

CAVU Update

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A patient from Holyoke Health Center at her graduation from the Healthy Weight program, receiving a hula hoop provided by Good Sports

Dear CAVU Supporter,

Happy 2010 from CAVU! Although the past year brought its share of economic challenges, I'm so grateful that with the support of both new and ongoing partners and supporters CAVU was able to continue to increase our programming to improve the health of underserved children.

Within the first quarter of this year we will exceed \$1 Million in direct funding and thousands of hours of program support provided to help kids since our inception. Thank you to all of you who have supported our work - you can read more about the impact of your dollars below and in our 2009 annual report, available on our [website](#). I wish you a happy and healthy 2010!

All the best,
Deirdre

Deirdre Connor
Director of Operations
CAVU

2009 Fundraising campaign a success

In trying economic times the role of safety net healthcare providers becomes even more critical. In 2009 CAVU was able to increase our direct program support to community health programs by over 25% to nearly \$370,000, in addition to providing thousands of hours of staff time in support of our programs.

A key factor in allowing CAVU to continue to increase our program support was the investments of an increased number of individual supporters. CAVU grew our total number of committed individual supporters by two thirds in this fundraising cycle over the previous cycle, which combined with the support of the Paul and Phyllis Fireman Foundation, matching gifts, and increased corporate support from the firm of Faber Daeufer & Rosenberg PC to allow us to keep rising to the challenges of supporting innovative programs to improve children's health. In addition to financial support, our programmatic partnerships with Paul Pierce's FitClub34, Good Sports, and Boston Medical Center provided key value-adds to allow CAVU to reach more children in need.

Thank you to all who helped make our 2009 fundraising a success. If you wish to support our programming, please follow the sidebar link for donation instructions via our website or contact Deirdre directly at deirdre.connor@cavufoundation.org. Thank you!

CC-ADHD program underway in Boston

This winter CAVU's most recent pilot program, Coordinating Care for ADHD (Attention Deficit Hyperactivity Disorder), was launched at Whittier Street Health Center. The program is co-supported by Boston Medical Center, and is being run at both BMC and Whittier in an effort to adapt a proven model for treatment of adult depression to the treatment of underserved children with ADHD.

Through the program, Primary Care Providers at both sites are able to utilize an ADHD specialist and specially trained case manager to assist in diagnosing and treating ADHD, a prevalent condition which is often under-diagnosed and undertreated among low-income and minority children. The program will be utilizing templates built into the electronic health records at BMC and Whittier to ensure that children who show signs of ADHD are diagnosed effectively using clinical histories and parent and teacher input, and will seek to empower providers, patients, and families to effectively manage care.

Michael Silverstein, MD, MPH, the Program Champion for CC-ADHD, is pleased with the program's progress to date: "we've used a classic quality improvement model to incorporate lessons learned into the program, and will continue to do so to ensure that the program is effective in meeting the needs of the patients, families, and physicians."

CAVU partner Good Sports supports community programs

Since 2008, Good Sports has been a partner in CAVU's Healthy Weight Initiative, providing free, donated new exercise equipment to individual patients at all eight Healthy Weight Clinic sites to allow them to participate in physical activities. In addition to this support, Good Sports has recognized that in some communities, there is a need for additional physical activity programs for overweight and obese kids. In Holyoke and Lawrence, MA, Good Sports has taken steps to address these needs as well.

In Holyoke, Good Sports has partnered with the Greater Holyoke YMCA to provide fitness equipment for the Healthy Weight Clinic fitness classes held there and to provide additional needed equipment to the YMCA to enable them to better serve the needs of health center patients. The fitness classes are open to all youth participating in Holyoke Health Center's Healthy Weight Clinic. Thanks to Good Sports, the Healthy Weight Clinic Fitness Program has grown from 3-4 participants per week to 12-15 participants per week. The fitness equipment that was provided by Good Sports has increased the value of the program and allowed youth to be introduced to a variety of options for staying fit.

At the Greater Lawrence Family Health Center, Good Sports is providing equipment to support the Empowerment Program, to which Healthy Weight Clinic patients are regularly referred. The Empowerment Program brings medical resources and group therapy as well as sports and fitness activities to health center patients in other settings or community organizations. Crowded, outdated exercise machines have limited the ability of participants to reach fitness goals. Good Sports is outfitting a fitness and weight training room at Greater Lawrence Technical School to accommodate group activities which take place several days per week. The school has launched a Wellness Program and will leverage the equipment to encourage its students to take charge of their health. The New Balance Foundation is supporting Good Sports' renovation of the fitness room as part of their continued work to improve health and wellness in Lawrence, and CAVU is thrilled to have these important partners involved in improving the health of Healthy Weight Initiative patients.