



KPFC

Quarterly Newsletter

Volume 10; Issue 6

October 2012

Inside This Issue:

KPFC Updates.....2
 Dates to Remember.....3
 Common Behavioral Health Challenges.....4
 Board Member Spotlight.....5
 Early Childhood Spotlight.....6
 Dads Spotlight.....6
 School-Aged Children Spotlight..7
 Transition-Age Youth Spotlight..7
 KPFC Trainings & Conferences...8

- ♥ *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
 207 Holmes Street
 Frankfort, KY 40601
 PHONE: (502) 875-1320
 FAX: (502) 875-1399
 TOLL FREE : (800) 369-0533
 Website: www.kypartnership.org
 email: kpfc@kypartnership.org

Award Nominations Needed!!!!

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.

A monetary award will be presented during a luncheon in December 2012. Contact the KPFC office at (800)369-0533 or ktilton@kypartnership.org and we'll be happy to send you the nomination forms.

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

KPFC's Board of Directors

Officers:

Beki Blevins-Chair, FIVCO Region
Jim Reed-Vice Chair, Adanta Region
Patty Dempsey-Treasurer, Advocacy Agency
Kerry Goodman-Secretary, LifeSkills Region
Steve Liles-Executive Committee, Bluegrass West Region

Honorary Board Members:

Phillip Patton, Sr., Warden, St. Andrews Episcopal Church
Colonel Robert E. and Mrs. Cora Jane Spiller, Glasgow, KY

Board Members:

Tim Bailey-Substance Abuse Counseling
Eve Cates-Four Rivers Region
Ken Cude-Private Child Care Facility
Michael Denney-Office of Family Resource and Youth Services
Theresia Gray-Northern Kentucky Region
Teresa Howard-Cumberland River Region
Renita Murphy-Seven Counties Salt River Region
Shaun Murphy-Kentucky Dept. of Education
Calvonia Radford-Department for Public Health
Allie Caleb Rigsby-Youth Representative-FIVCO Region
Peggy Roark-Bluegrass East Region
Capplin Sadler-Youth Representative, Salt River Region
Heidi Schissler Lanham-Protection & Advocacy
Christy Sheridan-Seven Counties Jefferson Region
Ed Staats-Citizens Foster Care Review Board (Administrative Office of the Courts)
Sarah Weiler-Military Parent Representative
Sonya Westerman-River Valley Region
Brad Williams-Youth Representative, Northern KY Region
Lonnie Williams-Pennyroyal Region
Anna Winchell-Lincoln Trail Region
Gayle Yocum-Department for Community Based Services

STAFF:

Carol W. Cecil, Executive Director
Laura Beard, SEED Lead Family Contact
Janet Boughter, Training Coordinator
Mary Chicoinesmith, Office Support Staff
Patti Elam, Regional Family Contact
Barbara Greene, Project Coordinator
Julie Neace, Regional Family Contact
Amanda Peay, Regional Family Contact
Carmilla Ratliff, Youth Empowerment Specialist
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.

Become a KPFC Board Member!

KPFC is **looking for board members** that are a parent/primary caregiver of a child who has been identified with an emotional, behavioral and/or mental health challenge from one the following regions:

- ◆ **Buffalo Trace Region:** Robertson, Fleming, Bracken, Nicholas and Mason Counties
- ◆ **Gateway Region:** Bath, Menifee, Montgomery, Morgan, Rowan Counties
- ◆ **Mountain Region:** Floyd, Johnson, Magoffin, Martin, Pike Counties
- ◆ **Kentucky River Region:** Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe Counties
- ◆ **Bluegrass South:** Mercer, Boyle, Madison, Estill, Garrard, and Lincoln Counties
- ◆ **Military parent representatives:** one from Fort Campbell and one from Fort Knox

Board of directors' job description

Each person selected to serve on the Board of Directors must have a:

Commitment to Mission and Vision of KPFC

- ◆ 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.

