



Audrey Allen

Kansas City, MO



Children's Mercy Chair Massages for NICU Parents

Audrey Allen has been a Girl Scout for ten years as an individual girl member in Service Unit 604. She is currently a senior at Staley High School.

Audrey's Gold Award project addressed the issue of prolonged stress parents experience while their children are cared for in the Neonatal Intensive Care Unit (NICU). Ongoing stress can have detrimental effects on parents and their own physical and mental wellbeing, so this Gold Award project provided a monthly outlet for stress and social interaction to combat these effects. By offering parents a ten minute, complimentary massage and opportunity to talk with other parents in the NICU, Audrey hopes to improve the overall health of the parents and enable them to better support their children.

Audrey worked with Children's Mercy Hospital to create a sustainable project that will continue through the work of volunteers and supplies she created. By working with her community, Audrey was able to provide a place where parents can focus on themselves for a few minutes during a time in their lives when everything is focused on their children's health. Through this project, Audrey learned to navigate the "red tape" of large organizations, volunteer management and communication skills that will help her in future endeavors. She's proud to leave a positive impact on her community.

Because of Girl Scouts... I have gained self-confidence, communication skills, people skills, and the ability to plan and adhere to schedules. I practiced these skills through interacting with hospital officials and parents who are going through traumatic life events.