



**Empowering Young Adults with Diabetes  
Into Independence**  
Resources for Off to College and Beyond  
The College Diabetes Network

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**Presentation Outline**


- Introductions
- CDN Off to College & Supporting Programs Overview
  - Event Hosting Kits
  - Parent & Student Booklets
  - CDN Chapters and Peer Connections
  - Review of recent young adult survey data
  - Support for Parents & Caregivers
- Off to College Program Data
- New 2017 CDN Programs
- What You're Leaving With Today
- Q & A

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**Presentation Objectives**

- Attendees will be able to:
  1. Identify and utilize resources available to clinical providers to assist them in offering young adult centered programs/support.
  2. Identify resources available to patients and their families related to navigating the college process with T1D, and assist them in utilizing these resources.
  3. Identify support systems available to patients/families to assist them with the transition, and in accessing these systems.

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CEO & Founder, CDN



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Program Director, CDN

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Say hello to our CDN conference attendees!

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### Disclosure to Participants

- No funding has been provided related to this presentation, and all materials are original. CDN's attendance at AADE has been supported by NCBDE.
- CHRISTINA ROTH
  - Past Advisory Boards: Sanofi, Lilly Diabetes
- EMILY IKE
  - None to disclose

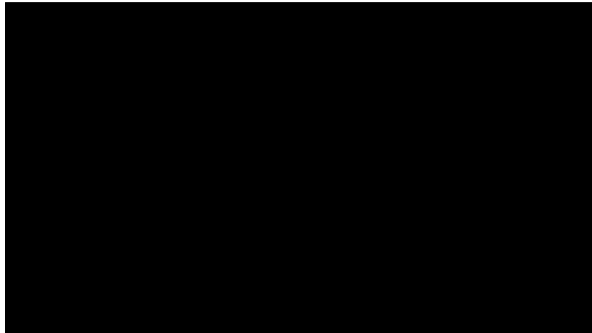
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### What is CDN?

The College Diabetes Network (CDN) is a 501(c)(3) nonprofit organization whose mission is to provide innovative peer based programs which connect and empower students and young professionals to thrive with diabetes.



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### What is the Off To College Program?

#### EVENTS

Debuted at AADE 2015

#### BOOKLETS

Debuted at CWD 2016

#### CONNECTIONS



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### CDN's Off to College Program



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### CDN'S Off To College Program: Tools & Resources



- Co-created with students and experts with of T1D Experience.
- Scientifically reviewed and approved by the American Diabetes Association (ADA).
- Co-created and reviewed by CDN's Clinical and Research Advisory Committee (CRAC) and Student Advisory Committee (SAC).
- National Partnership with JDRF to have sessions and CDN materials at T1Nation Summits.
- Sponsored by Tandem Diabetes Care, Lilly Diabetes, Dexcom, Novo Nordisk, Sanofi, JDRF, and the American Diabetes Association.

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### CDN'S Off To College Event Hosting Kits

- Includes:**
- Logistics
  - Program Topics & Content
  - Event Budgeting
  - Evaluations
  - Supplemental resources for attendees
  - Registration of event in CDN's system

**Can be ordered for FREE via CDN's online order form**



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### CDN Map of Events



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### Off to College Event Support

- 1 Matching with CDN student and alumni panelists
- 2 On-the-ground support from CDN Corporate Partners
- 3 Off to College Event Host Facebook Group to share best practices and support one another

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### Understanding Perspectives



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#### STUDENTS

**Off to College**

- Common Challenges to Expect When You Get to Campus 4
- Family Communication Agreement 6
- Looking at Schools Guide 9
- Preparing to Move Out: A Timeline 12
- Life on Campus 16**
- What is a CDN Chapter? 18
- Clinical Care: Finding a New Doctor 19
- Registering for Accommodations 22
- Managing Sick Days 24
- Having the Talk with Friends and Roommates 25
- Emotional Wellbeing: Dealing with Burnout 27
- Drinking with Diabetes 28
- Entering the Working World 29
- Technology on Campus 30
- Letter from a Student 32

