



Mt. Washington
Pediatric Hospital

COMMUNITY HEALTH IMPROVEMENT REPORT



Mt. Washington Pediatric Hospital is dedicated to maximizing the health and independence of every child we serve. Through a unique partnership with the University of Maryland Medical System and Johns Hopkins Medicine, we provide a continuum of care that helps children transition from our inpatient or outpatient care to healthy lives in the community.

A MESSAGE TO OUR COMMUNITY

Every program or service we offer at Mt. Washington Pediatric Hospital (MWPB) starts with a single point of inspiration: our patients. But at MWPB, we don't stop there. As a leader in pediatric specialty care, serving Baltimore, Harford County, Prince George's County, and the surrounding region, MWPB plays a key role in the health of children throughout Maryland and beyond.

In this year's Community Health Improvement Report, we share details about our current Community Health Needs Assessment and Implementation Plan. In addition, we shine a light on the new programs and community advocacy efforts we undertook during fiscal year 2019.

Just as we are devoted to providing our signature combination of personalized attention and clinical excellence to each patient in our care, we're proud of our efforts on behalf of children across the community we serve.

MWPB is a jointly owned corporate affiliate of the University of Maryland Medical System (UMMS) and Johns Hopkins Medicine. We provided more than \$2.2 million in community benefit services in fiscal year 2019. We are proud to support the community we serve, helping to bring access to specialty health care to every child who needs it.

To benefit our community, we have reached beyond MWPB's walls to give community members, patients, and families what they need, where they need it. Our new Parenting from the Heart seminar series enables parents to connect with our clinical experts and get practical strategies to deal with common parenting challenges. We partnered with Y Head Start programs to offer thousands of developmental screenings, in the hope of catching small problems before they become big obstacles.

In this report, you'll also read about the inaugural League of Dreams event at MWPB, giving every one of our patients the opportunity to experience the joy of playing baseball. You'll follow along with "Team Hailey" and MWPB leaders as they advocate for children's health on Capitol Hill. These stories are great examples of our patients' grit and determination – and of our commitment to helping them reach their potential.

We look forward to continuing to serve our community's children and families, just as we have for nearly 100 years at MWPB.

Sincerely,



Sheldon Stein

President and CEO, MWPB



Rachana Patani

Community Benefit Manager, MWPB



Mt. Washington Pediatric

Hospital (MWPB) is a specialty care hospital serving newborns to young adults with a variety of medical and rehabilitative needs. With 102 beds and a workforce of more than 600, MWPB is a recognized leader in pediatric specialty care, treating 9,000 patients annually.



Community Benefit Activities

Parenting Seminars

Parenting comes with new challenges every day. Parents and caregivers routinely face situations that no one can prepare for, and that is especially true when you are caring for a child with developmental or special needs.

That's why this year, MWPH launched Parenting from the Heart, a community lecture series designed to give families and caregivers practical childrearing strategies that work. At each session, our expert clinicians give real-world advice about how to tackle everyday parenting challenges. The first two meetings focused on stress management and picky eating.

The program's goal is to focus on concrete solutions to common struggles, so that parents or caregivers can handle difficult behaviors in an effective, loving way. The format starts with a topic overview presentation by an expert or team of experts, followed by plenty of time for a question-and-answer session. Sessions often include a practical, hands-on demonstration so that parents can practice what

they're learning. For example, the stress management seminar included a mindfulness exercise, and parents practiced offering new foods to their children in the picky eating session. Attendees also take home information to help them implement what they've learned at home.

By drawing on MWPH's wealth of pediatric experts, Parenting from the Heart meets an important need in the community. "Pediatric well-child visits often don't last long enough to include an in-depth discussion of managing challenging behaviors," said Rachana Patani, community benefit manager at MWPH. In addition, pediatricians may not have enough specialized expertise in pediatric behavioral health to provide effective advice for medically complex kids. "These seminars give parents and families strategies for everyday life, offer them the opportunity to socialize with other families facing similar challenges, and help them gain confidence."

To learn more on upcoming topics, visit mwph.org/community.



Sean Logie, PhD, Pediatric Psychologist and Ellen Wingert, OTR/L do a hands-on demonstration at the Picky Eaters Seminar.

"These seminars have given me so many useful strategies. They help me ensure I am taking the right steps in managing parenting challenges. Plus, getting my information directly from an experienced clinician is priceless."

Monique S. - Parent Attendee



Eryn Kruger, PhD provides parents with practical strategies on managing ADHD.



MWPH associate Olufisayo Kuroriji learns about the impact of smoking on the body.

