



KPFC

Quarterly Newsletter

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April 2013

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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.

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planting seeds to end
**SUICIDE &
 BULLYING**



**2013 Children's Mental
 Health Awareness Day**

10:30 a.m. - 2:30 p.m.

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



KPFC Youth/Parent Conference—June 21-23!!!

It's time again for KPFC's annual Youth/Parent Conference! Please join us for a great weekend filled with fun and informative workshops for youth and parents. The conference will be held in Lexington at the Crown Plaza Campbell House Inn. 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 behavioral health and/or substance use disorders and their parents or caregivers. Space is limited, so register early by contacting the KPFC office (800)369-0533 or janet@kypartnership.org.

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

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

Do you know about KPFC.?

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

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

Sheila Schuster	Sarah Weiler
Calvonia Radford	Kerry Goodman
Norma Hamblin	Gary and Sandra Davis
The Gibson Group, LLC	Ed Staats
Jim Reed	

Please Help KPFC!

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

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

- Region 7: Northern Kentucky
- Region 8: Buffalo Trace (Maysville)
- Region 9: Gateway (Morehead)
- Region 11: Mountain (Prestonsburg)
- Region 12: Kentucky River (Hazard/Campton)
- Region 15S: Bluegrass South (Richmond)
- Military Parent Representatives from Fort Campbell or Fort Knox

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



Autism: Navigating the Behavioral and Social World

Buckhorn Lake State Park

Apr 8

Participants will understand areas of the social world that are difficult for individuals with autism and develop strategies to increase social interactions with peers and adults. For more information or to register, go to the Kentucky Autism Training Center's website at louisville.edu/education/kyautismtraining or call them at (502)852-4631.

Operation Respect Workshop

Apr 10

Come to Murray State University and meet the founder of Operation Respect, Peter Yarrow (of Peter, Paul and Mary) to hear about this innovative bullying and violence prevention program. For more information visit www.kysafeschools.org or call (270)809-3235.

Navigating the Challenges of Transition

Apr 12

This seminar is for parents, youth with disabilities, and professionals and will focus on how to help youth with special needs. For more information, go to the Human Development Institute website www.hdi.uky.edu/news/events or call (859)257-1714.

Stand Up for a Brighter Tomorrow

April 12

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 Linda Spurlock at (606)886-4316 or lspurlock@mtcomp.org.

Teen Pregnancy Prevention Summit

April 18-19

This summit will be held in Louisville. 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 Benita Decker at Benita.decker@ky.gov or (502)564-3236.

Arc of Kentucky Conference

Apr 26-27

"Navigating the Road Ahead: Best Practices for People with Intellectual and/or Developmental Disabilities"
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.org.

Northern KY

Mini Parent/Professional Conference

May 11

Parents and professionals are invited to attend this conference and learn about special education, learning strategies, legal rights and advocacy. The goal of this conference is to provide practical information and tools to help you help your child or student become successful. This is a free conference that will be held in Erlanger. For more information, contact Rhonda Logsdon at rhonda@kyspin.com or (800)525-7746.

Safe Schools and Conference

June 10-12

This conference will be located in Louisville and is geared toward School Resource Officers, Crime Prevention Officers, educators, and psychologists. A wide variety of school safety topics will be addressed this year including drug abuse, crisis response, suicide prevention and much more. For more information go to www.kysafeschools.org or call toll free (877)805-4277.

U of L Special Education Conference: Innovative Research to Practical Application

June 18-19

This conference is designed to provide educators, service providers, students, and families from across the Commonwealth with the latest research-based tools for supporting students with disabilities. For more information, email the Kentucky Autism Training Center at katc@louisville.edu or visit their website www.louisville.edu/education/kyautismtraining and look under the training tab.

KPFC Annual Youth/Parent Conference

June 21-23

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!

CYBERBULLYING

Bullies and mean girls have been around forever, but technology has given them a whole new platform for their actions. As adults, we're becoming more aware that the "sticks and stones" adage no longer holds true; both real world and online name-calling can have serious emotional consequences for our kids and teens.

It's not always easy to know how and when to step in as a parent. For starters, our kids tend to use technology differently than we do. Kids and teens today start playing games online and sending texts on their cell phones at an early age, and most teens have smart phones that keep them constantly connected to the Internet. Many are logged on to Facebook and chatting or sending text messages all day. Even sending email or leaving a voice mail seems "so old-school" to them. Their knowledge of the digital world can be intimidating, but if parents stay involved in their kids online world, just as you do in their real world, you can help protect your kids from online dangers. Fortunately, our growing awareness of **cyberbullying** has helped us learn a lot more about how to prevent it. Here are some suggestions on what to do if online bullying has become part of your child's life.