This commitment must be evidenced by the following:

- ◆ Willingness to submit to a criminal record background check through the Administrative Office of the Courts
- ◆ Willingness to affirm and abide by the KPFC's bylaws
- ◆ Willingness to affirm and accept, as a rule of practice, the KPFC Board of Directors Job Description
- ◆ Participation in the Board mentoring program upon election to the board
- ◆ Service as a mentor if selected to do so by Board Chair
- ◆ Participation in initial Board of Directors orientation training
- ◆ Participation in scheduled Board retreats and events
- ◆ Commitment to KPFC Strategic Planning Process
- ◆ Financially supporting KPFC through regular gifts
- ◆ Attendance at quarterly board meetings
- ◆ Service on at least one of KPFC's standing committees
- ◆ Service on ad-hoc committees as appointed
- ◆ Other duties as warranted and adopted by the Board of Directors

If you wish to apply, contact Carol Cecil at cwcecil@kypartnership.org to obtain a board application.



Dates to Remember



NAMI Walks

Join the National Alliance on Mental Illness (NAMI) walks to show your support for people affected by mental illness .

- Paducah (270)442-2883 **Oct 6**
- Lexington (859)272-7891 **Oct 6**
- Louisville (502)588-2008 **Oct 21**

Step Up for Kids Conference **Oct 8**

To explore ways you can help children in Kentucky grow up safe, healthy and ready to succeed, join Kentucky Youth Advocates at the Muhammad Ali Center in Louisville for the Step Up for Kids Conference. Contact Whitney Neal at wneal@kyyouth.org or 502-895-8167 x 121.

Early Childhood Family Conference **Oct 12-14**

The Early Childhood Family Network will offer a special conference in Lexington for parents and caregivers of young children 0-5 years of age with emotional and behavioral issues. This conference is **free**. There is no cost for lodging or food. Activities will be provided for children. Parents and caregivers will have the opportunity to speak with physicians and therapists, connect to resources, and learn new tools for working with their child. For more information, contact Laura at laura@kypartnership.org or (800)369-0533. This conference is being sponsored by KPFC, KY SEED, and Public Health.

PEP Talk **Oct 25**

KY-SPIN presents PEP (Parents Educating Parents) Talk which includes 5 topics on advocating for your child, understanding the Special Education process, and building partnerships. This training will be held from 6-9pm at the Ohio County Hospital Board Room 1211 Main Street Hartford, KY 42377. To register, contact Sondra Gilbert at 270-687-7038 ext.2123 or Sondra.gilbert@ky.gov or Cheryl Perry at (270) 775-5655.

Fall Institute **Oct 29-31**

FRYSCKY: The Definition of Success! This conference will be held in Louisville at the Galt House and is for community educators and family resource and youth service coordinators. Contact FRYSCKY at (859)333-4209 or go to www.fryscky.org for more information.

Exceptional Children's Conference **Nov 18-20**

"Preparing for Success: Understanding the Plans" 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.

Ending Sexual Assault and Domestic Violence Conference **Dec 5-7**

Please join the Kentucky Association of Sexual Assault Programs and the Kentucky Domestic Violence Association for this conference in Lexington. Go to www.kasap.org to register.

PEP Talk **Dec 13**

KY-SPIN presents PEP (Parents Educating Parents) Talk which includes 5 topics on advocating for your child, understanding the Special Education process, and building partnerships. This training will be held from 1-4pm at Easter Seals West Kentucky Child Development Center 801 North 29th Street, Paducah, KY 42001. to register, contact Stephanie Benjamin at (270) 444-9687 sbenjamin@eswky.com .

HDI Fall Seminar **Dec 14**

"Disruptive Behavior in Children with Attention Deficit Hyperactivity Disorder and Oppositional Defiance Behavior" Interventions that parents, teachers, and other professionals can apply in their interactions, education and therapy with children will be presented in this seminar in Lexington. (859)257-1714 or jerry.chaney@uky.edu .

Does your child have a behavioral health challenge?

