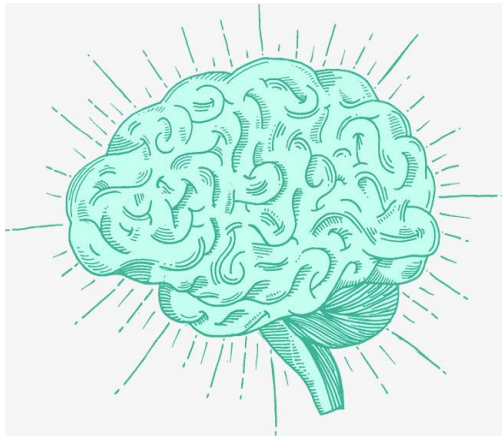


Participate in Research

Left in the waiting room: A digital intervention pilot for siblings of children with special needs



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TO ASK QUESTIONS OR TO SIGN UP, CONTACT

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Do you have a sibling with special needs?

Consider participating in our research study and give us your feedback on a group-based peer support program for youth siblings of clients with special needs.

What is this study about?

- i-SibworkS is an online peer support group program led by clinicians to serve the mental health needs of siblings of children and youth with special needs.

Who can participate?

We are looking for:

- Youth between the ages of 6-16
- Siblings of children receiving services at Kinark or Holland Bloorview Kids Rehabilitation Hospital
- English speaking
- Have no developmental disabilities
- Willing to participate in weekly sessions
- Access to a reliable internet connection

What's involved?

- Eight weeks of intervention delivered online through the video conferencing platform *Zoom*.
- Participants will complete a questionnaire on social life and emotion, stress and behavior routine. Parents of participants will also be asked to complete questionnaires in two of the eight sessions.
- Participants will be asked to share their feedback on the program through a semi-structured exit interview. Parents of participants will also be asked to participate in an exit interview.

What are the benefits and risks of participating?

- This program may provide peer support and better mental health for siblings of youth with special needs.
- Some participants may feel uncomfortable being in a group setting or sharing their feedback in the exit interview.

Participants will receive a token of appreciation to thank them for their time. If requested we can also provide a letter for volunteer hours for the time spent taking part in the study.