



Mt. Washington
Pediatric Hospital

Handprints

SUMMER 2021

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Welcome to a New Outpatient Experience!

MWPH celebrates the official opening of the expanded and renovated Rosenberg outpatient building with a ribbon-cutting ceremony.

In June, Mt. Washington Pediatric Hospital (MWPH) celebrated a milestone with a ribbon-cutting ceremony to officially open the newly expanded and renovated Rosenberg outpatient building. The expansion allows MWPH to serve more than 15,000 additional patients and launch innovative programs to help children in new ways.

"This is such an exciting project for our hospital. We now have the ability to serve thousands more children who have medical and behavioral needs," said Shelly Stein, MWPH's president and CEO.

The "one-stop-shop" approach of MWPH's interdisciplinary outpatient clinics is popular with patient families. The new building was designed with those clinics' needs in mind, arranged in pods that offer more workspace for clinical teams to collaborate.

"This expansion opens up a lot of space for us, allowing us to see more patients more easily..."

"Our behavioral health program has been growing every year, as have our interdisciplinary clinics.

Rooms and space were limiting factors," said Justina Starobin, vice president of outpatient services at MWPH. "This expansion opens up a lot of space for us, allowing us to see more patients more easily, meeting the growing demand for services."

Outpatient behavioral health services have a significant increase in space in the larger facility. "It's a demonstration of the hospital's faith in the psychology program and what we have to offer the community, allowing us to increase the size of our staff and enhance our programming," said Kenneth Gelfand, PhD, psychology manager at MWPH. "As a result, we'll be bringing on seven new psychologists by the fall."

continued on next page >>



New Outpatient Experience *continued*



The autism program’s growth will enable the team to work with kids from birth to age 5, which is a critical time for language development and learning, both in one-on-one settings and through expanded group programming. The hospi-

tal is also adding new programs focused on pediatric trauma and pediatric pain management, in response to needs within the community. MWPH’s psychology staff has specialists who are trained in hypnosis, biofeedback, and other pain management techniques.

“We recognize that there is a lack of services in the community for kids who are victims of abuse, neglect, and other types of trauma. We’ve also had an influx of referrals for kids with pain disorders or who have complex medical concerns and need coping strategies to help them deal with those issues,” Dr. Gelfand said.

In addition to the expansion, the project also included a renovation of the existing space. Today, the entire building feels seamless, with a kid-friendly waiting room and updated exam room equipment.

Much of the construction process occurred during the pandemic, and, as a result, the team added a few extra items in response to COVID-19. For example, the project included upgraded WiFi technology to handle increased telemedicine use as well as larger work areas designed to accommodate social distancing requirements to keep staff and patients safe.

This project would not have been possible without the support of the community, particularly MWPH’s amazing donors. “The Rosenberg Trust, Marsha and Herb Stoller, the Mt. Washington Pediatric Foundation, Dr. Lawrence Pakula, Leonard and Roslyn Stoler, and many others truly embraced the opportunity to expand such a needed resource for children, particularly in the areas of behavioral health, primary care, and interdisciplinary clinics,” said Jill Feinberg, MWPH’s vice president of development and external affairs. “I’m very proud of our team. They worked so hard to raise the funds needed to be able to make the Rosenberg expansion a reality.”

Now that the dust has settled on the construction and renovation, the MWPH team is back to doing what they do best—providing clinically excellent, compassionate, personalized care to the region’s children and families. ♥

MONTHLY FAMILY DINNERS

Please check signage around the hospital for dates. Questions? Please call Michelle Hanover at 410-578-2651

JUL 25

CHRISTMAS IN JULY

Donate toys to our Child Life program and to our toy shop later this year!



OCT 16

8TH ANNUAL STORYBOOK GALA
Baltimore Marriott Waterfront Hotel

More details coming soon!