Does your child demonstrate behaviors that frustrate you?

Do you and his/her teacher have trouble with disciplining?

Here are some behaviors to look for that *might* indicate your child is struggling with a behavioral health challenge:

- ♥ Hyperactivity or fidgeting (can't sit still, hands must always be busy)
- ♥ Impulsivity (doesn't think before he/she acts)
- ♥ Frequent temper tantrums (Temper tantrums might be normal for a two-year-old child, but not for a ten-year-old child)
- ♥ Seemingly unprovoked rages (Out of nowhere, the child just goes into a fit of anger.)
- ♥ Frequent physical or verbal aggression (fighting, hitting, biting, cursing, screaming, name-calling)
- ♥ Poor grades despite strong efforts (may have a learning disability or an attention-focusing challenge such as Attention Deficit Hyperactivity Disorder)
- ♥ Frequently likes to challenge you or argue (no matter what you say, he/she will argue with you. You say, "The sky is blue." Your child argues, "No, it isn't. Today it is light blue. Don't you know anything.")
- ♥ Anxious behavior (worries a lot, doesn't like to be separated from parent/s, clings to parent, or is afraid to talk in front of people, etc.)
- ♥ Frequently sad or depressed (withdrawn—wants to be by him/herself, doesn't want to play games, doesn't smile and laugh, grumpy, fussy, you can't please him/her)



If you think your child could have a behavioral health challenge, talk with your child's pediatrician or contact a mental/behavioral health professional in your community.

Some common Behavioral Health Challenges include but are not limited to:

Social/emotional delays, Adjustment Disorder, Anxiety Disorder, Attachment Issues, Attention Deficit Hyperactivity Disorder, Asperger's Syndrome, Autism Spectrum Disorder, Bipolar Disorder, Depressive Disorders, Emotional and Behavioral Disorder, Obsessive Compulsive Disorder, Oppositional Defiant Disorder, Personality Disorders, Post Traumatic Stress Disorder, Serious Emotional Disability, Substance Use Issues, and many others

Links to help you:

- ♥ <http://kypartnership.org/resources/>
- ♥ <http://kypartnership.org/diagnoses/>
- ♥ <http://dbhdid.ky.gov/cmhc/default.asp?sub23>
- ♥ <http://nichey.org/disability/specific/>
- ♥ <http://www.samhsa.gov/militaryfamilies/>
- ♥ <http://www.samhsa.gov/nctic/trauma.asp>
- ♥ http://www.nami.org/Content/NavigationMenu/Find_Support/Multicultural_Support/Resources/GLBT_Resources.htm
- ♥ <http://www.nlm.nih.gov/medlineplus/teenmentalhealth.html>
- ♥ <http://www.nimh.nih.gov/index.shtml>

With early diagnosis, treatment, and support, your child can become a successful adult!



Board Member Spotlight



"We began depending on KPFC and the agency Director approximately 10 or 11 yrs ago. We had one child placed privately with us that had immense mental health issues that we had never encountered. Multiple mental health diagnoses followed this young man into our lives. During that same time we began training to become foster parents that ended with us adopting eight special needs children, six of which came from one family. All of our children had intense needs that we were ill equipped to handle. Once you adopt in this state the Cabinet steps out, that is where KPFC stepped in.

We asked that they come to do a training for our church family. We sought out their advice handling every issue that our children came up with. Some of these issues included mental health care, educational needs and acceptable behavior issues.

If it were not for this agency we may have walked away years ago. There are strong youth members that give us the hope that we are doing the right thing. We have support from members of the agency and staff, they have the ability to be a sounding board for our family. We know we are not alone with them around."

~Jim Reed

"In the past week I have been approached by a parent and a community mental health center professional telling me that I sound like a very educated and informed person in my speech, that I am a breath of fresh air, and that I would be an asset to any family, child and/or organization.

This to me says, "KPFC, you have done such a wonderful job in teaching, coaching, and supporting me in my development as an effective advocate!"

