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*- American Journal  
of Psychiatry*

**MEET  
AMY**

A breakup, final exams and a fight with her parents were enough to send AMY into an emotional tailspin. Her low self-esteem and undiagnosed depression compounded every issue. Her parents were concerned. Despite going to great lengths to try to help, their daughter was withdrawing from social activities. Her friends' reactions only added to the emotional turmoil she felt. The only answer to her pain appeared to be suicide, the step she thought she had to take. Fortunately for AMY, before making that devastating choice, help was within reach.

## **An Issue in the National Spotlight, A Problem Here at Home**

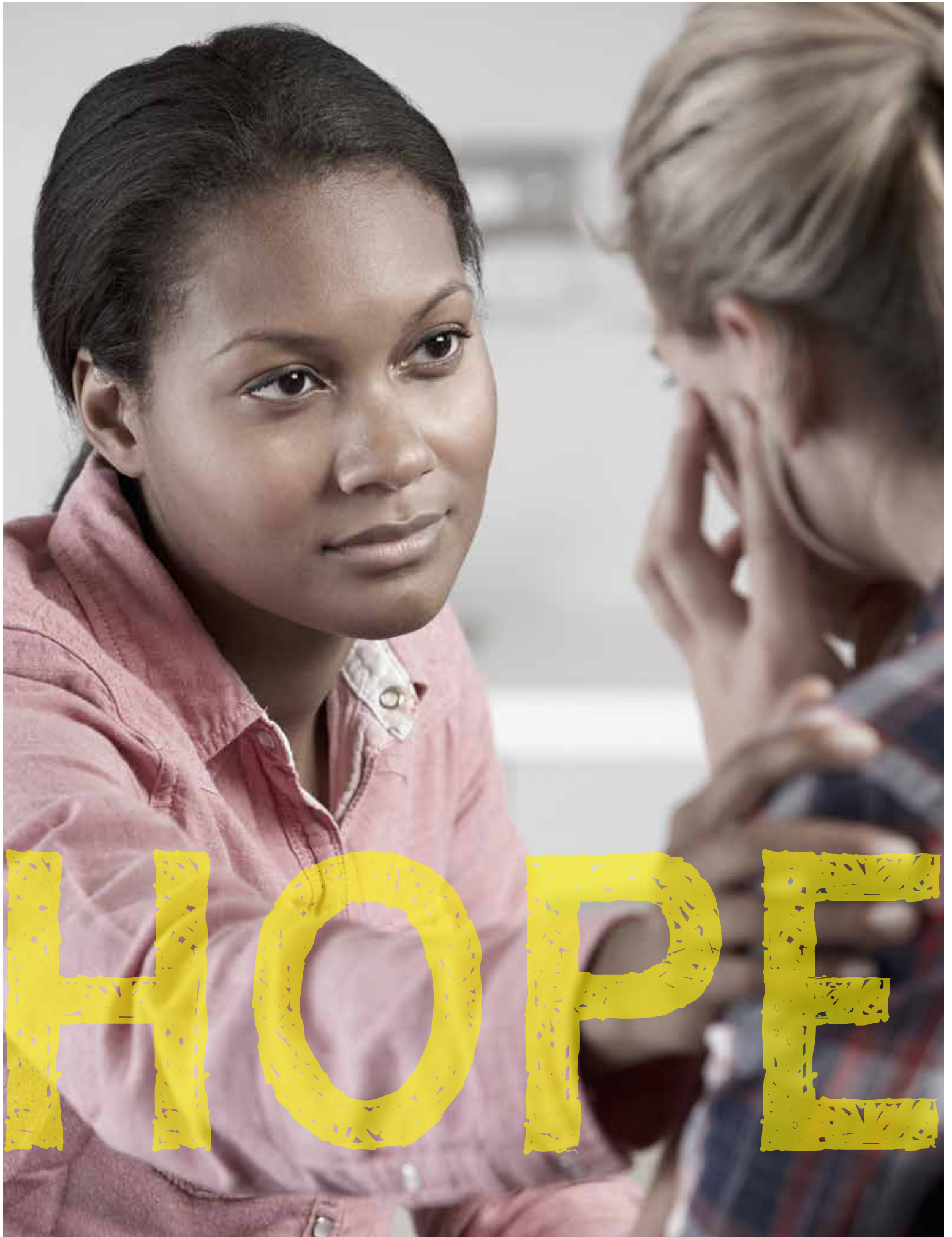
The Centers for Disease Control and Prevention (CDC) released a new report in May, 2013 describing the national mental health crisis for youth and their families. The report estimates that 12 million young people experience a mental health disorder each year. For youth between the ages of 10 and 24, suicide is the third leading cause of death. It results in the loss of 4,400 lives each year. Here at home, the Commonwealth's Department of Public Health conducted a survey in 2012 that revealed that a staggering 7.2% of middle school and 12.2% of high school students in Massachusetts had seriously considered committing suicide in the past 12 months. Even more students indicated that they participated in a non-suicidal self-injury such as cutting.

