

Evansville Psychiatric Children's Center

NEWSLETTER

3300 E. Morgan Ave., Evansville IN 47715 | 812-477-6436 | Joint Commission-Accredited, Medicaid-Certified
"Helping Kids SOAR!" | Vol. 21, Issue 4, November 2021

The Holidays at EPCC 2021

'Tis The Season!

The holiday season is fast approaching! The holidays are a time of gathering with family and friends. Generations-old traditions are carried out, and new traditions are created. Gifts of all kinds; materials, good food, quality time, and heartfelt expressions, are exchanged.

All EPCC staff feel it is very important for our kids who are with us during the holiday season to experience the holidays just as they would at home. For some kids, holidays at EPCC are some of the best they have ever celebrated.

The holidays are a magical time at EPCC, year after year. This would not be possible without our Community Friends who generously donate time, energy, talents and resources each year to make it happen. Thank you, Community Friends, for making it happen!

The 2021 Holiday season is going to look pretty similar to last year, due to the continued COVID-19 pandemic. Last year, despite the pandemic, EPCC's kids had a blast

during the holidays! We are very confident that 2021 will be a blast also!

Just like last year, EPCC has set up an Amazon Wish List for contactless gift donations. The Amazon Wish List is very easy to use. Browse the list, pick the gift(s) you would like to donate, click "Add To Cart", then "Proceed To Checkout". The items will automatically ship directly to us. It's that simple!

Copy this link and paste into your browser to access the EPCC Christmas Wish List on Amazon:

https://www.amazon.com/hz/wishlist/ls/SRO3098G3YUF?ref=wl_share

Some great items are included on this year's list to include: journals for both boys and girls, origami kits, vibrating toothbrushes for sensory input, Buddha Boards for calming Art Therapy, lots of art supplies, Play-Doh sets, Lego sets, Kinetic Sand, and Nintendo Switch games.



All of us at EPCC are excited to make the 2021 holidays extra special and we are excited to hear from our Community Friends again this year! On behalf of EPCC's kids, we thank you in advance.

Christmas Gift Suggestions:

To Your Enemy, Forgiveness.
To An Opponent, Tolerance.
To A Friend, Your Heart.
To A Customer, Service.
To All, Charity.
To Every Child, A Good Example.
To Yourself, Respect.
---Oren Arnold

Halloween at EPCC 2021

Scaring up some smiles from EPCC's Kids

On Oct. 29, the kids at EPCC participated in the annual Halloween festivities. As per the annual tradition, the children dressed up in their favorite costumes and went trick-or-treating in the Administration Building. The Administration staff enjoyed seeing the parade of creative, funny, pretty and spooky costumes. Their Trick-Or-Treat buckets were filled with Halloween goodies.

After collecting lots of Halloween loot, the children attended the annual Halloween Carnival. Staff from the RT and Psych/Social departments create a fun carnival-like atmosphere in the gymnasium. Many stations with carnival games are set up for the children to play and win prizes to add to their Halloween stash. The carnival games this year included Limbo, Monster Golf, Mummy's Ring Toss, Boo Bowling, Halloween Hopscotch, Halloween Hit or Miss, Boogeyman Basketball and many more. The sensory section of the Halloween Carnival included the Sensory Fun House. The RT staff converted the Cool Down Room in the gym into the Spooky Sensory Room where kids and staff could feel the Mummy's Heart, Witch's Tongue, Ghost's Hair, Monster's Ears, Dracula's Teeth, Brains, and many more creepy sensory items made from common food items, in a darkened room. And of course...no peeking!

After enjoying the carnival games, snack time was a spooky, yet tasty treat! A fruit tray with a watermelon "monster" and "Dracula's smiles" made with apple slices, peanut butter, and mini marshmallows were a delicious, yet healthy Halloween treat!

Recovery attendants and nurses also added something new this year. They teamed up and decorated the benches along the walkway from the dorms to the gym. They really came up with some creative designs! Some of our Art Therapy students painted pumpkins and placed them among our grounds to add an extra special Halloween touch!

Halloween 2021 turned out to be a fun and festive time for all!



Pictured: Top Left, Monster Fruit Tray; Top Right, Dracula's smiles; Middle, Halloween Bench Decoration; Bottom Left, staff enjoying the Spooky Sensory Room; Bottom Right, painted pumpkins by Art Therapy Students

Puppy Play Time!

