



OUR FIRST QUARTER

- ♦ **25** children with challenging behavior received support from EChO in their classrooms, **10** children completed--all with stable child care and **80%** showing improvement on a social emotional screening tool.
- ♦ **16** child care professionals (**7** classrooms), enrolled in a seminar with on-going coaching to promote Social & Emotional Development.
- ♦ **59** families (**72** parents, **103** 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; **15** families closed, **87%** demonstrating improved parent-child interactions.
- ♦ **30** families received Multi-Dimensional Family Therapy; **14** families completed with **86%** reporting satisfaction or improved family functioning.
- ♦ EFC led **3** Motivational Interviewing workshops for **57** professionals with **100%** learning something to put into action to support client behavior change.
- ♦ EFC led **13** workshops about toxic stress and how to best support children and families. Of **222** participants, **99%** reported they obtained new skills & knowledge.



Thank you to our sponsors, golfers, volunteers & advocates for helping to make our 47th annual tournament a success!



We are excited to be offering Peanuts for Prevention at the Museum of Life & Science as part of our fundraiser this fall!

NEW JOINT INITIATIVE TO HELP FAMILIES AT RISK

Every year Durham County receives over 1000 reports of child maltreatment. In 2014, of the 1,496 reports made, about one third were verified to be abuse or neglect. The other two thirds of the reports included many families that could really use some additional support, even though the current situation did not justify mandatory intervention.

Durham County Department of Social Services and the Exchange Family Center partnered to obtain nearly \$100,000 a year for the next three years from the state of North Carolina. The grant was one of eight awarded to local communities to make services more available to families who were screened out when referred to child welfare. These families will be offered support so that the situation won't deteriorate and result in future reports. The new funding will be able to provide coaching to 25 more families each year to help parents better manage their children's difficult behavior and to build

stronger relationships. In addition to supporting parents in learning how to promote positive behavior and optimize developmental opportunities, the new service will include case management to address other stresses like lack of child care, housing issues, and financial difficulties.



It can be overwhelming to be a parent, and when parents are overwhelmed they may not be as responsive to their children's needs, which is when children's behavior may escalate. With EFC's support, parents will have support accessing resources so they have less stress and they will get help addressing their children's needs resulting in fewer behavior problems, reversing what might have been a downward spiral.

Sometimes people are uncomfortable when you talk about preventing child abuse. They think you're saying there's something wrong or bad about the family. Preventing child abuse means ensuring families are getting their needs met so they can meet the needs of their children, just like preventing hunger means you make sure families have access to nutritious food.

Recently EFC served a family referred to us by the child's pediatrician after the staff witnessed the child kicking his mother in the waiting room. The mother had tried punishments, but the

child's behavior just kept getting worse. The parenting coach helped the mother consciously make time to spend with her son and taught the mom new discipline techniques. The family saw a huge change in his behavior. So much so that a neighbor who had previously refused to babysit him agreed to watch him. The improvement at home didn't stop at the family's door step. When families get the support they need, our classrooms and neighborhoods benefit.

WELCOME TO OUR NEWEST BOARD MEMBERS

EFC is thrilled to welcome Chip Roe, Alan Jessup, and Sam Perry to our board!

Chip comes with a life long commitment to protecting children. His mother was a child welfare social worker. He has contributed his talents to preventing child abuse as part of the

Exchange Club. He is the Immediate Past President of the Club of Greater Durham.

Alan has been involved with the Exchange Family Center since its foundation in 1992. He has been an Exchange Club member since 1991 and served on our board in the past. His knowledge of our

history is a great asset.

Sam brings to our board a passion for people and decades of experience as a human resource professional for Orange County. We are lucky to have her expertise in personnel and benefits issues.



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

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.

Our newsletter is going **green!** Send us your email to be included on the next electronic newsletter. Don't want to be on this mailing list? Let us know.



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EXCHANGE FAMILY CENTER PREPARES TO CELEBRATE 25 YEARS

In 1979 Child Abuse Prevention became the National Project of the National Exchange Club. In 1992 our local Exchange clubs collaborated to open EFC's doors. The founders started with a first year budget of \$64,759 and a Center Development Manual from the National Exchange Club Foundation. The Clubs had a five year plan to add three additional staff and to expand our reach to Durham, Orange, Granville, Lee and Person by 1995.

Jim Barringer and Alan Jessup, two of our current board members were part of these efforts. From the beginning, the clubs worked to insure that EFC would not only grow to support the needs of local families, but to be sustainable. In 1998, Exchange Club members started a foundation to support the center and all its programs

with interest off an untouched principal. Currently valued at almost \$400,000, the foundation offers EFC approximately \$17,000 annually.

This June, Exchange Family Center will turn 25. For a quarter of a century we have been providing support to families because of the concerted efforts of so many on our behalf. We carry the name of the club that gave us our start. Over half of our current board are members of the club and EFC counts on the club for annual donations as well as their talent on our board. How do we recognize the work of the dedicated club members and other people who have donated to us so Durham's families can have support when they need it? On June 23, 2017 we will be having a

celebration to recognize the effort that went into creating and sustaining EFC, allowing us to make a difference for Durham's families.

Our celebration, titled **EX**cellerating **CHANGE** will give us an opportunity to thank those who have given so much of their time, energy, and money to ensure Durham's families have support when they need it.

SAVE THE DATES FOR 2017!!!

PINWHEELS FOR PREVENTION
COMMUNITY FUN DAY

—SUNDAY APRIL 30th

EFC 25th ANNIVERSARY CELEBRATION

—FRIDAY JUNE 23rd



Children attending one of our Rainbow Storytime events at the LGBTQ Center of Durham decorated their own pinwheels. Rainbow Storytime will be held again this fall. Check our social media for upcoming dates. Please consider joining us—all are welcome!

How do we change classrooms? A 3 1/2 year old child, Matt*, was referred due to his defiance, talking back to teachers, aggression and running out of the classroom. One incident involved Matt jumping on furniture--when he was asked to stop, he started laughing. He continued to run around, eventually knocking plates off the table that were being set up for lunch. When asked to clean up, he refused and started laughing again. The EChO Consultant worked with the teachers to implement visual rules that were reviewed every day so Matt really knew their expectations. Directions were given in a straightforward First/Then style, "First put away your blanket then you can pick a center." The teachers started watching for moments when Matt was behaving appropriately and showing him they noticed. Matt's behavior has transformed. He no longer runs from the room and the teachers no longer need support from the front office. Matt is recognized for his ongoing helpfulness and the whole class feels calmer.

*names have been changed to insure privacy