

2019



Scholarship



Mentorship

Transition Programs for today's Youth living with Diabetes



Youth in Transition



Peer Support

Health, Opportunity, Power & Excellence, Since 1999

## MESSAGE

### from the Founder & Chair



**Diabetes Hope Foundation (DHF)** is the only organization in Canada that provides support to young adults living with type-1 diabetes through effective and comprehensive programs that deal with the emotional, financial, and social strains of this disease.

Youth living with type-1 diabetes face two significant transitions: transitioning to post-secondary education and transitioning to an adult diabetes education center. These transitions can take a significant toll not just physically, but also emotionally and financially.

For over two decades, DHF has worked to provide families with community and social supports where the system otherwise falls short. Our programs provide youth and adolescents who live with diabetes the survival tools to achieve success in all areas of their lives; including the maintenance of good health.

With our support, youth feel empowered with greater awareness and confidence to manage their diabetes and live as healthy and productive, adults.

The transition to post-secondary education is a period of great anxiety for students, parents, and caregivers of youth with diabetes.

Through our programs, DHF continues to provide a continuum of support for youth who are undergoing the transition into young adulthood and post-secondary education.

- **Scholarship Program & Alumni Symposium**
- **Mentorship (Hope Connects) Program**
- **Transition Resources & Workshops**
- **Peer Support Program**

With the help of our dedicated sponsors, donors, staff, volunteers, committees and board members, we will work together in the coming year to continue to invest in programs aimed at helping transitioning youth with diabetes live healthier, longer, fuller and more fulfilled lives.

Our strength comes from **YOU**, and together we are able to inspire today's transitioning youth to dream, grow, and achieve their goals.

Many thanks to everyone for believing in what we do; together we are making a difference!

*Barbara Pasternak*

# SPECIAL THANKS

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## FAMILY of FUNDS

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# Our Achievements

## 22 Years of Hope

- Supported over 4,000 families of children and youth living with diabetes.
- Awarded 727 scholarships to young adults living with diabetes in Alberta, British Columbia, Manitoba, Ontario, New Brunswick, Nova Scotia and Newfoundland.
- Partnered with 57 pediatric diabetes healthcare centres in 7 provinces to develop community health programs and improve access to diabetes care.
- Created an alumni network of 355 alumni mentors and mentees across 42 post-secondary institutions in Canada.
- Funded health benefits and diabetes supplies for over 300 families across Canada through the Medical Assistance Program (MAP).
- Sponsored 166 at-risk children and Youth to attend York University's Diabetes Summer Sports Camp, 233 teens to attend the At-Risk Youth Diabetes Retreat, and 212 at-risk First Nations teens to attend the "Living the Good Life" Aboriginal Diabetes Youth Retreat.
- Developed a Transition Resource guide to support transitioning teens across Canada. **Recommended by the Ministry of Health's Ontario Pediatric Diabetes Network**, the guide provides secondary students with information about their rights/benefits as a student with diabetes.
- Developed and delivered 20 Parent & Teen Pre-Transition Workshops/Webinars to support 585 transitioning teens and their families in Mississauga, Ottawa, Markham, Hamilton, London and Windsor.
- Collaborated with 28 diabetes, mental health and Aboriginal health access centres, as well as DHF Alumni to develop a new Peer Support model to support youth living with diabetes.



# Congratulations!

2019 scholarship Recipients



## Scholarships

This year, the Foundation awarded 41 new scholarships to students living in Ontario, Alberta, Manitoba, British Columbia, New Brunswick, Nova Scotia, and Newfoundland. Each of these young adults has accomplished what others in their position try to do; allowed themselves to be people with diabetes with hopes and plans to succeed and pursue life's challenges. They are not individuals with a disease that defines them. At the Isabel Bader Theatre in Toronto on May 26<sup>th</sup>, 2019, the 21<sup>st</sup> Annual Evening of Hope Scholarship Awards were held in celebration and recognition of the personal triumphs of these young adults. Each of these exceptional students have faced many responsibilities associated with diabetes management and have significantly enriched their lives through community and extra-curricular activities while maintaining a healthy lifestyle. Since 1999, **727** scholarships have been awarded across Canada to support excellence in post secondary education and provide transition support.

## Alumni SYMPOSIUM

*“Our Lives, Our World, Our Future.”*



The 2<sup>nd</sup> Annual Alumni Symposium was hosted at Victoria College in Toronto. Presented by our Alumni Committee, it included a full day of events celebrating the 21<sup>st</sup> Anniversary of Diabetes Hope Foundation's Scholarship Program. The objective of the event was to help guide post-secondary students and provide them with networking opportunities and transition resources for life after undergraduate studies. The symposium was provided **FREE** (breakfast & lunch included) to all type 1 students and their family members. The symposium featured a career interest and parent speaking panels which included a Question & Answer session.





