

REPORT 2018 October Cycle

GENERAL INFORMATION

Organization Information

Legal Name: Tracy's Kids Inc.		Federal Tax ID#: 26-3835257	
Address: 5509 Devon Rd	City: Bethesda	State: MD	Zip Code: 20814
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Head Of Organization

Name: Matthew Gerson	Title: Founder and President
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Application Contact

Name: Bridget Gray	Title: Business Director	E-Mail Address: bridget@tracyskids.org	Phone: (202) 441-1298
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REPORT INFORMATION

Report Funding Cycle: 2018 October Cycle	Report Date: 10/01/2019 12:00 am
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1: Please include in your report the dollar amount of the funds that were awarded, the date they were funded and what the funds supported.

Awarded Amount: 15,000	Date: 10/12/2018
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2: Were the objectives cited in your original proposal met? Please address each started objective and how it was met.

Our program objectives are to:

- 1) Staff the program with a Master's-trained, Board-certified art therapist: At Methodist Children's Hospital (MCH), the Tracy's Kids art therapist, Courtney Martin, is a well-loved, responsive, innovative, and respected leader in her field. She has helped build the Tracy's Kids program at MCH into a model site, providing therapeutic care for 600-700 patients and their families each year.

- 2) Provide both individual and group art therapy for patients and family members: Courtney sees, on average, 15 inpatients and 15 outpatients daily. This includes youth ranging from toddlers to young adults. She provides both individual and group sessions, which can include siblings and family members, who are also affected when a child has cancer. This therapy provides mental health support to patients and their families to help them be emotionally prepared to fight cancer as actively as possible--and be prepared for the time when they are cancer-free.

- 3) Serve as an integrated member of a patient's medical team, being highly responsive and engaged with the community of medical professionals serving a patient to increase understanding of patients' emotional needs. Courtney's work bridges the gap between medical treatment and the emotional needs of children battling cancer. Courtney consults with medical teams three or more times a week, and she has presented at the Oncology 101 course for new pediatric oncology nurses at Methodist Children's Hospital. Our partner medical staff value the contribution that Courtney's work provides to patient care and treatment.

3: Please explain any changes from the original proposal and the circumstances that lead to the modification of the objective.

No changes occurred from the original proposal.

4: What needs were addressed?

Tracy's Kids' art therapy directly addresses the emotional and mental health needs of young cancer patients and their families. More specifically, Tracy's Kids provides therapeutic art therapy to help patients: 1) understand and process their emotions related to cancer and blood disorder treatments, 2) learn coping skills and build confidence and creativity, and 3) work along with siblings and other family members to reduce the stress that they feel as a result of going through cancer treatment. Additionally, Tracy's Kids works with medical teams so they are advised on patients' emotional needs and fears, and with cancer survivors to help them process residual trauma and/or ongoing medical issues through the long-term follow up opportunities.

The need for this service has increased in recent years; both the Hematology/Oncology and Bone Marrow Transplant programs continue to grow. Starting in September 2018, six additional inpatient beds were reserved for the program on a different service floor to accommodate this growth. By June 2020, the program hopes to relocate to new 24-bed inpatient unit within the new children's tower; thus, doubling the size of the current 12-bed inpatient unit.

5: What method of evaluation did you use to monitor and measure the project's outcome and what are the result?

Tracy's Kids measures our impact through metrics that help us identify the reach of our programs and how they are affecting patients and families. In 2018, Tracy's Kids at MCH provided 1,403 hours of art therapy, including Open Studio, Individual and Group Art Therapy sessions. The program made 4,058 patient contacts, which includes primarily patients, but also siblings and other participating family members. Additionally, the MCH program's art therapist had 158 consultations with medical teams. We do not yet have metrics for the 2019 program year, but anticipate similar results.

In 2019, we have been surveying medical staff about the efficacy and value of the Tracy's Kids program. We have received many comments such as these:

"During a pre-Bone Marrow Transplant new consult/evaluation, an adolescent patient, was depressed and immediately refusing transplant treatment. The team was having difficulties with creating a trusting relationship to help understanding why the refusal for transplant. The patient's parent shared that the patient has a love for art. Our art therapist was able to build on that common interest and help this patient express her fears, emotions and struggles. Without this we would not have been able to identify this patient as depressed and even learn suicidal ideations this patient has. With this information we were able to provide support and recommend treatment. Thank you art therapy."

6: Do you plan to continue this project, and if so, how do you plan to sustain it?

Tracy's Kids plans to continue our program at MCH. We have worked to spread awareness about the need for and benefit of our program, and we continue to build community-based financial support for the program. We hope to continue to partner with the Najim Family Foundation to provide these valuable services to young patients.

In addition to the critical funding that sustains the program, we receive support in various forms from families of our patients. This year, we received \$1000 in contributions from the family of a little girl named Bella, who was treated at MCH in 2018 and 2019. Bella's father is an Iraq war veteran, and the family endured seeing their daughter go through cancer and treatment. Unfortunately, she passed away earlier this year. They were very thankful for the support they received from Tracy's Kids through the whole process, and they took it upon themselves to raise \$1000 in contributions toward our program.

7: Please provide any other comments of information relevant to this grant.

We were honored to have been featured in this news segment earlier this year, which included an interview with pediatric oncologist Manny Esquilin, in which he explained:

"[Tracy's Kids art therapy] is a way to reduce anxiety without needing to use sedating medications and I'm all about natural techniques and ways to try to alleviate some of these symptoms without having to medicate the kids. What's been encouraging is to see kids almost look forward to coming into the hospital because they are going to have a chance to participate in art therapy and work with Courtney and do some of these projects."

<https://www.kens5.com/article/news/children-with-cancer-coping-with-anxiety-trauma-through-art-therapy/273-0e518048-86fe-4966-bbfe-7cf115f6bec9>

8: Please provide an updated detailed projected budget with expenses for the received grant. Also include the totals for the budgeted and actual amount. Explain any discrepancies between the budgeted and the actual expenses for the project.

Line Item Description	Total Project Funds Allocation	Najim Requested Funds	Project Funds Actual	Najim Funds Allocation
Art supplies	\$3,200	\$0	\$3,200	\$0
MCH art therapist (salary)	\$48,609	\$15,000	\$47,674	\$15,000
Art therapist - benefits	\$11,545	\$0	\$11,545	\$0
TOTAL:	\$63,354	\$15,000	\$62,419	\$15,000

Signature

Bridget Gray