

EPCC NEWS

JC Accredited
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Evansville Psychiatric Children's Center
"Shaping Kids' Lives"

What a Difference a Year Makes

Another year has come and gone and things are not the same at EPCC. Resolving needs and building strengths is the foundation for the treatment program with the vision that children will leave EPCC able to make positive life choices and contributions to their community.

2008 Accomplishments, Changes, and Events

- 12 children were admitted and a total 29 children and their families received care and treatment.
- SAMHSA Grant 2007-2010 continued for reduction of use of seclusion and restraint.
- Training - Boys Town Psychoeducational Model (named SOAR at EPCC – Social Opportunity to Achieve Recovery), Cultural Competence, Trauma Informed Care, and Roadmap to Recovery (all grant related).
- Added two positions - hired occupational therapist and psychiatrist (previously covered by contract psychiatrist).
- Obtained sensory equipment (grant related).
- Enhanced evening programming February 08 and implemented SOAR program June 08.
- Reduced used of seclusion and restraint 88% since March 08.
- Physical plant – new fire alarm system.

Self Care Techniques

Self regulation through self awareness and self care is very important. Not surprisingly both staff and children are able to benefit from and improve their wellbeing through self care.

Thanks to Diane Arneson, who spends a couple of hours each month at EPCC teaching self care techniques, children and staff are learning ways to care for themselves. By using methods such as hand, face, and foot massages and relaxation exercises they can enhance their own physical and mental health.

Occupational Therapy

Suzanne Mosbey, Occupational Therapist, joined the EPCC staff on Monday, November 10. EPCC has utilized sensory integration for some time but did not have an OT position until 2008.

Suzanne has 20 years of experience working with children and adults in the mental health field. She includes the following in the OT program component: sensory, oral-motor, gross and fine motor skill, visual and cognitive skills, and activities of daily living.

Suzanne works closely with the staff to identify specific sensory needs of the children to formulate individualized sensory treatment plans. The goal is to help the children recognize their own sensory needs and to ultimately self-regulate.

SAMHSA Grant Activities

Grant activities continue. The second ISRR (Inventory of Seclusion and Restraint Reduction Interventions) was submitted in December to update EPCC's progress in the grant process. The SRED forms (seclusion and restraint data matrix) showing extensive baseline data on monthly seclusion and restraint usage from 2003 to 2007, and 2008-1/09 were submitted February 25, 2009. The SRED will continue to be submitted monthly during the remainder of the grant period.

All staff attended Cultural Competence training by the end of 2008 and trainers for Trauma Informed Care are planning training for all staff early in 2009. In addition, eight staff completed Training of Trainers for the SOAR (Boys Town psychoeducational model) program used at EPCC.

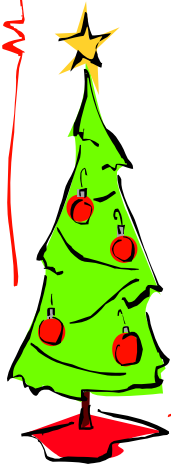
To date, the impact of grant activities has been positive. Staff have prevented the need for seclusion and restraint resulting in an overall 88% reduction in incidents. Use of the SOAR program (psychoeducational model) has provided role modeling and teaching and improved staff relationships with the children.

Happening...

EPCC staff are generous and help others in many ways. We surpassed our goal for the State Employee Community Campaign. The SECC is a way for state employees to donate to charitable organizations, either one time or through payroll deduction. The most recent project in February 2009 was Indiana First Lady's "Hoosiers Helping Hoosiers" campaign. EPCC made the top ten agency list the first week and collected a total 3,042 items in four weeks.

Christmas Magic Thanks to Community Friends

The children celebrated a wonderful Christmas thanks to EPCC's generous community friends: Harley Owners Group, Northside Kiwanis, Junior Mental Health Association, Christian Motorcycle Association, Ft. Branch Twigs Cheerleading Squad, Freedom Life Center, Christ Corner Church, Aztar, St. Ben's, First Avenue Car Wash, Sunshine Homemakers, Paradise Homemakers,



Activities included parties, visits from Santa, and a live nativity. Donations included individual and group (dorm) gifts, stockings, clothing, games, toys, puzzles, sports equipment, shoes, Webkinz, books, and funding for holiday activities and outings.

Monetary gifts for activity expenses were also received from individuals through the Mission Mall event.

MISSION
Resolve Needs – Build Strengths

Need to contact us?
Call 812-477-6436 (exts. listed below) or email.

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Good News

- 👍 Grant activities and the implementation of SOAR have resulted in an 88% decrease in the use of seclusion and restraint.
- 👍 EPCC contributed 3,042 items to the local Tri-State Food Bank as part of Indiana First Lady's "Hoosiers Helping Hoosiers" campaign.



We're Ready for Your Referrals

Refer through the assigned liaison from your MHC.
Referral information needed in the referral packet includes:

Psychology Eval with IQ
2-page State Hospital Referral Form
CANS
Psychiatric Evaluation

Contact Sharon Austin at 812-477-6436, X226

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