Issue 95 Family Leader Newsletter July 3, 2024

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https://www.cheoresearch.ca/for-patients-family/partner-in-research/

\*\* Call to Actions (2)

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1. We have a request for review from Victoria, an Emergency Department Trainee: RAPPIDLY -Relief and prevention of post-traumatic headache using intranasal delivery of lidocaine for youth. The project is ready now for review. Pleasereach out if you are able to review (mailto:kcourtney@cheo.on.ca?subject=ED%20Review&body=Hi%20Kim%2C%20%0AI%20can%20review%20this%20project.%20Please%20send%20me%20the%20summary%20and%20link.) .

2. The HELP project is looking for youth participants. Please share this project with your networks. Youth can earn their volunteer hours too.

Join our HELP (HEalthy Lifestyles Project) research study!

Explore our informative website!

Develop your healthy lifestyle habits!

Earn volunteer hours!

Youth facing challenges with their mental health who are 12 -17 years old can participate. We will flip a coin to see if you will be in group 1 or group 2.

Access [www.cheoactive.ca](http://www.cheoactive.ca/) for 6 months.
Learn about and make small, simple changes to your sleep, screen time, physical activity mental health

Participation in the study is voluntary.

It is 100% your choice.

Whether you join the study or not will not affect any other
mental health supports that you have or are waiting for.

Online surveys

\* well-being

\* quality of life

\* being active
\* sleep
\* screen time

Research shows that improving your physical activity and sleep, and reducing your screen time, can improve your mental health!

Jenna Yaraskavitch would be happy to help!

Call Jenna at 613-737-7600 x 4003 or toll free 833-429-7427 or

Email Jenna at cheoactive@cheo.on.ca or just scan the code

REB 24/24X Appendix B ver: 2024-June-17

This study has been approved by the CHEO Research Ethics Board

http:// cheoactive@cheo.on.ca?subject=&body=

\*\* Family Leader Summer Social

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Friday, July 19th 4 pm

Jennilea has kindly offered to host our summer social! Please check your email for more information, RSVP and the address. Your whole family is invited. Met us poolside in Russell.

\*\* Exciting News at Sick Kids

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Francine, a dear friend to our program, and my mentor in Family Engagement in Research (FER) has taken on a new role at Sick Kids. Read about (https://www.sickkids.ca/en/news/archive/2024/knitting-a-new-future-together-the-next-chapter-of-patient-and-family-engagement-at-sickkids/) the new office and her role as Senior Manager, Child, Family and Community Engagement.

\*\* A resource worth sharing

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https://accessforkidscancer.ca/

Plain Text Version (https://www.cheoresearch.ca/for-patients-family/partner-in-research/)

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