

2017 Community Programs for Youth living with Diabetes

DHF DIABETES
HOPE
FOUNDATION

HOPE

Health, Opportunity, Power and Excellence

SUCSESSES

Through the foundation's community health services, the following milestones have been achieved over the last 19 years:

- Collaborated with **49** diabetes education healthcare centers across 6 provinces (British Columbia, Alberta, Ontario, New Brunswick, Nova Scotia, and Newfoundland) to develop and deliver community programs for youth with diabetes.
- **635** post-secondary scholarships have been awarded to young adults with diabetes across Canada through the foundation's Scholarship Program (1999 to present).
- **300** financially challenged families have received benefits through the foundation's Medical Assistance Program (2000 to 2006).
- **521** at-risk and Aboriginal youth have been sponsored to participate in Diabetes Sports Camps (2010 to 2013) and Diabetes Youth Retreats (2010 to 2016).
- **360** alumni mentors and mentees have been matched across 42 colleges and universities in Canada and the United States through the foundation's Alumni Mentorship Program (2011 to present).
- **Over 600** transitioning teens and their families have received resources and transition support through the foundation's Youth-in-Transition Program (2013 to present).
- Collaborated with **28** diabetes, mental health and Aboriginal health access centers to

BARBARA PASTERNAK

Dear Friends:

2017 was another year of change and progress for Diabetes Hope Foundation as we continue to grow and develop new programs for children and youth with diabetes. This year, our National Scholarship program was expanded to include the province of Manitoba, new partnerships were developed to launch the 3rd edition of our *Guide for Successful Transition to College and University*, and Diabetes Hope Foundation's Alumni Mentorship Program was expanded to include a NEW peer support program for youth with concurrent chronic illnesses.



We're proud to be working with a wide range of dedicated alumni volunteers who are committed to 'paying it forward' to support the next generation of youth living with diabetes. With support from our healthcare, government, and corporate partners, there has been a renewed groundswell of commitment from our alumni to improve services in the community for at-risk and transitioning teens.

Over the last 19 years, Diabetes Hope Foundation has invested over \$9.5 million into communities across Canada to provide peer education and financial support for 2,472 families and youth living with diabetes. In the next year, as we head into our 20th year, I hope that the foundation will continue to build upon its legacy of providing hope and inspiration for the most hard-to-reach youth with diabetes in our community.

Next year, Diabetes Hope Foundation will continue to work with a cross-generation of DHF Alumni and community partners to develop innovative youth-led community initiatives that will support the unique needs of transitioning teens and millennial's living with diabetes.

Our success would not be possible without the ongoing support of our donors, partners, Board and volunteers. We thank you for your ongoing support of our programs, and hope that you will join us next year as we celebrate 20 years of hope!

Sincerely,

Barbara Pasternak

Founder & Chair

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DHF Boards and Committees

PROGRAMS



Scholarship

PROGRAMS

Since 1999, Diabetes Hope Foundation has been raising funds to invest into communities across Canada to award scholarships to young adults living with diabetes. With support from our donors and community partners, DHF has awarded 635 scholarships to secondary students from Ontario (1999), Newfoundland (2006), British Columbia (2008), Nova Scotia (2014), Alberta (2016), Manitoba (2017), and New Brunswick (2016).

The Diabetes Hope scholarship program was established to recognize youth in our community who have excelled in their academic achievements; demonstrated exceptional leadership skills and volunteerism in the community; and possess exemplary diabetes management practices.

This year, 42 new scholarships were awarded to students with diabetes from Alberta, British Columbia, Manitoba, Ontario, and Newfoundland on May 29th, 2017 at the Paul B. Helliwell Auditorium at Humber River Hospital.

Our scholarship program enables youth with diabetes to reach their full potential as a contributor to society; when they would otherwise not have been able to. It rewards their achievements, empowers them to take control of their diabetes, and strengthens awareness that their personal successes are important to the community and their peers.

Next year marks the Scholarship Program's 20th year. To celebrate this remarkable milestone, the foundation will be inviting alumni, families, and friends who have supported the program over the last two decades to join us at our annual Evening of Hope Scholarship ceremony. Over 500 attendees will be invited to participate in our anniversary celebration.



Since 1999

PROGRAMS



Alumni Mentorship

PROGRAMS

Our Scholarship program's story does not end with financial support; each year the foundation is supported by over 100 Alumni Volunteers dedicated to 'Paying it Forward' to support the communities in which they live and work. Our scholarship recipients volunteer their time to mentor new scholarship recipients, support at-risk teens through our retreat programs; and provide direction for the foundation in developing new programs to address gaps in the care available in their communities.

This year, our Alumni Committee developed and launched a new Type 1 Alumni Professional Network to support post-college and university transition into young adulthood. Our first networking event was held on the weekend of May 26th, 2017 at the University of Toronto to provide peer support and networking opportunities for youth mentors from our new Peer Support Program.

