

La Rabida Children's Hospital Wishing Well



FY 2010

Wishing Well
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Canine-Motivated Therapy — Annual Cost \$12,500

As the saying goes, “Dogs Are Man’s Best Friend.” For many of the children of La Rabida, they have become more than just friends, but companions that have helped heal hearts and improve minds.

In October 2001, La Rabida partnered with a Chicago-based network of dedicated volunteers and their certified therapy dogs — to offer animal-assisted therapy to our children. Led by occupational therapist Tara Yates and speech therapist Hilary Donovan, an eight-week program was created to serve children who have physical, social and cognitive limitations. Many of these children also have autism, cerebral palsy, attention deficit disorder, and sensory processing difficulties.

Among the purposes of the program was to allow these kids the opportunity to learn socialization skills, work with their peers and follow directions in a group setting. Physically, the program helps them increase their strength, range of motion, endurance, social and cognitive skills and coordination. The results went above and beyond all expectations.

In the first session, the kids — some eager and others very scared — get acquainted with the dogs. The instructors teach them about the dogs they will be working with and present them in a way that is non-threatening. Five dogs that have been regulars in the La Rabida program:

- Vienna, a Daschund
- Dean, a Yellow Labrador
- Osco, a Mixed Breed
- Libby, a Yellow Labrador
- Max, a Cairn Terrier

All have made an impact in the lives of the children who attend this clinic.

In the beginning, the tasks are very basic, such as showing the child how to cup their hands so that they can feed the dogs. Next is to teach the kids basic commands, like “come,” “stay,” and “heel.” As the children become more comfortable, they begin to build on the skills from the prior weeks.

Upon the conclusion of each eight-week program, a graduation ceremony is held with each child receiving special recognition for his or her accomplishments.



One child who flourished in this program was nine-year old Jeremy.

In his first session in October of 2001, Jeremy cried and would not go near any of the dogs in the group. Clinging to his grandmother, he wouldn't even take off his coat.

Six months and two eight-week sessions later, the volunteers were teaching him how to perform the test that dogs initially have to be put through in order to join the organization.

During Jeremy's time in the program, he grew leaps and bounds and gained an incredible amount of confidence.

Child Passenger Safety Program: Community Outreach — Annual Cost- \$50,000

The Child Passenger Safety Program (CPS) provides hands on safe transportation education to parents/caregivers of patients aged eight and under; assists families of inpatients who have never been at home to obtain appropriate car seats at discharge and assures that any young inpatient at risk for airway interference is appropriately assessed for car seat tolerance. La Rabida has received a challenge grant of \$15,000 from Circle of Service Foundation to provide CPS community outreach services to special needs children and their families. The Foundation will provide the program with a total of \$15,000 in matching funds if the program is able to secure donations from new donors or from current donors who increase their donations up to \$7,500 per donor.



Daddy Let's Play — Annual Cost \$5,000

Each person may have a different image in mind when they hear the word “Father.” This word does not have to mean a biological father. For many, a “Dad” may be a step-father, adopted father, foster father, grandfather, or uncle. These male figures can play a significant role in the life of a child.

At La Rabida Children's Hospital we recognize the individual qualities that fathers bring to therapy sessions. Furthermore, a common theme among fathers was the isolation many experienced. Thus, a program called, *Daddy, Let's Play* has been designed so that fathers and their children, in similar situations, have a safe place to be accepted and understood within a small group setting, to have an opportunity to share joys and fears, vent frustrations, support each other through struggles, and have one-on-one time with their child.

Daddy, Let's Play is not only a support group for fathers but also an opportunity to enhance father-child relationships. Playtime with dad is not only fun, but an important learning time. Exploring toys and play equipment, engaging in dramatic play and singing all help children learn about themselves and the world around them.

We've designed activities which foster interaction between fathers and their children, such as: parachute play, shaking instruments to songs, popping bubbles, climbing through tunnels, building with small/big blocks, and ball play.

