Integrative Touch for Kids (ITK) was created when founder Shay Beider’s life was forever changed by one little girl.

As a pre-med student, Shay watched a small child, frightened and alone in the hospital, being prepped for surgery. Shay witnessed her struggle going under anesthesia in a state of intense fear. In that moment, something inside of Shay said “No. It doesn’t have to be this way.” She understood the profound importance of caring for the whole child in body, mind, heart, and spirit.

ITK was created in honor of that little girl, to protect children from unnecessary suffering & address all aspects of healing.

Since its inception in 2005, ITK has become a leader in the field of pediatric integrative medicine, developing a first of its kind Whole Child, Whole Family, Whole Community wellness model, serving thousands of children & families in need.
It is with great pleasure that we share our 2019 annual report with you. Integrative Touch for Kids (ITK) had our most successful year ever in 2019 and we have continually seen the need for our services grow. One in five children in the U.S. under the age of 18—14.6 million children—have a special health care need. Nearly 25% of U.S. households have at least one child with a special medical need. In 2019, ITK Therapists provided 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. Families report that our approach relieves children’s pain and fear, strengthens the entire family’s coping ability, enhances well-being and comfort, decreases social isolation, and helps kids respond better to medical treatments. Thanks to our 400+ volunteers, including physicians, nurses, integrative therapists, youth, and adults, we receive more than $15,000 of in-kind donations each and every month.

We are currently working on designing our future. We envision using technological solutions to extend the reach of our programs and expand our capacity to provide training and services in other cities. As we point towards the future, we are developing a business plan for a future healing center. Our vision is to create a healing home base for ITK families and kids. The ITK Healing Center will include treatment spaces for ITK therapeutic services and retreats, our ITK Training Center, and an ITK-approved group of Integrative Medicine Providers. The Center will serve any family in the community who has a child with special medical needs, as well as our hospital program patients after discharge.

At the forefront of Integrative Medicine, Tucson is the optimal location for the ITK Healing Center, which will serve as a best-practice model for a fully integrated, community-based, pediatric healthcare center. Designing and building the Healing Center will allow ITK to create an environment for our services that is optimally sized, agile, and properly equipped. This ultimately allows ITK to expand the delivery of our services to a broader segment of the community, fully integrate multiple specialties in a single location, and enhance treatment response and outcomes.

Given ITK’s commitment to organizational agility and our willingness to grow through the use of High Tech and High Touch medicine, we see a bright future for the children and families we serve.
In joy,

Shay
OUR PURPOSE
Integrative Touch for Kids is a 501(c)(3) non-profit organization whose purpose is to enhance well being, minimize suffering and facilitate healing for families with children with any type of health or medical need. This includes kids with developmental disabilities, genetic conditions, cancers, and other chronic, acute, and life-limiting illnesses.

OUR MISSION
Our mission is to implement our proprietary therapy and unique treatment strategies through both community and hospital-based delivery models, in order to support healing, reduce suffering, and improve long-term outcomes.

OUR VISION
Our vision is to create a community of people dedicated to reducing suffering, enhancing lives, and improving long-term outcomes for pediatric patients, their caregivers, and their communities.
OUR PROGRAMS

A sneak peek into the ITK programs that support and serve our families.
The Integrative Touch™ Hospital Program provided 1,120 sessions in 2019

The Integrative Touch™ Hospital Program offers healing therapies and wellness education to hospitalized children and their families at Banner Children’s Diamond Children’s Hospital in Tucson, AZ. Our therapists help kids cope with painful medical treatments, chemotherapy, and long hospital stays. We offer three different strategies: Integrative Touch™ therapy, wellness education, and other integrative therapies. Using this approach, we have documented 60% reductions in pain, 62% reductions in anxiety, and 52% improvements in global well-being.
“All the [medical] science I’m going to present to this community over the next 10 years is not going to work without having Integrative Touch for Kids (ITK) on my side. I’m convinced that the healing therapies provided by ITK’s Hospital Therapists will alter the function of your genes. Because if we reduce your stress level when you come to the hospital, we will be doing something beneficial to the function of your genes...this cooperation between complementary therapies—along with the new science of genomic, personalized medicine—will bring our community to the best medical care in the entire world. -Fayez Ghishan, MD Pediatric Chief of Staff, Banner Diamond Children’s Medical Center, Tucson, Arizona

"My whole life I never expected I would be diagnosed with Stage 4 lymphoma. The service provided to me from your company has been the most effective and most enjoyable experience of my whole situation. Thank you so much and I hope your company can grow and help more people heal with such an amazing service." -Child in the hospital who received our services

“My child really loved the whole experience. We enjoyed learning some of the pressure points that would help him when he’s not feeling well. This is a great opportunity for the children and their families who are going through tough situations.

