

Diabetes Resources

For School Nursing:

- **NJDOE Website**—Guidelines for the Care of Students with Diabetes in the School Setting
 - <https://www.nj.gov/education/edsupport/diabetes/> ***Laws & Regulations**
- American Diabetes Association—Safe at School Website
 - <https://www.diabetes.org/resources/know-your-rights/safe-at-school-state-laws>
 - <https://www.diabetes.org/resources/know-your-rights/safe-at-school-state-laws/written-care-plans> ***Care Plans**
 - <https://www.diabetes.org/sites/default/files/2020-06/SchoolguidepdfMay2020.pdf> ***Care Plans**
 - <https://diabetes.org/tools-support/know-your-rights/safe-at-school-state-laws/special-considerations/common-issues> ***Pump & CGM Changes at School**
 - <https://diabetes.org/sites/default/files/2022-03/CGM-3-15-22.pdf> ***CGM Statement**
- Colorado Kids with Diabetes
 - <http://www.coloradokidswithdiabetes.org/nurse-files/> ***Care Plans; Specific Addendums for Pumps and CGMs**
- National Diabetes Education Program—Helping the Student with Diabetes Succeed: A Guide for School Personnel
 - <https://www.diabetes.org/sites/default/files/2020-02/NDEP-School-Guide-Full-508.pdf> ***Care Plans**
- JDRF—School Advisory Toolkit for Families
 - <http://www.coloradokidswithdiabetes.org/wp-content/uploads/2014/10/JDRF-School-Advisory-Toolkit.pdf> ***Care Plans**
 - <https://www.jdrf.org/t1d-resources/living-with-t1d/school/>
- National Institute of Diabetes and Digestive and Kidney Diseases
 - <https://www.niddk.nih.gov/health-information/professionals/clinical-tools-patient-management/diabetes/helping-student-diabetes-succeed-guide-school-personnel> ***Care Plans; specific section for CGM and Pumps**

- NASN
 - <https://www.nasn.org/nasn-resources/resources-by-topic/diabetes>
- Lilly Diabetes & Disney: T1Everyday Magic
 - <https://www.t1everydaymagic.com/category/daily-life/daily-life-school/>
*Lots of articles specific to School Nursing!
 - <https://www.t1everydaymagic.com/people-know-cell-phones-school/>
*Article on CGM monitoring in School

Websites:

- Beyond Type 1: <https://beyondtype1.org/> (every kind of resource you can imagine! mental health, travel, research, food, news, blogs, tips and tricks, advocacy, exercise, and more)
- Children with Diabetes: <https://childrenwithdiabetes.com/> (every kind of resource you can imagine! research, seminars, advocacy, books, news, education) *Sign up for this newsletter! You will not regret it!
- The Diabetes Link (formerly College Diabetes Network): <https://thediabeteslink.org/> (resources for high school, college, and young adulthood with T1D) *Perfect for HS School Nurses!
- diaTribe: <https://diatribe.org/> (news, articles, mental health, devices, education) *Sign up for this newsletter!
- Panther Program: <https://www.pantherprogram.org/> (program founded and run by Barbara Davis Center to distill down the most vital information needed for healthcare professionals to understand and work with diabetes devices) *Charts and info sheets comparing most current models of pumps on the market
- Disney & Lilly: <https://www.t1everydaymagic.com/disney-and-lilly-diabetes/> (books, recipes, lots of parenting articles)
- TCOYD (Taking Care of Your Diabetes): <https://tcoyd.org/> (funny videos, news, webinars, virtual conferences, podcasts, video vault, and more!—all hosted and run by 2 Endos who are living with T1D themselves in CA) *Sign up for this newsletter! Lots of education opportunities!
- JDRF: <https://www.jdrf.org/t1d-resources/>
(find your local chapter and join their events—lots of parent support groups here! <https://www.jdrf.org/chapter-finder/> --King of Prussia, PA, Woodbridge, NJ, New York New York)

- Type 1 Nation —<https://www.jdrf.org/community/typeonenation/>
- ADA (American Diabetes Association): <https://www.diabetes.org/>
- Diabetes Mine: <https://www.healthline.com/diabetesmine> (articles on what is current in diabetes technology, medical care, advancements in research, education)
- Camp Neveda: <https://www.campnejeda.org/> (Ashley’s email: ashley.colnett@campnejeda.org)
- Michael’s Miracles: <https://www.michaelsmiracles.net/> (non-profit organization in NJ founded by parents of T1D child—support groups, outings, fundraisers, education, find babysitters)

Books for Students to Read at School:

- Caillou: Emma's Extra Snacks by Anne Paradis
- Taking Diabetes to School by Kim Gosselin and Moss Freedman
- Coco Goes Back to School by Disney & Lilly Diabetes
- Lara Takes Charge by Rocky Lang and Sally Huss
- The Dinosaur Tamer and Other Stories for Children with Diabetes
- Brody, Lucie, and the Food Fairy
- The Little Red Sports Car
- The Ups and Downs of Audrey May
- Year One with Type One

