**Child Life Council**

**Mission Statement:**

We, as child life professionals, strive to reduce the impact of stressful or traumatic life events and situations that affect the development, health, and well-being of infants, children, youth and families. We embrace the value of play as a healing modality as we work to enhance the normal growth and development of infants, children and youth through assessment, intervention, prevention, advocacy, and education.

**Vision:**

The profession of child life will continue to meet the needs of infants, children, youth and families in times of stressful or traumatic life events and situations. The philosophy and practice of child life will be applicable to any health care setting and transferable to other environments or situations in which the potential for infants, children, and youth to cope, learn and master is placed at risk. The services provided by the child life profession will be holistic and preventive and will utilize applied child development and family systems theory. The objectives of such services will be to minimize the negative impact of situational disruptions while maintaining normalcy in growth, development and family systems relationships.

**About Children’s Memorial Hermann Hospital:**

When families come to Children’s Memorial Hermann Hospital, they expect to find the technological advances and healing expertise of a university-affiliated academic hospital. What continues to surprise them is the special compassion and focus on families that distinguishes us as one of the finest hospitals in the nation.

Children’s Memorial Hermann Hospital has been serving the community for over 20 years and is the primary teaching hospital for the pediatrics and obstetrics/gynecology programs at The University of Texas Medical School at Houston. Our team of doctors, nurses, therapists and other allied healthcare professionals are focused on the specialized needs of women and children with an emphasis on quality, customer service and leading-edge research.
A facility expansion in 2008 increased our capacity to 240 beds for pediatric and neonatal care, and our Women’s Center operates an additional 68 beds. The facility offers colorful decor, special play areas for children and a reassuring staff, trained to help take the focus off of pain and illness. Education and support services for families are also available, as are services for international patients.

The Galtney Trauma and Emergency Center at Children’s Memorial Hermann Hospital in the Texas Medical Center is equipped to meet the needs of patients with conditions ranging from minor injuries and illnesses to major trauma. The Center is a certified Level I pediatric trauma center, providing the highest level of trauma care available. As one of the only Level I pediatric trauma centers caring for children in the Texas Gulf Coast region, Children’s Memorial Hermann Hospital provides 24-hour-a-day care to over 18,000 children in emergency situations each year.

One of 11 hospitals in the Memorial Hermann system, our reach extends throughout the greater Houston area. Patients are able to obtain specialized children’s healthcare or high-risk pregnancy services at Memorial Hermann hospitals in the suburban locations as well as higher level care at our teaching hospital, Children’s Memorial Hermann Hospital, in the Texas Medical Center.

**Child Life Department Overview:**

The Child Life Department has been a valued part of the children’s hospital for the past 35 years. There are 13 Child Life Specialist, 1 Part time School Teacher, 2 Music Therapists, a Child Life Manager and Director. We also have Child Life Specialists at 5 of our Memorial Hermann Hospitals in the community: MH Southeast, MH Southwest, MH Memorial City, MH Sugarland, and MH The Woodlands.

**Internship Overview:**

The internship program at Children’s Memorial Hermann Hospital is designed to provide students with a variety of opportunities. Under the supervision of a certified Child Life Specialist interns learn to function as a Child Life Specialist and to provide a variety of services to patients and families. Throughout the internship, students can expect to have exposure to multiple diagnoses, integration within the interdisciplinary team, educational sessions, and ongoing supervision.

Internships at Children’s Memorial Hermann are twice a year: Spring and Fall Semesters. The internship is a full time 40-hour work week for 15 weeks for a total of 600 hours. The internship semester consists of orientation, an 8-week placement in one of our inpatient units, and a 6-week placement in either one of our inpatient or outpatient units. The intern will be required to work the same
schedule as their unit preceptor. Submitting a completed application does not guarantee an interview or acceptance. Each application will be reviewed to determine if the applicant meets all the requirements. The most qualified applicants will be extended the opportunity for an interview. **An on-site interview is required for consideration to this internship program for all applicants that live within a 300 mile radius.**

**Child Life Internship Program Prerequisites:**

1. A cumulative GPA of 3.0-4.0 within your major.
2. Minimum of 10 courses relating to the field of child life (Child Life Course Verification Form required.)
3. Practicum experience (100+hours) in an established child life program within a hospital setting.
4. Volunteer experience outside of the healthcare setting with well children.

**Required reading prior to the start of internship:**

- Psychosocial Care of Children in Hospitals: A Clinical Practice Manual
  *By: L. Gaynard, et al.; (1990)*

- Child Life in Hospitals: Theory and Practice
  *By: Thompson and Stanford. (1981)*

- The Handbook of Child Life: A Guide for Pediatric Psychosocial Care
  *Edited by: Richard H. Thompson, Ph.D. (2009)*

**Goals & Objective for Internship:**

1. The Child Life Intern (CLI) will understand the workings of the Child Life Department within Children’s Memorial Hermann Hospital.
2. The CLI will demonstrate understanding of hospitalization and its impact on the emotional, developmental and psychosocial needs of the child and family.
3. The CLI will demonstrate the ability to assess the needs of the hospitalized patient and family.
4. The CLI will independently develop and implement a Child Life plan-of-care based on the Child Life assessment.
5. The CLI will be able to assess the outcomes and effectiveness of the implemented plan-of-care.
6. The CLI will demonstrate the skills necessary to prepare children and their families for surgical, medical, and radiological events.
7. The CLI will independently obtain information regarding relevant medical terminology, diagnoses and procedures.
8. The CLI will independently provide education to the child and family regarding issues related to hospitalization, disease, and/or trauma.
9. The CLI will provide individual and group interventions to patients and families.
10. The CLI will work as part of the inter-disciplinary healthcare team.
11. The CLI will demonstrate ability to advocate for the role of Child Life across multiple situations.

