

**Hospital Heroes
Promote Integrative
Therapies and
Wellness Education**

**11th Annual Phoenix Area Child Life
Conference Treating the Whole
Child: Emphasis on Culture,
Family, and Integrating Therapies**

Keynote: Shay Beider, MPH
Founder and Executive Director of
Integrative Touch for Kids

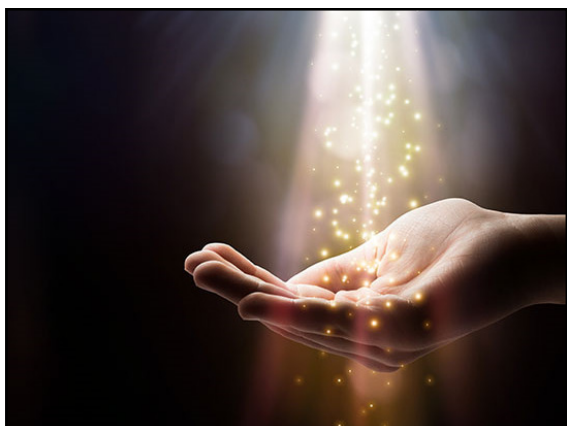
www.IntegrativeTouch.org



WHAT WOULD
YOU ATTEMPT
TO DO IF YOU
KNEW YOU
COULD NOT FAIL?
(UNKNOWN)



Integrative Touch for Kids



Today ITK...

- Serves more than 3500 people each year - and growing!
- Runs 7 distinct programs in both the hospital and community settings
- Partners with
 - ❖ Banner Children's Diamond Child Medical Center
 - ❖ Children's Clinics
 - ❖ And many others!

A photograph of a young child lying in a hospital bed, holding a white teddy bear. A healthcare professional is leaning over the bed, interacting with the child. The child is wearing a blue hospital gown.

The logo for Integrative Touch For Kids (ITK), featuring a stylized orange flower with four petals and the text "Integrative Touch For Kids" in a small, sans-serif font.

Hospital Heroes Program

- Hands on healing therapy and wellness education program
- See patients three days a week in the hospital
- Use teams of therapists who work together to treat the whole family

A photograph of a young child wearing a VR headset, looking through the lenses. The child is smiling and appears to be enjoying the experience.

The logo for Integrative Touch For Kids (ITK), featuring a stylized orange flower with four petals and the text "Integrative Touch For Kids" in a small, sans-serif font.





Treatments Include

- Massage, meditation, breathing techniques, guided imagery, energy therapies, acupressure, sound healing, movement therapies and more!
- Capacitar trauma techniques
- Wellness education for patients, parents, siblings, and other caregivers











Treatments Goals

- Pain, stress and anxiety reduction
- Relaxation and comfort
- Improved sleep and facilitation of self healing
- Global well being
- Physical, mental, emotional and spiritual support

Integrative Touch For Kids

Noah's Story...



- When you think about PTSD your probably imagine vets returning from war
- 25% of kids with cancer experience Post Traumatic Stress Disorder
- The Hospital Heroes program can change that, which is why Doctors and Nurses call us in on their most difficult cases



Program Outcomes



- In 2017 we will provide 1250 Hospital Heroes sessions
- Data shows we are impacting
 - Pain
 - Anxiety
 - Global Well Being
 - Patient Satisfaction
- We are exploring our impact on length of stay and medication usage



Our Hospital Heroes...



- Are heroes because they are like the "food" for the foodbank or "diapers" for the diaper bank
- They make the big impact
- Hospital Heroes provide all of their services at a deeply discounted rate
- That allows us to offer all of our sessions **free of charge** to families



Some of Our Heroes!



Integrative Touch for Kids

Our Team at the Hospital



Serving kids at
Banner
Children's
Diamond
Children's
Medical Center

Integrative Touch for Kids

Hospital Playdates

*Bring a smile to the face of a child
in the hospital and support the
entire family for an afternoon of
wellness and fun!*









Integrative Touch, For Kids

Smile and Kindness Project

We deliver cards, bears, blankets, and other gifts to hospitalized children and their families to provide comfort and soothe children during difficult times





Hospital Heroes Stories

An ITK Success Story

An 8-year-old girl was loosing her battle to a difficult illness...

