



# KPFC

Quarterly Newsletter

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♥ *KPFC's vision* is that all families raising youth and children affected by behavioral health challenges will achieve their fullest potential.

♥ *KPFC's mission* is to empower families affected by behavioral health challenges to initiate personal and systems change.

#### KPFC

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### The Kentucky Family Leadership Academy September 20-22

The Kentucky Family Leadership Academy will be held at the Jenny Wiley State Park in Prestonsburg. The Leadership Academy focuses on helping emerging leaders learn how to use their voice for making change occur for themselves and their communities. This training is **free** and is for parents/primary caregivers of children with emotional, behavioral, mental health, and/or substance use disabilities AND young adults (16-24 years old) with emotional, behavioral, mental health and/or substance use disabilities. The goals of the Leadership Academy are to:

- ♦ Strengthen the parent's and youth's current leadership skills,
- ♦ Help the parents and youth to become more comfortable sharing their story in an appropriate manner,
- ♦ Increase the parent's and youth's ability to become leaders in their communities, and
- ♦ Build understanding with the parents and youth of what a "family-driven" and "youth-guided" System of Care looks like and what their role is in creating it in their communities.

### Do you know about KPFC.?

KPFC (Kentucky Partnership for Families and Children, Inc.) is a statewide, private, not-for-profit organization that believes all families raising youth and children affected by behavioral health challenges deserve responsive systems providing services and resources that are family-driven and youth-guided.



If you would like to receive our FREE Quarterly Newsletter, contact us!

## KPFC's Board of Directors

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KPFC is supported by grants from the Substance Abuse and Mental Health Services Administration, the Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities, Kentucky System to Enhance Early Development, and by private and agency donations.

## **Thank You!**

**KPFC would like to thank the following donors whose generous contributions support our mission of empowering all families affected by behavioral health challenges to initiate personal and system change.**

Reda Turner

Sonya Westerman

Arvin and Susan Davis

Jerry and Kathy Alsup

Isaacs Sales

Chris and Becky Cash

Farmers Bank

Dorothy Virden

Anita Maroney

Tammy Baird

## **A Loss for KPFC and Kentucky**

With great sadness, KPFC's board of directors would like to say good-bye to one of their own, Dr. Tim Bailey. Tim was a substance abuse counselor, retired from the Department of Juvenile Justice, and a KPFC board member. Tim brought tremendous energy, many laughs, and a huge heart to KPFC! He will be missed by all those he touched in so many ways. A \$50 donation was made in honor of Tim's service to children and families and in memory of his giving, generous spirit.



## **Please Help KPFC!**

**KPFC holds Silent Auctions throughout the year at events such as the KY Family Leadership Academy in order to raise much needed funds for our nonprofit organization. If you have an item that you would like to donate for our baskets, please contact us at (800) 369-0533 or [janet@kypartnership.org](mailto:janet@kypartnership.org).**



Visit KPFC's website at [www.kypartnership.org](http://www.kypartnership.org) for more information about what we do or to sign up to receive our quarterly newsletter. Also, please like us on our Facebook Page where you can see up to date information about children's mental health issues!





# Dates to Remember



## Victory Over Violence

July 8-9

This year's conference, sponsored by the Family Resource and Youth Services Centers, will be held in Lexington, KY. For information visit <http://chfs.ky.gov/dfrcvs/frysc/training.htm> or call (859)333-4209.

## The Future is Now

Lexington

July 13

Murray

Aug 24

This **free** training is for persons with developmental disabilities, parents, family members, and friends. The training focuses on creating a safe and secure future for a loved one with a disability. For more information, contact the Arc of Kentucky at (800)281-1272 or email [arcofky@aol.com](mailto:arcofky@aol.com).

## NAMI KY Annual Conference

July 20

The National Alliance on Mental Illness (NAMI) will be holding their annual conference this year in Louisville. Contact NAMI KY for more information [namiky@bellsouth.net](mailto:namiky@bellsouth.net) or (800)257-5081.

## Focusing On Treatment and Care

July 25-26

This conference is located in the Adanta region (Somerset) and will focus on mental and behavioral health, legal, and education issues. For more information, call (606)679-4782 or go to [FOTC@adanta.org](mailto:FOTC@adanta.org).