- Mother of Child Participant
Our Healing Retreats support families who have children with a variety of special health and medical needs. In 2019, this program consisted of one-day Healing Circle events and in the past, we have held Wellness Weekends and week-long Healing Retreats. During these retreats, parents can step outside of their regular care-giving responsibilities to relax and explore new therapies. Their kids enjoy a combination of healing therapies, wellness education, and fun-filled activities. Healing retreats provide a network of support for families and are designed to create lasting relationships.
“You (ITK) met expectations by giving me an opportunity to pause in life and work on my mind, body and soul. Healing room was great!”
– Father of participant

“Today was a blessing. I did not need to worry about kids at all - thank you! I liked the women's support group meeting and all of the other events. The care and friendliness of all the volunteers was incredible.”
– Mother of participant

“All of it! Fantastic! I am very grateful to have had the opportunity to attend and meet such a wonderful staff of volunteers along with parents who shared such amazing stories and their ability keep fighting! Please keep doing the amazing good you are doing! Thank you!”
– Grandmother of Participant
Care for the Caregivers

Care for the Caregivers are healing events that provide therapeutic experiences and take-home wellness tools for families and staff in the hospital. Parents and primary caregivers of hospitalized kids, doctors, nurses, and other staff come to receive services and support. An area at the hospital is converted into a healing space where ITK providers and volunteers administer therapies over the course of several hours.
“This treatment today was truly amazing and couldn’t have come at a better time. The therapist gave me some ideas and educated me on how to send positive healing thoughts and energy to my daughter. The therapist also helped me to relax and did a shoulder and neck massage. I’m reading the handout she gave me regarding different pressure points on the hand. This helps me focus on something more positive which will ultimately help me and my daughter. After consulting her care team/specialists, I will be bringing in scents and music from home, healing my daughter with the power of loving touch. Thank you for visiting me today.” – Mother of Child in Hospital

"For myself, and my team of residents and students, ITK is available to help when the team is feeling beaten down by a particular case or the tone of the census overall. The willingness and skill of the ITK therapists to take a few minutes to help the trainees (and me!) practice self-care in this time when physicians are dying by suicide at a rate of roughly one a day is invaluable. Nothing but love for ITK!”—Rachel Cramton, MD
ITK has teamed up with the Children’s Clinics to serve low-income children with complex medical conditions through our Palliative Care Clinic. Hospitals and healthcare organizations are embracing outpatient palliative medicine to complement and expand the work that is often started during an acute care palliative care consultation. It is shown that early palliative care consults and integration in the outpatient setting can decrease hospital costs and improve the patient experience overall. Through our palliative care clinic, therapists work to provide integrative healing therapies and wellness education to patients and families, all free of charge.
“Utilizing the “whole family” approach, a visit with the ITK Therapists during clinic gives both parent and child a chance to relax, heal, and gain strength to continue their journey.”

- **Rachel Cramton, MD**
ITK’s Community Clinics offer Integrative Touch™ therapy on a donation basis to the broader Tucson community. We work with any member of the community who is in need of healing. Each session is custom-tailored to the person the team is working with and provides an opportunity to develop the curricula for future Integrative Touch™ training.
HEAR THEIR STORIES
Community Clinics

Q & A with Nancy, Integrative Touch™ Therapist in our Community Clinic

Q: What is your favorite part about your job?

A: I am fortunate to be a part of a team of extraordinarily talented and compassionate therapists. When we all come together to serve an individual, it’s a transformative experience. For us, and for the person we are supporting, it is an experience that they will never forget.

Q: What is something about your job that surprises people?

A: Time and time again, I see the direct positive impact Integrative Touch™ therapy has on children and their families in the community clinic. We have collected an abundance of research data through our hospital and clinic work, which shows the effectiveness of our therapeutic approach.
Thanks to our wonderful donors and volunteers, we are able to continue providing free services for the community!
The 11th Annual Tucson Butterfly Gala was held at Loews Ventana Canyon Resort. The Butterfly Gala serves as ITK’s largest fundraising event. It involves a mobile auction, dinner, dancing, and a live band. ITK recognized outstanding members of our community. The 2019 honorees were: Aubrey Garcia, Eric Smith and Faye Morse, and the Catalina Rotary Club. This incredible evening raised more than $160,000 to serve children and families in our community.
The Monarch Society is ITK’s premier annual giving society, comprised of donors who commit $2500 or more to Integrative Touch for Kids in a calendar year. These donors gain distinction and recognition through the significant impact of their financial leadership.