What Is Cyberbullying?

Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person. By definition, it occurs among young people. When an adult is involved, it may meet the definition of **cyber-harassment** or **cyber-stalking**, a crime that can have legal consequences and involve jail time.

Sometimes cyberbullying can be easy to spot — for example, if your child shows you a text message, tweet, or response to a status update on Facebook that is harsh, mean, or cruel. Other acts are less obvious, like impersonating a victim online or posting personal information, photos, or videos designed to hurt or embarrass another person. Some kids report that a fake account, web page, or online persona has been created with the sole intention to harass and bully. Cyberbullying also can happen accidentally. The impersonal nature of text messages, IMs, and emails make it very hard to detect the sender's tone — one person's joke could be another's hurtful insult. Nevertheless, a repeated pattern of emails, text messages, and online posts is rarely accidental.

A 2006 poll from the national organization Fight Crime: Invest in Kids found that 1 in 3 teens and 1 in 6 preteens have been the victims of cyberbullying. As more and more youths have access to computers and cell phones, the incidence of cyberbullying is likely to rise.

Effects of Cyberbullying

No longer limited to schoolyards or street corners, modern-day bullying can happen at home as well as at school — essentially 24 hours a day. As long as kids have access to a phone, computer, or other device (such as an iPod), they are at risk. Severe or chronic cyberbullying can leave victims at greater risk for anxiety, depression, and other stress-related disorders. In some rare but highly publicized cases, some kids have turned to suicide. The punishment for cyberbullies can include being suspended from school or kicked off of sports teams. Certain types of cyberbullying also may violate school codes or even anti-discrimination or sexual harassment laws.

Signs of Cyberbullying

Many kids and teens who are cyberbullied are reluctant to tell a teacher or parent, often because they feel ashamed of the social stigma, or because they fear their computer privileges will be taken away at home.

The signs that a child is being cyberbullied vary, but a few things to look for are:

- signs of emotional distress during or after using the Internet or the phone
- being very protective or secretive of their digital life
- withdrawal from friends and activities
- avoidance of school or group gatherings
- slipping grades and "acting out" in anger at home

How Parents Can Help

If you discover that your child is being cyberbullied, talk to him or her about any experiences you have had in your childhood. This can help your child feel less alone. Let your child know that it's not his or her fault, and that bullying says more about the bully than the victim. Talking to teachers or school administrators also may help, but take cues from your child.

Many schools, school districts, and after-school clubs have established protocols for responding to cyberbullying; these vary by district and state. But before reporting the problem, let your child know that you plan to do so, as he or she could have concerns about "tattling" and might prefer that the problem be handled privately.

Other measures to try:

Block the bully. Most devices have settings that allow you to electronically block emails, IMs, or text messages from specific people.

Limit access to technology. Although it's hurtful, many kids who are bullied can't resist the temptation to check websites or phones to see if there are new messages. Keep the computer in a public place in the house (no laptops in children's bedrooms, for example) and limit the use of cell phones and games. Some companies allow you to turn off text messaging services during certain hours. And, most websites and phones provide the option for parental controls, which provide parents with access to their children's messages and online life.

Know your kids' online world. Check their postings and the sites kids visit, and be aware of how they spend their time online. Talk to them about the importance of privacy and why it's a bad idea to share personal information online, even with friends. Encourage them to safeguard passwords. Write up cell phone and social media contracts that you are willing to enforce.

Look to the web for resource and support information about cyberbullying.

If your son or daughter agrees, you may also arrange for mediation with a therapist or counselor at school who can work with your child and/or the bully.

When Your Child Is the Bully

Finding out that your kid is the one who is behaving inappropriately can be upsetting and heartbreaking. It's important to address the problem head on and not wait for it to go away. Talk to your child firmly about his or her actions and explain the negative impact it has on others. Joking and teasing might seem OK, but it can hurt people's feelings and lead to getting in trouble. Bullying — in any form — is unacceptable; there can be serious (and sometimes irrevocable) consequences at home, school, and in the community if it continues.

