



ImproveCareNow

# CIRCLE Highlight

Issue No. 19 | Summer 2025

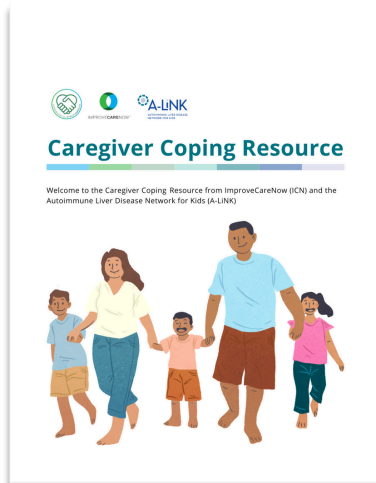


Access links &  
digital copy of  
this issue

Welcome! Your GI clinic is part of the ImproveCareNow Network, a collaborative community where clinicians, researchers, patients and parents are empowered to learn and continuously improve to bring about more reliable, proactive IBD care for healthier children & youth.

**Our mission is to transform the health, care and costs for all children and adolescents with Crohn's disease and ulcerative colitis by building a sustainable collaborative chronic care network that works to improve outcomes for kids with IBD.**

**Learn more about ImproveCareNow, connect & find resources at [improvecarenow.org](https://improvecarenow.org)**



## New! Caregiver Coping Resource

The **Caregiver Coping Resource** has been coproduced by members of ImproveCareNow (ICN) and the Autoimmune Liver Disease Network for Kids (A-LiNK). Throughout this resource you will read information compiled by both caregivers of children with Inflammatory Bowel Disease (IBD) and/or Autoimmune Liver Diseases (AILD) as well as psychosocial professionals (psychologists and a medical social worker) who work with pediatric GI patients and families.

This 164-page resource is broken up into helpful chapters, including **how to navigate the joys & challenges of parenting a child with a chronic condition, how stress impacts health, the impact of a chronic illness on siblings, and much, much more!**

[improvecarenow.org/caregiver\\_coping\\_resource](https://improvecarenow.org/caregiver_coping_resource)

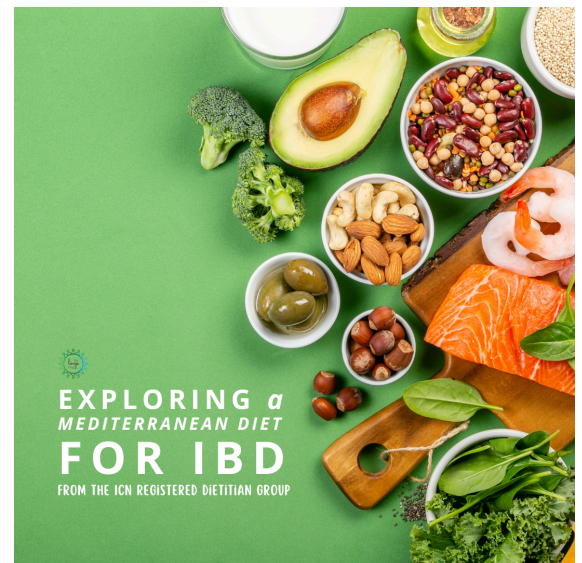
## Blog Posts Written by ICN Registered Dietitians

We believe in sharing seamlessly and stealing shamelessly about diet, nutrition & IBD. When we share what we know and connect with each other through our stories and coproduced resources, we expand access to knowledge, tools and support that can help more patients & families living with IBD thrive.

Registered Dietitians in ImproveCareNow are committed to sharing their expertise on blog, LOOP. Their latest blog post was on *"Exploring a Mediterranean Diet for IBD."*

You can read more stories by the Registered Dietitians on LOOP → [improvecarenow.org/tags/registered\\_dietitian](https://improvecarenow.org/tags/registered_dietitian)

And check out more co-produced resources on Nutrition, Diet & IBD at [improvecarenow.org/diet\\_nutrition\\_ibd](https://improvecarenow.org/diet_nutrition_ibd)



**"We've learned that when we share openly about IBD, we can end stigma and isolation." - Chris K**

**"Please consider becoming an active participant - the first step is to sign up!" - Jill H**

Put in your time and energy on behalf of someone else. No effort is too small, because everything we do in ImproveCareNow is magnified by the efforts of thousands of other improvers, and together we bring about a better quality of life for many. ***Here are some actions you can take, or invite others to take:***



### **Help Us Grow Our CIRCLE**

[improvecarenow.org/icn\\_circle](https://improvecarenow.org/icn_circle)

Connect with a welcoming & supportive community, and receive IBD resources, community stories, and ImproveCareNow updates & opportunities. You don't have to do life with IBD alone.

### **Join the Patient Advisory Council**

[improvecarenow.org/patients](https://improvecarenow.org/patients)

Patients with IBD (14+) are invited to join the PAC. Together, the PAC is a voice for all patients who receive care at an ImproveCareNow Center

### **Join the Parent/Family Advisory Council**

[improvecarenow.org/connecting-parents](https://improvecarenow.org/connecting-parents)

Caregivers of children with Crohn's disease and ulcerative colitis are invited to join the PFAC!

### **Stay #InTheLOOP with our stories**

[improvecarenow.org/stay\\_in\\_the\\_loop](https://improvecarenow.org/stay_in_the_loop)

Join our mailing list to get notified about new posts to the ImproveCareNow blog

### **Follow ImproveCareNow on Social**

[@improvecarenow](https://twitter.com/improvecarenow)

You can find us on [Facebook](#), [Twitter/X](#) or [Instagram](#)! We want to connect with you ♥♥

# **Thanks for being an improver!**

