



KPFC

Quarterly Newsletter

Volume 10; Issue 4

April 2012

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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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Please join us!

2012 Children's Mental Health Awareness Day

May 9th ~ 11:00 - 2:00

Thomas D. Clark Center for Kentucky History
100 W. Broadway, Frankfort, Kentucky

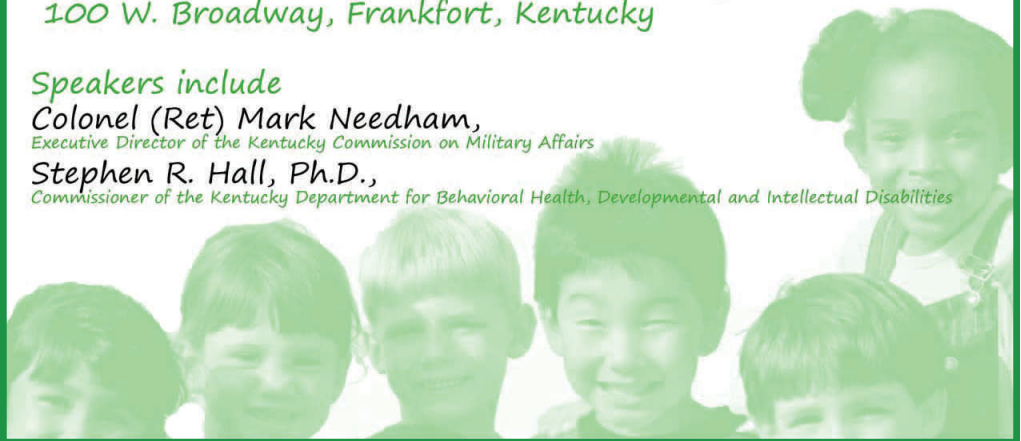
Speakers include

Colonel (Ret) Mark Needham,

Executive Director of the Kentucky Commission on Military Affairs

Stephen R. Hall, Ph.D.,

Commissioner of the Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities



KPFC Youth/Parent Conference

June 22-24!!!

It's time again for KPFC's annual Youth/Parent Conference! Please join us for a great weekend filled with fun and informative workshops. Youth will have the opportunity to attend workshops such as Drama Therapy, Adventure Based Therapy, and Anger Management. Parents will have the opportunity to attend workshops that will provide support, networking, education and empowerment. The conference will be held in Lexington at the Clarion Hotel. There is a \$25 registration fee per family that covers all conference costs for a family including meals, lodging, and materials. It is open to youth ages 13 to 24 with a behavioral health and/or substance use disorders and their parents or caregivers. Youth must be accompanied by a guardian if under the age of eighteen. **Space is limited, so register early by contacting KPFC to request a registration form at (800)369-0533 or janet@kypartnership.org.**

KPFC's Board of Directors

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Michelle Hickman-River Valley Region
Teresa Howard-Secretary, Cumberland River Region
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Kate Tilton, Program Coordinator
Joy Varney, Associate Director

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 to the Following Donors

- ♥ Jennifer Crawford
- ♥ Elizabeth Price
- ♥ Shelia Schuster
- ♥ Tim and Carmilla Ratliff made a donation in memory of Patricia Ratliff

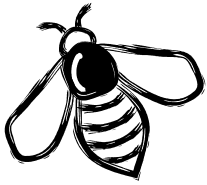
Please Help!

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 joy@kypartnership.org.

KPFC IS SEEKING PARENTS/CAREGIVERS FROM THE FOLLOWING REGIONS TO SERVE ON THE BOARD OF DIRECTORS:

- Region 8: Buffalo Trace (Maysville)
 - Region 9: Gateway (Morehead)
 - Region 11: Mountain (Prestonsburg)
 - Region 12: Kentucky River (Hazard/Campton)
 - Region 15S: Bluegrass South (Richmond)
 - Two Military Parent Representatives from Fort Campbell, Fort Knox, the Reserves or National Guard
- The KPFC Board of Directors consists of 21 - 31 members with at least 51% being parents/primary caregivers of children with an emotional, behavioral and/or substance use challenge. The KPFC Board of Directors oversees the business of this organization. Please contact Carol Cecil at 1-800-369-0533 for more information about this awesome opportunity to serve, lead and grow!





