



# Lighting the Way

“Illuminating the path  
to Better Health!”



**Kids'**  
**HEALTH**  
**CONNECTIONS**  
A Southeast Michigan CHAP

2022 ANNUAL REPORT



**Dr. Teresa Holtrop, MD**  
(Executive Director)



**Dr. Lauren Carroll, MD, MBA**  
(Director of Operations / Assistant Medical Director)

Now more than ever, KHC is filling gaps for primary care providers and families by offering its library of services geared toward addressing obesity, asthma, access to mental health and preventive care. The pandemic has had its impact on us. But with great stubbornness, we persist.

While continuing to serve the tri-county area of Wayne, Macomb and Oakland counties, we were invited to bring all our programs to one Detroit zip code (48217), with spill-over to the neighboring two zip codes. We hired a community health worker from that community who has been doing a tremendous job connecting families to needed services. We improved our capacity to track some population-based health outcomes, and we are starting to see early signs of hope as we recover from the pandemic. We are taking our inspiration from far-away cities and countries who have been successful in improving outcomes.

As they light the way for us, we at KHC are lighting the way for our own southeastern MI community.

It is with great esteem that I congratulate Kid's Health Connections on completion of another year of helping children and families of southeastern Michigan.

We are delighted to present the highlights and accomplishments of yet another remarkable year in fulfilling our mission to serve as a healthcare resource for so many. Our mission is the driving force behind everything we do, and this past year has been no exception.

Through our dedicated team, passionate volunteers, and generous donors, we have made significant strides towards achieving our goals and creating better health outcomes for each child we have encountered. None of these accomplishments would have been possible without the unwavering support of our donors, partners, and volunteers.

As we reflect on the past year's achievements, we also look towards the future with renewed enthusiasm and determination.

Thank you for your continued support and for joining us on this incredible journey of making a meaningful difference.

## Board of Directors

**Alethia Carr - Chair**  
Retired Director of Bureau of Family, Maternal and Child Health  
MI Dept. of Community Health

**Steven Gold - Vice Chair**  
Retired Director, Macomb County Dept of Health and Human Services

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Retired CFO  
Duluth New Tribune

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Dale Cook-Secretary  
Branch Manager, PNC Bank

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Legal Counsel, Detroit Wayne Integrated Health Network  
Detroit, Michigan

**Nia Watson - Parent Member**  
Representative Member

**Shirley Gray, MSW**  
Program Manager, Sister Friends,  
Detroit Health Department

**Mary Mueller, MSW**  
Project Coordinator,  
Trauma Informed Systems  
Michigan Department of Health & Human Services (retired)

**Sandra Cheatem-Dooley**  
District Manager at State of Michigan  
Department of Health and Human Services,  
Macomb County, MI

## Our Staff



**Krista Siddall**  
Director of Programming and Operations (2022)



**Kim Joseph**  
Community Health Intake Manager



**Kevin Moore**  
Director of Information Technology



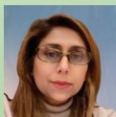
**Carol Johnson**  
Asthma Educator, Community Health Worker



**Angela Piccirilli, LRT**  
Licensed Respiratory Therapist, Asthma Educator



**Adriana Zuniga**  
Asthma Educator, Community Health Worker



**Sameen Abidi**  
Asthma Educator, Community Health Worker



**Nakita Currie**  
Behavioral Health Specialist



**Paige Thieda, MPH**  
FitKids 360 Program Coordinator



**Vanessa Isom**  
Community Health Worker

# ASTHMA

## MATCH & Little Lungs



### Managing Asthma Through Case-Management in Homes (MATCH) Program

The MATCH program works to improve a patient's asthma knowledge, asthma control, and quality of life through interaction with dedicated asthma educators. Asthma is the most common and one of the most debilitating conditions amongst children. The goal of this program is to empower children and their caregivers with information to enhance their self-knowledge and self-management skills concerning asthma.

