Children's MINNESOTA
The Kid Experts®

Impact Report

Fall 2024



Henrik Thriving After Serious Fall

Donors Have Been by Our Side for 100 Years

Infectious Disease Expert Always Listened First

Keeping Aiden's Story Alive

From the President



100 YEARS

Learn more about the many people and the many reasons why Children's Minnesota has a shining legacy and a bright future.

Dear Friends,

There are so many good stories at Children's Minnesota that it's hard to choose which ones to share with you. During our centennial year we've been listening to, collecting and sharing stories about some of the remarkable people who have made this the strong health system it is today: the clinical staff, donors, volunteers, community partners and more.

On the Children's Minnesota Mighty Blog, you can read about the many fascinating chapters in our history, beginning with the 1920s. Did you know that our very first hospital was located in a house with 16 beds in St. Paul? Or that founder Dr. Walter Ramsey came home from World War I with the dream of building in St. Paul what he had helped create in France?

The importance of having the right people by your side is one of the themes from our past. The same holds true today. It's our patients and families having the right doctors and nurses by their side. It's having you, our donor community, by our side to support those families when they need us most.

The importance of having the right people by your side is a theme in every story in our fall impact report.

- Meet Henrik, the toddler who survived a serious fall at daycare at 14 months. He's now thriving and up for anything, including rambunctious play with his older brother.
- Find out how the Pain, Palliative Care and Integrative Medicine program makes things better for patients.
- Read about Briana and Nick Koch and the courageous decision they made to always say "yes" to telling Aiden's diagnosed with a rare condition for which there is no treatment.
- Learn about Patsy Stinchfield, a renowned infectious disease expert who retired from Children's Minnesota but is continuing her life's work to keep us safe.

With gratitude,

Jennifer L. Soderholm
SVP and Chief Development Officer
President, Children's Minnesota Foundation

By the Numbers

Children's Minnesota cares for kids from across the Upper Midwest, drawing patients from Minnesota, Wisconsin, Iowa, North Dakota, South Dakota and beyond. We are committed to improving children's health by providing expert, compassionate care — made possible with the help of our donor community.

