

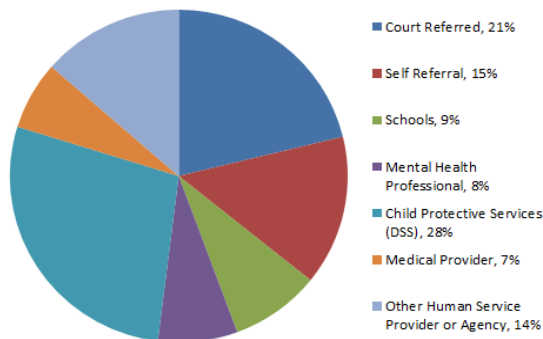


# ANNUAL REPORT

December, 2015

## 2014-2015 by the numbers

- ◆ Over **300 families** were referred to EFC



- ◆ **39 children** with challenging behavior received support from EChO in their classrooms. **37** were in **stable child care** at the end of the EChO program and **29 improved** on a measure of their social emotional development.
- ◆ **9 child care professionals** from 5 classrooms received seminar and coaching to help them implement strategies to promote social & emotional development. **95% of the 58 children in their classrooms** maintained or improved their social emotional development and/or exhibited fewer behavior problems.
- ◆ **148 parents and 195 children** received **in-home parent coaching** using the Parent Aide philosophy and Attachment Bio-Behavioral Catch-Up, SafeCare, or Parent Child Interaction Therapy. **33 families achieved their goals**, strengthening the parent-child relationship and reducing challenging behavior.
- ◆ **54 families** received Multi-Dimensional Family Therapy; **25 families graduated** with improvements on the Family Environment Scale and/or the MDFT intake-discharge summary.
- ◆ **EFC facilitated 174 child and family team meetings** with 444 adults and 70 youth to plan for the safety and permanency of 393 children. 98% of participants reported the facilitator was fair and respectful. 95% reported that the plan developed was sensitive to the concerns expressed.
- ◆ **EFC facilitated over 70 workshops** for parents and professionals on positive discipline, cross cultural communication, recognizing/reporting/preventing child abuse, toxic stress, supporting social-emotional development, parent engagement, and motivational interviewing.

## Partnerships

EFC collaborates with multiple agencies to develop awareness about children's needs and to ensure high quality support is available. This year, EFC:

- ✎ Supervised interns from **UNC, NCSU, and NCCU**
- ✎ Presented at **JCPC's National Night Out**
- ✎ Facilitated bilingual workshops to **Headstart parents** on Recognizing, Reporting, & Preventing Child Abuse
- ✎ Helped plan **Prevent Child Abuse NC's** Summit
- ✎ Guest lectured at **UNC School of Social Work**

## EFC is Growing

EFC currently has **72 children waiting** for help from one of our three programs—EChO, Family Support, or Parenting of Adolescents. Although this list is too long—when families need help, we want to make sure it is readily available—this is progress. In July we had 132 children waiting. EFC's capacity has increased this year because additional funding allowed for the hiring of new staff to provide more services in homes and classrooms. Our vision is a world where all children are safe – physically and emotionally – and have the resources and support to guide them and their caregivers through life's difficult moments. EFC is thrilled to be able to provide that support more quickly than we could last year. Please look at our website to learn about our new staff.

Want to help us all year long as you shop? Sign up for Amazon Smile and Amazon will donate .5% of every purchase you make.  
[smile.amazon.com](http://smile.amazon.com)



## Continuously Improving

EFC provides multiple proven models to insure that our services will have a significant and sustained impact. EFC adds new models and build new layers onto our services to insure that we can meet the diverse needs of struggling caregivers. This year staff were trained in:

Conscious Discipline . . . Social Thinking Training . . . the Classroom Assessment Scoring System . . . Attachment Bio-Behavioral Catch-Up . . . Triple P: brief primary care, primary care, Stepping Stones for children with disabilities, and Level 4 for significant behavior problems

**STAY informed about what's happening with EFC!**

**Future newsletters will be sent by email.**

**If you liked the Fall Newsletter and don't think we have your email, please go to our website to update your contact**

**information:**

**[www.exchangefamilycenter.org](http://www.exchangefamilycenter.org)**

- ✎ Served on Durham's **Kindergarten Advisory** Commission
- ✎ Coached **EI Futuro & CH-TOP** staff in Motivational Interviewing
- ✎ Provided professional training for The **Durham/Orange Pre-school Association** conference, the **NC Pre-K** directors, **Westminster preschool**, Durham's **Headstart**, and **Child Care Services Association** ASK conference
- ✎ Served as the community representative for the Permanency Planning Action Team for **Durham County Child Welfare** to help with their continuous quality improvement
- ✎ Spoke at **Durham's Partnership for Children's** bus tour

Mr. John L. Black, 73, passed away unexpectedly May 16th. John had been on the board of the Exchange Family Center for 5 years and was serving his first year as president. John was deeply committed to child abuse prevention and had long been a member of the Exchange Club of Greater Durham. His gentle manner and sense of humor are missed.

