

PSYCHOLOGY SUPPORT IN PEDIATRIC TRANSPLANT

We recognize that a number of individual and family-related psychological and social problems may arise during the transplant process. It is important to address the psychosocial needs of the child and their family throughout the transplant process in order to promote the best health outcomes.

The mental health of the transplant patient is directly associated with very important transplant outcomes, including transplant graft survival, hospitalizations and medication adherence.

Our team includes pediatric psychologists with expertise in working with young transplant patients. Our transplant psychologists work very closely with social work, child life and our entire transplant team. The level of involvement by the transplant psychologist will vary from family to family. Some of the areas in which our transplant psychologists provide additional support and intervention are listed below.

Adjustment and Coping of the Child/Adolescent/Young Adult

- Medical coping/adjustment to illness
- Depression
- Anxiety
- Coping with stress
- Social and behavioral difficulties
- Sleep challenges
- Transition to adult transplant care

Adjustment and Coping of the Family

- Family communication and decision making
- Sibling coping
- Parenting challenges
- Trauma reactions

Treatment Adherence

- Taking medication
- Pill swallowing
- Following diet and exercise recommendations
- Coping with lab draws and procedures

School Functioning

- Section 504 Plan/IEP (Individualized Education Plan)
- Homebound services
- Return to school
- Cognitive functioning
- Peer relationships

Our psychologists meet with most patients and their families when starting their transplant journey. They follow patients as needed across inpatient, outpatient and clinic settings. Any member of our transplant team can help you connect with our transplant psychologist.

The psychologists in our clinic are also involved in research to help us learn ways to improve the long-term health of pediatric heart transplant recipients. Research projects focus on quality of life, communication and decision making, medication adherence and the transition to adult transplant care.

The M-COPE Program within our Congenital Heart Center also provides access to additional support resources for patients and families with pediatric heart disease. To learn more about M-COPE resources, visit mottchildren.org/conditions-treatments/ped-heart/programs-and-clinics/psychosocial-educational-program or scan the QR code below.





C.S. MOTT CHILDREN'S HOSPITAL
UNIVERSITY OF MICHIGAN HEALTH



SUPPORT AND CONNECTION

M-COPE

University of Michigan
Congenital Heart Center
Psychosocial and
Educational Program

Our Heart Center Supports

- Social Work (Inpatient/Outpatient)
- Pediatric/Cardiac Psychology
 - Offers Therapy for Our Patients
 - Call (734) 936-4220
- Cardiac Neurodevelopment Program
 - Developmental Assessments
 - Call (734) 764-5176
- Child and Family Life
- Education Liaison
- Fontan Wellness Program (Ages 13-19)
- Heart to Heart Caregiver Meet-Ups
- Peer Mentoring

Learn More

Visit our website
by QR code or at
www.mottchildren.org



Peer Supports



- **All CHD**
 - Mended Little Hearts Support Chat
- **Single Ventricle:**
 - Sisters by Heart, Linked by Heart Peer Groups
 - Fontan Outcomes Network, SV Connection Chats
- **Transplant:**
 - Transplant Families Caregiver Groups
- **Arrhythmia:**
 - SADS Foundation, ICD and Arrhythmia Peer Support Groups
- **All Pediatric Illness:**
 - North Star Reach Groups, Camps and Events



Additional Support Options

- University of Michigan/C.S. Mott Integrated Behavioral Health Services
 - Pediatric psychologists are now co-located within most UM Pediatrician Offices
 - Ask your UM Pediatrician for more info. Great option for sibling support.
- University of Michigan Child and Adolescent Psychiatry
 - Perinatal Psychiatry Clinic
 - Infant and Early Childhood Mental Health Clinic
 - Call (734) 764-0231
- Michigan Autism Collaborative at C.S. Mott
 - Autism Evaluations and Services
 - Call (734) 232-7513 (10 and Under) or (734) 764-0231 (11 and Older)
- Developmental/Behavioral Pediatrics at C.S. Mott
 - Infants, Children and Teens with Developmental/Behavioral Concerns
 - Call (734) 936-9777
- University Center for the Child and Family
 - Attention and Autism Spectrum Disorder Testing and Services
 - Individual, Group and Family Therapy Programs
 - Call (734) 764-9466
- Ollie's Branch, Ollie Hinkle Heart Foundation
 - Connects Heart Families and Patients with 8 Free Therapy Sessions
 - Visit <https://theohhf.org/ollies-branch/>
- Roadmap Project (Education Materials For Patients/Families)
 - Visit <https://www.roadmapforemotionalhealth.org/patients-and-families>
- Courageous Parents Network
 - Support services for caregivers of children with serious illnesses
 - Support services for bereaved parents, caregivers and families
 - Visit <https://courageousparentsnetwork.org/>
- Society of Pediatric Psychology Caregiver Wellbeing Group
 - Updated resources for parents of children with medical conditions
 - Visit <https://linktr.ee/caregiverwellbeingspp>
 - Follow @caregiverwellbeingspp on Instagram



PLEASE REMEMBER, YOU CAN ALWAYS ASK TO TALK WITH A CHC SOCIAL WORKER