**Monarch Society Benefits**
- Invitation to Monarch Society members-only annual event
- Opportunities to meet and exchange ideas with ITK leadership
- Private VIP tours of ITK programs to observe their generosity at work
- Interaction with others who share a similar enthusiasm for integrative health
Planned Giving

Planned gifts provide exceptional opportunities for integrative touch for kids to support, educate, and empower - children, families, and communities through our unique "Health Caring" model. Below are a number of ways to give to ITK.

**Wills**
There are a variety of ways to donate to ITK through a will. These include giving a specific amount of money, donating property, or designating a percentage of your estate.

**Charitable Remainder Trust**
There are a variety of Charitable Remainder Trusts, where payments can be made to ITK. In some cases a fixed or variable annual income can be provided. Another option is Charitable Lead Trust, where trust assets can be returned to you or another beneficiary.

**Revocable Living Trust**
You can donate to ITK through a Revocable Living Trust in many of the same ways that you can donate through a will—donating an amount of money, a property, a percentage of your estate, or the remainder of your estate.

**Life Insurance**
There are a number of methods you can use to donate life insurance proceeds to ITK, including listing ITK as the Primary Beneficiary, Co-Beneficiary, or Contingent Beneficiary.
The ITK Healing Center brings together many different community resources for families with kids with special needs all in one place. We have a naturopath, an integrative pediatrician, and a doctor of traditional Chinese medicine and we partner with groups like the Intuition Wellness Center to bring in integrative mental health capabilities. At the center, our wellness partners can set up treatment rooms and offices in a cooperative space. There is respite care provided by junior and general volunteers who are there to take care of children while their parents are in session. There are weekly support groups and empowerment circles. There is an ITK gift shop with a wellness focus and, there is even an open outdoor space where we can bring in horses and other animals for the day and offer equine therapy, release live ladybugs, and introduce other animals for the kids to engage with and enjoy.

We have wellness coordinators who meet with each family to facilitate meaningful experiences as they navigate the center. Wellness coordinators hold an initial consultation with each family and serve as their ‘health concierge’ to help them design their program. As part of their wellness intake, families participate in an assessment that explores the five primary areas of wellbeing to determine where families need the most support. There is a discussion for all members of the family so that appropriate services can be selected for each individual. We take all of ITK’s 15 years of experience and bring it together in one transformative place. It is the place where we live the healing retreats year-round, and it is also a place where there is continuity of care.

This is the home for Integrative Touch™ therapy and the birthplace for a unique model of community-centered integrative care that can be shared and replicated around the world.
2019

Measurable Impacts

2/3 of community-based participants are ethnic and racial minorities, including refugees

88% of participants in our community-based programs are on Medicaid and low income

More than 70% of ITK families are from low-income or underserved populations

On average ITK serves 3,000 people each year
In 2019, we served over 1,000 children and their caregivers in our program at Banner Diamond Children's Hospital. This program has a strong focus on measurable results. We consistently evaluate our program and receive feedback from patients, caregivers and hospital staff about their Integrative Touch™ therapist visits.

<table>
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<th>2019 Measureable Impacts</th>
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| 62% | Reported a reduction in **stress**, **fear** and **anxiousness** after their ITK session |
| 60% | Reported a reduction in **pain** after their ITK session |
| 52% | Reported an improvement in **global well-being** after their ITK session |
| 95% | Reported a **satisfaction** rating of 8-10 out of 10, after their ITK session |
2,500+ people have attended healing retreats since ITK started in 2005.
120+ types of therapies used by the ITK healing team
1,120 sessions were provided to patients and families in the hospital, in 2019.
6,220.95 volunteer hours recorded in 2019
97.5% of our ITK team are volunteers
2019 REVENUE & EXPENSES

OPERATING REVENUE
TOTAL INCOME = $516,706.00
CASH DONATIONS = $370,603.00
IN KIND DONATIONS = $146,103.00

EXPENSES
TOTAL EXPENSES = $516,310.02
CASH DONATIONS = $375,797.00
IN KIND DONATIONS = $140,513.02

2019 Ending Net Assets = $112,588.76
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Integrative Touch For Kids

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