



# KPFC

Quarterly Newsletter

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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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## 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 18, 2013**. A monetary award will be presented during a luncheon in December 2013. Contact the KPFC office at (800)369-0533 or [ktilton@kypartnership.org](mailto:ktilton@kypartnership.org) and we'll be happy to send you the nomination forms. You can also visit our website at [www.kypartnership.org](http://www.kypartnership.org) to access the nomination form.

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

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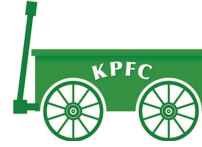
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**Joy Varney**, Associate Director

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.

## **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 is thankful for all of the individuals who help keep our events, trainings, and programs going.**

**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.**

Ed Staats

Ghedra Dunn

Toyota of Nicholasville

Jeffrey and Nancy Wright

David Minor

Natasha Pieczynski

Les Daly

Joy and Terry Varney

Beki Alley

Brandon Kelley

Sonya Westerman

Jim Reed

Renita Murphy

## **Two easy ways that YOU can help KPFC!**

Would you like to help children with behavioral health disabilities and their families but don't know how? Don't have much time or money? KPFC reaches children, youth, and families across the Commonwealth through our trainings, advocacy, and support. You can help us continue our mission to empower families. Here are two easy ways:

1. KPFC holds Silent Auctions throughout the year at events such as the KY Family Leadership Academy. If you have an item that you would like to donate for our baskets, please contact us at (800)369-0533 or [janet@kypartnership.org](mailto:janet@kypartnership.org).
2. Do you shop at Kroger on a regular basis? You can purchase a preloaded \$5 Kroger gift (debit) card from KPFC. When you put money on the gift card and then use it for your groceries or gas, Kroger will donate 4% of what you spend to KPFC! To purchase a KPFC Kroger gift card, contact Kate at the office or [ktilton@kypartnership.org](mailto:ktilton@kypartnership.org).

# Upcoming Events

## NAMI Walk Lexington

Oct 12

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)317-2792 or [Marcie@namilex.org](mailto:Marcie@namilex.org).

## Bluegrass Autism Walk 2011

Oct 19

This year's 2K walk will be held at the Whitaker Bank Ballpark in Lexington. For more information and to register, please visit [www.asbg.org](http://www.asbg.org).

## The Parent Special Education Training Camp

This is a free workshop that will help parents understand the basic rights and protections of Special Education Law (IDEA) including how the Individualized Education Program is developed. To register, contact the ARC of Kentucky at (800)281-1272.

Greenup

Oct 19

Bowling Green

Nov 2

## Early Childhood Family Conference

Oct 22-24

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](mailto:laura@kypartnership.org) or (800) 369-0533. This conference is being sponsored by KPFC, KY SEED, and Public Health.

## Step Up for Kids Regional Conference Series

Advocates, policymakers and experts in all areas of child well-being will gather in cities across Kentucky for this series. Attend an event in your region to discuss the issues facing Kentucky's kids and families. For more information, contact Greta Aschbacher by phone at (502)895-8167 or email at [gaschbacher@kyyouth.org](mailto:gaschbacher@kyyouth.org). Or register online at the

Kentucky Youth Advocates website [www.kyyouth.org](http://www.kyyouth.org).

Owensboro

Oct 28

Manchester

Nov 7

## HDI Fall Seminar

Nov 15

"What Good Transition Planning Looks Like: Empowering Parents and Professionals with Evidenced Based Practice Information" Participants will learn about proven strategies that help students with significant intellectual disabilities successfully transition from high school to the post-school outcomes they choose. This workshop will be held in Lexington. For more information, call (859)257-1714 or email [tina.lindon@uky.edu](mailto:tina.lindon@uky.edu).

## QPR Suicide Prevention Training

Nov 21

Question, Persuade, & Refer (QPR) is the state model for suicide prevention and will be offered at Jenny Wiley State Park in Prestonsburg. For more information, go to [www.ksba.org](http://www.ksba.org) or call (502)783-0089.

## Exceptional Children's Conference

Nov 24-26

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](http://www.kycec.org) to register.

## Ending Sexual Assault and

## Domestic Violence Conference

Dec 11-13

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](http://www.kasap.org) to register or call (866)375-2727 for more information.