Next spring, our alumni will build upon this event to host their first DHF Alumni Symposium to celebrate Diabetes Hope Foundation's 20th anniversary. The theme of our symposium will be '**Our Lives, Our World, Our Future.**' The objective of the symposium is to prepare post-secondary students with diabetes for life after university and transition into the workplace.

This exciting new event will kick off with a full day of activities curated by our Alumni Committee to engage and support the next generation of type 1 youth living with diabetes.



Since 2011

PROGRAMS



Transition

PROGRAMS

With the completion and publication of the “Canadian Guide for Successful Transition to College and University,” Diabetes Hope Foundation developed a series of Parent & Teen Pre-Transition Workshops and Webinars to be held in the spring and fall across Southern Ontario to provide support for parents and youth who are transitioning to post-secondary education and adult diabetes care. To date, 585 parents and transitioning teens living with diabetes have registered and participated in our transition workshops and webinars.

Our goal is to bring teens, their parents, healthcare professionals, and our own Alumni Volunteer Mentors together to talk about transition within a community-based setting. Through our workshops, Diabetes Hope Foundation hopes to inspire peer-to-peer knowledge transfer among the youth; as well as provide support and alleviate anxieties for parents through increased networking opportunities with the adult healthcare team, other parents and the Foundation staff.

This year, Diabetes Hope Foundation partnered with Diabetes Canada’s D-Camps program to host Transition Teen Nights and webinars for youth with type 1 diabetes from Markham Stouffville Hospital and Trillium Health Partners. Through these events, youth were able to engage with peers and receive mentorship support from DHF’s alumni and D-Camp Youth Leaders to provide them to with lived peer experiences in support of their transition to college and university.

Next year, our Transition Program will be expanded to include a new Peer Support Program to support youth who are facing barriers in the development of strong emotional and social skills. The goal of the program is to match these youth with young adults living with type 1 diabetes to provide an interim period of support while youth are transitioning between pediatric healthcare services.



Since 2013

PROGRAMS



Peer Mental Health Framework and Training Curriculum

PROGRAMS

In 2016, Diabetes Hope Foundation (DHF) received a SEED Grant from the Ontario Trillium Foundation to develop a new Peer Mental Healthcare Model for youth living with diabetes and mental health challenges. Through this project, Diabetes Hope Foundation completed a scan of all existing mental health services and resources for children and youth in Ontario; identified gaps in mental healthcare and barriers to access; and developed youth-led solutions to support youth living with concurrent chronic illnesses in the province.

The project was led by a Youth Advisory Board and two supporting mental health and First Nations advisory boards, who worked together to complete all project deliverables. A total of 54 volunteers participated in the project, and 13 roundtable discussions were hosted by Diabetes Hope Foundation to develop comprehensive administrative guidelines and mandatory core competency requirements for a Peer Support Program to be integrated into existing diabetes healthcare services.

This year, Diabetes Hope Foundation was successful in raising funds from the community to support the training of 50 Peer Support Mentors to pilot the model over the next two years. To date, 19 volunteer mentors have been recruited and trained for the pilot. All volunteers completed 12 hours of Mental Health First Aid training and certification, and completed an additional two full days (May 27-28th 2017) of leadership training hosted by Diabetes Hope Foundation, Mood Disorders Association of Ontario, and Me to We.

This fall, DHF's trained mentors will pilot a new Peer Support Program for transitioning teens living with diabetes from across Ontario who face barriers to develop strong emotional health and social skills. The aim of the training curriculum is to provide our mentors with the resources they need to support youth who are transitioning between diabetes healthcare service.



New in 2017

FUNDRAISING

Fundraising is an integral part of Diabetes Hope Foundation



On June 20th, 2017 the
21st Annual Swing of Hope Golf Event
Was held at the Lebovic Golf Club
in Aurora, Ontario.

A full day of activities was featured including a full round of golf, prizes, breakfast, lunch and special awards presentation for our golfers and sponsors.

During the entire month of September the
3rd Annual Virtual Walk for Hope
was held featuring the 10,000 individual and 50,000 Step team challenges. Registrants were eligible to win great prizes with a grand prize of a trip to MONTREAL for our top fundraiser, all in support of DHF and youth living with diabetes.



Thank You to all our DHF Alumni, volunteers, dedicated donors and sponsors for their continued support and time dedicated to ensuring the success of our events.



