



Behavioral Health and Psychology

Managing — and Thriving with — T1D

The presence of type 1 diabetes (T1D) — whether for your child, yourself or a family member — often affects people’s social, behavioral and emotional well-being, known collectively as psychosocial health. The JDRF Behavioral Health and Psychology Program seeks to reduce the psychosocial challenges of T1D and engender optimism to manage the chronic condition throughout the lifespan, ultimately to improve health outcomes for the T1D community.

How it Works

The challenges of living with T1D are complex, vast and individualistic, from diagnosis and therapy confusion to emotional and physical burden. Psychosocial mismanagement can put people with T1D at risk for serious complications. By approaching the unique issues related to a life-long journey, we are helping to reduce the significant daily burden of this disease for as many people as possible, while we continue our search for cures.

“*The National Diabetes Psychology Fellowship Program is important, as it not only trains psychologists to be clinicians and researchers in the area of type 1 diabetes, but it introduces them to the JDRF community and opportunities available to them in the future as independent psychologists.*”

— Jackie Papadakis, former JDRF Fellow and, now, a clinical psychologist

Program Goals



Increase the number of and provide access to psychologists trained in T1D



Support research initiatives to improve psychosocial health and outcomes for people with T1D



Educate the T1D community about the psychosocial impact of this disease



Interested in taking part in a clinical trial? After answering a few questions, you’ll be matched with clinical trials that may be right for you at jdrf.org/clinical-trials.

Behavioral Health and Psychology by the Numbers

2018

when the Behavioral Health and Psychology Program was launched

24

fellows supported through the JDRF Diabetes Psychology Fellowship Program

53

TypeOneNation Summits have incorporated psychosocial content in their agendas



Advances in Psychosocial Support

Psychologists must be trained to meet the unique psychological and behavioral health needs of people with T1D, but there is a severe shortage of qualified psychologists able to provide care. So JDRF established the National Diabetes Psychology Fellowship Program — the first of its kind. By training psychology professionals to address the needs of people facing T1D, JDRF is helping to reduce the significant daily burden of this disease.

Telehealth is gaining ground, and JDRF-funded investigators wanted to see if it can improve family well-being during the first year, post-diagnosis. Here, the focus will be on family teamwork, communication and collaboration in diabetes tasks, creating a sense of normalcy for children and families, and to address parent and child distress, to improve family psychosocial performance and to maintain optimal diabetes outcomes.

The Helmsley Charitable Trust is funding the Novel Interventions in Children's Healthcare (NICH), an innovative program designed to integrate medical care with behavioral therapy to support at-risk youth and their families. In a pilot study, there was a 50% reduction in diabetic ketoacidosis (DKA) and a 40% reduction in diabetes hospital visits associated with diabetes with the NICH program. There were also significant cost savings — 70% — to the health care system and Medicaid. Now, JDRF is funding a project to identify youth who would be most served by targeted interventional programs, such as NICH. This will broaden the field's understanding of which factors predict poor outcomes in youth with T1D, and increase our ability to predict which youth could benefit from interventions than are currently available.

2020

Every gift takes us one step closer to curing T1D. Find out how you can support JDRF and make a difference in the lives of people with T1D by visiting jdrf.org/donate.

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