

Info to Know



The Shodair family has been so blessed during this pandemic. COVID 19 has changes much of how we operate and we anticipate, many of the changes could be permanent. Shodair's Incident Command Team continues to meet and making decisions based on what's best for patient and staff health and safety. As the number of COVID 19 cases in Montana increases, wearing a mask continues to be our best line of defense. Everyone in our buildings is required to wear a mask, with the exception of patients. We are also encouraging employees to consider wearing masks whenever in public spaces. While there is a plan in place for if a patient or employee tests positive, but we would be pleased not to put it into place.

Those who can work from home are settling into their new normal, and while we miss seeing their facing on campus, we respect their decision and are grateful for the support allowing this to take place. Now more than ever we must lean into our mission, values and trust the process. This requires actions with intention and could just enrich relationships with the right effort.

Shodair supporters continue to humble us. Generous Montanans are consistently inquiring about how they can help us meet the needs of Montana families.

As always, feedback, criticism, or kudos are always welcome; just respond to this email or directly to Alana at 406.444.7561 or alistoe@shodair.org. And, if you'd no longer like to receive this newsletter and prefer to be removed from this email list, just let us know!

Forum tackles topic of race



Shodair recently was honored to host a forum with an eye-opening conversation with Shodair Therapist Kelly Lampkin and special guest Helena Mayor Wilmot Collins. The event was well attended by engaged members of the Shodair family to the tune of nearly 60 people via Zoom, including Mayor Collins, and 20 attended in person.

The message from both speakers was to engage in conversations about racism, even when it's difficult. Talk with friends, co-workers, and family members including children. It's ok to ask questions and to be curious. It's not ok to ignore actions or words that feed racism, they said. "It's about how you react to it," Lampkin said.

Collins applauded Shodair for being a leader in creating a space to talk about the issue. Shodair administration is considering hosting a community-wide forum via Zoom in the near future. Check Shodair.org for details soon.

Thank you to Kelly and Wilmot for their time and insights on this important and timely subject!



Know what the best defense is to prevent the spread of COVID 19?

wearing a mask!

CONSTRUCTION ZONE

Activity beyond the Group Home on Shodair Drive will be visible as the work starts to relocate the maintenance shop and the ropes course. There will be equipment on-site but parking or normal operations will not be impacted. This work will continue throughout the summer and is expected to be completed this fall.

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Dudek receives 20 Under 40 recognition



Becca Dudek has been selected as one of the Independent Record's 20 under 40 Award Winners for the greater Helena Area for her leadership and work with the Children's Miracle Network Hospitals.

Foundation Director Keith Meyer said she is well deserved because of her role in helping to place Shodair Children's Hospital on the map for our friends at the corporate office in Salt Lake City. Also Joe Dearborn Shodair's CMN Western Representative announced that Becca has been selected to serve a two-year term on the CMN Hospitals Community Operations Task Force for the Western Region. This opportunity for Becca and for us allows us to continue to share our story and to bring additional focus on the work we all do here at Shodair Children's Hospital.

Congratulations to Becca for all her efforts as our CMN coordinator and a member of the Shodair Family! Well-done!



Health and Wellness guide features trauma-informed care approach at Shodair. Click [here](#) to read the story online.

Miracle Treat Day Update

Because COVID-19 continues to be a concern throughout North America, the Dairy Queen leadership determined that a national fundraising event that brings large crowds of fans together at Dairy Queen restaurants is not feasible this year. Therefore, the DQ system will not move forward with the traditional national Miracle Treat Day in 2020. Dairy Queen knows how fun and successful Miracle Treat Day has been in the past and they expect Miracle Treat Day to return in 2021.



Mask-Wearing 101

THE RIGHT WAY	THE WRONG WAY
 Make sure your facemask completely covers your nose and mouth and is secured snugly under your chin.	 Don't touch the outside of your mask while you are wearing it.
 Wash your hands before you put on, and after you take off, your mask.	 Don't reuse disposable masks. Throw away after single use.
 Touch only the ties or ear loops when putting on or taking off your facemask.	 Don't wear a mask that's too loose or slides down your face.
 If your mask has a metal wire running along the top edge, mold it over the bridge of your nose. If you have a disposable mask, the blue side should be facing outward.	 Don't lower your mask so you can talk.
 Launder your cloth facemask between uses, especially when visibly soiled.	 Don't rest your mask around your neck or under your chin.
 Store masks in a clean environment.	 Don't hang your mask off your ear.

Fun Fact: Montana is the fourth largest state in the U.S. with the 44th largest population.

Connect with us!



