



KPFC

Quarterly Newsletter

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Inside This Issue:

- 2 KPFC Updates
- 3 Dates to Remember
- 4 Disciplining Your Child with Special Needs
- 6 Early Childhood
- 6 Transition-Age Youth
- 7 School-Age Children
- 7 Dads' Spotlight
- 8 Resources & Information
- 9 Request a KPFC Training!

♥ *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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KPFC is seeking nominations for the annual Parent and Professional Awards

Do you know a special **parent** who has gone above and beyond for not only their own child, but for other families that have children and youth experiencing behavioral health challenges? How about a **professional** who has been exceptional in their work with families and children? If so, now is your opportunity to help recognize them. KPFC is requesting your nomination forms for the Betty Triplett and Libby Fernandez Awards. These awards were established by KPFC in memory of Betty Triplett and Libby Fernandez to honor an **outstanding professional and an outstanding parent advocate** for families and children. The recipients of these awards will have the honor of knowing they're appreciated by those they help, and a **monetary** award.

- ◆ The **Libby Fernandez Award** will be given to a **parent/caregiver** of a child with an emotional, social or behavioral disability. This outstanding family member shall have demonstrated exceptional achievement in the areas of: leading a support group, mentoring other parents, and/or advocating for children with emotional, social, behavioral, and/or substance use disabilities.
- ◆ The **Betty Triplett Award** will be given to an outstanding **professional** who has demonstrated exceptional achievement in: offering services, leading a program, advocating, and/or going "beyond the call of duty" for children and families dealing with emotional, social, behavioral and/or substance use disabilities.

The deadline to submit a nomination is **November 14, 2014**. A monetary award will be presented during a luncheon in December 2014. Contact the KPFC office at (800)369-0533 or ktilton@kypartnership.org and we'll be happy to send you the nomination forms. You can also visit our website at www.kypartnership.org to access the nomination form.

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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 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.

Two Easy Ways to Help KPFC

Sign up for AmazonSmile

AmazonSmile is a simple and automatic way for you to support KPFC every time you shop at Amazon, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to KPFC. To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You will be able to use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same. On your first visit to AmazonSmile, you need to select KPFC to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make on AmazonSmile will result in a donation.

Kroger Community Rewards

KPFC is a member of Kroger's Community Rewards Program. You can now use your Kroger Plus card to help our organization grow. Register online by going to www.kroger.com/communityrewards to have your Kroger Plus card linked to Kentucky Partnership for Families and Children, Inc. KPFC's organization code is 10714.

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.

Stephen & Margaret Sheiko, in loving memory of Vivian Liles

A donation in loving memory of Rick Whelan

Kentucky Association of Regional MH/MR Programs, Inc.

The Lexus Store of Lexington

Gayle & Michael Bogard

Natasha & Richard Pieczynski

Farmers Bank

Lena Morehead

Gerry Whalen

Sonya Westerman

Rick Gore

Janice Johnston

Upcoming Events

Unite 2 End Bullying

Oct 2

KY-SPIN Inc.'s third annual Unite 2 End Bullying campaign will be held at Central High School in Louisville. For more information, contact KY-SPIN at (800)525-7746 or visit their website at www.kyspin.com.

Youth Mental Health First Aid

Do you regularly interact with youth? Learn how to identify, understand, and respond to signs of mental illnesses and substance use disorders. Contact KPFC or visit our website and look under the Events tab to register.

Lexington

Oct 6

Covington

Oct 10

Louisville

Nov 7

Ashland

Nov 24

Bowling Green

Dec 12

NAMI Walk Lexington

Oct 11

Join the National Alliance on Mental Illness (NAMI) walks to show your support for people affected by mental illness. This walk will be held at the Masterson Station Park in Lexington. For more information, contact Marcie Timmerman at (859)272-7891 or namiwalks@namilex.org.

Nurturing Parenting Program Facilitator Training

Become a Nurturing Program trainer by attending this three-day training. Contact KPFC or visit our website and look under the Events tab to register.

