



KPFC

Quarterly Newsletter

Volume 11; Issue 4

April 2015

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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

KPFC
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 Website: www.kypartnership.org
 email: kpfc@kypartnership.org



Children's Mental Health

AWARENESS DAY 2015

**Kentucky
 Partnership for
 Families and
 Children, Inc.**

Invites you to celebrate with communities around the nation on the importance of children's mental health.

Sponsored by:

- ☞ Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities
- ☞ Kentucky Department of Education
- ☞ Administrative Office of the Courts
- ☞ Kentucky Protection and Advocacy
- ☞ Farmer's Bank and Trust Company
- ☞ Kentucky State University

To register or to request more information, please email joy@kypartnership.org

**www.kypartnership.org
 207 Holmes Street
 Frankfort, KY 40601
 (502) 875-1320**

Making the Invisible **Visible**

Thursday, May 7, 2015

11a to 3p

Kentucky State University

400 East Main Street, Frankfort, KY 40601



The Power of Community

Children's Mental Health Awareness Day 2015



DeAmon Harges, strengthening and empowering individuals and communities by listening to their gifts, hopes, and dreams.

Community Builder

DeAmon Harges - Keynote Speaker

Hot lunch catered by KSU

Parent, Professional and Champion Awards

Balloon Release Dedication

Post Event Conversation with DeAmon, *Where Theory Meets Process*

KPFC's Board of Directors

Beki Alley-Chair, FIVCO Region

Lena Morehead-Vice Chair, Department for Community Based Services

Calvonia Radford-Treasurer, Department of Public Health

Christy Sheridan-Secretary, Seven Counties Jefferson Region

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Colonel Robert E. and Mrs. Cora Jane Spiller, Glasgow, KY

Allie Rigsby- Member At-Large

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Brandon Kelley-Youth Representative

Maggie Krugger-Adanta

Renita Murphy-Seven Counties Salt River Region

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Brittany Riggs-Buffalo Trace Region

Dorothy Smith-Cumberland River Region

Capplin Sadler-Youth Rep. Salt River Region

Pennie Tackett-NorthKey Region

Karen Thompson-Early Childhood Provider Representative

Sonya Westerman-River Valley Region

Angela Winkfield-Protection and Advocacy

STAFF:

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Laura Beard, Early Childhood Coordinator

Janet Boughter, Office Manager

Dana Breckel, Office Manager

Barbara Greene, Project Coordinator

Carmilla Ratliff, Youth Empowerment Specialist

Ian Rosser, TAYLRD Youth Coordinator

Stephanie Sikes, TAYLRD Youth Coordinator

Kate Tilton, TAYLRD Project Director

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 Initiative for Collaborative Change, and by private and agency donations.

Do you know about KPFC?

Kentucky Partnership for Families and Children, Inc. (KPFC) 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.

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

Region 1: Four Rivers (Paducah)

Region 2: Pennyroyal (Hopkinsville)

Region 4: Lifeskills (Bowling Green)

Region 11: Mountain Comp Care (Prestonsburg, Paintsville, etc.)

Region 15S: Bluegrass South (Madison, Danville, etc.)

Region 15E: Bluegrass East (Lexington)

Region 15W: Bluegrass West (Frankfort, Lawrenceburg, Georgetown, etc.)

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 (800)369-0533 for more information about this

Thank you to the following donors. Your generous contributions support KPFC's mission of empowering families affected by behavioral health challenges to initiate personal and system change.

Mr. and Mrs. Arvin Davis

Ms. Donna Cecil

Mr and Mrs. Ken Whalen

Ms. Judith Conder

Ms. Terri Taylor

Ms. Tiffany Turner

Upcoming Events

Light It Up Blue 2015

Each April 2, Autism Speaks celebrates Light It Up Blue along with the international autism community, in commemoration of the United Nations-sanctioned World Autism Awareness Day. Register today and shine a light on autism!

The Parent Special Education Training Camp

The target audience for this one day training camp includes parents, grandparents, family members, guardians and others interested in learning about special education topics. To register, contact The Arc of Kentucky by phone (800)281-1272 or email arcofky@aol.com.

Prestonsburg

April 20

Moving Forward

Families & Youth Conference



Hosted by :

GLSEN®
GAY, LESBIAN & STRAIGHT
EDUCATION NETWORK

BLUEGRASS

Register at: <http://bluegrass.glsen.org/page/s/default>

Family Peer Support Specialist and Youth Peer Support Specialist Core Competency Training

This certification training is open to parents and young adults who have successfully completed the Kentucky Family Leadership Academy and meet the criteria to become Peer Support Specialists. To inquire about the criteria and the application process, contact the KPFC office.