AND HERE'S WHAT HAPPENED



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WHOLE CHILD



WHOLE COMMUNITY



WHOLE FAMILY



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What About Your Well Being?

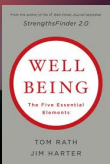


How to create personal wellness practices that will sustain your work as a Child Life Specialist




Well-Being: The 5 Essential Elements by Tom Rath and Jim Harter

Gallup's comprehensive study of people in more than 150 countries revealed five universal, interconnected elements that shape our lives.

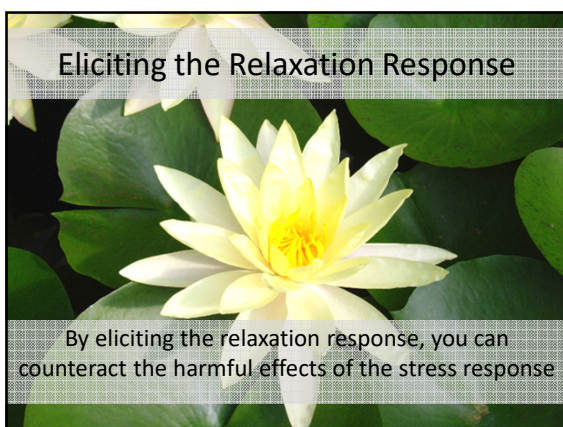


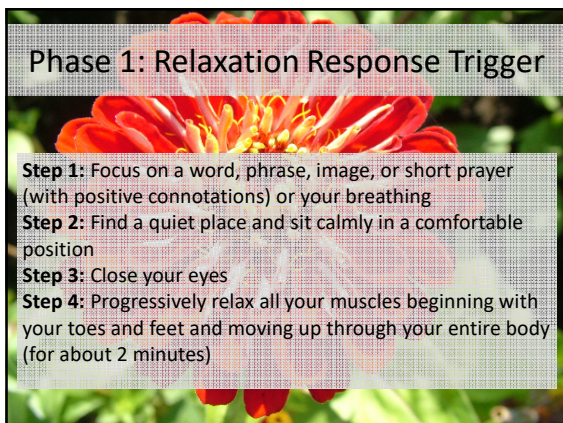
Elements of Well-Being

- Career well-being** = How you occupy your time or simply liking what you do everyday
- Social well-being** = Having strong relationships and love in your life
- Financial well-being** = Effectively managing your economic life
- Physical well-being** = Having good health and enough energy to get things done on a daily basis
- Community well-being** = The sense of engagement you have with the area where you live—your community









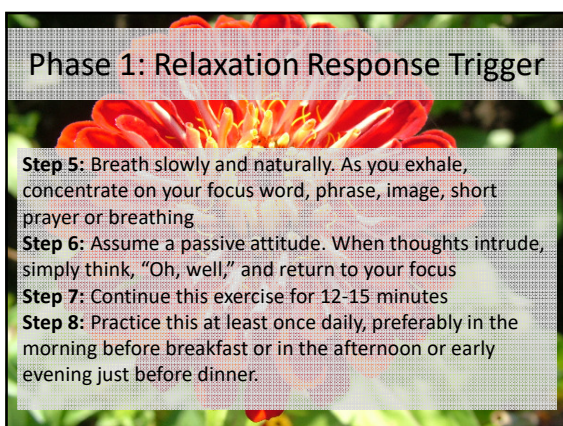
Phase 1: Relaxation Response Trigger

Step 1: Focus on a word, phrase, image, or short prayer (with positive connotations) or your breathing

Step 2: Find a quiet place and sit calmly in a comfortable position

Step 3: Close your eyes

Step 4: Progressively relax all your muscles beginning with your toes and feet and moving up through your entire body (for about 2 minutes)



