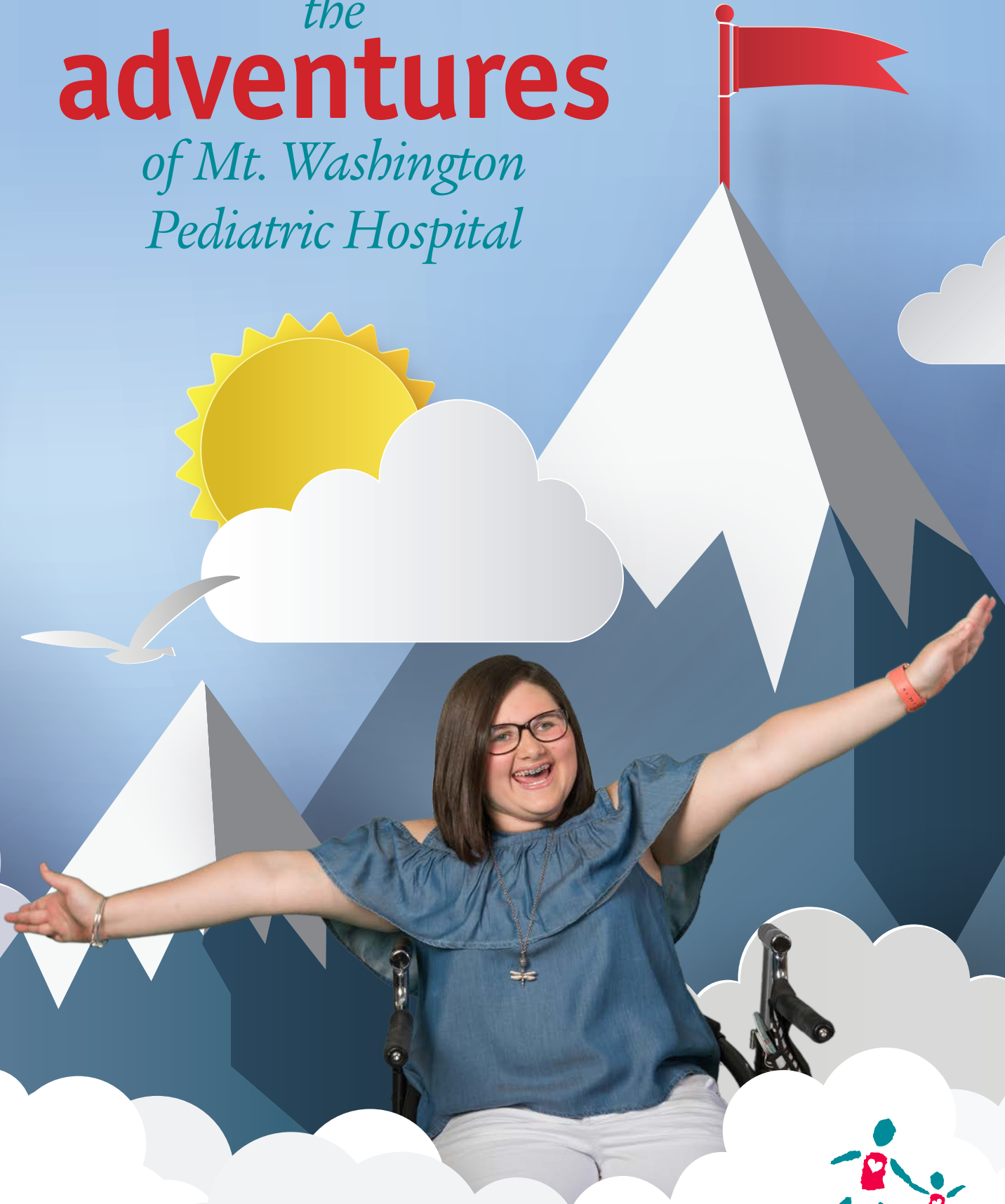


the
adventures
*of Mt. Washington
Pediatric Hospital*



FY 2017 Annual Report



Mt. Washington
Pediatric Hospital

Every one of our young patients embarks on a significant journey at Mt. Washington Pediatric Hospital (MWPH). This is a journey of health, healing and self-discovery.