Daddy, Let's Play is a five-week program, meeting once a week for an hour and a half. The group consists of eight to ten fathers and their children, and is co-facilitated by a developmental therapist and social worker — two professionals to better implement developmentally appropriate activities and structure a group discussion within each session.

In addition, our goal for this program is for fathers to interact and/or support each other outside of the hospital. In past groups, fathers have exchanged information such as a phone number and/or email in order to keep in contact. Also, at the end of each group series, a list of resources is compiled, which includes information on topics that have been discussed within the sessions.



The Grace Welsh Camp Fund — Annual cost \$10,000

A camp experience is very special to all children because they learn new experiences in an environment that fosters:

- Strong peer relationships
- Independence (especially important for special-needs children)

These individual camps place children with similar medical diagnoses and needs together, creating a situation where the children are free to learn with children who are truly their peers.

Families are instructed to submit a scholarship application for their child to attend camp. These applications go directly to the camps for consideration. For families that complete that process and are not granted a scholarship, we sponsor the child through the Grace Welsh Camp Fund.

All the camps are located within close driving distance, and offer specialized programs, for example:

- Camp Action is a camp for children with asthma.
- Camp Red Leaf is a camp for children with disabilities.
- Camp Del ja ri is for children with juvenile rheumatoid arthritis.
- Children with diabetes attend Camp Confidence, Camp Discovery, Camp Can Do, Triangle D Camp and Teen Adventure Camp.

Each camp has fees ranging from \$75.00 to \$500.00 per child. Note that our clinical staff (case workers, nurses and physicians) volunteers at the various camps to help deliver the services.



Camp Action operates in conjunction with a YMCA Camp just outside of Milwaukee, Wisconsin.

Karate Kids — Annual Cost \$12,500

The children of La Rabida are “Karate chopping” their way through therapy, experiencing rehabilitation in the form of martial arts. Karate class is a great way for children to work on their movement, upper and lower muscle coordination, and balance, standing, endurance and improved attention spans. Not only does Karate give them the opportunity to learn with other children, but it empowers them and build self-confidence.

A big aspect of the program is taking responsibility for things such as their uniforms (gis) and continuing to practice at home. The children are also learning how to dress and undress independently, a skill needed for school but not taught at school.

The families of these children play an important part in each child's continued confidence. After each class, the therapists discuss with the parents how they can continue the activities at home.

Having introduced the children to martial arts and the positive effects of exercise, we encourage them to pursue martial arts outside of La Rabida as a part of healthy living. To that end, we would like to be able to award each child their own gi at the successful completion of the series.

Parents benefit as well. An ongoing problem for a parent who has a special needs child is finding time to get support for themselves and to connect with other parents. Karate Kids makes this easy. The parents are a captive audience!

We would like to add a parent-support component to this group, gathering the parents together while the kids are kicking and punching, to make this their special social time. A La Rabida social worker would facilitate the parents getting to know one another, becoming strong advocates for their kids, making sure they are taking advantage of all the resources available for their kids, — whether this means being it a shoulder to cry on, a mom in the same circumstances to laugh with. When parents of special needs kids organize, they are a force to be reckoned with, and can provide tremendous support to each other which ultimately benefits the children.



Lunch Bunch and "Time to Eat!" Feeding Groups — Annual Cost \$3,000

Resources needed:

Specialized seating: Seat2Go by the Drive Company

- \$250/ ea x 4 requested = \$1000
- Special foods and treats in a variety of colors and textures, \$500
- Utensils such as toddler spoons, sippy cups, bibs and placemats.

Lunch Bunch

"Lunch Bunch" is our inpatient feeding group. Children who are born prematurely and have severe respiratory disease often cannot suck normally at birth. If they require prolonged ventilation, they may become "orally defensive," and physically reject anything placed in their mouths, including a spoon or nipple. These children must be fed through a tube. Normal eating requires special training.

