

EPCC NEWS



Evansville Psychiatric Children's Center
Volume 21, Issue 3
September 2021

The Joint Commission Accredited
Medicaid Certified
"Helping Kids SOAR"



EPCC's kids started the 2021-2022 school year on August 9th. We have some new faces joining us for this school year. Mrs. Laura Norris joins us this year as an educator for our older kids, grades 4th through 7th. Mr. Steve Dedmond joins us temporarily to teach our younger students, grades K through 3rd. Ms. Allen joins us this year as our brand new Teaching Assistant. And, certainly, we want to welcome all the new children to school who were enrolled in our program over the summer.

Per EVSC guidelines, the children are wearing masks at all times in the school area. Increased cleaning and sanitization guidelines are being practiced in school as well. We hope our community friends will join us in making this school year as successful as possible.



If anyone would like to donate basic school supplies to EPCC, we would certainly appreciate them. Pencils, colored pencils, crayons (Crayola brand, please) washable markers, colored gel pens, Elmer's glue, notebooks (NOT spiral bound), colored construction paper, and folders are used regularly throughout the school year. Keeping plenty of these items on hand throughout the year helps ensure the children's success in the classroom.

If you would like to donate new school supplies, please contact EPCC's Community Services Director. Thank you in advance for helping us make this school year a great one for our kids!



Independence Day Picnic



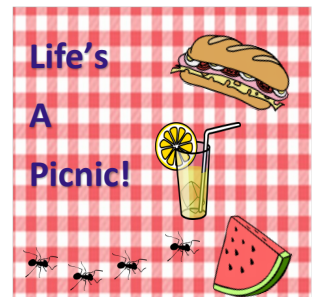
On Friday, July 2nd, the children and staff celebrated the Independence Day weekend with a wonderful picnic provided by our contract food service company.

Grilled hamburgers and hot dogs, potato salad, watermelon, and red-white-and-blue poke cake was enjoyed by all. The picnic was held in the pavilion located on our playground area. The fresh air and sunshine made for a perfect outdoor setting for kids and staff to have a relaxing lunch and some outdoor playtime.

The Independence Day festivities certainly did not end on that Friday! Over the 4th of July weekend, the children participated in outdoor water play including games of slip-n-slide kickball. One of our creative nurses came up with a great idea for a summer activity...a watermelon eating contest! The juicy, seedless watermelon

slices tasted great as a healthy snack for the kids, and also allowed for some messy, competitive, yet light-hearted fun.

A special thank you goes out to CURA food service staff for providing and preparing the delicious picnic foods, EPCC leadership staff who pitched in and helped make sure all kids and staff were served, and all EPCC Recreational Therapy and Direct Care staff who made it possible for the kids to enjoy all the fun and safe weekend activities.



SUMMER ENRICHMENT PROGRAM

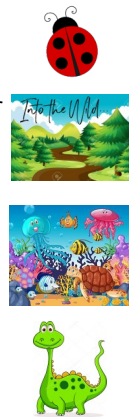


As part of our daily programming during the summer, EPCC provides each child with opportunities to learn during the break from the regular school year. Of course, we would not be able to do this without the help of EVSC Special Education teachers who take time out of their summer break to make sure our kids continue to learn and grow while having fun. The Summer Enrichment curriculum is presented in a different theme each week, and each theme is hand-picked by teaching and clinical staff (with ideas and suggestions provided

by the children, of course).

This year, Mrs. Olivia Crowe and Mr. Kevin Mulvaney provided in-classroom learning at EPCC in our school area. The children attended class Monday through Friday from 8:30 am to 11:30 am during the weeks of June 7 through July 19. As always, each school day was preceded by our Minds In Motion program, which helps prepare young minds each day for learning.

Some of the exciting topics enjoyed by all the students included:



- Bugs
- Indiana Days
- Into The Wild
- Patriotism
- Underwater Life
- Mad Scientist
- Dinosaurs
- Kindness Camp

Our kids had a wonderful time spending their sunny summer mornings in the classroom studying spectacular subjects! A special thanks goes out to our Summer Enrichment teachers and EPCC staff for helping make this summer successful!





OLYMPIC FITNESS 2021



Part of EPCC's Summer Enrichment programming is a themed fitness program held Monday through Friday from 12:30—2:30 pm. This year's theme was Olympic Fitness.

The Olympic Fitness program, inspired by the 2021 Summer Olympics in Tokyo, featured an activity of the week from a different country. Children also had the opportunity to learn fun facts about each country.

The children had the opportunity to earn a gold, silver, or bronze medal each week based on their participation. Children earned Gold medals by participat-

ing all 5 days, Silver medals for participating 4 of 5 days and a Bronze medal for participating at least 2 of 5 days.

