



Children and Youth with Special Health
Care Needs National Research Network

Research Project Brief

PROJECT | Transition Education and Mentorship – Uniting Peers (TEAM-UP)

- *Term:* 2018 to 2020
- *Grantee:* CYSHCNet
- *Sub-recipient:* Mass General Hospital for Children
- *Funding Agency:* Health Research Services Administration, MCH Research Networks Program
- *Grant Number:* UA6MC31102

Background | We have developed a peer mentoring program to help youth with special health care needs transition from pediatric to adult health care. The program aimed to match youth with special health care needs between the ages of 17-21 who are in the process of trying to find an adult health care provider, with another youth who has successfully made the transition. We provided training and support for the mentors. We developed the curriculum and its implementation and then tested it in a single case. Those involved were asked survey questions about what works and what was challenging about this program.

The specific aims are:

- To determine the feasibility of accruing and retaining 6 mentors and 24 mentees in the telehealth peer mentorship intervention including initial recruitment, participation in mentorship training, and continued participation in tele-mentorship for the duration of the project period.
- To determine whether accurate and high-quality data can be collected and monitored through the tele-mentorship relationship regarding the intensity, type and quality of the mentorship relationship and interactions between participants.
- To examine whether participation in the pilot peer mentoring intervention improves transition-related outcomes for youth with special health care needs.
- The primary study outcome is making an appointment with an adult primary care physician.
- Secondary study outcomes include transition readiness (self-management skills and self-advocacy), confidence and self-efficacy.
- To explore mentor and mentee perspectives of the tele-mentoring intervention regarding how the intervention and/or their mentor supported their transition, challenges experienced, and areas for improvement.

Potential Impact | The current pilot study seeks to develop a peer tele-mentoring intervention to improve the transition from pediatric to adult healthcare for youth with special health care needs. This could create an outline for how YSHCN can support each other during the transition of care as they transition into adult care.



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