Experts agree that early mental health intervention can prevent many problems including declining grades, truancy, dropping out, and destructive coping strategies such as alcohol and drug abuse. In fact, when queried by Franciscan Hospital for Children's evaluation team, 94% of the Boston Public School teachers and administrators surveyed indicated that unaddressed mental health problems negatively impact their students' academic and social lives. The article "Mind Matters", published in Children's Hospitals Today (summer 2013), reminds us that untreated mental health problems in youth can also have dramatic lifelong effects such as employment disruptions, poverty, and more costly forms of mental health treatment in adulthood.

Despite these dire statistics, dwindling public budgets have squeezed mental health services out of the public schools, and families are urged to seek outpatient treatment for their children, a time-consuming task that is difficult for many families to navigate.

For that reason, it is not surprising that the American Journal of Psychiatry found that 79% of children and adolescents ages 6-17 with mental disorders do not receive care at all. Here in Massachusetts, several providers have closed their programs in recent years due primarily to low reimbursement rates. However, these closures do not reflect the need for services, only the costliness of delivering high-quality care.

**“7.2% OF MIDDLE SCHOOL AND 12.2% OF MASSACHUSETTS HIGH SCHOOL STUDENTS SERIOUSLY CONSIDERED SUICIDE IN THE PAST 12 MONTHS.”**



HOPE

## **Franciscan Hospital for Children's Comprehensive Behavioral Health Program Offers Hope**

Throughout its history, Franciscan Hospital for Children has evolved to meet the changing needs of youth. When it comes to behavioral health, our aim is to provide the right level of care at the right time, whether it is prevention, intervention, or support during a crisis. **Working in partnership with McLean Hospital and other first class institutions, our care has been recognized for excellence by the Department of Mental Health.**

Our behavioral health services support 1,500 children and families annually with:

- School-based counseling and prevention services
- Multi-disciplinary outpatient testing, consultation and individual, family, and play therapy
- Short and long-term community-based residential care
- Inpatient pediatric psychiatric care
- Guidance and strategies for families as they support their child as s/he re-enters the community

We are skilled in treating all diagnoses, ranging from youth struggling with anxiety and school refusal to those with autism or who are considering suicide. Franciscan's expertise allows us to offer subspecialty care for children with developmental disabilities and those with co-occurring medical complexity.

In response to the growing demand for our services, in 2010 we increased the number of beds on our inpatient pediatric psychiatric unit from 20 to 32.

**SINCE 1990, FRANCISCAN HOSPITAL FOR CHILDREN HAS PARTNERED WITH MCLEAN HOSPITAL TO OFFER BEHAVIORAL HEALTH PROGRAMS FOR YOUTH. THIS PARTNERSHIP UNITES THE STRENGTHS OF A PREMIER MENTAL HEALTH PROVIDER AND THE EXPERTISE IN PEDIATRIC REHABILITATION AND SPECIAL EDUCATION FOR WHICH FRANCISCAN IS KNOWN.**



## **A Vision to Expand our Reach**

Unfortunately, these additional beds do not sufficiently meet the current demand. Day to day, distraught children and families are placed on our waitlists. With your support and the generosity of others, our pediatric behavioral health programs will be able to serve more children who are struggling or in crisis. Plans to grow these critical services include:

- Physical renovations to the hospital campus to embrace patients and families in a therapeutic environment thoughtfully designed to provide superior care. Renovations will optimize space use, thereby eliminating current rooming limitations to allow us to increase access to high-quality inpatient and short-term residential care for children and families “stuck” in local emergency rooms and unnecessarily restrictive environments.
- Infrastructure support for research in suicide prevention, innovative treatments for childhood psychiatric disorders and new models for family centered support.
- Expanding outreach to at-risk youth through school-based programs, regardless of their insurance status or their family’s ability to pay.
- Growing our expertise and ability to provide outpatient services that respond to a variety of needs.
- Providing specialized education services to continue children’s educational experiences during inpatient and residential stay.
- Developing new and innovative programs that will give children opportunities to explore play, dance, participate in music, and create art as essential components of their healing and recovery.

**WE INVITE YOU TO HELP  
US SOLIDIFY AND ENHANCE  
OUR ROLE IN NEW ENGLAND  
AS AN ESSENTIAL PROVIDER  
OF QUALITY CARE FOR  
CHILDREN WITH SPECIAL  
HEALTHCARE NEEDS.**

## Mission Driven to Support Youth

At Franciscan Hospital for Children, our mission is to provide compassionate care and education to children with special health care needs and to help them reach their full potential. Founded in 1949, Franciscan is an independent healthcare and educational institution. As the only facility of its scope in the Northeast, Franciscan collaborates with many area teaching hospitals and universities, receives referrals from medical centers throughout New England and is fully accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) to provide medical, rehabilitation, dental, behavioral health and special education services to more than 10,000 children and adolescents each year, many of whom have multiple, complex medical/behavioral health diagnoses. Through this uniquely integrated network of programs, we have created a powerful continuum of care in one centralized location.