Many of MWPH’s inpatients arrive with serious challenges, however most leave after having made tremendous progress. MWPH’s outpatients also have amazing stories to tell — of strength and resilience and commitment to continued healing.

To walk the halls of MWPH is to see incredible tales come to life. But the adventures at MWPH go far beyond the walls of the hospital. On the following pages, you’ll find:

- Young trauma patients who’ve had an amazing adventure — some leaving Baltimore for the very first time.
- Psychology patients who get the care they want — and need — without even setting foot on campus.


You’ll meet:


- A talented physician who traveled more than 5,500 miles to live out the adventure of her dreams — right here at MWPH.
- Proud patrons who take fear out of the hospital experience and, instead, create an incredible holiday celebration that’s full of fun and laughter.
- One of our smallest patients who, with her circle of support, makes even the most difficult of therapies feel like a walk in the park.

After all, life is a grand adventure wherever you are. For those who find themselves here, MWPH is honored to be a part of what will be one of the most important journeys of their lives.

Thank you all for being an incredible and important part of that experience. It is much appreciated.

Sincerely,


Fred Wolf III, Esq.
Chair, Mt. Washington Pediatric Hospital Board of Trustees


Ann Eliasberg Betten
Chair, Mt. Washington Pediatric Foundation Board of Trustees and Granddaughter of MWPH Founder, Hortense Kahn Eliasberg


Sheldon J. Stein
President & CEO, Mt. Washington Pediatric Hospital

Mt. Washington Pediatric Hospital provides family-focused, integrated care to children with serious, chronic or complex medical needs. Since 1922, the hospital has helped children heal from illness and injury, and now treats nearly 9,000 patients each year. With locations in Baltimore City, Prince George’s County, and in the community, the 102-bed post-acute hospital is a jointly-owned affiliate of the University of Maryland Medical System and Johns Hopkins Medicine.



Visit **mwph.org** to see the **adventures** taking place at **MWPH**.



MWPH IS DEDICATED TO:

- Providing a healing environment where children can recover from illness and injury
- Teaching families the skills they need to care for their children and instilling confidence for the transition home
- Sharing the expertise and resources best suited to care for our patients
- Providing treatment to all patients in a loving, caring environment



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Over the past 10 years, Spirit Halloween has donated more than \$270,000 to **enhance** MWPH programs and **improve** the hospital **experience** “making hospitals less scary for kids and their families.”

that's the **spirit**

No Fright but Pure Delight

Rick Tereo and Randy Anthony of Spencer Spirit Holdings, Inc. sail the seas to success



It can be incredibly scary for patients and their families to find themselves in a hospital. When Halloween arrives at Mt. Washington Pediatric Hospital, however, things actually become a bit less frightful.

All of this is thanks to Spirit Halloween, a costume-filled superstore with a huge heart. A light bulb went off several years ago that donations could fund an amazing experience for young patients who are hospitalized on what should be the happiest of holidays.

“There were children in the hospital because of illness and other medical challenges who couldn’t celebrate this magical holiday as their siblings did,” recalls Rick Tereo, Director of Corporate Administration with Spencer Spirit Holdings, Inc., the parent company.

So, in 2006, the idea was born that local Spirit Halloween stores could host Halloween parties at hospitals within their very own communities. “Mt. Washington Pediatric Hospital was one of the first on board. The kids loved the experience,” Tereo recalls. “Word got out and then we had hospitals knocking on our doors.”

Spirit Halloween believed so strongly in keeping support local that they created their very own foundation, Spirit of Children.

