

LATE SUMMER/EARLY FALL 2024

ONE TEAM.....

INSIDE

NATIONWIDE CHILDREN'S



DOG
DAYS
OF SUMMER

Home
IS WHERE THE
Heart
IS

MAKE TIME
FOR YOUR **MIND**

ONE TEAM

INSIDE
NATIONWIDE CHILDREN'S

One Team Inside Nationwide Children's Hospital celebrates our employees, medical staff and volunteers, together with their families, as one team achieving the best outcomes for children everywhere.

The Kids Mental Health Foundation™

L...nt...lth
gro...up.



COVER STORY

8

MAKE TIME
FOR YOUR MIND

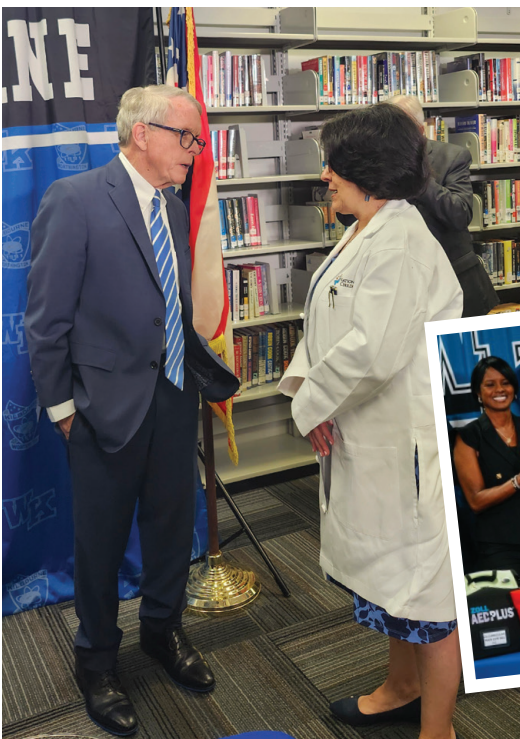
One Team Inside Nationwide Children's Hospital is the official employee magazine of Nationwide Children's Hospital. This magazine publishes four times per year and is mailed directly to the homes of all Nationwide Children's employees. The *One Team Inside Nationwide Children's Hospital* editorial staff welcomes all comments, questions and story ideas. Please send feedback and story ideas to EverythingMatters@NationwideChildrens.org.

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HEARTBEAT *hero*



This summer, Governor Mike DeWine signed a bill requiring Automated External Defibrillators (AEDs) in all Ohio schools, led by the efforts of our own, **Dr. Naomi Kertesz**. In addition to her continued advocacy, Dr. Kertesz goes to schools on a voluntary basis to train staff on AED use and is the featured clinician in the Ohio Department of Health's online cardiac training videos for coaches of youth sports. ♥

"Your own well-being is important to address."

Every person at Nationwide Children's Hospital spends their days supporting our patients, their families and each other. Whether you are a scheduler or a surgeon, a member of the Environmental Services team or Behavioral Health team, you are helping the people we serve achieve their best outcomes.

But what about you? How are you caring for yourself? When people are dedicated to others, those questions can become afterthoughts.

Your own well-being is important to address, though. That's why Nationwide Children's has invested in resources such as Employee Wellness, YOU Matter and our Employee Assistance Program, all of which you can learn more about in this issue of Inside Nationwide Children's.

You'll also read about our Kids Mental Health Foundation, proudly founded by Nationwide Children's Hospital, which "teaches grown-ups the skills to help kids face and manage life's challenges through free resources," in the Foundation's own words. Grown-ups around the country, and in our own hospital, are seeing meaningful impact from The Kids Mental Health Foundation.

We want you to take care of yourselves and your own families. As an organization, we want to help you do that. We're grateful for your commitment to all of those we serve, and for your commitment to our One Team.