#### PARENTS

**Off to College**

- Common Challenges for Students on Campus 4
- What You Can Expect When Your Child Goes to Campus 7
- Family Communication Agreement 8
- Looking at Schools Guide 9
- Preparing to Move Out: A Timeline 12
- Parents Dos and Don'ts 16
- Life on Campus 18**
- Registering for Accommodations 20
- Clinical Care: Finding a New Doctor 22
- Managing Sick Days 25
- Emotional Wellbeing: Dealing with Burnout 26
- Drinking with Diabetes 28
- Myths 29
- Technology on Campus 30
- Parent Questions 32
- Letter from a Parent 32

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### Key Points for Parents




- 1 Believe in your child & offer encouragement and support.
- 2 Instill a sense of independence before they leave.
- 3 This is a marathon, not a sprint!
- 4 College is about your child, not your child's blood sugars!
- 5 College is a safe space for your child to adjust to independence with diabetes while having built in support.

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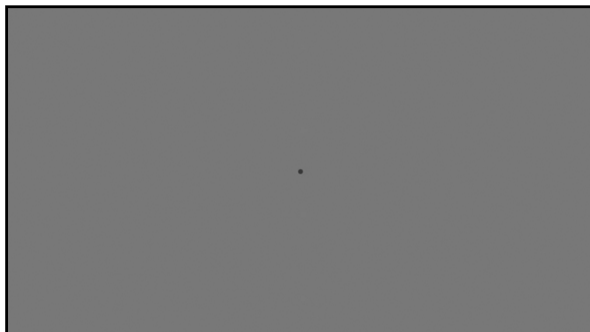


### Key Points for Students




- ⌘ Know your rights
- ⌘ Prepare for success
- ⌘ Learn skills that will serve you well past college
- ⌘ Personal stories & real-life advice

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### Using These Resources in Your Practice



- ⌘ Post a link in your clinic's e-newsletter or on social media to alert your patients and their families.
- ⌘ Order hard copies to make available and distribute in clinic waiting rooms and exam rooms.
- ⌘ Use materials to facilitate clinical discussion with your patients about touchy topics and the transition to college.
- ⌘ Use for discussion during appointments, and provide your patients a copy to take home.

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### Network: Connections for Students



**CDN CHAPTERS**  
Over 115 affiliated Chapters nationwide and growing!  
Chapters are student-led and supported by CDN National office

**Chapters allow students to:**

- Connect with peers who "get it"
- Learn about new diabetes technology
- Share tips for managing diabetes on campus
- Get involved with outreach and advocacy
  - Have friends to rely on!

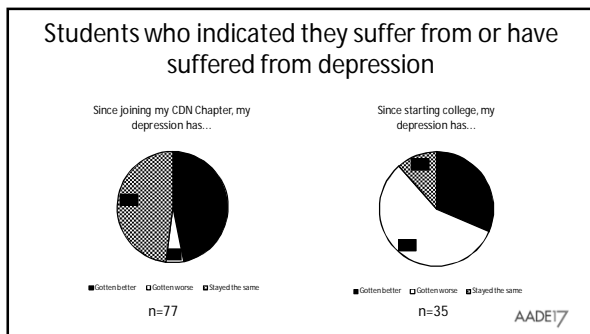
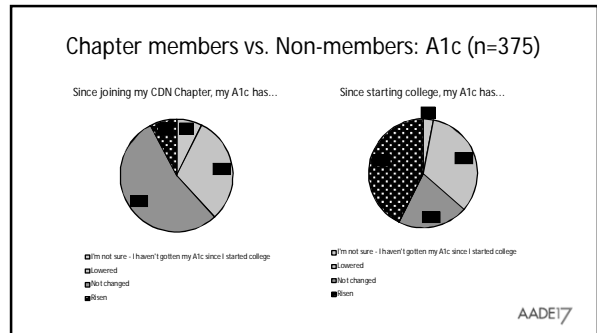
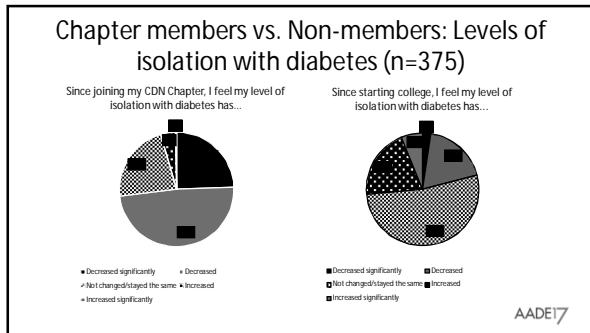
**Check out our website to find your local Chapter!**