“One hundred percent of the funds raised each year go directly to our 139 partner hospitals to support their Child Life departments. Those donations are used in a variety of ways as each hospital has different needs. We want this funding to be as impactful as possible, making a difference in the hospital and in the community it serves.”

At MWPH, for example, the funds have been used to provide handicapped-accessible basketball hoops, picnic tables and a large Child Life playroom. To qualify for the Spirit of Children program, hospitals must be nonprofit, have a Child Life department and have Spirit Halloween stores within their community.

“Philanthropy is crucial to these programs,” says Randy Anthony, Director of Stores, Mid-Atlantic Territory. “And it’s something we love to do. We talk about it right up front at interviews because we want our employees to be passionate. We have store managers and district managers who come back every year because they love the program and believe in helping their community.”

The hospital is grateful for 10 years of festive celebrations and meaningful support of Child Life efforts. For the children and families at MWPH, Spirit Halloween has performed the trick of being a wonderful treat!

“One student wanted to stay with her **regular psychologist** as she started college and she was able to do that through the **Telepsychology Program**. This helped her to **stabilize** and to be a **successful** student, too.”

KENNETH GELFAND, PHD
Coordinator of Psychology Services

the beauty of
technology
Meeting Patients Where They Are

Kenneth Gelfand, PhD,
blasts off into the
community



Convenience is key in 21st century America. Take our food, for example. It can be delivered. It can be shipped. It can be ordered using a mobile device. Need new clothes? Why go to the mall, when a drone can drop off your package tomorrow? The focus is meeting the customers where they are in a fast-paced, time-starved culture.

Such is reality and this realization has made its impact in the day-to-day world of Mt. Washington Pediatric Hospital's patient visits.

Starting in October 2016, MWPH began offering the ease and convenience of remote appointments right from the comfort of a patient's home, dorm room, or vacation hotel. So far, the feedback has been extremely positive.


“All they need is a computer or a phone,” says Kenneth Gelfand, PhD, MWPH's Coordinator of Psychology Services who specializes in child and adolescent psychology.

Dr. Gelfand says the ability to connect electronically makes it possible for teens headed off to college, for example, to still meet regularly with a psychologist they already know and trust. Or it allows a diabetic patient to meet virtually, through Zoom, the HIPAA-compliant service the hospital uses for teleconferencing. This enables patients to ask questions and share updates without an on-site appointment.

“There's been an incredible interest in MWPH being able to provide services at home, where a lot of concerns happen in day-to-day life,” notes Dr. Gelfand. “Presently, Medicaid does not provide coverage for telepsychology services. Until the law changes, we are reliant on private funding to provide this service to these children and their families. We are grateful to the Mt. Washington Pediatric Foundation for its support.”

The Telepsychology Program permits some patients to schedule weekly appointments without driving from the outer reaches of the state up to three hours away. It also enables patients to be seen between regular on-site visits or to touch base as they encounter health crises, whether they are in Baltimore or beyond.

“The families just really appreciate that they miss less work and less school, that it's more convenient and that the technology is so seamless. This allows us to offer services in communities throughout the state, directly in patients' homes, and to meet them where they are.” The world is changing, and Mt. Washington Pediatric Hospital is deeply focused on adapting to care for all of its patients.



Bad things can happen to good people, and, sadly, they can happen to young people. But, Mt. Washington Pediatric Hospital **prides** itself in **being there for kids and their families** when such challenges arise.

from tragedy to **triumph**

The Road to Recovery

Kendall Brockenbrough
is on the right path



Who would have thought that pretty little shoes that light up when you walk could provide such power?

Kendall Brockenbrough was just 3 years old when she and her father were randomly shot on a corner in East Baltimore known for drug activity. One of eight caught in the gunfire, Kendall was the youngest.

Her mother, Lekya Missouri, says her daughter nearly lost a leg that day. A year later, Kendall still suffers from pain daily. She's unable to walk with the same comfort or confidence as her peers, knows she's "different," and is leery of going outside or being in a crowd.

