



ImproveCareNow

# CIRCLE Highlight

Issue No. 10 | Spring 2023



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)**



Discover more IBD Stories  
[improvecarenow.org/loop](https://improvecarenow.org/loop)

## IBD Patients Share "What I Wish You Knew"

#WhatIWishYouKnew is a collection of personal essays & podcast episodes created by patients and shared on our blog, LOOP. These stories cover a variety of the less-discussed and mainly invisible aspects of living with IBD. By sharing them, the hope is to raise awareness about the hidden realities of invisible illnesses, to spark conversations and learning, and to help others realize they are not alone and they are not the only ones experiencing these things.

[Read "What I Wish You Knew" Stories](#)

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

## Advocacy & IBD

In honor of the Crohns & Colitis Foundation's Week of Advocacy in March, 2023, we shared some of our Advocacy & IBD highlights, observations and actionable tips in a [booklet](#) you can download, read & share.

While this recap was originally created in celebration of #WorldIBDDay 2021, the perspectives and experience still apply to IBD advocacy today. Read more about [Advocacy & IBD](#) on our blog, LOOP.

Download the [Advocacy Booklet](#)



**"I would encourage any parent to get involved as much or as little as they are able." - Ildiko M.**

**"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](#) or [Instagram](#)! We want to connect with you ❤️💙

# **Thanks for being an improver!**