## The Different Faces of Substance Abuse

Jan 28-29

This conference will be held at the Griffin Gate Marriot in Lexington and will focus on strengthening grassroots efforts to curtail prescription drug abuse across the state. Go to [www.facesofsubstanceabuse.org](http://www.facesofsubstanceabuse.org) for more information.

# Questions and Answers About Kentucky's Health Benefit Exchange

## 1. What is a health benefit exchange?

A health benefit exchange is an organized marketplace for individuals and employees of small businesses to shop for health insurance based on price and quality. kynect is run by the Office of the Kentucky Health Benefit Exchange within the Cabinet for Health and Family Services. Federal law requires each state to have an online health insurance marketplace to ensure that all Americans have access to quality healthcare.



## 2. Why was it created?

Governor Steve Beshear issued an executive order to create a state-based health benefit exchange to best meet the needs of Kentuckians. kynect, like other health benefit exchanges, will provide simple, one-stop shopping for individuals and small businesses to purchase health insurance and receive payment assistance or tax credits.



## 3. How many Kentuckians are uninsured?

An estimated 640,000 Kentuckians are uninsured as of 2013, or 14.9 percent of the state's population.

## 4. When will I be able to sign up for kynect?

Open enrollment begins October 1, 2013 and runs through March 31, 2014 with coverage beginning as soon as January 2014.

## 5. What happens if I don't have health insurance?

Beginning January 2014, most Americans will be required to have health insurance or pay a penalty. By using kynect, you may be eligible for payment assistance to help cover the costs of coverage for you and your family. kynect will also check to see if you are eligible for programs like Medicaid or the Kentucky Children's Health Insurance Program.

## 6. I want health insurance but I can't afford it. What will I do?

By using kynect, you may receive payment assistance or special discounts to help cover the costs of coverage for you and your family. kynect will allow you to compare and select insurance plans, and find out if you qualify for programs like Medicaid or the Kentucky Children's Health Insurance Program.

## 7. What if I make too much money for Medicaid, but still can't afford to buy insurance?

You may be eligible for payment assistance to help you pay for healthcare coverage you purchase through kynect.

## 8. Will it be easier for me to get coverage even if I have health problems?

Health insurance companies will no longer be able to reject people or charge more based on health status, beginning in January 2014.

## 9. I own a small business. Will I have to buy health insurance for my workers?

No small employer is required to provide insurance coverage. If you have a small business with 50 or fewer people, you won't face any penalties. In addition, if you own a small business with 25 or fewer employees, there may be significant tax credits available through kynect to help cover the cost of insurance. Businesses with more than 50 employees that don't provide health insurance may face penalties starting in 2015.

## 10. What other ways are there for me to get help?

As the October 1, 2013 open enrollment gets closer, there will be many options for help. Assistance will be available online, over the phone or in person.

**Health plans and rates will be available at [www.kynect.ky.gov](http://www.kynect.ky.gov) on October 1, 2013.  
For questions, call toll-free at (855)459-6328.**

# Questions and Answers About Kentucky's Medicaid Expansion

## 1. What is Medicaid?

Medicaid is a health insurance program that provides care to seniors in nursing homes and in communities, people with disabilities, pregnant women, low-income parents, and children. It offers basic health coverage like pre-natal care, doctor's visits, prescriptions, and covers nursing home costs for the elderly. The Kentucky Medicaid program covers more than 825,000 people. Traditionally in Kentucky, Medicaid has not covered low-income childless adults, and working parents have been eligible for Medicaid only if they earned 62% or less of the federal poverty level - less than \$8,926 per year for a family of two.



## 2. What is the Medicaid expansion?

Under the Affordable Care Act, states have the option of expanding their Medicaid program to all adults who make up to 138% of the Federal Poverty Level, approximately. Kentucky has chosen to expand Medicaid.

## 3. Who is eligible for Medicaid under the expansion?

The program will cover those whose annual income is 138 percent of the poverty level or less. The 138 percent cutoff is \$15,856 a year for one person and 32,499 for a family of four.