Tim Robinson, CEO



Join the conversation on any of the Nationwide Children's social media channels:

 Facebook.com/NationwideChildrensHospital

 Instagram.com/NationwideKids

 YouTube.com/NationwideChildrens

 NationwideChildrensHospital.Tumblr.com

 [Blog: NationwideChildrens.org/INC-700](https://Blog.NationwideChildrens.org/INC-700)

 [Blog: PediatricsNationwide.org](https://Blog.PediatricsNationwide.org)

 [Facebook.com/
NationwideChildrensHospitalFoundation](https://Facebook.com/NationwideChildrensHospitalFoundation)

Empower the Possible: A Q&A with the President of Nationwide Children's Hospital Foundation

This year, Nationwide Children's Hospital Foundation launched *Empower the Possible* – a comprehensive philanthropic campaign that supports our ambitious strategic plan. We met with **Steve Testa**, Foundation president, to learn about the decisions behind the campaign and the impact it will have on pediatric medicine.

Q: What is a comprehensive campaign?

A: A comprehensive campaign is a philanthropic strategy to rally donors around a specific fundraising need. For some institutions, it might focus on a specific capital need, like a building or a stadium. At Nationwide Children's, our campaigns are more broadly focused toward making a significant impact on pediatric medicine. Nationwide Children's has a \$3.3 billion strategic plan to address the health of the whole child. Our *Empower the Possible* philanthropic campaign strives to raise \$500 million to support the strategic plan.

Q: How do philanthropic campaigns benefit Nationwide Children's?

A: Philanthropic campaigns aim to achieve a specific mission with a determined timetable and fundraising goal. Unfortunately, pediatric cancer does not take a day off. Premature births don't stop happening. The need for Nationwide Children's never ceases, but donors have many worthy causes they can support. A campaign allows us to remind them of the lifesaving impact we have at Nationwide Children's, and the international scope of our reach. A campaign helps us remind the community that when you help children here, you help children everywhere.

Q: When or why do we decide to launch a campaign? Do you know how many we've had?

A: The decision to launch a philanthropic campaign is the result of strategic planning, close collaboration with leadership and board members, and a feasibility study conducted by outside experts. It's a big decision and one that we do not take lightly, but one that we know will help our children and families.

Nationwide Children's has held three campaigns prior to *Empower the Possible*. *For the Children* raised about \$105 million, *Change Their Tomorrow* brought in approximately \$290 million, and *Be The Reason* generated \$391 million. With a goal of \$500 million, *Empower the Possible* is our largest campaign ever, but it makes sense given that the hospital's strategic plan is the most ambitious ever.

Q: How much are they driven by the Foundation and how much are driven by major donors? Who are the key stakeholders?

A: Collaboration and candid communication is key to the success of any campaign. We never launch a campaign without thorough conversation with our donors. The feasibility study interviews key community leaders, often including people who may not donate to Nationwide Children's, but who hold important positions in central Ohio. The hospital board of trustees and the Foundation board of trustees are very involved. *Empower the Possible* is chaired by Kirt Walker and Libby Germain who lead our respective boards. We also develop working groups and subcommittees of hospital leaders, donors and community leaders who help guide the early phases of a campaign. We are very lucky to have such involved and passionate friends who give their time, advice and leadership to help with this monumental effort.

Q: How can employees get involved?

A: Nationwide Children's Hospital employees give so much of themselves. We are grateful for the effort and the heart that they put into their work. The annual Employee Campaign is a way that interested employees can donate and support *Empower the Possible*. So, please, make a gift if you are able. Or, simply help the cause by telling friends and family about the campaign. Until the day that children no longer get sick, we need philanthropy to help our hospital provide the very best outcomes. Every gift truly does matter.



Steve Testa

Five Minutes with Dr. Cynthia Gerhardt

A Q&A with our Chief Clinical Research Officer



Earning a scholarship changed her life, so Dr. Gerhardt pays it forward by providing small scholarships to graduates facing adversity in her hometown.

Dr. Cynthia (Cindy) Gerhardt, began her Nationwide Children's career 21 years ago when she started the psychosocial research program in oncology. She received her PhD at the University of Vermont, followed by seven years as a pediatric psychologist at Cincinnati Children's before a friend recruited her to join our One Team.

