



# TELEHEALTH PROGRAMS

Given the recent changes with COVID-19, ITK recognizes that more medically fragile children than ever before are in need of our services.

We have taken measures to provide virtual resources to all of our families. We are poised to deliver our content in new and innovative ways to respond to the current health crisis.

Our Executive Director has a Masters Degree in Public Health and quickly implemented an effective pandemic strategy with the full cooperation of our board of directors to respond to this crisis and protect our vulnerable population.

Many hospitals during this time are limiting the number of visitors to the hospital, which leaves young patients feeling isolated and alone. Social connection and interaction is an integral part of healing for children and their families. Given this, ITK created two telehealth programs that can be easily replicated in hospitals throughout the country.



## The TeleWellness Program

The TeleWellness Program pairs a team of professional healers with hospitalized patients, healthcare workers and families who have kids with complex medical needs who are staying at home. The healing team offers wellness skills, therapeutic techniques and tools for managing stress, pain, and anxiety. A customized treatment plan is developed for each individual and family.



## The TeleFriend Program

The TeleFriend Program pairs a volunteer team (of one adult and one young person) to be friends with a hospitalized child or a child who is isolated at home. The Buddy Teams talk, play games, read stories, and spend time with kids during periods of separation so they don't feel so alone.



Integrative Touch For Kids

SCHEDULE A

## TeleFriend Session

ITK's **TeleFriend Program** pairs you with one of our buddy teams with a young person and an adult. You can talk, play games, read stories, and share time together.

All you have to do is call:

**520-222-9465**

or email:

**info@integrativetouch.org**



**www.integrativetouch.org**