



3/4 OF THE WAY INTO THE FISCAL YEAR...

- ◆ 52 children with challenging behavior received support from ECHO in their classrooms; of 34 closed case, 33 children have stable child care and 86% showed improvement on a social emotional screening tool.
- ◆ 16 child care professionals—7 classrooms—participated in a seminar with on-going coaching, 100% improved their support for social & emotional development.
- ◆ 104 families (120 parents, 195 children) received in-home parent coaching using the Parent Aide philosophy and Attachment Bio-Behavioral Catch-Up, Triple P, SafeCare, or Parent Child Interaction Therapy; 47 families closed with improved interactions.
- ◆ 48 families received Multi-Dimensional Family Therapy; 19 families graduated with improvements on the Family Environment Scale; 18 youth improved on the MDFT intake-discharge summary.
- ◆ EFC staff led 27 workshops and coaching sessions on engagement and communication for 508 professionals. 94% reported learning something to put into action.
- ◆ EFC staff led 26 workshops about toxic stress and how to best support young children. Of 438 participants, Over 90% reported new skills & knowledge.



Staff from Exchange Family Center attended the Prevent Child Abuse North Carolina Summit



Community members enjoyed our 4th Annual Pinwheels for Prevention Family Fun Day at Wheels Fun Park

HOW CAN DRIVING HELP STRENGTHEN FAMILIES?

April was National Child Abuse Prevention month, and spring is a great time to recognize the importance of whole communities working together to strengthen families. Child abuse prevention means making sure all families get support when they need it. We all have a part to play when it comes to nurturing the children of our community.

When parents don't have that support and are overwhelmed with stressors, then they might not be able to meet their children's needs. How can you make sure to support the development of protective factors—resiliency, parenting skills and understanding of child development, children's social-emotional skills, social networks and concrete support—so that families are insulated against the difficult moments they might face?



The North Carolina Children's Trust Fund strengthens families and communities by providing funds for parenting programs in North Carolina communities. The [Kids First License Plate Program](#) was created to directly benefit the Children's Trust Fund.

Participants pay an additional \$25 fee to get a special license plate and \$15 of that fee goes back to the NC CTF.

Kids First license plate sales help bring proven, high quality family strengthening programs (like the programs we offer through the [Exchange Family Center](#)) to more families and communities. For each additional 500 license plates sold every year, NC CTF receives \$7,500 more to put into services that directly benefit children and families in NC. Every time someone sees you drive by with the Kids First plate, they will be reminded the we can all be a part of helping children to thrive by making sure families have support.

In addition to purchasing a Kids First license plate, please spread awareness about this opportunity to build up NC's capacity to support children and families.

WELCOME NEW BOARD MEMBERS!

EFC is thrilled to welcome Kristen Byrum and Kevin Griffin onto our board. Kristen is the Director of Marketing at CBS North Carolina in Raleigh. She brings over 15 years of experience developing and directing all aspects of television branding, promotion and design. Kevin Griffin is the Founder and President of AVANT, a full

service staffing and recruiting company. In addition to being a father, coach, and improvisational performer, Kevin brings a breadth of experience in the business world, including personnel and team development, financial management, and operations expertise. We are lucky to have their talents joining our team.



For a quarter of a century EFC has been providing support to families because of the concerted efforts of so many on our behalf. EFC will be celebrating 25 years of strengthening families and preventing child trauma at our 25th Anniversary Gala, EXcelerating CHANGE.

SAVE THE DATE!!!
JUNE 23rd
6:30 pm

Help recognize the effort that went into creating and sustaining EFC, allowing us to make a difference for Durham's families, at Croasdaile Country Club with heavy hors d'oeuvres, drinks, live music by Tea Cup Gin, and a silent auction. All proceeds will be used to assist families on our waiting list move into services. Honorary planning committee members include Mayor Bill Bell, County Commissioner Ellen Reckhow, Representatives Marcia Morey and Mary Ann Black, and Senator Mike Woodard. Join us and them to celebrate those who have given so much of their time, energy, and money to ensure Durham's families have support.



The Exchange Family Center strengthens families and prevents child abuse and neglect through family support, education and counseling. 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 impacts families by insuring that effective **best practice programs** are **accessible**. EFC partners with caregivers to make **significant and sustainable changes** in caregiver-child dynamics and to reduce children's challenging behavior.

EFC provides three programs: **Early Childhood Outreach (EChO)** to support childcare providers and children in their classrooms; **Family Support and Parenting of Adolescents** to help struggling families in their homes.

Our newsletter is going **green!** Sign up on our website to be included on the next electronic newsletter. Contact us for more information!



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Left: EFC is excited to announce that we have become a Durham Living Wage Certified employer. EFC wants to make Durham a great place for families, including the families of EFC staff.

Don't Forget the Peanuts!

Exchange Family Center still has a few boxes of peanuts.

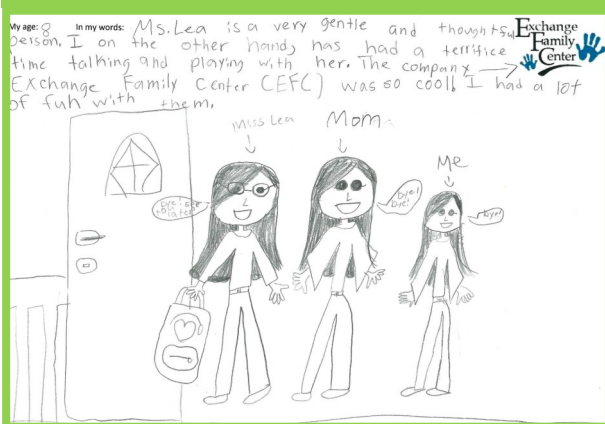
Special Spring sale: For \$30 you get 24 bags of NC peanuts like you get at the ball park. Share the taste of spring! (We also have a few unsalted cases for those who are watching their sodium.)

HOW IS EFC THERE FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS?

Teresa* was referred for services for her son, Justin* who has autism. Teresa was concerned that Justin spit constantly: Justin would spit when he was happy and excited, when he was angry, and when he had trouble communicating. The Family Support Program's Parenting Coach & Family Therapist used Parent Child Interaction Therapy (PCIT) to help Teresa practice giving Justin positive attention for appropriate behavior and completely ignoring him when he spat. At first when Teresa ignored him, he would spit

more, but then he stopped spitting. Soon, Justin almost completely stopped spitting during PCIT practice time. Teresa explained the procedure to her sister and her daughter and coached all of them to ignore Justin at home when he spat. Teresa reported that at first Justin followed his sister around the house, spitting at her, but when she continued to ignore him he "looked confused" and stopped spitting. Teresa reported that now, only a few sessions into Parent-Child Interaction Therapy, Justin rarely spits at home. Teresa also shared that she had not known how to play with Justin before starting PCIT, and so she wasn't interested in playing with him, but now she really likes playing with him. She said that she attended an autism conference in Charlotte and also heard about the importance of playing with and giving positive attention to children with autism.

WHAT DO CHILDREN THINK ABOUT EFC?



"Ms. Lea is a very gentle and thoughtful person. I on the other hand has had a [terrific] time talking and playing with her. The company Exchange Family Center (EFC) was so cool! I had a lot of fun with them."

- Family Support Program participant, age 8

*names changed to ensure privacy