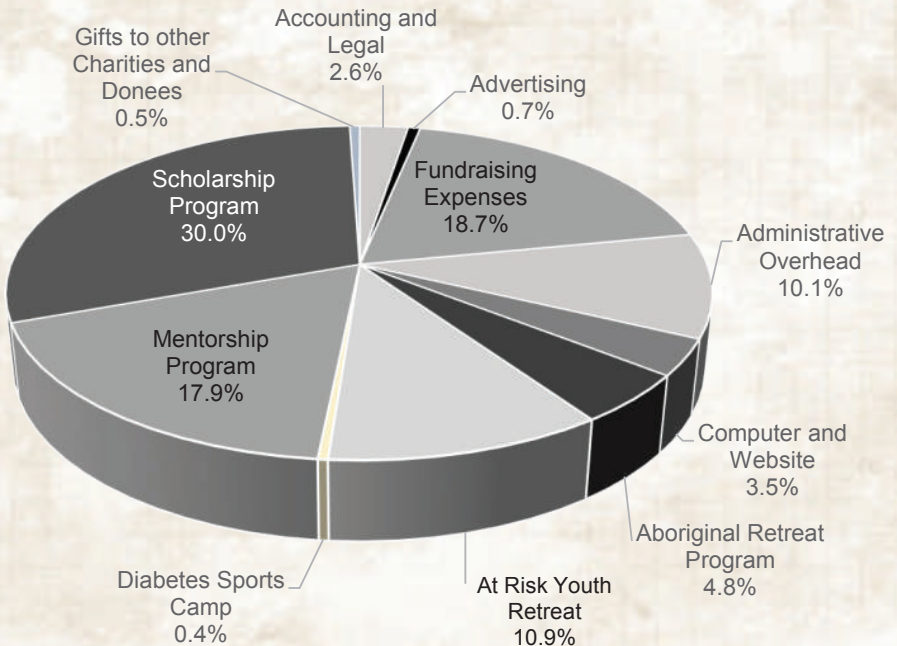
Each year, Diabetes Hope Foundation realizes its vision by supporting hundreds of families and youth living with diabetes across Ontario and beyond through its community programs for children and youth living with diabetes. Our programs have been developed to provide a continuum of support for youth at crucial points of transition to ensure that they thrive, succeed and hope for a healthier tomorrow.



Number of Families Served by Program, 2010 to 2014



2013-2014 Operating Expenses



Since 1999



Diabetes Hope Scholarship Program

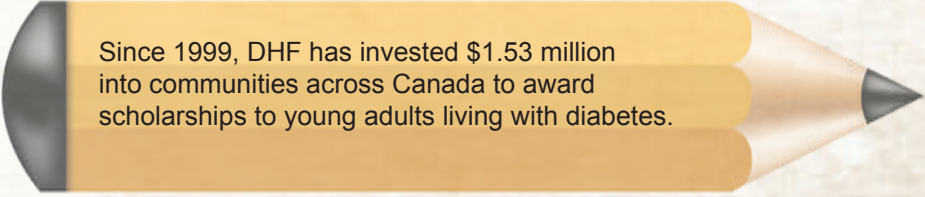
Since 1999, Diabetes Hope Foundation (DHF) has awarded 510 scholarships to young adults living with diabetes across Canada (in BC, ON, NL, and NS). Each year DHF invests \$100,000 in 40+ post-secondary education grants through the DHF Scholarship Program. These scholarships recognize excellence in education, diabetes and life experience. Funding for each scholarship comes from community partners and corporate sponsors who generously donate funds to the program every year.

This unique awards program recognizes what no other program does - that young people living with diabetes must have an unwavering commitment to managing their health. Once an adolescent reaches the age of 18, they must make the transition from pediatric care to a more self-directed adult health care program. Statistics indicate that at least 40% of young people do not adequately manage their health once they become post-secondary students. Many of these young adults reappear in the health system later in life with chronic complications from diabetes.