Dates to Remember



Stand Up for a Brighter Tomorrow April 13

This conference on the emotional wellbeing of children and adolescents will be held in Paintsville. It is being sponsored by Mountain Comprehensive Care Center. For more information contact Karen P. Howard (606)886-4397 or khoward@mtcomp.org.

Supports for Children with ADHD in Home, School and Community April 13

This seminar, held in Lexington, is designed to give participants a clear and concise definition of symptoms of ADHD as well as effective strategies to support children identified with this disorder. This session is open to parents, providers, and educators. To register go to www.hdi.uky.edu/sf/news or call (859)257-1714.

Kentucky Family Peer Support Specialist Core Competency Training Apr 23-27

KPFC is offering a week-long training in Lexington for parents who are interested in receiving in-depth training to provide family peer support to other families that have similar stories. To be eligible you must have successfully completed the KY Family Leadership Academy and be approved as an appropriate candidate for the Core Competency Training. If you are interested, please contact the KPFC office at 800-369-0533 or kpfc@kypartnership.org.

Teen Pregnancy Prevention Summit April 26-27

This summit, held in Louisville, will feature sessions on Youth Culture, Successful Programs in KY, Dating Violence, Parent Engagement and many more! The target audience is educators, Family Resource/Youth Service Centers, health department staff, youth ministers, agencies interested in youth health, and students. For more information contact Renee White at renee.white@education.ky.gov.

Arc of Kentucky Conference Apr 27-28

"Best Practice for People with Intellectual and/or Developmental Disabilities and Their Families" Come join the ARC of KY in Louisville for educational opportunities and networking! For more detailed information, please visit www.arcofky.org or call (800)281-1272.

Children's Mental Health Awareness Day May 9

Please join KPFC, KY SEED, and the Division of Behavioral Health to celebrate Children's Mental Health Awareness Day. We will be holding an event in Frankfort to celebrate and raise awareness for children's mental health. If you would like to attend this event, contact Janet Boughter at KPFC (800)369-0533 or janet@kypartnership.net.

Childcare Appreciation Day May 11

This is a special day to recognize child care providers, teachers and other educators of young children everywhere. Special ways to say thank you might include having your child make a card or art project for you provider, offer to bring breakfast or a snack, print out a certificate of appreciation, or donate a toy or game for the play area.

KPFC Annual Youth/Parent Conference June 22-24

This annual conference hosted by KPFC will be held in Lexington and will feature many exciting workshops. Please see page one for details and register soon before this special conference fills up!

2012 Autism Institute June 18-20

"Putting the Pieces Together Through Collaboration: Bridges to a Brighter Future" This year's institute will be held in Louisville and is for professionals, educators, family members, and persons with ASD. For more information contact Rebecca Grau at (502)852-7799 or go to <https://louisville.edu/education/kyautismtraining/events/2012-autism-institute.ics>.

Safe Schools and Communities Conference June 19-21

This conference will be located at the National Corvette Museum in Bowling Green and is geared toward School Resource Officers, Crime Prevention Officers, educators, and psychologists. For more information go to www.kysafeschools.org or call toll free (877)805-4277.

Behavior Institute June 27-28

This conference is geared toward educators and will be held in Lexington. It will feature sessions on Anti-Bullying, Instructional Strategies That Engage Learners, Childhood Traumatic Stress and Its Impact in the School Setting, and many more! Go to <http://www.state.ky.us/agencies/behav/misc/bi01.html> for more information or to register.

Youth Leadership Symposium June 25-26

The Kentucky Center for School Safety will be sponsoring this event in Frankfort geared toward youth leadership. Teachers and students are encouraged to attend. Email kentuckyyouth@yahoo.com, go to www.kysafeschools.org or call toll free (877)805-4277 for a registration form.

Infant Toddler Institute Aug 8-9

Save the date for the 2012 Infant Toddler Institute held in Lexington. For more information call (859)257-1267 or email cau222@uky.edu.

Fact Sheet

Post-Traumatic Stress Disorder (PTSD) in Children and Teens

What events cause PTSD in children?

Children and teens could have PTSD if they have lived through an event that could have caused them or someone else to be killed or badly hurt. Such events include sexual or physical abuse or other violent crimes. Disasters such as floods, school shootings, car crashes, or fires might also cause PTSD. Other events that can cause PTSD are war, a friend's suicide, or seeing violence in the area they live.

How many children get PTSD?

