

e-Currents

Inside this Issue:

- Now Introducing La Rabida's Safe Locations Program
- Turning Yoga into a Behavioral Health Treatment through "Superheroes Move"
- La Rabida Tutors Shape the Minds of Tomorrow
- Sox Serve up a Random Act of Kindness
- Elena Caro to Receive 40 Under 40 Emerging Nurse Leaders Award
- Bookwallah Shares the Gift of Imagination


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Now Introducing La Rabida's Safe Locations Program

At La Rabida, it is our mission to provide the best quality care to patients and their families regardless of their background or ability to pay. One way we do that is through our new Safe Locations program. The Safe Locations program is offered through Child and Family Connections (CFC). Through the CFC, children and their families have the ability to enter the Illinois Early Intervention Program, which serves infants and toddlers who may be at risk for developmental delays. The Early Intervention Program offers sixteen services, some of which include speech, physical, occupational, and developmental therapy. La Rabida operates one of the twenty-five CFC locations in Illinois, serving over 1,000 children annually.

With Early Intervention therapy, it is beneficial for children to receive care in a natural environment, but because the CFC primarily serves communities with high levels of poverty and increasing levels of violence, it can be difficult for staff to feel safe and effectively work with patients in their homes. Because Early Intervention providers are able to choose the regions in which they serve, fewer providers were willing to visit homes in neighborhoods where there was an increase in unfavorable incidents. This resulted in service delays for families and children who needed care the most.

In an effort to avoid these issues and provide necessary treatment, La Rabida introduced the Safe Locations program in 2018. Safe Locations has partnered with a number of early childhood day care centers, libraries, community centers, and churches in Chicago that act as neutral meeting spots. This allows families and their therapists to meet in a safe, secure location to discuss and receive the Early Intervention services that they require. With meetings taking place at facilities in their area, families are also introduced to a number of resources within their own communities that they may have never taken advantage of before.

The Safe Locations program allows for consistency and familiarity for children and their families. Because the appointments are conveniently located and are held in a secure space, the focus is on the needs of the child. Safe Locations also assists with transportation via Lyft when needed. Over a span of six months, the program provided 303 Lyft rides for families to get to their Early Intervention meetings and therapy sessions at a Safe Locations site.

Safe Locations allows our staff to provide consistent, holistic care to our patients and their families. Because of that, we can ensure that no matter the circumstances, we can help children receive the care that they deserve to live a happy, healthy and full life.



Turning Yoga into a Behavioral Health Treatment through "Superheroes Move"

This summer, the La Rabida behavioral health department introduced a new group treatment option for patients – yoga. The "Superheroes Move" yoga class was developed by Cassidy Anderson, La Rabida behavior health therapist. After completing a training with Asana for Autism and Special Needs, Anderson implemented the yoga structure at La Rabida to benefit patients. Created with diverse abilities in mind, the multi-modal group incorporates a mixture of movement and hands on activities with visual supports and a structured schedule.

The mindfulness exercises taught during the yoga sessions have been proven to improve sleep, mood and emotion regulation. The strategies utilized during the weekly class teach patients how to self-regulate when they begin feeling overwhelmed by implementing breathing techniques and movements taught during the yoga sessions.

By consistently implementing the practices taught during the yoga classes, children can learn how to alleviate symptoms that are a result of stress and anxiety. Yoga forces children to slow down and allows them to refocus. These yoga exercises also lead to an increased attention span, often resulting in an improvement in academic performance.

The skills taught during the yoga classes can be executed whenever and wherever, providing children with coping strategies to integrate into their everyday lives.

La Rabida Tutors Shape the Minds of Tomorrow

At La Rabida, we take pride in helping children prosper in every aspect of their life – even in the classroom. Our tutoring program serves our outpatients and their siblings, ranging from first to twelfth grade, and focuses primarily on improving the student's reading and mathematics skills.

Our award-winning program was created with our patients' needs in mind. Tutors are there to act as an academic support system and are available to assist with any challenges students may face with their schoolwork. During the weekly sessions, tutors work one-on-one with an assigned child on assignments they may need extra assistance with.

"Working with the kids in the tutoring program has been the best," says Henry Biermann, La Rabida tutor. "The students are eager to be involved and are always very engaged. It makes learning fun for everyone!"

The free resource was utilized by over 30 kids last year. For children who are acclimated to visiting La Rabida for medical treatment, it can serve as a familiar and comfortable environment to grow academically.

Tutors involved in the program range from high school and college students to board members and former La Rabida employees. Are you interested in getting involved? Please contact Tonisha Daniel at 773-256-5985 or tdaniel@larabida.org. The tutoring program runs from October through May. Available times for tutoring are Tuesday evenings from 4:30 to 5:45 p.m. or 6:00 to 7:15 p.m.



Impacting the Lives of Future Generations

There are many ways to leave a lasting impact on the children and families of La Rabida. One way to do so is to leave a gift to La Rabida Children's Hospital in your will or trust, or by beneficiary designation in your retirement account or life insurance plan. Doing so will positively impact the lives of future generations. This thoughtful gift won't affect your lifestyle, but it will support our mission for years to come. In doing so, you will be remembered as someone who made a lasting impact on our patients and their families.

If you're interested in learning more, please contact Beth Lye at 773.256.5718 for more information.