Remind your child that the use of cell phones and computers is a privilege. Sometimes it helps to restrict the use of these devices until behavior improves. If you feel your child should have a cell phone for safety reasons, make sure it is a phone that can only be used for emergency purposes. Insist on strict parental controls on all devices if there is any history of your child making impulsive decisions when they are online.

To get to the heart of the matter, sometimes talking to teachers, guidance counselors, and other school officials can help identify situations that lead a kid to bully others. If your child has trouble managing anger, talk to a therapist about helping your son or daughter learn to cope with anger, hurt, frustration, and other strong emotions in a healthy way. Professional counseling often helps kids learn to deal with their feelings and improve their confidence and social skills, which in turn can reduce the risk of bullying. If you're tech-savvy yourself, model good online habits to help your kids understand the benefits and the dangers of life in the digital world.

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this, visit KidsHealth.org or TeensHealth.org. © 1995-2013 . The Nemours Foundation/KidsHealth. All rights reserved.

Additional Cyberbullying Resources:

www.ncpc.org provides information about stopping cyberbullying before it starts.

www.stopcyberbullying.org has a fun quiz to rate your online behavior, information about why some people cyberbully, and how to stop yourself from cyberbullying.

www.wiredsafety.com provides information about what to do if you are cyberbullied.

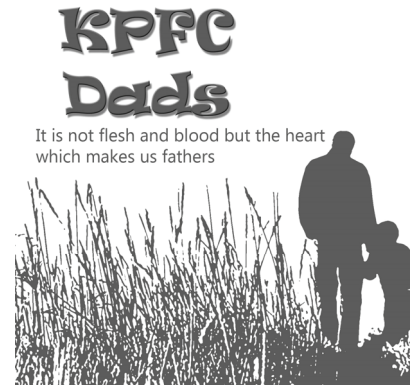
KPFC Dads Spotlight

Fatherhood Initiative: What Do You Expect?

By Christopher Cecil, Fatherhood Initiative Coordinator

Do you expect fathers to be involved in the mental health care of their children? I do too! But it isn't always easy to get us involved. As a father I am quite comfortable with my wife handling the "kid stuff" (school meetings, therapy, doctor appointments, etc...). I didn't like school when I was growing up, I don't like talking about my feelings and I certainly don't like to visit doctor offices! Besides, it doesn't seem anyone really expects me to attend those meetings anyway. I *was* okay with that until I realized how important it is for me to be involved. I found out that when I'm involved, my kids are:

- More confident,
- Better able to deal with frustration,
- Better able to gain independence and their own identity,
- 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, and
- My teenage daughter is less likely to engage in sex!



So the question is *how* to get me involved. First of all, *expect* me to be involved! Do things like:

- ⇒ Leave phone messages for me to return calls and not just my wife
- ⇒ Direct questions to me and not just my wife/child's mother (body language, eye contact, etc.)
- ⇒ Tell me that I am important and why I am important.
- ⇒ Remind me that my kids look up to me and I am their role model
- ⇒ Ask me about my children and what we like to do together
- ⇒ Don't assume that I am clueless (I might be, but don't assume it).

I have come to realize that all kids have a father or father figure. We come in all categories: birth, foster, adopt, step and might include male role models like a grandfather, uncle, cousin, or any man who is a role model. So then, what do we (men who are role models for children with challenging behaviors) need in order to be involved? Here are some ideas:

- We need support from other men so we can share our stories, challenges and rewards (we will actually share our feelings with each other if we can do so on our own terms).
- We need a chance to interact with other dads that understand what it's like to raise challenging children.
- We need opportunities to learn by attending workshops, trainings, etc.
- We need to have opportunities to participate in recreational activities with other families who have challenging children.

KPFC is in the process of establishing a network of men who can support one another and help build upon the family movement. We want to: reach out to men who need support; give men the opportunity to participate in leadership trainings; identify men that might be interested in leading support groups and encourage them to sit on statewide committees so that they can have a voice in the policy making process that impacts their families. But we need your help. Please let men know about us and send us contact information so that we can invite them to become involved with KPFC!