Psychiatry & Genetics

May 2020

Average length of stay

Acute Adolescent: 11 (budgeted 8.5)
Acute Children: 9.3 (budgeted 10)
Residential Middle School Age: 43.5
Residential Teenage: 71.8

Percentage of
Medicaid Patients
served: 71%

Admissions:
70 acute

Percent of patients who
reported feeling energetic
and healthy:

Admission: 73 %
Discharge: 83 %
Percent increase: 13.7 %

Percentage of Patients who
reported that they felt
satisfied with their life:

Admission: 56%
Discharge: 75 %
Percent increase: 34 %

Self-Reported Gender
Identity on Admission:

Male: 35.7%
Female: 55.7%
Transgender: 3.5%
Other/Non-Binary: 2.6
Declined to Report: 2.6%

Clinical Genetics

General In– Person: 0
Neuropsych: 5
Metabolic: 5
General Telemedicine: 58
Cleft Palate: 0
Cancer: 8
Total: 76

Genetics Laboratory

Molecular Tests: 56
Cytogenetic Test: 34
Total: 96

Happenings

Move to telehealth saves families both time and money

Before the COVID pandemic started Shodair's outpatient clinics were providing most of its mental health services in person, requiring many patients and their parents to travel long distances for family therapy sessions.

But once the COVID shelter-in-place restrictions were enacted in mid-March, Shodair quickly converted its outpatient services to 100% virtual, meaning the patient and parents could access their family therapy session via tele-video technology using only their smart phone, tablet or home computer to get connected.

By early accounts, the adoption of this new technology has been well received by the patients, parents and providers of services. And the savings of travel time and money has been significant. Since January of 2020, parents have saved over 240,000 in travel miles, \$48,000 in travel costs (gas and repairs) and 4,200 hours of travel time behind the wheel. And it's even a benefit to our environment as the reduction of gasoline consumption saved nearly 95 metric tons of CO2 emissions from entering the big skies of Montana.

240,000 miles of driving saved
\$48,000 of saved travel costs (not including food and lodging)
4,200 hours of travel time saved
95 Metric tons of CO2 emissions saved

Shodair believes the delivery of outpatient mental health services via tele-video technology is here to stay and already has seen substantial growth in virtual visits since March. "It is becoming the great equalizer in Montana for access to child and adolescent outpatient mental health services", says Ron Wiens, Director of Business Develop at Shodair.

Which was echoed by John Brewer, Chief Clinical Officer who added that "through tele-video technology not only are families saving time and money, but it's increasing access to those living in frontier communities that might otherwise have foregone the service due to the high cost of traveling to a distance clinic".

GRASMICK PRODUCE
FARMERS TO FAMILIES
FOOD BOX PROGRAM

PRODUCE BOX CONTENTS 25 LBS.

- Potato Local (Grown in Idaho) 5# Bag
- Yellow Onion Medium 3# Bag
- Apple Local (Grown in Idaho) 3# Bag
- Orange 4# Bag
- Yam or Sweet Potato 2#
- Stonefruit (peach plum and nectarine used interchangeably) 2# Bag
- Romaine Heart 3ct Bag
- Strawberry 1# Clam
- Broccoli & Carrots Mix 12 oz Bag
- Arcadian Mix 1# Bag
- Bell Pepper (red, green and yellow used interchangeably) 2# Bag

COMBINATION BOX CONTENTS 25 LBS.

- Broccoli & Carrots Mix 12 oz Bag
- Spinach 10 oz
- Jumbo Red Onion 1 CT
- Apple Local (Grown in Idaho) 3# Bag
- Arcadian Mix 1# Bag
- Petite Red Potato Roasted Garlic Rosemary in Microwaveable Bag 1#
- Petite Yellow Potato Roasted Toasted Onion in Microwaveable Bag 1#
- Pre-Cooked Buffet Ham (Idaho Producer) 3# Bag
- Fully Cooked Chicken Thigh 1# Bag
- 2% Milk Gallon
- Salted Butter 1# Stick
- Block Mild Cheddar 1# Bag
- Shredded Colby Jack Cheese 2# Bag
- String Cheese 16 oz Bag

Farmers to Families Food Box
Available to Anyone in the Community
Pick up at Helena Food Share
1616 Lewis Street
Tuesdays, 10 am - 1:00 pm

The Farmers to Families Food Box/Coronavirus Food Assistance Program is a program of the USDA to distribute boxes of fresh products to food banks and other nonprofits serving Americans in need.

Pet Photo Contest

Get your cute photos of your furry family members ready because next month Shodair is hosting another Pet Photo Contest.

Rules and Prizes will be detailed in next month's Info to Know!