Laura & Frank Wagenknecht honored his memory with a



We were saddened by the sudden death of our board president.

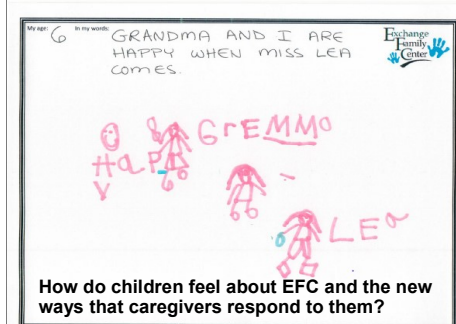
\$2000 sponsorship of EFC's 46th annual Golf Tournament. John was an avid golfer so this was a fitting tribute to two of his passions.

## How do families change at home?

Gimena, age 20, was very interested in protecting her daughter, Lili, but needed support to learn how. Together, she & her parenting coach made her home a safer place for a toddler: they used a drill to install latches on the cabinets and Gimena moved sharp objects and beauty products to higher shelves. Gimena learned new strategies to brush Lili's teeth, which she had given up on. She began to cook more vegetables and to buy her daughter whole milk. Finally, Gimena learned new ways to respond to Lili's behavior. Gimena used to tell her daughter "pow pow," pretending to hit her when her daughter threw toys or hit another child. Now Gimena uses praise to encourage her daughter's calm play, ignores tantrums, and gives small, simple consequences for hitting. Gimena feels empowered—she knows how to keep to teach and discipline Lili, as well as how to keep her safe and healthy.

## Why did Hilton Garden Inn Durham University Medical Center choose to start FRIDAYS FOR FAMILIES?

Conrad Hilton believed that it was our responsibility to fill the world with the light and warmth of hospitality. HGI-DUMC believes that responsibility does not just end at our front doors but instead should be carried out in our community as well. Helping the children of Durham only enhances the community as these children grow.



## How do families feel about support from EChO in their children's classrooms?

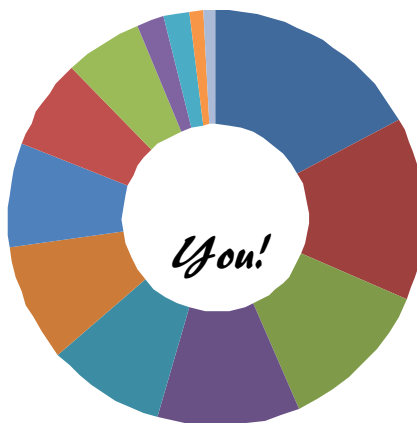
"We had no idea the extent of difficulty (our son) was having in the classroom. . . . Melissa (the EChO consultant) and I met and instantly I knew for the first time "someone is going to help us." . . . Not enough can be said about the tools, guidance, resources and support Melissa provided us in a very uncertain time. She was always available, receptive to suggestions and informative. . . . Her help and guidance is priceless to us. — a parent served by EChO

## Who Supports EFC?

EFC is very grateful for the grants and contracts that fund the majority of our services, but we would not be complete without the support of the Exchange Club members, sponsors of our fund-raisers, local merchants who help us sell peanuts, and organizations and individuals who choose to provide us with extra support.

**Crocodile Creek's** long time support with donations of puzzles, lunch boxes, and other high quality items allows us to provide incentives to caregivers who are working hard on developing new habits.

This year has been an exciting time with new partnerships. EFC was **WNCN's 3-degree guarantee** beneficiary in April, receiving \$2500 from Allen Kelly & Co. **Hilton Garden Inn Durham University Medical Center Fridays for Families** has given EFC over \$3500 so far by donating **10% of any food or beverage purchase every Friday** since August. We are grateful they have committed to continuing Fridays for Families through



- Durham's Partnership for Children
- The Duke Endowment
- Durham County Dept of Social Services
- NC Dept of Health & Human Services
- Durham County Juvenile Crime Prevention Council
- Alternatives to Commitment
- Alliance Behavioral Healthcare
- United Way of the Greater Triangle
- Fundraisers
- Exchange Clubs
- Training Fees
- Individual Contributions
- EFC's Foundation

July. This year is our first being selected for **Durham County Cares**, a Durham County employee giving program. Thank you to DC staff who are providing us with over \$4200 this year. We look forward to 2016 and new opportunities to keep growing.

**A special opportunity for hockey fans to support us: when you use EFC's discount code to buy a ticket to see the Hurricanes vs. Boston's Bruins, EFC will receive a portion of the proceeds.**