Richmond

Oct 15-17

Paducah

Nov 12-14

Understanding Challenging Behavior in Individuals with Autism

Join the Kentucky Autism Training Center (KATC) for this six hour training to learn evidence-based strategies to address challenging behaviors. Go to the KATC website at www.louisville.edu/education/kyautismtraining and look under the training section. Or, call (502)852-5555.

Lake Barkley

Oct 15

My Old KY Home

Oct 29

Jenny Wiley

Nov 11

Special Needs Summit

Oct 17

The goals of this conference are to connect members of the special needs community with each other, provide valuable information and strategies on working with individuals and children with special needs, and provide information on community resources and services. For more information go to www.wku.edu/summit or call (270)745-2419.

Strengthening Families—Nurturing & Attachment

Oct 17

This 2 hour seminar will teach participants the importance of secure attachments and positive nurturing relationships to ensure healthy growth in early childhood. Presented by Dr. Otto Kaak, Professor of Psychiatry & Social Work, University of Kentucky. For more information, go to www.hdi.uky.edu/Contents/Item/Display/5379.

NAMI F2F Teacher Training

Oct 25-26

Family-to-Family (F2F) is a free, 12 week education course for families/caregivers impacted with serious mental health disorders. For more information about how to become a F2F teacher, call NAMI Kentucky at (800)257-5081 or email them at namiky@bellsouth.net.

NAMI Basics Teacher Training

Nov 1-2

NAMI Basics is a free, six-week, peer-directed education program developed specifically for parents and other family caregivers of children and adolescents who have either been diagnosed with a serious mental health disorder or who are experiencing symptoms but have not yet been diagnosed. To apply to become a NAMI Basics Teacher, contact NAMI Kentucky at (800)257-5081 or email them at namiky@bellsouth.net.

National Dropout Prevention Conference

Nov 2-5

This conference will be held in Louisville and annually attracts nearly 1,000 attendees from across the country and will include sessions related to dropout prevention work. For more information, go to www.dropoutprevention.org.

Bridges Out of Poverty

Learn the causes of poverty and proven strategies to improve outcomes whether you are an educator, community leader, business professional, health professional, social worker, first responder, government employee, or criminal justice system employee. Contact KPFC or visit our website and look under the Events tab to register.

Louisville

Nov 5

Mayfield

Nov 17

Owensboro

Nov 18

Early Childhood Family Conference

Nov 21-23

See page 6 for details!

Exceptional Children's Conference

Nov 23-25

This annual conference will be held at the Galt House in Louisville and is for teachers, administrators, service providers, and parents. Go to www.kycec.org to register.

Disciplining Your Child with Special Needs

From the moment you heard the diagnosis, you knew life would be more challenging for your child than for most. So when you ask him to do something and it's not done, you let it go. Does he really need you to point out his limitations? Or maybe you fear that what you'd like him to do, or not do, is impossible for him to achieve? But here's the truth: If you feel that your son or daughter doesn't deserve discipline, it's like telling your child, "I don't believe you can learn." And if you don't believe it, how will your child? What experts call "behavior management" is not about punishing or demoralizing your child. Instead, it's a way to set boundaries and communicate expectations in a nurturing, loving way. Correcting kids' actions, showing them what's right and wrong, what's acceptable and what's not, is one of the most important ways that **all** parents can show their kids that they love and care. Here are some strategies to help parents discipline a child who has special needs.



Be Consistent

The benefits of discipline are the same whether kids have special needs or not. In fact, kids who have trouble learning respond very well to discipline and structure. But for this to work, parents have to make discipline a priority and be consistent. Correcting kids is about establishing standards — whether that's setting a morning routine or dinnertime manners — and then teaching them how to meet those expectations. All kids, regardless of their needs and abilities, crave this consistency. When they can predict what will happen next in their day, they feel confident and safe. Yes, they will test these boundaries — all kids do. But it's up to you to affirm that these standards are important and let your child know that you believe he or she can meet them.