Studies show that about 15-43% of girls and 14-43% of boys go through at least one trauma. Of those children and teens who have had a trauma, 3-15% of girls and 1-6% of boys develop PTSD. Rates of PTSD are higher for certain types of trauma survivors. Nearly 100% of children get PTSD if they see a parent being killed or if they see a sexual assault. PTSD develops in 90% of sexually abused children, 77% of children who see a school shooting, and 35% who see violence in the area they live get PTSD.

What are the risk factors for PTSD?

Three factors have been shown to raise the chances that children will get PTSD. These factors are:

- How severe the trauma is
- How the parents react to the trauma
- How close or far away the child is from the trauma

Children and teens that go through the most severe traumas tend to have the highest levels of PTSD symptoms. The PTSD symptoms may be less severe if the child has more family support and if the parents are less upset by the trauma. Lastly, children and teens who are farther away from the event report less distress.



Other factors can also affect PTSD. Events that involve people hurting other people, such as rape and assault, are more likely to result in PTSD than other types of traumas. Also, the more traumas a child goes through, the higher the risk of getting PTSD. Girls are more likely than boys to get PTSD.

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What does PTSD look like in children?

School-aged children (ages 5-12)

These children may not have flashbacks or problems remembering parts of the trauma, the way adults with PTSD often do. Children, though, might put the events of the trauma in the wrong order. They might also think there were signs that the trauma was going to happen. As a result, they think that they will see these signs again before another trauma happens. They think that if they pay attention, they can avoid future traumas.

Children of this age might also show signs of PTSD in their play. They might keep repeating a part of the trauma. These games do not make their worry and distress go away. For example, a child might always want to play shooting games after he sees a school shooting. Children may also fit parts of the trauma into their daily lives. For example, a child might carry a gun to school after seeing a school shooting.



Teens (ages 12-18)

Teens are in between children and adults. Some PTSD symptoms in teens begin to look like those of adults. One difference is that teens are more likely than younger children or adults to show impulsive and aggressive behaviors.

What are the other effects of trauma on children?

Besides PTSD, children and teens that have gone through trauma often have other types of problems. Much of what we know about the effects of trauma on children comes from the research on child sexual abuse.

This research shows that sexually abused children often have problems with

- fear, worry, sadness, anger, feeling alone and apart from others, feeling as if people are looking down on them, low self-worth, and not being able to trust others
- behaviors such as aggression, out-of-place sexual behavior, self-harm, and abuse of drugs or alcohol

How is PTSD treated in children and teens?

For many children, PTSD symptoms go away on their own after a few months. Yet some children show symptoms for years if they do not get treatment. There are many treatment options including cognitive behavior therapy, psychological first aid/crisis management, eye movement desensitization and reprocessing, play therapy, and others.



What can you do to help?

Reading this fact sheet is a first step toward helping your child. Learn about PTSD and pay attention to how your child is doing. Watch for signs such as sleep problems, anger, and avoidance of certain people or places. Also watch for changes in school performance and problems with friends. You may need to get professional help for your child. Find a mental health provider who has treated PTSD in children. Ask how the therapist treats PTSD, and choose someone who makes you and your child feel at ease. You as a parent might also get help from talking to a therapist on your own.

"Fact Sheet: PTSD in Children and Teens." *National Center for PTSD*. United States Department of Veterans Affairs, 1 Jan. 2007. Web. 21 Mar. 2012. <<http://www.ptsd.va.gov/public/pages/ptsd-children-adolescents.asp>>.

School-Age Children Spotlight

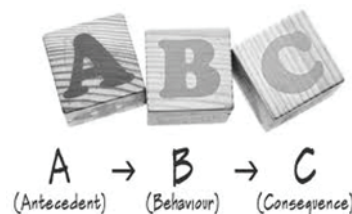
How often do you receive phone calls or emails about your child's behavior at school? Are you and your child's teacher feeling frustrated and overwhelmed by your child's behavior? A Functional Behavior Assessment (FBA) and a Behavioral Intervention Plan (BIP) can give you and your child's teacher the tools you need to help your child have better control of his/her behaviors. Utilizing a Functional Behavior Assessment (FBA) can help you and your child's teacher look for patterns that might be triggering your child's challenging behaviors.



FBA is a process of determining the cause (trigger) of behavior before developing an intervention. The intervention must address the cause (trigger) for real behavior change to occur. Failure to base the intervention on the specific cause (trigger) often results in giving ineffective consequences for negative behavior instead of working to support positive behavior.