La Rabida speech therapists train these children in how to eat, and use techniques to introduce texture, flavor, and consistency so they can take all their nourishment by mouth. We also aim to boost their enjoyment of eating, so parents have the satisfaction of feeding their own child on their return home.

Learning to eat requires a social context, which helps children overcome their fear and aversion to food. We provide this context through our Inpatient group called **Lunch Bunch**.

All patients who are aboard the *S.S. La Rabida* may join in these lunchtime activities. For some it provides oral, motor and feeding activities, and for others it is a social bonding activity centered on mealtime. At noon on Mondays, Tuesdays and Wednesdays, patients are taught about making choices, taking turns, sharing and ways of letting others know what they want or need. Additionally, patients learn to understand the verbal and non-verbal signals of others, how to rely on others and how to be independent. The materials are used during their hospital stay and are given to families to take home as well: toddler spoons, sippy cups, bibs and placemats.



The Seat2Go pediatric positioning chair helps position a special needs child for eating.



The Lunch Bunch Program is delivered by speech-language therapists and other staff at La Rabida as well as volunteers. The men and women pictured in blue smocks indicate that they are volunteers.



The supplies are thoughtfully selected to encourage physical development and dexterity.

Time to Eat!

"Time to Eat!" is our outpatient feeding group. This activity serves both the birth to age three population and children age three to five years old.

Children in this program typically have diagnoses of cerebral palsy, failure-to-thrive, developmental delay, tracheostomy/g-tube dependence, autism, visual impairment, motor delays, and other conditions.

Each session is 10-12 weeks long and serves three to four children per each group (six to eight total) and their families. Parents and children participate in 90 minutes of group therapy once per week.

Therapy is provided by a licensed, certified Speech-Language Pathologist, currently assisted by one volunteer. Treatment focuses on parent education and training as well as systematic desensitization of children's aversions to food textures, smells, and flavors. Through guided play with a variety of foods, the children develop their oral motor skills and learn to enjoy eating, while the parents find support with others going through the same concerns with their children.



Mighty Muscles — Annual Cost \$5,000

One of the major issues of Cerebral Palsy (CP) is the difficulty of patients and families in participating in the time-intensive treatment process.

Currently, patients are expected to come to the hospital weekly for treatment. However, patient compliance with therapy appointments is only 50% to 60% due to such issues as lack of transportation, fear of losing job, loss of time from school, the absence of child care for siblings...to name a few.

Additionally, as creative as the staff can be in making therapy fun and helpful, boredom and apathy can set in. This is particularly rife in the population we serve, the majority of whom are stressed about their resources.

Enter the Mighty Muscles program.

Mighty Muscles runs for eight weeks after school. Patients attend two to three one-hour sessions each week, taking part in strengthening activities.

To encourage the group, we celebrate each series with a pizza party, which also includes a focus group with the parents to better learn about and respond to their needs.

We would like to add a weekly support group to help parents better help themselves and bond with other families in similar circumstances, as well as better provide the encouragement to keep their children moving and exercising at home.

Insurance (public or private) does not pay for the parent group. Financial assistance is needed.



Serial Casting Program — \$23,200

Cerebral Palsy (CP) is a condition that affects body movement and muscle coordination. Children with this condition often lose range of motion in key joints due to the disordered movement. Decreased range of motion at the ankles or knees seriously impacts the child's ability to stand securely and walk.

Serial casting is a therapy that can stretch out affected muscles. It is not a new technique, and has often led to mixed results. Poor technique and inexperienced "casters" can further aggravate the problem, causing either micro muscle tears or a condition known as rocker-bottom foot (a break in the foot's arch).

Not all children with CP are good candidates for this program, and often casters lack the knowledge needed to appropriately select who would best benefit from this technique.

However, by making use of the expertise of a pediatric therapist with 30 years of casting experience, La Rabida's physical therapists have identified several key elements that lead to successful outcomes:

- Careful patient and family selection
- Use of a team comprised (at minimum) of three physical therapists to hold, mold, wrap, and ensure alignment of the affected limb and entire body
- Strong family education and commitment
- Intensive follow-up

Even though La Rabida's method is labor intensive and not fully reimbursed by insurance, the improvements in mobility that have been achieved benefit both families and insurers.

