

Sickle Cell Adolescent Transition Clinic (SCATC)

Why attend SCATC?

Transition can be difficult and challenging. This clinic was created to help give you the tools to make the change.

Transition is a purposeful, planned, coordinated process. The transition process includes education and skill building that increases self-management of sickle cell disease.

Education is a key component to success in transitioning young adults with sickle cell disease (SCD) from pediatric to adult care.

Transition Includes:

- Assessment of adolescent/parent readiness
- Help finding the right adult provider
- Equipping adolescents and young adults with SCD knowledge
- To help patients develop self-management skills
- Foster independence

What you can expect:

- Sickle cell education
- Review of the Transition Policy
- Readiness assessments (patient and parent)
- Medical summary and emergency care plan
- Advanced directive information
- Review of insurance
- Transfer of care checklists
- Feedback surveys for both patient and parent
- Follow up after Transfer (at 3 months, 6 months, 9 months, 1 year)
- Graduation (ceremony) from pediatric to adult care



OUR PURPOSE:

The Children's National Sickle Cell Transition Clinic is committed to helping all our patients make a smooth transition from pediatric to adult health care.

The Sickle Cell Transition Clinic provides our patients with ongoing resources to help them take increasing responsibility for their own health care to the best of their abilities.

We are also able to help patients select a medical provider, organize and access their medical records, and support all aspects of healthcare transition planning as part of a lifelong preparation for a successful and healthy adult life.



Children's National

Congratulations on transitioning to adult care!

Congratulations on successfully transitioning from pediatric to adult care through the Sickle Cell Adolescent and Young Adult Transition (SCAT) Clinic! This is a significant milestone, and we are incredibly proud of you for taking this important step in your healthcare journey. As you continue this journey, we want you to know that we are here to support you every step of the way.

To ensure continuity of care and your health's success, we have a follow-up plan in place:

- First Year: Follow-up every three months.
- Second Year: Follow-up every six months.
- Ongoing: Annual follow-ups for the next 10 years.

How We Will Follow Up:

You will receive follow-up reminders and check-ins via text message from Dr. Barbara's team. Text messaging is a convenient way for us to stay in touch, remind you of important check-ups, and ensure that your health needs are being met. Occasionally, you may also receive a follow-up phone call or email.

Why Your Response Matters:

Your participation in follow-ups is crucial for:

- Monitoring your health and catching any issues early.
- Adjusting your care plan as needed.
- Providing support and resources to help you thrive in adulthood.

Please be sure to respond promptly to these messages. Keeping the line of communication open will allow us to provide you with the best possible care and support.

Let's Stay Connected:

If you have any questions or concerns, please do not hesitate to reach out to our team at 202-476-2471. Together, we can ensure your ongoing health and wellness.

Once again, **congratulations** on this milestone, and we look forward to supporting you in this next chapter of your journey.

Warm regards,

Dr. Barbara Speller-Brown and the SCAT Clinic Team
Office: 202-476-4747
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Children's National.

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Children's National

Sickle Cell Adolescent and Young Adult Transition Clinic (SCATC)

Make your appointment today!

If you are 18-20 years of age and interested in learning more about the Sickle Cell Adolescent and Young Adult Transition Clinic, please notify your hematology provider.

You can reach your Hematology team at 202-476-2140 for more information on how to schedule an appointment.

Transition clinic is held every 1st, 2nd and 4th Thursday of the month.



Sometimes it takes a village

We all get depressed. And anxious.
We're human.

Sometimes it's hard to say exactly when our feelings cross the line. From feelings everyone has to feelings that keep us from leading a full and healthy life.

However, young people may not realize when something's wrong. Adults may try to mask or deny the changes. Families and loved ones may not spot a serious issue until there's a crisis.

It's difficult to ask for help. And finding the right help can be confusing.

One thing is for certain: whether you have a life-threatening problem or need someone to talk to, help is right here in Prince George's County.

Introducing Step Forward

By connecting you with a network of services from support groups to treatment to rehabilitation, Step Forward empowers young people, adults, and families to identify mental health issues.

