Red Ribbon Week 2017 was celebrated at EPCC during the week of October 23-29. This year’s activities were centered around the “Smarties Don’t Do Drugs” theme. To emphasize this concept, staff decorated their usual attire with packs of Smarties® candy (pictured below).

Both staff and children were encouraged to make each day of Red Ribbon Week more fun and even display a sense of solidarity in the fight against drug use and abuse by wearing articles of clothing of a certain theme each day. On Monday, many staff and kids wore something red. On Tuesday, we saw both staff and kids wearing some “crazy” socks, whereas Wednesday was Smarties® day. On Thursday, many staff and children said “Peace Out” to drugs by wearing their tie-dye or brightly colored clothing. Friday’s theme was centered around the upcoming Halloween day, and all the kids said “BOO” to drugs. Saturday and Sunday were particularly fun days in which staff and kids wore mismatched clothing and wore their shirts backwards.

EPCC kids participated in activities throughout Red Ribbon Week as another means of education and encouragement to make a lifelong commitment to abstain from drug use. Those activities included receiving Red Ribbons, bookmarks, stickers, and certificates. Staff did a MindUp activity with the children involving discussion about healthy leisure activities as an alternative to using drugs, role-playing to practice resisting peer pressure, and the kids watched a video about the effects of alcohol. The children expressed themselves artistically by participating in a “Smarties Don’t Do Drugs” poster contest.

All of us at Evansville Psychiatric Children’s Center are strong advocates for winning the war against drugs and alcohol and attempting to make sure our future generations grow up healthy, both mentally and physically.

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EPCC Gets Spooky!

Anyone who has children, works with children, or was once a child themselves knows that children look forward to Halloween every year with great anticipation and enthusiasm. Dressing up as a favorite character, animal, or hero and visiting friends and family to receive lots of treats has been a tradition for kids for generations.

Every year, we make sure our kids don’t miss out on Halloween fun. Our children are allowed to dress up in appropriate costumes and trick-or-treat door to door in the Administration Building, visiting each office and receiving fun trinkets and sensory items such as glow sticks/ glow balls, flavored lip balms, Halloween themed toys, pencils, erasers, etc.

Our kids also attend a Halloween Carnival jam-packed with games and prizes. This year’s Halloween Carnival games included Ghost Throw, Sticky Spider Pick-Up, Monster Golf, Bat Ball, Dandy Apple Delight, Haunted House Hit or Miss, Mummy Ring Toss, Bogeyman’s Basketball, Dracula’s Sucker Pull, Pin the Nose on the Pumpkin, Boo Bowling, and Halloween Hopscotch.

A new addition to the carnival for this year was the Spooky Sensory room, where kids got to feel their way through the line-up of items such as spaghetti “brains”, peeled grapes for “eyeballs”, gelatin “mummy guts”, “monster toes” were baby carrots, string cheese felt like “witches' fingers”, dry beans felt like “skeleton’s teeth”, and staff even scooped out a pumpkin and called the seeds and stringy, gooey material “Swamp Thing”! Halloween is a guaranteed good time at EPCC!
YOU Can Help!
The following items are always needed for the children and their activities: gift cards to craft and department stores, craft supplies, restaurants, Tools for Teachers store, and entertainment (movie theaters).

At this time, we are especially in need of boys’ clothing, underwear, socks, and pajamas in size 14/16 and 18/20.

Did You Know?
- EPCC served 38 children during the 2016-17 fiscal year.
- EPCC has served over 1350 children since opening in 1966.
- The SAMHSA Grant activities resulted in an elimination of the use of seclusion and an overall 88% reduction in the use of physical restraints.

Research Article to be Published in National Journal
Shannon Jones, M.D., our Board Certified Child and Adolescent Psychiatrist and Medical Director, recently made the announcement that an article she co-authored along with Leslie Hulvershorn, M.D., Kristin Dauss, M.D., Caitlin Adams, D.O., and Samantha Parkhurst, B.S., will soon be published in the Journal of Child and Adolescent Psychopharmacology. The article is entitled Improved Metabolic and Psychiatric Outcomes with Discontinuation of Atypical Antipsychotics in Youth Hospitalized in a State Psychiatric Facility.