KUDOS TO YOU ALL!!!! I felt I needed to share this, it's not often that you get to hear the good stuff that comes from what you do, professionally and personally. I very much want to thank you all for helping me become the person that I am today!! *wipe a tear* There will never be any amount of repayment I can give!"

~Kerry Goodman



Judge Executive Terry Martin in Hart County with Kerry Goodman and her sons signing a proclamation for Children's Mental Health Awareness Day on May 9th



"I originally heard about KPFC through Cheryl Jackson, a Family Liaison in the Bluegrass region. She encouraged me to become involved as a parent leader and eventually I joined the KPFC Board of Directors. Since then, I have been a parent representative for a Regional Interagency Council (RIAC) and a Local Interagency Council (LIAC) in my area and the State Interagency Council (SIAC). In addition, I am a parent representative on the Medicaid Council and was recently elected as Chairperson for the WellCare Council. KPFC has given me a voice and has taught me advocacy skills through the Kentucky Family Leadership Academy. If it was not for KPFC and Carol Cecil, I would not be where I am today. I strongly encourage others to become involved with and meet our Board of Directors at KPFC. I want to thank everyone at KPFC for supporting me and touching my heart."

~Peggy Roark

Early Childhood Spotlight

Why is Early Childhood Mental Health Important?

- ♥ Young children's mental health has significant implications for functioning across home, school, and community settings.
- ♥ Mental health challenges are surprisingly common among young children under the age of 6.
 - ◆ Studies estimate that between 4 and 10% of all young children have clinically significant emotional and behavioral challenges.
 - ◆ The expulsion rate among children in prekindergarten programs is more than three times the rate for K-12 students.
- ♥ The presence of social, emotional, and behavioral challenges, such as attention problems or aggression, compromise young children's chances for school success.
- ♥ Early onset of behavior problems without effective intervention is related to the need for special education services, delinquency, and early school drop-out.



Go to the Kentucky SEED website, childrensmentalhealthky.com, for more information about how to access mental health services and supports for children birth to five years of age and please join us for our annual Early Childhood Family conference October 12-14, see page three for details.

KPFC Dads Spotlight

The Difference A Dad Makes

Children with involved Fathers are more confident, better able to deal with frustration, better able to gain independence and their own identity, more likely to mature into compassionate adults, more likely to have a high self esteem, more sociable, more secure as infants, less likely to show signs of depression, less likely to commit suicide, more empathetic, boys have been shown to be less aggressive and adolescent girls are less likely to engage in sex.



63% of teen suicides come from fatherless homes. That's 5 times the national average.

SOURCE: U.S. Dept of Health

85% of children with behavioral problems come from fatherless homes. 20 times the national average. *SOURCE: Center for Disease Control*

71% of all high school dropouts come from fatherless homes. 9 times the national average.

SOURCE: National Principals Association Report

75% of all adolescent patients in chemical abuse centers come from fatherless homes. 10 times the national average. *SOURCE: Rainbow's for all God's Children*

Even in high crime neighborhoods, 90% of children from stable 2 parent homes where the Father is involved do not become delinquents. *SOURCE: Development and Psychopathology 1993*

Adolescent girls raised in a 2 parent home with involved Fathers are significantly less likely to be sexually active than girls raised without involved Fathers. *SOURCE: Journal of Marriage and Family, 1994*

From <http://www.dadsworld.com/parenting-statistics/importance-of-fathers.html>

School-Age Spotlight

Discipline 101

When we think about discipline, our mind often turns to punishment. What we must remember is that discipline is to teach or instruct. As parents we often use discipline by using a punishment, but there are so many other options for discipline. Over the next few newsletters we will focus on basic discipline techniques that you can try at home with your children. Natural and logical consequences are a good place to start when talking about discipline. Do you know the difference?

