The ITK Organization

Integrative Touch for Kids (ITK) has certified ITK Therapists that provide a wide variety of integrative medicine therapies, including ITK’s proprietary treatment protocol, to children with life-altering health and medical needs such as cancer, cystic fibrosis, autism and more. ITK therapies are precision medicine therapies that are customized for each patient.

- Established in 2005
- 501(c)3
- Staff: 6 FTE
- Headquarters: Tucson, Arizona
- Patients receive ITK’s therapies and services at little to no cost

ITK Programs

Hospital-Based Programs

- Certified ITK Practitioners provide precision, pediatric integrative therapies to hospitalized children. Patients are identified by the medical team or child life specialists, or families can request treatments.
- ITK extends their integrative medicine therapies to treat the parents and families of our pediatric patients.
- Care for the Caregivers—These in-hospital events provide ITK services to the medical team

Telehealth Programs

ITK’s Telehealth program expands ITK’s reach by providing a wide range of services online, providing access to services for pediatric patients who might otherwise be geographically or medically isolated. The ITK Telehealth Program includes:

- Online therapy support
- Touch-Training
- TeleWellness—Training on wellness skills; therapeutic techniques; and tools for managing stress, pain and anxiety.
- The TeleFriend Program—Pairs an adult and a young person over the age of 10 with a hospitalized or isolated child. They can play games, read stories, and spend time with patients during periods of isolation/separation.

Outpatient Programs

ITK therapists provide treatments and services to critically ill children in community-based programs such as palliative care and community clinics.

Community-Based Programs

These programs are done outside the hospital setting at a variety of locations throughout the area. ITK’s community-based programs provide a continuity of care for patients who may receive services through a hospital or clinic and would like to continue treatments after discharge.

- Healing Circles
- Healing Retreats
- Wellness Weekends

Wellness Education

Wellness Education is woven into every element of the ITK program. ITK therapists work to help educate patients and their families on the therapies and techniques they can incorporate at home to reduce stress, anxiety, and pain.
ITK Quick Facts

Patients/Clients

- On average ITK serves 3,000 patients each year
- More than 70% of ITK families are from low-income or underserved populations
- 88% of participants in our community-based programs are on Medicaid and low income
- 2/3 of community-based participants are ethnic and racial minorities, including refugees

Results

Researchers from the University of Arizona and Banner Children’s Hospital have conducted research on ITK’s proprietary therapies. Study results show that patients experience:

- A 62% reduction in anxiety
- A 60% reduction in pain
- A 52% improvement in global well-being
- A 95% satisfaction rating of 8-10 out of 10; 86% rated their satisfaction as 10 our of 10.

ITK families also report that the ITK Therapy:

- Relieves children’s pain and fear
- Strengthens the entire family’s coping ability and well-being
- Enhances comfort care at end of life
- Decreases social isolation
- Helps kids respond better to medical treatments

Volunteers

- Each year, ITK operates with the help of 400-450 dedicated volunteers, including physicians, nurses, integrative therapists, youth, and adults.
- Volunteers provide an average of 10,000 hours of volunteer services to the organization each year