Research for this article springs from an analysis of some treatment response trends Dr. Jones noted for patients admitted to EPCC in 2010-2012. The idea for publishing this research data was suggested when Dr. Jones shared it with other State Hospital Medical Directors. Psychiatric residents Kristin and Caitlin gathered the data, while Medical Student Samantha was tasked with organizing the data for presentation. It took the team many hours over a four-year period of time to produce this article.

A number of public policy and population health agencies have expressed concern about the negative effects of these medications on children, and this perhaps explains why, comparatively speaking, the team had little difficulty getting the article published—it was accepted by the first journal they submitted it to.

The research paper shows improved mental health and physical health outcomes when physicians actually stop administering antipsychotic medications to aggressive, severely impaired patients and instead treat their psychiatric conditions with more time tested therapies such as optimizing ADHD medications if applicable, enhancing psychotherapeutic approaches for children with trauma related anxiety, and improving family supports.

Dr. Jones points out that the number of kids in our society receiving antipsychotic medications has skyrocketed (at least a five fold increase), these medications are prescribed “off-label” for the most part (given for conditions for which the medication was never studied). These medications are most commonly given to aggressive or disruptive kids, especially from poorer or more dysfunctional families, and these medications are often prescribed in the absence of more conservative or better tested therapies which have become less

affordable and less available under current healthcare provisions. She also points out that antipsychotic medications commonly cause side effects like weight gain, elevated cholesterol, cardiac electrical changes, cognitive dulling, and motor problems.

Dr. Jones states that she is interested in possibly doing a follow-up study over similar findings in the future. She would also like to publish information about pediatric rates of Withdrawal Emergent Dyskinesia (a temporary, yet uncomfortable motor problem that arises from taking patients off antipsychotics), and the positive response EPCC is getting with the use of natural honey as a PRN calming agent for agitation.

Dr. Jones has been practicing psychiatry in the Evansville community (mostly with children) since finishing her residency in 2000, and has been the Medical Director of EPCC since 2008.

Pictured:
Shannon Jones, M.D., EPCC Medical Director

Look What We Did
EPCC’s kids participated in a Fitness Challenge for October. The cumulative goal set for the month was 50,000 jumping jacks.

The children did an excellent job with achieving this goal, and were rewarded with an ice cream party!

We’re Ready for Your Referrals
Refer through the assigned liaison from your MHC.

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
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MISSION
Resolve Needs – Build Strengths

EPCC News—page 2
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Published periodically for employees and friends of EPCC.
Evansville Psychiatric Children’s Center
Division of Mental Health & Addiction
Indiana Family & Social Services Administration

...and that's the truth...
“But all the magic I have known I’ve had to make myself.” - Where the Sidewalk Ends
Shel Silverstein

Pictured:
Shannon Jones, M.D., EPCC Medical Director
Evansville Psychiatric Children's Center
Christmas Wish List 2017

**Toys**
- Legos
- Disney Descendents characters
- Shopkins
- Littlest Pet Shop
- Marvel Hero Action Figures
- Veterinary Play Kits
- Doll Houses

**Games**
- Wii games (Rated E for Everyone)
- Nintendo DS games (Rated E for Everyone)
- Xbox games (Rated E for Everyone)
- Bananagrams game
- Headbandz game
- Yahtzee game
- Clue Jr. game
- Othello game
- Bop It
- Skip It
- Simon Air game
- Memory games
- UNO cards

**Arts and Crafts**
- Crazy 8’s cards
- Skip-Bo cards
- Greedy Granny game
- Googly eyes game

**Playground**
- Basketball
- Footballs (regular and Nerf)
- Soccer balls
- Kickballs/Playground balls
- Tennis rackets
- Kites
- Hula Hoops
- Helmets (bike and scooter)

**Miscellaneous**
- Glow Sticks
- Puzzles (200 pieces or smaller)
- Posters - sports, superheroes, princesses, Minecraft
- Karaoke CDs
- iTunes gift cards
- Toys for Teachers gift cards
- JoAnn Fabrics gift cards
- Kohl’s gift cards (for clothing)
- Easy model kits (cars, planes, etc.)