Apr 20-24

The 2015 ASD Parent Summit

Parents, Caregivers, Professionals, and Advocates from across the Commonwealth of Kentucky, will enjoy dinner and roundtable discussions focused on resources on Friday evening. After breakfast on Saturday, participants will have the opportunity to explore advocacy with Mary Lee Underwood and learn more about topics that are of interest to them. Summit attendees will be able to choose three sessions to attend on Saturday - topics include supported employment, behavior, Medicaid, Office of Vocational Rehabilitation, and more. Parent Summit is \$15 per individual and includes dinner on Friday and breakfast and lunch on Saturday. Free lodging is available. Contact [859\)252-3170 ext. 3003](tel:8592523170) for more information

May 9-10

Behavior Institute 2015, June 17th and 18th at the Louisville Convention Center.

Sponsored by the Kentucky Council for Children with Behavior Disorders (KyCCBD) the Kentucky Department of Education (KDE), Kentucky Division of Behavioral Health, and the Central Kentucky Special Education Cooperative. Featuring Trauma Expert, Bruce Perry, MD, P.h.D. Register at: http://www.kycec.org/ccbd_conferences.htm

Focusing on Treatment and Care Conference

Presented By: The Adanta Group Behavioral Health Services and Adanta Sexual Assault Resource Center July 30-31, 2015, Location: The Center for Rural Development Somerset, KY The Conference is targeted to community members, paraprofessionals, professionals, personnel, and administrators in the following fields: mental health, substance abuse, suicide prevention, substance abuse prevention, education, government, social justice, social welfare, violence prevention, first responder, law enforcement, firefighter, nursing, developmental and intellectual disability, human trafficking, and criminal justice.

SAVE THE DATE

June 1-3 2015

KENTUCKY'S
**SYSTEM OF CARE
ACADEMY**



The Marriott Griffin Gate, Lexington, Ky

FOR MORE INFORMATION, EMAIL BETH.POTTER@KY.GOV

**Mark your calendars now to attend Kentucky's System of Care Academy
presented by the Department for Behavioral Health, Intellectual and Developmental Disabilities
and Eastern Kentucky University
June 1-3, 2015 at the Marriott Griffin Gate in Lexington, Kentucky**

Each year, approximately 25% of all children and youth experience behavioral health issues. The Substance Abuse Mental Health Services Administration (SAMHSA) reports that children and youth receiving coordinated services in a System of Care are less likely to attempt suicide and show dramatic improvements in school performance and daily functioning. The Kentucky Initiative for Collaborative Change (KICC) invites primary care providers, clinicians, practitioners, educators, child care providers, Family Resource Youth Service Center personnel, juvenile justice staff, families/youth, and community members to attend the 2015 System of Care Academy. Participants can attend sessions on relevant topics to enhance knowledge, develop skills, and support collaboration to build a stronger System of Care.

Mark your calendars now to attend the System of Care Academy on June 1-3 at the Marriott Griffin Gate in Lexington, KY. Contact Beth Potter, KICC Project Director at Beth.Potter@ky.gov for more information.

Funds provided by the Substance Abuse Mental Health Services Administration Grant #: 1U79SM061222-01



INFANT TODDLER INSTITUTE 2015



Family Scholarships:

Family Scholarships are available on a first come first serve basis with limited spots available. In order to be eligible for the family scholarship you must be raising a child between the ages of birth to five. Scholarships are available for the full institute or for a one day registration. Full institute scholarships include lodging for two nights, registration and meals. One day registration scholarships include lodging for one night, registration for one day and meals. All scholarships must be approved through Kentucky Partnership for Families and Children, Inc no later than the registration deadline listed on this brochure. To apply for a scholarship or questions about eligibility please send an email of interest to Laura Beard at laura@kypartnership.org or call 502-875-1320. Please indicate which location (Paintsville, Frankfort or Bowling Green) you are interested in attending. This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant H25MC00255, title of CISS SECCS, for \$140,000. This information or content and conclusions are those of the author and should not be construed as the official policy of, nor should any endorsements be inferred by HRSA, HHS or

Child Abuse Prevention Month has been observed each April since its first presidential proclamation in 1983. Since that time, millions of Americans have participated in the exciting public awareness campaign. Individuals, organizations and communities across the country plant pinwheels, organize trainings, host fundraisers, hold family fun events, and support a multitude of other activities celebrating childhood and raising awareness that all children deserve to grow up in a happy, healthy environment. Child abuse is one of the greatest tragedies of our times, but it doesn't have to be. We can prevent it by building communities that are committed to families and the support and services they need to raise strong, healthy and successful children. Children are our future and their early years significantly impact their future successes. As citizens we are responsible for ensuring that all parents and families have access to the support, information and services they need to succeed. To learn more about child abuse prevention in KY and how you can be involved, contact Prevent Child Abuse Kentucky at 859-225-8879 or visit the website at www.pcaky.org.