## 4. Where do uninsured people go to enroll in Medicaid?

Beginning October 1, 2013, people can begin applying for Medicaid through the Health Benefit Exchange self-service online portal. If they are eligible and apply through the exchange, they would be instructed to contact their local Department for Community Based Services (DCBS) office.

## 5. If I already have Medicaid or KCHIP, what should I do?

If you or your children are already enrolled in Medicaid or KCHIP, you do not need to do anything.

## 6. How do I apply?

The easiest ways to apply are:

- ⇒ Go to the kynect website at [www.kynect.ky.gov](http://www.kynect.ky.gov) on October 1, 2013.
- ⇒ Call (855)459-6328.
- ⇒ Go to your local DCBS office.

This is an opportunity for 308,000 working adult Kentuckians to gain health coverage. This is an opportunity for Kentucky to invest in health care for entire families. Parents who have coverage are more likely to ensure that their children are seeing doctors regularly. Currently, Kentuckians without health insurance were more than three times more likely to skip needed medical care than insured Kentuckians. According to the Oregon Health Study, people with Medicaid were 35% more likely get all needed care and 25% more likely to get all needed medications.

## Added Benefits

- Foster care youth will be eligible for Medicaid coverage until age 26. This will ensure that this population of young adults, many of who lack stable income or a support network, will have consistent and affordable health coverage.
- Children will no longer have to go without health insurance for 6 months before they can enroll in the KCHIP program when they move from private to public health coverage. The elimination of this waiting period will help children enroll in KCHIP as soon as their families' incomes become eligible, thus eliminating gaps in health insurance coverage.

"Health Coverage Continues to Increase for Children in Kentucky." Kentucky Youth Advocates, 18 Sept. 2013. Web. 24 Sept. 2013. <<http://kyyouth.org/health-coverage-continues-to-increase-for-children-in-kentucky-4/>>.

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

### Early Childhood Spotlight

By Laura Beard

The fourth annual Early Childhood Family Conference will be held on November 22-24th at the Crowne Plaza Hotel in Lexington, KY. 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. This two and a half day conference is sponsored by KPFC, KY SEED, Department of Public Health and Department of Behavioral Health.

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. In previous years a fall festival has been held on Saturday evening with a trick or treat trail, games and prizes. This year we will host a fall festival with a Thanksgiving theme. 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 the fall festival, please contact Laura Beard at [laura@kypartnership.org](mailto:laura@kypartnership.org).



Rhonda Logsdon, with KY-SPIN can be seen pictured with her son at the photo booth from the 2013 ED Family Conference.



ECU Occupational Therapy students pose for the camera in their costumes at the 2012 conference.

## Parents and kids do better with a back to school routine

### School-Age Children Spotlight

by Carol Cecil

Whether you like it or hate it, summer is over and the kids are back in school! What does this mean for you, the parent? It means back to the "school-in-session" routine which includes homework time, activity time and bed time. Most children function better with these set routines; it allows them to get in-sync mentally, physically and emotionally. If your family is like mine, though, each day looks different and it is often difficult to keep a consistent routine. For my family, I make a "chore chart" every Sunday night. It is a weekly schedule that shows what each person needs to accomplish each day of the week and it includes dinner plans for the week. Once you have a template, all you have to do is change it each week. This shows everyone what the plans are for the week, who is picking up the kids, when games are occurring, etc. My youngest son hates this. He tells me not to "inspire" other parents with this torture. So ...torture your children by helping them to achieve a routine that works for them and for your family!



Happy School Year to all!