## Infant Toddler Institute

July 25-27

The Institute will be in Lexington and is designed to bring families, professionals and paraprofessionals together to learn about quality services for infants and toddlers. For more information on this event email [it-registration@lsv.uky.edu](mailto:it-registration@lsv.uky.edu) or call (859)257-1267.

## It's a Great IDEA

Aug 6

This training is an overview of the Special Education Process & IEP. It will be presented by KY-SPIN, Inc. and will be held at the Fort Campbell Military Base. To register contact Sarah Bolinger at 270-956-2529 or [sarah.o.bolinger.civ@mail.mil](mailto:sarah.o.bolinger.civ@mail.mil).

## Health Minds Conference

Aug 22

KY Protection and Advocacy will be hosting this conference in Elizabethtown which will include workshops and educational opportunities to learn about issues facing the mental health community. For more information contact Audrey Jones at (502)330-6015.

## Regional Parent-Professional Conference Aug 24

Join us to learn about special education, learning strategies, legal rights and advocacy. This **free** conference will tell you what you need to know for your child's/student's education. You can register now at [www.wkec.org](http://www.wkec.org) or by calling Rhonda Logsdon with KY-SPIN, [rhonda@kyspin.com](mailto:rhonda@kyspin.com) or 1-800-525-7746.

## Kids Are Worth It!

Sept 9-10

This annual child abuse and neglect prevention conference will be held at the Lexington Convention Center. For more information, contact Prevent Child Abuse Kentucky at (800) CHILDREN (244-53736) or [www.pcaky.org](http://www.pcaky.org)

## Moving Forward Conference

Sep 20-21

This free conference is a collaborative effort to provide education for Kentucky's Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex and Two-Spirit youth, their families and service providers. For more information, call (859)622-6672.

## KY Family Leadership Academy

Sept 20-22

This training will be held at the Jenny Wiley State Park and is for parents/primary caregivers of children with emotional, behavioral, mental health, and/or substance use disabilities AND young adults (16-24 years old) with an emotional, behavioral, mental health and/or substance use disabilities. Contact the KPFC office at (800)369-0533 for more information.

## Y.E.S. (Youth Empowerment Summit)

Sept 28

Youth are invited to attend this summit where they will use their voice to make a difference, learn how available services can support their transition to self sufficiency, and help create change for other young people. Contact Melissa Muse at (502)875-3399 for more information.

## KY Prevention Network Conference

Oct 2-4

Partnerships: Exploring New Possibilities—This conference will be held in Lexington and will focus on substance abuse prevention. Go to [www.kentuckypreventionnetwork.org](http://www.kentuckypreventionnetwork.org) to access the registration form.

The Bluegrass Autism Walk has moved to Saturday October 19th this year.

Stay tuned for details at [www.asbg.org/autism-walk](http://www.asbg.org/autism-walk).







## CHILDREN'S MENTAL HEALTH AWARENESS

# Brain Development During Childhood and Adolescence Fact Sheet

In recent years, powerful new imaging technologies and other approaches have allowed scientists to track the development of the brain during childhood. These studies offer a way to understand how the intellectual abilities and behavioral maturity of children at various ages are rooted in the developing brain. Studies of the developing brain also offer the best possibility for understanding the origins of mental illnesses. Research suggests that vulnerability to mental illness—and resilience—is rooted in development. Both risk and resilience are shaped by genes and environment interacting together, through childhood and adolescence. Research can show how.

### Yesterday

- Thirty years ago, it was thought that children did not experience mood disorders like depression.
- In the 1980s and 1990s, national surveys revealed that many adults with mental illness recall having had their first symptoms in youth. Subsequent work confirmed that early signs of psychiatric disorders are often present years before a diagnosis is made.
- Studies tracking the maturation of the brain showed that different parts of the brain grow at different times. There are growth spurts as well as periods of more gradual growth. Imaging studies have also shown that youth diagnosed with mental disorders show patterns of development different than in unaffected youth.
- Research in animals has shown that early experience, including the quality of early parental nurturing, has measurable effects on the brain and later behavior. Early experiences shape how the brain-based stress response system develops and can influence later stress resilience.