Learn About Your Child's Condition

To understand your child's behavior, you have to understand the factors that affect it — including his or her condition. So no matter what challenge your child is facing, try to learn as much about the unique medical, behavioral, and psychological factors that affect his or her development. Read up on the condition and ask the doctor about anything you don't understand. Also talk to members of your child's care team and other parents (especially those with kids who have similar issues) to help determine if your child's challenging behavior is typical or related to his or her individual challenges. For example, can another parent relate to the trouble you have getting your 5-year-old dressed each morning? Sharing experiences will give you a yardstick by which to measure your expectations and determine which behaviors are related to your child's diagnosis and which are purely developmental. If you're having trouble finding parents of kids with similar challenges, consider joining an online support or advocacy group for families of kids with special needs. Once you know what is typical behavior for your child's age and health challenges, you can set realistic behavioral expectations.

Defining Expectations

Establishing rules and discipline are a challenge for any parent. So keep your behavior plan simple and work on one challenge at a time. And as your child meets one behavioral goal, he or she can strive for the next one. Here are some pointers.

Use Rewards and Consequences

Work within a system that includes **rewards** (positive reinforcement) for good behavior and **natural consequences** for bad behavior. Natural consequences are punishments that are directly related to the behavior. For example, if your child is throwing food, you would take away the plate. But not every kid responds to natural consequences, so you might have to match the consequence to your child's values. For instance, a child with autism who may like to be alone might consider a traditional "time out" rewarding — instead, take away a favorite toy or video game for a period of time. After correcting your child for doing something wrong, offer a **substitute behavior**. So if your child is talking too loudly or hitting you to get your attention, work on replacing that with an appropriate behavior such as saying or signaling "help me" or getting your attention in appropriate ways such as tapping your shoulder. **Active ignoring** is a good consequence for misbehavior meant to get your attention. This means not rewarding bad behavior with your attention (even if it's negative attention, like scolding or yelling).

Use Clear and Simple Messages

Communicate your expectations to your child in a simple way. For kids with special needs, this may require more than just telling them. You may need to use pictures, role playing, or gestures to be sure your child knows what he or she is working toward. Keep verbal and visual language simple, clear, and consistent. Explain as simply as possible what behaviors you want to see. Since consistency is key, make sure grandparents, babysitters, siblings, and teachers are all on board with your messages.

Offer Praise

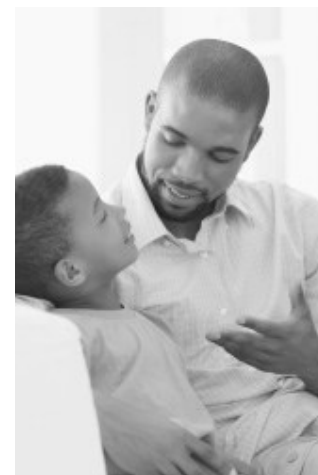
Encourage accomplishment by reminding your child about what he or she can earn for meeting the goals you've set, whether it's getting stickers, screen time, or listening to a favorite song. And be sure to praise and reward your child for effort as well as success. So a child who refuses to poop in the toilet may be rewarded for using a potty near the toilet. Another strategy: practice "time-in" — when you catch your child doing something right, praise him or her for it. In certain cases, time-in can be more effective than punishment, because kids naturally want to please their parents. So, by getting credit for doing something right, they'll likely want to do it again. If your efforts don't result in changes after a week or two, ask a social worker or other developmental professional for some help. He or she can help you reevaluate your behavior plan, identify triggers, develop a rewards system, or come up with consequences for behaviors you want to eliminate.

Establish a Routine

Children with certain conditions, like autism and ADHD (attention deficit hyperactivity disorder), respond particularly well to discipline that's based on knowing exactly what will happen next. So try to stick to the same routine every day. For example: If your child tends to melt down in the afternoon after school, set a schedule for free time. Maybe he or she needs to have a snack first and then do homework before playtime. Charts can be helpful. If your child is non-verbal or pre-verbal, draw pictures or use stickers to indicate what comes next. Set a schedule that's realistic and encourage input from your child where appropriate.