Each week's activities involved a sport from a different country. The sports featured in the Olympic Fitness program included Gymnastics from Greece, Bocce Ball from Italy, Soccer from China, Croqkick from Mexico, Whiffleball from the US, Badminton from the UK, Volleyball from the US, and Track and Field from Algeria.

Each of these sports were chosen by

EPCC's Recreational Therapists due to the improvements they can help make in each child's muscle power, kinesthetic integration, bimanual dexterity, and persistent control. They were also chosen because they are team sports, which helps our children develop their teamworking skills.

Posters with each child's medals were proudly displayed in the gym until the beginning of the school year. Now each child proudly displays their posters in their bedrooms. All EPCC staff are proud of each child's fitness accomplishments!



SENSATIONAL SENSORY DAY



On Thursday, June 10th, Occupational Therapy Assistant students from university of Southern Indiana visited EPCC to provide Sensational Sensory Day for all the children.

The OTA students and their instructor worked with EPCC's Occupational Therapist, Katlyn Holman-Roach, to set up an action-packed morning of sensory activities in EPCC's gym. The activities were designed to improve the children's balance, coordination, visual skills, fine and gross motor skills and strength. All of the activities can also be used to

help the child learn ways to self-regulate, or adjust their "engine speedometer". Each child at EPCC is taught to recognize when their "engine" is running "too high" or "too low". The OT activities presented during Sensational Sensory Day provided sensory integration by exposing them to various sensory stimulations in different ways at each "sensory station". The sensory stations presented by the OTA students included the following:

Pictured: OTA Students from USI at the Soccer/Hula Hoop Twist Sensory Station

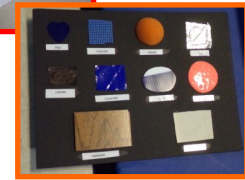


- ★ Soccer/HulaHoop Twist★
- ★ Seek and Find Sand Box★
- ★ Obstacle Course with Blindfold Hopscootch, cones, tumble mat, jumping jacks, blowing bubbles★
- ★ Touch and Feel Box with Tactile Sensory Board★
- ★ Twister Board Obstacle Course★
- ★ Scooter Board Obstacle Course★
- ★ Dizzy Paper Airplanes★
- ★ Bean Bag Toss★

EPCC's kids had a blast with all the sensory stations. Some stations were so popular, the kids tried them more than once!

We would like to extend a special thank you to USI's Occupational Therapy Assistant Program for spending a fun-filled morning with us!

Also, a special thanks to Ms. Katlyn for setting up the Sensational Sensory Day program!



Integrative Music Therapy Training



On July 22nd, Casey DePriest, MT-BC, Founder and CEO of Integrative Music Therapy, LLC and Optimal Rhythms, Inc., visited EPCC to present and train our nurses on Integrative Music Therapy.

Casey first presented information about her Music Therapy practice and what services they provide. She then went on to explain the many ways kids can benefit from music therapy.

Topics covered during the presentation included the Body Mapping process for regulation and sensory

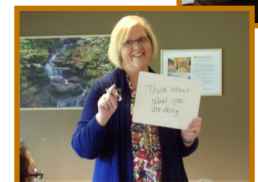
integration, the Thinking Brain (prefrontal cortex) vs. the Reptilian Brain (cerebellum), regulation of energy level, observed behaviors (tip of the iceberg) vs. the child's true experience (under the surface), and the spotlight theory of think-look-move (is the body moving as faster than the brain?)

The training participants then got the opportunity to try a hands-on music therapy experience. Small drums were provided to each participant. Each person was asked to tap out the syllables of their

name in a rhythm reflective of how they were feeling that day.

We would like to thank Ms. DePriest for the informative and eye-opening training. Our staff always enjoy learning something new.

Pictured Top to Bottom: Rhythm Drum, Nurse Alana F. participating in the rhythm exercise, Casey DePriest, MT-BC.



Bugs Are Our Buddies, Pests Are Our Pals

Pictured: The team from SWAT Pest presented Beetles, Centipede, and a Tarantula for the kids to see and hold.



Members of the team at SWAT Pest Management, Inc. of Evansville stopped by the EPCC gymnasium on June 16th to give a presentation on different types of creepy, crawly critters! The pet experts brought in some live examples of nature's finest. The gentlemen allowed the kids to touch, feel, and hold species of beetles, a centipede, and a tarantula!

Surprisingly (well, maybe not), the kids were fascinated by the presentation and enjoyed getting to play with the "bugs". The kids learned a lot of fun facts about insects, arachnids, and arthropods.

SWAT Pest team members have visited EPCC in the past, and they are always a favorite. We thank them for showing and teaching our kids about what they do, and we hope they come back again very soon!