"When I first arrived here, it was a well-respected community hospital and ranked 46th in NIH funding. With incredible leadership and vision, we're now one of the top six children's hospitals in the country. It's been incredibly exciting to be part of this transformation, and I can't wait to see what comes next!"

Dr. Gerhardt's primary responsibility is leading our strategic goal to integrate research into clinical care by working with leaders in the research institute and clinical divisions to expand research infrastructure and support for investigative teams. As if that isn't enough, she also leads her own research focused on reducing the impact of pediatric cancer on families.

"Many conditions are unique to childhood, and we know children can't be treated like small adults. This means that pediatric clinical research is central to achieving the best outcomes for children everywhere. I'm excited to be a part of making that happen!"

Our One Team values makes Nationwide Children's special to Dr. Gerhardt. Despite organizational growth since her arrival over two decades ago, she appreciates how the culture has been nurtured and fiercely protected. When she's not at her desk, you can find her sharing wisdom with mentees during a "walk and talk" around Livingston Park.

Continue reading to learn how Dr. Gerhardt likes to decompress outside of her busy schedule and about the sweet treat that steals her heart.



What is your favorite way to relax or relieve stress?

I love to travel and enjoy nature, whether it's collecting stones on a beach or hiking in the mountains.

Where is your happy place?

At home with my family or on sitting by the ocean in Bailey Island, Maine. It's just so peaceful watching the lobster boats come and go in the early hours.

Are you involved in any community or volunteer work?

For many years, I've partnered with A Kid Again, a local non-profit that offers hope, happiness, and healing to kids and families with life-threatening conditions. I currently serve on the medical advisory board and am so excited as they expand nationally to serve more families.

What is your favorite thing to do in Columbus?

Lately, it's meeting friends at Edison Brewery, which sits atop the highest point in Franklin County. You can take in the views of downtown and watch the planes come in overhead, all while enjoying good music and food trucks. I'm still hoping the NACHO Street Band comes back soon!

Do you have an irresistible sweet treat?

I can't resist a piece of Dove dark chocolate with almonds.

What talent would you most like to have?

Is eating too much dark chocolate and not gaining an ounce considered a talent?! Because I would love that!



Dr. Gerhardt is a cultured traveler! She recently visited Japan, Switzerland and Austria with her husband, Matt, and son, Lukas.



MAKE

TIME

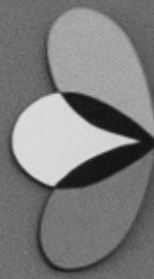
FOR YOUR

MIND

Everyone and everything matters at Nationwide Children's. We can't provide the best outcomes for children if we aren't taking care of ourselves. That's why we pride ourselves on ensuring our employees have the support and resources they need to stay healthy, manage stress and navigate life's curveballs, both inside and outside of the workplace.

Mental health is equally as important as physical health, especially when caring for others. Whether staff are struggling with responsibilities at work or stress at home, Nationwide Children's provides several safe spaces for employees to tackle the challenges that are weighing them down.





The Kids Mental Health
Foundation

WHAT DO YOU DO TO BOOST YOUR MENTAL HEALTH?

...K. WRITE. STICK.
(THE RAINBOW ONLY, PLEASE)

TRASH

#HelloKMHF #KidsMentalHealthFoundation

EMPLOYEE WELLNESS

The well-being of our employees is vital to our strategic plan and vision. Employee Wellness provides programming for staff members with the goal of making our workforce healthier. While exercise and proper nutrition are key to a healthy lifestyle, balancing social, emotional, intellectual and spiritual needs are just as important in a holistic approach to wellness.

Employee Wellness offers both virtual and in-person fitness and wellness programs for all staff at any location. Group fitness classes are recorded and available online for those unable to make it to the Wellness Center in the lower level of the Faculty Office Building. Employees may also become a member of the Wellness Center for 24/7 access to an array of strength and cardio equipment.