Books for Nurses:

- Think Like a Pancreas by Gary Scheiner
- The Discovery of Insulin by Michael Bliss
- Pink Panther Book Series from Barbara Davis Center (<https://www.childrensdiabetesfoundation.org/books/>)
 - A First Book for Understanding Diabetes (slim version)
 - Understanding Diabetes (“Big Book”—larger version)
 - Understanding Insulin Pumps, Continuous Glucose Monitors, and The Artificial Pancreas
- Bright Spots and Landmines by Adam Brown
- Wrestling the Dragon: How I Fought Diabetes and Won by AJ Cunder
- Teens with Diabetes: A Clinician’s Guide by Michael A. Harris, Korey K. Hood, PhD, and Jill Weissberg-Benchell, PhD, CDE
- Type 1 Diabetes for Dummies by Alan L. Rubin, MD

- Diabetic Athlete's Handbook by Sheri Colberg
- Taming the Tiger: Your First Year with Diabetes by William Lee Dubois
- Psychosocial Care for People with Diabetes by Deborah Young-Hyman, PhD, and Mark Peyrot, PhD
- Pumping Insulin: Everything for Success on an Insulin Pump and CGM by John Walsh and Ruth Roberts
- Smart Pumping: A Practical Approach to Mastering the Insulin Pump by Howard Wolpert
- Insulin Pumps and CGM: A User's Guide to Effective Diabetes Management by Francine Kaufman, MD

Books for Kids/Teens/Parents:

- Disney & Lilly Diabetes: <https://www.t1everydaymagic.com/lilly-and-disneys-type-1-diabetes-bookshelf/>
- Children with Diabetes: books for kids and siblings, teens, adults, parents, caregivers
 - <https://childrenwithdiabetes.com/books/kids-and-teens/>
 - <https://childrenwithdiabetes.com/books/parents-and-adults/>
- Unleash Your Inner Diabetes Dominator: How to Use Your Powers of Choice, Self-Love, and Community to Completely Change Your Relationship with Diabetes for the Better by Daniele Hargenrader
- Taking Control of Your Diabetes by Steve Edelman
- Guide to Raising a Child with Diabetes (ADA) by Linda Siminerio and Jean Betschart
- Raising Teens with Diabetes by Moira McCarthy
- The World's Worst Diabetes Mom: Real-Life Stories of Parenting a Child with Type 1 Diabetes by Stacey Simms

Mental Health Resources:

Troy Longo: Let's Talk Health and Wellness, www.letstalkhw.com, 610-484-3411, Specializes in therapy for T1D and families, Remote (in PA)

**Beyond Type 1: <https://beyonddiabetes.org/mental-health/>

JDRF: <https://www.jdrf.org/t1d-resources/living-with-t1d/mental-health/>

ADA Mental Health Provider Directory: https://professional.diabetes.org/mhp_listing (search for licensed practitioners who also went through training for mental health and diabetes needs)

dStigmatize (founded by diaTribe): <https://www.dstigmatize.org/> (Comprehensive collection of online materials about diabetes stigma, why it's a problem, and what can be done to eliminate it)

Behavioral Diabetes Institute: <https://behavioraldiabetes.org/>

Defeat Diabetes Foundation—Finding Support Groups: <https://defeatdiabetes.org/get-healthy/diabetes-support-groups/>

Article Finding Support Groups: <https://diatribe.org/how-and-where-find-person-support-groups-and-social-activities-young-adults-diabetes>

Diabetes Sucks and You Can Handle It: Your Guide to Managing the Emotional Challenges of T1D by Mark Heyman

Diabetes Burnout: What To Do When You Can't Take It Anymore by William Polonsky

Dealing with Diabetes Burnout by Ginger Vieira

The Book of Better: Life with Diabetes Can't Be Perfect. Make It Better. By Chuck Eichten

Other Cool Things to Check Out:

- Camp Nejeda YouTube videos!
 - https://www.youtube.com/results?search_query=camp+nejeda (there's awesome lip-dub videos, Walkathon videos, and videos interviewing campers)
- Barbara Davis Center / Children's Diabetes Foundation
- Insulin for Life: <https://iflusa.org/> (donate non-expired supplies and medications)
- Life For a Child: <https://lifeforachild.org/> (organization that provides diabetes supplies and education to 44 under-resourced countries)
- Type One Nation Summits hosted by JDRF: <https://www.jdrf.org/community/typeonenationsummits/> (every fall there is a summit on exercise and T1D)
- Research on why Diabetes Camps are necessary!: <https://childrenwithdiabetes.com/clinical-director/the-benefits-of-diabetes-summer-camps/>