

# Injury Prevention and Research Center Progress Report



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Where kids come first.™



## Overview

Injuries represent the leading cause of childhood hospitalization and death. At the Injury Prevention and Research Center at Children's Memorial Hospital (IPRC), our vision is that children should be safe and strong. Our mission is to pursue programs, policies and partnerships to reduce preventable injury to children.

The IPRC strives to reduce preventable injuries in several ways. These include fostering protective environments, enhancing knowledge and skills, increasing awareness and improving public policies. The IPRC coordinates all intentional and unintentional injury prevention activities within the hospital. Following a public health model that describes the injury problem, identifies causes and locations of injury, develops and tests interventions, the IPRC contributes to best practice and research methods to reduce childhood injury.

Since its inception in 2005, the IPRC has worked to establish connections. We have established connections within hospital departments, with state and local governments and with communities. These connections have a common goal — to prevent injuries to children.

### WITHIN HOSPITAL DEPARTMENTS

Within the hospital, the IPRC has fostered connections between the Partner's Project (based in the Department of Child and Adolescent Psychiatry) and Injury Free Coalition for Kids® staff (based in the Department of Emergency Medicine). Recognizing that social and emotional learning is a key component to a healthy and safe life, staff have partnered on initiatives that foster social/emotional development in children and families. SAFE KIDS Chicago has become the leader in child passenger safety initiatives within all departments in the hospital. SAFE KIDS Chicago established child safety seat checks for community members at the hospital and has trained members of many hospital departments as certified child passenger safety technicians.

### WITH STATE AND LOCAL AGENCIES

At the local and state government level, we have established connections with agencies to determine policy and develop programs. Our Child Protective Service Team (CPS) and Office of Child Advocacy served as invited consultants to a city-wide departmental task force under the auspices of the Department of Child and Family Services (DCFS). The team has designed a Web site on prevention of child abuse and neglect that is accessible at city and state levels. It also participates on the Child Death Review Team for DCFS. The Injury Free Coalition for Kids® has partnered with the Chicago Department of Public Health's lead inspectors on a program to provide home safety devices and education to local families. At the state level, the Child Health Data Lab (CHDL) has compiled and analyzed injury data from the state and published *State and Community Reports on Injury Prevention and Targeted Solutions (SCRIPTS)* that are used at policy and program levels. The Illinois Violent Death Reporting System is providing information for policy makers about violent deaths in Illinois. The Knee Injury Prevention Program (KIPP™), operating

**T**he Injury Prevention and Research Center at Children's Memorial Hospital was established in 2005 to organize all institutional activities in injury prevention across the spectrum of intentional and unintentional injuries to facilitate better systems for internal coordination, collaboration, consultation and scholarship; and as a resource to external partners at local, city, state and national levels. Injuries are the leading cause of death and adverse outcomes to children 1-19 years of age, affecting more children than all other childhood diseases combined. In the majority of cases, these injuries are preventable. The exceptional leadership and expertise in injury prevention at Children's Memorial Hospital has lent itself to a more vital and vigorous approach to reducing childhood injury through the IPRC model. We are proud to present an overview of IPRC activities and accomplishments over the past three years.

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Medical Director            Administrative Director

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# Child Health Data Lab

Through its epidemiologic research and collaborative community projects, the Child Health Data Lab (CHDL) supports efforts of program planners across the State of Illinois who focus on injury prevention and on community-based efforts to improve the health of youth.

Many of CHDL's projects involve epidemiologic research in childhood and adolescent injury and health in Illinois and Chicago. In addition to the Illinois Violent Death Reporting System (highlighted in the newsletter), a sample of CHDL's epidemiologic projects include:

- The Illinois Health Survey is the first effort to gather statewide and community-level information on a wide range of health conditions for children — from asthma to obesity, from injuries to youth risk behaviors. The Illinois Health Survey is currently being piloted.
- The SCRIPTS series of publications (State and Community Reports on Injury Prevalence and Targeted Solutions) provides the rate of childhood injuries due to intentional and unintentional causes in counties across Illinois and in Chicago neighborhoods.

In addition, CHDL collaborates with other organizations working in the area of children's health in the City of Chicago and the State of Illinois. Most of CHDL's collaborative projects take place in schools, where services to youth can be delivered more easily. Examples of these projects include:

- Collaborating with seven rural school districts and their community partners to build a school-based mental health system for youth.
- Evaluating efforts of the Chicago Public Schools to implement a comprehensive health curriculum.
- Working with the Illinois Chapter of the American Academy of Pediatrics to evaluate and support the development of improved early intervention services for youth.

CHDL works with the Chicago Public Schools, suburban schools and schools districts in some of the most remote areas of Illinois. Through collaboration with schools and other community partners, we work to improve service delivery to youth and implement prevention programs that will support healthy and safe youth development.

