

PSYCHOSOCIAL SERVICES

Christina Holbein, PhD

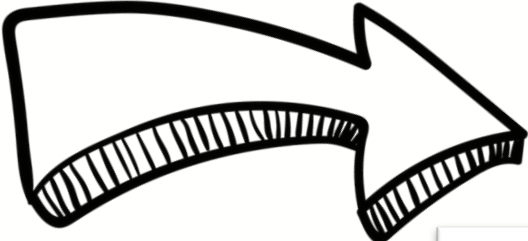
Muzna Gulamali, MSW



PSYCHOSOCIAL TEAM



THE GUT - BRAIN CONNECTION



MENTAL HEALTH AND PEDIATRIC IBD



30%

Significant *anxiety* symptoms

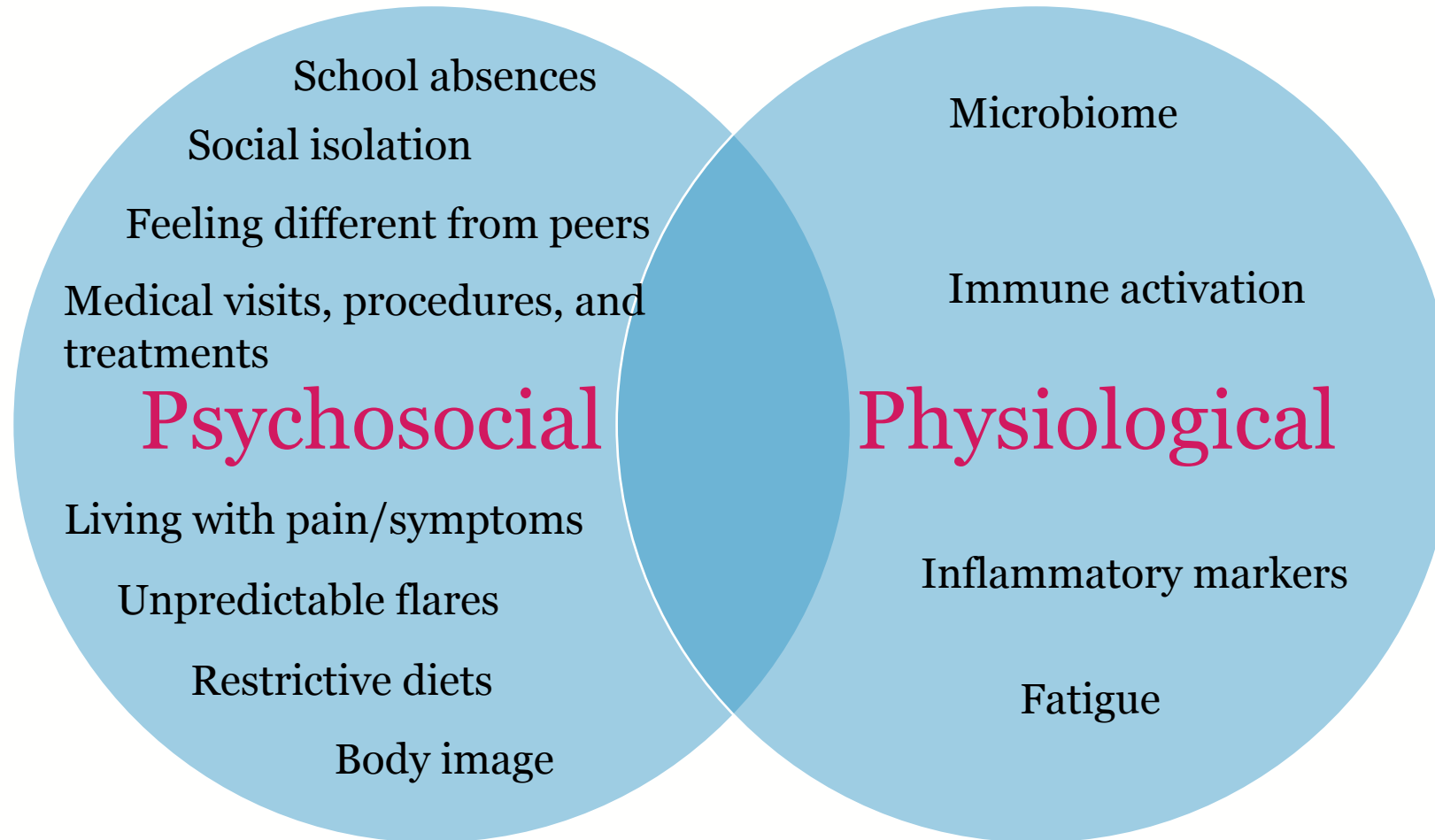


7-28%

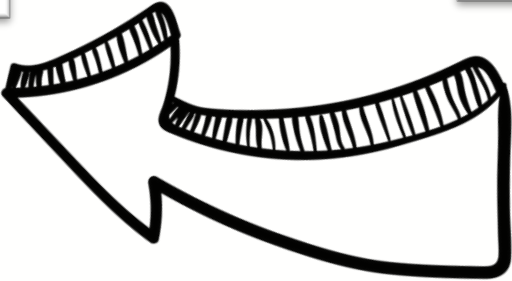
Significant *depression* symptoms

- Across multiple studies, youth with IBD experienced more anxiety and depression symptoms together than youth without IBD

WHAT MAY RELATE TO ANXIETY AND DEPRESSION IN PEDIATRIC IBD?