School-Age Spotlight Discipline 101 by Carol Cecil

As promised this article will focus on modeling the behavior you want to see! Modeling is often a very effective strategy for helping children to know right from wrong, how to handle challenging situations and how to be a responsible, contributing member of society. When you model being honest, your children learn to be honest. When you apologize for mistakes that you make (even little ones), your children learn to accept that life is not about perfection, but about being accountable for your behavior. How would you handle this situation? You accidentally scratch a car parked beside you at the store as you back out of your parking spot. Do you freak out? Blame your child who distracted you? Do you leave hurriedly so that no one knows what happened? Do you wait for the driver of the car to come out? Do you leave a note for the other driver with your contact information? The right decision and behavior will model for your child how to handle challenging situations: staying calm, accepting responsibility and taking accountability. Last but not least, how do you model "contributing to society?" Do you volunteer for an organization in your community? Do you make financial donations (no matter how big or small) to a favorite charity? Do you help your neighbors or family members? What you model is what your children will learn.



Early Childhood Spotlight DIY Feelings Box

Children don't always know how to talk about what they are feeling but it's still important to make sure they know they can express themselves. Many children often communicate better when they draw a picture or write a little note. Being able to express feelings is a learning experience for children. Taking the time to think about what caused them to feel a certain way, can help build the capacity for empathy.

Want to make and use a Feelings Box with your child?

You will need:

A small empty box	tape
Some brown or wrapping paper	scissors
construction paper (optional)	sharpie marker (optional)

How To:

Tape the box closed and (parents only) cut a slit into the side of the box. Wrap the box like you would wrap a present. When your child is struggling with their emotions provide them with a small piece of paper and have them draw or write how they are feeling. This is a great alternative to communicating when they tend to be shutting you out. They can spend some alone time making their feelings and calming down. Once they are finished and are calm talk to them about their picture or words and then when you feel they are ready to move forward have them "mail" their feelings. Their box will be a collection of those sad, happy, scared or angry moments they may have had. Those feelings are real and are tucked inside the box once resolved. New feelings will emerge and they will be added to the box as well. Having children learn about their feelings helps them to build understanding for how their body reacts to certain situations.



Transition-Age Spotlight

MENTAL HEALTH YOUTH BILL OF RIGHTS

The Mental Health Youth Bill of Rights was initiated during the 2009 Portland National Youth Summit by a team of 28 national youth leaders experienced with our country's current mental health system. Our vision is that the Mental Health Youth Bill of Rights will be endorsed and clearly displayed in every doctor's office, counseling center, and organization that services youth, ages 14-25, with mental health needs. For more information, visit the Pathways to Positive Futures website at www.pathwaysrtc.pdx.edu.

Youth have the right to be leaders of their psychiatric treatment plans. Youth should be informed of the possible side effects of medications, how long recommended medications take to go into effect, and the possible long-term effects of recommended medication. Service Providers should work with youth to explore possible alternatives to using psychiatric medication before medication is given. Communication between youth and all medical providers should be collaborative, clear, and with limited use of medical terminology.

Youth have the right to evaluate their mental health services. Mental health counselors, social workers, psychologists, and other service providers should provide opportunities for youth to evaluate the satisfaction of their services throughout the duration of care in a respectful and non-threatening manner. This includes evaluation of the relationship with the provider, counseling plans, and implemented treatment models.

Youth have the right to the most non invasive service transitions possible. When youth are transitioning into new services, mental health programs should strive to make the transition as accommodating as possible for the youth. Youth should be consulted on the ways they would like to end their relationship with the current provider. Providers should share if there will be any changes in the costs of services and/or insurance coverage.

Youth have the right to trained, sensitive treatment providers. Youth should have access to mental health professionals that are familiar with the unique needs and challenges of youth with mental health needs. All mental health professional should have specialized training that fosters positive youth development and support. Youth mental health service consumers should be included in the creation and implementation of these trainings.

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.



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/agcollege/4h/camp

Camp Calvary

Camp Calvary is a Christian based overnight camp located in Mackville that offers Adventure Camps 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 camps for special needs children. Camp Freedom is located in Lebanon Junction and is open to children (ages 6 - 11) with mild to moderate behavioral & emotional, needs who are in foster care or are in the custody of their grandparents. (888)879-8884 or www.lions-campcrescendo.org

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

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

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

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

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

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

2013 Kentucky Summer Reading Program

Dig Into Reading!

Readers of all ages will explore the wonders under our feet—buried treasure, evidence of ancient civilizations, insects, dinosaur bones, gardening, and more. Local public libraries have planned programs to keep children reading and learning all summer. Whether counting the amount of time your children spend reading or the number of books they have read this summer, children who join the summer reading program at their public library keep their brains active and enter school in the fall ready to learn and ready to succeed.



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!