With the right care and support, you and your loved ones can emerge together into a healthier and more productive life.

Not all mental health conditions can be cured. But mental health issues can be treated and managed. And you or your loved ones can feel good again.



“Depression had taken over, and I was making my family miserable. Connecting to the right services changed my life.”
— Iris, mother of four

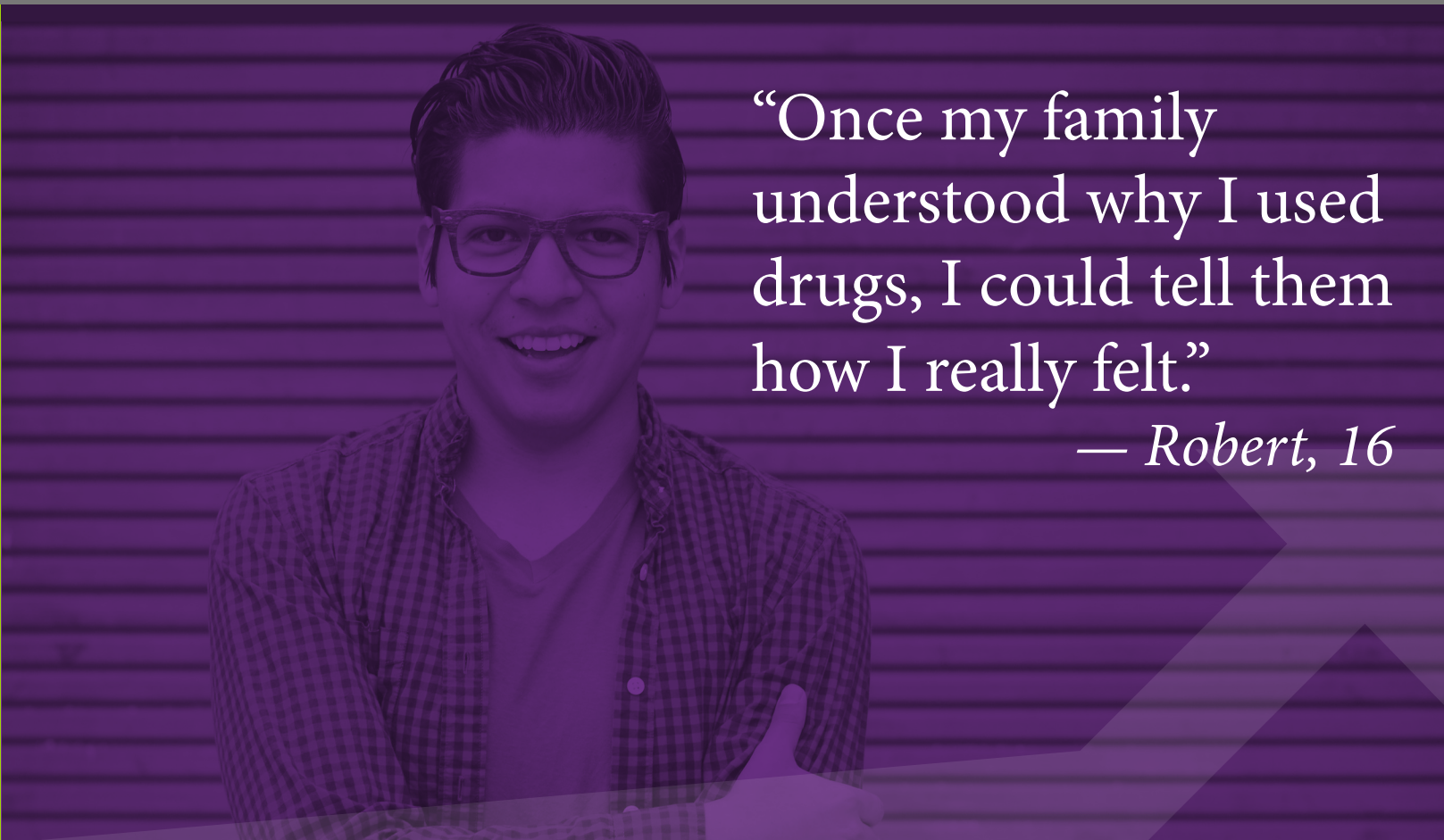
What getting help looks like

- Evaluation
- Recommendations
- Treatment plan
- Treatment (e.g., medication)
- Care coordination
- In-home & community support services
- Recovery
- Recreation, leisure, & structured activities
- Wellness management