Believe in Your Child

If, after taking his first few steps, your little one kept falling down, would you get him some crutches or a wheelchair? No. So don't do the same with a child with special needs. Maybe your child can't put on his or her shoes the first time, or 10th time, but keeps trying. Encourage that! When you believe your child can do something, you empower him or her to reach that goal. The same is true for behavior. For example, if your child is too aggressive when playing with other kids, don't stop the play altogether. Instead, work with your child to limit the physicality of the play. Use discipline where necessary in the form of time-outs, enforced turn-taking, and rules like "no touching" — and provide rewards when your wishes are met. Whatever you do, don't give up on your child when the going gets tough. Bad behavior that's ignored in the early years can become unbearable, even dangerous, in the teen years and adulthood. Be patient and take the time to work with your child to help reach his or her best potential. Your vote of confidence is sometimes all your child needs to succeed.



Have Confidence in Your Abilities

Discipline is an exhausting undertaking. There will be good days when you're amazed by your child's progress, bad days when it seems like all your hard work was forgotten, and plateaus where it seems like further progress is impossible. But remember this: Behavior management is a challenge for all parents, even those of kids who are typically developing. So don't give up! If you set an expectation in line with your child's abilities, and you believe he or she can accomplish it, odds are it will happen. In the meantime, use whatever online, personal, and professional resources you have to help reach your goals.

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Bringing parents and caregivers of young children together for fun and learning

Early Childhood Spotlight

By Laura Beard

The 5th annual Early Childhood Family Conference will be held on November 21-23 at the Blue Licks State Park. This conference is open to families with children ages birth to five who are receiving state funded services through Public Health or Behavioral Health and their siblings up to age 12.

Each year the mission of the conference is to empower families of young children with skills and resources so that they can advocate and play an integral role in their child's service team. This is done through keynote speakers, breakout trainings, resource sharing and family activities.

The Early Childhood Family Conference is unique because families can attend with their children. A nursery, along with four other age range groupings and classes are provided for participants. Staff from Kentucky Partnership for Families and Children and partnering agencies, provide care and activities for the children during the training sessions for parents. Some of these activities include painting, pottery, music, games and guest speakers. Partnering agencies and community organizations are welcome to come and participate in this event and share resources with families.

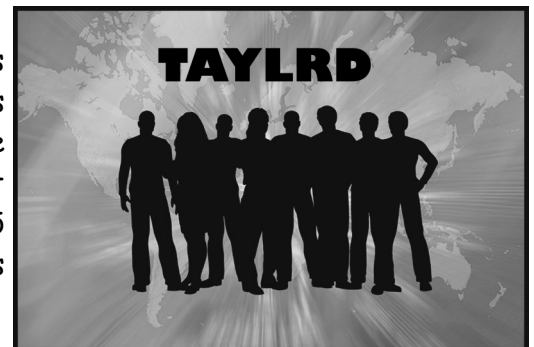
If you are interested in registering for this event or would like to bring resources from your organization to share, please contact Laura Beard at laura@kypartnership.org or visit the KPFC website and look under the Events tab.



Kentucky is awarded a federally funded grant for transition-age youth

Transition-Age Youth Spotlight

Kentucky has been awarded the "Now is the Time" Healthy Transitions grant through the Substance Abuse and Mental Health Services Administration. Kentucky's proposal, entitled TAYLRD (Transition Age Youth Launching Realized Dreams), will improve access to treatment and support services for youth and young adults between 16 and 25 years old that either have, or are at risk of developing serious behavioral health (mental health and/or substance abuse) conditions.