Smoking Cessation Education

Cigarette smoking causes nearly 480,000 deaths per year in the United States. That is around one in five of all U. S. deaths annually. Mt. Washington Pediatric Hospital partnered with the Baltimore City Health Department to take on the challenge of helping patients, families, staff and the community tackle nicotine addiction. The program kicked-off with a hands-on display and education on the effects of smoking. This was attended by more than 428 participants and was followed by a series of four classes that offered evidence-based coping strategies, education, resources and medications to help all who are ready to quit!

For more information, call 410-578-5065.

“After being a smoker for 24 years, these classes have given me just the boost I needed to be on my road to being smoke-free.”

**Lt. Charise Gordon,
Cessation Program Participant**



1800 growth assessments
430 revealed BMI above 95% indicating obesity/overweight



492 vision screenings
123 referred for a full eye exam/needed glasses



211 hearing screenings
49 required full audiological evaluation

Early Intervention Screenings

This year, MWPH expanded its community outreach programs to include developmental screenings for children. The hospital partnered with the Y Head Starts and Baltimore City Public Schools to offer free vision, hearing, lead, and growth assessments to children from three to six years of age.

These assessments provide a snapshot of whether the child’s development is on track. For example, statistics show that one in four school-aged children is found to have vision problems. Left undetected, vision problems can impact a child’s ability to learn, affect behavior, and even lead to blindness. Of the 492 vision screenings conducted by the program, nearly 25 percent required a follow up and a complete eye exam. The hospital also connected children requiring glasses with community partners and providers offering free or low-cost eye glasses.

“This program is critically important because it gives families the opportunity to catch developmental problems early, and early intervention is key to successful outcomes,” said Rachana Patani, community benefit manager at MWPH.

If a screening reveals a problem with the child’s vision, hearing, lead levels, or growth, MWPH connects them with hospital or community resources to treat the issue. With prompt treatment, children can avoid long-term problems in school and life.

For more information, visit mwph.org/community



MWPH uses Spot Vision Screener advance screening technology. It quickly and easily detects vision issues in children six months of age through adult.



Let's play ball! MWPH patient shows the Oriole Bird how it's done!

League of Dreams

Baltimore-based League of Dreams is an organization dedicated to its mission of bringing the love of baseball to individuals with special needs. On April 20, 2019, MWPH got in on the fun with our first-ever League of Dreams event.

League of Dreams staff teamed up with MWPH volunteers and staff to create several different skill stations around the hospital campus with fun baseball-related activities. Adaptations were made as needed so that every child was able to play, whether they were wheelchair-bound, had a trach or g-tube, or were nonverbal. All were welcome.

"It was great to see the kids having such a wonderful time," said Michelle Hanover, MS, LBSW, MWPH patient family liaison. "It was also really great for the parents to watch their kids be part of something that, perhaps, they never thought their kids would be able to do. No matter what their medical or

developmental challenges were, every kid could do something."

At the end of the game, each child was called up by name to receive a participation medal. Following the medal ceremony, families enjoyed a baseball-themed lunch, in the Heal and Grow Grill. More than 200 patients, families and volunteers participated in the event. League of Dreams will be held annually and will eventually expand to include the community as well.

To learn more, email mhanover@mwph.org.



League of Dreams bringing the love of baseball to all kids.

Child Passenger Safety Seat Program

Nearly 90% of the car seats being utilized nationally are either used or installed incorrectly. In 2016, MWPH began its Child Passenger Safety Seat Program, offering all in-patient families hands-on car seat installations and education prior to discharge. The goal of the program was to reduce preventable injuries and harm and increase access to information and resources patients needed to keep their kids safe. Installations are provided by Safe Kids®. Certified Passenger Safety Technicians and families are also given an opportunity to practice the install with the technician present. This year, the program has expanded to certify three additional hospital Passenger Safety Technicians (bringing the total to nine). Additionally, the hospital has begun offering quarterly car seat checks and has added a low-cost car seat program for patient families who are unable to afford a car seat prior to discharge.

To learn more, visit mwph.org/community.



MWPH installed **171** in-patient car seats and **94** community car seats, provided **64** fittings, **70** corrective supports, replaced **5** defective and **4** recalled seats and helped **10** patient families take advantage of the low-cost car seats.

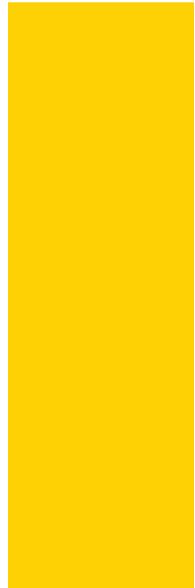


MWPH IN THE





COMMUNITY



Telepsychology

Since the start of the initiative three years ago, the telepsychology program has provided psychological care to those who face substantial barriers in receiving care at the physical MWPH facilities. Initially the program limited access to those with significant needs, however, it has expanded to include families where the health of the child or parent also presents as a barrier to care. Last year, the program helped 22 patients, 19 of whom were Medicaid, receive care, including treatment for medical regimens, coping with chronic illness, anxiety, behavioral non-compliance, and challenges with feeding behaviors to name a few. The program is also championing efforts for Maryland Medicaid to begin the process of considering ways to effectively reimburse for future care.