## OVERVIEW

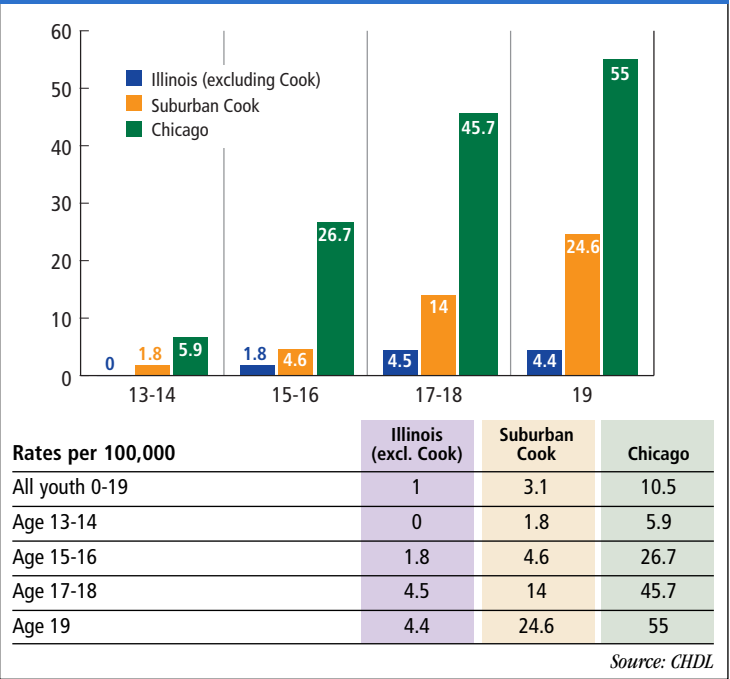
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under the hospital's Institute for Sports Medicine, has partnered with Chicago Public School coaches to affect a 50% reduction in knee injuries among female athletes participating on high school basketball and soccer teams.

### WITH COMMUNITIES

Connections at the community level have always been important to all of our IPRC programs. As the demographics of our city change (one in four children in Chicago are immigrants or children of immigrants), we have expanded our community outreach to represent the diversity of socioeconomic and ethnic groups in Chicago. We continue to provide car seats, bike helmets and education to the immigrant mutual aid

Firearm Homicide Rates by Age and Residence, 2002-05



## ILLINOIS VIOLENT DEATH REPORTING SYSTEM

When a violent death occurs, many agencies (for example, police departments, medical examiners, crime labs and health departments) collect data about the death as part of their routine procedures. But these data are not shared among the agencies. The Illinois Violent Death Reporting System (IVDRS) brings these routinely collected data together to draw a complete picture of the circumstances surrounding the death. In doing so, programs can be designed to prevent future violent deaths.

IVDRS includes all deaths that are the result of homicide, suicide, unintentional firearm incidents, terrorism, legal intervention and other forms of injury where the intention is not known.

In the first phase of implementation, the IVDRS team is working with agencies in three jurisdictions: Cook, Kane and Peoria Counties. All Illinois counties will be included over a five year period. The IVDRS staff have released two newsletters from the data collected to date, both of which have received substantial media coverage.

societies in the Uptown community. In 2007, we built a playground at the General Wood Boys and Girls Club in the primarily Mexican American Little Village community. Our Stop the Falls initiative provides community education through public awareness messages on mass transit lines that intersect multiple communities. School-based collaborations reach a multiplicity of youth from throughout the city of Chicago.

The creation of the Injury Prevention and Research Center was made possible with administrative support from Children's Memorial's Office of the President and CEO. Philanthropic support from donors solicited by the Children's Memorial Foundation, government agencies such as the Illinois Department of Public Health and the hospital's Office of Child Advocacy have supported ongoing work of the IPRC. Institutionally, we take pride in our collective commitment to establish safe, structured environments for children to lead healthy, productive lives.

## The Institute for Sports Medicine

Each year in the United States over 20,000 high school girls suffer a serious sports-related knee injury. In fact, girls are up to six times more likely to injure their anterior cruciate ligament (ACL) than boys playing similar sports. An ACL injury is a life-changing event that requires surgery and/or months of rehabilitation, and prolonged time away from sports.

To address this concern the Institute for Sports Medicine designed KIPP™ (Knee Injury Prevention Program) for Coaches, a tool to help coaches reduce the risk of knee injuries in their female athletes. KIPP for Coaches is a 15-minute warm-up routine of strengthening exercises, plyometrics, balance training and active stretching. This combination of exercises has been shown to reduce the risk of knee ligament injuries and improve athletic performance.

With funding from Children's Memorial Research Center and Office of Child Advocacy, KIPP for Coaches was implemented in the fall of 2006 as part of an injury-prevention and research project at Chicago public high schools. After just two years, the program has reached more than 55 schools, 81 coaches and 2,500 soccer and basketball athletes. Preliminary results demonstrate a 50 percent reduction in knee injuries and coach feedback has been very positive.

