



2023 Speaker Agenda

Day 1: Saturday September 30, 2023

	Session A	Session B
Keynote (9:15-10:20)	<i>Type 1 Diabetes: This is not what we ordered</i> Cassidy Kintner, MS, LMFT (Cedar Lodge Chapel)	
Session #1 (11:05-12:15)	<i>Diabetes Distress Masterclass: What to do when you can't send T1D back</i> Cassidy Kintner, MS, LMFT (Cedar Lodge Chapel)	<i>Still Waiting: When Will There Be a Cure?</i> Dana VanBuecken, ARNP (Cascadian Lodge)

Day 2: Sunday October 1, 2023

	Session A	Session B
Session #2 (9:10-10:20)	<i>I'm Sick of Sick Days – Why Should I care?</i> Joy Briggs, MBA, MSN, CDCES (Cedar Chapel Lodge)	<i>T1D in School: Advocacy and Alliances</i> Stacie Birk, RN, BSN (Cascadian Lodge)
Session #3 (11:10-12:20)	<i>Teen Panel</i> Facilitated by Jake Johnston PWD, joined by Family Camp CITs (Cedar Chapel Lodge)	<i>Food Fun or Food Fight? Fostering a healthy relationship with food for your child with diabetes</i> Erin Phillips, MPH, RD, CDCES and Kelly Six, MS RDN LD (Cascade Lodge)

Keynote

Type 1 Diabetes: This is not what we ordered
 Cassidy Kintner, MS, LMFT
 Cedar Chapel Lodge

Have you ever felt overwhelmed and just wanted a break from the 24/7 job that is diabetes management? Or frustrated that even when you do everything "right", you still don't get the blood glucose numbers you should? These are classic signs of Diabetes Distress.

Join keynote Cassidy Kintner, MS, LMFT, as she shares about her personal experience growing up with type 1 diabetes and why she became a mental health therapist working specifically with people with type 1 diabetes and chronic illness. During this interactive Keynote, Cassidy will introduce the concept of Diabetes Distress and talk about one of the most important keys to get you through it: Community. Following the Keynote will be coffee chat breakout groups where participants can share their current challenges and successes regarding their loved one's T1D.

Cassidy is a licensed Marriage and Family Therapist and certified Medical Family Therapist who has spoken internationally on the subject of chronic medical conditions and mental health. She has been in private practice in Seattle, WA for 8 years and specializes in working with people living with chronic medical conditions, particularly Type 1 Diabetes (T1D), which she's had herself for over 27 years. Cassidy has presented for the University of Washington continuing education conferences, the Seattle Public School Nurses and Diabetes in School Health (DiSH) program as well as organizations including Juvenile Diabetes Research Foundation, the American Diabetes Association and Type 1 United.

Session 1A

Diabetes Distress Masterclass: What to do when you can't send T1D back
 Cassidy Kintner, MS, LMFT
 Cedar Chapel Lodge

Diabetes Distress is the experience of frustration, overwhelm and defeat that a person has a direct result of burdens of managing diabetes. In this session Cassidy Kintner, MS, LMFT, will dive deeper into the effects of Diabetes Distress and will review practical tools so you can improve both yours and your child's emotional and physical health.

Session 1B

Still Waiting: When Will There Be a Cure?

Dana VanBuecken, ARNP
Cascadian Lodge

We will take a short walk through the history of diabetes research, touching on breakthroughs in therapies to manage, treat, and prevent T1D. We will highlight key advances in our understanding of T1D; describe disease risk in family members; and review clinical trials of immunotherapies, beta cell transplantation, and encapsulation devices.

Dana VanBuecken is a Research Nurse Practitioner and Sub-Investigator at Benaroya Research Institute in Seattle. She provides care to participants in type 1 diabetes research trials, and is passionate about developing new therapies to prevent or delay type 1 diabetes as well as technologies to improve the lives of those currently living with T1D. Dana shares research discoveries through speaking engagements and contributions to medical journals. She is also an active advocate for lower insulin prices, and in that role was invited to attend the State of the Union address in our nation's capital.

Dana is the mother of four young children. As a care provider, a researcher, an advocate, and a person living with type 1 diabetes for more than 15 years, Dana brings unique insights to type 1 diabetes research and its impact on the lives of people living with the condition.

