



SuperSibs Virtual Services

- RJ SuperSibs mission is to provide emotional support to siblings after a brother or sister has been hospitalized due to Injury or Illness.

RJ SuperSibs is excited to begin offering 1:1 virtual sessions for siblings ages 3-18. The goals of these sessions include normalization, healthy processing, familiarization with medical supplies/hospital environment, teaching/coaching of healthy coping skills, and appropriate comprehension of their sibling's health status and associated challenges.

Each 1:1 session is led by a Certified Child Life Specialist. Child Life Specialists are trained professionals who focus on providing developmentally appropriate explanations, support and opportunities for children and teens to process thoughts and emotions in critical moments of need. Creative outlets and treatment modalities including expressive art and music, role play, therapeutic and imaginative play.

The sessions are also designed with the intention of parents taking a needed break or an opportunity to focus on other tasks; however, parents are welcome to sit in with their child if they would prefer. Parents will be provided with resources on questions and activities to help children process their thoughts after sessions.

***Please note that these sessions are not counseling sessions and Child Life Specialists are not mental health professionals. It is recommended that parent's seek counselors, psychologists, or psychiatrists for their child's one-on-one needs if there are any concerns regarding their mental health.**

- SuperSibs 1:1 virtual sessions, will be offered every Tuesday and Thursday afternoon from 1-4pm. Sessions are available for sign-up in 30-minute blocks, at a first come first serve basis. For participation, the child will need a device with internet access (tablet, computer, phone, etc.) and access to download the BlueJeans app. Additionally, a list of basic items required for each session will be provided (paper, crayons, etc.).
- Please reach out to Megan Cassani at (314)872-6557 or megan.cassani@rankenjordan.org with any questions, concerns, or sign-up assistance.

