



# The Center

The Newsletter of The Episcopal Center for Children

Premiere Issue

December 2015

The 2015–16 school year is well under way and it's a busy time at the Center! For some of you, this is your child's school and day treatment program. For others, it's a place that you believe in.

We embrace the proverb that "It takes a village to raise a child." We seek to create supportive family-like partnerships that promote the growth and development of children. This philosophy shapes and guides our work.

This year, we have improved our programming to further engage our students in new therapeutic and learning activities. Children participate daily in staff led clubs, including yoga, knitting, CrossFit, etiquette, technology, leadership and robotics.

To help our students improve their fitness and health we have added physical education this year. Occupational therapy has been increased, so students can function better. We hope to add a recreational therapist and an art therapist in the near future for our students.

We are improving our technology to further enhance the learning and therapeutic environment at the Center. Our technology improvements include enhanced

internet service, new computers and tablets, and new education software and online programs. Our technology improvements are changing how we think for the better – providing access to the most current information and educational opportunities.

Starting now, we have a quarterly newsletter that keeps you aware of what is happening at the Center.

We are updating our website to keep all informed of

Center events. We plan to improve our ability to communicate and share important information through email and text messaging.

For parents and guardians with a child at ECC, our goal is to keep you informed of your child's progress. Please provide your ECC social worker with all contact information (e.g., email address, cell phone number).

The ECC staff is committed to working with parents and guardians to see every child become their best possible self. Our partnership with families is critical to every child's progress. We are having a successful year and appreciate your support!



Dodd L. White  
Executive Director

**Our partnership with families is critical to every child's progress**

## What Your Gift Can Do ...

Provide sports equipment such as basketballs, soccer balls, cones, soft play balls, and flying discs.

**\$24**

Provide reading practice workbooks for five students, phonics workbooks for five students, or a class set of Whisper Phones.

**\$48**

Provide a weighted blanket for a classroom for use with the Occupational Therapist; a school-wide membership to the website, Enchanted Learning; the membership benefits every student at ECC and provides supplements to the general curriculum; a classroom membership to Flocabulary; an iPod touch for the music therapy program at ECC; or child-centered books for ECC library dealing with mental health topics for guided discussion between therapist and child.

**\$124**

Provide Standardized Protocols and Assessments for all students receiving services from the speech pathologist or therapeutic games for three play therapy rooms to address impulse control needs and the social emotional growth of the children we serve.

**\$240**

## ECC Voices:

### Diane Eisenhower

Diane has worked at the Center for 31 years as a Music Therapist



**Q** How does one become a music therapist?

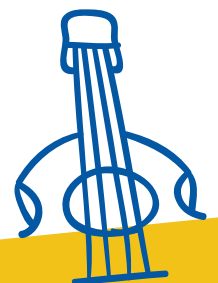
**A** A music therapist has a degree in music therapy and is required to do a 6 month internship after graduation. Upon completion of the internship, a music therapist has to pass a certification exam in order to become board certified.

**Q** What does a music therapist do?

**A** A music therapist employs music-based strategies, which include activities like singing, instrumental improvisation, music listening, and movement activities, to improve sensory, motor, communication, emotional, cognitive, and social functioning. Increasing attention span, developing social skills, improving fine and gross motor skills, and promoting positive expression of feelings are some of the goals addressed during music therapy with the students at ECC.

**Q** How did you come to work at the Center?

**A** I was interviewing for positions after moving back to the area from Nebraska. I can still remember the day I came to ECC for my interview very clearly. From the moment I walked into the main building, everyone I spoke with was very friendly and helpful. It made me feel relaxed and comfortable, as well as making me want to work here.



**Q** *What has working at ECC meant to you?*

**A** Working at ECC with so many talented staff members has helped me grow as a music therapist. Working here has given me the opportunity to try many different approaches and activities with the students, and to develop and expand the music therapy program. Leading a hand bell choir, organizing holiday musicals, and directing student talent shows have been wonderful, enriching experiences both for myself as well as the students.

**Q** *How has a student inspired you?*

**A** It's too difficult to choose just one student that has inspired me because I have learned and benefited so much from so many students. I would have to say that one of the most gratifying experiences related to a student, though, was when I attended a Capitals hockey game about 8 years ago. A young man came up to me while I was waiting for my family. He asked, "Do you work at the Episcopal Center for Children? Aren't you the music therapist?" When I answered that I was, I asked him to please tell me his name. It turned out he was a former ECC student who had graduated from a public high school and college, and was now married and working in the area. He told me how much he enjoyed music therapy when he had attended the Center. For a former student to remember that (and recognize me!) after all those years, means the world to me, and that is why I enjoy being a music therapist.



## More Articles Online at [ECCofDC.ORG/newsletter](http://ECCofDC.ORG/newsletter)

### **School-Wide PBIS:**

#### **A Framework That Helps Us Build a Positive Learning Community for Children**

We strive very hard at ECC to build a learning community and culture that supports all children. One of the ways we nurture community is by using Positive Behavior Interventions and Supports, also known as PBIS ... [\[Read online\]](#)

### **Occupational Therapy at ECC**

by Cate Tafur

"What is Occupational Therapy? What do Occupational Therapists do?" These are common questions we hear. Many people think occupational therapy is about recovering from a workplace accident, but that's not the case ... [\[Read online\]](#)

### **Math Resource Program**

#### **Leaps Over Barriers to Learning**

by Ben Lee

For many students, math typically falls at the bottom in terms of preferred subjects. Numbers seldom have meaning beyond a classroom and word problems, which are intended to provide context ... [\[Read online\]](#)

Plus ...

### **Fall Reading Suggestions:**

#### **Nurturing Potential**

by Erinn Walsh & Loan Truong [\[Read online\]](#)

#### **Waiting Games from the Language Teacher**

by Shirley Woods [\[Read online\]](#)

#### **Chef Steve's Recipe for**

**Oatmeal Raisin Cookies** [\[Read online\]](#)

**Volunteering Opportunities** [\[Read online\]](#)

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## How Parents Can Promote Positive Mental Health Development for Their Child

### TIP #1

Foster independence in your child. Praise your child's efforts and encourage positive risk taking and decision-making.

### TIP #2

Provide boundaries for your child's behavior. Set consistent limits and follow through with reasonable consequences.

### TIP #3

Listen to your child. Create a safe environment within your family where your child can express thoughts and feelings.

More Tips from our social workers and clinical staff at  
[ECCofDC.ORG/newsletter](http://ECCofDC.ORG/newsletter)

## The Combined Federal Campaign: A Way to Support ECC

Through the Combined Federal Campaign (CFC), you can truly make a difference and support The Center's work assisting children coping with emotional challenges.

Federal workers, retirees, and government contractors are eligible to donate to the CFC and support The Center. You can give a little bit each week through payroll deduction or give a one-time cash, check, or credit card donation to support ECC.



#29486

**The campaign runs through December 15, 2015.**

No matter how you give or how much you give, you are truly making our work possible. Thank you for your time and generosity.