Funding will be used to create an ongoing group that offers supervised and guided weekly exercises aimed at improving outcomes.



YogaKids — Annual Cost \$8,000

YogaKids recreates traditional yoga techniques and poses in fun and educational ways. Classes incorporate our unique 14 Elements to reach a variety of learning styles. Reading, storytelling, music, creative arts, science, and earthcare blend seamlessly with yoga poses to educate the whole child, and provide an important element in La Rabida's rehabilitation programming.

YogaKids helps children see themselves as the diamonds they are — beautiful, bright, multi faceted, and priceless. This is so important with La Rabida children, who often do not have this appreciation of themselves.

This may not be the image they see when they look in the mirror.

When children understand their own precious qualities they are able to perceive the same qualities in others. Here in lies the magic of "The Bridge".

The vision of the YogaKids program is to promote peace, understanding and education, using yoga as a springboard. YogaKids helps our children look outside of themselves, and encourages love of learning, appreciation and respect for self, others and the environment, to support a healthy lifestyle at home, school and in the community.



Clothing Program — Annual Cost \$2,500

La Rabida sponsors a clothing program to meet the clothing needs of the children who come to us for care. The program is supervised by our manager of volunteer services and coordinated by a volunteer.

Donations of gently used clothing and new underwear, T-shirts and socks make the program possible, and supports our philosophy of encouraging our inpatients to get dressed every day, rather than just staying in their hospital gowns. Getting dressed helps normalize life for these children during their hospitalization.

Some of our children do not have enough clothes for a prolonged hospital stay. Those children who come to us because of abuse or neglect often arrive with no additional clothing — nothing but the clothes on their little backs. Being able to give the children clothing and underwear helps them to feel safe, loved, and just like the other kids!

"Gently Used" is fine for outer clothing. When they need it, we provide our kids with new underwear and socks.



Diabetes Hotline — Annual cost \$18,000

La Rabida has one of the most extensive diabetes programs in the area. Focusing on care and research, our Diabetes Team offers the latest in medical treatment to children in a family-focused environment.

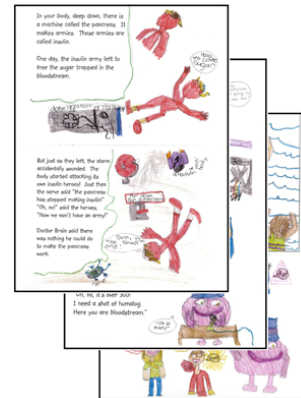
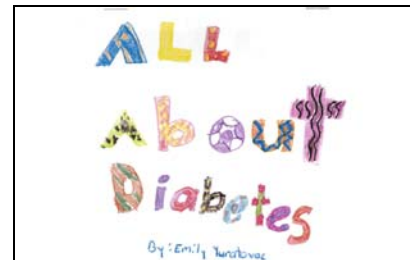
Since 1999, the Team has used a toll-free hotline where children and families can call in their glucose levels over the phone, where clinical nurse specialists and physicians can give recommendations on medication, nutrition and exercise adjustments over the phone.

This breakthrough program has not only decreased trips to the emergency room, but statistics show that it has also helped children and families have better control of their disease between clinic visits.

The cost of maintaining the toll-free number is \$18,000 a year. This type of preventative service is not funded by public or private insurance.



Emily is a diabetes patient. In an effort to teach other kids how to monitor blood sugar levels, she created a brochure — both writing the text and drawing the illustrations.



We provide this booklet to all new diabetes patients to help them understand their symptoms and the disease. In 2004 (when first printed), the printing cost was provided by an anonymous donor.

**“Dine with a Child” Program —
Approximately \$1,750 a month or about \$405 a week = \$25,000**

We provide free meals for family members so they will stay with their children.