“Since the COVID-19 pandemic, we’ve seen employees and employers across the country leaning into a culture of wellness, and I’m glad to see this shift taking hold,” says **Rachel Marrison**, Employee Wellness Nurse Educator. “We know from research, individuals who report higher levels of overall well-being are more engaged and productive, feel more fulfilled, have fewer safety incidents and absenteeism, and are healthier overall. At Nationwide Children’s, Employee Wellness recognizes the demands of the workforce and takes a holistic approach in supporting our employees’ well-being, providing multidimensional resources and programs. When you take advantage of these wellness resources, you’re not only upholding our value of promoting health and well-being, but also allowing yourself the time and space to replenish to carry out the mission while at work, and the resiliency to be fully present in your personal lives.”

From financial literacy to cooking demonstrations to caregiving resources, all programs are designed to give staff the support needed in all areas of life.



Staff support is a vital component of our One Team culture. The YOU Matter Staff Support Program provides individual crisis intervention and support services to assist the well-being of health care staff. Our staff support clinicians have been trained to provide therapeutic clinical guidance and information on well-being, resiliency and stress management. Additionally, support clinicians are available to provide crisis intervention, critical incident stress debriefing and trauma support to ensure that employees have access to services focused on their personal needs.

The YOU Matter hotline is available 24/7 at (614) 722-5005 ext. 25005.

EMPLOYEE ASSISTANCE PROGRAM (LYRA)

Nationwide Children's offers free counseling from third-party experts. Our employee assistance program (EAP) through Lyra can help staff and their families whether they are feeling a little stuck in life or dealing with more serious issues. This is an ideal resource for those who are seeking therapy for the first time, don't have an already established therapist or may not be able to afford one.

"Utilizing Lyra has made a positive impact on my daily life," says a **non-clinical Nationwide Children's staff member**. "It was easy to be matched with a provider who aligned best with my profile. Finding a professional who I feel comfortable with and having a safe space goes a long way. In my sessions, I've gained skills that have helped me better navigate difficult situations, and I feel more aware of my emotions. I believe I'm a better partner, friend, family member and professional because of this. Overall, I'm grateful to have access to Lyra and the opportunity to prioritize my mental health."

Through Lyra, all Nationwide Children's employees and dependents (ages 6+) have access to 12 mental health coaching or therapy sessions, per person per year, at no cost. Based on a questionnaire that is filled out before the first session, staff are matched to a high-quality provider to meet unique individual needs.

In addition to 1:1 counseling, other services include:

- 24/7 care navigation
- Self-care resources including videos, meditations, soundscapes and breathing exercises
- Medication management
- Financial support from an advisor
- Legal advice from an attorney or mediator
- Identity theft and fraud resolution
- Child, elder and pet care resources

KIDS MENTAL HEALTH FOUNDATION

Since 2018, *On Our Sleeves* has grown exponentially, providing free educational tools and resources to millions of people across the nation. This spring, On Our Sleeves expanded its mission moving forward as The Kids Mental Health Foundation, which is now the leading organization promoting mental health for children in the United States.

To celebrate the launch of The Kids Mental Health Foundation in April, staff on main campus and at the Behavioral Health Pavilion were treated to a mental health break. Following remarks from our CEO, Tim Robinson, staff were able to partake in stress-free activities like bracelet making, coloring, massages, and of course, spending time with Butterfly Paws. As seen in the picture on the right, The Ohio State Football quarterbacks also stopped by to score a visit with our One Team.



Resources from the Foundation focus on key areas that have a significant impact on children and their mental well-being. With funding support, The Kids Mental Health Foundation creates evidence-informed curricula, tools and guides to educate and bolster grown-ups who shape the youth of today, with a concentration on supporting under-represented communities across these priorities.



Parent & Caregiver
Guides and Tools



Mental Wellness
Curriculum for Educators



Workplace Curriculum
for Employers



After-School Curriculum for
Youth Serving Non-Profits



Guides for Supporting
Young Athletes



Primary Care Pediatrician
Resources for Families



Data Insights, Research &
Program Development

CONTINUED...