An FBA should include the "ABC's of Observation":

1. Antecedent: what happened prior to the negative behavior?
2. Behavior: what is the negative behavior?
3. Consequence: what occurs after the behavior?



Here is an example of the "ABC's of Observation" at work:

- Monday's behavior: Child refuses to do work in reading class and then throws her book at the teacher. Consequence for negative behavior: Child is sent to the principal's office and gets out of reading class for the day. What was the antecedent (happened before the behavior)? The teacher asked the students to get their reading book out so that they could take turns reading out loud.
- Tuesday's behavior: Child is talking incessantly and not completing seat work in science class. Consequence for negative behavior: Child is moved to a different seat in the classroom away from the other children. What was the antecedent? When science class started, the class worked on an experiment together and the child appeared to be doing well. When the experiment was finished, the students were asked to read and answer questions about the experiment.

Your child's behavior is his/her way of communicating his/her needs to you and the teacher. Sometimes you must listen with your heart to truly hear what your child is communicating!

Are you starting to see a pattern? Does the child's behavior often become challenging when a reading assignment occurs? If yes, your child *could* have an unidentified reading disability. Does it always occur in the same class? If yes, does the teacher or another student trigger your child by how they talk or treat them during this particular class? Does it happen during transition time (going from one activity to the next)? Once you identify the antecedent, then you can be more proactive in creating a behavioral intervention plan that will work for your child.

For more information on Functional Behavior Assessments <http://www.wrightslaw.com/info/discipl.fab.starin.htm>

Early Childhood Spotlight

Kentucky Partnership for Families and Children is now providing parent support through Regional Family Contacts (RFC) in three regions of the state. This position is funded through Kentucky's System to Enhance Early Development (KY SEED). Three staff have been hired to work in the Bluegrass West/South, Gateway and Pennyroyal regions. Primary job duties are to coordinate and collaborate with existing parenting groups by networking, providing support groups and resources to the community and families. Our Regional Family Contacts are working to become familiar with resources, committees and services in their regions.



Patti Elam is the RFC for the Gateway region. Patti is a parent of a child diagnosed with Autism. Patti has served as the parent representative on her Regional Interagency Council and is currently a family interviewer for KY SEED. Patti is offering support groups on the fourth Tuesday of the month (May will be on the fourth Wednesday) at the Rowan County Public Library from 12-2pm. A support group for Morgan County has been put on hold until a new meeting place is determined due to the recent storms. Childcare is available for those that RSVP. For more information contact Laura Beard at 1-502-875-1320.

Julie Neace is the RFC for Bluegrass West/South. Julie is a parent of a child diagnosed with Aspergers. Julie has served as the parent representative for her Local Interagency Council and is currently a family interviewer for KY SEED. Julie is hosting parent support groups at the Pavilion in Georgetown, KY on the third Wednesday of the month from 12-2pm and at KPFC on the first Monday of the month from 5-7pm. Childcare is available for those that RSVP. For more information contact Laura Beard at 1-502-875-1320.

KPFC Dads Spotlight

Nine men braved widespread tornadic activity to come together to discuss the challenges and joys of being fathers to children with special needs at Green River Marina on March 2-4. While we came from various spots throughout the Commonwealth and were parenting children with different



issues and diagnoses - it was remarkable how much we all had in common. The retreat offered abundant time to share, reflect and recreate in a way that all found meaningful and impactful. Many pledged to take next steps to offer some sort of fatherhood support in their home communities... KPFC celebrates dads and their contribution to a growing family movement!

Transition-Age Youth Spotlight

We are now accepting nominations for the Annual Patricia Ratliff Youth Leadership Award!

KPFC is currently accepting nominations for the Patricia Ratliff Youth Leadership Award. All Statewide and Regional Youth Council members are eligible. Youth Council members and/or Youth Council Coordinators may nominate a youth council member. The winner will be recognized for excellence in attendance, participation, and leadership skills and will be honored at KPFC's annual Youth/Parent conference. Email Kate at ktilton@kypartnership.org for a nomination form.

Patricia (Pat) Ratliff was a founding member of KPFC. Pat first began advocating for others when she tried to find services for one of her own children. Later, Pat wanted to use her experience to help others and served as the Parent Representative on the FIVCO RIAC for many years and eventually became the first Family Liaison hired in the state. Pat felt strongly that KPFC should present an award to a Youth Council member who demonstrated strong leadership skills and consistent dedication to reducing the stigma of children's mental health issues. With this in mind, the Kentucky Partnership for Families and Children established the Patricia Ratliff Youth Leadership Award fund in her memory.