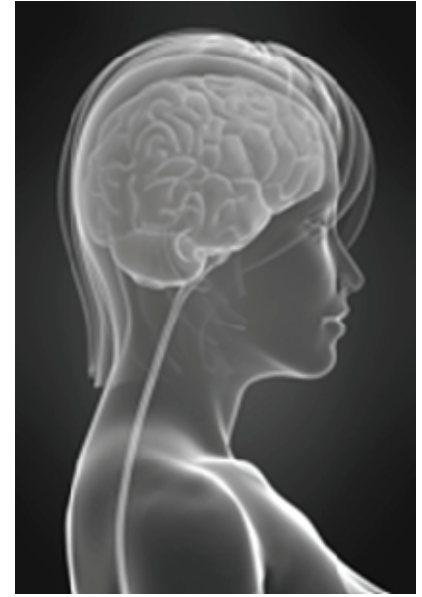
### Today

- Scientists are continually refining imaging techniques to provide more detailed information on brain development, even in very young children. Researchers are tracing how changes in the developing brain underlie milestones in a child's mental and physical abilities, and behavior.
- Scientists are conducting studies to determine what individual genes do in the brain and how changes in genes disrupt brain function. Already this work has led to the identification of candidate compounds to correct deficits associated with neurodevelopmental disorders like Fragile X syndrome; clinical trials are underway.
- Research on early childhood stress is showing how early trauma can alter the brain's stress response system and contribute to future risk of anxiety and mood disorders.

- Scientists are also studying how genes that convey vulnerability to stress may increase risk.
- Studies of how the environment can turn genes on and off—a field called epigenetics—are providing clues to how early experience can have lasting effects on behavior, even across generations. Epigenetic changes are likely to be involved in the effects of the environment on development of the nervous system. Knowledge of epigenetic processes may offer targets for the development of new medications.

## Tomorrow

- Ongoing research will clarify the relationship between genes and risk for mental illness. Rather than finding genes that cause a particular disorder—for example, a gene for bipolar disorder—it is more likely that genes will be identified that contribute to behavioral, emotional, and social tendencies, including responses to stress. The mosaic of these traits will contribute to vulnerability or resilience to illness.
- Scientists are increasingly focusing on neural circuits in the brain and how they develop during childhood. Research will map neural circuits in the brain, clarify how genes and environmental factors shape them, and determine how they become disrupted in mental illness.
- One of the major goals of research is to identify biomarkers of disease to enable early and accurate diagnosis of mental illness.



In diseases like schizophrenia, for example, early identification of risk may make it possible to intervene early and prevent the lasting disability associated with this disease. The genetics of mental illness is complex; still, knowledge of how genes shape brain function should make it possible to determine whether particular genes increase or protect against risk. Research also suggests that genes may help determine how a person will respond to treatment.

- Research on the effects of early stress on the brain will help inform efforts to support the healthy emotional and intellectual development of children.

**This fact sheet has been provided by the  
National Institute of Mental Health**

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**NIMH**

National Institute  
of Mental Health

## School-Age Spotlight Discipline 101 by Carol Cecil

In the past three newsletters, Discipline 101 has focused on natural/logical consequences, replacing negative time with positive time, and the importance of modeling. In this newsletter the focus is on another form of discipline—positive communication. Often time children just want to be heard and validated.

Your house is perfectly quiet, all the kids are occupying themselves, and you decide this is a perfect time to return some phone calls. As soon as the person says, "Hello," on the other end, your children come in and start asking you for things: a toy, attention, a response, a snack, etc. Has this ever happened to you? Me too! I don't know about you, but I often find myself only communicating to my children by giving them directions and/or telling them to do their chores. As you know, this type of communication does nothing to strengthen your relationship with your child.

Parents need to communicate with their children with the same attentiveness, courtesy, thoughtfulness as they do their best friend. What would that look like? If the television is on, either turn it off or mute it. If you are reading the paper or playing on your cell phone, put it down. If you are busy cooking dinner, either give your child a few minutes to tell his/her story or explain that you will be able to listen at dinner.

When your children are speaking, you must practice active listening: face to face, leaning in toward them, eye contact, nodding your head, and asking questions. If your child is telling you about a disappointment or loss, show empathy (I'm sorry that happened to you). You wouldn't laugh or ridicule your friend for making a poor decision that had a disappointing outcome, you would show empathy; treat your children the same. If you give your children this positive attention, open communication, and expressed empathy, you will see less negative attention-seeking behaviors (fighting with sibling, throwing a tantrum, screaming, etc.) and will feel a stronger connection with your child!