Because Kendall now has an eight-inch scar that runs above and below her left knee, the toddler is also self-conscious about her very visible "boo-boo." Even with the aid of a brace, she's cautious and, quite literally, often takes it just one solitary step at a time.

But, her mother adds, Kendall also has an inner source of strength that most children don't have at this age.

On September 24, 2016, Kendall suffered a broken femur, a ruptured artery and nerve damage as a result of the shooting. She spent three months in the hospital - first at Johns Hopkins where fragments of bone were removed and then at Mt. Washington Pediatric Hospital. While at MWPH, she began a slow and steady recovery to re-learn how to move her left knee, ankle and foot while her nerves regenerated.

And, given Kendall's fears and hesitations, her mother says the patience and creativity of MWPH physical therapist Sonya Johnson-Branch, PTA/CPT, made all the difference.

Putting weight on her left leg has been a painful process. But give the child a sparkly pair of shoes that light up when she takes a step or a baby doll to carry to her next destination and she's tallied one small triumph after another.

"Mt. Washington helped Kendall feel like a little girl again," says Missouri. "She's had to deal with so much adversity and she's finally come out of her shell and feels very comfortable coming here."

Kendall's mom is grateful for the hospital's support and expertise. "If you're open to getting the help you need, you will get better."



a doctor's
journey
Nigeria to Baltimore

“I wanted and needed that human touch, seeing children get better on a day-to-day basis.”

AJOKE AJAYI-AKINTADE, MD, FAAP
Assistant Medical Director

Ajoke Ajayi-Akintade, MD, FAAP,
is flying high



Sometimes dreams do come true — and in the grandest fashion.

Ajoke Ajayi-Akintade, MD, FAAP, was just a girl when she knew what she wanted to be in life. And, in the end, she'd travel more than 5,500 miles to live out her dream.

“My mother said I always played doctor as a young child,” recalls Dr. Akintade — lovingly known as Dr. A at Mt. Washington Pediatric Hospital.

The fourth of six children, Dr. Akintade took an early interest in the sciences. She graduated from the University of Lagos in Nigeria, where she was born and raised, and became a doctor at the age of 21. Despite this impressive achievement, she aspired to more.

In addition to her love of medicine, she'd specifically become interested in the world of developmental pediatrics. As a young girl, she distinctly remembers a neighbor's family who “locked their daughter away” due to a cognitive disability. “It really bothered me that no one mentioned her. It was like she didn't exist. And it stayed with me,” she said, “forever.”

After getting married and becoming the mother of two, Dr. Akintade had the opportunity to become an epidemiologist — and recalls an eye-opening realization. “It didn't afford me the connection that you get from making people better.”

“I knew early in life that I wanted to be a physician,” she adds. “I liked the clean smell of hospitals and I was a very healthy child who looked forward to seeing our wonderful family doctor for routine visits.”

Dr. Akintade would go on to earn a Masters of Occupational Health from Harvard University and complete both a pediatric residency at Howard University Hospital in D.C. and a developmental pediatric fellowship at Johns Hopkins University, Kennedy Krieger Institute. In 1999, she eventually found her way to MWPH.

For almost two decades, Dr. Akintade has had the joy of seeing children who were facing extreme medical challenges become healthy young adults. And countless staff have benefited from working alongside her. Dr. Akintade, meanwhile, takes pride in the hospital's powerful team approach. With her signature smile, she says, “We make magic happen at Mt. Washington.”

Celebrated by *Baltimore* magazine last year as one of the area's “Top Doctors,” Dr. Akintade continues on her focused path to help children heal and grow.

“It's been a wonderful journey. I look at myself and say, ‘Look how many years you've been here and you've seen such great things.’ I'm stuck at Mt. Washington, I think,” she says with a laugh, “and it's wonderful being stuck.”



“I like that everyone here
treats me like I’m me —
not like a disability with a
person behind it.”