ROSENBERG OUTPATIENT EXPANSION BY THE NUMBERS

50%

MORE SQUARE FOOTAGE

7

ADDITIONAL PATIENT EXAM ROOMS

2

STAFF WORKSPACES ADDED

7

BEHAVIORAL HEALTH THERAPY SPACES ADDED

1

MEDICATION ROOM ADDED

400+

DONORS

15K

ADDITIONAL OUTPATIENT VISITS PER YEAR

Message from the President

Dear Friends,

This month has been full of excitement, as we celebrate the official opening of the Rosenberg outpatient building and also move our Prince George's County location to the new UM Capital Region Medical Center. I am proud of our team for making this move to Largo happen so smoothly. There were thousands of details to coordinate, from staffing and equipment to licensing and transportation. We are all looking forward to an exciting new beginning at Capital Region, and we hope to expand our growing programs in Prince George's County now that we have a state-of-the-art hospital for both inpatients and outpatients.

As a nation, we are hoping that we have turned a corner in our fight against COVID-19. Here at MWPH, we continue to work to maintain the safety of our environment, keeping our hospital free from infections and following all precautions and guidelines set by the Centers for Disease Control and Prevention, the State of Maryland, and our hospital partners. Although it has been exhausting, our vigilance has paid dividends by keeping our patients, staff, and visitors safe.

As we look ahead, we're delighted to be finalizing the construction plans for our new Ability Center, adding 4,000 square feet of

treatment space to support our growing rehabilitation patient population. We will keep you up to date as we get closer to breaking ground.

I hope you and your family can appreciate the joys of summer this year, from traveling to spending time with loved ones. It is my hope that when September rolls around and schools reopen, life will look closer to normal than it did last year. Until then, please be safe.



Sincerely,

A handwritten signature in black ink that reads "Sheldon Stein". The signature is written in a cursive, flowing style.

Sheldon J. Stein,
President & CEO

Where Are They Now? —David Sobczak



David is in his third season as a student assistant coach for the Syracuse Orange, pictured here with teammates at Syracuse University.

When he was just two years old, David Sobczak was diagnosed with cerebral palsy (CP), a neurological condition that affects movement and coordination. Over the next 18 years, David had regular outpatient visits at MWPH and three inpatient stays. The most recent of these was in 2019, when he got a Baclofen pump installed to help decrease spasticity caused by CP. After the pump was implanted, David had to relearn how to stand and walk. Determined to give back to kids at MWPH, David spent two years during high school as a peer mentor at MWPH, giving inpatients confidence and hope for the future.

Football is David's passion. He is currently in his third season as a student assistant coach at Syracuse University, a Division I program. Being part of a high-level football program has been both fun and challenging, David said. "I've had to earn my stripes, because I'm not a player or a former player, and on top of that, I have a disability. There is no one else who is trying to do what I'm doing. I'm committed to being the hardest worker and the best guy at the job, doing everything I can to get one percent better each day."

His ultimate career goal is to become an NFL head coach, but David is committed to a greater purpose as well. "My dream is to coach in the NFL, but my purpose is to help families of hospitalized children. I want to start a foundation dedicated to helping pay for kids' hospital bills," he said.

For now, David is concentrating on his social work major and is looking for internships with the NFL this summer.

"MWPH changed my life forever—physically, of course, but also in terms of changing my perspective about my disability," David said. "I am convinced that my condition is the best thing that ever could have happened to me. Without it, I wouldn't have football, I wouldn't have so many people in my life, and I wouldn't have a clear sense of purpose." ♥

EMPLOYEE NEWS

GET TO KNOW OUR STAR EMPLOYEES

The STAR employee award honors those employees who personify our CARES values—Considerate, Attentive, Respectful, Efficient, Safe. These honorees are recognized as outstanding role models in our hospital.

April



Name: Danielle Stewart
Title: Clinical Systems Analyst II
Department: Information Systems
How long have you worked at MWPB: 14 years

What is your favorite thing about your job: The family oriented atmosphere allows me to be there for my four children for their school events, sports, etc. My boss, Heather Dewan emphasizes the importance of not missing special moments as our children grow up. I see this throughout MWPB. When you love what you do, love the people you work with, and feel like you can be a great Mom at the same time, what's not to love?
Name one thing that most people don't know about you: I have a twin sister.

