

EPCC NEWS

Evansville Psychiatric Children's Center
Volume 20, Issue 2
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The Joint Commission Accredited
Medicaid Certified
"Helping Kids SOAR"



DR. SEUSS DAY

Every year in early March, our kids celebrate Dr. Seuss day in school. Our teachers bring out all of the favorite Dr. Seuss books in their classrooms, they teach a special lesson about the author, and develop fun activities surrounding the characters from the famous stories.

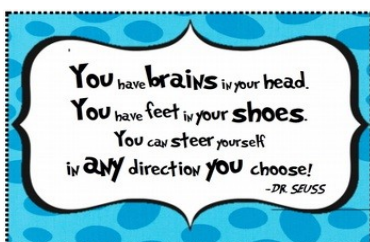


Five Fun Facts about Dr. Seuss:

- Thing 1: Dr. Seuss' real name was Theodore Geisel.
- Thing 2: Seuss was his mother's maiden name.
- Thing 3: Before writing children's books, Dr. Seuss had a successful career in advertising.
- Thing 4: His all time best selling book, "Green Eggs and Ham" was written when his editor bet him he couldn't write a book using 50 words or less.
- Thing 5: Dr. Seuss created the word "nerd", and redefined the word "Grinch".



Pictured: EPCC teachers dressed up for Dr. Seuss Day!



FITNESS GOALS

Our Recreation Therapy Department is helping children set and achieve fitness goals for 2020. Each month, the kids are given a new fitness challenge with a reward at the end if they meet or exceed their goal.

For example, in January, the children were given a challenge of achieving 90,000 mountain climbers collectively as a group by the end of the month. Each child was required to make a personal goal of 1,000 and the group goal was 90,000. The end result was the children collectively achieved 115,722 mountain climbers which far exceeded their goal! Each child also achieved his/her own personal goal—even the children who were admitted after the first part of the month! The children did an amazing job and were motivated and excited all month long.

The kids were rewarded to a well-deserved pizza party afterward for all their hard work. The kids who achieved the top 3 numbers received individual prizes, and each child won an individual award recognizing their achievement. Great job kiddos! Keep up the great work!

Mardi Gras Festivities

EPCC's Employee Appreciation Committee recently put together a delicious Mardi Gras meal for all staff to enjoy. The meal was enjoyed by many staff in our Family Room.

The committee provided a couple different varieties of homemade jambalaya, red beans and rice, cornbread, salad, and a King Cake. A prize went to a lucky staff member who selected the slice of cake with the baby doll in it.

The Employee Appreciation Committee also decorated the Family Room nicely with colorful Mardi Gras decorations and gave each staff a small gift.

We appreciate our Employee Appreciation Committee!



Cuteness Overload!

Our Board-Certified Child and Adolescent Psychiatrist, Dr. Shannon Jones, is, among many other things, an animal lover and expert. Every Spring, she brings in a new batch of hatchlings from her farm for the children and staff to enjoy. She believes that watching, feeding, and cuddling with the baby animals is very therapeutic for both children and adults. She also believes the fuzzy friends are a great way to teach kids about caring for and respecting living beings.

This year, Dr. Jones brought in a batch of baby ducklings to share. As our kids learned a few things about brand new baby ducks, our staff got to experience some stress relief while admiring the sweet bundles of joy.

Thank you Dr. Jones for sharing your love and knowledge of animals with us!



Pictured: EPCC staff cuddling with the baby ducklings

You Can Help!!!

The following items are always needed for the children and their activities: gift cards to Tools For Teaching, Michael's/Hobby Lobby/JoAnn Fabrics, Walmart, McDonald's, Domino's Pizza, Five Below, Showplace Cinemas, AMC 16 Theaters, Walther's Golf n Fun, ARC Lanes/Diamond Lanes/Franklin Lanes.

DID YOU KNOW?

- ★ EPCC Served 40 children during the 2018-2019 fiscal year.
- ★ EPCC has served over 1400 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.

Would you like a tour of EPCC?

Call the Community Services Director at 812-477-6436 x 232 to schedule.

WANTED



Sponsors for our Character Building Therapeutic Horseback Riding Program



Attention all Friends Of EPCC:

We are in need of generous folks to sponsor our children in our Character Building Therapeutic Horseback Riding Program, held here on EPCC grounds every Spring and Fall. This program provides a valuable therapy component to each child's treatment.

The 8-week program consists of first learning to interact with the horses by petting and leading them, along with awareness that they are a living creature to be respected, learning what its like to be the horse through a leading exercise with staff and peers, caring for the horses by gently grooming and offering treats, becoming trainers for the horses by teaching simple commands, and eventually riding the horse when the child is ready. While riding the horse, the children do exercises to help strengthen their core muscles and increase balance.

Another important therapeutic aspect of the program is the improvement we see in each child's self-esteem upon completion. The role of caregiver to the horses combined with improvements in strength, balance, and coordination through lots of sensory input help tremendously with giving each child a sense of accomplishment. This is so important to the children's mental and physical health.

Currently, the cost for sponsoring a child in the program for the Spring term is \$300. However, any dollar amount is greatly appreciated. Individuals may donate separately, or groups can certainly team up and donate collectively.

To sponsor a child in the Character Building Therapeutic Horseback Riding program, contact the Community Services Director at 812-477-6436 x 232 or email at

brandy.fox@fssa.in.gov

Staying Safe and Healthy During the COVID-19 Pandemic

EPCC is taking the following precautions to protect our children and staff during the COVID-19 pandemic:

- We are limiting visits to one or two family members at a time. Only the same family members are allowed for each visit.
- We are screening and taking temperatures of all staff and visitors each day upon check-in.
- Staff are stopping to thoroughly wash hands at indicated times each day.
- We are practicing the 6-foot social distancing rule as much as possible.
- Meetings with committees which contain members from the community are being held via videoconferencing.
- We are **not** accepting donations of material items until further notice. Gift cards (which are easy to sanitize) are still being accepted. Please see the You Can Help section of this newsletter for gift card ideas.
- Our Environmental Services team, with the help of other EPCC staff, are diligently sanitizing our facility each day.

We appreciate each and every one of our Friends of EPCC, and we thank everyone for their cooperation to help keep everyone safe and healthy during this difficult time. Together, we will get through this!

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

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MISSION
Resolve Needs – Build Strengths

EPCC NEWS

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for employees and friends of EPCC.

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