

THE FUND
FOR HHC | **FIG.**

The FIG Story: Helping Small HHC Programs Grow

In late 2013, the Kings Against Violence Initiative (KAVI) at Kings County Hospital Center approached The Fund for HHC to see if funding could be found for its hospital and school-based youth violence prevention and empowerment program.

That's when The Fund's Senior Director Christina Powell realized that many projects within HHC fall outside of the traditional grant process. To help such projects grow into larger programs, The Fund launched its Fund Internal Grant (FIG) Program, a quarterly competitive grant structure that provides one-time support for specific HHC initiatives.

The FIG program has now awarded seven grants totaling \$80,000, funds that are helping HHC staff to improve care delivery and the patient experience.



Jacobi's Link2Care program uses FIG funding to meet the medical and social needs of teen mothers and their babies during and after pregnancy.

Here's a quick look at 2014's four FIG winners:



Wendy Barron

Gouverneur's Yoga Therapy Program

Gouverneur's Yoga Therapy Program is an important therapeutic resource that helps patients manage depression, anxiety, trauma, and chronic pain. The program used the \$5,000 FIG grant to purchase new yoga mats, ensure a high caliber of yoga instructors, and facilitate teacher training opportunities.

Many patients are reporting improvements in blood pressure and blood sugar control, anxiety levels, and less pain associated with arthritis and fibromyalgia. "Patients are benefiting greatly from the groups," says Program Director Wendy Barron.

One participant says, "The meditation taught has helped me lower my blood pressure by 30 points. The Yoga Therapy group is very relaxing and beneficial to my healing."

Queens Hospital Center's Diabetes Self-Management Education Program

As the 2014 BIG FIG Winner, Queens' Diabetes Center of Excellence used the \$20,000 grant to enhance its existing services. Thanks to the grant, the program:

- Increased attendance by 75 new patients
- Acquired a new color printer to reproduce educational materials for diabetic patients
- Purchased educational tools, such as posters, foot models, and pedometers
- Created opportunities to conduct more Saturday and evening classes

"Getting the BIG FIG was instrumental in many ways and will continue to pay dividends for many years to come," says Queens' Hildegard Payne, RN, Associate Director, Ambulatory Care, who is also a Certified Diabetes Educator.



Hildegard Payne, RN, teaches a diabetes education class at Queens.

Jacobi Medical Center's Link2Care Teen Pregnancy Program

Link2Care meets the medical and social needs of teen mothers and their babies during and after pregnancy. Education is an essential element of the program, especially in areas such as reproductive health and parenting skills.

Link2Care used its \$5,000 FIG grant to purchase educational supplies and expand its staff of Family Planning Health Educators, who teach the participants about birth control and safe sex.

Link2 Care also purchased dolls to facilitate hands-on, simulated training on delivery and infant care. Commenting on her delivery experience, one 18-year-old simulation participant, says, "I knew what to expect, how to breathe, when to push or not to push, and how to read the monitors. I wasn't scared of anything."

Ellen Walk, RD, Health Education Coordinator at Jacobi's Women's Health Center says, "Knowing we're empowering teens to be better parents is truly rewarding."

Bellevue Hospital Center's Child Life Program



Bellevue's Child Life Program used the \$5,000 FIG award to implement a music therapy program that complements its array of therapeutic options for children undergoing challenging medical procedures and lifestyle changes. The program also welcomed a new music therapist to the team.

"We are so pleased to have received the FIG award for our

music therapy program," says Jean Folsom, Director of Development, Children of Bellevue, the auxiliary that helps to fund Child Life services at the facility. "The \$5,000 FIG inspired more giving to sustain the program in the future."

What's Next for FIG?

This spring, The Fund for HHC will announce new FIG categories for FY16 and introduce helpful resources to assist staff with FIG application and event support requirements, including:

- Instructional webinars – [click here](#) to sign up for the first webinar on April 17
- In-person tabling at local facilities
- A new Fund Internal Grant Program intranet page

We welcome your feedback! Send us your questions, comments, or story suggestions to InternalCommunicationsGroup@nychhc.org