

# Evansville Psychiatric Children's Center

## NEWSLETTER

3300 E. Morgan Ave., Evansville | 812-477-6436 | Joint Commission-accredited, Medicaid-certified  
"Helping kids SOAR!" | Vol. 11 Issue 1 April 2023

## Christmas Time at EPCC

*It's all about the kids!*

We would like to thank everyone who donated gift cards and purchased items for the kids at Christmas time. It meant so much to the staff and the kids. Thanks to your generosity the children had a wonderful holiday.

Our wish list was granted! The staff



worked hard being Santa's Helpers wrapping all the presents for the kids.

The Air Evac Evansville unit helped provided a generous



donation as well as 911 Gives Hope, Holy Rosary,



St. Bens, Olivet Church, Bible Center Cathedral, Katlyn Holman-Roach and Family, Whitley Emge and Family, Bill Drebus and more. Again, we thank everyone involved for giving the kids a great holiday. You are all a true blessing.

unusual to find Sharon here before or after regular work hours completing an admission or referral. Thank you, Sharon for being such a great example for all of us! We hope we have many more years working with such a wonderful person and employee. A great big cheer for our friend!

### To Serve and to Care

The Children's Center would like to honor Sharon Austin for her dedication to the State of Indiana. Sharon has 43 years of service with the state, 31 of those years being at EPCC. Some of her duties include processing referrals, coordinating admissions plus much more. As a matter of fact, she makes everything run so smoothly. She told us "I'm here to serve" and serve she does in a most thorough and caring way. It is not

**"Spring Adds New Life and New Beauty to All That Is"**



*The Evansville Psychiatric Children's Center is a public behavioral health facility operated by the state of Indiana and one of six state psychiatric hospitals within the Family and Social Services Administration Division of Mental Health and Addiction.*



**Welcome to Spring!** It's that time of year when the air is fresh, and the days are inviting and beautiful. Trees are boasting vibrant green leaves and blooms, and flowers are popping up everywhere in beautiful shades of Spring. The birds are singing, and the sleepy world is waking up again. After a long Winter, Spring is truly a time of renewal and rebirth. Spring brings about inspiration, hope, excitement, and happiness, excursions, Spring break vacations, yard sales and much more fun things to do.



## Programs for the Kids

*They had a great time!*

The children had many exciting programs to participate in during the last few months. They completed a fitness challenge in January. Each child had to see how many jumping jacks they could do in the month to help meet the group goal. In meet the group goal they earned a pizza party. They hiked and visited the Nature Center at Wesselman Park. They went to Skate World and roller skated, saw the animals at Mesker Park Zoo. Unfortunately they did not get to see the penguins as they were not out that day. They also visited the Planetarium. On grounds they created gnome gardens and planted flower seeds in them. They decorated our sidewalks with sidewalk chalk, had a dance party, created a maze using pool noodles and tape for a marble to go through, played board games and card games, made spring crafts, rode bikes, played dodgeball, did yoga, had art activities, music group and more. They were certainly kept busy!

## Stir N Up Hope Therapy



The Stir N Up Hope horseback riding therapy classes have begun and the kids love it. They learn confidence, responsibility, bonding with the animals and hope. As we continue our 2023 Spring session and the positive impact it has on the kids, we still need donations for the fall session. As Friends of EPCC we appreciate your support more than you know. You are our saviors at helping to keep our needs met for the kids and we are forever thankful.

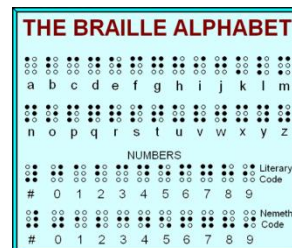


You Are the One Who Can Fill the World with Sunshine

# Deaf History Month

April is Deaf History Month

Deaf History Month was established to create awareness for the history of people who are deaf or hard of hearing and to recognize significant historical landmarks in deaf and hard of hearing education. The term Deaf and Hard of Hearing refers to individuals who have experienced hearing loss at any point in their life. Hearing loss can range from mild to severe and can affect one or both ears. Causes can occur throughout different developmental stages of a person's life or can result from physical trauma. As a result, there are diverse types of hearing loss. Despite advancements in technology, hearing loss remains undertreated. More than 28 million adults in the US could benefit from using a hearing aid but only 20% use them. This is due to the high cost of hearing aids and the fact that many states and employers do not cover hearing aids in their health plans. Historically, the Deaf and Hard of Hearing communities have been underserved and excluded from mainstream culture. The CDC estimates that about 2 to 3 of every 1,000 infants born in the U.S. are affected by detectable hearing loss in one or both ears. Most children who are deaf and hard of hearing are born to hearing parents who often do not know sign language. As a result, most children who are deaf or hard of hearing are not provided with adequate support or appropriate language acquisition tools within the first five years of life. Both national and Indiana data show almost half of individuals who are deaf or hard of hearing are not participating in the labor force. This is due to additional barriers they face when applying for jobs. American sign language was developed in the 1800's but was not widely accepted as a language until 1960 when William Stokoe published "Sign Language Structure". Today ASL is more common and celebrated but there are still ASL interpreter shortages.



# National Child Abuse Prevention Month

April was also National Child Abuse Prevention Month. During this month we want every young person in the United States who has faced the fear and pain of abuse or neglect to know they are not alone. We see them and will always fight to protect their safety and well-being. To reaffirm our commitment to listening to children, standing with brave survivors, and reaching out across communities to support families and to help others in need. Millions of children of every race, religion, and background face neglect or physical, emotional, or sexual abuse in America every year. It can leave deep, lasting scars, making it harder to learn in school, to form trusting relationships, to build self-esteem, and to escape cycles of abuse long-term. It risks cutting children off from their dreams and undermining their ability to reach their full potential. We have a moral obligation to protect every child in America and to help survivors heal. It has been said that a nation is judged by how we treat the most vulnerable among us. Nowhere is that more true than when it comes to protection of our children, making sure they grow up safe from harm and surrounded by love. This is on all of us. You might have seen blue and silver pinwheels around the tri-state this past month. These were in remembrance of this important month.





## SOAR Train the Trainer's Training Week

The SOAR program, which is based on the Boy's Town Psychoeducation Model utilizes target skills, self-control strategies, and both positive and corrective teaching to shape children's behaviors. It also gets kids ready to return home and ensures success in their school setting and community. EPCC utilizes this program along with the Trauma Informed Care model to help children along their journey to recovery from trauma because of severe abuse and/ or neglect. EPCC has used the SOAR program since 2008. Every direct care staff member is trained on the SOAR program for one week. EPCC "Bragging Rights": Since implementation of the SOAR program in 2008, EPCC has reduced the use of manual restraints by 90%, reduced the length of stay by 65%, and reduced the use of antipsychotic medications at discharge by 70%. The SOAR Trainer for the week was Alice Bartusiak. She is employes through Boys' Town Headquarters in Omaha, NE and has her master's degree in human services. She has worked for Boys' Town for 35 years and has trained for Boy's Town in twenty states. The EPCC staff attending the weeklong SOAR Train the Trainers Training were Kristy Ernspiger, Dustin Baughn, Julie Wells, Whitley Emge, Diane Sanford, and Emily Lynn. Congratulations to them all!

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