Culture

Significant Work Experiences Timeline Event Planned

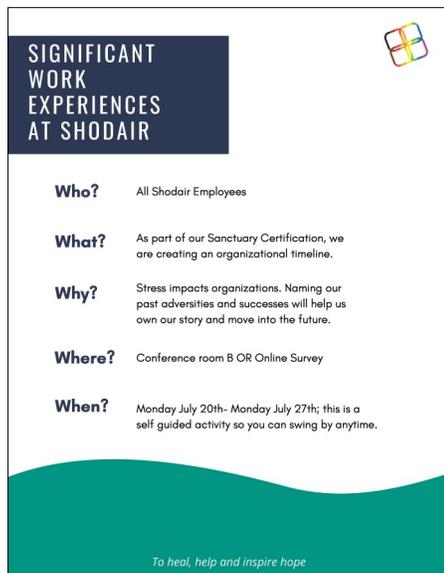
All Shodair employees are invited to participate in creating the Significant Work Experiences Timeline. The organization timeline is one of the final steps needed to complete our part of Sanctuary Certification.

Please join us the week of **Mon., July 20 through July 27, 2020** in conference room B.

This self-guided activity allows employees to name past adversities and successes, which will help us own our own story and move into the future.

Employees are also welcome to electronically, details to follow.

To the right is the advertisement you will start seeing around the hospital.



SIGNIFICANT WORK EXPERIENCES AT SHODAIR

Who? All Shodair Employees

What? As part of our Sanctuary Certification, we are creating an organizational timeline.

Why? Stress impacts organizations. Naming our past adversities and successes will help us own our story and move into the future.

Where? Conference room B OR Online Survey

When? Monday July 20th- Monday July 27th; this is a self guided activity so you can swing by anytime.

To heal, help and inspire hope



Cultural Values at Shodair
To heal, help and inspire hope

- SOCIAL RESPONSIBILITY**
Together we accomplish more, everyone is accountable and makes a contribution.
- GROWTH AND CHANGE**
Creating hope for ourselves, our patients, families, organization, and Montana.
- OPEN COMMUNICATION**
Saying what we mean and not being mean when we say it.
- DEMOCRACY**
Leaders make the best decisions with collective input.
- SOCIAL LEARNING**
Respecting and sharing the Ideas of our teams.
- EMOTIONAL INTELLIGENCE**
Managing our feelings so we do not hurt ourselves or others.
- NON-VIOLENCE**
Being safe physically, emotionally, morally and socially regardless of gender, race, religion, sexual orientation, countries of origin or socioeconomic status.

Welcome New Board Members



Steve Johnson, Dr. David Lechner, John Nordwick and Dick Meeker (not pictured) recently joined the Board of Directors at Shodair. Welcome to the family to each of you and thanks for your service!

Bucket Sale benefits Shodair

Participating Ace Hardware Stores across Montana are gearing up for Bucket Days July 30- August 2, 2020. Make a \$5 donation and receive 20 percent off just about anything that fits into your 5-gallon bucket.

All the proceeds benefit Shodair and **we thank them for their continued support.**



Foundation

Walmart/Sam's Club Campaign

To enable children's hospitals like Shodair to make the very best care available for children, Wal-Mart and Sam's Clubs nationwide are once again partnering with the Children's Miracle Network to raise funds and awareness for CMN Hospitals and the work they do. The six-week fundraising period will use paper balloons at check out to raise money and, for the first time ever, Walmart will be implementing Round Up donations at registers and online!



Panda Express

As part of its ongoing commitment to supporting medical professionals on the frontlines, Panda Express recently donated 19,000 personal protective masks to Shodair Children's Hospital. These masks are essential to ensuring the health and well-being of the hospital staff and their young patients. Through its philanthropic arm Panda Cares, Panda Express created a COVID-19 Community Care Fund, in which all guest donations are put towards sourcing and providing PPE to local hospitals in this time of need as well as supporting research to find a treatment for COVID-19. In the midst of this public health crisis, Panda remains steadfast to its mission of protecting, inspiring and bettering the communities they serve.



Thank you, Panda Express!

Bullock and Cooney receive Lucky Charms cereal



Children's Miracle Network Champion Bella Nyman's cereal boxes made their way to the Capitol recently.

Bella made a special delivery to the Governor's office with autographed copies of Lucky Charms. Governor Bullock and Lieutenant Governor Cooney were happy to have a highly prized Bella Lucky Charms box.

Next week, Bella is sharing her story and experience at Shodair with patients on the middle school unit (Yellowstone) via Zoom while everyone enjoys the cereal as a snack. Thanks in advance to Bella for her support and bravery!

Soccer Jerseys



players in honor of their Soccer Classic invitation.

Even though the 2020 Soccer Classic was cancelled, the Soccer Classic Committee still wanted to recognize the athletes and their athletic achievements.

Thanks to the help of Allegra Marketing, we were able to recreate the Soccer Classic jerseys and we sent them to the

We hope the players can look at these jerseys and be proud of their athletics accomplishments and excited for their future endeavors!

