



**EXTRAORDINARY TEENZ. EXTRAORDINARY BRAVERY.**

# **PROGRAM OVERVIEW**

**[WWW.TRANSPLANTTZ.ORG](http://WWW.TRANSPLANTTZ.ORG)**

**2024**

**PREPARED BY  
BRITTANY CLAYBORNE, PSYD**



Micah Clayborne is a remarkable 13-year-old with a heart as courageous as the name implies. At the age of 10, Micah founded the inspirational company "Micah Gives" with a mission to encourage fellow kids to be brave in the face of life's challenges. Micah's motivation sprang from watching his mother's extraordinary battle with heart failure, her subsequent survival through a heart transplant, and her resilience in the face of stage 4 cancer.

Witnessing his mother's strength ignited a spark within Micah, inspiring him to channel his own adversity into a force for good. During a check up in December 2023 Micah was suddenly diagnosed with heart failure, immediately admitted to ICU and told that he would need a heart transplant.

Micah realized there were no peer support groups for teens experiencing what he was and he decided to start Transplant Teenz as a program of Micah Gives.







"LONELY IS THE WORD THAT COMES TO MIND WHEN I THINK ABOUT WHAT WAS HARD ABOUT MY OWN TRANSPLANT JOURNEY."

AS I RECEIVED THE DEVASTATING NEWS THAT MY ONLY CHILD WOULD HAVE TO TAKE THIS HARROWING JOURNEY I JUMPED INTO GO MODE, NOT JUST AS A MOM, OR A TRANSPLANT RECIPIENT, BUT AS A PSYCHOLOGIST WHOSE VERY RESEARCH WAS FOUNDED ON THE IMPORTANCE OF NAVIGATING THIS PHYSICAL JOURNEY IN A HEALTHY MENTAL SPACE. THERE ARE COUNTLESS AMOUNTS OF RESEARCH THAT REINFORCE THE NECESSITY OF PEER SUPPORT AND THE SUPPORT OF COMMUNITY DURING A HEALTH CRISIS. DURING THE COVID 19 PANDEMIC THE SUICIDE ATTEMPT RATE OF ADOLESCENTS SOARED 600% CITING DEPRESSION AND LONELINESS AS THE TOP FACTORS.

AS A PERSON THAT SPECIALIZES IN CRITICAL ILLNESS I WITNESS FIRSTHAND AND HAVE LIVED THE WITHDRAWAL, ISOLATION, LONELINESS AND DISCONNECT THAT COMES WITH HAVING A HEALTH CONDITION THAT LIMITS CONTACT AND COMMUNITY. JUST AS I DON'T WANT MY SON TO EXPERIENCE THOSE EMOTIONS, I DON'T WANT ANY CHILD TO HAVE TO EITHER.

MY NAME IS BRITTANY CLAYBORNE, MS, PSYD AND I AM ASKING YOU TO PARTNER WITH ME IN MAKING SURE THAT AS TEENS ARE SURVIVING TRANSPLANT, THEY DON'T HAVE TO SURVIVE LONELINESS AS WELL.

PERIPARTUM CARDIOMYOPATHY  
HEART TRANSPLANT RECIPIENT  
& STAGE 4 CANCER SURVIVOR

**DOCTORATE OF PSYCHOLOGY**

**MASTER OF SCIENCE IN ORGANIZATIONAL LEADERSHIP**

**TEDx SPEAKER**

**AMAZON 2 TIME #1 BEST SELLING AUTHOR**

**WEBMD ADVISOR**

**HSFA PATIENT COMMITTEE CHAIR**

**AMAT BOARD OF DIRECTORS**

**AHA PATIENT COALITION MEMBER**

**CDC HEAR HER CAMPAIGN PARTICIPANT**

**FOUNDER-THRIVE THERAPY**

**2023 UNOS COMMUNITY ADVOCATE**

**2023 BUILDING THE CURE WARRIOR AWARD**

- HARVARD UNIVERSITY
- CENTERS FOR DISEASE CONTROL
- JOURNAL OF CARDIAC FAILURE
- YALE UNIVERSITY
- DELTA AIR LINES
- NATIONAL ORGANIZATION OF RARE DISORDERS
- AMERICAN HEART ASSOCIATION
- UNITED NETWORK OF ORGAN SHARING
- WEBMD



*Dr. Brittany Bryant Clayborne*

FEATURED



## Transplant Teenz

Transplant Teenz supports teenagers (12+) who have undergone or will undergo organ or tissue transplant. Through our superhero-themed approach, we help TTZ embrace their unique 'transplant power' while also recognizing that it's okay not to rely on it all the time. Our theme empowers them to view common challenges such as depression, and body image, as villains they can conquer, rather than burdens they must endure. By fostering this mindset, we guide teens to navigate their transplant and adolescent journey with resilience, community, and self-acceptance.