TAYLRD will support the implementation of a transition-age youth guided specialized array and continuum of behavioral health care which will include awareness efforts for community partners, youth, young adults and their families; outreach and engagement of youth and young adults; screening, assessment and referrals to appropriate evidence-supported treatments; and coordination of care. The focus will be on building services and supports that interest transition-age youth, such as peer support services, employment and education supports and career planning, life skills supports, medication supports, support in health care navigation, age specific and developmentally appropriate behavioral health services and coordination of care. Kentucky will model this project after the nationally recognized Youth M.O.V.E. Oregon and the youth guided Drop-In Centers that have been developed through this program.

What do you want to be when you grow up?

School-Age Children Spotlight

by Carol Cecil

Why is "What do you want to be when you grow up?" such an important question? It helps with forward-thinking (thinking about the future), recognizing your own strengths, and increases your understanding that one day you will be a responsible adult. Our children that struggle with behavioral health challenges are often so focused on surviving today, that they are unable to think about their future in a healthy, productive way. How can you help? Begin asking them, "What do you want to be when you grow up?" Identify and recognize your child for his/her strengths. Discuss how those strengths can be used toward specific jobs or careers. For instance, as a child, my son was very interested in science, the solar system, rockets, etc. We often discussed his interest in being an astronaut. As a teenager, he is still interested in science and is now taking classes in engineering at his high school and wants to be a mechanical engineer.



Carol Cecil, KPFC Executive Director

Tips for fathers of children with disabilities

Dads' Spotlight

by Christopher Cecil

1. Learn about your child's disability.

Know everything there is to know about the disability, including diagnosis and prognosis. Knowledge makes it easier to deal with the disability. The child's physicians are usually the first source of information.

2. Build and continue good communication with the child's mother and other family members, such as grandparents. Despite hectic schedules, your family must maintain frequent communication via telephone calls, e-mail, and family activities.

3. Spend time with your child.

The fathers create opportunities to be with their children. Through regular interaction with their children, fathers can develop an appreciation for their child's gifts and strengths.

4. Make necessary adjustments in your child's physical environment.

Fathers, particularly those who are handy with tools or knowledgeable about construction, may wish to create or obtain adaptive equipment or make their home more accessible for their children with disabilities. Some adaptations may be simple, one-evening jobs, but others may be major.

5. Find or create support.

Support designed specifically for fathers of children with disabilities is rare. A father wanting to connect with other fathers must seek them out on his own. Families, friends, and co-workers are another source of support.

6. Enjoy your child.

Allow your child to be him or herself. Life does not always have to be about therapies, doctor appointments, etc. Sometimes just let life be and enjoy being together.

KPFC
Dads

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



Provided by the Pacer Center (Parent Advocacy for Educational Rights). For more information, visit their website at www.pacer.org.

Resources and Information

Juvenile Justice reform

Earlier this year, the Kentucky House passed Senate Bill 200 (SB 200). SB 200 seeks to improve outcomes for children and youth involved in the juvenile justice system. The Bill will increase the use of community options for children and youth who have committed status offenses such as running away or skipping school and will decrease the use of out-of-home placements. Tax payer dollars will now be used on research based community supports for youth and their families and focuses on the reasons behind the status offense rather than costly placements such as incarceration and group homes. Previously, the Department of Juvenile Justice has spent over \$102 million a year on these secure placements. Projected savings for the state are estimated at \$24 million over the next five years. Efforts will focus on individualized diversion plans for youth who have committed status offenses and will include community supports and services.

A new resource for youth who are transitioning to adulthood and their families

The goal of gottransition.org is to improve transition from pediatric to adult health care through the use of new and innovative strategies for health professionals and youth and families. They provide a wide variety of resources, tools, and information. Visit their website at www.gottransition.org to find out more.

Your Life Matters! Campaign

Your Life Matters! is an opportunity for every faith community in the United States, regardless of creed, to focus one Sabbath each year on the characteristics common to most faiths that also help prevent suicides. These characteristics are at the very core of what most faith communities are and do, in that they:

- Promote hope
- Build healthy social connections
- Provide answers to life's challenging questions
- Recognize and celebrate the myriad reasons for living and the God-given value of each member in the community, no matter how young or old, weak or strong, healthy or infirmed, and
- Support those who face mental health challenges and/or problems with misuse of alcohol and other drugs, as they seek effective treatment. Support their families and loved ones, as well.