When a child is hospitalized, the last thing families should worry about is where their next meal is coming from. Of course, the child is nourished at no cost, but La Rabida also provides free meals to visiting family members.

Not only does this support increased family interaction time during a hospitalization, but it also serves a very real need.



**Family Support for Insulin Pumps —
\$300 monthly x 150 patients = \$45,000 monthly or \$540,000 annually**

An insulin pump is designed to deliver a continuous amount of insulin, 24 hours a day, according to a programmed plan unique to each pump wearer.

The amount of insulin delivered can be adjusted by the user. Between meals and during overnights, a small amount of insulin is constantly delivered to keep the blood sugar in the target range.

Studies have shown that insulin pumps can improve blood sugar control, with fewer low blood sugar episodes and better long-term control. Pumps also give make it possible to vary what, when, or how much to eat by adjusting insulin delivery rates for different times of day and have helped to improve the overall quality of life for patients and their families.

As the economy has worsened, most insurance carriers have elected not to pay for the pumps and supplies. This has forced families who are already finically challenged to resort to the cheaper but more painful method of subjecting their child to several finger sticks a day.

To help patients and their families maintain a better quality of life, La Rabida is seeking support to help families with the costs of pumps and supplies. The average cost per month is \$300 per person or \$3,600 per year per person.



Examples of insulin pumps

Interpreter Services — Annual Cost: \$50,000

The U.S. Government (Title VI) and Illinois' Language Assistance Services Act (93-0564) requires that all hospitals provide interpreter services for patients who do not speak English as a primary language or who are hearing impaired.

Compounding the problem is the fact that, even when English is the primary language, it can be highly stressful when working with a family that needs education about a chronic condition.

Unfortunately for La Rabida, this is an unfunded mandate.

Medical interpretation is a specialized skill. The majority of our interpretation requests are for Spanish, Cantonese and ASL (American Sign Language).

In addition, language line services allow almost instantaneous access to 148 languages around the clock. This is often necessary because patients in the metropolitan area are frequently immigrants with few resources.

The cost to hire an individual certified in healthcare interpretation is \$50,000 including benefits.



Medical Alert Fund — Annual Cost \$8,000

All La Rabida families are encouraged to obtain medical alert bracelets for children who may need rapid emergency assistance (i.e., patients with diabetes, sickle cell, rheumatoid arthritis, lupus, etc.)

If the family cannot afford the bracelet, La Rabida provides it free of charge.

We distribute approximately 400 bracelets to new patients each year (at a cost of \$20 each). The bracelet includes our address and directs the caregiver to call La Rabida's toll-free 800 number for information on the patient's medical history.



Prescription Assistance — Annual Cost \$50,000

La Rabida serves patients regardless of their ability to pay for services. This includes making sure patients leave with the medications that they need — from our on-site pharmacy — and determining potential reimbursement later.

We provide medications free of charge in a number of patient situations:

- Patients who do not qualify for Medicaid due to age or income
- Patients with private insurance whose plans do not include prescription coverage
- Patients with Illinois Medicaid who require medications that are not covered under the program
- Patients with commercial insurance who cannot afford their co-payments

The most costly diagnoses in our patient population are asthma, diabetes and juvenile rheumatoid arthritis.

For Patients with Diabetes

A patient with diabetes who is well-controlled on insulin will typically spend between \$500-\$525 per month in medication and supplies. This includes the glucose strips needed to test the child's insulin levels — performed about six times a day at 70¢ each — which adds another \$1,400 in cost to the patient's family.

With Asthma/Allergy Patients

A typical Asthma/Allergy patient at La Rabida uses one or more type(s) of inhaler each month, as well a steroidal nasal spray and an oral medication for stabilization.

The average total monthly cost of these medications is \$400 to \$450, depending on the strength and dose required.

Should the patient suffer an actual asthma "attack," additional rescue medications will be required.

Should the patient's condition be considered serious enough to warrant use of the newer biological modifier-type of therapy (i.e., Xolair), add another \$1,250 per month.