When people who care about each other address mental health issues together, we can all be part of an even greater solution.

How to help your loved one

- Ask questions
- Be respectful
- Listen
- Ask how to help
- Express concern
- Offer support and understanding
- Offer to help with everyday tasks
- Do things together
- Join a support group
- Learn about local resources
- Educate others
- Advocate for mental health



“Once my family understood why I used drugs, I could tell them how I really felt.”
— Robert, 16

SUPPORT AND CRISIS LINES

Calls are screened by mental health counselors 24/7 and triaged to urgent care, a mobile crisis team, or a home intervention team as appropriate.

Maryland Hotline – 800-422-0009 or 211

CRISIS TEXT LINE | – Text MD to 741741

Crisis Response – 301-429-2185

DIAGNOSIS, TREATMENT, AND THERAPY

**Resources
301-856-9500**

The Prince George's County Health Department maintains a list of treatment providers in your area.

www.pgchealthzone.org/treatment

ADVOCACY AND SUPPORT

Maryland Coalition of Families

410-730-8267

Youth Peer Support
Parent Peer Support
Parent & Family Advocacy

National Alliance on Mental Illness

301-429-0970

Parent & Family Support
Parent & Family Advocacy
Young Caregiver Support

On Our Own

301-699-8939

Self Advocacy and Peer Support (18+)

Area support groups offer peer counseling and information to young people, adults, and their families.

Area advocacy groups enable young people and families to join statewide efforts to improve opportunities for people with mental health conditions.