A recent study conducted by The Kids Mental Health Foundation showcased how the child mental health crisis is negatively affecting corporate success. Half of working parents said they've missed one or more workdays a month due to issues with their children's mental health. **Bloom**, a free series of resources from Nationwide Children's behavioral health and learning and development experts, is another way the Kids Mental Health Foundation is making a national impact. Available for all U.S. employers, the digital curriculum with specialized courses is designed for working caregivers to help them support their child's mental and emotional needs.



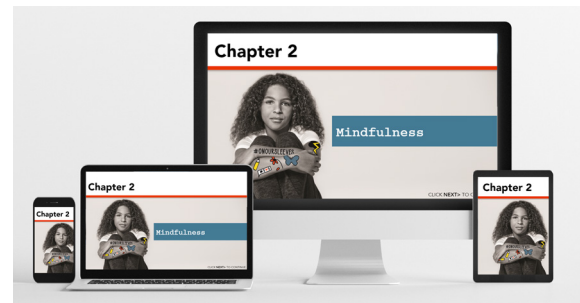
"I feel so lucky I get to work with some of the best behavioral health experts here at Nationwide Children's Hospital," says **Dr. Ariana Hoet, executive clinical director of The Kids Mental Health Foundation**. "I'm proud that we have the opportunity to share their knowledge throughout the country with The Kids Mental Health Foundation. The resources they help us create allow us to not just have an impact here in our central Ohio community, but all over the country, so that mental health is a part of the upbringing of every child!"



Supporting You
In Growing Kids'
Mental Well-Being

Curriculum includes:

Build Mental Wellness Habits
Mental Wellness for Kids
Manage a Diagnosis
Get Help

**You are not alone**

6 in 10

Parents report being very to **extremely concerned** about their child's emotional health and development or behavior in the past two years.

41%

of working parents have **developed a mental health concern in the past year**, due to restricted access to mental health care related to school closures.

2 out of 3

parents describe dealing with any issue related to their child's mental health as challenging.

Scan the QR code and use the Nationwide Children's Group code **BLCH01** to register for exclusive access to Bloom.

You can keep up with The Kids Mental Health Foundation resources, events and partnerships on social media.



Instagram: @KidsMentalHealthFoundation



Facebook: Kids Mental Health Foundation



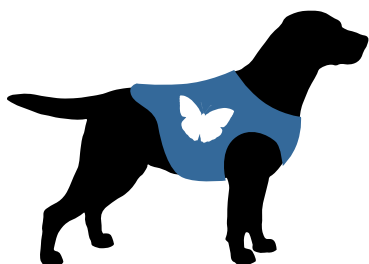
Youtube: /KidsMentalHealthFoundation



The Kids
Mental Health
Foundation™

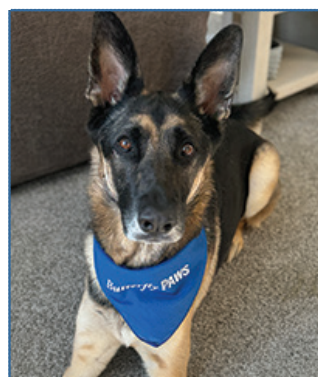
dog days OF SUMMER

Dogs can be one of the most comforting ways to enhance emotional well-being, and Butterfly Paws at Nationwide Children's unleashes this incredible bond between humans and canines. These furry friends of our One Team staff members are paw-some supporters of the program!