Monday 9/16	Tuesday 9/17	Wednesday 9/18	Thursday 9/19	Friday 9/20	Saturday 9/21
<b>Mom</b>					Family party at Grandma's house 2:00
<input type="checkbox"/> work 6 - 4 <input type="checkbox"/> CKC golf <input type="checkbox"/> vball game	<input type="checkbox"/> work 6-3 <input type="checkbox"/> laundry <input type="checkbox"/> dinner	<input type="checkbox"/> work 6-3 <input type="checkbox"/> dinner <input type="checkbox"/> vball game	<input type="checkbox"/> grocery <input type="checkbox"/> vball game <input type="checkbox"/> dinner	<input type="checkbox"/> clean house <input type="checkbox"/> pay bills <input type="checkbox"/> date with husband!	
<b>Dad</b>					Sunday 9/22
<input type="checkbox"/> work <input type="checkbox"/> clean bathroom <input type="checkbox"/> dinner	<input type="checkbox"/> work <input type="checkbox"/> stained glass <input type="checkbox"/> pick up kids	<input type="checkbox"/> work <input type="checkbox"/> mow grass <input type="checkbox"/> pick up kids	<input type="checkbox"/> work <input type="checkbox"/> clean up yard <input type="checkbox"/> vball game	<input type="checkbox"/> work <input type="checkbox"/> pick up kids <input type="checkbox"/> date with wife!	<input type="checkbox"/> Church <input type="checkbox"/> Day with family!
<b>Kid 1</b>					Coming up:
<input type="checkbox"/> feed dog <input type="checkbox"/> vball game	<input type="checkbox"/> feed dog <input type="checkbox"/> recycling out	<input type="checkbox"/> feed dog <input type="checkbox"/> vball game	<input type="checkbox"/> feed dog <input type="checkbox"/> vball game	<input type="checkbox"/> feed dog <input type="checkbox"/> laundry	Next week: Volleyball games on Wed. & Fri. Golf on Tue. & Thur.
<b>Kid 2</b>					
<input type="checkbox"/> dishes <input type="checkbox"/> golf	<input type="checkbox"/> dishes <input type="checkbox"/> golf	<input type="checkbox"/> dishes <input type="checkbox"/> dump garbage	<input type="checkbox"/> dishes <input type="checkbox"/> clean room	<input type="checkbox"/> dishes <input type="checkbox"/> garbage and recycling out	
<b>Dinner</b>					
Soups	Nachos	Chicken	Fish	BBQ and Mac & cheese	

## Help us unite against bullying during the month of October

### Transition-Age Youth Spotlight

October is National Bullying Prevention Month! You can become involved by visiting the Pacer National Bullying Prevention Center website at [www.pacer.org](http://www.pacer.org).

Here are a few of the great initiatives the Pacer Center is spearheading:

- This month unites communities across Kentucky and the nation to raise awareness about bullying prevention. KPFC is asking students, parents, educators and community members to sign "The End of Bullying Begins with Me" petition. Please visit the Pacer website to join us in our stand against bullying.
- Share your personal story by submitting a video, poem, artwork, story, or audio clip to Pacer's National Bullying Prevention Center.
- Show your support to end bullying by participating in Unity Day on October 9th. On Unity Day people around the country will join the movement by wearing orange to "Make it Orange and Make it End!" There will also be a Unity Day Facebook Event that you can join by going to the Unity Day, 2013 page.
- Go to the Teens Against Bullying Website to find a place created by teens for teens where you can address bullying, take action, be heard, and join an important social cause.  
<http://www.pacerteensagainstabullying.org/#/home>