TREATMENT SETTINGS

**Respite Care
301-856-9500**

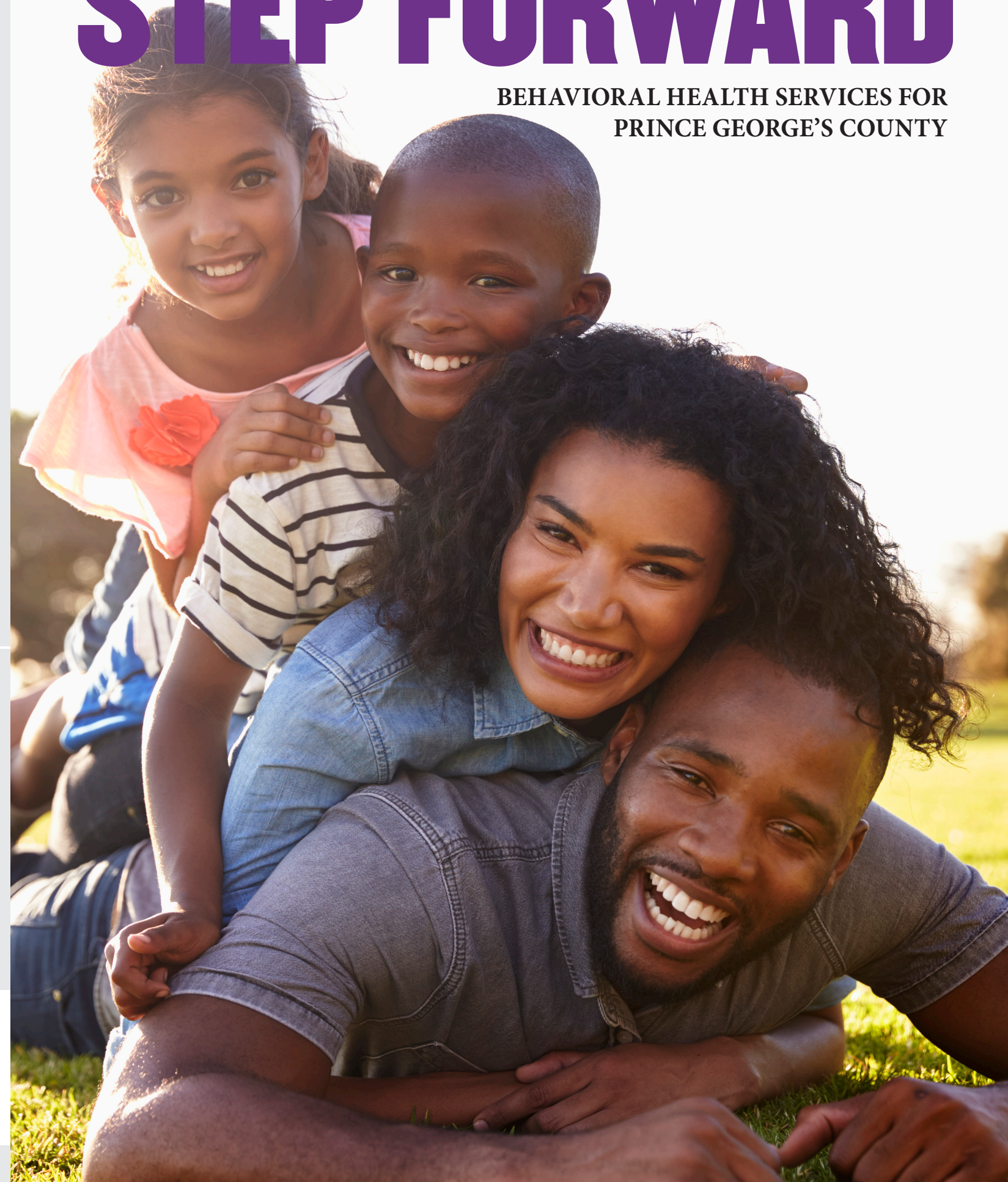
The county provides short-term respite care to children with mental health challenges. Such care can provide much-needed relief to both the child in crisis and to their family and caregivers at home.

**Psychiatric Rehabilitation
301-856-9500**

Our rehabilitation services promote living and social skills for adults and children. These settings help you increase recreational and social activities, find educational and employment opportunities, and help you learn ways to manage your recovery.

STEP FORWARD

BEHAVIORAL HEALTH SERVICES FOR
PRINCE GEORGE'S COUNTY



**HEALTH
DEPARTMENT**
Prince George's County
Rushern L. Baker, III
County Executive

301-856-9500

Candice's Sickle Cell Fund, Inc.

<http://www.candicesicklecellfund.org/scholarships/>

(Application can be downloaded from this website).

Candice's Sickle Cell Fund, Inc. provides scholarships to individuals with sickle cell disease who are pursuing higher education.

Eligibility Requirements:*

- Must have a form of sickle cell disease.
- Must be enrolled in or accepted for enrollment in an accredited school.

Awards: Varying amounts between \$1,500 and \$10,000.

Deadline: The application deadline is usually in April.

Inspiring More Minds

www.inspiringmoreminds.com/services

Inspiring More Minds offers two education-based scholarships for individuals living with sickle cell disease.

The Paradise Scholarship

Eligibility Requirements:*

- Must have a form of sickle cell disease.
- Must be 25 or under
- Deadline: March 8, 2024

The Cyntra D. Scott Scholarship

Eligibility Requirements:*

- Must have a form of sickle cell disease.
- Must be 26 or older.

Awards: Varying amounts between \$250 and \$1,000.

Deadline: Information on the 2024 application has not yet been posted. Please check the website regularly for more details. Deadline: July 15, 2024

***International Association of Sickle Cell Nurses and Physician Assistants**

<https://www.iascnapa.org/scholarships>

The International Association of Sickle Cell Nurses and Physician Assistants, Inc. has established a

college scholarship program to assist individuals living with sickle cell disease who will be attending an institution of higher learning in the United States.

