

ECS Today

WITH
NEWS
YOU
CAN
USE
FROM
EVERY
CHILD
SUCCEEDS

October 2010



A Message from ECS President Judith Van Ginkel

The recent promotion at Joseph-Beth Booksellers is part of a larger effort led by ECS board members Digi Schueler and Mary Ellen Cody to support the ECS literacy program. Called Bring Books to Babes, this initiative will raise

funds and support for what has become a cornerstone of the ECS program: books to promote children's early literacy development. Watch for information in the November newsletter about a holiday promotion with Joseph-Beths'.

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// "I didn't think I could have done all this on my own...All because of my home visitor, I feel like I'm a successful mother to my 10-month-old son. Thanks to her, I know now that there is someone out in this world that will help/support me in my life as well as my baby's life." //

– Kimberly, mother with ECS/Young Families



United
Way



Program Notes:

Please continue to get the good word out about United Way. This is one of the toughest campaigns on record. The next 2½ weeks will be critical, so let's be a strong voice of support. Thank you!

We are excited to be rolling out the ECS Home Visit Planning Guides in Ohio. Special thanks to all who had a hand in developing this wonderful new program resource. Kentucky's roll-out will take place in early 2011.

We look forward to seeing everyone at the October 20 Training Conference. Call DeeAnn Pennington or Dave Brewer if you have any questions.

ECS is formalizing its 10-year relationship with Healthy Families America (HFA). A promising recent development is the partnership between HFA and Great Kids, Inc. It will provide better alignment in terms of training and home visitation strategies between ECS and HANDS. Ruthanne McKeever has been re-trained and will be incorporating new strategies for incoming and current ECS staff.

ECS welcomes two new additions to central staff: Jessica Howard, MS, PC, therapist for MDTP/MIDIS, and Karen Horrocks, administrative assistant.

Be Prepared When it Comes to Personal Safety

Safety of home visitors is of utmost concern for Every Child Succeeds. That's why all new hires receive safety training as part of their Healthy Families America core training and participate in an additional three-hour course called "Staff Safety." ECS also invites "expert speakers" to Lead Agency meetings to speak about different safety topics related to home visitation.

In today's feature, ECS friend and supporter Cincinnati Police Officer Princess Davis offers some simple strategies to be safe.

The power to be safe exists within each of us, says Cincinnati Police Officer Princess Davis. Common sense, vigilance and intuition all play a role in preventing dangerous situations and responding to them properly.

Officer Davis, who serves as Citizens on Patrol Coordinator for the police department, recently shared some safety guidelines for ECS workers – and anyone else who wants to avoid and defuse dangerous situations.

First, don't be an easy target. "Keep your junk in the trunk, and only take what you need inside. If your hands are full, you can't defend yourself," Officer Davis explains.

"Before getting out of your car, look around to see that the area is secure. And don't talk on the phone or text as you leave the car – that's just asking for trouble. If you feel uncomfortable for any reason, leave the area. It's better to be safe than sorry."

Vigilance is just as important during home visits, Officer Davis says. "An argument between family members can escalate quickly into a dangerous

situation," she says. "If you feel unsafe, leave immediately and call 911 if appropriate. You are not responsible for protecting anyone in the home but yourself."

Chances are, you won't be robbed, carjacked or assaulted in your lifetime. But what if the unthinkable does happen? "If someone just wants your car or your purse, don't argue – give them what they want," she explains. "But if someone tries to harm you physically, I recommend fighting back until you can escape. Use whatever 'weapon' you have – your keys, your fingernails, your laptop, your feet – hit the assailant as hard as you can in the most

sensitive place possible until you can get away."

Carrying pepper spray and even a stun gun is a good idea for people who feel comfortable using them, Officer Davis says. Self-defense courses, available through local police departments and community groups, can be valuable as well. Find one near you by Googling "self defense class Cincinnati."



