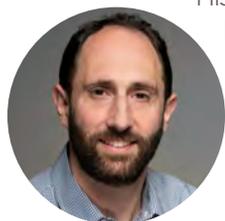




Trusted Care for Immigrant Families

A 13-year-old patient's prescriptions following successful surgery created problems. His Spanish-speaking parents couldn't read the instructions. One medication needed prior authorization from an insurance company. The parents sought help at the familiar front desk of Children's National Columbia Heights.



"His parents were stressed," says Dr. Daniel Newman, associate medical director at Columbia Heights. "They felt more comfortable coming here – where they have been coming for years – than calling their surgical team." Dr. Newman and staff sorted out the prescription details.

Our Columbia Heights location provides bilingual medical and mental health care to a largely Latino patient population. Many families have developed trust in providers, in some cases across generations. As a result, Dr. Newman says, when they need mental

health support, they are more open to receiving it. "I can walk across the hall and make an introduction to our psychologist in Spanish. It works wonders."

Patients also find advocates who link them to social services and affordable legal help. Many are immigrants, or live with immigrant parents. Their legal status affects their education, housing security, health and well-being. "Families have endured incredible hardships to create better lives for their children, yet continue to show such amazing resilience," Dr. Newman says. "To help care for them is an inspiration and a privilege."

Your generous support reinforces the foundation of our community's health and strength – its children. The Diana L. and Stephen A. Goldberg Center for Community Pediatric Health is a national model for holistic care that addresses a family's unique needs. This report highlights how you helped Children's National Hospital connect care, community and discovery to help every child in our region grow up stronger in 2020.



“ Kids can't choose their parents, their insurance or even their pediatricians. But they all deserve the same access, quality and experience of care – the best. ”

– Dr. Mark Weissman, Vice President, Goldberg Center for Community Pediatric Health; Executive Medical Director, Pediatric Health Network; Division Chief, General Pediatrics and Community Health



Children's National's COVID-19 response included creation of the nation's first pediatric drive-through/walk-up testing site.

Our community's philanthropic support made this possible:

6 days to launch pilot site

2,439 specimens collected
March 21 – June 27

Of the first 1,000 patients we tested (March 21 – April 28):
20.7% tested positive

On the Move to Meet a Critical Need

The Mobile Health Program at Children's National THEARC brings care to families where they live, learn and work in Wards 7 and 8. The mobile unit's importance came into stark relief this summer as vaccination rates fell across the country due to fear of the COVID-19 pandemic. Dr. Hope Rhodes, Associate Medical Director at THEARC, uses the unit to make sure kids ages 2 and up receive crucial vaccines like DTAP, MMR and flu shots.

Nurses embedded at each school served by our Children's School Services assess the number of students due or overdue for vaccines. They contact families to schedule them for a mobile immunization clinic. From June to December 2020, the program vaccinated 224 kids. These ongoing efforts help keep children safe from contracting preventable diseases. In some cases, it also re-engages them with Children's National for routine care.