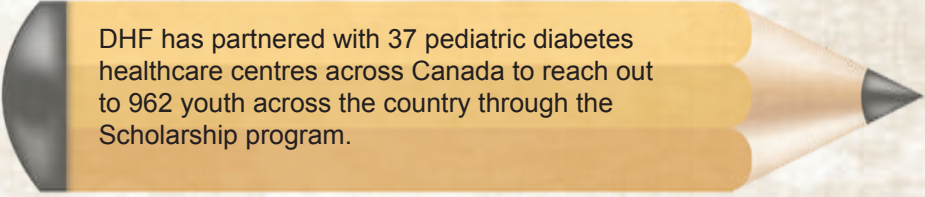
The Scholarship Program highlights the personal triumphs of young adults who face the many responsibilities associated with diabetes management all the while significantly enriching their lives through community and extra-curricular activities and maintaining a healthy lifestyle. Each of these young adults have accomplished what others in their position try to do: they have allowed themselves to be people with diabetes with hopes and plans to succeed and pursue life's challenges. They are not diabetics with a disease that defines them.



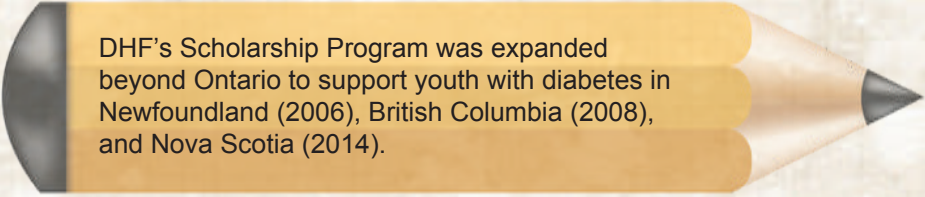
Scholarship Program Highlights



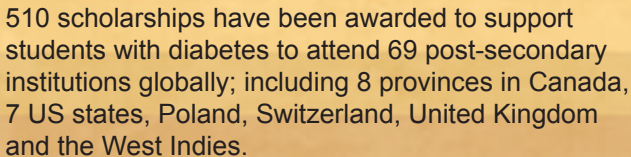
Since 1999, DHF has invested \$1.53 million into communities across Canada to award scholarships to young adults living with diabetes.



DHF has partnered with 37 pediatric diabetes healthcare centres across Canada to reach out to 962 youth across the country through the Scholarship program.



DHF's Scholarship Program was expanded beyond Ontario to support youth with diabetes in Newfoundland (2006), British Columbia (2008), and Nova Scotia (2014).



510 scholarships have been awarded to support students with diabetes to attend 69 post-secondary institutions globally; including 8 provinces in Canada, 7 US states, Poland, Switzerland, United Kingdom and the West Indies.

This Year...

Diabetes Hope Foundation awarded another 40 scholarships to secondary students with diabetes in Ontario to support their post secondary education. The scholarship program also reached another new milestone this year with the expansion of the program to Nova Scotia. In the spring of 2014, 3 scholarships were awarded to students from Kentville and Halifax, Nova Scotia, further expanding the program across Eastern Canada.

Once again, the scholarship awards were presented in front of the foundation's community partners, friends, and families at University of Toronto's *Isabel Bader Theatre*. Over 250 people attended the the foundation's Evening of Hope Scholarship Awards ceremony to celebrate the achievements of our youth. To see a full list of the winners and supporters of the program, please visit www.diabeteshopefoundation.com/content/scholarship-program for more information.

Since 2011



Scholarship Alumni Mentorship Program

In 2011, the Scholarship Program was expanded to include an Alumni Mentorship Program to provide new scholarship recipients with additional peer academic and social support as they transitioned to post-secondary education and adult diabetes care. Since the program was piloted, the foundation has been successful in recruiting 135 Alumni Volunteer Mentors across the country to match 140 new scholarship recipients.

The Mentorship Program acts as a safety net to support youth during their transition to fill in the gaps and missing links during their move away from home, their primary caregivers, and pediatric healthcare. Through peer role-modeling, mentoring, and peer-to-peer interactions, Mentors aim to inspire young adults with diabetes to achieve better long-term health outcomes.

Objectives of the Mentorship Program

Over the course of the 8-month academic year, transitioning students are paired with an Alumni Volunteer Mentor to:

- Give DHF's alumni an opportunity to 'Pay it Forward' by sharing their knowledge and experiences with at-risk and transitioning youth;
- Develop leadership skills through participation in the foundation's annual Youth Leadership & Development event held each spring at the University of Toronto;
- Provide a continuum of peer education and social support for first year college/university students during their transition; and
- Support them with resources that would help them better manage their diabetes while they are away at school.