With Cerebral Palsy Patients

Patients with Cerebral Palsy and related neurologic disorders are typically treated with muscle relaxants and/or



anti-convulsant medications.

Depending upon the specific drugs and doses required, the average monthly drug cost for one of these patients is in the range of \$450 to \$525.

With Bronchopulmonary Dysplasia (BPD) Patients

Sometimes the patient's condition includes BPD, which involves abnormal development of lung tissue seen in premature babies who are born with underdeveloped lungs. Some babies outgrow BPD.

When these children have typical BPD respiratory complications, an additional \$600 to \$700 per month will be needed for medications related to their respiratory treatments.

2nd Edition of our Type 2 Diabetes Teaching Manual — Annual Cost \$5,000

Between 2002 and 2005, the Diabetes Team at La Rabida witnessed an alarming rise in the incidence of Type 2 diabetes in children entering the program.

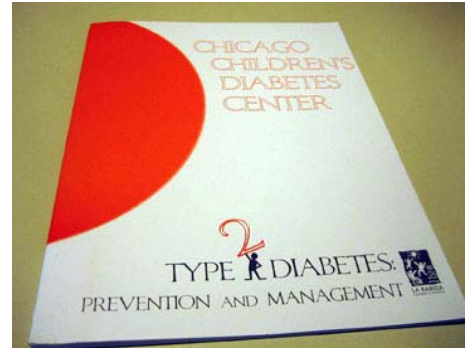
In contrast with Type 1 diabetes, where the patient has high blood glucose levels because the body produces no insulin whatsoever, in Type 2 diabetes, the patient's body is not able to use insulin efficiently.

As a result of the differences in the disease and the rising incidence among our patients, we need to develop a comprehensive training manual for families dealing with a child who has Type 2 diabetes, just as we had done with Type 1 diabetes.

This manual will be provided free of charge to families with children who are newly diagnosed with Type 2 Diabetes or who are at high risk for developing the disease.

The manual will be designed as a complete supplemental education tool, and will go hand-in-hand with the diabetes education the family receives from the diabetes management team: a physician, nurse educator, dietician, social worker and psychologist.

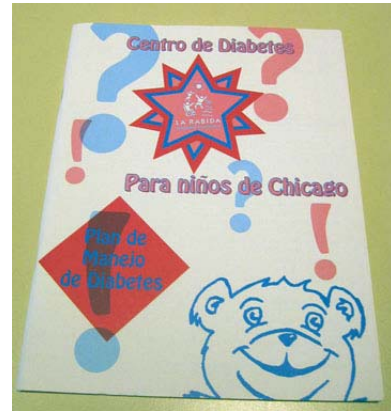
Our first edition was completed in 2009.



4th Edition of our *Diabetes Management Plan* — \$6,000 annual cost

Each year we update our *Diabetes Management Plan*, a teaching manual developed for patients and their parents and/or guardians. The manual, available in English and Spanish, details everything one needs to know about living with diabetes.

In addition, new diabetes patients receive an inch-thick binder filled with supplementary information. The binders — complex and expensive — must have pockets for handouts, a place for all the business cards that the family will acquire during treatment, and a calendar for keeping track of the patient's appointments.



Certified Diabetes Educator — \$80,000 with fringe benefits

A Certified Diabetes Educator has a degree in nursing as well as a specialty certification to teach and manage the diabetic patient population. La Rabida's CDE/RNs coordinate education and care for the patient and family in both inpatient and outpatient settings.

Coordinating care includes determining — with the multidisciplinary team — the appropriate plan of care; communicating the plan to the patient, family and other staff; monitoring to progress of the patient; and communicating with appropriate external agencies.

CDE/RNs are also responsible for the development of appropriate educational materials and programs for patients with diabetes. Finally, as clinical experts in diabetes, La Rabida's CDE/RNs provide guidance to other staff in the education and management of patients with diabetes as well as taking an active role in patient care.