## KPFC Dads Spotlight

### The Fatherhood Initiative by Chris Cecil

The Fatherhood Initiative is gaining momentum as Kentucky Partnership for Families and Children, Inc. (KPFC) continues to spread the word about how important it is to include us (dads) when agencies are serving our children and families. I am excited to announce that we will be hosting four retreats based on applications we received from community agencies that demonstrated a commitment to partnering with us to build upon the family movement. The following retreat applications were selected: Fort Knox; Trigg County Board of Education; Cumberland River Comprehensive Care; and the County Extension office in the Bowling Green area. Keep an eye out for updates about the retreats!

**KPFC**  
**Dads**

It is not flesh and blood but the heart  
which makes us fathers



## Transition-Age Spotlight

### The National Collaborative on Workforce and Disability for Youth (NCWD/Youth) Releases Youth in Action! Tip Sheets for Young People

There are a variety of actions that youth can take to promote their personal growth and develop personal and leadership skills needed in today's workplace. In conjunction with the Office of Disability Employment Policy at the U.S. Department of Labor, NCWD/Youth has developed a series of Youth in Action! Tip Sheets identifying some activities that can help youth learn and think about important transition issues including: Becoming a Stronger Self-Advocate; Leading Your Transition Planning; Learning Disability History; Getting Involved in Volunteering; Serving on Decision-Making Boards; and Participating in Internships and Work-Based Experiences. While these tip sheets are designed for youth to read and use, they are also helpful tools for family members, educators, and youth service professionals to use in discussions with youth. To see all of the tip sheets, go to [www.ncwd-youth.info/youth-development](http://www.ncwd-youth.info/youth-development).

### SAVE THE DATE

September 28, 2013

10 AM to 5 PM

U of L Shelby Campus,  
Louisville.

*A Summit for Youth by  
Youth!!*

Designed to offer resources  
and empowerment to young  
people transitioning to self  
sufficiency.

- Use your voice to make a difference
- Learn how available services can support your transition to self sufficiency
- Help create change for other young people

Contact: Melissa Muse at 502-875-3399  
[melissa@childrensallianceky.org](mailto:melissa@childrensallianceky.org)

**Youth Empowerment  
Summit 2013**

## Early Childhood Spotlight Strengthening Families

Strengthening Families is a research-informed, cost-effective strategy to increase family stability, enhance child development and reduce child abuse and neglect. It builds five protective factors:

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children

Through the Strengthening Families Initiative, more than thirty states are shifting policy, funding and training to help programs working with children and families build protective factors with families. Many states also use the Strengthening Families approach to inform state prevention strategies, strengthen families in the child welfare system and engage parents and communities in building protective factors. For more information, visit [www.strengtheningfamilies.net](http://www.strengtheningfamilies.net).



**Save the Date for the EC Family Conference on Oct. 11, 12th and 13th!**



# KPFC's Ninth Annual Youth/Parent Conference

KPFC's Annual Youth/Parent Conference was a success with 45 parents and 70 youth in attendance this year!



Clockwise from upper left: youth participate in Adventure Based Therapy, youth participate in Drama Therapy, Kentucky Youth MOVE members with guest speaker Mike Veny, youth attend the Masquerade Ball.

It was another great year for KPFC's Youth/Parent Conference! Parents, caregivers, and youth from across the Commonwealth came together for a weekend of fun, learning, and inspiration. KPFC would like to thank everyone who made this year's conference a success including our volunteers, presenters, donors, and Kentucky Youth MOVE members. KPFC would also like to thank the following agencies who contributed to the conference:

- ♥ Substance Abuse Mental Health Services Administration (SAMHSA),
- ♥ Cabinet for Health & Family Services,
- ♥ Kentucky's System to Enhance Early Development (KY SEED)
- ♥ Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities

A special thank you also goes to the Crown Plaza-Campbell House Hotel in Lexington for their excellent service and caring attitude.

Each year KPFC works to include as many families as possible at our conference. Did you know that it costs KPFC an average of \$500 per family to attend the conference? When you make a donation to KPFC, your gift goes to support events such as the Youth/Parent Conference. Please consider making a donation today that will help us reach families and youth across Kentucky and provide them with opportunities to grow!