AVA CONKLIN

abilities adventures

The Trip of a Lifetime

Ava Conklin, Abilities
Adventures athlete
and Lindie McDonough,
CTRS, CBIS, CPST,
reach new heights
together



Adventures always come with excitement and uncertainty. For many patients at Mt. Washington Pediatric Hospital, it can be an adventure just to walk outside. As a result, staff knew excitement was in store when they created the hospital’s Abilities Adventures program.

In February, a group of seven teens and young adults — all outpatients who are recovering from brain trauma — departed Baltimore for Park City, Utah where they spent a week on the slopes. Yes, that’s right. They headed to the mountains where they would go skiing, horseback riding, rock climbing and so much more.

For most, it was their first flight and, for many, their first real trip away from home.

Their destination: the National Ability Center, which sits on 26 acres of pristine open terrain and specializes in working with those overcoming challenges and looking to live an active, healthier lifestyle.

The purpose was to instill confidence in their growing independence as they heal and recover physically, mentally and emotionally from the injuries and trauma that first brought them to the hospital.

MWPH knows the recovery of its young patients often continues long after their discharge. And staff is always looking for ways to both speed recovery and encourage continued progress in fun, creative ways.

“This unique trip provided each participant an opportunity to stretch their abilities and assisted them in developing the skills necessary to overcome a variety of obstacles encountered in everyday life,” says Lindie McDonough, CTRS, CBIS, CPST, a Senior Therapeutic Recreation Specialist for MWPH.

“Many of them spoke to the fact that though their bodies have healed physically, they still feel stuck mentally, and wanted to use this trip to feel less isolated, meet others who’ve navigated similar experiences, and challenge themselves mentally and physically.”

Data obtained from the Centers for Disease Control and Prevention shows that those with trauma-related injuries are more likely to lead sedentary lives, develop depression, become dependent on drugs and alcohol, and even commit suicide.

So, with full support and funding from the Mt. Washington Pediatric Foundation, the inaugural trip of the Abilities Adventures program became a huge success and inspiration.

“The most impressive thing was seeing the kids grow, mature, connect with each other and gain confidence as the week progressed,” says McDonough. “Quite a few of our athletes struggled with anxiety, homesickness, depression and anger. It was beautiful to see how they supported each other, helped nurture one another and how they used sports achievements as metaphors for life.”

Mt. Washington Pediatric Hospital is a place where children with complex medical conditions can get the integrated care they need.

We're not like acute care hospitals that focus on emergent conditions; we're a specialty hospital that helps children recover from illness and injury. From quick outpatient visits to longer stays, we're here to support children's healing, to get them back home, back to school, and back to their lives. MWPH's multidisciplinary team works with both the child and the family to create a supportive and healing environment both here and at home.

ACCREDITATIONS
Our accreditations include The Joint Commission, College of American Pathologists (CAP), CARF International – the Commission on Accreditation of Rehabilitation Facilities – for the Comprehensive Integrated Inpatient Rehabilitation Program and Pediatric Specialty Care, and American Psychological Association (Psychology Internship). The Johns Hopkins Pediatric Sleep Center at Mt. Washington Pediatric Hospital is also certified by the American Academy of Sleep Medicine. The Child Life Program at MWPH has been granted accreditation by the Association of Child Life Professionals.

INPATIENT SERVICES
The Center for Neonatal Transitional Care (CNTC)* serves babies who no longer need to be in a NICU, yet need a medically stable environment to ensure their growth, feeding, and readiness to go home. Our staff treats babies who are born prematurely, with feeding issues or pulmonary disease, or are weaning off of medication. Our goal is to prepare babies and their families to go home together.

Pediatric Complex Care Program* transitions children with chronic or complex medical illnesses to home. While assisting children in becoming medically ready for life at home, MWPH provides families the knowledge and skills to meet all complex care needs.