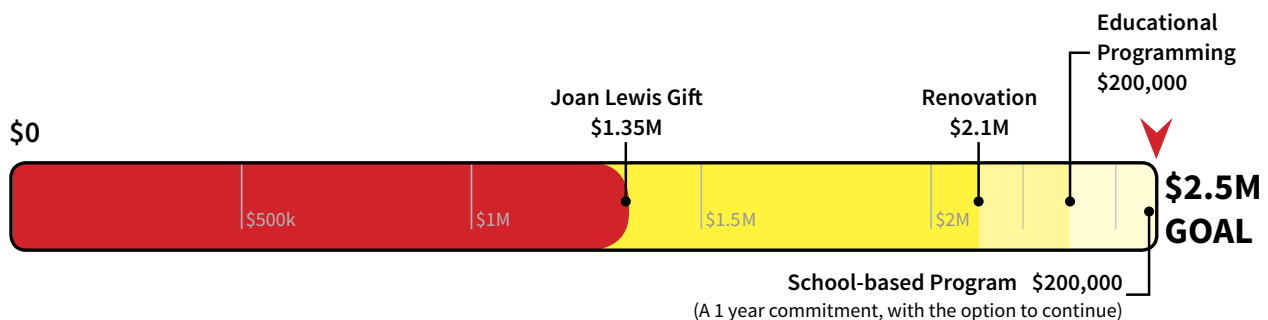
## Philanthropy at its Finest

Franciscan has a rich history of transformational philanthropic support, from our earliest founders—Joseph P. Kennedy, Sr., John F. Kennedy and Edward M. Kennedy—to our powerful partners today—New Balance, the Novack Family Foundation, Hamilton Company, and Century Bank. Franciscan is inspired by the engaged volunteerism and financial support of many.

**EXPERTS AGREE THAT  
EARLY MENTAL HEALTH  
INTERVENTION IS KEY,  
ESPECIALLY FOR VERY  
YOUNG CHILDREN  
WHO MAY BE AT RISK.**

## Initiative for AMY

A remarkable gift of \$1,350,000 made recently by the estate of Joan Lewis of Waltham, MA has propelled us to enter this phase of growth. Fueled by the desire to leverage this contribution, Franciscan has set a \$2.5M goal for the **Initiative for AMY**.



We invite you to help us solidify and enhance our role in New England as an essential provider of quality care for children with special healthcare needs. Your generous participation is essential to our success. We encourage you to visit Franciscan to witness firsthand the difference we are making in the lives of children and their families.



SURVIVOR

YOU ARE BRAVER THAN YOU BELIEVE  
STRONGER THAN YOU SEEM  
& SMARTER THAN YOU THINK



What Defines  
US is how Well  
we rise after  
Falling.



## What about AMY?

AMY inspires our staff to innovate and give of themselves every day. While in our care, she receives the therapeutic and social supports that will help her thrive. She can greet her visiting parents in a warm, comfortable, and private environment. She can socialize with her peers in the teen lounge or paint self-portraits to be hung on a display wall, designed to showcase the patients' artwork. After her group therapy session, she'll continue her studies, and with the support of a highly skilled special education teacher at Franciscan, AMY will connect with her schoolteachers through Skype. We offer these experiences and more through a caring, family-centered approach.

Behavioral health challenges affect children of all ages, regardless of gender, race, family dynamics and socioeconomic status all across Massachusetts. These difficulties cross all boundaries of gender, class and race.



*Reproductions of original artwork  
created by patients in the Inpatient  
Mental Health program.*

AMY is your neighbor,  
your student or your  
child's best friend. She  
is the young woman  
alone at the park, the  
child being bullied on the  
sports field or the child  
with special needs who  
doesn't seem to fit in.  
She is both an individual  
and one of many; she is



**A**ny  
**M**odern  
**Y**outh.

# **YOUR INVESTMENT** in this **2.5M initiative** will ensure the behavioral health and wellness of **1,500 youth.**

**We invite you to find out more about the Initiative for AMY  
at Franciscan Hospital for Children.**

**Contact:** Mark T. Cummings  
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he said i'm fat i failed my test again i feel  
stupid he broke up with me they don't  
understand me she said i was ugly i have  
so much homework they just keep yelling at me  
school sucks they said it was all my fault  
they posted that embarrassing photo of me  
on facebook

**AMY MATTERS.**

**GIVE HOPE.**



Franciscan  
Hospital for Children

[www.franciscanhospital.org](http://www.franciscanhospital.org)