# The *Gratitude*

## Testimonials

**"Diabetes takes so much away from you. This award helped me move toward something positive".**

*Deborah, 2001 Recipient*

**" Having been diagnosed with a learning disability in addition to my diabetes, I was told not to expect to go to college. This scholarship has given me the inspiration and motivation to move forward in pursuing all of my goals "**

*James, 2011 Recipient*

***"This award showed me that I really could do anything despite my diabetes"***

*David, 2006 Recipient*

**"Managing diabetes is very costly. The financial support was a big help"**

*Sarah, 2014 Recipient*

***"It was an incredible honour and privilege for me to receive this award. The scholarship event was truly a night of inspiration as I met others like myself who are benefiting from this program. Thank you DHF for all you do to help youth living with diabetes"***

*Ashley, 2008 Recipient*

**"Diabetes Hope Foundation encourages people to go for their dreams"**

*Matthew, 2017 Recipient*



**NEW**

**HOPE**  **connects**

## Mentorship

Recognizing youth outside of the DHF Alumni Network could benefit from our Mentorship Program, we have expanded and rebranded the Alumni Mentorship program as the **HOPE CONNECTS** Program. The expansion includes all post-secondary students living with type-1 or -2 diabetes who are embarking on their post-secondary journeys and transition to adult diabetes care. HOPE Connects offers any first or second year (18-21 years of age) college/university student with type-1 diabetes the opportunity to be matched with a knowledgeable upper-year mentor from DHF's alumni network. Designed to provide academic and peer social support for post-secondary students living with type-1 and -2 diabetes, students can register for a mentor at any point during the academic year. The program is offered at no cost to secondary and post-secondary students. Youth will be paired with an upper-year type-1 student who is in a similar academic program and/or living in their area to provide them with the skills and tools during their transition period. Currently, there are 60 mentors attending 48 post-secondary institutions across Canada.

### **HOPE CONNECTS ON CAMPUS** **NEW INITIATIVE**

Diabetes Hope Foundation is proposing to expand our HOPE Connects Program and Transition workshops to pilot three NEW on-campus diabetes transition programs in Ottawa, Toronto and London, Ontario. The program will provide transition support for secondary and post-secondary students who are interested in attending or currently enrolled at the University of Toronto, University of Ottawa, and McMaster University. Through the pilot, DHF will recruit 5 to 6 senior alumni (currently enrolled at the universities) from Diabetes Hope Foundation's alumni membership to provide dedicated, part-time on-campus transition support for youth ages 16 to 24 living with diabetes. The aim of the program is to provide post-secondary students with resources, accessibility information, peer academic, and social support to navigate through the early months of transition on campus. The HCOC mentors will provide general campus orientation support, host monthly information sessions, and liaise with disability/accessibility services and campus health centers to provide comprehensive diabetes transition support for students.





# Paying-it-Forward

Having a mentor is a great way to become connected to other young adults living with diabetes. Together, youth can focus on their academic success, personal growth, and gain support during their transition to adult diabetes care. Since 2011, over 350 mentors/mentees have participated in our program and life-long friendships have developed. They continue to pay-it-forward to the next generation of DHF Alumni by providing hope, inspiration, guidance, and support to help them navigate successfully through their post-secondary journey.

*"I became a Mentor to help provide someone else with the opportunities that I had experienced. As a way of thanking DHF for both the scholarship and the support I received, I will continue to pay it forward by participating in this fantastic program and helping out a new recipient."*

*Alyssa, 2012 Recipient*

*"As a new mentee, I came to realize how important having support is. Having never really known other diabetics, I felt as if the other recipients and alumni were my family. I have learned a lot from my friend and mentor. I hope to next year become a Mentor to help someone else and continue to give back."*

*Kaitlyn, 2014 Recipient*

*"I have thoroughly enjoyed mentoring with DHF. The experience of being able to connect with other youth living with diabetes has been quite rewarding. I have benefited greatly from receiving my scholarship and I look forward to continuing to being part of the DHF family and providing support whenever I can."*

*Ryan, 2008 Recipient*





# Transition Guide & Workshops

With the creation of the **“Canadian Guide for Successful Transition to College and University,”** Diabetes Hope Foundation has continued to develop innovative supports for youth living with diabetes and their families. DHF has developed a series of Parent & Teen Pre-Transition Workshops and Webinars across Southern Ontario to provide support for parents and youth who are transitioning to post-secondary education and adult diabetes care. To date, 635 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 DHF Alumni Volunteer Mentors together to support each other in a community-based setting. Through our transition programs, DHF hopes to inspire peer-to-peer knowledge transfer among the youth to help alleviate anxieties and facilitate networking opportunities with families, adult healthcare teams, and the Foundation staff. Recommended by the Ministry of Health’s Ontario Pediatric Diabetes Network, the guide provides secondary students with information about their rights/benefits as well as accessibility options as a student with diabetes. A total of 191 accredited Canadian colleges and universities were reviewed and published in one single comprehensive 300 page guide.

