



Upopolis

Kids' Health Links Foundation

Visit: www.upopolis.com

UPOPOLIS IS A SPACE FOR YOUTH TO CONNECT ONLINE.

Upopolis is a secure, online social community for youth ages 13 - 23 who are living with a medical diagnosis or condition.

Upopolis provides:

- A safe, secure, monitored community so youth can connect with other youth and professionals while navigating a diagnosis or condition, hospital experience, and more.
- Age-appropriate information designed to help youth understand their diagnosis, condition, and procedures.
- Affirmation via shared experiences with peers
- Easily accessible content that offers tips, activities, and resources to help youth cope with the feelings and experiences associated with diagnosis or conditions.

WHAT ARE THE BENEFITS OF UPOPOLIS?

- Monitored daily by a Certified Child Life Specialist, a professional with experience and education in pediatric and adolescent illness, and its effects on the family.
- Fully accessible on any device with internet or data access
- Offers the opportunity to seek out trusted, vetted resources specific to the youth's experience.
- Provides an opportunity to directly connect with others who have a chronic illness; sharing experiences helps youth process their own feelings and provides them with a sense of control as they support others.
- Opportunity to ask a child life specialist questions related to their experience
- Access to monthly programming and group sessions at no-charge.

To refer a youth, visit www.upopolis.com and click Professionals - Refer a Youth



EXPERIENCES OF YOUTH WITH A DIAGNOSIS OR CONDITION

Feeling those around them don't understand what they are going through.

Possible feelings of isolation, loneliness, sadness, guilt, anger and/or fear.

Experiencing a diagnosis or treatment; wondering how to deal with all the tests, procedures, and treatments.

Barriers to accessing support and coping techniques.

Loss of control and voice in different aspects of their lives.

UPOPOLIS BENEFITS

Upopolis connects youth going through similar experiences.

Youth can write their own posts and blogs, ask questions, and live chat/private message other youth on our site.

Age-appropriate and vetted information is available for youth to learn more about their own medical journey.

Upopolis is available regardless of location and offers skill-building workshops.

Opportunities for leadership and self-expression.

OUTCOMES

Youth may feel less isolated and more empowered by connecting with others who are experiencing the same.

Youth can share experiences, helping them to realize their feelings are understood and valid.

Giving youth access to resources about diagnosis, conditions and procedures can help to foster resilience and understanding.

Connection to peer support, resources, and professionals.

The opportunity to access and offer support in a way that meets their needs and gives them back a sense of control.

EQUAL OPPORTUNITY

Social support can influence outcomes for youth by addressing isolation, promoting a positive outlook, and helping to reinforce learning. Upopolis removes barriers that limit involvement due to location by providing access to a peer support network that is entirely online.

OUTREACH

Upopolis is a therapeutic modality. Professionals and organizations can offer this platform as a resource to their clients to further support coping. They can also implement it in their practice, allowing them to support their in-person and remote clients in a new way.