- Visits (MATCH program had **194 total visits**)
- Overall, hospitalizations were reduced by **96%**, ED visits reduced by **94%**, and unscheduled doctor's visits reduced by **90%** for KHC MATCH program participants. There was an **84%** decline in missed school days for participants overall from program initiation to participants' last visit.

**96%**  
REDUCTION  
HOSPITALIZATIONS

**94%**  
REDUCTION  
ED VISITS

**90%**  
REDUCTION  
UNSCHEDULED  
DOCTOR VISITS

**84%**  
REDUCTION  
MISSED SCHOOL DAYS

### Little Lungs

The Little Lungs program provides training for childcare providers to manage asthma symptoms and remove asthma triggers from the childcare environment.

**242** childcare providers received training in 2022. **Participation tripled over the course of one year** (78 participants in 2021).

# Fit Kids 360



**FitKids360** is an obesity intervention program that requires a physician referral for children aged 5-17 years old who have a Body Mass Index (BMI) greater or equal to the 85th percentile for their age. Most participated children are Medicaid-enrolled. Participants along with their families attend classes for 8 weeks, which are comprised of physical and mental health education, along with 1 hour of physical activity.



- **236 children referred, 187 children serviced (79% retention rate)**
- **Overall, decrease in BMI.**

### 6-week post- program follow-up showed

- **Increase in daily physical activity by 30 min (average daily physical activity 1.5 hrs)**
- **decreased daily serving of soda/pop intake by 1 serving**
- **At least 2 hr decrease of daily screen time**

### On the Move

On the Move is a follow-up program to the FitKids360 program. This is a "couch-to-5k program," where Fitkids360 graduates and their families train together for 10-weeks to complete a 5k race at the end of the summer.



# LENA

# START™

## LENA Start

Program run in collaboration with Brilliant Detroit which helps families create a language rich home environment for infants and toddlers.

**84%** of families referred engaged with program services.

## Primary Care Medical Home Support

KHC seeks to bridge the gap between children, families, and the primary care office. KHC staff help families to schedule and keep doctor appointments, know when to go to the doctor's office versus the emergency room, and meet other needs that may be preventing them from receiving quality care. Families also received social work support services in the areas of behavioral and mental health.

**978** children referred  
**401** engaged in services (41%)

**54%** of referred children engaged with social work services



# FitFamilies Healthy Minds

The FitFamilies Healthy Minds program addresses the social and emotional needs of families, particularly those affected by trauma. Topics such as stress management, conflict resolution, emotions, self-esteem, and navigating social media are discussed in parent and children group sessions.

**74%** of referred families participated.

- 70% of the adult participants and 55% of the children reported increased resiliency to obstacles and stressors
- 70% of adults and 60% of the children realized a decrease in perceived stress.



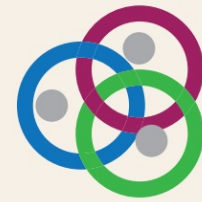


Through partnership with the Detroit Public Schools Community District (DPSCD), KHC was able to implement widespread community impact programming in the Detroit area code of 48217.

The students and families of Mark Twain Elementary School and the surrounding area received health and environmental education through staff dedicated to this region.

FitFamilies Healthy Minds acts as a bridge program between the medical world (where many stressed families first are identified) and the mental health world (which is often viewed as stigmatizing and therefore rejected by families).

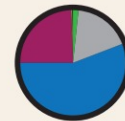
**83%** of referred children and families engaged in programming.



## KHC 2022 Financial Report

### Revenue Report

\$19,321.59
Direct Public Support
\$181,407.80
Government Grant
\$580,283.87
Other Grant
\$254,631.91
Medicaid Match (Ingham County)
\$25.48
Interest Income
<b>\$1,041,039.23</b>
<b>Total Revenue</b>



### Expense Report

\$49,886.22
Contracted Services
\$954,360.38
Management & General
\$91,768.01
Technology
<b>\$1,096,014.61</b>
<b>Total Expenses</b>





# KHC FUNDERS & PARTNERS

Thank you to our funders and partners



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visit us at  
[khcmi.org](http://khcmi.org)