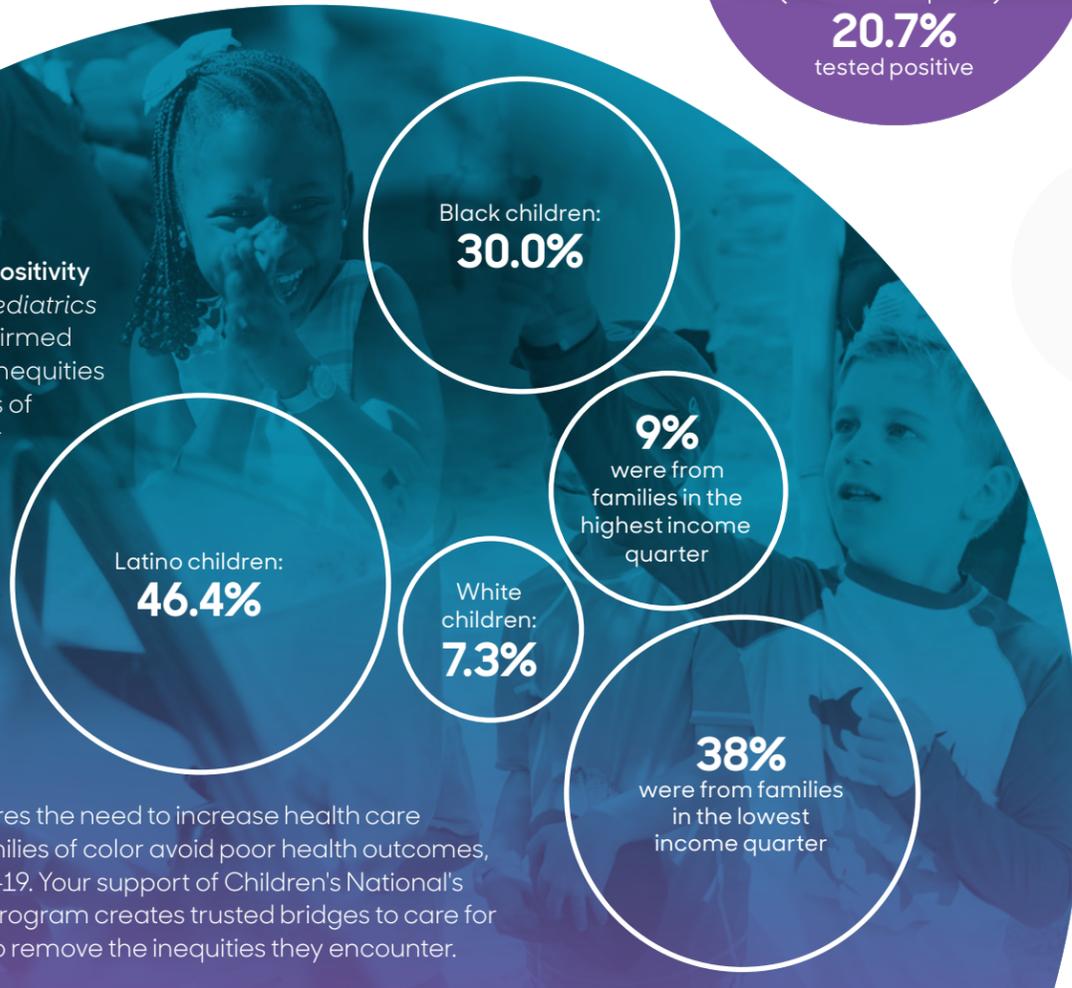
Research to Support New Moms

HealthySteps is a national program that places early childhood mental health specialists alongside pediatricians. Specialists offer support to parents of children ages 0 to 3 at well visits. Through the Early Childhood Innovation Network (ECIN) at Children's National, HealthySteps is conducting crucial research on a mother's mental health in the first year of her child's life. This approach in following a mother for 12 months is unique to the HealthySteps D.C. model.

A key finding shows that mothers' symptoms of postnatal depression are not falling despite HealthySteps support. Some appeared to be doing better during well visits, but their scores on the Edinburgh Postnatal Depression Scale reflect a different reality. ECIN and HealthySteps are exploring methods to measure and pinpoint the sources of a mother's stress, anxiety or depression. This will then inform interventions that will help lower stress and foster stronger bonds between a mother and her baby.



Our analysis of the positivity rate, published by *Pediatrics* in August 2020, confirmed healthcare access inequities across communities of color and with lower incomes:



This study underscores the need to increase health care access and help families of color avoid poor health outcomes, including for COVID-19. Your support of Children's National's community health program creates trusted bridges to care for families and works to remove the inequities they encounter.

Asthma Virtual Visits to Assess Health and Housing

In 2020, IMPACT DC Asthma Clinic piloted a unique telehealth asthma home visiting program under a two-year award from the Federal National Mortgage Association (Fannie Mae) Innovation Challenge. Families can schedule a telemedicine visit with a pediatrician and a housing remediation expert. This combined visit replaces in-person medical appointments and separate home trigger assessments.

These visits, conducted in partnership with Breathe Easy Home Visiting Program and Yachad, have provided care for more than 40 families. Visit show rates stand at more than 70 percent, and families report high satisfaction. IMPACT DC's goal is to use resources efficiently and effectively, reduce intervention time and increase the stock of healthy, affordable housing in under-resourced neighborhoods.



“ Dajasha is back to being happy and healthy. She’s always on the go – talking, moving and exploring, just like a kid should be. ”

– **Dajasha’s mom**, on the primary and asthma care her daughter receives at Children’s National Anacostia

Our Gratitude

Your generosity helps our community’s families break down the barriers that keep them from care. Your commitment inspires us as we strive to reach our city’s kids. Thank you for all that you do to connect families to the care they need – care that helps kids grow up stronger.

 **Children’s National.**

Children’s National Hospital Foundation
ChildrensNational.org/giving
301-565-8500

 [Childrens.National](#)
 [@ChildrensNatl](#)
 [@ChildrensNational](#)
 [ChildrensNationalMed](#)
 [Childrens-Hospital-Foundation](#)