Your Life Matters! is an initiative of the Faith Communities Task Force of the National Action Alliance for Suicide Prevention. All the information and resources necessary to launch *Your Life Matters!* in your faith community are available on their website at www.actionallianceforsuicideprevention.org.

Tips to Help Young Adults Research and Prepare for a Career

"What Do You Want to Be When You Grow Up?", a new publication from Pathways' Career Visions project, offers young adults guidance on career research, including preliminary exploration, getting and conducting informational interviews, and using internet resources for further inquiry. To access the publication, go to <http://pathwaysrtc.pdx.edu/pdf/pb-What-Do-You-Want-To-Be.pdf?>

Helping Young Adults Navigate Vocational Rehabilitation Services

"Getting the Most out of Vocational Rehabilitation", a companion tip sheet to the recently released "What Do You Want to Be When You Grow Up?" publication from Pathways' Career Visions project, explains the types of services vocational rehabilitation provides and the process of applying for services, and offers tips and a case study that illustrate how to obtain successful outcomes from VR. To access the tip sheet, go to www.pathwaysrtc.pdx.edu.

Upcoming KPFC Trainings

For cost and registration information, please contact KPFC at (800)369-0533, visit our website at www.kypartnership.org or email us at kpfc@kypartnership.org.

Nurturing Parenting Facilitator Training

Become a Nurturing Parenting trainer! In this three-day training, participants will learn:

- ✧ The philosophy of Nurturing Parenting,
- ✧ The five parenting constructs of abuse and neglect,
- ✧ The impact of maltreatment on brain development,
- ✧ How to assess high risk parenting beliefs,
- ✧ To tailor-make programs based on family's needs,
- ✧ To gather process evaluation data,
- ✧ To evaluate pre-post program impact,
- ✧ To implement home, group program models.

Training Dates:

Oct. 15-17, 2014 Richmond

Nov. 12-14, 2014 Paducah

~approved for 18 hours of CEUs

Youth Mental Health First Aid

Do you regularly interact with youth? Learn how to identify, understand, and respond to signs of mental illnesses and substance use disorders. During this one-day training, participants will learn:

- ✧ The risk factors and warning signs of a variety of mental health challenges common among adolescents, including Anxiety, Depression, Psychosis, Eating Disorders, AD/HD, Disruptive Behavior Disorders, and Substance Use Disorder.
- ✧ A core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis:
 - ⇒ Assess for risk of suicide or harm
 - ⇒ Listen non judgmentally
 - ⇒ Give reassurance and information
 - ⇒ Encourage appropriate professional help
 - ⇒ Encourage self-help and other support strategies

Training Dates:

Oct. 6, 2014 Lexington

Oct. 10, 2014 Covington

Nov. 7, 2014 Louisville

Nov. 24, 2014 Ashland

Dec. 12, 2014 Bowling Green

~approved for 8 hours of CEUs

Bridges Out of Poverty

Learn the causes of poverty and proven strategies to improve outcomes whether you are an educator, community leader, business professional, health professional, social worker, first responder, government employee, or criminal justice system employee. During this one-day training, participants will learn:

- ✧ Examples of hidden rules among classes.
- ✧ The eight resources of a customer or employee.
- ✧ How economic realities affect patterns of living.
- ✧ Language registers, discourse patterns, and story structure.
- ✧ How mental models are effective interventions for cognitive and language barriers.
- ✧ Principles and practices for improving outcomes with individuals from generational poverty.

Training Dates:

Nov. 5, 2014 Louisville

Nov. 17, 2014 Mayfield

Nov. 18, 2014 Owensboro

~approved for 6 hours of CEUs

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!