Session 2A

I'm Sick of Sick Days – Why Should I care?

Joy Briggs, MBA, MSN, CDCES
Cedar Chapel Lodge

At most visits, your nurse or provider will ask you what to do when your child is sick. You are told that DKA (Diabetic Keto Acidosis) is one of the biggest/scariest things that can happen to your child. You may already have experienced DKA when your child was diagnosed - you may be lucky and have never experienced this scary situation. So what is DKA, why is it scary, and what are the tips and tricks available to you when your child inevitably gets sick? Why do we talk about sick day management when your child isn't sick but has ketones? This presentation will review what happens in the body that creates the development of ketones, how that turns into acidosis, and why it takes a ridiculous amount of insulin to correct. We will also review the sick day guidelines and explain the why behind it. We will look at sick day management for kids on daily injections as well as each of the pump systems currently on the market. We will provide some tricks/guidelines that will help sick day be less burdensome on you and your child.

Joy Briggs is currently the Business Operations Manager for the Diabetes and Endocrine Clinic at Seattle Children's. She has been in this role for the last 5.5 years and has been a Nurse Leader for the last 14 years. She came to SCH after her son was diagnosed with Type 1 Diabetes and this job has allowed her the opportunity to focus her passion for Leadership with her personal experience raising a child with Diabetes. Joy is also passionate about Camp and has been involved with Camp Fire Camps since she was a child. She participated in Camp Leo the first time this year, and it definitely won't be her last.

Session 2B

T1D in School: Advocacy and Alliances

Stacie Birk, RN, BSN
Cascadian Lodge

Learn some key tips to establishing healthy relationships with school nurses from a school nurse, who is also a T1D Mom. This session will review basics on 504 plans and resources to help you create one in confidence.

Stacy Birk, RN, BSN, received a Bachelor's of Science in Nursing from Seattle University College of Nursing in 2006. She initially worked as an oncology nurse for 10 years at 2 well known local institutions. Stacy became a school nurse only AFTER her own son was diagnosed with T1D and felt a strong passion to spread more T1D education and provide safe, confident care for T1Ds in school.

Session 3A

Teen Panel

Facilitated by Jake Johnston, joined by Family Camp CITs
Cedar Lodge Chapel

Join this fun session to hear from teenage Type 1's who navigate the highs and lows of living with Type 1 Diabetes.

Jake Johnston has lived with T1D since being diagnosed at age three and is also the parent of a 17-year old daughter with T1D so gets the perspectives of living with T1D from a T1 and a T3 perspective. He believes that having connections to other people with T1D is the reason he's hanging in there so many years into this adventure. Jake is one of Connect1D's founders and runs a small consulting firm. Jake uses Skittles to treat his lows and will hoard the lime flavored ones.

Session 3B

Food Fun or Food Fight? Fostering a healthy relationship with food for your child with diabetes

Erin Phillips, MPH, RD, CDCES and Kelly Six, MS RDN LD

Cascadian Lodge

It's no secret that T1D can significantly affect your child's relationship with food, so parents often worry about how to balance supporting their child's mental/emotional wellbeing while also managing diabetes. This session will explore the ways in which parents can support a healthy relationship with food for their families while also acknowledging the challenge of navigating messages and expectations about being a "good" parent, especially when caring for a human with a complex health condition. We'll unpack key thoughts and beliefs about food and diabetes and also offer tangible tools that will help you lay a solid foundation for developing a healthy relationship with food for your family.

Erin Phillips, MPH, RD, CDCES is a Registered Dietitian and Diabetes Care and Education Specialist. Her work and passion is supporting people with all types of diabetes to move away from food restriction and body fixation and toward body acceptance and peace. She fiercely believes that health cannot be defined by numbers and all bodies deserve respect.

Kelly is a registered dietitian in Seattle, Wa. In her work, she focuses on supporting people with diabetes and disordered eating to find joyful relationships with food and their bodies. She has lived with type 1 diabetes for over 25 years and spends most of her time unapologetically arguing that life with diabetes does not have to be rigid in order to be healthy. Kelly is a recovering perfectionist who loves cats, dancing, and everything bagels with extra cream cheese.

Thank you to our Sponsors!