Enter to Win the KPFC YOUTH POETRY CONTEST!

You must be a youth or young adult between 14 and 26 years of age to enter.

The winner will

- ◇ Receive a \$50 gift card
- ◇ Be honored at the 2012 KPFC Youth/Parent Conference in June
- ◇ Have their poem published online
- ◇ Submission Deadline is FRIDAY MAY 11th, 2012



KPFC strives to promote empowerment, leadership, and voice for youth with behavioral health challenges. The subject of your poem should reflect the successes and/or the challenges of your journey as a youth. Examples include reflections about someone who has been a hero to you, experiences that have inspired you, or challenges that youth face such as bullying, suicide, self-medicating, labeling, etc. Contact Kate at KPFC for details and to receive an entry form. ktilton@kypartnership.org (800)369-0533

New Resource for Transition-Age Youth! Journey to Adulthood is a comprehensive transition guide that maps out potential destinations, routes, points of interest, and types of services and resources. It is designed to engage youth and their families in transition planning. The guide can be found at http://www.transitiononestop.org/GetFile.aspx?File=%2fIA_Documents%2fJourney%20to%20Adulthood%20Dec%202011.pdf



Summer Camps



Camp Kessa (Sheltered Risks Incorporated)

Camp Kessa's goal is to partner with youth, adults and families providing opportunities in Human Development through horses, nature, and local communities. They will be offering camping sessions throughout the summer and welcome youth with special needs and abilities. (502)376-4367 or kampkessa@shelteredrisks.org

The Salvation Army Boys and Girls Club Camps

The Salvation Army Boys and Girls Club provides both day programs and overnight summer camping experiences for children and youth. Contact the Salvation Army Kentucky and Tennessee Division to find out details about camps that will be offered this summer. (800)336-2769

Camp Calvary

Camp Calvary is a Christian based overnight camp located in Mackville that offers five Adventure Camps per summer that are specifically for children with mental health, physical, and/or cognitive disabilities. (859)375-4376 or www.campcalvaryky.com

Camp Crescendo

The Lions Club offers several different camps for special needs children. Specifically, Camp Freedom is located in Lebanon Junction and is open to children (ages 6 - 11) with mild to moderate behavioral, emotional, and physical needs who are in foster care or are in the custody of their grandparents. (888)879-8884 or www.lions-campcrescendo.org

4-H Camp

Kentucky Cooperative Extension Service offers adventure and learning based 4-H Camps across the state. Camps are located in Western Kentucky, North Central Kentucky, Lake Cumberland area, and the Daniel Boone National Forest area near London. (859)257-5961 or www.ca.uky.edu/aqcollege/4h/camp

YMCA Camp Piomingo

This overnight camp located south of Louisville, welcomes children with ADHD and food allergies. Sessions throughout the summer for ages 6-16. (800)411-5822 or www.ymcacamppiomingo.org

The Center for Courageous Kids

A world class medical camping facility in the rolling hills of Scottsville, Kentucky providing a cost-free, safe, and fun camping experience for seriously ill and disabled children and their families. (270)618-2900 or www.courageouskids.org

Kosair Integrated Technology Experience (KITE)

KITE is a technology-based activity program located in Louisville designed to provide positive physical, cognitive, and sensory experiences for children ages 3-12 years old. (52)585-9911 Ext 2012 or www.spalding.edu/events

Hope Center for Growth

Hope Center for Growth is located in Prospect, Kentucky and was founded by a group of parents of teenagers diagnosed with Autism Spectrum Disorders. They offer a summer program for ASD teens. (502)594-6813 or www.hopecenterforgrowth.org

Cedar Ridge Camp

Located near Louisville, this camp offers day and overnight adventure camps with a variety of outdoor activities. Cedar Ridge is inclusive of children with special needs. (502)267-5848 or www.cedarridgecamp.com

Be sure to check with your **IMPACT Service Coordinator** or with your school's **Family Resource** or **Youth Services Center** to see what other camps are available in your region. Other good sources for camp information include your local newspaper, YMCA, library, County Extension Office, or Parks & Recreation Department.



Kentucky Partnership for
Families and Children, Inc.
207 Holmes Street, First Floor
Frankfort, KY 40601

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**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!