Events

MARK YOUR CALENDARS

2018 AGM Meeting

January 2018
Toronto, Ontario

2018 Scholarship Application Deadline

Ontario - March 9, 2018
National - TBA

****DHF Alumni Symposium and 20th Anniversary Scholarship Awards****

June 3, 2018
Hart House
University of Toronto

22nd Anniversary Swing of Hope Golf Event

June 25, 2018
Lebovic Golf Club
Aurora, Ontario

4th Annual Virtual Walk for Hope

Month of September 2018 - Details to follow

SAVE
The
DATE

2018

Upcoming

IN APPRECIATION



Paying it Forward

TESTIMONIALS

“ Thank you for allowing me to become a recipient of a Diabetes Hope Foundation Scholarship. DHF has shown me a whole network of wonderful people my age and others fighting the battle along with me, and I have to say I am so thankful for that. In the future I look forward to being an Alumnus with DHF, and helping out and raising money for this wonderful foundation.” - **Donna H.** 2009 Scholarship Recipient

“ I want to become a mentor this year to help provide someone else with the opportunities that I have experienced. As a way of thanking Diabetes Hope Foundation for both the scholarship and the support I received, I will continue to pay it forward. The Mentorship program will let me help out a new recipient each year.” - **Alyssa B.** 2016 Scholarship Recipient

“ The experience of becoming a mentor has been very rewarding, as it allowed me to connect with another young person who could relate first-hand to the challenges and unique experiences that young diabetics face on a daily basis. I felt I was able to offer valuable suggestions and ideas through mentor surveys, and I would like to continue serving this program as a mentor. As someone who grew up with Type 1 diabetes not knowing any other diabetics, I have found this program to be incredibly valuable and rewarding for myself, and for new alumni.” - **Ryan M.** 2008 Scholarship Recipient

“ I am interested in becoming a mentor to share my knowledge of my personal experience of the struggles that a diabetic has dealing with the stresses of school, work, social life, etc. I feel that it is very vital to have a support system as a diabetic student entering university away from the traditional home support. I want to offer my support to someone who will be going through the same struggles that I did for years. I feel that my experiences and success in graduating as well as finding employment, and most importantly managing my health are all qualities I can pass on to someone else and hopefully help to make a difference in their transition into adulthood.” - **Timothy G.** 2008 Scholarship Recipient

Giving Back

SUPPORT

thank
you!

We are honoured to thank and recognize all individuals, corporations, foundations and community groups that have generously supported Diabetes Hope Foundation.

SPONSORS and PARTNERS

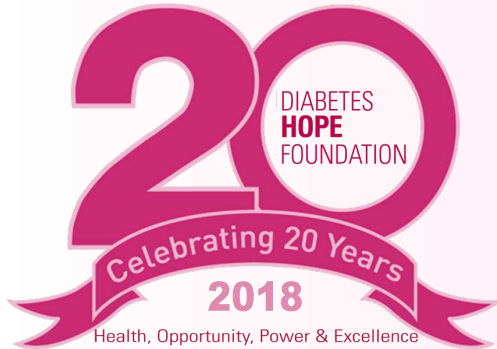


Armell Family Fund, Senator Norman K. Atkins Memorial Fund, Berman Family Fund, Aubrey & Marla Dan Charitable Foundation, Jeremy & Judith Freedman Family Foundation, Laura Eileen Higginson Memorial Fund, Marlene Perkins Memorial Fund, Nancy Ryce Memorial Fund

Diabetes Hope Foundation regrets any errors or omissions, and extends their gratitude to all our supporters, donors, sponsors, community partners and volunteers.

Partnership

MILESTONE



Sunday June 3rd, 2018

Hart House - University of Toronto

To register, please visit:

(Admission Free)

www.dhfsymposium.com

20th Anniversary Celebration

2018 marks the scholarship program's 20th year. To celebrate this remarkable milestone, the foundation will be inviting alumni, families and friends who have supported the program over the last two decades to join us at our annual Evening of Hope Scholarship Ceremony. Over 500 attendees will be invited to participate in our 20th anniversary celebration to welcome our 2018 alumni.

Our Lives, Our World, Our Future - Alumni Symposium

Our 20th anniversary celebration will kick off with our Alumni Symposium, featuring alumni speakers from 1999 to 2017. Our speakers will include healthcare professionals, educators, artists, athletes, academics, business professionals and engineers who have moved forward in their careers to 'pay it forward' in their communities to support other youth with diabetes.

20th Anniversary Tribute Book

Next spring, Diabetes Hope Foundation will be launching its 20th Anniversary Tribute Book to commemorate its milestone celebration. Our Tribute book will include inspirational messages from our alumni, donors, families and healthcare partners. Alumni success stories (1999 to present) will be featured to inspire our current and future alumni to move forward in making their own mark in the diabetes community.

20th Anniversary Scholarship Awards

Over 40 new scholarships will be presented to young adults living with diabetes from across Canada. Currently our scholarship program awards academic grants to youth from 6 provinces in Canada. Our 20th Anniversary celebration will close with our signature awards presentation to celebrate the 20th class of DHF scholarship alumni.

20 Years of Hope

Help us to help youth today ... live a healthier tomorrow.



donate
today!

Your support directly funds programs that help improve the quality of life, independence, confidence and vitality of youth living with diabetes.

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