Where Are Our Alumni?



Diabetes Hope Foundation currently has mentor/mentee pairs matched across 50 college and university campuses across Canada in 7 provinces (BC, MB, ON, QC, NB, NS, and NL), and 3 US states (MA, NH, NY). They have been matched in 65 different areas of study, ranging from classical ballet to journalism/communications, education, business administration, engineering, and life sciences (including medicine, nursing, nutrition, and biomedical sciences).

This Year...

Diabetes Hope Foundation matched another 43 first year, transitioning students with alumni from across the country through the Mentorship Program. The 4th annual *Youth Leadership & Development Day* was hosted by the Alumni Committee at the Bahen Centre on the University of Toronto campus in May 2014.

Over 60 young adults with diabetes from British Columbia to Newfoundland joined our new incoming alumni to participate in this unique three-day event. The weekend featured exciting guest speakers, diabetes themed physical team challenges, and workshops focused primarily on transition and leadership development. The overall goal of the Mentorship Program, and the alumni weekend, is to connect youth with diabetes from across the province and beyond to ensure a successful transition experience.

Since 2013



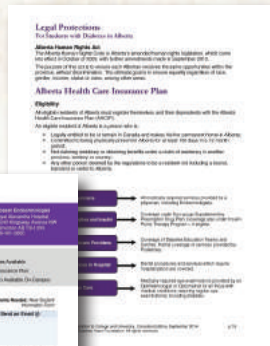
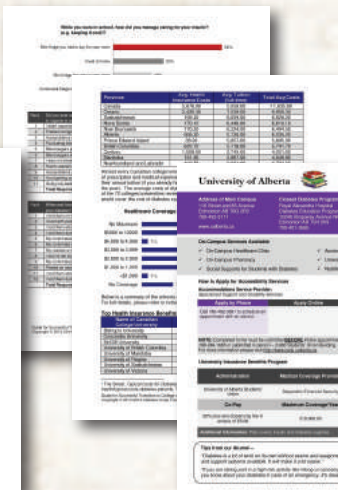
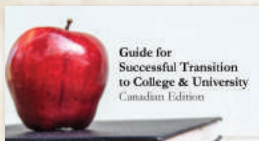
Youth in Transition Programs

The most recent initiative undertaken by our alumni was the development of a transition guide to support secondary students with diabetes who are transitioning, or about to transition, to adult diabetes care and post-secondary education.

In the summer of 2013, over 320 scholarship alumni were invited to participate in a brief online questionnaire in an attempt to document their collective transition experiences to post-secondary education. The responses from the questionnaires were integrated into the development of a *Transition Resource Guide* that was first piloted in the fall of 2013 through our Alumni Mentorship Program.

The first version of the guide featured fact sheets from 34 Canadian colleges and universities across 5 provinces. The selection of the schools profiled were based on the responses from our own alumni. The guide is organized by college/university, and includes tips and insights from our alumni to assist high school students with diabetes in their transition to post-secondary education.

Since the first edition, the guide has been officially launched this fall as the *Guide for Successful Transition to College and University*, and has been expanded to include fact sheets for 78 colleges and universities across all 10 provinces in Canada. Currently the guide is available to download as an e-book at www.dhfrtransitionguide.com.

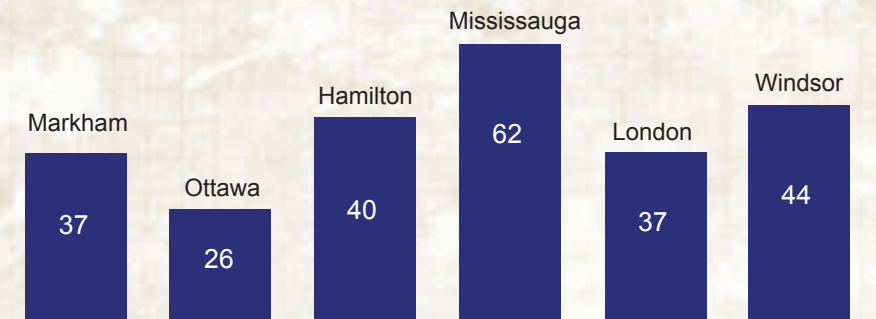


Parent & Teen Pre-Transition Workshops

The transition guide was also adapted into a series of Parent & Teen Pre-Transition Workshops that were piloted in the spring and fall of 2013-2014 across Southern Ontario. Each workshop was delivered in partnership with a select group of pediatric diabetes healthcare partners (Markham, Ottawa, Mississauga, Hamilton, London and Windsor) from across Ontario to reach out to youth ages 16 to 18 who are preparing to transition to adult diabetes care and post-secondary education.