Third-Party Diabetes Education Materials — \$1,200 annual cost

The American Diabetes Association publishes excellent teaching tools for diabetes patient education.

- For families, **food guides** are invaluable for teaching nutritional concepts, and how to make the right food choices when planning menus. These guides cost \$2.00 each. (We order 200 per year.)
- For children, **nutrition placemats** are ideal for teaching about the meal plan. These placemats are two sided, color-coded and laminated for long-term use. They can be written on with erasable markers to customize the meal plan. Portion control and appropriate serving sizes can be highlighted.

On the placemat, an image of a dinner plate is shown with all of the food groups, so the dietician can customize the mat for the child.

It's best to start out using the placemat in the hospital in learning how to plan. Nurses can read the mat to evaluate the child's food choices at mealtime.

At discharge the child would take the mat home for continued use and education. These mats cost \$8.00 each. (We order 100 at a time.)



Leaping for Learning: A Patient Education Program — Annual cost: \$57,500

Children with life-long medical conditions often have prolonged absences from school due to their chronic illnesses or disabilities. This creates an added stress for the entire family.

La Rabida tries to keep all hospitalized children current with their school assignments and grade requirements. We employ a teacher — assigned to La Rabida by the Chicago Public Schools (CPS) — to run our Learning Center and engage patients in fun, skill building activities and games. Like a regular school, we also need supplies to teach effectively (i.e., textbooks, computer programs, paper, pencils, pens, maps, etc.)

Since insurance does not reimburse for academic educational activities, this is an unfunded expense unique to children's hospitals.

Our program is called *Leaping for Learning*. It fills a critical need because one-third of our school-aged children inpatients DO NOT QUALIFY for educational services from CPS, which requires that they be hospitalized for at least two consecutive weeks. Other children come from outside the city, or their parents may not have had the opportunity to enroll their child because of the student's illness.

A teacher in a hospital setting faces a much greater challenge than does his or her counterpart in a regular school. At La Rabida the average class size is eight to ten children ranging from 4 to 17 years old.

Often these children are fearful and withdrawn. They may be scheduled for medical procedures, victims of abuse, confined to a wheelchair, and may show symptoms of behavioral problems or learning disability.

It is vital that the educational structure not break down when these children are admitted to the hospital.



Patients receive one-on-one teaching for 1 – 2 hours each day from a certified teacher.

Perspectives in Care Symposium — Annual Cost to Underwrite \$30,000

In 1996, La Rabida began offering and sponsoring an annual symposium for the professional development of health care workers and educators who work with children with special health needs, and their families.

The *Perspectives in Care Symposium* is targeted to case managers, developmental therapists, educators, nurses, occupational therapists, pediatricians, physical therapists, program specialists, psychologists, service coordinators, social workers, and speech-language pathologists.

Each year, some 150 health care professionals convene for this continuing education event.

By hosting the symposium, we showcase La Rabida as a leading institution with expert resources for our children, which helps us attract and recruit professional staff. The following organizations provide the continuing education accreditation:

- The Illinois Nurses Association (an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation)
- The National Association of Social Workers — Illinois Chapter (NASW-IL) (an accredited approver for Social Work Continuing Education)
- The Illinois Early Intervention Training Program



Psychology Internship Program — Annual cost per intern \$45,000

La Rabida Children's Hospital has the only internship program in the country that trains psychologist in the treatment of children with chronic illnesses and child maltreatment.

The goal of our training program is to provide outstanding training for young psychologists interested in working with children with chronic illnesses or those children who have been abused, neglected or exposed to trauma. Most of these children are from underserved populations.

Our national recognized program is fully accredited by the American Psychological Association, and attracts applicants from around the country. During 2008 we had 150 applicants for the 3 positions. Three students in their fifth or sixth year of graduate training receive one year of training (full-time) at La Rabida. This important year of training for psychologists serves as the bridge from the relatively sheltered world of the university graduate program to the real world of clinical practice. It provides diverse training opportunities including:

- Well supervised clinical work with children and their families
- Seminars
- Lectures
- Research opportunities
- Exposure to the multidisciplinary environment of a mission-driven children's hospital

Funding would help our program continue to train young psychologists to work with these underserved populations of children — predominantly minority children with chronic illnesses and those who have been abused, neglected or exposed to trauma.