Different Learning Styles

It's common knowledge that each of us learns differently, but different "learning styles" are actually much more sophisticated and specific concepts, researched and reviewed by learning experts.

No particular learning style is "better" than another, and most people have a mix of a few different learning styles. Because of that, it's important for parents and educators to help kids exercise different learning styles, not just the ones that match them best. Reinforcing strong learning styles help build a child's confidence, while addressing weaker learning styles help enhance overall development.

(Sometimes different learning styles are confused with "multiple intelligences" and "learning modalities," but these are different concepts altogether.)

While learning styles often come with different labels, they are generally grouped under four categories, based on combinations of "sensing", "intuitive", "feeling", and "thinking."

Discuss different learning styles with your child's teacher for a richer assessment of how he learns, and ways that you can help him really shine at home.

Sensing-Thinking This child learns best when faced with tasks that involve direct instruction and details. She will often thrive with work that calls for memorization, and may enjoy competitions or other situations that give her the chance to complete a project from a planning phase through completion. She usually appreciates activities that require observation, description, and categorizing items and ideas. To help strengthen this learning style, have your child organize and build things, and place items in order.

Intuitive-Thinking This child learns best when he studies independently, compares and contrasts ideas, and is engaged in problem-solving activities. He might like games that allow him to analyze information and examine possibilities, as well as those that call for questioning, arguing, and debating. Projects that involve inquiry, like essay-writing, will really spark this learner's interest. It's important to allow the child with this learning style to research and develop ideas, and have enough time to examine and prove them.

Intuitive-Feeling This child's ideal world is a place in which she can predict outcomes, use her imagination, and come up with ideas. She will likely enjoy outside-of-the-box thinking and grow from activities that allow her to explore possibilities through speculation. This learner will often thrive during open-ended discussions and in situations where she can develop and articulate original solutions to problems. To help develop this learning style, encourage activities that use imagery and metaphor, like poetry and art projects.

Sensing-Feeling This child often learns best when within groups of people and when he feels connected to others. He loves team games that involve role-playing and sharing personal points of view. You can promote this learning style by giving him chances to describe his feelings about people and himself in given situations. Also explore activities that enable him to teach others. Peer-tutoring, plays, and group investigations will help this learner soar.

Youth Parent Conference 2015

Behind the Mask
Clarion Hotel South
Lexington, KY
June 19-21, 2015
\$25.00 per family

Space is limited!! Registration now open!

Sponsored by, Commonwealth Council on Developmental Disabilities, Child's Victim Trust Fund Office of the Attorney General, Department of Behavioral Health Developmental and Intellectual Disabilities

Youth and Young Adults
Ages 13-26 & Their Families

Sessions Include:

Adventure Based Therapy
Art/Drama Therapy
Bullying Prevention
Child Abuse Prevention
Advocacy/Leadership Development
Addiction and Mental Health Topics
Parent/Youth Focus Groups

Keynote Speaker



Sumi Mukherjee will join participants on Saturday and will meet some of the awesome youth and parents in Kentucky! On Sunday morning, he will be our keynote speaker and will share his story of strength, hope, and purpose. Sumi has written two books, In his book, *A Life Interrupted*, he shares his story about how bullying led to Obsessive Compulsive Disorder by the time he was 16 and how he struggled to continue on. Through writing, he shares about his journey of healing and recovery.

A Life Interrupted and Father Figure.

Hope to See You There!

Kentucky Partnership for Families and Children, Inc. is a non-profit Statewide Family Organization assisting children, youth, and young adults with behavioral health challenges and their families.

To request more information or if you have more questions about the Youth/Parent Conference please contact Joy Varney at joy@kypartnership.org



Cosplay Dance Saturday Night!

"You wear a mask for so long, you forget who you were beneath it."

Gordon Deitrich (a fictional character in *V for Vendetta*, the movie)

Spring and Summer Camps 2015

Tim Horton Summer Camp

Opened in 2001, Kentahten is our first camp in the United States. Located in the heart of Kentucky, the camp occupies 50 acres of waterfront property on Green River Lake. Campers take part in canoeing, hiking, mountain biking and many more exciting activities. Our Summer Camp Program offers a once-in-a-life time opportunity for economically disadvantaged children aged 9-12 to attend summer camp. Tim Hortons Restaurant Owners work with local youth agencies and schools to find qualified children for each session. Programs are offered during March Break as well. (270)-465-9250

SAFE, FUN & CHALLENGING: Life Adventure

Center: Spring and Summer Day Camps offer horseback riding, outdoor games, fishing, canoeing, challenge course (with an optional zip line!), art, outdoor cooking, hiking and more. Early drop off and late pick up options fit parents busy work schedules. Our certified and well trained staff will give your camper the vacation of a lifetime!