The objectives of the workshops are to:

- ✔ Match each workshop participant with a peer mentor selected from DHF's alumni to answer any questions they may have about the transition process;
- ✔ Provide secondary students with more information about healthcare plans/programs across different provinces (for students planning to move to other provinces for school);
- ✔ Help secondary students select top schools that would best meet the needs of their diabetes care while they are at school;
- ✔ Provide secondary students with more information about their rights and benefits as a college or university student with diabetes in Canada; and
- ✔ Assist secondary students in developing Personal Prep Packages for transition to college and university.



This Year...

Through the delivery of our 6 Parent & Teen Pre-Transition workshops, Diabetes Hope Foundation was able to provide pre-transition support for 246 parent and teens living with type 1 diabetes across Ontario (see chart above for impact in each region). Each workshop was hosted and led by our Alumni Volunteer Mentors in collaboration with parents with youth living with diabetes.

Next year, Diabetes Hope Foundation plans to build upon the success of the pilot program to expand the reach of the Transition Program to support more families living with diabetes.

Since 2010



Diabetes Youth Retreat Programs

Diabetes Hope Foundation (DHF) has been supporting specialized camps for children and youth with diabetes since 1999. In partnership with Tim Horton Children's Foundation, Diabetes Hope Foundation developed a new experiential diabetes education pilot program in 2010 for at-risk teens living with diabetes. This pilot program was launched in October 2010 at Onondaga farms where 15 teens from the Hospital for Sick Children spent 3 days and 2 nights at one of Tim Horton Children Foundation's world class camp facilities.

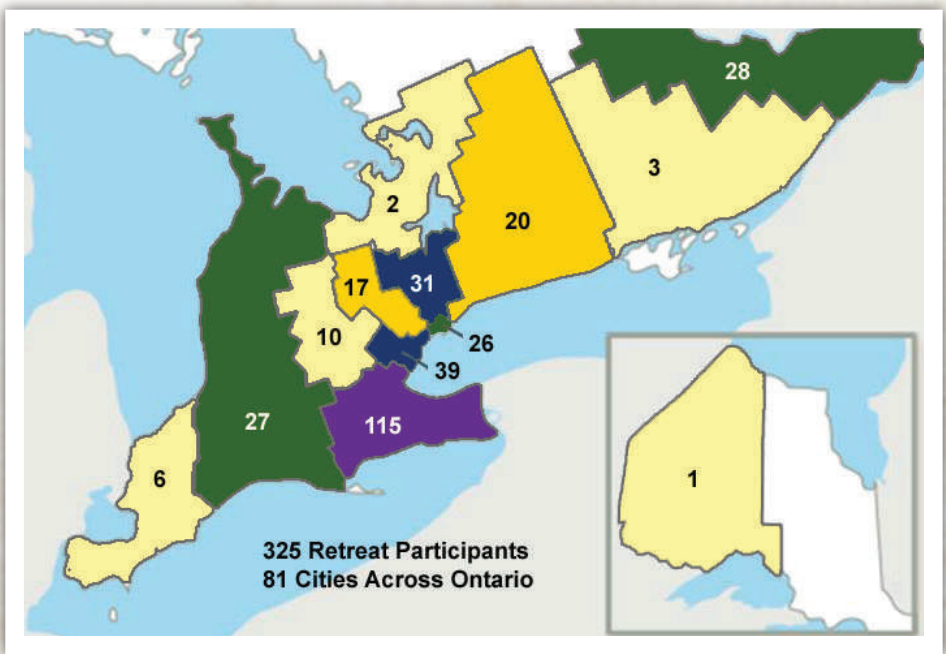
The program targets young adults ages 14-17 with persistently poorly controlled diabetes from low-income families. Many Retreat participants also have mental health issues and/or lack adequate family and social supports to successfully control and manage their diabetes. Participants are identified and referred by their pediatric diabetes clinics as being at high risk of diabetes related complications.

