



Providence Willamette Falls Medical Foundation

Jeni Desmond, occupational therapist, helps children learn how to self-regulate and modulate their behavior when they feel anxious or upset.

Children in crisis receive help from occupational therapy

The five children were bouncing on exercise balls during their group session with Jeni Desmond, occupational therapist, when she suddenly asked them to stop. "It's one of my favorite ways to help my patients become more aware of their body and the mind-body connection," she said. "I have them

check their pulse, and then we practice breathing exercises and notice how quickly we can slow our body down, slow our breathing down."

Jeni will also adjust the room settings to help the children become aware of how the environment can affect their emotions. For some kids, bright lights can be a stressor, but for others, dim light can produce stress. Some like background music while others do not. "Fidget" devices also can help with self regulation.

The Child and Adolescent Psychiatry Unit at Providence Willamette Falls Medical Center cares for children and teens when they are most vulnerable. The CAPU is an acute care facility, and most children are there for one to two weeks.

Occupational therapy is one of the treatments offered to help children learn body awareness and to self regulate their behavior.

"We really appreciate donor support. Your generous donations give us the opportunity to provide the environment and the tools we need to increase coping, self-regulation, body awareness and understanding of the mind-body connection," said Jeni. "With these tools we can have better engagement, more participation and better outcomes. Thanks to you, we can prepare them for the next step."

2021 Highlights

Caregiver appreciation days

Thanks to your generosity, the foundation sponsored several events over the summer of 2021 to show our dedicated caregivers appreciation. At one event, six food trucks made a temporary food cart pod in the parking lot. Caregivers could enjoy a free meal of their choice. "These events were appreciated by caregivers and gave them time outside to visit with each other," said Shelley Haines, executive assistant, who helped organize the events. "We were intentional about making sure all caregivers were included, regardless of the shift they worked. In addition, the food trucks meant that the café staff were able to enjoy the event and not have to do the cleanup."

Meeting clients where they are

Better Outcomes thru Bridges (BOB) makes community collaborations a priority in its work. One of BOB's partners is LoveOne, a nonprofit that provides shower and laundry facilities to people who are houseless in Clackamas County. At LoveOne events, the BOB team hosts a booth so participants can access case management, Medicaid assistance and make other community connections for support. "We served more than 1,500 people in 2021," said Becky Wilkinson, outreach programs manager. "Without donor support, we would not be able to attend as many of these community events to help those who need us."



2021 total dollars raised by fund

● Area of Greatest Need | 11%
● Behavioral Health | 7%
● Cancer Care | 75%

● Hospice/Palliative Care | 1%
● Women and Children's | 2%
● Other Funds | 4%