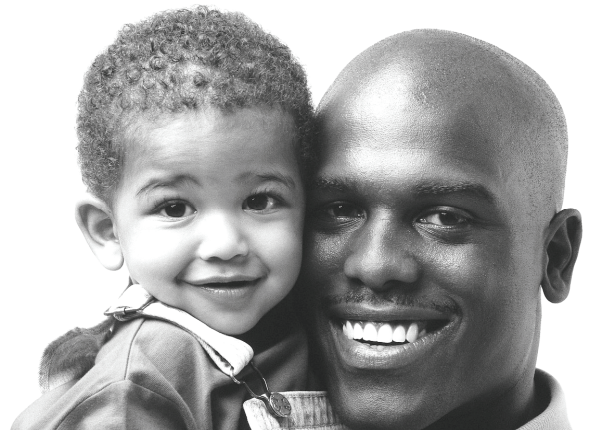


## The Fatherhood Initiative is growing!

### KPFC Dads Spotlight

By Christopher C. Cecil

The Fatherhood Initiative has hosted Dads' Retreats at Cumberland Falls State Park, Rough River State Park, and Lake Barkley. As a result, dad support groups have been formed in Frankfort and Williamsburg with two more groups starting in the Lifeskills and Pennyroyal regions. The retreats have been a lot of fun and we have enjoyed each others' company: talking, playing games and fishing. But just under the surface there is a seriousness about it all. One of the things we have in common is that Dads who are involved in the lives of children with challenging behaviors feel isolated from their friends, extended family members and, at times, we feel isolated within our own homes even when we are co-parenting. You may ask "why do men feel isolated in their own homes?" The feeling of isolation seems to be the result of how different our parenting roles/experiences are compared to our child's mother. Dads have difficulty finding support, at times, from the agencies that provide services for our kids. It seems that agencies didn't expect dads to be involved so they worked 'around us' without our input. One of the results of this expectation is that, until now, there has not been a lot of attention given to supporting dads... UNTIL NOW! In conclusion, the retreats and the support groups have made several things clear to me: 1.) Dads want to be involved! 2.) Dads need support from other dads. 3.) Dads need assistance to start support groups and sustain support groups, and 4.) There are a lot of agencies and community organizations that will support our efforts!





## Connecting Parents and Professionals Through Family Engagement Training

When parents and professionals collaborate, this partnership results in better services and supports for children. KPFC offers solutions to the challenges of connecting parents and professionals through the Family Engagement Training. This training offers service providers strategies and tools on how to build and maintain positive relationships with the families they work for and with. Families repeatedly say that when they feel respected, validated, and heard... they feel more open about sharing their struggles and telling their stories. Agencies will be able to provide appropriate services, better resources and ultimately, achieve greater outcomes as they begin to understand the strengths, barriers, and needs of the families that they're connected with. In this training, participants learn how to understand the need for meaningful family engagement; understand the barriers of family engagement; and acquire tools and strategies to help build relationships. Joy Varney and Barb Greene will be presenting on Strategies to Family Engagement to over 120 Court Designated Workers to be held throughout KY in September and October and also trained on Family Engagement to the Division of Childcare in August. If your agency is interested in giving your staff the necessary tools to engage and empower parents, please contact Joy Varney at (800)369-0533 or [joy@kypartnership.org](mailto:joy@kypartnership.org).



Joy Varney, KPFC Associate Director

## Strengthening leadership skills for parents and youth

KPFC will be hosting the next Family Leadership Academy on **December 13th through the 15th** at the Blue Licks state park in Maysville.. The Leadership Academy is for:

- **Parents/primary caregivers** of children with emotional, behavioral, mental health, and/or substance use disabilities
- **Young adults (16-24 years old)** that have an emotional, behavioral, mental health and/or substance use disabilities. These transitional-age youth must be at least 16 years old and be able to participate in the group process,
- **Teenagers** that are 14 or 15 years old that are identified by a Regional Youth Council Coordinator as leaders in their councils



Participants work on the "Marble Run" at the Family Leadership Academy

**IMPORTANT: All young adults under 18, or who are over 18 and have a guardian, must have a parent or guardian that will attend the conference with them.**

The Family Leadership Academy is **free** to all participants. The goals of the Leadership Academy are to:

- Strengthen the parent's and youth's current leadership skills,
- Help the parents and youth to become more comfortable sharing their story in an appropriate manner,
- Increase the parent's and youth's ability to become leaders in their communities, and
- Build understanding with the parents and youth of what a "family-driven" and "youth-guided" System of Care looks like and what their role is in creating it in their communities.

**If you would like more information about the Family Leadership Academy or you would like a registration form, please contact the KPFC office at (800)369-0533 or [janet@kypartnership.org](mailto:janet@kypartnership.org).**

## 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	Question, Persuade and Refer (suicide prevention)
Educational Advocacy	Launching Your Transitional-age Youth/Young Adult
Adolescent Issues	Bullying Prevention
Reactive Attachment Disorder	Successful Youth Engagement
Baby Love (Fetal Alcohol Syndrome)	Youth Mental Health First Aid
Partnering with Parents	Understanding Mental Health Disabilities
Engaging Partners	Bridges Out of Poverty
The Other Side—A Youth Perspective	Becoming a Love and Logic Parent
My Story—Successes and Challenges	Creating a Family-Driven and Youth-Guided System
Parenting or Teaching a Child with Bipolar Disorder	of Care

Please contact Carol Cecil at [cwcecil@kypartnership.org](mailto: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

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!**