

AN INSIDE SCOOP FROM SOCIAL WORK:
RESOURCES TO SUPPORT STUDENTS WITH
DIABETES

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Role of a Medical Social Worker

Assess social, emotional, environmental, financial, and support needs.

Inform members of the health care team about these factors, which may affect the patient's health and well-being.

Collaborate with patient's family and other service provider agencies to develop a plan for care of the patient in his/her home or other living arrangement.

Discharge planner within inpatient setting.

In outpatient settings, medical social workers provide referral services, supportive counseling, coordinate after care follow up services.

**Recommendations
from the American
Diabetes
Association:**

At diagnosis and during routine follow-up care, assess psychosocial issues and family stresses that could impact diabetes management

Encourage developmentally appropriate family involvement in diabetes management

Providers should assess food security, housing stability/homelessness, health literacy, financial barriers, and social/community support

Providers should consider asking youth and their parents about social adjustment (peer relationships) and school performance

Assess youth with diabetes for psychosocial and diabetes-related distress

Offer adolescents time by themselves with their care provider(s)

Potential Barriers:

- Transportation
- Access to WiFi
- Inability to miss work
- Lack of family support
- Perceived importance



Opportunities for Collaboration

Advocate

Advocate for a parent signed ROI between health care provider and school nurse

Encourage

Encourage communication with concerns to stakeholders (parents, providers, county agencies)

Communicate

Work with your school social worker and administrators.

- Encourage meeting with families, patients, and administrators to build solid, trusting relationships.

Framework for Collaborative Care

COMMUNICATION is KEY!

Who is part of the team?

What are their roles?

Who is the center of the team?

The goal of diabetes management in the school setting is a healthy, well-adjusted, and academically successful student who feels connected to and supported by their school community.

RESOURCES

Transportation available for all BadgerCare and Medicaid patients in WI

- VEYO 866-907-1493 or through the portal: member.veyo.com

Mental Health Resources and Referrals:

- Suicide prevention and crisis support: Call 800-662-HELP (4357)
- Text HOME to 741741. 24/7 crisis support
- Headspace.com - mindfulness medication
- Jedfoundations.org Empowering young teens and adults with the skills and support to grow into healthy adults
- Primary Care Doctor or call to insurance

PHQ-9 Patient Health Questionnaire

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1) Little interest or pleasure in doing things?	0	1	2	3
2) Feeling down, depressed, or hopeless?	0	1	2	3
3) Trouble falling or staying asleep, or sleeping too much?	0	1	2	3
4) Feeling tired or having little energy?	0	1	2	3
5) Poor appetite or overeating?	0	1	2	3
6) Feeling bad about yourself — or that you are a failure or have let yourself or your family down?	0	1	2	3
7) Trouble concentrating on things, such as reading the newspaper or watching television?	0	1	2	3
8) Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual?	0	1	2	3
9) Thoughts that you would be better off dead, or of hurting yourself in some way?	0	1	2	3

TABLE 1
PHQ-9 Scores and Proposed Treatment Actions*

PHQ-9 Score	Depression Severity	Proposed Treatment Actions
1 to 4	None	None
5 to 9	Mild	Watchful waiting; repeat PHQ-9 at follow-up
10 to 14	Moderate	Treatment planning, considering counseling, assertive follow-up and/or pharmacotherapy
15 to 19	Moderately Severe	Immediate initiation of pharmacotherapy and/or psychotherapy
20 to 27	Severe	Immediate initiation of pharmacotherapy and, if severe impairment or poor response to therapy, expedited referral to a mental health specialist for psychotherapy and/or collaborative management

*The authors gratefully acknowledge Henry Chung for development of this Table.

RESOURCES Continued

INSURANCE

- ABC For Health: (Advocacy & Benefits Counseling for Health) call (608)261-6939
- Wiscovered.com
- Individual County websites
- AFCH Community Care
- ADA Health Insurance Aid - www.diabetes.org/resources/health-insurance-aid
- uwhealth.org/communitycare

COUNTY ASSISTANCE

- CLTS (Children's Long Term Support) - county specific
- CCS (Comprehensive Community Services) - county specific
- CPS (Child Protective Services) - county specific contacts
- Katie Beckett Medicaid 888-786-3246
- JFF (Joining Forces for Families) - Dane County

FORMS/COMMUNICATION

- Health Care Power of Attorney Form
- Release of Information (School, parent)

Housing and Food Resources

Emergency Shelter Resources

- 2-1-1 United Way
- <https://www.danecountyhomeless.org/>

Energy Assistance

- WHEAP Wisconsin Home Energy Assistance Program www.homeenergyplus.wi.gov

Food Resources

- Call 2-1-1 to locate your nearest food pantry and pantry dates

Diabetes Support

Camps

- Childrenwithdiabetes.org

Beyond Type One/Two

- Beyondtype1.org/beyondtype2.org
- Also available in spanish

Diabetes Connections with Stacy Simmms (diabetes-connections.com) (podcast)

Support for parents and Children with Diabetes: The PEP Squad

- Diabetesresearch.org
- Parents empowering parents – offers emotional support and practical tips from diabetes professionals and fellow parents

T1 Mod Squad – Type 1 Diabetes Support For Families

- Mission is to equip and support the parents and caregivers of children diagnosed with type 1 diabetes

College Diabetes Network

- Collegediabetesnetwork.org

Juvenile Diabetes Foundation

- Jdrf.org

Questions??

I appreciate the
collaboration as we're all in
this together

Thank you for your time!