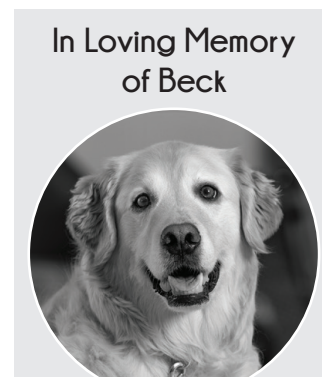
Murphee

Owner: Elizabeth Moore



Max

Owner: Jessica Holstine



In Loving Memory
of Beck

2013-2024



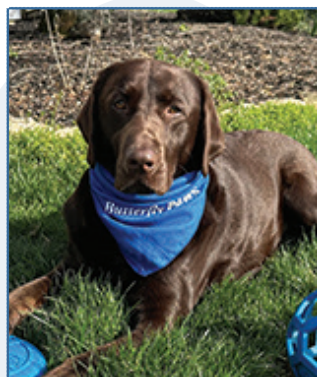
Sabrina

Owner: Sommer Hengstler



Gypsy

Owner: Asia'rae Wells



River

Owner: Sarah Covert



Ralph

Owner: Kim Dwyer



Remi

Owner: Kelly Taylor



Ruby

Owner: Megan Kaufman



Raven

Owner: Marcy Cater



Graham and Gilmore

Owner: Katelynn Scott

HOME is where the HEART is

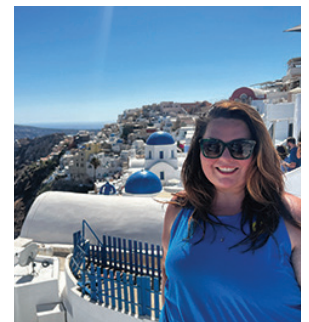


There truly is no place like home for these staff members who found their way back to our One Team. Whether they pursued work or education outside of central Ohio, or left Nationwide Children's to explore other opportunities, they landed here for our unique culture, careers and community.



"I grew up in Upper Arlington then went to UC Davis, in California, for undergraduate where I majored in Neurobiology, Physiology and Behavior. I came back to Ohio for medical school where I met my husband and got my MD from Ohio State (OSU). While at OSU, I worked in the department of radiology at Nationwide Children's doing research with Dr. Castile and Dr. Long. My husband and I went away to Wake Forest University in North Carolina for our residencies for four years. We returned for our fellowships in 2015, and I did a two-year fellowship in pediatric general followed by pediatric body/musculoskeletal radiology at Nationwide Children's. I was offered a job to stay here as a staff pediatric radiologist and have been on staff since 2017. I love it here. My husband and I couldn't think of a better place to raise a family!" - **Kathryn Milks, MD, Radiology**

"I am from Ohio (Gallipolis), and after high school, I attended Otterbein for two years. While at Otterbein, I volunteered at Nationwide Children's with Reach Out and Read as a music volunteer. Volunteering solidified my passion for music and helping children, so I ended up transferring colleges to attend Berklee College of Music in Boston where I earned my BM in Music Therapy. After graduation, I moved to Birmingham, Alabama to do my music therapy internship at University of Alabama at Birmingham Hospitals. I moved back to Ohio after completion of my internship and worked as a music therapist. I wound up back in health care Human Resources at Holzer Health System in Gallipolis (where I had worked during my college summer and winter breaks). I moved to Columbus to do HR for a private practice Ob/Gyn in 2019 and landed my amazing job at Nationwide Children's in 2022." - **Lindsay Pennington, MS, SHRM-SCP, MT-BC, Human Resources**



"My best friends and I are all three, originally from Ohio. We never met before college, but we all became very close at our alma mater, Indiana Wesleyan University. After graduation, Lauren, Haleigh and I all ended up back in Ohio and eventually all made our way to Nationwide Children's. We all graduated with different degrees - Haleigh is an RN with a BS in Nursing, and now works as a surgical RN in the operating room; Lauren has a psychology degree and works with the Pediatric admins; and I have a Pastoral Counseling and Care degree, and I work with the Foundation. We're all in the process of settling into Columbus, and we all love Nationwide Children's and are so glad we ended up here!" - **Alivia Taggart, Foundation**

"I am from Guatemala. I came to the United States for my college education and got my master's degree at OSU. After graduating, I worked at Nationwide Children's for two years. I then left and went back to Guatemala with my husband who is from Ohio. After seven years there, we decided to come back. I messaged my old boss, and when she told me that my old job had just opened, I applied and picked up right where I left off!" - **Susana Perez De Bronner, Clinical Nutrition and Lactation**





"I grew up in Cincy and went to DePauw University in Indiana where I met my husband who was a foreign exchange student. After moving to Kansas City, we made our way back to Ohio for work at Ohio State. A friend I worked with there got a job at Nationwide Children's, and I followed her. I had roles as a genetic counselor for autism and hem/onc, then took a hybrid position doing half IGM work and half hem/onc work. I loved this role because I was able to see the translation from bench to bedside. Right before the pandemic, I left Nationwide Children's to try the sales industry, but I didn't love the company. I then worked for a remote tech startup, but it was isolating during COVID, and I struggled finding my purpose there. My mom and niece were diagnosed with cancer, and I found that I was still reaching out to my colleagues at Nationwide for support and advice. During these conversations, we discussed the possibility of me coming back to fulfill an opportunity related to our growth and strategic plan. We built the role together and I've been back for over three years now."