May



Name: Chrissie Heimer
Title: Director of Outpatient Services
Department: Outpatient
How long have you worked at MWPB: 22 years
What is your

favorite thing about your job: Everyone at MWPB, regardless of their position is focused on providing the best care for our patients and families.
Name one thing that most people don't know about you: My best friend and I got matching tattoos when we turned 20. She's still my bestie.

June



Name: Liz Hime
Title: Social Worker
Department: Collaborative Care
How long have you worked at MWPB: 6 years
What is your

favorite thing about your job: Getting to know the families that I work with and helping them with transitioning to home. I love when they come back and say hi for a visit or appointment.
Name one thing that most people don't know about you: I lived in London for a year after college, coaching lacrosse and during that time I was able to represent the Israeli Women's National Lacrosse Team during their first European Tournament.

HOSPITAL WEEK

We are so grateful and appreciative of the hard work and dedication of the MWPB team!

This year's celebrations included honoring our service award recipients, nurse of the year awards, special treats of ice cream and donuts and food truck Friday to end the week. Thank you for all you do!



DAISY AWARDS

APRIL & MAY

Violet Ebbesen and Katelyn Mallon

DAISY Award recognitions honor the super-human work nurses do for patients and families every day. Thank you Violet and Katelyn for all you do for our patients!



MYTHBUSTERS



Myth busted by pediatrician
Michelle Chudow, MD, FAAP.

MYTH: I don't need to tell my child about "the birds and the bees" until my child is a teenager.

FACT: The earlier children are taught about their bodies, body safety, and consent, the safer they will be.

Children who know the proper names for their genitals (private areas) and know that it's okay to say "no" to inappropriate touches are less likely to become victims of child sexual abuse. They are also more likely to wait until they're older to have sex.

Nobody wants to think or talk about children who have been sexually abused or molested. Unfortunately, every nine minutes a child in the United States is sexually abused, and most of them won't tell a safe adult about what is happening to them right away. The good news is that knowledge is power.

Teaching children the proper names for their genitals (penis, vagina, butt) has been shown to protect them from sexual abuse, and if abuse does happen, it helps kids talk about it sooner and easier. Telling kids that it's okay to say "no" to unwanted touches (even hugs from relatives) helps them learn that they are in control of their bodies, which can make it easier for them to stop a potential abuser from molesting them.

For more information on child and adult sexual abuse or assault, please visit rainn.org, D2L.org, or bcaci.org. If you need to report child sexual abuse, please call 911 or Child Protective Services in your city or county, or go to your nearest pediatric emergency room. If you feel unsafe in your own relationship, please call 911 or 1-800-656-HOPE (4673).

You are not alone, and there are people who can help.

PROMOTIONS

- **Jaimie Regulski** from PCA to LPN
- **Alex Roberts** from Post Doc Fellow to Pediatric Psychologist

PRESIDENT'S CLUB

The President's Club is comprised of employees who have served at MWPH for 20 or more years. This year, we recognized 71 members for this outstanding achievement. Thank you all for your commitment to MWPH over the last 20 years and beyond.

To see the full list of President's Club members, visit mwph.org/presidentsclub

A Day In The Life of Gaston

MWPH was delighted to welcome our new therapy dog, Gaston, in late March. A two-and-a-half-year-old black Labrador, Gaston is keeping busy already. We caught up with him, and handler Jennifer Langezaal, MS, CCLS on a recent Tuesday.

8:16 a.m. – Help a child go up and down the stairs successfully during an outpatient physical therapy appointment.

9:28 a.m. – Have an outpatient therapy patient brush my shiny coat. I love spa day!

10:37 a.m. – Help a baby on a ventilator meet her first dog, so she can be ready for the two family dogs she'll meet when she goes home for the first time.

11:26 a.m. – Hang out with school-age patients in the garden, as they take a walk with me.

12:08 p.m. – Say "hi" to child life staff during a meeting, then take a quick nap under the conference table.

12:32 p.m. – Take a lunch break!

1:45 p.m. – Meet a patient who needs some cuddle time during a Baclofen pump refill procedure.

2:52 p.m. – Go for a lap around the CPAR unit to make friends with the nurses.

3:24 p.m. – End the day with a playroom session on the Pakula unit, giving babies sensory stimulation opportunities.



