

K.I.D.S. NEWS



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MENTAL HEALTH MATTERS

By: Mel Sexton, Community Fundraising Events Coordinator at Riley Children's Foundation

Last month I shared that Kiwanis is helping Riley tackle the mental health crisis in Indiana. You might be asking, Why Mental Health? Why Riley? Let me share this with you:

What is the problem?:

-- About 1 in 5 children is living with a mental health condition. Fill up Lucas Oil Stadium with kids on game day. **Now do that three more times.** And imagine every single one of those children and teenagers is struggling with depression, anxiety or suicidal thoughts.

-- Suicide is the **second leading** cause of death among Hoosier teens. Our suicide rate has consistently been above the national average since 1999, and we're one of the states where the rate is growing fastest. This is chilling.

What is Riley doing about this problem?:

--Riley brought about 200 experts together, including clinicians, researchers, policy experts, state government representatives, school leaders, and representatives from other health systems to develop a pediatric and adolescent mental and behavioral health strategy for the state.

--The strategy addresses the full spectrum of care, from prevention and early intervention, to outpatient care, to crisis stabilization and acute care. The vision is also to work with the state to address some of the intrinsic problems with the system. This includes how mental health care is reimbursed.

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MENTAL HEALTH MATTERS continued

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How is Kiwanis able to help?:

--Kiwanis support will specifically help Riley develop the integrated care program. Basically, it involves embedding mental health care into primary care offices, so kids can get early access to treatment for a number of the most common mental health conditions in an environment that's comfortable and familiar. This includes depression, anxiety and conduct disorders like ADHD. The program will start in 20 primary care offices and reach 70,000 to 80,000 children, with the goal of expanding further.

There are several features that are particularly innovative:

- The program uses research-based technology to quickly and accurately provide assessments; a 7-min questionnaire on a tablet gives the primary care physician a sense of what's going on with a high degree of accuracy
- Master and bachelor's-educated therapists and interventionists will be trained in an evidence-based therapy called FIRST. Kids will be referred to these clinicians, many of whom will be located right in their regular doctor's office. FIRST was developed at Harvard to address common diagnoses. It teaches the following principles:
 - Feeling Calm
 - Increasing Motivation
 - Repairing Thoughts
 - Solving Problems
 - Trying the Opposite
- If medication is warranted (and it won't always be), the primary care physician will prescribe and be able to consult with Riley psychiatrists.
- In addition to FIRST therapy, a number of specialty group therapies will be offered virtually. For example, there will be a group for kids with autism to practice social skills, another for children with ADHD to learn organization, groups for kids and teens with sleep problems. There will also be groups for teens who are injuring themselves and for those with mild substance use. There will even be a group for parents of 0-4 year olds who need parenting skills support. There's lots of data to show that groups are an effective way to help many kids.

Even better, thanks to a grant from Indiana's Family and Social Services Administration, the funds raised by Kiwanis for this project will be MATCHED! You will have double the impact.

Thanks

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TRANSPORTATION

By Felicia Dixon, Committee Chair

Concerned Kiwanians with both an interest in serving and a commitment to Riley Hospital decided that words were not enough and action was needed in order to help children get to their appointments at Riley Children's Hospital, They responded to this need and showcased their commitment by establishing a program initially known as "Reach-Out Indiana." Kiwanians demonstrated their commitment to serve. It worked then, and it has continued to work now. Although we have renamed this service as simply Transportation, the service is the same. Parents and patients appreciated the service then and continue to appreciate it now.

Chaired by devoted Kiwanians Marti Hoffman, Marge Crouch, and Sharon Canaday in the past, I assumed the position of Transportation Chair at the June KIDS Meeting, and almost immediately began receiving calls from the social workers at Riley asking for help. I want to explain the process so that you all know what to expect and essentially what to do if you decide this is a service you want to provide. I believe it is not only appreciated by physicians, parents and patients, but also really exemplifies service in a very direct and impactful way.

As the liaison between Riley and KIDS, I receive a phone call for need of transportation from a Social Worker at Riley. The Social Worker tells me the name, age, address, and phone number of the patient and family, as well as the date and the time of the appointment. My job is to find transportation and to communicate the name and driver information to the Social Worker.

To find drivers, I go directly to my List of Division and Riley Advocates. I am very thankful that most divisions have Advocates and Assistant Riley Advocates that I can call. I essentially call the Advocate and give all the information to him/her. The advocate then calls the club president of the club in the vicinity of the patient who identifies a potential driver. The club president communicates the name of the driver and his/her phone information to me, so I can contact the driver. It helps to have an email address as well, in case I cannot reach the driver by phone or text message. I am then able to call the Social Worker with the driver information.

If you agree to drive, please do the following:

1. Phone the family immediately to assure them you plan to drive.
2. They are responsible for all car seats needed for their family. They need to install them in your car themselves.
3. Two days before the appointment, call them again to assure them you will be there.
4. Access the Release/Consent Form. (find this on the Indiana Kiwanis website).

I want to voice my appreciation to John Anderson, Paul Sciarra, Don Kowalke, and Dana Weigle for their help in arranging transports. I also want to thank fellow Kiwanians for their generous support at the district Convention in August. We passed the Riley Red Bucket and received \$506 to buy gas cards for our Transport Drivers! Here is a Shout Out to You. You truly do Serve!

NEW CAMPAIGN, NEW FUNDRAISING PAGE

By: Mel Sexton, Community Fundraising Events Coordinator at Riley Children's Foundation



We have a new fundraising page created to support the Kiwanis Reach Out Indiana campaign for Mental Health. As you might remember, during the last campaign, you or your club had the option to set up an online site to collect donations that came straight to Riley Children's Foundation, but still be associated with your club. Any recurring gifts made from that site will continue to fund the Maternal Fetal Medicine endowment project.

I encourage your Division or Club to set up a new fundraising page for this campaign! You can use this to collect credit card donations, set up recurring gifts to the campaign, or have an online giving presence.

To get started, visit: <https://give.rileykids.org/KiwanisMentalHealth>

To set up a team, choose "Become a Fundraiser" and follow the steps for Creating a Team. I encourage you to use your full Club name and not just "Greenville" or "Golden K" so that there is no confusion if people are looking for your page. If you would like help setting up your page or want more detailed instructions, please contact Mel Sexton!



November "Fall" Specials at The Safety Store

Open Mon-Fri 9 AM to 4PM

Located in the Riley Outpatient Center next to Gift Shop

Curbside Pickup/Shipping is also available.



Safe-er-Grip Assist Bar

12 inch \$7.50
16 inch \$9.99



Hardware Mounted or Pressure Mounted



Dual Mode
Lift, Lock, & Swing Gate
\$35.00



Extra Cushy! Soft Spot
Cushioned Bath Mat
\$14.95



2 PK TV & Furniture Wall Straps
\$6.00



Bath Spout Cover
\$6.50



STRONG DUAL-SIDED GRIP

Gorilla Grip 8 PK
Rug Gripper
\$12.00



Yaktrax Traction Cleats
\$16.50



Elbow, Knee, & Wrist Pads
\$14.50



Graphic Bike Helmet
Child & Adult Sizes
\$11.50

Call 317-274-6565 or shop on-line at safetystore.iu.edu or use the QR Code:



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