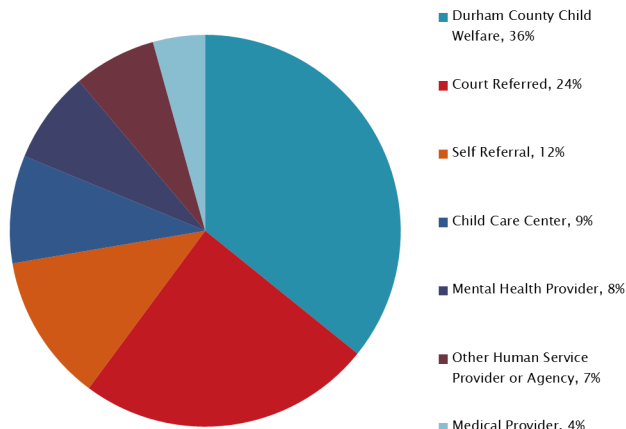


## 2015-2016 by the numbers

394 families were referred to EFC:



- ◆ **49 children** with challenging behavior received support from EChO in their classrooms. **100%** were in **stable child care** at the end of the EChO program and **81% improved** on a measure of their social emotional development.
- ◆ **16 child care professionals** from 6 classrooms received seminars and coaching to help them implement strategies to promote social & emotional development. **100% of the 91 children in their classrooms** maintained or improved their social emotional development and/or exhibited fewer behavior problems.
- ◆ **87 families (259 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. **84% of families demonstrated improved parent-child interactions**, strengthening the parent-child relationship and reducing challenging behavior.
- ◆ **61 families** received Multi-Dimensional Family Therapy; **92% of youth** had a decrease in risky behaviors and **86% of families graduated** with improvements in family functioning.
- ◆ **EFC facilitated 39 workshops and 27 group coaching sessions** for **674 parents and professionals** on positive discipline, recognizing/reporting/preventing child abuse, toxic stress, supporting social-emotional development, parent engagement, and motivational interviewing. Over **99%** learned something they could put into action.

## EFC Continues Growing

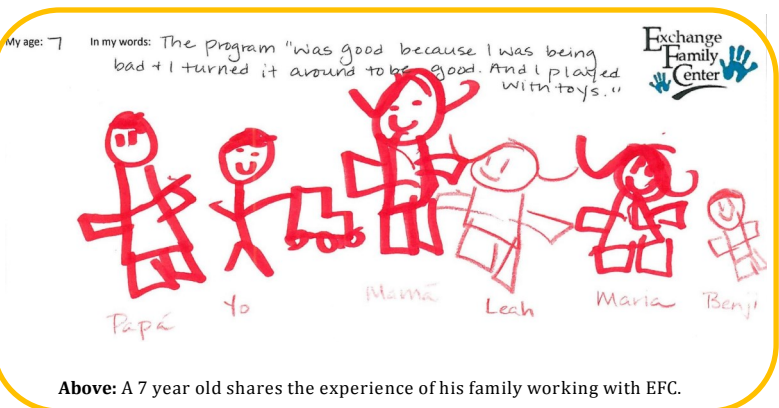
Starting in 2016 EFC added new capacity to reach vulnerable children through three new initiatives. Each of these collaborations will develop protective factors in families who are experiencing extraordinary stress to help buffer children from the effects of toxic stress.

As part of a collaboration with Durham County Department of Social Services, EFC is now reaching out to families who were reported to Child Welfare but weren't found in need of mandatory services. If the families are interested, EFC will provide them with coaching to develop stronger relationships with their children and case management to connect with needed resources.

In addition, as part of a collaboration between EFC, Durham County Department of Social Services, Duke's Center for Child and Family Health, and Duke's Center for Child and Family Policy, EFC will expand our capacity to provide support to children from families that experienced domestic violence. Durham's first responders will get additional training and a screening tool to help them identify families in need. EFC will be ready to provide additional support as needed — either in child care classrooms or in the home in response to these new referrals.

Our third initiative ensures that families who have experienced homelessness know how to support their children through this period of transitions. Duke's Doing Good in the Neighborhood will be funding a parenting coach to provide bi-monthly workshops to families living at or recently graduated from Families Moving Forward.

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.



Above: A 7 year old shares the experience of his family working with EFC.

### How did EFC help Jaime, his mom, and his class at school?

Jaime's school referred his family to EFC after he was suspended from kindergarten for hitting other children. His mom stated that Jaime had always been restless, refused to follow directions, and was aggressive with his sisters. She had wanted to put him on medicine, but he had trouble swallowing pills.

In early home visits, Jaime would engage in dramatic attention-seeking behaviors, including pretending to cut his mother's throat with a toy knife and long tantrums. The parenting

coach guided his mom to give Jaime intensive positive attention for good behavior and to ignore the disturbing play and temper tantrums.