Extraordinary Teenz. Extraordinary Bravery.

### What We Do Provide



#### Peer Support Network

Transplant Teenz virtual monthly supportive community meetings provide a safe space to be seen and supported.



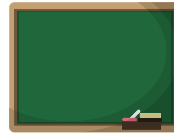
#### Resources

Resources to help teens manage care, and navigate challenges such as medication management educational options and lifestyle adjustments.



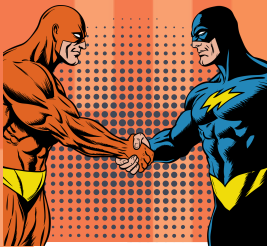
#### Advocacy Opportunities

We educate the public about organ donation and transplantation, and advocate for the needs of young transplant recipients and candidates.



#### Transplant Education

We help to educate teens and their families to understand the transplant process from start to finish.



### Ways To Partner With Us



#### Sponsorship

Our sponsors are a pivotal part of helping us to make sure the resources and programming is continuously available and evolving.



#### Partnership

Partner with us to share resources, enhance reach, and create meaningful programming that enhances each of our missions.







# Resource Overview

APRIL 2024



## Superhero Names

Having a transplant is a superpower, but we want to encourage each TTZ to also be able to step outside of their “Transplant Identity” and be themselves. We want to teach them that they are innately valuable. We allow this anonymity so that they find their own balance within the world of when and how to engage in the transplant space.

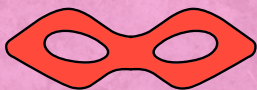


## Villains

We take common transplant and teenage frustrations and personify them into villains. In this way the teen is able to recognize things like depression or anxiety as something that they have the power to defeat, as opposed to something that’s part of them and they have to “deal” with.



**Monthly Group Support Meetings** are interactive and teen focused meetings that allow each TTZ to express themselves openly with a group that will hear and understand their thoughts, feelings, unique frustrations, and triumphs of the transplant journey.



## Gamer Lair

This is a fun place to find other TTZ with common gaming preferences. It offers a space for virtual connection and growth without talking about transplant but understanding that the person on the other end shares your journey.



## Power UPs

We all get down from time to time and team powers ups are an organized way to get back into the game. This community activity allows several TTZ to send physical and virtual messages to their downed comrade to help cheer them on.



# BUDGET ESTIMATE

This is our budget estimate for the initial year of operation in which our goal is to support at least 100 Teens. Items such as Curriculum director and website development will not be necessary after the first year taking us down to a yearly budget of \$100,000

Category	Allocation
Personnel	
- Program Director	\$50,000
- Curriculum Director	\$40,000
- Support Staff (2)	\$40,000
Marketing	
- Website Development	\$7,000
- Marketing Materials	\$5,000
- Social Media Advertising	\$10,000
Program Activities	
- Virtual Support Groups	\$8,000
- Educational Workshops	\$12,000
- Community Events	\$10,000
Resources and Materials	
- Educational Resources	\$7,000
- Merchandise	\$5,000
- Technology and Software	\$6,000
- Support Resources	\$10,000
Miscellaneous Expenses	
- Contingency Fund	\$10,000
Total	\$150,000







# Sponsorship Utilization

APRIL 2024



## Superhero Names

We would love for each TTZ to have some sort of personalized item with their chosen TTZ name on it to be received in their welcome pack. Perhaps a personalized cape or even something as silly as a stuffed animal with a personalized T-shirt on.



## Villains

As we spend more and more time with our TTZ we want to be able to create curriculum that is consistently delivered by a master level specialist that can work with our medical, parental, and teen advisory board and compile all of that information into teachable and impactful lessons that the TTZ enjoy.



