



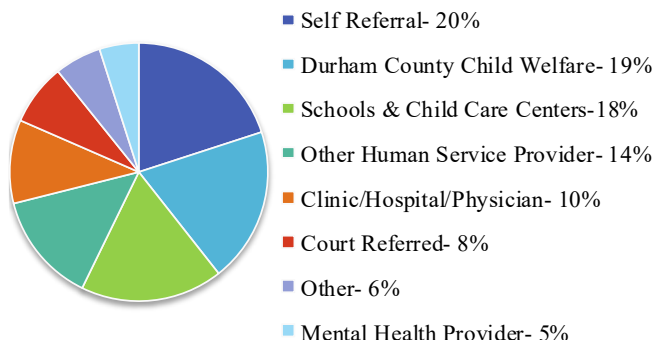
Supporting Children, Together

2016-2017 Annual Report

December 2017

2016-2017 Fiscal Year At A Glance

308 families were referred to EFC.



Nearly 2,000 people were served.

7 classrooms of childcare professionals received seminars and coaching to help them implement strategies to promote social & emotional development. **100% of classrooms** increased in a measurement of utilizing best practices, a change that affected the **125 students** in these classrooms.

70 children with challenging behavior received support from EChO in their classrooms. **96%** were in **stable child care** at the end of the EChO program and **87% improved** on a measure of their social-emotional development.

56 families received Multi-Dimensional Family Therapy; **100% of families graduated** with improvements in family functioning, **93% of youth** had little to no substance use at the end of services.

110 families (342 parents and children) received in-home parent coaching using the Parent Aide philosophy and Attachment Bio-Behavioral Catch-Up, SafeCare, Triple P or Parent Child Interaction Therapy. **95% of families demonstrated improved parent-child interactions**, strengthening the parent-child relationship and reducing challenging behavior.

1181 parents and professionals developed their skills in **81 workshops and group coaching sessions** facilitated by EFC on positive discipline, recognizing/reporting/preventing child abuse, toxic stress, supporting social-emotional development, parent engagement, and motivational interviewing. Over **98%** learned something they could put into action.

ExCelerating Change

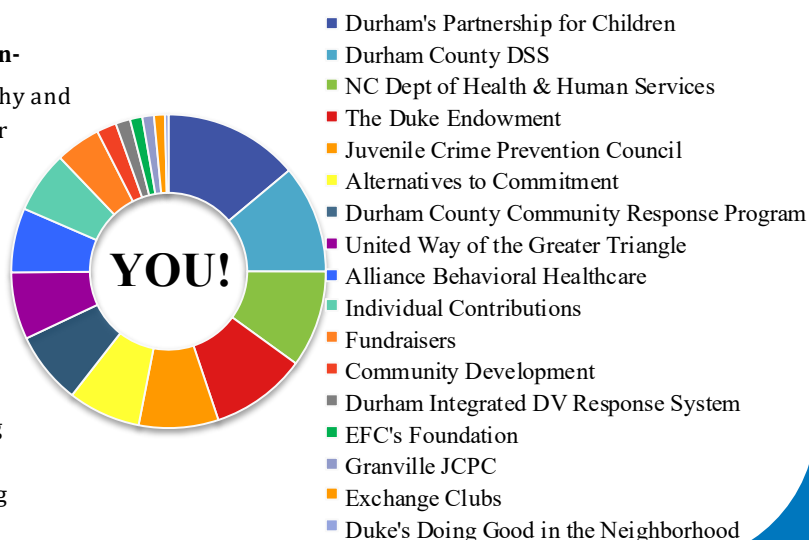
EFC celebrated 25 years of strengthening families this year. To mark this milestone we hosted a gala with a great band, a silent auction, and delicious fare. The staff, board, local representatives, Exchange Club members and other supporters raised money that brought families off the waiting list. We got great coverage in Durham Magazine. But my favorite part was how engaged everyone was when we shared a little about how we help children by helping their families, teachers, and communities. The story we shared about Tucker Turtle has become one of our favorites. In case you weren't there, we'd love to share it with you:

4 year old twins with very short tempers were at risk of expulsion because of their brawls. They were referred to EFC and worked with Tipfanie, the EChO Consultant. Tipfanie introduced their teacher to Tucker Turtle—a story and puppet that helps children to stop, take three deep breaths, and then think of a solution. The teacher taught the story when the children were calm and able to practice. She then coached the children in moments of frustration to stop, take deep breaths, and then work on problem-solving.

When Tipfanie was at the classroom for the last time the children asked her, "Where are you taking Tucker Turtle?" Tipfanie explained that she had to take him so he could help other children. The children shared how Tucker Turtle had helped them. One little girl said that she was at a birthday party and became frustrated. She said she stopped and took deep breaths so that she wouldn't hurt her friends.

The children had truly learned the skill. They had been taught it and they practiced in class. But then they took it one step further; they generalized the skill to their lives outside of the classroom. At the age of four they had learned a lifelong skill in managing their emotions and productively solving problems.

Total Budget: \$1,341,226





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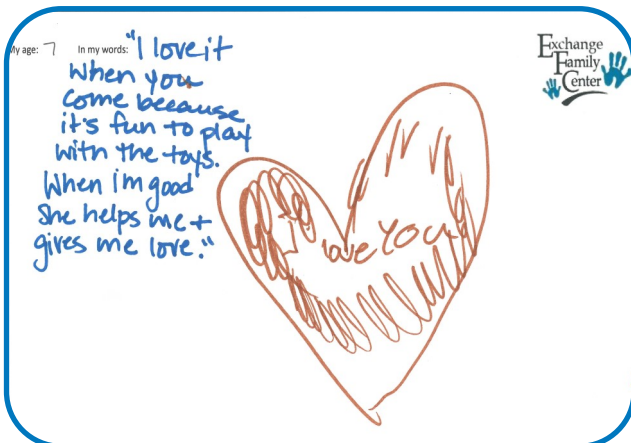


Above: Families enjoyed a day of bonding and developing community awareness at EFC's annual Pinwheels for Prevention Family Fun Day. **Below:** EFC celebrated 25 years of serving Durham families at the ExCelerating Change Gala.



Partnerships

- Adverse Childhood Events Work Group
- Alliance Behavioral Health Care—Care Reviews
- Child Care Services
- DELTA Collaborative
- Duke's Fuqua on Board
- Durham Children's Developmental Services Agency
- Durham Connects
- Durham County Child Welfare
- Durham Early Head Start
- Durham Integrative Domestic Violence Response System
- Durham LGBTQ Center
- Durham Tech Early Childhood Advisory Council
- Durham's Early Childhood Mental Health Task Force
- Durham's Kindergarten Advisory Commission
- El Futuro
- Exchange Clubs
- Families Moving Forward
- Healthy Durham 20/20
- Healthy Families
- Juvenile Crime Prevention Council
- Local Interagency Coordinating Council
- NC Partnership for Children
- NC Pathways to Grade-Level Reading
- NC Pre-K Improvement Committee
- NCSU School of Social Work
- Prevent Child Abuse NC
- UNC School of Social Work
- Working to Empower Spanish-speakers in the Triangle
- YAY Baby Statewide Council on Serving Homeless Children



Above: A seven year old shares the experience of her family working with EFC. **Below:** EFC hosted the 48th Annual Golf Tournament, which raised over \$23,000 to help support Durham families.