THE GUT BRAIN CONNECTION

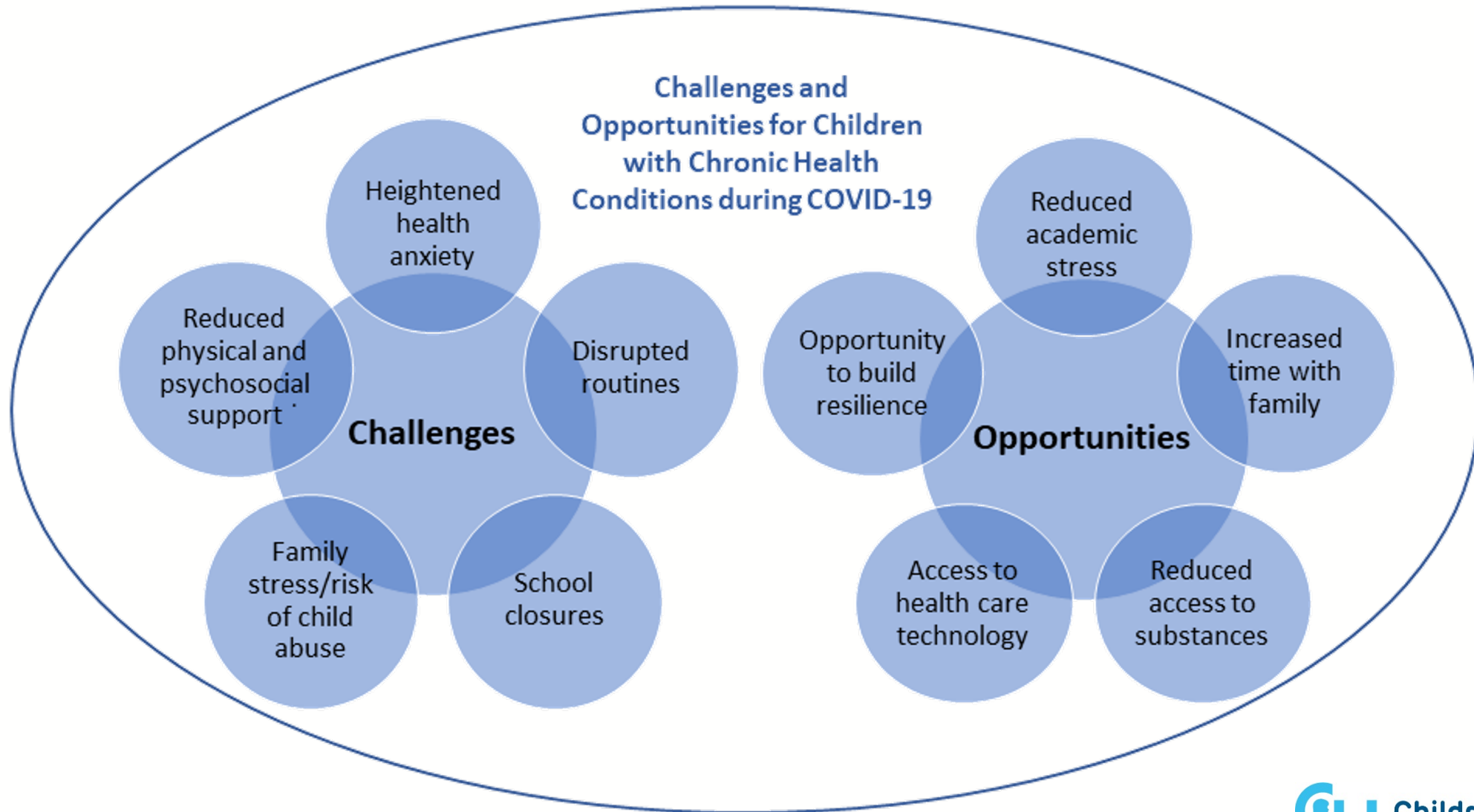


EFFECTS OF MENTAL HEALTH ON IBD

- Stress associated with worsened IBD symptoms
 - Increases GI inflammation
 - Changes in movement of the GI system
 - Changes in the microbiome (bacteria in the gut)
 - Negative effects on immune system
- Functional abdominal pain
 - 13-26% of pediatric patients with IBD in remission have functional abdominal pain
 - Associated with depression and anxiety



COVID-19 PANDEMIC AND PEDIATRIC IBD



SIGNS TO LOOK OUT FOR



Mood

- More irritable
- More sad
- Unmotivated
- Excessive guilt



Anxiety

- Worries that don't go away easily
- Extreme fear of specific situation or thing



Activities

- Lack of interest in fun activities
- Withdrawal from social/family activities



School

- Sudden drop in grades
- Not completing work
- Refusal to attend school



Sleep

- Sleeping more
- Sleeping less
- More fatigued



Appetite

- Eating less
- Eating more
- Complaints of not being hungry



Physical

- Racing heart, trouble breathing, dizzy, shaky (panic)
- Headaches, stomachaches w/o medical explanation

GI PSYCHOLOGY

Outpatient Therapy (“Counseling”)

- Common areas of focus:
 - Coping with IBD – new diagnosis, treatment plan changes, talking to friends about IBD
 - Learning additional tools for managing pain or symptoms
 - Transitioning back to school or activities
 - Overcoming barriers to IBD treatment – swallowing pills, coping with needle sticks, remembering to take medications
- Locations:
 - Telehealth (depending on insurance and state of residence)
 - In-person at CHOP Buerger Center, GI Infusion Suite*, King of Prussia, Voorhees, Brandywine Valley, Bucks County
- Follow-up is individualized for each patient’s needs and preferences



Betsy Turner, PhD



Kari Baber, PhD



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Sarah Mayer-Brown, PhD



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ONLINE MINDFULNESS-BASED STRESS REDUCTION (MBSR) FOR PEDIATRIC IBD

What are the goals of the study?

IBD is a tough disease and can affect many aspects of your life. Sometimes, it can add stress that may affect your physical symptoms of pain and stool habits. ***In this study, we want to know if practicing mindfulness via an online MBSR course taught by a trained teacher can help with your IBD.*** Specifically, we want to understand if an online MBSR course is doable, liked, and what effects it may have on quality of life and symptoms of IBD.

