



Children's Community Health Services grant program 2018-2023.

MedStar Franklin Square Medical Center

Visit [medstarhealth.com/CommunityHealth](https://www.medstarhealth.com/CommunityHealth) for more information.

It's how we treat people.

Commitment to our community.



For more than 50 years, MedStar Franklin Square Medical Center has provided quality care to our community and reinvested our funding to deliver accessible care, education, and wellness services throughout southeast Baltimore County.

MedStar Franklin Square committed \$1 million over five years to impact the identified needs with evidence-based services to benefit children. As part of that commitment, partnerships were formed, and funds were awarded to various non-profit organizations.



Addressing the health needs of our children.



MedStar Franklin Square conducted a Pediatric Community Needs Assessment to identify the medical and social needs of children in southeastern Baltimore County, as well as parts of eastern Baltimore

City and western Harford County. A group of concerned community members provided input and worked with MedStar Franklin Square's team to identify priorities for children's health in these targeted communities.

The Task Force identified the greatest needs for the pediatric population to be mental health, nutrition/exercise/obesity, and asthma. Priority

services needed were:

- Breastfeeding support groups
- Healthcare navigation
- Home visit breastfeeding support
- Kindergarten readiness training
- Mindfulness activities, such as yoga and art
- Nutrition education
- Parent coaching
- Physical activity
- Trauma informed care training

Community partner grantees included:

- Abilities Network-Healthy Families and Project Act
- Arrow Child and Family Ministries
- Catholic Charities
- Down Syndrome Association
- Episcopal Housing Corporation
- Family Crisis Center
- Healthy Babies Collaborative
- The Y in Central Maryland

Grant recipients are required to demonstrate numerous metrics, including program goals, desired outcomes, sustainability, budget, and community impact.

Mental health.



- Seven Social Workers were certified in Cognitive Behavioral Therapy (CBT+) to provide trauma-informed care
- Increased coping capacity and decreased behavioral problems were evidenced by children in the shelter who participated in weekly mindfulness activities offered to families experiencing violence
 - Art with a Heart and yoga sessions, created from a trauma-informed perspective for children and their parents,
- Certified Family Centered Care provider position was funded to care for children in the Emergency Department (ED) to decrease ED time and facilitate discharge to supportive environment
- Healthcare navigation program was provided to increase education on ED use resulting in a 42% decrease in non-urgent visits in just one quarter
 - 100% of participants had health insurance and received routine medical care from a Primary Care Provider (PCP)
- The Foundations for Kindergarten Readiness service model was expanded to two additional daycare centers
- Invested in Infant and Early Childhood Mental Health Consultation (IECMHC) services across Baltimore County and Harford County by providing Project ACT staff with nationally recognized best practices for IECMHC. including professional development opportunities and reflective supervision

Nutrition and physical activity.



- Fit N Fun, nutrition and activity programming was expanded to three additional area schools
 - Attendees performed at least 30 minutes of physical activity at each session
 - Healthy afterschool snacks were prepared with students; recipes were shared with families
 - During the COVID-19 pandemic, vigorous programming continued virtually with exercise and snack supplies delivered to homes
- Weekly breastfeeding support groups were facilitated by certified lactation specialists
 - Essex, Dundalk, and Edgewood neighborhood sites
 - The only online breastfeeding support available in Baltimore County, Baltimore City, and Harford County in 2020-2021
 - 890 encounters with new moms and babies
- Family Support Workers taught new mothers and fathers how to develop supportive, enriching parenting practices via regular home visits. These visits resulted in:
 - 91% of children connected to a pediatrician
 - 82% of children up-to-date on immunizations
 - 100% of babies born with good birth weights
- Cooking classes, cardio-dance, and boxing programs were available for children with Down Syndrome



All services continued throughout the COVID-19 pandemic.

"A single mother with four children, including an infant born premature, came to us (Epiphany Services) making several emergency room visits each month for minor illnesses. She was suffering from anxiety and depression and would panic every time one of her children coughed. She is now in treatment for her mental health issues and all the children are regularly seeing their new PCP. The family is doing very well."



"Fit N Fun is the only time of the day my child feels completely safe and included."

- Parent

"I cannot wait to go home and try this snack with my family."

- Student



"As a new mom, Healthy Families has provided what was needed for my baby, answers and continues to answer all my questions, gives me a sense of peace when I doubt whether I'm doing something right. ... I am really grateful that I am able to be part of Healthy Families."

- Participant with 6-month-old child

Positive impact on the hearts and minds.

Visit [MedStarHealth.com/CommunityHealth](https://www.MedStarHealth.com/CommunityHealth) for more information.



Access site via QR code.



"I would have given up breastfeeding without her (IBCLC) and the group! Now, we feel like pros!"

"Being able to talk through the trouble spots in the classroom has been so helpful. It helps me see things differently and we come up with new ideas together."

- Ms. Melinda,
PreK Teacher

Child participant in a yoga class remembered what they learned and told their mother, "We need to take a breath and find our tall tree pose," when Mom was in distress in front of child.