Andrea Halbig, owner of Snickerdoodle Art in Evansville, recently visited EPCC to create some new sensory pathways on our sidewalks between all 3 of our buildings. These pathways were sketched and painted with bright, bold, happy colors as a way to beautify the EPCC grounds, and provide the kids with a fun way to get a little extra movement in when walking to and from school and the gymnasium.

The featured paths include the Follow Your Heart spiral path, the Connect the Dots footpath, the Leap Frog path, and the Crab Walk path. Both kids and staff have been enjoying the brightly colored dots, swirls, lily pads, frogs, and crabs while walking around the campus each day.

A special thank you goes out to the EPCC Maintenance Department, who pressure washed the sidewalks in preparation for the new pathways, and to all EPCC staff who helped make EPCC a little more colorful by painting each of the sketches. Great job, team!



New Sidewalk Art



Summer is for SWIMMING!



EPCC is very fortunate to have its very own swimming pool on grounds. Our pool has been around for quite a few years and has been enjoyed by many children. Each year, a designated RT staff opens the pool after the school year is over. Our Recreational Therapist, Anthony Huffman, is specially trained to open and maintain our pool during the summer, ensuring that it is clean and safe for our kids to enjoy.

Mr. Anthony is actually a lifeguard and a water fitness instructor. He received his training through the YMCA. Therefore, he is an expert on keeping our kids safe while in and around our pool.

The swimming pool serves as a great motivator for the kids to do their best every day in treatment by following the rules, getting along with others, staying safe, and achieving their goals. When the kids earn full privileges on Level 1 or earn Level 2, they get to enjoy swim time. During this time, the children love to play classic water games such as Marco Polo, and do typical "kid stuff" like making whirlpools.

Summer 2021 is drawing to a close. However, Mr. Anthony plans to incorporate a weekly water aerobics program for Summer 2022. How exciting!

Thank you, Mr. Anthony, for all you do every year to make summer enjoyable for our kids!



You Can Help!

The following items are always needed for the children and their activities: children's self-care items such as body wash, shampoo, lotion, deodorant, toothbrushes, and toothpaste.

Feminine hygiene products for our older girls come in handy as well.

New underwear and socks for both boys and girls, sizes M—XL are much appreciated.

As confirmed COVID-19 cases continue to rise in Vanderburgh County and surrounding counties due to the Delta variant, EPCC is tightening its restrictions once again regarding visits, meetings, and donations.

Group off-grounds outings are not being held at this time. However, individual off-grounds outings for children with their family members are still being scheduled. Families are being strongly encouraged to make good social distancing decisions while out in the community and always wear masks.

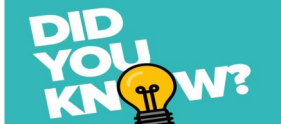
We are also allowing families to visit with their children on-grounds. One family may visit at a time, and the visit must be pre-scheduled. We are allowing at least 30 minutes between family visits for cleaning and sanitization of the Family Room. This will become a best practice for EPCC at all times, even when the COVID-19 pandemic ceases.

In order to improve communication between the children and staff, we have ordered a supply of surgical masks with clear inserts over the mouth area. We feel like this will help children pick up on verbal communication cues and also help increase understanding of communication by increased ability to pick up on non-verbal communication cues such as facial expressions.

Evansville-Vanderburgh School Corporation requires masks at all times during school. EPCC is following this mandate.

The COVID-19 vaccine is now approved for children ages 12 and over. We are offering the vaccine to all of our enrolled children who meet this age requirement. Parents may opt to take their child off-grounds to receive the vaccine, or we will happily administer the vaccine here at EPCC.

Donations of used items are not being accepted at this time. Clothing donations are not being accepted at this time. Donations of new items, still in the original packaging are being accepted. Other donations that are welcome are cash/check, and gift cards. Some gift card ideas are Walmart, Target, Five Below, McDonald's, Subway, Dairy Queen, Freddy's, Sonic, Domino's Pizza, Hobby Lobby, Michael's, Jo-Ann Fabrics.



- ★ EPCC Served 44 children during the 2020-2021 fiscal year.
- ★ EPCC has served over 1550 of Indiana's Seriously Emotionally Disturbed Children since opening in 1966.
- ★ EPCC collaborates with the Evansville-Vanderburgh School Corporation to provide educational services to all our children. EPCC also participates in the National School Breakfast and Lunch Program.



We're Ready for Your Referrals

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

- Psychology Evaluation with IQ
- State Hospital Referral Form
- CANS
- Psychiatric Evaluation from your MD

Contact Sharon Austin at 812-477-6436, x226

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

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

MISSION
Resolve Needs – Build Strengths

EPCC NEWS

Evansville Psychiatric Children's Center
3300 E. Morgan Avenue
Evansville, IN 47715
812-477-6436

Published periodically
for employees and friends of EPCC.

Evansville Psychiatric Children's Center
Division of Mental Health & Addiction
Indiana Family & Social Services Administration

