

# BOOST

Bringing Out Our Strength Together



**A Telephone-Based Support Program  
for People with Epilepsy**

Version 1.0, NYU Grossman School of Medicine

# INTRODUCTION

Welcome and thank you for joining BOOST!

## Overview

- ❖ **BOOST stands for Bringing Ot Our Strength Together.** The goal of the program is connecting with other people with epilepsy; to learn from and support each other.
- ❖ Each session will include time to share your experiences with epilepsy and hear about other people's experiences.
- ❖ BOOST is delivered remotely (by phone or online) to make it easier for people with epilepsy to participate.
- ❖ BOOST involves **8 weekly sessions** with a small group of people who also have epilepsy.
- ❖ Each session lasts **1 hour** and is led by two trained facilitators.
- ❖ Your role in this program is important and we hope it will be a rewarding experience. You are encouraged to take part as much as possible during the sessions, though how much you choose to participate is up to you.
- ❖ We will be working as a group, and when one person is missing, the group will not be the same. For this reason, please try and take part in all of the sessions.

***BOOST is being offered by the  
NYU Managing Epilepsy Well (MEW) Network Center  
and is supported by the CDC***

# PROGRAM DETAILS

## Logistics

To take part in the weekly sessions, join the WebEx group by either:

- **Call:** 1-855-698-2663; enter access code: \_\_\_\_\_
- **Click:** \_\_\_\_\_

Note: if you join online, you have the option of turning your camera on or off. The sessions are audiotaped, but video will not be recorded.




## Timeline

The 8 BOOST sessions cover a broad range of topics related to living with epilepsy:

<b>Session 1:</b> Personal experience of epilepsy	Date: _____ Time: _____
<b>Session 2:</b> Personal experience of mood problems (stress, anxiety, depression)	Date: _____ Time: _____
<b>Session 3:</b> Seizure triggers	Date: _____ Time: _____
<b>Session 4:</b> Epilepsy treatment	Date: _____ Time: _____
<b>Session 5:</b> Changes in seizures over time	Date: _____ Time: _____
<b>Session 6:</b> Impact of behavior on seizures	Date: _____ Time: _____
<b>Session 7:</b> Social relationships and epilepsy	Date: _____ Time: _____
<b>Session 8:</b> Review of the BOOST experience	Date: _____ Time: _____

## Parts of BOOST

Each telephone session will include:

 <b>Check-in</b>	Check-in with the group to share how the last week has been and how you are doing today
 <b>Group discussion</b>	Answer a question or describe a specific experience
 <b>Wrap-up</b>	Note shared experiences among the group

## Contact Information

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## Safety

- ❖ If you have medical concerns, please consult your doctor.
- ❖ If you begin to feel extremely depressed or have thoughts about hurting yourself, please make use of the following resources:

### National Suicide Prevention Lifeline

1-800-273-TALK / 1-800-273-8255

### National Hopeline Network:

1-800-SUICIDE/ 1-800-784-2433

### Crisis Text Line:

Text HOME to 741741

### Epilepsy Foundation 24/7 Help Line:

1-800-332-1000

# GROUND RULES

## Attendance

- ❖ We will be working as a group, and when one person is missing, the group will not be the same. For this reason, please try to attend all the sessions.
- ❖ If you cannot attend a session, please let the facilitator know ahead of time.
- ❖ Please be on time! Plan to join the call about 5 minutes before the start of the session to make sure you are not late. If you do join late, please stay quiet until the facilitator invites you to speak.
- ❖ Join the session in a quiet, private room if possible. If you can't find a quiet room, use the mute button until you want to speak. Be sensitive to background noise.
- ❖ If you are joining from a cell phone or laptop, please make sure the battery is fully charged or leave the device plugged in during the call.
- ❖ If you need any help connecting to the sessions or accessing the audio guides, please contact the study staff and they will be happy to help you.

## Confidentiality

- ❖ Whatever anyone shares within the group should be treated as private and stay within the group.
- ❖ From time to time, the facilitator will ask you to discuss your experiences with epilepsy, stress or emotions. Discussing these things in a safe, supportive group can be helpful. However, you are always free to decide how much you wish to share.
- ❖ Checking in at the start of each session is required so we can make sure everyone is doing okay, but otherwise you may choose not to take part in any discussion that you feel uncomfortable with.

# Preparing for Session 1:

## Why Am I Attending This Program?

It can be helpful to think about your personal experience and what you hope to get from this program. Please take a few minutes to answer the questions below.

- ❖ If you have been finding it difficult to manage your epilepsy recently, what are the things that are the most challenging?

- ❖ What life stressors are you experiencing right now or have you experienced recently?

- ❖ In what ways do you hope this program will help you?

- ❖ Are there any other reasons why you are interested in this program?