Stevie Stiffel Scholarship Fund — Annual Cost \$7,000

The Stevie Stiffel Scholarship was originally established in 1966 by Theophile and Esther Stiffel, long-time friends of La Rabida, in memory of their son Stevie.

This fund provides financial assistance to patients and former patients of La Rabida who are pursuing a post-high school education. Recipients of the scholarship may be enrolled in college, technical school or professional training with a goal of successfully completing their education. The scholarship is given in the form of a grant in aid to those who could not otherwise afford to further their education.

Today, we continue to offer transition scholarships to young adults. Since 1982, La Rabida has awarded more than \$112,000 in scholarship monies. The average grant is \$1,000 to \$2,000 per student each year.



Tutoring Program — Annual Cost \$20,000

Our tutoring program began when an outpatient requested assistance with his school homework.

Obviously, frequent visits to the hospital by a child for outpatient treatments not only impacts the child, but the sibling(s) of that child as well. The ability to complete homework, understand and comprehend school assignments — all are affected by the time spent coming to and from the hospital.

The program focuses on helping children from first grade through high school with their schoolwork — primarily with reading and math skills.

Now in its seventh year, the program is run by volunteer tutors from both the hospital and the community, many of whom are retired teachers. Volunteers commit to helping one child for one and one quarter hours each week during the academic school year.

This is the only free, hospital-based tutoring program in the nation. In 2003, the program received national recognition by the American Hospital Association as the recipient of the 2003 Community Service Award or Volunteer Excellence.



Bariatric Power Mat Platform with Foot Controls — \$6,495

Bariatric power mat platform with foot controls would replace the existing mat for patients to use in completing their exercise regimen. The new mat would allow children to easily transfer in and out of wheel chairs, accommodate heavier patients and bring the patient up to the therapist's height.



Digital Scales with Height Rod for Outpatient Examination Rooms — \$390 each x 12 rooms = \$4,680

Our clinicians could use a faster and easier way to weigh and measure little patients.

With this scale, the child steps onto the large platform and we immediately see an accurate weight up to 500 pounds, shown and held on the large display — in as little as 2 seconds.

No waiting for the beam to settle for wiggling children!

The height rod can be lowered to measure patients as short as 2'-7", or extended for patients up to 6' - 10" tall.

Another benefit: This scale calculates Body Mass Index (BMI) —a useful tool for estimating a child's healthy based on height. BMI is the most widely used diagnostic tool to identify weight problems from underweight to overweight and obese.

The clinician only has to enter the child's height as he or she stands on the platform, and the BMI value is instantly displayed on the LCD. When not in use, the BMI display functions as a clock in 24- or 12-hour format.



The scale has large, easy-to-read controls, and displays data in dual, inch-high LCDs

Digital Video Recorder — \$3,671

The Rehabilitation Department is requesting funding to purchase 3 Digital Video Recorders (DVR) for use in the hospital's treatment areas. The DVRs will serve several functions. Staff will be able to discretely record scheduled family and children play and therapy sessions. Once the scheduled session is over, both staff and parents will then watch the tape together and have the opportunity to discuss what occurred. This is a state of the art measure to help families effectively address issues they may be encountering when caring for their child. The DVR recordings will also serve as an invaluable tool for staff training and mentoring, and the promotion of reflective practice.



Passenger Van — \$30,000

La Rabida's existing passenger vans are in need of replacement as they are older vehicles. These vehicles provide shuttle service to passengers and patients both on campus and to the University of Chicago. The new vans will be hybrid environmentally friendly vehicles. The goal is to replace both vans over the next two years. \$30,000 would cover the cost of one vehicle for the current fiscal year.