CONGRATULATIONS

Congratulations to Katy Alexander, LCPAT, ATR-BC, LCPC of the Child Life and Therapeutic Recreation department, as she is now a fully licensed art therapist. Katy will be utilizing a Foundation grant to initiate art therapy at MWPH starting this summer.

ALL HANDS ON D.E.C.

MWPH's Developmental Evaluation Clinic (DEC) evaluates and monitors developmental progression of children, birth to age 3 or 5 depending on location, and serves as a valuable resource for families. DEC is available at the W Rogers Avenue location in Baltimore as well as at the brand new UM Capital Region Medical Center location in Largo.

"DEC is unique because it's interdisciplinary. It is made up of a cohort of professionals with expertise in different domains who can come together in a cohesive way and who build on each other's expertise," said Ajoke Ajayi-Akintade, MD, FAAP, board-certified neurodevelopmental pediatrician and assistant medical director at MWPH. "It's a one-stop-shop for children with all kinds of developmental challenges."

“DEC is unique because it’s interdisciplinary... It’s a one-stop-shop for children with all kinds of developmental challenges.”

Patients may be referred to DEC for a variety of concerns, including prematurity; a developmental delay in motor, speech, social, and/or cognition; neonatal abstinence syndrome; a change in developmental progression; or a genetic disorder. During a DEC evaluation, team members from developmental pediatrics, psychology, physical therapy, occupational therapy, speech-language pathology, and nursing all participate.

After the evaluation, the assessment results from each team member are reviewed and contribute to the diagnostic impressions and

recommendations. The team takes the parents' goals and questions into account when identifying and prioritizing recommendations.

“It gives parents a sense of support for the journey they’ve been on with their child.”

After the findings are reviewed, families then go home with a diagnostic summary targeting their child's needs. Parents appreciate the collaboration among DEC's professional team, and value receiving a document to share with others involved in their child's care.

The team monitors developmental progression of patients by reassessing functioning every three to six months. Older children are seen on a case-by-case basis. Recommendations can include linking families to needed services (e.g., outpatient rehabilitation therapy, psychology services, or physical medicine), connecting them with social or financial advocacy resources, and referring them to community-based early intervention programs such as Infants and Toddlers and Child Find. The team might also recommend further genetic or neurological testing.

"Parents appreciate this holistic approach because they have the opportunity to ask global questions. It gives parents a sense of support and validation for the journey they've been on with their child," said Kimberly Derrickson, PhD, senior pediatric psychologist and coordinator of psychology training at MWPH's Capital Region location. "They can ask a full range of questions to get more individualized information about their particular child, which helps them understand what to expect as their child changes over time." ♥



We've Moved!

UM Capital Region Medical Center is now open!

This brand new, state of the art Medical Center will be home to:

- Center for Infant Specialty Care
- Pediatric Complex Care
- Outpatient Services including: behavioral health, psychiatry, physical therapy, occupational therapy, speech therapy, sleep testing and evaluation

MWPH inpatient and outpatient services will be found on the 8th floor.

901 North Harry S. Truman Drive, Largo, MD 20774.

Main Inpatient: 240-677-1800

Main Outpatient: 240-677-1850

For more information, visit mwph.org/capital

◀ Delivering Shots of Hope •

at MWPH's Vaccine Clinic

At MWPH, we have been fully committed to doing everything in our power to keep our patients, visitors, and staff safe from COVID-19. When vaccines received emergency use authorization from the U.S. Food and Drug Administration, giving hope to Americans everywhere, we wanted to make sure that our staff had convenient access to them. In December 2020, the hospital's COVID-19 vaccination clinic opened.

“Our paramount motivation for opening the clinic was that we want to protect our patients, because they are so fragile,” said Tom Ellis, MWPH's vice president of human resources. “A very close second is that we care for our employees, and we wanted to make sure they felt safe going home to their loved ones.”

Departments across the hospital worked together to make the vaccination clinic happen. A multidisciplinary vaccine workgroup included representatives from human resources, outpatient, IT, communications, and pharmacy, as well as executive leadership. MWPH secured vaccine distribution from the hospital's University of Maryland Medical System partners and made sure storage and mixing



requirements were fulfilled.

