

SPRING 2018

ADVOCACY NEWSLETTER

SARAH GARWOOD, MD | DIRECTOR PIC PROGRAM



Advocacy Reflection

Cameron Crockett, MD



Arriving at Crisis Nursery, I was offered a seat at a table in their main meeting area. Waiting for the site representative to join me, my eyes wandered to a collection of art created by children who had stayed in this building before. One wall, a collection of paintings of hearts, left mine broken. The kids had been asked to paint “their” heart, and to caption why they had composed it the way they had.

In retrospect, I should have more carefully documented these captions; my paraphrased memories elicit the same lump in the throat, though, for the pain that these pieces captured.

“I drew an ugly heart. Nobody wants an ugly heart. One day I hope I won’t have one.”

“A broken heart.”

“I drew lots of hearts because everyone should have lots of love.”

Hoping to stay composed for the duration of my visit, I turned my direction toward the next wall. Fewer paintings, but no less powerful. A crayon drawing of a home – promising! Who gets sad about homes? –

CONTENTS

pg1 | *Advocacy Reflection*
Cameron Crockett, MD

pg2 | *Advocacy Day*

pg3 | *Resident Projects*

pg3 | *Advocacy Track*
Erin Stroud, MD
Erin Orf, MD

with the caption, “They be shooting outside my granma’s house. I try to stay safe.” I wondered if, in this child’s time at Crisis Nursery, they were allowed to feel that way, if even for a moment.

This experience, in those moments before my site visit even truly began, helped to reshape my ideas of what advocacy could be. I’d let myself slip into the impression that advocacy had to equal legislation. In that large, industrial meeting room, I rediscovered more individualized means of advocating for patients. My time on this rotation has helped me to better define the struggles many families face and to better understand the resources available in the community. It has also helped me to realize the importance of advocacy at the community level, connecting families to these resources and also finding ways to contribute to the growth of these resources as a community member. Saint Louis has afforded me an opportunity to understand disparity that has not previously been as readily apparent in other locations I’ve lived in. While the patient populations and challenges they face may change as I move through my career, the time spent in this city will have helped me to develop a more thorough understanding of the needs my patients may have. Some of these needs may seem basic, but they can at times mean everything to these families. Though I remain unsure exactly what form advocacy will take in my career, I know that it will be in these community-level interventions that I find the most satisfaction, and my time on this rotation will help me to better understand how to help the families I care for that need help the most.

Advocacy Day



“There were two experiences that had a big impact on me. The first was attending advocacy day at the Missouri state capital. Being exposed to how things work in our state government was very informative. Meeting with state officials was a great opportunity to lobby for issues that impact children. I have a greater appreciation for the power that physicians have to influence and inform politicians, especially at the state level, and will be more likely to advocate for issues that are important to me as well as the field of pediatrics.” [Tarin Bigley PL-2](#)

Resident Advocacy Projects

- > **Mili Galardi** and **Vanessa Mondestin** led the annual Adopt a Family project and many, many residents generously contributed gifts and money!
- > **Cameron Crockett** organized an urban gardening service day on May 20th
- > **Allison Chalupa**, **Jessica Tsai**, and **Katherine Abell** led a food drive for Operation Food Search
- > **Ted Kremer** and **Kim Daleen** had a manuscript on immigrant health accepted by the *Journal of Immigrant and Minority Health*: “Immigrant Youth have Significantly Lower Rates of Externalizing Behavior than Native-Born United States Citizens: Differences by Region of Birth”
- > **Jessica Tsai** and **Thang Nguyen** created a guide to working with refugees and immigrants
- > **Amanda Koplydowski** and **Cori DeSanto** spearheaded a supply drive and work day at the Crisis Nursery.
- > **Daphne Branham** and **Jennifer Lemberg** organized our annual AAP resident education and projects as the AAP delegates.

Advocacy Track

The goal of the advocacy track is to provide focused training and mentorship to select pediatric residents who choose to dedicate their individualized curriculum to advocacy and the development of a community project.



Erin Stroud, MD

“Although I've always had an interest in working with medically complex patients, after working with a patient who had difficulty returning to school after a procedure, I became more interested in hospital-to-school transitions and current processes for communicating with school nurses, which has inspired my project. My big accomplishments this year were getting my School Communication Form approved and integrated into Epic and I'm working on an article about Hospital-to-School Transitions that I'm hoping to submit to *Hospital Pediatrics*, with the help of Dr. Rosenbaum. “



Erin Orf, MD

“In St. Louis County, the Jennings School District enrolls many children who experience toxic stress and trauma. For my project, I chose to create comfort spaces within each school where children re-experiencing trauma could go to self soothe.”