2015 Kentucky Military Family Camps! Kentucky is offering FREE military family camps this summer! Your whole family is invited to attend one of these FREE camps. The camps are open to any Active Duty, Reserve, or National Guard family from any state and any military branch. Priority will go to families who have experienced at least one deployment, who are geographically dispersed, and/or to families who have not previously attended a military camp. Tyrone Atkinson 2015 UK Military Family Camps University of Kentucky 115 Huguelet Dr. Room 246 Scovell Hall Lexington, KY 40546.

Camp Webb

Summer camp registration can either be done online or you can download an application to fill out and mail in. **Online registration is accepted December through the end of May each year.** Throughout the summer if vacancies exist, you may still register with a printable application. Please call 800-858-1549 if you would like to register during the summer.

4-H Camp

Contact your [County Extension Office](#) for more information on attending 4-H Summer Camp!

Kentucky History Society ARTYFACT CAMP

Let KHS educate, entertain, and challenge your child! Camp ArtyFact is a half-day camp at the Kentucky Historical Society for children ages 6 to 13. Participants explore the KHS history campus and collections and then create their own works of art. Each Camp ArtyFact course is three hours long, and campers may sign up for the morning course, the afternoon course or both. (502)-564-1792

BRICKS 4 KIDZ - LEXINGTON

Info: (859) 433-1515

Boys & Girls / Ages: 5-13

Fun-filled summer of camps where children learn, build and play... with LEGO® Bricks!

Held at various locations throughout Lexington, Georgetown, and Richmond. Visit website for complete camp schedule.

All camps are designed for 3-hour sessions, typically 9 a.m.-noon and 1-4 p.m. with full day options for five days. Discounts for siblings and full-day registration of selected camps. LEGO® is a registered trademark of the LEGO® Group of companies which does not sponsor, authorize or endorse these programs. Creative Learning Corporation common shares are listed on OTCBB under the ticker symbol CLCN. © 2015 Bricks 4 Kidz

Saying Goodbye to a Friend, Advocate and Leader

by Kate Tilton

Mr. Liles was such a special person. What I admired most about him was his resiliency. He experienced many struggles over his lifetime but he never gave up, he kept going and kept fighting. Through tragedies and constant physical pain, he still had a smile for you and kept thinking up ways to put a positive spin on his circumstances. He was passionate and emotional and also sweet and caring. Most people will say how much he loved his children. This seems like an understatement to me. Although he was not a perfect parent (none of us are), his children were everything to him, they were his world. He could not conceive of his existence without them. He was also incredibly driven to help others. He wanted to give a voice to parents and caregivers who had no voice or support. Finally, he had a deep faith in God. Many of his struggles would have made the strongest person lose or question faith, but he always knew that his life had a purpose and also knew that his angels were looking after him. He was a father, a friend, an advocate and a person who was unforgettable to everyone who knew him. ~



Mr. Liles served as a Parent Representative for the Bluegrass area. He was an active KPFC Board Member and Parent Leader.



Help KPFC by Donating Items for Our Silent Auction Baskets

Thank you to everyone who has donated items to our Silent Auction baskets. KPFC will continue to hold small Silent Auctions throughout the year in 2015 at events such as the Kentucky Family Leadership Academy. We welcome any and all donations toward our gift baskets. So, if you find a few too many items lying around your house, donate to KPFC! If you have any items that you would like to donate, please contact us at the office (800)369-0533. Together, we can make a difference in the lives of children, youth and young adults. All items are tax deductible. Thanks for your support!

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

Educational Advocacy

Adolescent Issues

Reactive Attachment Disorder

Baby Love (Fetal Alcohol Syndrome)

Partnering with Parents

Engaging Partners

The Other Side—A Youth Perspective

My Story—Successes and Challenges

Parenting or Teaching a Child with Bipolar Disorder

Question, Persuade and Refer (suicide prevention)

Launching Your Transitional-age Youth/Young Adult

Bullying Prevention

Successful Youth Engagement

Youth Mental Health First Aid

Understanding Mental Health Disabilities

Bridges Out of Poverty

Becoming a Love and Logic Parent

Creating a Family-Driven and Youth-Guided System of Care

Please contact Carol Cecil at 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

Link your Kroger card to KPFC! Go to www.kroger.com/communityrewards and enter KPFC's organization code—10714.

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!