Examples ↓	Definition →	Natural Consequence	Logical Consequence
		A natural consequence is what would happen if you did not intervene.	A logical consequence is when as a parent you decide to intervene and the consequence fits the behavior.
Your six-year-old child tears up his teddy bear.		Your child no longer has that toy. "I'm so sorry that your teddy bear lost his stuffing. I bet that makes you sad."	You put the teddy bear up. "Teddy bear has to go up until you can show teddy loving hands instead of angry hands."
Your twelve-year-old daughter steals a shirt from a local business.		The business calls the police and your teen gets charged with theft. "I'm so sorry you made that decision. Let's ask the police officer what you need to do next."	You take your daughter back to the business and make her return the shirt and apologize or make her pay for it. (provide restitution) "Oh honey, I know it will be embarrassing, but you will have to take that back and tell them what you did. You are grounded from shopping with your friends for one month."

Transition-Age Spotlight

The KPFC Statewide Youth Council is Now Youth M.O.V.E Kentucky

KPFC's Statewide Youth Council has officially been accepted as a Youth M.O.V.E chapter. Youth M.O.V.E is a national youth-led organization working to "Motivate Others Through Voices of Experience." Youth M.O.V.E. Kentucky is an eighteen member council made up of youth and young adults who have a behavioral health diagnosis. They use their voices to reduce stigma and improve the systems that serve them. Find out more about Youth M.O.V.E. national at www.youthmovenational.org.

Updated Online Career Tools Now Available

The U.S. Department of Labor, Employment and Training Administration had made upgrades to its suite of electronic tools for jobseekers, students, workforce professionals, and businesses. All of the tools are housed on the CareerOneStop website and the content is organized by customer (job seekers, students, businesses and workforce professionals). The content is further organized around a set of information centers and services (e.g., Explore Careers, Education & Training, Salary & Benefits, Job Search, etc.). Go to www.careeronestop.org and check it out!

Seeking Youth and Young Adults to Write About Mental Health Issues

Are you a young person (anywhere between 14 and 30) who has experience with mental health challenges, foster care, residential treatment, juvenile justice or other systems of care? Want to get paid to write about it? Pathways to Positive Futures is seeking writers for its website on issues relevant to youth and young adults. Go to www.pathwaysrtc.pdx.edu for more information or email gowen@pdx.edu.



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. Please contact the KPFC office at 1-800-369-0533!

Training/Workshops

Most awareness workshops are 2-3 hours long and are available upon request.

Preferred cost: \$100 per hour plus travel costs

Surviving Challenging Behaviors—This workshop focuses on reasons children misbehave and talks about five common misbehaviors. Strategies on ways to handle these behaviors are also shared.

Educational Advocacy—This workshop focuses on special education law, rights, IEPs and 504 plans. Advocacy strategies at each step of the special education process are discussed.

Adolescent Issues—Using Maslow's hierarchical of needs, this workshop will discuss the changes in children as they become teens: biological, psychological and sociological. We will also discuss strategies for staying connected to your teen.

Reactive Attachment Disorder—This workshop begins with an overview of early brain development. What types of events can occur to prevent the brain from developing as expected? What are the characteristics of a child with RAD? We will also discuss strategies for parents and teachers.

Baby Love (FAS) —Baby Love focuses on children born with fetal alcohol effects/syndrome.

Partnering with Parents—This presentation will focus on how to partner with parents of the children you are serving. We will use a process for strategizing how to engage parents and to work with them as a partner.

Engaging Partners—This presentation will focus on how to handle challenging partners and personalities. We will use a process for strategizing how to engage partners and how to work with them collaboratively.

Advocating for My Child—Parents will learn how to advocate in a way that builds bridges instead of burning bridges.

The Other Side—A Youth Perspective—KPFC's Statewide Youth Council presents a variety of skits that demonstrate situations from their real-life journeys. After the skits, the youth council members will host a question and answer panel.

My Story—Successes and Challenges—KPFC's Youth Empowerment Specialist shares her story of growing up with a behavioral health challenges. She shares her journey to help others better understand the good, the bad and the ugly.