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### Spring 2017 Student Survey

- Administered April 2017
- 375 Total respondents
  - 129 Non-CDN Chapter members
  - 246 CDN Chapter members

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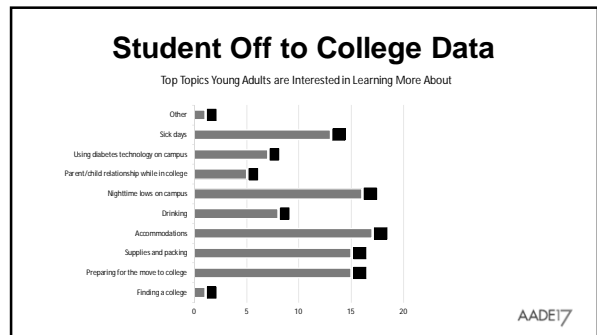
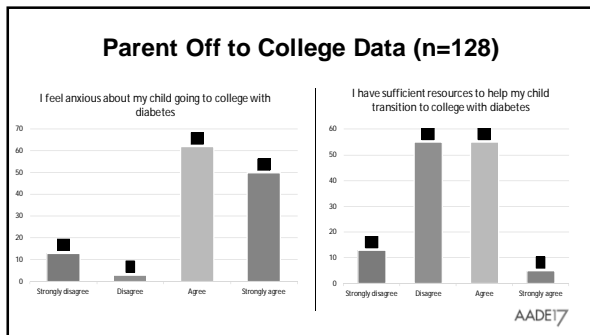


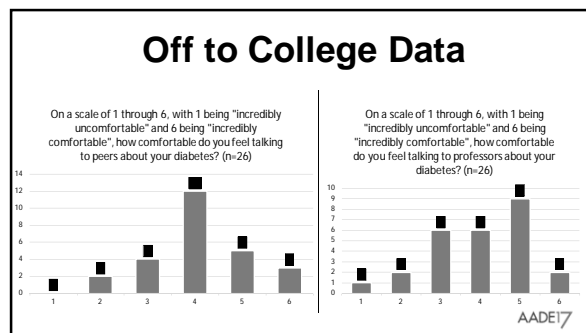
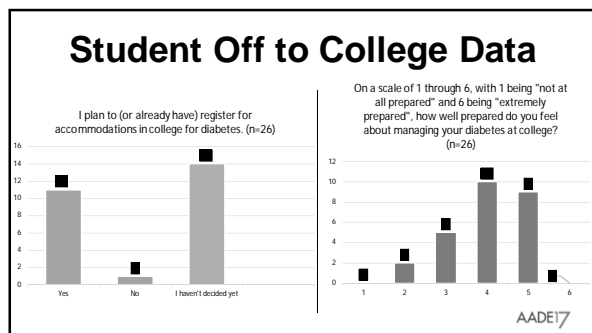
### Support for Parents & Caregivers

**CDN Parent Facebook Group**  
 Connect with other parents of young adults with T1D, ask questions, get support, and share successes!

**Parent Newsletter**  
 Stay up to date on the latest news, opportunities, and updates for parents and their children from CDN National.

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- ### New CDN Resources for You
- Off to College Version 2.0  
Including new topics on First Break Home, Standardized Testing Accommodations, and "Share" Technology
  - Newly Diagnosed Young Adult Resources  
Available Fall 2017
  - Mental Health & Body Image  
Available Fall 2017
  - Off to Work Guide  
Available Spring 2018
  - CDN Ambassadors  
Available Fall 2017
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- ### Other New CDN Programs
- Campus Toolkits  
Pilot begins September 2017, Full launch Fall 2018
  - Political Advocacy Guide  
Currently available
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- ### Next Steps for Attendees
- Sign up for CDN Newsletter  
Stay up to date on launch of new resources and programs to help you in your practice
  - Request your free materials  
Off to College Parent and Student booklets  
Off to College Event Host Guide  
Brochures
  - Tell your patients and their families about CDN!
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### Questions?

STAY CONNECTED!

FACEBOOK: THE COLLEGE DIABETES NETWORK  
 TWITTER: @COLLEGEDIABETES  
 INSTAGRAM: @COLLEGEDIABETES  
 EMAIL: INFO@COLLEGEDIABETESNETWORK.ORG

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