Once the clinic opened, staff members could receive their vaccinations during their shifts. The whole process took just a few minutes. At the height of demand, the clinic was administering 60 shots a day. As Maryland gradually expanded vaccine eligibility, MWPH was also able to offer shots to family members who met the state's guidelines as well as the hospital's volunteers. All in all, nearly 900 people have been vaccinated with both doses of the Moderna or Pfizer vaccines.

The hospital's medical staff leaders visited staff meetings to answer questions about the vaccines and address concerns. The vaccination program was voluntary. Altogether, 71 percent of the hospital's staff were fully vaccinated through the hospital's clinic.

“It was really about safety and convenience for our staff,” said Chrissie Heimer, MWPH's director of outpatient services, who also served as the clinic's lead vaccinators. “I was proud to be a part of this effort. We're in a time of great uncertainty, and to see everyone working toward a common goal was good for the heart.” ♥

MWPH: IN THE COMMUNITY

Just in time for summer break and outdoor activities, MWPH teamed up with Go Insurance to provide an impactful event to the Baltimore community. This past May, the MWPH Community Benefit team held a Drive Thru Car Seat event. In addition to car seats, the event also distributed bicycle helmets, masks and summer safety education to equip the Baltimore community with ways to stay safe—whether on four wheels or two.

Through the generous support of Go Insurance, MWPH Community Benefit Program was able to distribute 150 infant, convertible and booster seats to those in underserved communities. Nearly 100 bicycle helmets and 150 masks were also distributed. In addition to the individual families, Baltimore City Youth Empowered Society, Y of Central Maryland, Arlington Elementary, Pimlico Elem/Middle and St. Vincent de Paul Head Start families also received car seats.





Patient Parent Perspective

Will and Vicki DeKrone



Will and Vicki DeKrone are the parents of two children. Their daughter Maia is 9, and their son Andrew is 8.

How did your family first connect with MWPH?

Andrew was born at 30 weeks and had an intraventricular hemorrhage at just a few days old. He initially

came to MWPH as an infant in 2013 because he was having feeding issues. At about one year old, Andrew was diagnosed with spastic cerebral palsy, dystonia in the hands, and later, nephrotic syndrome. He has seen Dr. Stephen Nichols on an outpatient basis since 2014. In January 2021, Andrew had a Baclofen pump implanted to reduce his spasticity, and he recovered at MWPH.

What other services has your family received at MWPH?

In addition to Andrew's inpatient and outpatient experiences, Maia has also participated in the feeding day program.

What stands out about MWPH?

The movement disorders clinic: They're always there for you. We love Dr. Nichols, and his nurse, Joanne, is fabulous. They always respond quickly to any question. As a family, we also appreciate the Special Families Unite group at MWPH. The outings we've been on and the meetings we've attended help us connect with other families who are going through similar experiences. We get a lot of support through that group—the ability to network with the other families is awesome.

What advice would you give to parents coming to MWPH for the first time?

If you have questions about your child's condition, talk to the team at MPWH about the situation to get their thoughts on it. When Andrew was first born, we were pointed in a direction as far as treatment, but we didn't have an opportunity to slow down and think things through at the time. At MWPH, we were able to find out what treatment options are available. We had the time and space we needed to compare alternatives and make educated decisions.

KUDOS for our Caring Staff

Professionalism and Kindness

"My daughter, Amaya, attends the Weigh Smart program. The professionalism and kindness that have been extended to my daughter and myself from the staff has been outstanding. They make sure the kids understand the material. Just an all-around awesome team. A+"

— Marja Holmes, patient parent

A Warm Welcome

"Registration and check-in was pleasant from the time we walked in the door until the time we left. Staff was professional and welcoming!"

— Brenda Shell, patient parent

For information or questions about *Handprints*, contact **Katie Yeager**, Communications Coordinator at katharine.yeager@mwph.org



**Mt. Washington
Pediatric Hospital**

Where Children Go to Heal and Grow

An affiliate of University of Maryland Medical System and Johns Hopkins Medicine

Handprints is a publication of the Development department for MWPH's patient families, staff and the community.



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