## Mike Veny: Transforming Stigma Into Strength

KPFC was privileged this year to have Mike Veny as our featured speaker at the Youth/Parent Conference. In addition to his speech entitled "Transforming Stigma Into Strength", Mike also led families and youth in an interactive drum circle. Mike is a nationally recognized professional drummer and inspirational speaker. As a child, Mike was diagnosed with depression, obsessive compulsive disorder, and anxiety disorder. Through drumming, his grades went up, his behavior improved, and he discovered his calling in life. Today, Mike travels all over the country spreading his message of hope and transformation. In November of 2012, Mike was speaking at the National Federation of Families for Children's Mental Health conference in Washington, D.C. During the conference, Mike met two of our Kentucky Youth MOVE council members and was so impressed with their passion and dedication that he made it his mission to come to Kentucky for our annual conference. KPFC would like to thank Mike for making this year's conference extra special. Mike's unique style of combining drumming and speaking meant a conference to remember!



### Kentucky Youth MOVE Patricia Ratliff Youth Leadership Award Winner Brandon Kelley

**Brandon Kelley** is the recipient of the 2013 Patricia Ratliff Youth Leadership Award for an outstanding **Kentucky Youth MOVE Council** member. Brandon has been a council member since 2011 and has never missed a single meeting. Brandon is dedicated to youth voice, representation, empowerment, and advocacy. Brandon is a committee member of the Youth Empowerment Program, the KPFC Board of Directors, and the KY Behavioral Health Advisory Council. Brandon also serves as a youth leader in his local Regional Youth Council in the Pathways region. He is a youth trainer and has received his certification in Youth Mental Health First Aid. Brandon consistently volunteers to help in any way possible and is known as a peacemaker on the council. Brandon has grown so much as a leader and has put his blood, sweat, and tears into his work. He puts his heart into everything he does and always gives 110%. He is a very honest person and loves to assist people. Brandon is a big asset to the council and has worked hard to make a difference and to help the council this year. Congratulations Brandon!



### Regional Youth Council Patricia Ratliff Youth Leadership Award Winner Shania Carr

**Shania Carr** is the recipient of the 2013 Patricia Ratliff Youth Leadership Award for an outstanding **Regional Youth Council** member. Shania Carr is a member of the Cumberland River Regional Youth Council and has established herself as a leader and advocate. She has excelled in her participation and attendance and has also demonstrated leadership skills by actively seeking out peers to network and engage with. Shania has already attended the KY Family Leadership Academy and is an asset to the council with her energy and passion. Congratulation Shania!

## How can KPFC help you?

We can provide a three-hour workshop or a one-day/two-day training crafted specifically for your parent group, school PTA/PTO, or professional organization.

## KPFC Trainings and Workshops

Surviving Challenging Behaviors	Question, Persuade and Refer (suicide prevention)
Educational Advocacy	Launching Your Transitional-age Youth/Young Adult
Adolescent Issues	Bullying Prevention
Reactive Attachment Disorder	Successful Youth Engagement
Baby Love (Fetal Alcohol Syndrome)	Youth Mental Health First Aid
Partnering with Parents	Understanding Mental Health Disabilities
Engaging Partners	Bridges Out of Poverty
The Other Side—A Youth Perspective	Becoming a Love and Logic Parent
My Story—Successes and Challenges	Creating a Family-Driven and Youth-Guided System
Parenting or Teaching a Child with Bipolar Disorder	of Care

Please contact Carol Cecil at [cwcecil@kypartnership.org](mailto:cwcecil@kypartnership.org) or (800)369-0533 for more information.

You can make a difference for children and their families  
by supporting  
Kentucky Partnership for Families and Children, Inc.

### Easy Ways to Help KPFC

Purchase a \$5 Kroger gift card for \$5. Use this Kroger card as a Kroger debit account. All of the purchases you make on this card, Kroger donates 4% of your amount to KPFC. Contact KPFC's office to obtain a Kroger card.

Make a cash donation in the amount of:

\$10  \$15  \$25  \$50  Other

Make a donation in memory or in honor of a loved one. Amount enclosed:  \$25  \$50  Other

\_\_\_\_ In honor of \_\_\_\_\_ OR \_\_\_\_ In memory of \_\_\_\_\_

If you are a state employee, you can write KPFC in on your Kentucky Employee Charitable Campaign application; this will allow you to donate a small amount out of each paycheck to KPFC.

For more information about how to include KPFC in your will, contact the KPFC office.

Please send this form along with your check or money order payable to KPFC to:  
KPFC, 207 Holmes Street, First Floor, Frankfort, KY 40601

**Your donations are tax deductible!**