## Monthly Group Support Meetings

We would utilize funding to pay for virtual meeting platforms, private servers, etc as well as to incorporate gamification into the meetings as a way to interact and relate.



## Gamer Lair

Funds would be used to host gaming tournaments, provide giveaways, and ultimately build a Transplant Teenz App so that the TTZ can stay connected to their peers and resources on the go.



## Power UPs

Power Ups are physical care packs that we would provide to a TTZ if they are hospitalized or going through some other transplant related event such as rejection or retransplantation. Sponsorship funds would also be used for the initial Power Up welcome pack for new members.





# Yearly Sponsorship Levels

2024



## GUARDIAN TIER (PRICE: \$25,000):

- **AVAILABILITY: 2 SPONSORS**
- INVITATION TO JOIN OUR EXCLUSIVE ANNUAL "GUARDIAN CIRCLE" EVENT
- CONNECTING DIRECTLY WITH TEENS THROUGH WORKSHOPS OR MENTORING PROGRAMS
- FEATURED LOGO PLACEMENT ON OUR WEBSITE AND ALL PROMOTIONAL MATERIALS FOR TWO YEARS
- OPPORTUNITY TO CO-CREATE A SUPPORT RESOURCE WITH OUR TEAM, BENEFITTING THE COMMUNITY FOR YEARS TO COME
- RECOGNITION AS A FOUNDING GUARDIAN ON OUR WEBSITE'S PERMANENT "HALL OF HOPE"
- EXCLUSIVE ACCESS TO BEHIND-THE-SCENES CONTENT AND UPDATES
- DEDICATED SOCIAL MEDIA MENTIONS ON OUR PLATFORMS WITH GRATITUDE FOR THEIR SIGNIFICANT CONTRIBUTION



## DEFENDER TIER (PRICE: \$10,000):

- **AVAILABILITY: 4 SPONSORS**
- INVITATION TO SELECT EVENTS AND COMMUNITY INITIATIVES
- LOGO PLACEMENT ON OUR WEBSITE AND SELECT PROMOTIONAL MATERIALS FOR ONE YEAR
- OPPORTUNITY TO COLLABORATE ON A SPECIAL PROJECT OR EVENT
- RECOGNITION AS A DEFENDER SPONSOR ON OUR WEBSITE
- SOCIAL MEDIA MENTIONS ACKNOWLEDGING THEIR SUPPORT
- ACCESS TO SELECT WORKSHOPS OR TRAINING SESSIONS



## ALLY TIER (PRICE: \$5,000):

- **AVAILABILITY: 8 SPONSORS**
- LOGO PLACEMENT ON OUR WEBSITE FOR SIX MONTHS
- RECOGNITION AS AN ALLY SPONSOR ON OUR WEBSITE
- SOCIAL MEDIA MENTIONS TO ACKNOWLEDGE THEIR CONTRIBUTION
- OPPORTUNITY TO PARTICIPATE IN COMMUNITY OUTREACH ACTIVITIES
- ACCESS TO OCCASIONAL UPDATES AND NEWSLETTERS



## SHIELD TIER (PRICE: \$1,000):

- LOGO PLACEMENT ON OUR WEBSITE FOR THREE MONTHS
- RECOGNITION AS A SHIELD SPONSOR ON OUR WEBSITE
- SOCIAL MEDIA MENTIONS TO THANK THEM FOR THEIR SUPPORT
- OCCASIONAL UPDATES ON OUR ACTIVITIES AND IMPACT

AMOUNTS ARE THE TOTAL CONTRIBUTION FOR THE YEAR.  
ALL DONATIONS ARE 501(C)3 TAX DEDUCTIBLE. 47-4634383





# Frequently Asked Questions

APRIL 2024

## **What is Transplant Teenz?**

Transplant Teenz is a supportive community for teenagers aged 12 and above who have undergone or are awaiting organ transplants. We offer resources, peer support, and a safe space to connect with others who understand the unique challenges of the transplant journey.

## **Who can join Transplant Teenz?**

Transplant Teenz is open to teenagers aged 12-18 (Or high school graduates) who have undergone organ transplants or are awaiting transplant surgery.

## **What resources does Transplant Teenz offer?**

Transplant Teenz provides a range of resources to support teens throughout their transplant journey, including educational materials curated by medical professionals and transplant experts., peer support groups, virtual events, community resources.