KIPP for Coaches will continue into 2008-2009 with the goal to expand coach training to all Chicago public high schools offering girls basketball and soccer.

To learn more about KIPP for Coaches, contact the Institute for Sports Medicine at 773.327.1201.



## Community Linked Mental Health Services Program, Department of Child and Adolescent Psychiatry

The Partner's Project continues to build strong community partnerships to promote safety and social, emotional and behavioral health in educational and recreational programs. This summer, team members delivered a social-emotional coping skills curriculum to the students in the Community Schools Initiative summer program at Graeme Stewart Elementary School. They also provided professional development and support to campers at the Daniel A. Cotter Boys & Girl's Club. Both efforts reflect the importance of integrating our project into community efforts to promote safe enrichment opportunities for students.

The Partner's Project also provided consultation to a new initiative within Chicago Public Schools (CPS) to integrate behavioral health services into a state and federal mandate called Response to Intervention (RTI). Team members have partnered with CPS officials to implement a three-tier public health model to address the social, emotional and behavioral needs of CPS students. Universal strategies teach skills that promote a positive school climate and teach students how to manage emotional responses, navigate peer relationships and problem-solve. Targeted interventions address students who are exhibiting behavioral patterns that impact school functioning including aggression and exposure to trauma. Clinical interventions are focused upon coordinating school and community resources to increase access to appropriate, empirically supported individual



and family treatment. Consultation to CPS included supervision and training to increase fidelity to empirically supported interventions across the three-tier model and co-leading a five day workshop for staff at two CPS Turnaround Schools. Training included an introduction to the impact of stress and trauma upon students and school wide and classroom management strategies to ensure safe, engaging learning environments for all students.

# SAFE KIDS Chicago and The Injury Free Coalition for Kids® of Chicago

SAFE KIDS Chicago and the Injury Free Coalition for Kids of Chicago (IFCK) focus on injury prevention programs in diverse Chicago communities. With support from the Illinois Department of Transportation, SAFE KIDS Chicago has developed an extensive network of car seat training and distribution sites at nonprofit organizations throughout Chicago. In addition to their work with child passenger safety, SAFE KIDS Chicago continues to promote bicycle and pedestrian safety at numerous community-based events. An annual highlight of the pedestrian safety initiative was the “Walk This Way” pedestrian safety event held at Goudy School in 2006 and 2007.

A gift from Kohl's Department Store helped create the Kohl's Cares for Kids® Safety Network at Children's Memorial, which includes the Safe at Home, Safe at Play and Stop the Falls programs of the IFCK. The goal of the Safe at Home program is to prevent in-home injuries to young children by educating parents about home safety and distributing Home Safety Bags. The bags are filled with home safety products including smoke detectors, window safety devices, bathtub thermometers and much more. The Safe at Home program is also concerned with preventing window falls. For the past five years, we



*The children at the North Austin Head Start are enjoying their new playground.*

have developed a summer campaign for Chicago's buses and trains designed to inform the public about window falls. The Safe at Play program works to keep Chicago's playgrounds safe and to develop new play spaces for children. Since 2004, we have built seven playgrounds for community based

organizations and local parks. For the last four years, we have partnered with Friends of the Parks to do a comprehensive safety study of all the 450 Chicago Park District playgrounds. Staff also provide free playground safety checks at local parks, schools and childcare centers.

## Protective Service Team

The Children's Memorial Hospital Protective Services Team annual symposium about child maltreatment was a great success. This year's symposium, Child Maltreatment: Moving from Intervention to Prevention, drew in over 180 participants including physicians, nurses, psychologists, social workers, DCFS workers, attorneys and teachers. The speakers discussed a number of child maltreatment issues including the differences between unintentional and inflicted trauma, cultural issues, sexually reactive behavior in children, professional compassion fatigue and different child abuse prevention models.

The Protective Services Team sponsors a number of child maltreatment prevention and outreach programs. The Coping with Crying program educates families in Children's Memorial's NICU about infant crying and strategies for managing the stress of crying. This program has been expanded to other interested Chicago area hospitals.

The team is making Children's Memorial Hospital a Positive Parenting Zone. The program will provide parents with strategies to create safe, strong and nurturing relationships with their children as well as teach hospital employees how to intervene effectively

when they observe inappropriate behavior in the hospital.

The Protective Service Team has developed a number of online training lectures for child welfare professionals, law enforcement officers, social workers, nurses, students, chaplains, childcare providers and other community professionals about child abuse and neglect ([childrensmemorial.org/depts/protective/presents.aspx](http://childrensmemorial.org/depts/protective/presents.aspx)). In the near future, training for EMTs will be added. A video to raise community awareness about child abuse and neglect is being developed and will be added to the Web site.