- **Elizabeth Varga, MS, CGC, CCRP, Institute for Genomic Medicine**

"I started in 1999 and worked until 2017 as a Child Life Specialist. During my first 17 years here, I worked in multiple areas and earned employee of the month. Then, my husband got transferred to California and we lived there from 2017-2021. We moved back to Columbus in 2021, again due to my husband's job. I thought about where I wanted to work and explored all my options upon returning to Columbus. My heart kept reminding me about Nationwide Children's. I truly believe in our mission and values, as they match my own personal values. There is just no place else I would rather work that would give me as much purpose and fulfillment. My co-workers are amazing and supportive. I have felt nothing but support from my boss and department lead. They recognize the work we do can be stressful, but they are always looking for ways to connect with us and support us. I watched this hospital grow from a small-town, Midwest hospital, to one of the best hospitals in the world. Through that transformation, I still see us recognizing how EVERYONE MATTERS. I truly feel grateful for my job here at Nationwide Children's." - **Julie Snider, Family and Volunteer Services**



"I first joined Nationwide Children's as a clinician on the behavioral health team in 2007. I worked on the home-based team for five years and decided if I wanted to see what other options were out there, that would be the time to do so. I left Nationwide Children's in 2012 and tried a couple other opportunities in the community. It didn't take long until I decided that I wanted to be back with my Nationwide Children's family. I was always proud to be a part of this amazing hospital and decided that I needed to return. I was able to join the clinical social work team in 2014 as a social worker within Primary Care, where I remain today. I am affected and humbled daily by the many ways our community has impacted so many lives of children and families. I am proud to be a part of this hospital and grateful that I was able to return."

- **Laura Harden, MSW, LISW-S, Primary Care Social Work**

"I previously worked as a research associate in the Center for Surgical Outcomes in 2018-2019 and went to medical school at Oregon Health and Science University. I was fortunate to be able to come back to here for my pediatrics training! Nationwide Children's is a top pediatric training and research program, and I already knew I loved the environment and culture. Moreover, the breadth of patients was incredibly important to me for my training to serve both natives of the city, but also our immigrant population and people who come all over the world to get treatment here. Everyone from the PCAs to CEOs were always so friendly, and I knew I wanted to be a part of that in my patient's care. Then selfishly, I have a strong chosen family here in Columbus and my husband and his family is here. It was nice to be able to come back to them and see how much Columbus has changed in just five years!"

- **Holden Elkhannas, Resident**





NATIONWIDE
CHILDREN'S

When your child needs a hospital, everything matters.™

Nationwide Children's Hospital
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Columbus, Ohio 43205-2696

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COLUMBUS, OH
PERMIT NO. 777

NATIONWIDE CHILDREN'S - TOLEDO 

Congratulations, Dr. Riley!

Dr. Alyssa Riley, Pediatric Nephrologist at Nationwide Children's - Toledo, was elected to the AAP Executive Committee this year. We are grateful for her expertise, dedication and representation of our organization beyond Columbus!

"As a Toledo native, coming home to work at Nationwide Children's-Toledo and helping provide the full complement of high-quality pediatric care for children in Northwest Ohio is a career dream come true," said Dr. Riley. "It's been an opportunity to be part of a nationally renowned Pediatric Nephrology Division, while working alongside others who passionately share a vision for improving the health of our communities' children. The excitement and support here are unlike anywhere else I've ever been."



Dr. Alyssa Riley



NATIONWIDE
CHILDREN'S

TOLEDO

When your child needs a hospital, everything matters.