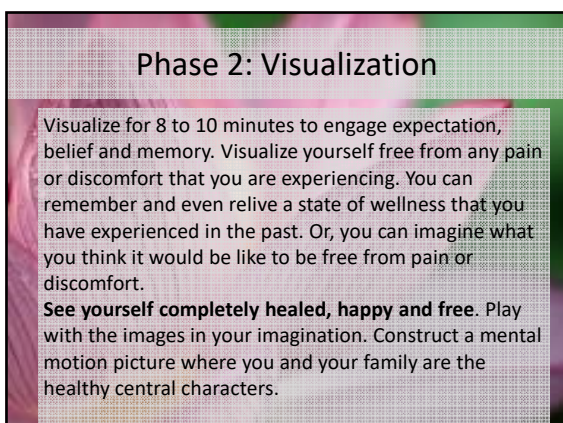
Phase 1: Relaxation Response Trigger

Step 5: Breathe slowly and naturally. As you exhale, concentrate on your focus word, phrase, image, short prayer or breathing

Step 6: Assume a passive attitude. When thoughts intrude, simply think, "Oh, well," and return to your focus

Step 7: Continue this exercise for 12-15 minutes

Step 8: Practice this at least once daily, preferably in the morning before breakfast or in the afternoon or early evening just before dinner.



Phase 2: Visualization


Visualize for 8 to 10 minutes to engage expectation, belief and memory. Visualize yourself free from any pain or discomfort that you are experiencing. You can remember and even relive a state of wellness that you have experienced in the past. Or, you can imagine what you think it would be like to be free from pain or discomfort.

See yourself completely healed, happy and free. Play with the images in your imagination. Construct a mental motion picture where you and your family are the healthy central characters.

The Mini Relaxation Response Technique

- Take a deep breath and hold it for about 7-10 seconds
- Exhale completely, and as you do so, silently repeat a focus word or phrase
- This entire process should take no more than 10-15 seconds
- Continue to breathe regularly and proceed with your normal activities

The Wisdom of Expressing Gratitude



In research done by Robert Emmons and Michael McCullough, those who keep a daily gratitude journal—writing down at least five things for which they are grateful—enjoyed higher levels of emotional & physical well-being.

Gratitude Practices




Every day write down at least five things for which you are grateful.

Right now, write down 5 things that you are grateful for 😊

4-7-8 Breathing Technique

1. Exhale completely through your mouth, making a whoosh sound.
2. Close your mouth and inhale quietly through your nose to a mental count of **four**.
3. Hold your breath for a count of **seven**.
4. Exhale completely to a count of **eight**.
5. This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.



Self Care

Often when we feel burdened we do the opposite of what a human being needs to do. Instead of clearing the decks, asking for help, and giving oneself time to breathe, we fall into a pattern of self-neglect. Rather than asking yourself what you need, you shift into overdrive and immerse yourself into the needs of others.





- Illicit the Relaxation Response
- Practice Gratitude
- Use Breathing Techniques (like 4-7-8 Exercise)
- Explore Aromatherapy
- Practice Self Massage Techniques
- Explore Meditation
- Engage in Physical exercise (yoga, dance, running, etc.)
- Create Sacred Spaces
- Connect with Nature
- Learn about Herbs
- Enjoy sound and music therapy



Create your own
Extreme Self-Care First Aid Kit

Make a list of 5 things you can do
to take extremely good care of yourself




What is Your Heartsong?




Heartsong1 By Mattie J. Stepanek
(1992-2004)

I have a song, deep in my heart,
and only I can hear it.
If I close my eyes and sit very still
it is so easy to listen to my song
When my eyes are open
and I am so busy and moving and
busy, if I **take time and listen very hard**, I can still hear
my
heartsong.




My heartsong goes like this
I love you! I love you!
How happy can you be!
How happy can you make this whole world be!
 And sometimes it's other
 Tunes and words, too.
 But it always sings the same special song.
 But do you know what?
All people have a special song inside their hearts!
Everyone in the whole world has a special heartsong.
 If you believe in magical, musical hearts.
 And if you believe you can be happy
 Then you, too, will hear your song.



Integrative Touch For Kids

The Question of Service: What is service?



MUTUAL:
A Relationship between equals

Serving is different
 from helping.
 Helping is based on
 inequality. But
 serving, like healing,
 is mutual. I am as
 served as the
 person I am serving.
 ~Rachel Naomi
 Remen, M.D.



"If you have come to help me,
 you're wasting your time. If
 you've come because your
 liberation is tied up with mine,
 then we can work together."

~Elder from the Achuar tribe of Ecuador