Parenting or Teaching a Child with Bipolar Disorder—This workshop focuses on the common behaviors often demonstrated by a child that has bipolar disorder. Discipline strategies for parents and teachers will be shared.

Question, Persuade and Refer (suicide prevention)—Participants first learn about the nature of suicidal communications, what forms these communications take and how they may be used as the stimulus for a QPR intervention. To gain perspective, participants are introduced to the history of suicide, suicide prevention and the spectrum of modern day public health suicide prevention education efforts.

Creating a Family-Driven and Youth-Guided System of Care—What are families and teens role in partnering with the professionals that serve them and their family? This training focuses on why and how parents and teens should participate at the individual level, program level, and the system level. We also discuss what a "system of care" is and how they can make a difference in their communities.

Launching Your Transitional-age Youth/Young Adult—Do you have a teenager that will soon transition to adulthood? How can you help them be prepared for that transition? What do they need to know? This workshop focuses on multiple areas that parents need to be aware of if they want to successfully "launch" their young adult child.



Kentucky Partnership for Families and Children, Inc. Trainings and Conferences

Event	Description	Audience
Annual Youth/Parent Conference	This weekend-long conference provides learning and networking opportunities for teens and young adults with behavioral health challenges and their parents. Workshops often focus on current issues (such as bullying), advocacy, leadership, healthy transitioning to adulthood, symptoms and medications, etc.	<ul style="list-style-type: none"> • Teens and young adults (13–26) with behavioral health challenges and their parents • Open to approximately 50 families
Becoming a Love and Logic Parent Love and Logic is a nationally-recognized curriculum.	"The Love and Logic Institute is dedicated to making parenting and teaching fun and rewarding, instead of stressful and chaotic. L & L provides practical tools and techniques that help adults achieve respectful, healthy relationships with their children." For more information, you can visit http://www.loveandlogic.com .	<ul style="list-style-type: none"> • Parents that have children of any age with or without disabilities • Open to a maximum of 50 parents
Becoming an Effective Trainer	Anyone can become a trainer if they are willing to take the risk and learn how to train and facilitate effectively.	<ul style="list-style-type: none"> • Anyone sixteen years and older who would like to learn how to be a trainer • Open to 15 to 30 participants
Coaching Outside of the Box	A highly skilled leader can learn to become an effective coach who is able to assist others in building their own strengths and skills. This training uses the Leadership Practices Inventory, Motivational Interviewing, Value Claiming, and other techniques for helping strong leaders become phenomenal coaches!	<ul style="list-style-type: none"> • Leaders (parents and/or professionals) that have strong leadership skills within their job or in their community who would like to better support the team or committees they lead • Open to 15 to 30 participants
Early Childhood Family Conference	Young children (0-5) can have social, emotional delays and behavior challenges. This conference provides a learning and networking opportunity for these families to gather information specifically about services for little ones.	<ul style="list-style-type: none"> • Parents who are raising children between birth to five years old that have social and/or emotional delays and their children • Open to approximately 50 families
Kentucky Family Leadership Academy	The Leadership Academy will enable you to: <ul style="list-style-type: none"> • Strengthen your own leadership skills, • Become more comfortable sharing your story, • Increase your ability to become leaders in your communities, and • Create a "family-driven" and "youth-guided" System of Care. 	<ul style="list-style-type: none"> • Teenagers and young adults (16–26 years old) with behavioral health challenges and parents of any age child with behavioral health challenges • Open to 20–40 participants
Kentucky Family Peer Support Specialist Core Competency Training	Are you a parent leader? Are people always turning to you for advice about their child's disability? Being a Kentucky Family Peer Support Specialist is a highly skilled parent who is willing and able to provide support to other parents that are raising children with behavioral health challenges.	Biological parent, adoptive parent, or relative caregiver with permanent legal custody who is raising, or has raised a child with a severe emotional disability who has been or is a client of at least one state funded service

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

NON PROFIT
U.S. POSTAGE
PAID
Lexington, KY
Permit No. 1478

**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!