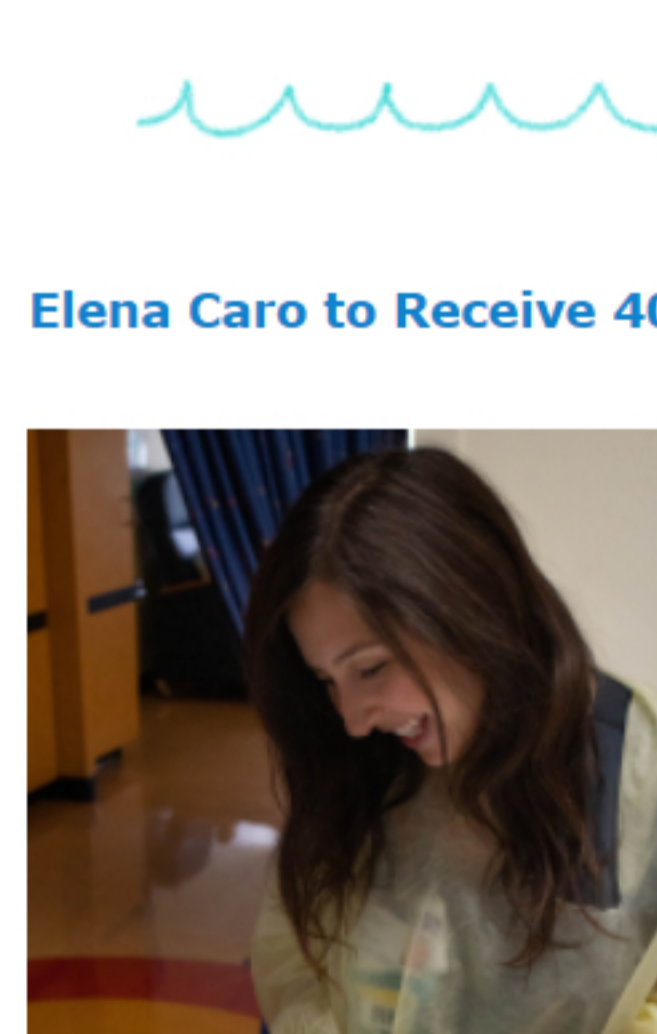
Sox Serve up a Random Act of Kindness

The Chicago White Sox surprised the La Rabida clinical team by delivering breakfast and White Sox swag on Monday. The unexpected treat was in honor of Sox Serve Week, an annual, week-long initiative to help make Chicago communities a better place to live, work and play.

Thank you to the Chicago White Sox and the Chicago White Sox Charities for the delicious surprise!



Elena Caro to Receive 40 Under 40 Emerging Nurse Leaders Award



Every year, the Illinois Nurses Foundation presents the 40 Under 40 Emerging Nurse Leaders Award to a number of nurses across the state who have shown their dedication and commitment to providing high-quality care to patients while also demonstrating leadership qualities. This year, La Rabida's Elena Caro was one of the 40 nurses selected.

Nominated by an advisor she connected with while earning her Doctorate of Nursing Practice, Elena was recognized as an emerging nurse leader because of her passion for the nursing profession and her ability to provide care with empathy and compassion. Her leadership qualities have not gone unnoticed here at La Rabida, and we are thrilled that she is a part of our nursing team.

"Receiving this award is special to me because it is a humbling achievement, and I look forward to meeting other accomplished young nurses who are making an impact on health care and the nursing profession," shared Elena.

We are so grateful for Elena's dedication to serving our families with the best care. She will receive her award this fall at the Illinois Nurses Foundation award ceremony.

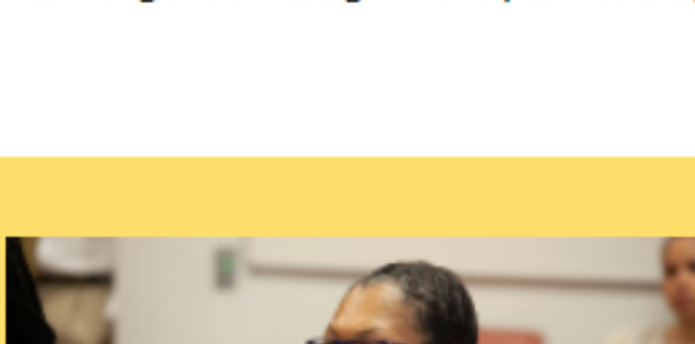
Bookwallah Shares the Gift of Imagination

We are thrilled to have started a relationship with Bookwallah, a locally based non-profit who believes every child deserves the hope of a happy story. To help expand their efforts, they have generously donated "Magic Crate" libraries and over 500 books to La Rabida. The libraries will be used on both the inpatient and outpatient units by our Child Life team as well as our literacy volunteers to read and share with patients. Libraries will also be found in our Chicago Child Trauma Center and La Rabida's Children's Advocacy Center.



To kick off the partnership, Bookwallah visited La Rabida this week and gave away books in our outpatient center. Thanks Bookwallah for bringing joy to our patients and their families through the magic and power of great story books.

La Rabida in the News



This month, University of Chicago published a piece recapping a trauma-informed care seminar that was led by specialists from La Rabida's Chicago Child Trauma Center (CCTC). Dr. Catharine Thomann, clinical supervisor of the CCTC, and Theresa Valach, clinical director of the CCTC, discussed how trauma can affect individuals and their communities and shared how treatment from trauma specialists can positively impact recovery.

Learn more about the seminar and the importance of trauma informed care [here](#).

SAVE THE DATE: 2019 Friends of La Rabida Awards Celebration

Mark your calendars! The 2019 Friends of La Rabida Awards Celebration will take place November 21st at the Ritz-Carlton Chicago. Join us for an evening full of gratitude as we give thanks and celebrate the individuals who help make La Rabida a place unlike any other. Proceeds from the gala will benefit the children and families we serve.

Sponsorship and registration opportunities will be available soon. For information, contact Lona Slaughter at lslaughter@larabida.org or 773-256-5955.



For more information, contact Lona Slaughter at 773.256.5955 or lslaughter@larabida.org.