

EPCC NEWS

Evansville Psychiatric Children's Center
Volume 15, Issue 6
November 2015

The Joint Commission Accredited
Medicaid Certified
"Helping Kids SOAR"



Sunday Program

The children's center offers programming seven days a week. In October, Tina Gibbs of Beautiful Minds, LLC visited EPCC for a special Sunday program for Rehab Therapy. Tina volunteered her time to teach the children directed canvas painting focusing on their strength/abilities, self-esteem, and creativity. Tina began with breathing exercises where she had the children name a feeling/emotion. She explained deep breathing whereby children were educated to "breathe in the good" and "breathe out the bad." This was followed by short brain games; The Elephant and Cross Lap Tap. Tina then guided the children through the directed painting process instructing them through step by step techniques to create a scenic picture of a sunset. Each child was provided with personal sets of tools to create their own masterpiece. The children formulated a title for their piece of artwork.



Tina Gibbs, Mname Therapist of Beautiful Minds, LLC leads the children through directed painting during Sunday program RT group.

Painting created by 12 year old



Painting created by 9 year old



...and that's the truth...

It is OK to fail, but it is not OK to give up.

—Kate, age 8.

New Employees

We are pleased to announce our new staff members at EPCC! Please welcome the following:

Diane Sanford, RN

Karmin Ryan, BHRA

Cindy Murphy, BHRA

Gabby Briody, BHRA

Bridgett Howerton, BHRA

Erica Langley, BHRA

Justine Couto, BHRA

LaTroy Savage, BHRA

Kendra Jones, RN

Kelli Hatcher, RN

Cayla Allen, BHRA

Rachel Reed, BHRA

Lesleigh Overfield, BHRA

***Congratulations to Amy Boyer in her new role as Rehab Therapy Supervisor and to Shannon Lake in her new role as Program Director/QI.*

Cultural Competence and Diversity

All staff attended training in August on cultural competence and diversity. Of course diversity is always present—among staff, with the children and their families, and the public. Staff not only attend new hire orientation on the topic, but also annual refresher trainings. These trainings focus on the importance of being culturally competent as well as being open, listening, and communicating with others

unlike ourselves in order to foster relationships.

A variety of "hands on" exercises illustrated important points such as how interesting life is because no two people are the same, how people perceive the "same" things in very different ways, how stereotypical responses to certain labels can hinder communication and relationships, and how looking for similarities instead of focusing on differences can bring people together and foster inclusiveness.



Employees create mosaic artwork with brown and white pieces of paper during Cultural Competency Training



Different perceptions of "ice cream treat" created during Cultural Competency Training

The following items are always needed for the children and their activities: gift cards to craft and department stores, restaurants, and entertainment (movies). Gift cards provide toys and craft items, and allow children with designated behaviors to enjoy off grounds activities.

Did You Know?

- EPCC served 36 children during the 2014-15 fiscal year.
- EPCC has served **over 1300** children since opening in 1966.
- The SAMHSA Grant activities resulted in elimination of the use of seclusion and a significant reduction in the use of physical restraints.

Look What We Did

EPCC held a Christmas in October fundraiser during the week of October 20th. The total proceeds of \$125.00 was divided equally between the Children's Recreation Fund and the Employee Appreciation Committee. Thank you to all staff who contributed in making this a success!!

Retirement Celebration

In September, Tammy Klausmeier celebrated 43 years of service with EPCC. This was also Tammy's last day of service as she retired on September 30, 2015. She was honored with a staff luncheon followed by a reception with family and friends. Tammy was presented with a gift for her many years of hard work. Tammy has been an asset to EPCC where she served



as Quality Improvement and Community Services Director. She took on a huge role ensuring JC standards were followed and up to date. We congratulate Tammy on her retirement!



At left: Tammy is pictured with Superintendent, Lottie Cook during her retirement party.

'Tis the Season

Staff are already planning and coordinating with local groups who bring Christmas parties and activities to the children to help make the season extra special.

Meanwhile, the children are making wish lists which are shared with the groups who help Santa make dreams come true.

A "Gift Suggestion" sheet is included in this newsletter. Some of the items are generic and will help us provide the children with activities both therapeutic and fun throughout the coming year.

Halloween Carnival

The children at EPCC recently picked out Halloween costumes and were able to go trick-or-treating on-grounds. Following trick-or-treating, the kids enjoyed the annual Halloween Carnival featuring various games and activities. These include a Frankenstein's Cake Walk, Wicked Witch's Limbo, Monster Golf, Bat Ball, Haunted House Hit or Miss, Mummy Ring Toss, Boogeyman Basketball,

Dracula's Sucker Pull, and Donuts on a string. EPCC staff also took part in dressing up in costume for the festivities.



Pictured below: Ivan Woods, Business Office, facilitates Boogeyman Basketball for the children at EPCC.



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

- Lottie Cook, Supt (231).....lottie.cook@fssa.in.gov
- Sharon Austin, Admissions (226).....sharon.austin@fssa.in.gov
- Pam Dewey, Clin. Dir (233).....pam.dewey@fssa.in.gov
- Jane Cunningham, Dir of Nursing (223).....jane.cunningham@fssa.in.gov
- Kayce Clevenger, SW (239).....kayce.clevenger@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



You are invited to help bring the joy and wonder of Christmas to the children at EPCC. Ages range from 5 to 13 and the children stay for an average six to eight months during treatment. Please share with interested persons or groups.

Gift Suggestions for Christmas

Arts/Crafts and Other/Personal

Self adhesive items—foam letters, sheets, shapes; felt sheets

Coloring items—coloring books, colored pencils, markers, fuzzy coloring posters (10x12 or smaller)

Construction paper

Glitter glue

Bottles of paint-all colors, paint brush tools.

Puzzles 125-250 pieces

Posters (Wal-Mart) - Mario, Pacers, Colts, Frozen, animals/babies, cartoon heroes

Personal Care items (**no glass bottles**) - AXE cologne, body wash, lotion, shampoo, etc.



Activities/Games

Info: Following admission every child receives an iPod with a personalized playlist

Wii games rated E for Everyone

Kinex, Legos (building toys)

Playing cards and card games—Uno, Skip-Bo, etc.)

Play-Doh kits

Board Games—average age is 10 (**do not need Chutes & Ladders or CandyLand**)

Roller blades/skates and safety helmets/pads

Hot wheels, nerf balls, action figures

Sports games for use in the gymnasium (soccer balls, badminton net/birdies)

Big indoor bounce balls (for kickball/4 square), basketballs



Sensory Items

NO glass containers

Fabrics—corduroy, silky, velvet, faux fur

Scratch-n-Sniff or scented stickers

Dream Lites (animal night lights—Wal-Mart)

Flavored chap sticks

Kinetic sand

Gift Cards/Certificates

iTunes

Community Activities—Bowling, Skating, Museum Planetarium, CMOE (Children's Museum)

Showplace Cinemas, AMC Evansville 16, Painting/Art Academy

Craft stores—Jo-Ann Fabrics, Michaels, Hobby Lobby

Department/Toy stores—Wal-Mart, Target, Toys-R-Us

Restaurants—fast food, pizza, tacos, deli, ice cream etc.

Specialty Eateries—GattiTown, Chuckie Cheese, Golden Corral

Questions? - Call 477-6436 x-232