Eligibility Requirements:*

- Must have a form of sickle cell disease.
- Must be enrolled in or have been accepted by a recognized and accredited post-secondary school.
- A sickle cell disease medical provider must sponsor the applicant.
- Applications are accepted from March 1 through July 1 of each year.

Awards: \$1,500

***Sickle Cell Association of the National Capital Area, Inc. (SCANCA, Inc.)**

<http://scancainc.org/2020-scholarship-application/>

SCANCA, Inc. provides educational scholarships for students in the Washington, DC metropolitan area.

Eligibility Requirements:*

- Must have a form of sickle cell disease.
- Must be a graduating high school senior, or a college/technical student with a letter of acceptance from a prospective post-high school.
- GPA of 2.5 or more

Awards: \$500

Deadline: The application deadline is usually June 30th.

*General eligibility requirements are listed in this document; however, additional application requirements (e.g., transcripts, verification of diagnosis, essays, letters of recommendation, etc.) vary for each organization and should be reviewed on each website.

Google Lime Scholarship

<http://www.limeconnect.com/programs/page/google-lime-scholarship>

Google is committed to helping innovators of the future make the most of their talents by providing scholarships and networking retreats for computer science students with disabilities.

Eligibility Requirements:*

- A current undergraduate, graduate or Ph.D. student enrolled at a university in the United States or Canada.
- Continuing current studies or intend to be enrolled in or accepted as a full-time student in a new program at a university in the United States or Canada in the 2024-2025 academic year.
- Pursuing a Computer Science or Computer Engineering degree, or a degree in a closely related technical field (such as software engineering; or electrical engineering with a heavy computer science course load)
- Maintaining a strong academic performance

- A student with a visible or invisible disability (defined as someone who has or considers themselves to have, a long-term, or recurring issue that impacts one or more major activities that others may consider to be a daily function; this definition also includes the perception among others that a disability exists).
- Exemplify leadership and demonstrate a commitment to and passion for computer science and technology.

This scholarship is not open to current high school students.

Awards: \$10,000

Deadline: April 21, 2024

Patient Advocate Foundation (PAF) - Scholarships for Survivors

www.patientadvocate.org

PAF provides support with post-secondary education to individuals who have been diagnosed with or treated for cancer, a chronic illness, or a life-threatening disease within the past five years.

Eligibility requirements:*

- Legal resident of the United States
- Under 25 years old
- Diagnosed with cancer, a chronic illness, or a life-threatening disease within the past five years.
- Pursuing an associate degree or higher

Awards: \$3,000 annually for up to four consecutive years

Deadline: March 8, 2024

Wells Fargo Scholarship Program for People with Disabilities

<http://learnmore.scholarsapply.org/pwdscholarship/>

Wells Fargo & Company provides scholarships to help people with disabilities obtain the education or training necessary to succeed in the career path of their choice.

Applicants of the Wells Fargo Scholarship Program for People with Disabilities award must:

- Have an identified disability (defined as someone who has, or considers themselves to have, a long-term or recurring issue that impacts one or more major life activity)
- Have a minimum grade point average of 3.0 on a 4.0 scale or its equivalent.
- Be a high school senior or graduate or a current postsecondary undergraduate who plans to enroll or who is already enrolled in full-time or half-time (at least 6 credits per term) undergraduate study at an accredited two-year or four-year college or university in the United States for the entire upcoming academic year.

- If selected as a recipient, the student will receive a \$2,500 award for full-time study or a \$1,250 award for half-time study.
- Full-time student awards may be renewed for up to three (3) additional years and half-time student awards may be renewed for up to seven (7) years or until a bachelor's degree is earned, whichever occurs first.
- The eligible number times of renewal is determined based on the applicant's reported intended graduation date.
- Renewal is contingent upon maintaining a cumulative grade point average of 2.5 on a 4.0 scale or the equivalent and enrolled at the level at the time of award receipt.
- Awards are for undergraduate study only.

Deadline: March 20, 2024