**Intern Requirements during the 15-week internship:**

1. Develop a list of personal goals you wish to accomplish during your internship.
2. Read required manuals.
3. Keep a daily log of time and attendance.
5. Complete assigned readings/assignments on time.
6. Complete daily assessments and plans of care.
7. Attend weekly supervisory sessions with internship supervisors.
8. Attend educational sessions on different topics related to the child life profession in the hospital setting.
9. Attend various multidisciplinary rounds and other meetings.
10. Complete one case study for each rotation/placement.
11. Complete one child life related project.
13. Complete site visits to area hospital child life programs or other facilities that provide services to children and families.
14. Patient documentation under the direct supervision of a Certified Child Life Specialist.
15. Complete interventions in preparation, procedural support and medical play under the direct supervision of a Certified Child Life Specialist.
16. Plan and implement activities for groups, bedside, therapeutic and medical play.
17. Plan, organize and implement a family event.

**Placement Descriptions/ Rotations (Placements are subject to availability of preceptors):**

**Emergency Center**
The Pediatric Emergency Center is an accredited Level 1 Trauma Center located on the 1st floor in the Hermann Pavilion. The center provides emergency care to the children of Houston, Harris County and the surrounding areas. In addition, it works closely with the Life Flight program, of which 1 of every 4 flights is for a child. Child Life services are provided to the pediatric patients, siblings, their families, and friends. Services include providing developmentally appropriate activities at the bedside, preparing children for a variety of procedures, and providing essential support that assists the child and family in coping with the emergency room experience.
**Children’s Center (General Pediatrics)**
The Children’s Center is a 42-bed unit and is located on the 10th floor of the Children’s Hospital. It is set up to treat a wide range of diagnostic patient groups. These include but are not limited to general medicine, orthopedic, neurology, respiratory, gastro-intestinal, and post-surgery. Incorporated within the Children’s Center is a 6-bed Epilepsy Monitoring Unit. The age range extends from newborn to adolescence. Child Life services are provided at the bedside and in the two activity rooms. A playroom, adolescent room, library, and solarium play area are provided for all patients and families admitted to this floor.

**Children’s Intermediate Care Unit**
The CSC is a 24-bed unit and is located on the 9th floor of the Children’s Hospital. It shares a floor with the Pediatric Intensive Care Unit and Dialysis. The diagnostic patient groups include but are not limited to post-ICU admissions, post kidney or liver transplant, immuno-suppressed patients, and those requiring a higher level of nursing care. The age range extends from newborn to adolescence. Child Life services are provided at the bedside and in the two activity rooms.

**Pediatric Intensive Care**
The PICU is a 20-bed unit and is located on the 9th floor of the Children’s Hospital. The diagnostic patient groups include but are not limited to trauma, immediate post-transplant, some post-surgical patients, and some patients requiring invasive monitoring. The age range extends from newborn to adolescence. Child Life services are primarily provided at the bedside. Many Child Life interventions are focused on parent and sibling needs. Parent sleep rooms are available to parents who need a place to rest. Families have access to the playroom and adolescent room on this floor.

**Neonatal Intensive Care/ Neonatal Special Care Unit**
The NICU is a 100-bed unit and the NSCU is a 32 bed unit located on the 7th and 8th floors of the Children’s Hospital. The units are Level 2 and 3 neonatal settings. Child Life services are provided at the bedside with an emphasis on developmental needs. Services are also available to parents and siblings. Parent sleep rooms are available to parents who need a place to rest. Families have access to the playrooms on the pediatric floors.

**Roger and Debbie Clemens Pediatric Wing (Inpatient Surgical Unit)**
The RCW is an 18 bed unit with 12 observation beds located to the 8th floor. This unit consists mostly of pre and post surgical patients as well as some trauma patients. Child Life interventions include pre/post surgery preparations, procedural support, and normalization throughout their recovery. The playroom is divided into 2 play areas for infant/toddler and school-age/adolescents.
**Children’s Dialysis Unit**
The Children’s Dialysis Unit is a 7-bed facility located on the 9th floor of the Children’s Hospital. The patients served in this unit can be either at an acute, chronic and end stage of their renal disease. It provides both outpatient and in-patient hemo-dialysis treatments, which last from 3 – 4 hours and 3-4 times a week. In addition, it provides training for families who elect to move to home peritoneal dialysis. Child Life services are provided at the bedside and are made available to the families. Activity rooms located on the 9th floor are available for siblings of the patients.

**Children’s Day Surgery/Imaging**
The Children’s Day Surgery Unit comprises up to 8 pre-op rooms and 12 Recovery rooms. It is located on the 2nd floor of the Hermann Pavilion. Approximately 15 to 30 children are seen daily. Imaging is located on the ground floor of the Children’s Hospital. The patient population in these areas includes: same-day surgery patients, children that will be admitted after surgery, inpatients from the different pediatric floors scheduled for surgery, and a variety of outpatient radiological procedures. Child Life services include pre and post op teaching, distraction, and developmentally appropriate activities.

**Parking:**
Parking costs are the responsibility of the intern and the arrangements can be made the first day of the internship. There are low cost parking options available.

**Living Arrangements:**
Living arrangements are the responsibility of the intern.

**Contact Information:**
If you would like any other information regarding our internship program please contact the internship coordinators.

**Julia Mendoza, CCLS**
(713) 704-1470  
julia.mendoza2@memorialhermann.org

**Meghaan Jarrell, CCLS**
(713) 704-3577  
meghaan.jarrell@memorialhermann.org