MIDISII To Begin Soon

By Dr. Robert Ammerman, ECS Scientific Director

The Mother and Infant Depression Improvement Study-II (MIDISII) will officially begin enrolling eligible mothers at the end of October. We'll be sending an ECSgram and posting a news box announcement on eECS as the opening date approaches.

ECS Today

This is one of the largest federally funded research grants in home visitation in the country, and we are very pleased that ECS was seen as the best place to conduct this kind of study.

MIDISII will be offered to mothers 16 years and older between two and

10 months postpartum who receive an EPDS score of 11 or higher at the three-month postpartum administration or at off-time administrations during the eight-month interval. Interested mothers will receive an eligibility assessment, and if

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they have Major Depression they will be randomized into one of two psychotherapies for depression, In-Home CBT or Present-Centered Therapy.

The purpose of MIDISII is to determine the effectiveness of the two approaches, identify who responds best to which treatment, see if the treatments boost parent and child outcomes and determine if the treatments prevent relapse over an 18-month time period following the end of treatment. Both treatments consist of 15 weekly in-home sessions plus two booster sessions scheduled a month apart.

The ECS research team is visiting each of the agencies over the coming months to present findings from the original MIDIS study, and inform everyone about how MIDISII will work.

What is your professional background?

I worked for Procter & Gamble for 23 years before taking early retirement. For four years after that, I worked in the IRB office and Biomedical Engineering at UC until my position was eliminated due to budget cuts. I joined Cincinnati Children's four years ago as an administrative assistant in The Heart Institute. A friend told me about the opening in ECS, which was very appealing to me due to the diversity and increased level of responsibility. ECS also has very strong ties to P&G, so I felt I would be a good fit having come from the P&G culture.

Twenty-three years is a long time to work anywhere! Do you miss P&G?

Yes, I do – Procter & Gamble is truly a GREAT Global Company with an excellent reputation of high integrity. The company provides its people with the needed training, tools and equipment and then empowers them to get the job done on time resulting in superior products and performance. During my tenure, I worked in Human Resources, Legal, Purchasing, Research & Product Development, with awesome opportunities to learn and grow both professionally and as a person. In 2002, P&G decided to transition the HR responsibilities to Costa Rica. At the time, there was a hiring



freeze, so I took the option of early retirement. It was very difficult to leave a place I loved so much, but it was the right thing to do.

What are your outside interests?

I'm very active in my church, Vineyard Community Church in Tri-County, where I serve in four different ministries – I hold a leadership role in two of them. In my spare time, I enjoy knitting, various crafts, baking, cooking and reading the Bible. I also enjoy spending time with my two grown daughters, who have blessed me with eight grandchildren.

If money and time were no object, what would you like to do?

I'd really like to develop a non-profit organization to provide guidance and encouragement for pre-teens and teenagers from broken homes. I want to help them restore their confidence and empower them to seek educational and training

opportunities for solid career development leading to a successful career. I am a single mom, and I know how hard divorce can be on children, especially as they get older. Our Children Are Our Future!

What's the one P&G product you wouldn't want to live without?

Tide, Downy, Crest, Dawn, Cascade, Pantene, Charmin, Bounty and, of course, "Mr. Clean." I can't pick just one!

Congratulations to the following ECS staff celebrating anniversaries in October:

12 years: Dave Brewer (ECS), Sue Milinkovich (YF)

11 years: Corynne Rohrich (BC)

10 years: Alice Skidmore (CH)

9 years: Rebecca White (YF)

8 years: Jodie Short (ECS)

7 years: Ava Montgomery (CFI)

6 years: Gayle Drexler (YF)

5 years: Jenny Berndsen (LPS),

Anita Brentley (ECS)

4 years: Sarah Halloran (CH)

3 years: Jill Oliver (BC), Connie

Harrison (BA), Dawn Kyle (ECS)

2 years: Martha Morris (CAA),

Karen Goodwin (YWCA), Eileen

Hopkins (YWCA) and Shira Williams (CH)

1 year: Nicole Miday (CAA)