85,200 Emergency department visits

389,372 Outpatient clinic visits

161,995 Total individual patients last year

23,686 Surgical procedures

24,284 Virtual visits

Last year, donors made these services possible for patients and families

9,551 Families served by the amenities cart

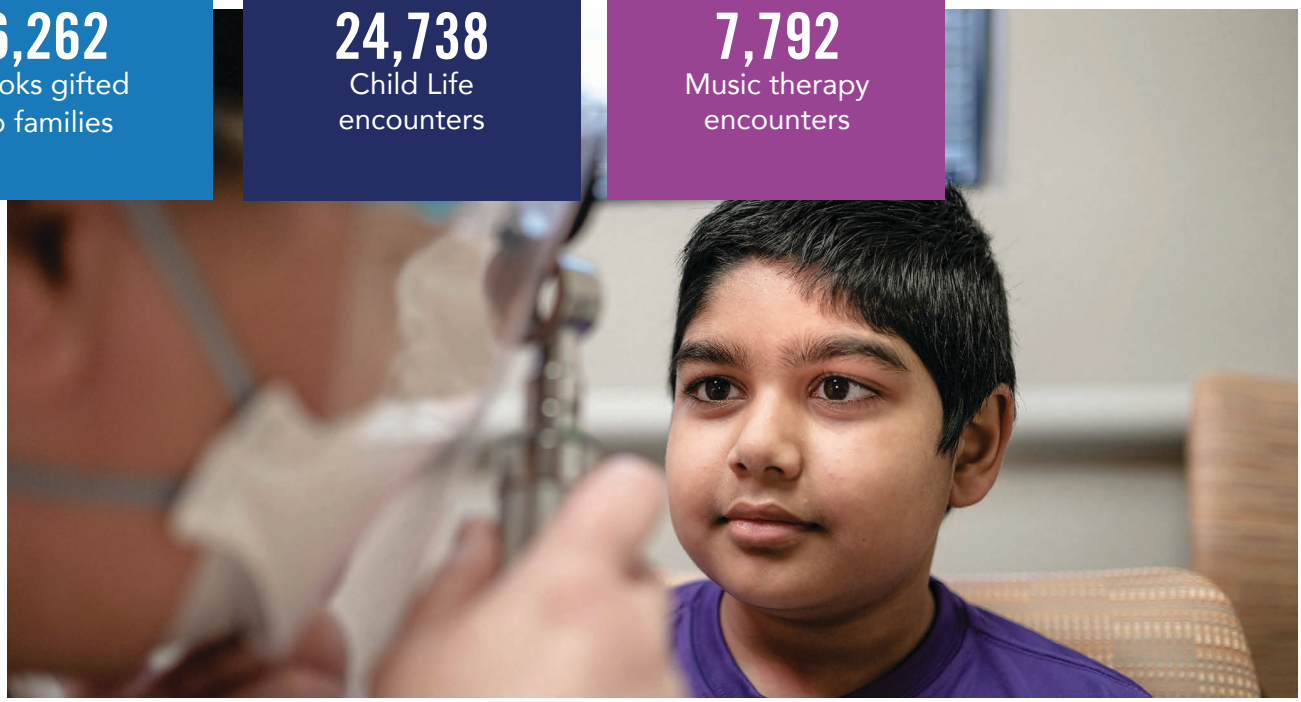
7,076 Pawh pet therapy encounters

33,611 Meal vouchers distributed

6,262 Books gifted to families

24,738 Child Life encounters

7,792 Music therapy encounters



Henrik Continues to Meet Milestones After "One-in-a-Million" Fall



Today, you would never guess that 2-and-a-half year-old Henrik spent nearly a month at Children's Minnesota after suffering a serious head injury.

May 9, 2023, started as a routine day for Emily and Derek Youngren and their two sons. Emily dropped then-14-month-old Henrik off at daycare near their family farm in Waverly, Minnesota, and went to work. A few hours later, she got a call from daycare.

"At first, my reaction wasn't much," recalled Emily about the moment she learned Henrik fell off a couch backwards and hit his head on a carpeted concrete floor." But once I got to daycare and saw him, I realized it was very serious."

Rather than take Henrik to a local hospital in rural Minnesota, an ambulance rushed the toddler directly to the Level I trauma center at Children's Minnesota in Minneapolis, 40 miles away. The site is Minnesota's only Level I pediatric trauma care center in a hospital dedicated solely to kids.

Within minutes of arriving, Henrik had a delicate procedure performed by Dr. Kyle Halvorson, pediatric neurosurgeon and member of the Level I pediatric trauma care team at Children's Minnesota. Dr. Halvorson and the neurosurgery team performed a decompressive hemicraniectomy to allow Henrik's brain to swell, a complex procedure that the trauma center only has to perform a few times a year. Henrik was in the PICU (pediatric intensive care unit) for fitted with a custom skull plate to keep several weeks, and eventually was his developing brain safe and secure.

Emily said the minute they walked into the hospital, "every single person treated him like he was their child and they did what was best for him."

Henrik received further care over the next several months, and he is doing well, meeting or beating every milestone that's been set for him. He has follow-up appointments with his Children's Minnesota care team to ensure his recovery and development are on track.

"This is literally what we prayed for, being able to see him do all the things in those early days," said Emily.

Watch this video about Henrik and his family.

Patsy Stinchfield, Infection Prevention Pioneer

Do trailblazers truly retire? After a nearly 35-year career at Children's Minnesota, Patsy Stinchfield turned in her badge but kept her promise. Through her leadership as the first nurse president of the National Foundation for Infectious Diseases, she continues to do all she can to keep us safe from infectious diseases. The infection prevention education and protocols that Stinchfield and her team developed during her tenure not only earned a long (and growing) list of accolades, they helped put Children's Minnesota on the map.

