

VPQHC

Vermont Program for Quality in Health Care, Inc.

ED Youth Activity Kits

VCF, VPQHC & VAHHS

Beginnings:

registering for the COVID vaccine and a ride to get it is free.”



Learn more »



‘A crisis’: Kids seeking mental health care are waiting for days in emergency rooms

By Katie Jickling
Apr 27 2021

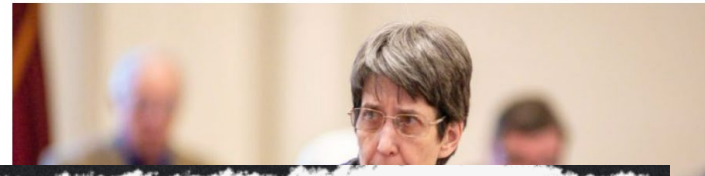


Lawmakers want accountability as state officials try to reduce wait times for kids in ERs

By Katie Jickling
May 11 2021



Email



SOUND THE ALARM FOR KIDS: WE ARE IN A NATIONAL MENTAL HEALTH EMERGENCY

School stress. Social isolation. Family upheaval. A pandemic.

Our nation’s children and teens have quietly been carrying the weight of the world on their shoulders for too long. Today, the Children’s Hospital Association (CHA) is sounding the alarm for kids because:

The kids’ mental health crisis is a national emergency.

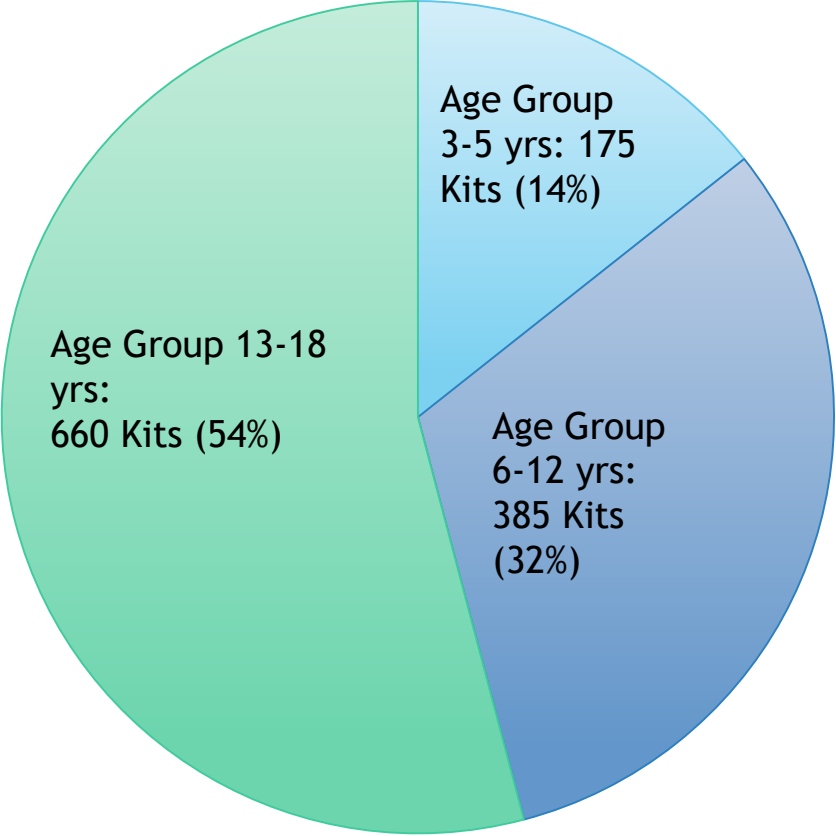
VCF Pre-Project Survey Results - Hospital Participants: Pre-Made Kits

- ▶ Gifford Medical Center
- ▶ Grace Cottage Hospital
- ▶ Mt. Ascutney Hospital
- ▶ North Country Hospital
- ▶ Northeastern VT Regional Hospital
- ▶ Northwestern Medical Center
- ▶ Rutland Regional Medical Center
- ▶ Southwestern VT Medical Center
- ▶ Springfield Hospital
- ▶ UVMHN - CVMC
- ▶ UVMHN - Porter Medical Center

Vermont Community Foundation surveyed VT hospitals on their interest in receiving pre-made activity/comfort kits, or in receiving the equivalent in grant funds for similar existing ED programs. (Brattleboro Memorial, Copley Hospital & UVMHC)

VPQHC Hospital ED Kit Survey Results = 1220 Kits Requested

11 Hospitals Surveyed



Resources - Kit Building Guidelines: EIIC & Boston Children's Hospital



Self-Care Resource Packet: Binder for use by Care-Givers or ED Staff for patients under the age 18 boarding in the ED for mental health conditions. All items are PDF's, just need binders, with pocket sleeves and dividers.

