



Providence  
Willamette Falls  
Medical Foundation

*Art therapy  
helps children  
express feelings*

Art therapist Adam Graves helps children use art to express their thoughts and feelings.

## 2018 Highlights



### Birthplace receives new equipment and training for caregivers

Thanks to you, the Birthplace team has access to the latest training and telemedicine support for high-risk delivery situations. Your gifts have allowed the purchase of a special baby-sized mannequin to help our birth teams practice resuscitation on a newborn. In addition, our providers can connect by special video equipment (telemedicine) to specialists at Providence St. Vincent and Providence Portland medical centers – giving babies the benefit of life-saving specialized care close to home.

### John honors caregivers with gift

Your support ensures that patients at Providence Willamette Falls Medical Center receive the best care possible. For 78-year-old John Saul that means his life was saved. He was admitted to the hospital on two separate occasions, the second time with pneumonia. "I feel as if Willamette Falls hospital saved my life," he said. "The doctors and the nurses were super." John was so impressed with his care he made a donation to the foundation. "I wanted to pay it back. I've had a very good life."

Children and teens who are admitted to the Child and Adolescent Psychiatry Unit usually are frightened and confused. A behavioral health crisis throws families into turmoil. Anxiety is high. What is happening, and why is it happening?

The inpatient unit at Providence Willamette Falls Medical Center cares for children and teens when they are most vulnerable. Among the treatments used to help them is art therapy, which can offer a way to understand their confusing feelings.

"The art therapy program is focused on stabilizing the children and reducing their anxiety," said Adam Graves, MA, ATR-BC, LPC, MHP- art therapist. "Using art, we help them make connections to the thoughts and feelings they'd otherwise push away. Through art, they can work through those feelings in a way that is more comfortable and safe."

**For young children, art therapy helps them express feelings they might not understand or be able to articulate.** "Family art therapy sessions have been helpful for improving communication between children and their families," said Adam. "Working on artwork and talking about it helps create connections between family members that are otherwise difficult to make during times of crisis."

Your gifts bring life-changing programs, such as art therapy, to the children. Thank you for supporting these very vulnerable children.

## 2018 total dollars raised by fund

Total amount raised:  
**\$313,357**

- ▶ Area of Greatest Need | 14%
- ▶ Cancer Care | 11%
- ▶ Charity Care | 2%
- ▶ Heart | 2%
- ▶ Hospice/Palliative Care | 37%
- ▶ Women & Children's | 9%
- ▶ Other Funds | 25%