KENDALL WYCHE FOUNDATION, INC. · RISING ABOVE DIABETES

Why We Built the Bridge™

The family story behind High PQ™ for T1D: The Resilience Bridge™



Constantine J. Alleyne and her daughter, Kendall.

Six years of Type 1 diabetes taught our family something we wish we had understood from the beginning: managing the disease is only part of the journey. You also have to learn how to keep living inside it.

High PQ™ for T1D: The Resilience Bridge™ was born from that realization — and from a belief that families shouldn't have to spend years discovering the tools that can help them adapt, recover, advocate, and move forward.

> “We built the bridge we wish we'd had.”

CHAPTER 01

One diagnosis. An entire life rewritten.



Kendall was nine years old when Type 1 diabetes entered our lives.

There is the moment before diagnosis. And then there is everything after it. Suddenly, numbers carried consequences. Blood glucose. Carbohydrates. Insulin. Corrections. Highs. Lows. Alarms. Appointments.

Type 1 diabetes doesn't simply enter a child's body. It enters the family's routines. The classroom. The dinner table. The basketball court. The volleyball court. The sleep schedule. The family calendar.

> “Diabetes didn't ask permission before changing the rules. We simply had to learn how to play differently.” — Constantine Alleyne

CHAPTER 02

We spent years learning what no one lesson could teach us.

01	Diagnosis Learning the language of Type 1 diabetes while processing what the diagnosis meant for our child and family.
02	Adaptation Learning insulin, food, glucose patterns, technology, school routines, sports, illness, hormones, and the thousand decisions hiding inside an ordinary day.
03	Advocacy Learning to ask better questions, communicate Kendall's needs, and navigate systems.
04	Independence Knowing when to protect, when to prepare, and when to let your child carry more of the responsibility herself.
05	Resilience Realizing that successful management requires more than information: families need capacity to adapt, recover, and decide under pressure.

We were learning to manage diabetes. But we were also learning how to become resilient.

CHAPTER 03

Then we realized there was another gap.

Our clinical teams taught us critical skills for managing Type 1 diabetes. But much of family life happens between appointments.

What happens after the frightening low? After the stubborn high? When the game doesn't go according to plan? When a child is tired of being different? When a parent is afraid to relinquish control?

Medical knowledge matters enormously. But families also need tools for navigating uncertainty, emotion, disruption, decision-making, identity, and change.

> “We were being taught how to manage diabetes. We also needed to understand how to manage what diabetes was asking of us.”

CHAPTER 04

That's why we built the bridge.

The Clinical Side	The Resilience Bridge™	The Life Side
Insulin · Glucose · CGM · Nutrition · Treatment · Technology · Medical care	Connective tissue between what families know and what families must repeatedly do.	School · Sports · Identity · Family · Independence · Setbacks · Confidence · The future

Clinical care helps manage the condition. Resilience capacity helps families navigate the life surrounding it.

CHAPTER 05

High PQ™ for T1D: The Resilience Bridge™

High PQ™ for T1D brings resilience intelligence and Pivot Quotient® into the lived reality of Type 1 diabetes. Rather than treating resilience as something a child either has or doesn't, we approach it as a capacity that can be strengthened intentionally.



Mastering Diabetes in Sports: navigating the intersection of T1D and athletics.

CHAPTER 06

What High PQ™ for T1D actually means

Managing diabetes and living with it are two different skills.	Resilience capacity: the practiced ability to absorb a disruption, recover, and choose a next step.
Resilience can be trained on purpose.	High PQ™: a measurable, trainable capacity to change direction under pressure without losing momentum or identity.
Every disruption has a pivot point.	P.I.V.O.T.™: Pause, Identify, Validate, Own, Take Action.
Feelings get acknowledged, not argued with.	Validation without escalation: confirming the emotion while keeping it from becoming the whole story.
Independence is handed over in pieces.	Graduated ownership: transferring one decision at a time, with a rehearsal, a fallback, and a debrief.
The bridge is a system, not a pep talk.	Family Resilience System: shared language, roles, and routines a household can rely on.

CHAPTER 07

Pivot Play for T1D

Pivot Play for T1D translates resilience concepts into developmentally engaging experiences that help children practice what to do when life — and diabetes — doesn't go according to plan.

- **P** Pause — Create space between the disruption and the reaction.
- **I** Identify — Recognize what is happening.
- **V** Validate — Acknowledge the experience without letting it become the entire story.
- **O** Own — Recognize what remains within your control.
- **T** Take Action — Choose the next useful move.

The goal isn't to create children who never struggle. It's to help build children who know what to do next.

CHAPTER 08

Two stories. One mission.



Kendall — The Lived Experience



Constantine J. Alleyne, MPH, EMBA, DEI-C, PhD(c) — The Architect

Kendall's journey is the heartbeat behind the Kendall Wyche Foundation. From diagnosis at nine through school, adolescence, athletics, technology, and increasing independence, her experience shapes the Foundation's understanding of what children living with T1D actually encounter beyond the clinical setting. Her story is not a story of limitation. It is a story of becoming.

Constantine transformed one family's experience into a broader mission. Her background across public health, organizational leadership, education, and program development — alongside lived experience as the mother of a child with Type 1 diabetes — informs the Foundation's systems-oriented approach.

CHAPTER 09

Programs across the journey

E.A.T.	Practical nutrition awareness and education.
MindCare T1D	Emotional wellness and mental resilience.
EMPOWERED	Strengthening the bridge between students, families, educators, and schools.
Mastering Diabetes in Sports	T1D and athletics, for athletes and the adults supporting them.
Field of Dreams	Youth empowerment, connection, movement, and possibility.
ImpactRise	Connecting families to resources that reduce barriers.
High PQ™ for T1D: The Resilience Bridge™	Flagship: building adaptive capacity for the moments when life doesn't follow the plan.

CHAPTER 10

The founder's promise

When Kendall was diagnosed, we couldn't know everything the years ahead would ask of her — or of our family. We know more now.

We know that knowledge matters. Technology matters. Access matters. Advocacy matters. Community matters. And resilience matters.

So we are turning what we learned through lived experience into tools, programs, partnerships, and infrastructure for the children and families coming behind us.

Because surviving Type 1 diabetes was never the finish line. Rising above it is.

Constantine J. Alleyne
Founder & Executive Director, Kendall Wyche Foundation, Inc.

CHAPTER 11

Help us build the bridge for the next family.



For families	Education, resources, community, and resilience support.
For schools, clinics & organizations	Bring family-centered T1D education and resilience programming where children live, learn, play, and receive care.
For donors, funders & partners	Expand access to the education, technology, and resources that change a family's trajectory.

Partner inquiries: risingabovediabetes.org · Program requests are routed by role (school, clinic, organization, donor, corporate).

Kendall Wyche Foundation education and resilience programming is designed to complement — never replace — professional medical care. Always follow the guidance of your child's clinical diabetes care team.