Some of the items found in this binder:

- ✓ Communication Boards for non-verbal patients
- ✓ Mindfulness Exercises - (activities, breathing, stretching, finger mazes)



Each Participating Hospital will receive a Binder!

[EIIC - Emergency Medical Services for Children
Innovation and Improvement Center - Activity
Resource Packet Link](#)

Resources - Kit Building Guidelines:

Content Adapted from:



VPQHC/VCF/VAHHS Kits Built Using BCH's **Green Zone Materials**.

SAFETY ZONE MATERIALS					
Boston Children's Hospital Child Life Services					
	GAMES	ARTS & CRAFTS	FIDGET	OTHER	
GREEN ZONE Typically Always Safe	Playing Cards Card Games (Uno, SkipBo, Phase 10) Apples to Apples Word Searches Sudoku Puzzles Matching Memory	Play Doh Model Magic Crayons Oil Pastels Washi Tape Velvet Art Pictures Sticker Scenes Journals - No Spiral	Finger Paints Kinetic Sand Mandalas Origami	FOAM Stress Balls Pop Tubes Poppers Thinking Putty	Stuffed Animal Listening to Music Mediation/Yoga/Relaxation White Noise Machine

[BCH - ED Kit Staff Resource Guide.](#)

Proposed ED Youth Activity Kit Building Materials: By Age Group

▶ Ages 3-5:

- ▶ Jumbo Crayons
- ▶ Coloring/Activity Book
- ▶ Non-Toxic Play-Doh
- ▶ Stuffed Toy
- ▶ Pop Tubes
- ▶ Card Games
- ▶ Sensory Toys
- ▶ Picture Book



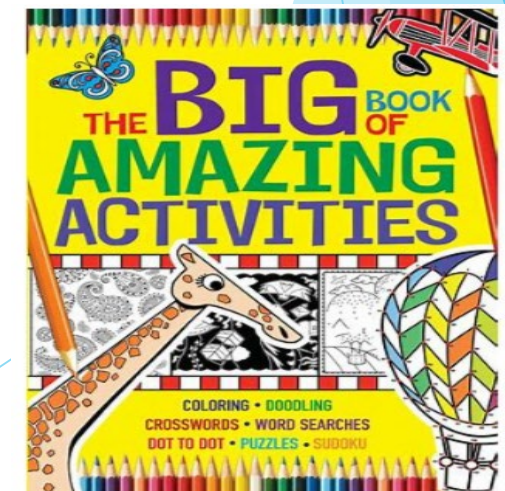
Ages 6-12:

- Washable Markers
- Coloring/Activity Book
- Doodle Balls
- Pop Tubes
- Card Games
- Sticker Art
- Push Bubble Fidget
- Puzzle Book



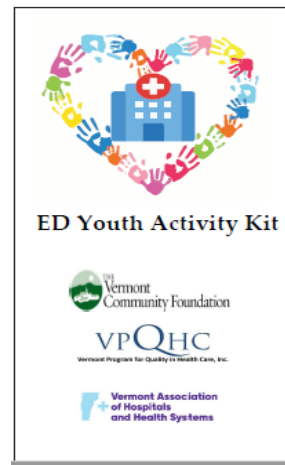
Ages 13-18:

- Washable Markers
- Coloring Activity Book
- Playing Cards
- Push Bubble Fidget
- Stress Balls
- Word Puzzles
- Card Games



Kit Packaging Guidelines: Hospital Distribution

- ▶ In keeping with Safety & Compliance Guidelines:
 - ❖ Each kit will be packaged in a one-piece, stackable cardboard box.
 - ❖ Each box will have small security tapes on each side.
 - ❖ Each box will also have a content label & sticker to note the age group of the kit. In addition to having the age group in text, the age groups will be color coded. Labels will be applied to the top and 1 side of box for stacking.



**AGES
5-12**

Resources - Kit Building Guidelines: Hospital Distribution

- ▶ ***Before giving any items to mental health patients, it is important for hospitals to discuss limitations and restrictions with the ED care team.***
- ▶ VPQHC's attorney, Anne Cramer, has reviewed the proposed kit materials and BCH's resources, and has suggested the following disclaimer: *“With a grant from the Vermont Community Foundation, VPQHC is making available activity kits for children who are experiencing an extended stay in hospital emergency rooms. Activity kits should be provided and used under the supervision of an adult. Although the items in the kit have been chosen using a Guide provided by the Boston Children's Hospital, it is the Hospital's responsibility to individually consider and determine the appropriateness and safety of the items provided for use by each child boarding in its Emergency Department.”*
- ▶ Disclaimer and ED staff “guideline” sheet in binder, or to be distributed for ED posting. Need ideas for hospital implementation support. Posters, guidebook, etc.
- ▶ ? Possibly Create short video (like EIIIC shared in this presentation on page 5)

Questions & Comments?

▶ All Feedback Welcome! Please feel free to reach out!

▶ *Thank you!*

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