Courtesy of It Takes A Village Animal Rescue

EPCC's Employee Appreciation Committee has been partnering with It Takes A Village no-kill animal rescue shelter in Evansville to provide Puppy Play Day for all staff who wish to participate. It Takes A Village graciously allows one of their dogs, currently eligible for adoption, to come to EPCC for a couple of hours to receive snuggles, cuddles, playtime, and much needed attention from any EPCC staff who wants to take a quick break from their day.

Staff certainly benefit from Puppy Play Day as well! Cuddling and playing with a puppy provides a little stress relief for staff during a much-needed break from their hectic day. This helps provide an opportunity for staff to engage in some self-care and helps boost employee morale and alleviates some mental and physical fatigue.

EPCC is very fortunate to have a caring group of staff who serve on the Employee Appreciation Committee. This committee works very hard all year long to generate creative ideas and take action on those ideas to help show their fellow staff just how much they are appreciated for the work they do each and every day to lead the children on their roads to recovery. We certainly want to show our gratitude in return to the Employee Appreciation Committee for caring about the physical, mental and emotional well-being of all EPCC staff!



Pictured: Occupational Therapist Katlyn Holman Roach enjoying some Puppy Play Time.

Here's How You Can Help

Items we need daily for our children

We rely heavily on donations from the community to help us provide the children with programming, special outings and rewards, and gifts for celebrations like birthdays and holidays. Our kids also need daily self-care items as well.

Staff will accompany children on a weekly outing if the child has earned Level 2 privileges with our program. We find that gift cards to many of the drive-through restaurants come in handy for these outings, especially right now during the pandemic.

Gift cards for these popular restaurants would be greatly appreciated! We also provide Dominos pizza for the kids at the dinner meal for Thanksgiving and a Christmas Eve meal of McDonald's Happy Meals for the children. Gift cards would be greatly appreciated for these restaurants as well.

Restaurants which are popular among EPCC kids are:

- Subway
- Dairy Queen
- Chick-Fil-A
- Burger King
- Freddy's
- Wendy's





Gift cards for local stores come in handy all year round to purchase posters and art supplies, sensory supplies, clothing, kid-friendly toiletry items and other needs.

Gift cards for these stores would be greatly appreciated:

- Five Below
- Walmart
- Target
- Kohl's
- JoAnn Fabrics/Hobby Lobby/Michael's
- Big Lots

Donations in the form of cash or personal checks are accepted year-round. Monetary donations are placed

into the Patient Recreation Fund to help pay for programming and other needs as mentioned earlier.

We could not carry out EPCC's Mission without the generosity of our Community Friends. Thank you so much for your continued support.



COVID-19 Update

Based on Vanderburgh County and surrounding area information

In response to the OSHA Emergency Temporary Standard effective August 2021, EPCC has resumed temperature and symptom checks for all staff. We continue to monitor temperatures and symptoms of all visitors. Masks must be worn at all times by EPCC staff and visitors.

We are also implementing anonymous handwashing surveillance of all EPCC staff and promoting hand hygiene for the children with regularly scheduled daily handwashing announcements and monitoring by staff.

The vaccine has now been approved for the 5 to 11-year-old age group. EPCC will offer the vaccine to children of this age group and work with area healthcare systems to administer this vaccine.

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

Carlene Oliver, Superintendent	Ext. 231	carlene.oliver@fssa.in.gov
Stephen Ward, Director of Nursing	Ext. 223	stephen.ward@fssa.in.gov
Sharon Austin, Admissions Coordinator	Ext. 226	sharon.austin@fssa.in.gov
Pam Dewey, Clinical Director	Ext. 233	pam.dewey@fssa.in.gov
Kayce Clevenger, LCSW	Ext. 239	kayce.clevenger @fssa.in.gov
Cally Large, SW	Ext. 238	callyn.large@fssa.in.gov
Brandy Fox, Community Services Director	Ext. 232	brandy.fox@fssa.in.gov

MISSION: Resolve Needs–Build Strengths

Published periodically for employees and friends of Evansville Psychiatric Children's Center, Indiana Division of Mental Health & Addiction.