## “How to Survive Your Transition 101”

Teen Night - April 10, 2019 - London

Teen Lunch - August 23, 2019 - North York

In partnership with the London Health Sciences-St. Joseph’s Hospital and North York General-Branson Hospital Pediatric Clinics, DHF hosted a series of workshops to bring together over 50 teens, their parents, health care professionals, and our own Alumni Volunteer Mentors. The focus was to talk about transition within the clinic setting. A review of the **“Guide for Successful Transition to College and University”** provided teens with information about their rights/benefits as a student living with diabetes to assist them in their transition to post-secondary education and adult diabetes care.







**NEW**

# Peer Support

With funding from the Ontario Trillium Foundation, DHF continued the development of a new Peer Mental Healthcare Model for youth living with diabetes and mental health challenges. Having completed a scan of existing mental health services and resources for children and youth in Ontario, we were able to identify the gaps and barriers in accessing mental healthcare services. This led us to develop youth-led solutions to support youth living with concurrent chronic illnesses in the province.

This initiative will help children and youth facing barriers develop strong, emotional and social skills. Using the Quality of Life indicators, we will use this to track the improvement of mental health outcomes. The goal of the program is to match teens living with diabetes (ages 13 to 18) with a mentor to provide them with social and emotional support while they are transitioning or waiting to access diabetes and other pediatric healthcare services.

Our program, provided **FREE** through the support of our community partners and sponsors, allows youth to receive virtual peer support through our team of volunteer type-1 mentors. Our Mentors are DHF Alumni or Type-1 Adults (aged 21-35) who successfully completed a series of requirements to become a mentor. Requirements included police reference checks for working with youth populations, 12-hours of Mental Health First Aid Training (certified by Canadian Mental Health Commission), and two full days of additional training (Compassionate Fatigue, Emotional Intelligence, and Leadership Training).

These Mentors are committed to sharing their personal and lived experiences to offer peer support for youth with diabetes who need social and emotional support during periods of transition and stress.

The process to be matched up occurs when youth complete an online application. The Program Coordinator makes a virtual introduction between the Mentor and Mentee and from there, the mentor facilitates communication through email; eventually meeting virtually via Zoom (a free program to download).





## Keeping our Programs Strong



### 23<sup>RD</sup> ANNUAL SWING *of* HOPE

On June 24<sup>th</sup>, 2019 the DHF Annual Swing of Hope Golf Event was once again held at the Lebovic Golf Club in Aurora, Ontario. A full day of activities was featured including a round of golf, prizes, breakfast, lunch, and an award presentation for our golfers and sponsors. Special thanks to the Lebovic Foundation for hosting the event and to all our donors and sponsors for their participation and support. Mark your calendars to join us on June 22<sup>nd</sup>, 2020. **Reserve your spot today!** To register contact [info@diabeteshopefoundation.com](mailto:info@diabeteshopefoundation.com).

25 years ago, Barbara Pasternak's youngest son, Bobby, wrote a book for a class project about being diagnosed with T1D as a young hockey player. The book was professionally illustrated and published by two DHF alumni. *Nothing Can Stop Me!* is the real story of a boy diagnosed with diabetes just days before a championship hockey game. During his stay at the hospital, he learns how to live with the disease. This personal account of Matt Scott's journey is proof to boys and girls everywhere that diabetes does not have to stop them from following their dreams. We hope this book inspires people living with diabetes to follow their dreams and live the best version of their lives. All proceeds from the book will go towards an athletic scholarship; supporting young athletes living with diabetes to help them pursue their dreams.

**GET YOUR COPY TODAY!** [www.nothingcanstopme.ca](http://www.nothingcanstopme.ca)





## Mark Your Calendars

### **Annual General Meeting**

January/February 2020

Toronto, Ontario

(date and location TBD)

### **Scholarship Application Deadline**

March 9, 2020

(Ontario and National)



### **22nd Scholarship Awards & 3rd Annual Alumni Symposium**

May 31, 2020

Victoria College

Toronto, Ontario

### **24th Annual Swing of Hope Golf Event**

June 22, 2020

Lebovic Golf Club

Aurora, Ontario





[www.diabeteshopefoundation.com](http://www.diabeteshopefoundation.com)



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

**DHF** DIABETES  
HOPE  
FOUNDATION

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