Stinchfield, an early pediatric nurse practitioner (PNP), is now a part-time independent consultant and devoted grandma to two young kids. When she retired from Children's Minnesota after 42 years in nursing in 2021, she was senior director of Infection Prevention and Control and the Wound Care team, and a former practicing clinician in Infectious Disease and Immunology.

The start of Stinchfield's career as a PNP coincided with the nationwide measles outbreak from 1989 to 1991. Working on the Children's Minnesota infectious disease team during this crisis changed the trajectory of her career. Minnesota had 440 measles cases, mostly in young children, and three children died. "The fact that three young Hmong children died of a preventable disease was shocking and heartbreaking," Stinchfield said. Determined to understand why, she teamed up with interpreters and a public health nurse and began asking questions, going door to door in communities of recent immigrants who spoke a language other than English. She learned that Hmong parents were neither negligent nor anti-vaccine but lacked the sense of schedule that vaccines require — and due to poor tracking of vaccines in the days of paper medical records, there were missed opportunities to get timely vaccines during regular clinic visits.

Listen first, embrace change and make a difference

Throughout Stinchfield's career she has asked questions and listened to gain knowledge and understand attitudes, beliefs and barriers, working with specific community leaders such as the Somali community during the 2017 measles outbreak. She also credits the many leaders and colleagues who worked with her to listen first, embrace change and make a difference.

One of her proudest accomplishments was starting The Children's Immunization Project, which among other successful interventions, developed the Five Before Two vaccination campaign. This was "coupled with a campaign to educate clinicians on the importance of making every visit a vaccine visit, to make sure every child was receiving their immunizations in a timely manner."

At Children's Minnesota and elsewhere, the early 2000s brought a focus on quality improvement and patient safety. A hand hygiene campaign, Wash 'em Proud, to reduce bloodstream infections had 50% compliance when it was first launched and improved to the high 90% over time. The Journey to Zero campaign continues today, with the goal of achieving zero infections, errors and accidents.



Outbreaks bookended Stinchfield's career. Measles as a brand-new nurse practitioner. COVID-19 as a world-renowned vaccine-preventable infectious disease expert. Once the pandemic was more manageable, Stinchfield knew she could safely retire. "We had the vaccine. We had masks. We had tests. We knew what to do. When I look back over my decades at Children's [Minnesota], I realize what I liked to do was solve problems by building new interventions. I helped create a lot of programs that are still in place, and I feel good about that."

Read more about the lessons Stinchfield learned over three decades caring for kids

Pain, Palliative Care and Integrative Medicine



What is the Pain, Palliative Care and Integrative Medicine Program?
From laceration repairs to chronic illness to end-of-life support, the Pain, Palliative Care and Integrative Medicine (PPCIM) Program touches every aspect of care for all 160,000 patients cared for annually at Children's Minnesota. Our Kid Experts® use an interdisciplinary approach to treat acute pain, chronic and complex pain, and procedural pain — and provide holistic support for children with serious or life-limiting illnesses. This team specializes in providing a long-term, individualized care plan for each child's complex medical needs — from before birth through early adulthood.
Our team comprises 25 physicians, advanced nurse practitioners, physical therapists, psychologists, social workers, child life specialists, spiritual care specialists and other support staff. They provide services in the Kiran Stordalen and Horst Rechelbacher Pain, Palliative Care and Integrative Medicine Clinic, our hospital campuses, at the patient's home and via telehealth appointments.

Thanks to the donor community's shared vision and belief in the value of this work, we're able to improve quality of life and alleviate suffering for our patients. While this is our ethical imperative, there is also an emotional and financial benefit for patient families.

Over the last five years, the PPCIM team has experienced growing demand for their expertise as more children live with medically complex conditions. Between 2019 and 2023, the program's patient volume doubled. Last year, this team cared for 5,495 patients through 12,212 encounters.