MWPH Telepsychology Program helped **22** patients with medical regimens, coping with chronic illness, anxiety, behavioral non-compliance, and challenges with feeding behaviors, to name a few.



MWPH Do-Gooders removing trash from the Western Run Stream.

Neighborhood Improvement Initiatives

MWPH partnered with the Comprehensive House Assistance, Inc. (CHAI), the Associated, Jewish Volunteer Connection and Baltimore City Department of Public Works to participate in multiple neighborhood clean ups. This included the Western Run Stream, Northwestern High School, and Willow Glen Creek. Do-Gooder volunteers from the hospital and community came together to remove more than 1,400 pounds of trash and environmental hazards which were polluting the neighborhood public spaces and waterways.



MWPH Do-Gooders join the Associated, Comprehensive Housing Assistance, Inc. and Jewish Volunteers Connection Good Deeds Day.

Cristo Rey Partnerships

Six years ago, Cristo Rey Jesuit High School and MWPH formed a strong partnership committed to enhancing education and youth development in Baltimore City. Since 2014, MWPH has supported more than 24 students in various branches of the hospital, including Health Information Management, Marketing, Outpatient Services/Clinic, Food Services and Information Technology. “For them, it’s like a school without walls,” says Tammany Buckwalter, Employee Engagement and Volunteer Specialist. “It gives them a bird’s eye view of what working in health care looks like.” The program has been a tremendous success, including having one of the student interns graduating as the valedictorian of her class.

For more information, call 410-578-5065.



Cristo Rey interns Aniya Walker (top) and Shara Dodson (bottom) gain first hand experience working in health care.



Team Hailey meets with U.S. Senator Chris Van Hollen.

“Team Hailey” Advocates for Children’s Health in Washington, DC

We know that not every child has access to the kind of exceptional care that MWPH provides, and we’re determined to change that. This year, MWPH partnered with the Children’s Hospital Association to attend Speak Now for Kids Family Advocacy Day on Capitol Hill.

Leading the charge was 11-year-old Hailey Withers, accompanied by her grandmother, Dawn Acab. After breaking her neck in a fall when she was just two, Hailey has battled back and made enormous progress. Supported by MWPH’s multidisciplinary team of complex care pediatricians, nurses, therapists, and specialists, Hailey can now walk short distances with her walker and no longer needs a ventilator to breathe. She is living proof of the great things that can happen when children have access to the health care they need.

“Team Hailey” met with Senator Chris Van Hollen and representatives from the offices of Congressman John Sarbanes, Congressman David Trone, Congressman Andy Harris, MD, and Congressman Dutch Ruppersberger. Additional members of the team who

traveled to Washington included Sheldon Stein, MWPH president and CEO; neonatologist Bernadette Hillman, MD; and Rachana Patani, MWPH community benefit manager.

In these meetings, MWPH’s group explained why it is crucial to safeguard Medicaid from cuts that could harm kids, and discussed the benefits of investing in training for tomorrow’s pediatricians by increasing funding for children’s hospital graduate medical education programs. MWPH’s group urged lawmakers to prioritize policy proposals that improve children’s physical and mental well-being.

MWPH advocated for:

- Safeguarding Medicaid from cuts that could harm kids.
- Investing in training for tomorrow’s pediatricians by increasing funding for children’s hospital graduate medical education programs.
- Prioritizing policy proposals that improve children’s physical and mental well-being.



Hailey Withers outside of Rep. Dutch Ruppersberger’s office.



(Front) Hailey Withers; (Back from left) Bernadette Hillman, MD, Dawn Acab, Sheldon Stein, Rachana Patani.

Holiday Toy Shop

Each year, the MWPH Toy Shop brings the holiday experience and big smiles to patients and their families in need by transforming the entire hospital into a Holiday Toy Shop. Parents and caregivers pre-register their MWPH patient child and all of their siblings. Families choose brand new donated toys to be gift wrapped on-site and taken home, or to the hospital bedside. In addition to toys, the hospital also works with community partners to gather gently used clothing, diapers and outerwear. Nearly 2,500 brand new toys were distributed, helping more than 400 children and 200 families.



Volunteers help families choose from an array of winter wear provided by Share Baby.



Volunteers from the local Ravens Roost help wrap gifts for Toy Shop shoppers.



Santa and Mrs. Claus (Chris and Vicky Compton) enjoy the carolers during the Toy Shop.



