



Funds Distribution Report

Recipient Organization:
Community Health Care

Address:
1202 Martin Luther King Jr Way
Tacoma, WA 98405

Contact:
(253) 722-1771
<https://www.commhealth.org/services/foster-adoption-care>

Organization's General Goals:

We offer a multidisciplinary center and medical home for children, young adults and their care families that are part of the foster/adoption community. The Foster and Adoption Clinic offers medical, dental and behavioral health care, as well as pharmacy and lab services in one convenient location. Our goal is to create a trauma-minimizing environment that is sensitive to the needs of foster/adoption families and makes it easier for them to access the special care they need. Our team has a deep understanding of the child welfare system and will work with families and child welfare agencies to ensure children in foster care receive the best possible care.

Date of Award:	Level:
2022 Q2	\$2,501 to \$5,000

For more information, please read the attached report from Community Health Care.

8802 27th Ave NE
Tulalip, WA 98271
TulalipCares.org

Disclaimer: This report may be a summary of content provided by the recipient, not always complete quoted material.

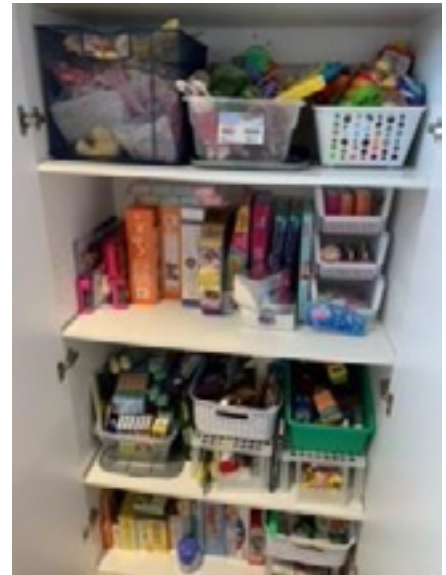
Tulalip Cares Grant Report – CHC Foster Adoption Clinic

Code: Q2 2022 14.2

<https://www.commhealth.org/services/foster-adoption-care/>

Dear Marilyn Sheldon & the Tulalip Cares Charitable Contributions Fund,

We are pleased to report on the \$█████ donation sent to our clinic from you earlier this year. Funds were used to furnish our specialized sensory sensitive exam room with supplies, as well as for "comfort closets" which provide local fostered and adopted children, as well as homeless youth, with comfort items such as stuffed animals, small toys, blankets, hygiene kits and sensory items during their visit to the clinic. These items are extremely impactful in the lives of our young patients, as many of them have lost everything they have ever known, including belongings and their families. Receiving a comfort item plus experiencing a doctor visit in a trauma-minimizing exam room calms big feelings, reduces their trauma during the visit, thus allowing the provider to establish trust and rapport with the child. This, in turn, allows for better health care, and better long-term health outcomes. Receiving a comfort item also shows these children that they are valued and cared for as individuals, which is often something that they do not feel due to their involvement in the child welfare system (neglect, abuse, multiple placements, abandonment, etc).



The goals of our clinic are to help patients access care more quickly, receive trauma-minimizing care and become healthier. We are pleased to report that as of now, we are seeing 40% of youth in foster/kinship care in Pierce County (466 of 1157 kids in care), and we see 762 patients in total, each of whom have had a touchpoint in foster care or adoption at some point in their lives. Our quarterly patient surveys since Q4 2021 indicate 100% of patients rate the care they received in our clinic as "good" or "excellent", with the vast majority indicating "excellent". This is largely due to your funding, which allowed us to offer each patient a comfort item and/or specialized book on adoption/foster care/trauma care needs. In addition, 100% of our patients have been able to receive the required Initial Health Screenings upon new placement into foster care within the 3-day time frame requirement by the state. When patients receive the support and high-quality care they need, they are more likely to return for preventative and ongoing care, which leads to improved health outcomes.

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The photos included in this report are of our clinic and some of the items purchased with Tulalip Cares funds. We have also included some patient testimonies.

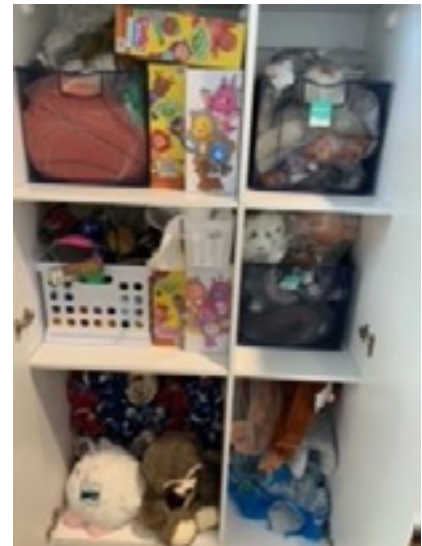


Patient testimony examples:

Case 1: Many children come in having had medical trauma, as well as suffered recent physical or emotional trauma, abuse, or neglect. Little *Chloe, a foster child, was one of our first patients. She had severe medical trauma due to neglect and was easily triggered by medical equipment. On her first visit, she was very upset, crying, and we were unable to do a full exam. We do not keep medical equipment in the family exam room for this reason, and instead wheel in a cart to check vitals, and wheel it back out afterward. However, this was still triggering for her. We used comfort closet funds to purchase a small toy medical equipment cart that she could play with on her next visit to help minimize her trigger to medical equipment. On her second visit, we only brought in the toy medical equipment cart for her and played with her and showed her how the toy equipment worked. The visit focused on building rapport. She was also given a stuffed animal to hold, which calmed her down. On the third visit, she allowed the provider to bring in the medical equipment to do basic vitals. By the fourth

visit, she greeted the team with a smile and even gave hugs. Now, she regularly comes in and is excited to be seen here at the clinic. This is an example of how our trauma-minimizing care, which includes providing special comfort items, can build trust, which ensures children return for thorough health care.

Case 2: Some children have not received birthday gifts due to having multiple transitions from home to home after being separated from their families. Receiving a small gift at our clinic may be the only gift that child received that year. For example, *Joe and *Kyle, a sibling set with the same birthday, came in a few weeks ago after having started in our clinic while in foster care but were recently reunited with their birth family. The birth family was unable to provide gifts for the children due to financial hardship. Their visit to the clinic was on the children's birthday, so we put together two birthday gifts for them. Instead of the provider giving them the gifts, the provider gave the parents the gifts to give to the children to help facilitate further bonding during their reunification.



Case 3: Many teens who have experienced homelessness and/or foster care often need help processing their emotions. *Amber, one of our homeless teen patients, noted she really wanted to journal about her feelings, but

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she wrote so often that she kept filling up journals before she could buy new ones. Aside from a behavioral health referral to help her process her feelings, we provided her with several journals and multicolored pens from the comfort closet so she could continue to choose journaling over unhealthy coping mechanisms for her mental health needs. We also provided her with a hygiene kit (which she receives on every visit). *Amber also relies on our patient “snack shack” for breakfast when she comes in for morning appointments. Our snack shack (funded by an individual in the community) provides healthy snacks and bottled water for patients.

*Patient names have been changed for privacy. Child pictured is not mentioned in these cases, and their guardian has given permission for their photos to be shared. Pictured in photo below is our clinic director, Desiree White, ARNP.



Thank you again for your generosity. You have helped us make a positive impact on children and families in our community.

Sincerely,

April Wareham
Program Coordinator
Foster Adoption Clinic, Community Health Care
awareham@commhealth.org
253-722-1859



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