Who? Patients with an established diagnosis of IBD and between the ages of 12 and 19.

What?

- 8 weekly MBSR group classes online
- Answer a series of questionnaires and submit stool samples 3 times over the course of the study
- Participate in 1 focus group to assess your experience in the study.
- You will be compensated for your participation

The unique part of this study is that there are no in-person visits required and everything will be done via phone, e-mail, or video conferencing.



ONLINE MINDFULNESS-BASED STRESS REDUCTION (MBSR) FOR PEDIATRIC IBD

What is MBSR?

It is an 8 week long mindfulness course designed to teach mindfulness practices. Mindfulness is about being aware of and paying attention to your thoughts and emotions in a non-judgmental way. This way of focusing your attention can help with creating a space between your thoughts and your actions, which can lead to more self-awareness and emotional balance, among other benefits!

This in turn can help with how you respond to situations that you may not be able to fully control as well as help with feelings of stress and anxiety. MBSR is rooted in the practice of meditation.

What Are The Benefits?

Although we can't promise that you will receive any direct benefit from the MBSR program, as a result of your participation you may feel improvements in your symptoms and your quality of life living with IBD.

We hope that the knowledge gained from this study may help future children with IBD.

CONTACT:

ibdmindfulness@email.chop.edu

SCHOOL SUPPORT - 504 PLANS

- Assistance with a list of accommodations related to a diagnosis
 - Access to water and snacks (as needed)
 - Unlimited access to nurse's office, bathrooms
 - Excused absence due to clinic visits, hospitalizations and/or illness
 - "Stop the clock" testing
 - Individualized by student's needs
- Remove barriers to learning

TEEN SUPPORT

Monthly Virtual Support Groups for Teens with IBD

- "Teens with IBD Meet Up"
- Every fourth Wednesday of the month at 5 pm
- Facilitated by Gastroenterologist Jessica Breton, MD, Psychologist Christina Holbein, PhD and Social Worker Muzna Gulamali, MSW
- Interested in joining? Email chopibdgroup@email.chop.edu

VERY EARLY ONSET IBD SUPPORT

Quarterly Support Group for VEO-IBD families

- Next one is Wednesday March 17, 2021 at 5PM
- Facilitated by Psychologist Christina Holbein, PhD and Social Worker Muzna Gulamali, MSW
- Interested in joining? Email chopibdgroup@email.chop.edu

PEER SUPPORT



Learning your child has inflammatory bowel disease (IBD) can be a scary and challenging time. CHOP's Center for Pediatric Inflammatory Bowel Disease provides a Peers Offering Practical Support (POPS) program to parents and guardians who have children diagnosed with IBD.

The POPS Program provides practical, nonclinical support to help families cope with their child's diagnosis.

In the POPS Program, families may discuss:

- A pediatric IBD diagnosis and what it means for your child's life – today and in the future
- General support, including explaining IBD to younger children and encouraging teens to make healthy choices for their medical condition
- Tackling life with IBD: school, social life, sports and college

You may connect by phone, text, email or in person with a POPS member, depending on your preferences.

An experienced social worker will partner with you through POPS to provide a better understanding of the program's advantages and how you can use it to help your children.

CROHNS AND COLITIS FOUNDATION

www.crohnscolitisfoundation.org

- **Camp Oasis: weeklong residential IBD summer camp program:**
staffed 24/7 with volunteer physicians, nurses, and other health care professionals
- **Campus Connection:** For college students with IBD
- **Support Groups**
- **Power of Two** Foundation's peer-to-peer support program

WHAT HAPPENS AS I GET OLDER?

Be active in your care

- Learn about your disease
- Understand your medication
- Know when to call your doctor

Prepare for Transition:

- www.chop.edu/transition
- Social work guidance

Resources:

- CCF Teen Website:
www.justlikemeibd.org
- Transition Toolkit – included in documents