## **How can I connect with other teens in Transplant Teenz?**

Transplant Teenz offers various opportunities to connect with other teens, including online forums, virtual support groups, social media communities, and local meet-up events. These platforms provide a safe and supportive space to share experiences, ask questions, and build friendships with others who understand what you're going through.

## **Is Transplant Teenz a safe space for teens?**

Yes, absolutely! Transplant Teenz is committed to providing a safe and inclusive space for all members. We have strict guidelines in place to ensure respectful and supportive interactions among members, and our team closely monitors our platforms to maintain a positive and welcoming environment.

## **How can I get involved with Transplant Teenz?**

There are many ways to get involved with Transplant Teenz, including joining our online community, attending virtual events and support groups, volunteering to help organize events or initiatives, and spreading awareness about our organization and mission among your peers and community.

## **Is Transplant Teenz affiliated with any medical organizations?**

Transplant Teenz collaborates with medical professionals, transplant centers, and other organizations to provide accurate information, resources, and support to our members. While we work closely with the medical community, we are an independent non profit organization focused on supporting teens and their families through the transplant journey.

## **How can I access support from Transplant Teenz?**

If you're in need of support or have questions about your transplant journey, you can reach out to Transplant Teenz through our website, social media channels, or by contacting our support team directly. We're here to help and support you every step of the way.



# THE DATA

THE CDC AND NATIONAL INSTITUTE OF MENTAL HEALTH REPORTS THE FOLLOWING:

- SOCIAL ISOLATION CAN WEAKEN THE IMMUNE SYSTEM AND INCREASE INFLAMMATION IN THE BODY.
- POOR SOCIAL RELATIONSHIPS ARE ASSOCIATED WITH A 29% INCREASED RISK OF HEART DISEASE
- LONELINESS IS ALSO ASSOCIATED WITH HIGHER RATES OF DEPRESSION, ANXIETY, AND SUICIDE.
- LONELINESS AMONG HEART FAILURE PATIENTS IS ASSOCIATED WITH A NEARLY 400% INCREASED RISK OF DEATH, 68% INCREASED RISK OF HOSPITALIZATION, AND 57% INCREASED RISK OF EMERGENCY DEPARTMENT VISITS.

ADOLESCENCE AND YOUNG ADULTHOOD ARE PERIODS MARKED BY SOCIAL TRANSITION. AS ADOLESCENTS STRIVE FOR AUTONOMY AND INDEPENDENCE, THEY DISTANCE THEMSELVES FROM THEIR PARENTS ([SMETANA ET AL., 2006](#)) AND PEER RELATIONSHIPS BECOME MORE IMPORTANT ([RUBIN ET AL., 2006](#)). ADOLESCENTS THAT ARE UNABLE TO FORM CLOSE PEER BONDS DO NOT CONFORM WITH THESE AGE-RELATED NORMS AND MIGHT EXPERIENCE FEELINGS OF LONELINESS ([LAURSEN AND HARTL, 2013](#)). FURTHERMORE, THE FOCUS ON PEER RELATIONSHIPS THAT CHARACTERIZES ADOLESCENCE CAN AMPLIFY FEELINGS OF DIFFERENCE AND CAUSE LONELINESS ([SCHINKA ET AL., 2013](#)).

THE IMPACT OF TRANSPLANTATION IN CHILDHOOD IS SIGNIFICANT ACROSS MULTIPLE FACETS OF SOCIAL DEVELOPMENT INCLUDING BUT NOT LIMITED TO PEER/INTIMATE RELATIONSHIPS, EDUCATION AND EMPLOYMENT AND QOL, AND OVERALL WELL-BEING. WHEN COMPARED TO HEALTHY PEERS, THOSE WITH ESRD WERE DELAYED IN ALL AREAS OF SOCIAL DEVELOPMENT.

[HTTPS://WWW.MDEGE.COM/PSYCHIATRY/ARTICLE/103099/DEPRESSION/WHAT-DO-WHEN-YOUR-DEPRESSED-PATIENT-DEVELOPS-MANIA/PAGE/0/2](https://www.mdedge.com/psychiatry/article/103099/depression/what-do-when-your-depressed-patient-develops-mania/page/0/2)

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