What makes the program at Children's Minnesota unique?
Our PPCIM program is the largest and most comprehensive of its kind in the United States, and its interdisciplinary approach allows these specialists to not only treat the pain but the whole patient. Children's Minnesota is considered a Center of Excellence in Pediatric Pain Management, and the American Pain Society has recognized our state-of-the-art, patient-centered pain management program. Additionally, our program is the only one in the Upper Midwest that provides pediatric-specific, hospice care at home, in the hospital or clinic.

Why is philanthropy important?
Compared to other clinical programs, PPCIM services are greatly under reimbursed. One-third of the program's current operating budget comes from philanthropy. Thanks to the donor community's shared vision and belief in the value of this work, we're able to improve quality of life and alleviate suffering for our patients. While this is our ethical imperative, there is also an emotional and financial benefit for patient families.

Learn more about how the PPCIM program inspired a patient family to give back following the loss of their daughter.

Telling Their Son's Story Gives His Life Meaning

Though their grief was still raw, there was one thing Briana and Nick Koch were determined to do after their son Aiden died of a rare genetic condition shorrly after his first birthday "we needed his life to mean something, and we wanted to honor him by keeping his story alive. Nick and I decided we were always going to say 'yes' to telling his story. Aiden's not here to make decisions for himself so we asked ourselves what Aiden would want to see his parents doing that would make him proud," said Briana.

Aiden was born in March of 2014. "He was the kind of baby who made people who met him say they wanted to have a baby," said Nick. "We would take him into a room and everyone would just naturally gravitate towards him."



Then, on his first birthday, their good-natured, easygoing Aiden changed quite suddenly. He would throw his head back and cry. He didn't want to walk or stand up. Briana and Nick were understandably alarmed.

Their pediatrician referred the family to genomics medicine specialists at Children's Minnesota, where Aiden had a genomic sequencing genetic test. The results revealed which genetic mutations were causing the changes his parents had observed.

Aiden was diagnosed with mitochondrial DNA depletion 2, for which there is no treatment or cure. He received palliative care in the hospital, where his parents stayed with him around the clock. Aiden died in June, at just 15 months old.

"You're left with this huge hole where he used to be," said Nick. "In general, we're pretty positive people, so we made the decision to honor his legacy. First through volunteering for the United Mitochondrial Disease Foundation. We poured our efforts into their yearly walk and raised money. But it didn't really fit how we want to be engaged and what we were looking for so we switched our focus to Children's [Minnesota] and Ronald McDonald House."

"These are important moments for us," said Briana, a member of the Children's Minnesota Foundation Board of Directors. "When we've attended Star Gala and made a donation. When we've done interviews or shared Aiden's story in a video that raised money at the gala. We will always say 'yes' to these things, no matter how hard it is, no matter how emotional we are. That's our time with Aiden, when we get to sit with him one more time."

Watch this video about Aiden and his family.



Genomics medicine gave them the answers they needed before sons number two and three were born. Neither Greyson (8) nor Owen (5) tested positive for the fatal condition. The boys are healthy and happy, and love nothing more than swimming and fishing with their parents at the family cabin. The family celebrates Aiden's birthday with cake and stories, and releases butterflies on the anniversary of his death. "It's important to us to keep Aiden's memory alive," said Briana.

Search for 2nd Annual Boo Bash Benefit for Childrens MN on Facebook to find out more about an annual fundraiser in Aiden's memory. It will be held at Playground Plaza in Osseo, Minnesota, on October 26, 2024.

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The Kid Experts®

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Minnesota Twins star Carlos Correa and the Correa Family Foundation support Children's Minnesota in many ways. They have provided powerful family assistance for more than 50 families receiving cancer care. Their support extends to Target Field, where they recognize "Heroes of the Month" at a Twins game. Esneyder, 6, has been undergoing treatment for histiocytosis, a rare immune disease. He loves soccer and baseball and is eagerly awaiting the day he can return to his favorite activities.