2,500 toys distributed, helping more than **400 children and 200 families**

In July 2017, the MWPH Community Empowerment Team met to review data and discuss priorities that MWPH would focus on for the next three years.

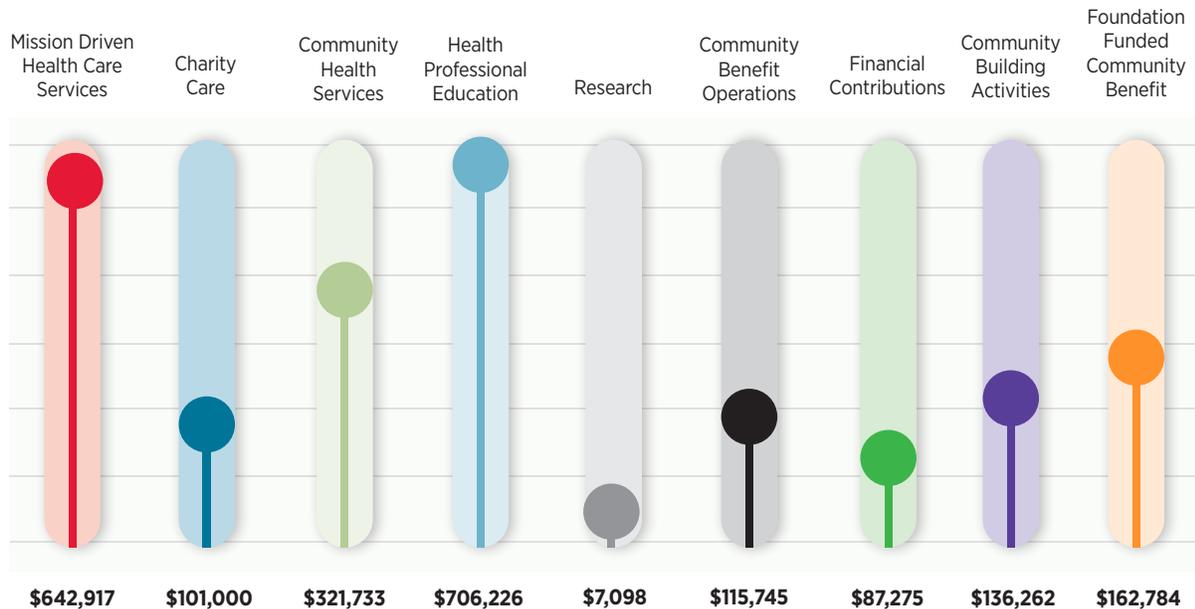
Analysis of all quantitative and qualitative data identified these top seven areas of need within Baltimore City. These top priorities represent the intersection of documented unmet community health needs and the organization's key strengths and mission. The priorities listed below were identified and approved by the MWPH Community Empowerment Team and Hospital Board (6/14/18) and validated by health experts from the Baltimore City Department of Health,

local schools of medicine, nursing, rehabilitation, social work and MWPH employees who engage in community affairs.

MWPH priorities were identified as follows:

1. Health Literacy/Chronic Disease Prevention Education
2. Violence & Child Maltreatment
3. Behavioral Health & Substance Abuse
4. Access to Health Care
5. Mental Health
6. Obesity and Access to Healthy Foods
7. Transportation

Financials



\$2,281,040 TOTAL COMMUNITY BENEFIT

Social Determinants of Health Identified as Priorities/Unmet Community Health Needs:

There were several social determinants of health or external factors identified as “primary needs” or “root causes” in the prioritization process. These included: health equity, poverty/unemployment, and housing. These priorities will be identified in the implementation plan as “Community Support Services.” It is impractical for MWPH to prioritize these as part of the CHNA, given the inability to make a considerable impact in a three-year period.

Community Engagement: To engage the community, MWPH collaborated with other Baltimore City hospitals to collect 4,755 surveys. MWPH collected 1,236 of its own responses through

surveys at public events. MWPH also held 10 focus groups, local health improvement meetings, and discussions with health experts.

Define the Community: To specify the geographic focus and population characteristics for the scope of the assessment and implementation strategies, MWPH accessed data by ZIP code (top 60% of admissions/outpatient visits), census tract, and the Baltimore City Health Department Neighborhood Profile data. The team also connected with the parents of children with special health care needs through The Parents Place of MD and hospital support groups to truly understand their concept of community.

Financial Assistance Policy

If you cannot pay for all or part of your care from our hospital, you may be able to receive free or lower cost services. For a free copy of our financial assistance policy and application, visit <https://www.mwph.org/patients-and-guests/financial/assistance>, 1708 West Rogers Avenue, Baltimore, MD., 21209-4596, or call 410-578-8600. If you have questions, need help applying or need help in another language, call 410-578-8600.



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