



“Nearly 1 in 200 Americans have IBD — chances are you know at least one of them.”

— Crohn's and Colitis Foundation

.....
“A lot of people have gone further than they thought they could because someone else thought they could.”
.....

—Unknown



Crohn's and Colitis Connect

There's More to Life Than IBD

Crohn's & Colitis Connect
Nationwide Children's Hospital
Center for Biobehavioral Health
700 Children's Drive | Columbus, OH 43205
614-722-4744

AnnMarie.Morgan@NationwideChildrens.org
Laura.Mackner@NationwideChildrens.org

Program Coordinator: Ann Marie Morgan
Program Director: Laura Mackner, PhD
Assistant Director: Kathy Vannatta, PhD
Medical Director: Jennifer Dotson, MD



Oh, you have IBD too?

Other people don't usually talk about IBD, so that can make it hard to figure out how to live with it. That's why we have a program for helping you live well with IBD.

There are two **Crohn's and Colitis Connect** programs, with virtual and in person components:

Educational Activity Program

- 3 group educational activities
 - Taking IBD to School
 - Behind the Scenes at the GI Center
 - IBD Nutrition
- IBD educational info website
- Monthly check-in phone call

Peer Mentoring Program

The Educational Activities *plus* . . .

- A peer mentor
 - Someone who's had IBD for a while who can give you tips about life with IBD, or anything really.
 - They can also just hear you out about stuff – they've been there too.
- 3 fun group activities (like bowling or canoeing)
 - You vote on what you want to do
- Parents connect with other parents



“I wish this program had been available when I was diagnosed, it would have been so helpful!”

— *Becky V., age 17, Mentor*

How do I get involved?

The programs are part of a research project, so you get involved by participating in the research. In the research project, each person has a 50/50 chance of being in the peer mentoring program and a 50/50 chance of being in the educational activity program.

Call or email us:

Crohn's and Colitis Connect

Phone: 614-722-4744

E-mail:

AnnMarie.Morgan@NationwideChildrens.org

Laura.Mackner@NationwideChildrens.org

FAQs

How does the program work?

Group activities are in person or live streamed. Your mentor will check in with you weekly (like texting) and you'll have an in person or virtual activity 1 - 2 times per month.

Are we going to be talking about using the bathroom the whole time?

No! Who wants to do that? It might come up, but life with IBD isn't ALL about IBD, right?

Is anyone going to talk to my doctor or my parents about what I say?

No, pretty much everything is private. These are people around your age or a little older living life with IBD, just like you. They're useful people to get to know.

Is this just another way to make sure I'm taking my medicine? My parents and doctor already do that!

No, this is not the 'medicine police.' These are people who understand what it's like living with IBD, they're not going to scold you or tell you how to live.

Will it just be people whining about IBD?

IBD is NOT fun, but it's also not the end of the world. We might moan about it some but we figure out ways to deal with it. Also, see FAQ #2.