With his mom dedicating five minutes each day to playing with Jaime using special therapeutic techniques, Jaime calmed down dramatically. His mom reported the differences were not just when they were playing: he rarely had tantrums, he was enjoying learning to read and write, and was focused when he did his homework.

The coach helped his mom start to use time-out in a new way that resulted in Jaime learning to listen the first time she told him to do something. His mom reported Jaime was getting along with his sisters, behaving well in public, and was doing so well that she no longer felt he needed ADHD medication.



# EXCHANGE FAMILY CENTER: SERVING FAMILIES SINCE 1992 2016 ANNUAL REPORT

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**Far Left:**  
EFC's staff team at the 47th Annual Golf Tournament.

**Left:**  
Families enjoying the activities at Pinwheels for Prevention Family Fun Day.

## Partnerships

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

- ☞ Served on Durham's **Kindergarten Advisory Commission & Local Interagency Coordinating Council**.
- ☞ Coached **EI Futuro, Durham Early HeadStart & CH-TOP** staff in Motivational Interviewing.
- ☞ Provided training in buffering the impact of toxic stress for the **NC Coalition Against Domestic Violence, East Durham Children's Initiative**, and multiple other agencies.
- ☞ Served as the community representative for the Permanency Planning Action Team for **Durham County Child Welfare** to help with their continuous quality improvement.
- ☞ Wrapped around families in the Glenn and Neal school districts with multiple partners as part of two United Way collaboratives: Durham's Early Learning Two Generation Alliance (**DELTA**) and **Youth Opportunities United (YOU)** targeting the Glenn elementary school and Neal Middle school neighborhoods.
- ☞ Served on the steering committee and actively participated in **Durham's Early Childhood Mental Health Task Force**.
- ☞ Served on the **NC Pathways to Grade-Level Reading Project** to define a vision, shared measures of success and coordinated strategies to support children's optimal development.
- ☞ Supervised interns from **UNC, NCSU, and NCCU** and guest lectured at UNC and NCSU's Schools of Social Work.
- ☞ Helped plan **Prevent Child Abuse NC's** Summit.

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

Give us your contact information at  
[www.exchangefamilycenter.org](http://www.exchangefamilycenter.org)

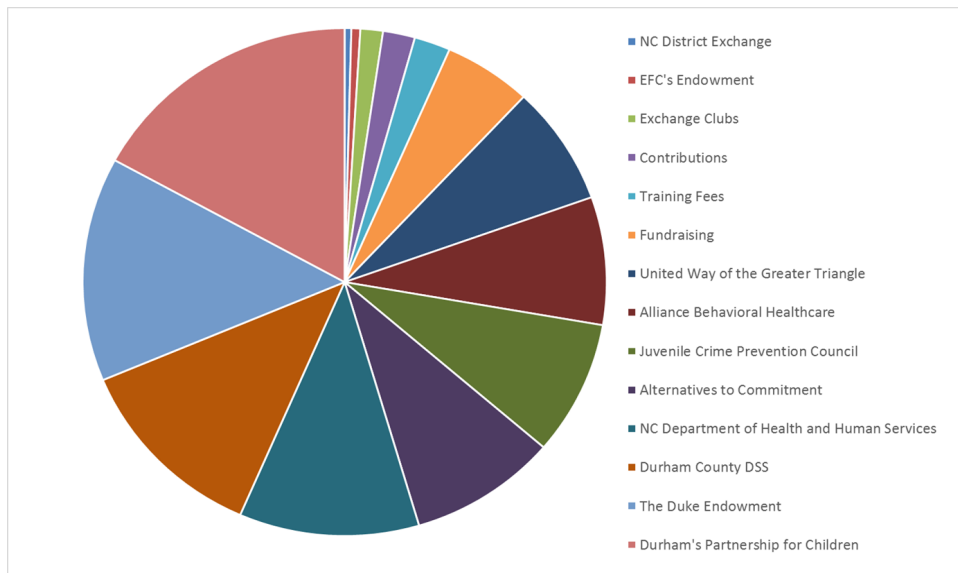
## Who Supports EFC?

EFC is very grateful for the grants and contracts that fund the majority of our services. However, EFC would not be able to meet the needs of Durham's families without the support of the Exchange Club members, sponsors of our fundraisers, 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 seen EFC developing more unrestricted monies. **Hilton Garden Inn Durham University Medical Center Fridays for Families** has given EFC over \$7400 so far by donating **10% of any food or beverage purchase every Friday for a year**. This year is our first being selected for the NC State Employee Combined Campaign (a state employee giving program) and a Federal employee giving program.

In the year ahead we will be the recipient of three new grants to expand our capacity to serve families at high risk, while simultaneously developing new sources of unrestricted funding, including expanding our efforts with Northgate Mall and the Museum of Life and Science.



**A special opportunity for animal lovers to support EFC: We have unsalted peanuts you can buy to donate to the Museum of Life and Science. Make the purchase on EFC's website, the animals will get a treat, and EFC will have additional resources to support families.**