The Physical Medicine and Rehabilitation Program helps children recover from traumatic injuries, illness or surgery, such as limb reconstruction following multiple fractures, post-surgical orthopaedic rehabilitation, management of burns or wounds, neurological disorders, spinal cord injury, amputation or brain injury.

DAY PROGRAMS
Our Hospital Day Programs provide daytime treatment for children who require intensive interventions for rehabilitation or feeding needs and incorporate therapies and medical treatment with meals, educational services and other activities.

OUTPATIENT SPECIALTY CLINICS
Specialized pediatric outpatient clinics and services are available in our Rosenberg Outpatient Center.

- Autism Spectrum Center *
- Balance
- Brain Injury *
- Burn and Wound Care
- Cardiology
- Concussion Evaluation and Management
- Dermatology
- Developmental Disorders *
- Diabetes Management *
- Endocrinology
- Feeding Day Treatment Program
- Feeding Evaluation
- Fiberoptic Endoscopic Evaluation of Swallow
- Gastroenterology
- Gynecology
- Lead Poisoning
- Movement Disorders

- Neurodevelopmental Services
- Neuropsychology
- Nutrition Services
- Nutritional Rehabilitation
- Orthopaedics
- Physiatry *
- Primary Care
- Psychiatry
- Psychology *
- Pulmonology
- Radiology Services: Digital X-ray, Gastrointestinal Contrast Studies and Swallow Studies
- Rehabilitation: OT, PT, Audiology, Speech and Adaptive Equipment *
- Sleep Testing and Evaluation *
- Weight Management and Healthy Living



*MWPH services also offered at Prince George's Hospital Center.

FY 17 Adventures by the Numbers

5 Other Adventures in Therapeutic Recreation with the MWPH Child Life Team



1. Bowling at AMF Lanes
2. Oriole Park at Camden Yards
3. Amazing Glaze
4. Ruth's Chris Steak House
5. National Aquarium



2017 Storybook Gala by the Numbers

MT. WASHINGTON PEDIATRIC HOSPITAL



\$338K
Total Amount Raised

\$147K
Amount Raised in Fund-A-Wish

3 Hours, 37 Minutes
Time Taken to Sell out

136
Number of Silent Auction Packages



118,000
diapers used



200,000
doses of medication



31,773
families impacted through community benefit programs



8,933
patients seen



141
volunteers



29
languages interpreted including Vietnamese, Farsi and Tigrinya

"Mt. Washington Pediatric Hospital and Dr. Keane gave me the **confidence** to be Kayleigh's mother. When we were faced with the **reality** of Kayleigh's complex medical needs, she was the one who said, '**You can do this**.'"

NICOLE BENT, PATIENT PARENT

"I see **miracles** every day. There's no other place like this."

DAVID BEATTY, RN; CNTC UNIT



a photographic year in **review**



Family Reunion

August 28, 2016

Former patients enjoyed story time with City Councilman Isaac “Yitzy” Schleifer and Major Richard Gibson, Baltimore Police Department.



Golf Tournament

October 5, 2016

32 foursomes participated in the 17th Annual Golf Tournament to support the kids at MWPH.



Spirit Halloween Party

October 13, 2016

Spirit of Children hosted their annual Halloween party for our kids, complete with costumes, crafts, music and goodies! Learn more on page 2.



Holiday Toy Shop

December 20, 2016

More than 160 patient families were able to do their holiday shopping for free here at the hospital.



Santa & Oriole Bird Visit

December 21, 2016

Santa and the Oriole Bird spread lots of holiday cheer to all of the kids and staff at MWPH.



Abilities Adventures Trip

February 11–18, 2017

Abilities Adventures kicked off with a fantastic trip to the National Ability Center in Utah. Learn more on page 10.