At-Risk Youth Diabetes Retreat (type 1 program)

Held at one of Tim Horton's camps, the retreat provides education and encouragement through 3 days and 2 nights of supervised outdoor experiential education, sport and recreational programming providing youth with strategies, skills and support to begin to take control of their diabetes. With the help of type 1 youth leaders, physicians, nurses, social workers and diabetes educators, participants learn how their diet and lifestyle choices affect their diabetes and how they can control their health through better choices. To date, Diabetes Hope Foundation has supported 223 at-risk and low-income children and youth from 81 cities across Ontario to participate in this ground-breaking program.

Aboriginal Diabetes Youth Retreat (type 2 program)

In 2012, the Diabetes Youth Retreat program was expanded in partnership with Tim Horton Children's Foundation and Six Nations Health Services to develop a special Aboriginal program to address the increasing rates of obesity and type 2 diabetes found in Aboriginal communities. The weekend curriculum was focused on delivering diabetes prevention education, leadership training and essential life skills for Aboriginal youth to empower them to become peer youth leaders and create CHANGE. Since the program was piloted, DHF has sponsored 102 Aboriginal youth from across Southern Ontario and Quebec to participate in this innovative new diabetes education program.



Our Partners

2013

Tim Horton Children's Foundation
 McMaster Children's Hospital
 Brant Community Health Centre
 Markham Stouffville Hospital
 Motivate Canada - Gen 7 Program
 Six Nations Health Centre
 Wabano Centre for Aboriginal Health

2014

Children's Hospital at London Health Sciences Centre
 Cambridge Memorial Hospital
 Six Nations Health Services
 William Osler Health System
 Credit Valley Hospital
 Headwaters Health Centre

This Year...

Diabetes Hope Foundaton's two retreat programs supported 81 at-risk and Aboriginal youth from across Ontario to participate in the 3-day program in the spring and fall of 2014. Over the last five years, the program has continued to grow across the province, supporting children and youth with diabetes from a cross-sector of social, ethnic and economic backgrounds.

After completing the 3-day program, 57% of the participants reported good to excellent understanding of how engaging in physical activity can help manage/prevent their diabetes; 78% of participants reported good to excellent understanding of how their diet (carb counting and understanding nutrition labels) affects their diabetes; and 82% of participants felt more confident about managing their diabetes care (testing regularly and insulin adjustment).

As the program moves into its sixth year, the foundation will continue to strive to reach out to hard-to-reach communities across Ontario to expand the geographical reach of the Diabetes Youth Retreat Program.

Thank
you

Our 2013-2014 Volunteers and Sponsors

Our Volunteers

Many of the foundation's programs and services are volunteer led and driven. Our volunteers include parents, type 1 youth, healthcare professionals and dedicated community partners, who collectively provide over 2,500 hours of support to make our programs a success.

Ruth Aitchison

Jade Allen

Denise Armel

Zoe Barnett

Ashley Bell

Susan Bird

Glenda Cameron

Judy Campbell

Valerie Carver

Winnie Christopher

Lori Cohn

Alison Colley

Alex Colley-Reynolds

Ethan Colley-Reynolds

Amy Cooper

Kim Davey

Lisa Dietrich

Matt Dunnet

Joanna Dydula

Nancy Easton

Bob Edwards

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Julee Green

Natasha Hamilton

Arli Harrison

Edward Henley

Kristin Herriott

Karen Higginson

David Hill

Michael Kovendi

Elaine Lester

Patrick Levasseur

Lisa Loft-Hill

Jody McCabe

Alex McCabe

Heather McQueen

Catherine Moore

Katie Morey

Kristina Nardella

Devon Newfield

Shayne Newfield

Matthew Pacchione

Melissa Pasqua

Lori Papadopoulos

Kathy Parker

Sarah Pressey

Lyle Reynolds

Tristan Robinet

Karl Renn

Ruby Rowan

Lynda Rumney

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DIABETES HOPE FOUNDATION



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