Blue Angels Visit

October 14, 2016

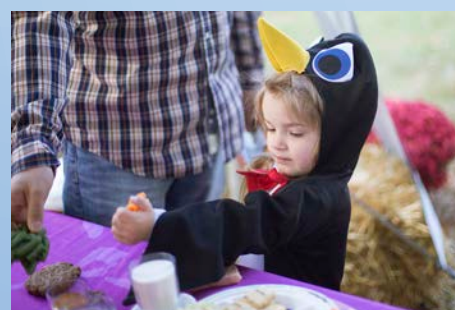
Members of the U.S. Navy Blue Angels visited MWPH patients and staff during Baltimore’s Fleet Week.



Ruth’s Chris Parents’ Night Out

October 18, 2016

Several patient families were treated to a very special “date night” courtesy of Ruth’s Chris Steak House.



ZooB000!

October 28, 2016

MWPH promoted nutrition with exercise and guides for healthy eating at the Maryland Zoo in Baltimore.



Hospital Week

May 12, 2017

MWPH staff celebrated Hospital Week with service awards, breakfasts and even a visit from Ravens wide receiver, Michael Campanaro.



Storybook Gala

May 13, 2017

The 4th Annual Storybook Gala raised nearly \$340,000 and attendees had a sweet time at the Wonka-themed party.



Courtyard Mural

June 15, 2017

An aquatic mural, created by Art with a Heart, patients and staff, was added to the colorful hospital courtyard.

HOSPITAL VOLUNTEERS

THANK YOU! Your dedication helps make a difference in the lives of so many children.

Catherine Abbot	Rachel Cohn	Susan Haus	Caitlyn McCarthy	Mitchell Rock
Shannon Adams	Susan Davis	Rosemary Hawkins	Melissa Meyers	Faryn Russenberger
Abena Adjei	Cheryl Dennis	Sarah Hewitt	Bessie Miller	Payton Russo
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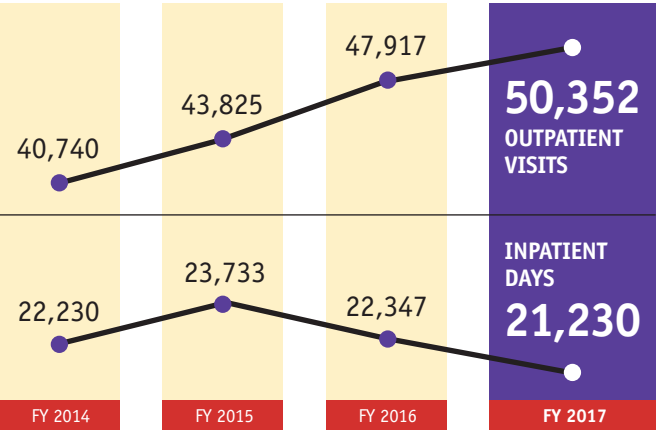
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2014–2017 Fiscal Report

OPERATING REVENUE

*FY 2017 totals are unaudited.

FY 2017	\$58,852,054
FY 2016	\$58,064,958
FY 2015	\$59,131,162
FY 2014	\$54,763,826



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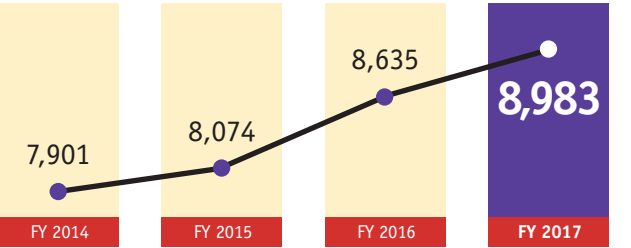
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OPERATING EXPENSES

FY 2017	\$55,412,291
FY 2016	\$54,438,547
FY 2015	\$53,819,912
FY 2014	\$50,042,312

TOTAL NUMBER OF PATIENTS

*55% of our patients receive Medicaid.



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1708 West Rogers Avenue
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3001 Hospital Center Drive,
4th & 6th Floors
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Communications Coordinator

Design

University of Maryland Medical System

Copywriting

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Milestones Communications

Principal Photographer

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