



FRYSCKy BUSINESS

*The Official Newsletter of the Family Resource and Youth Services Coalition of Kentucky, Inc.
Bridging Barriers and Changing Lives Since 1991*

Spring 2010

Final Thoughts and Next Steps

by Tana Jones, President, FRYSCy, Inc.

Wingo (KY) • Can you believe the 2009-2010 school year is almost complete? My two-year term as your Coalition president is nearing an end, and I want to take the opportunity provided in my final newsletter thoughts to offer my heartfelt thanks to you, the FRYSC family. I appreciate, so much, the opportunity afforded to me to work with each of you, as we serve our families of Kentucky. I am grateful to have had this position, which allowed me to meet many of you for the first time, and also enhanced friendships with those of you I've known for many years.

We finished this year with 773 paid members in the Coalition – the most we've ever had! Please go ahead and renew your membership for the 2010-2011 year, which begins July 1st. FRYSCy has quite a positive reputation with legislators and decision makers, and our increase in numbers provides us with a stronger, more united voice when it most needs to be heard.

I encourage you to offer your full support to your incoming president, Mike Flynn. To those of you who already know him, you'll agree that the Coalition is in very capable hands. To those of you who have not yet met Mike, you will quickly witness his leadership abilities as well as his passion for children, families, and this organization!

As you know, our work is never finished. Advocacy must continue to be our calling. You are needed on a daily basis by many individuals with very many different issues. To many, you are their strength, their hope, their lifeline. I pray that God will continue to fill your heart with the courage and compassion you seek to make a positive impact in your community.

May God bless you as you are a blessing to others!

"How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong, because someday in life you will have been all of these." – George Washington Carver

Region 6 Summer Programs

Educational, Safe
& Fun filled
Summer Programming
across Region VI



Region 6 consists of 74 centers

Bardstown Independent Schools (1)
Boyle County Schools (4)
Bullitt County Schools (11)
Campbellsville Independent Schools (1)
Casey County Schools (3)
Clinton County Schools (3)
Cumberland County Schools (1)
Danville Independent Schools (2)
Garrard County Schools (2)
Lincoln County Schools (6)
Marion County Schools (4)
McCreary County Schools (5)
Monticello Independent Schools (1)
Nelson County Schools (4)
Pulaski County Schools (11)
Russell County Schools (3)
Science Hill Independent Schools (1)
Somerset Independent Schools (2)
Spencer County Schools (2)
Taylor County Schools (2)
Washington County Schools (2)
Wayne County Schools (3)

Family Resource Centers

- Summer Child Care
- Summer Feeding
- Transition Days
- Back to School Extravaganza
- Counseling
- Kids Day Out
- Summer Camps
- Backpack Feed Program
- Cradle School
- Longest Day of Play
- Homevisits
- KCHIP Applications
- Enrichment /Recreation Programs
- Collaboration with Partners
- Save the Children Reading Program
- Summer Educational Fieldtrips
- Parent Activity Nights
- Health Rocks Day Camp
- Jammin in June
- Summer Lunch Bus
- Open House
- Attendance Contracts
- Back to School Yard Sale
- Stars Summer Camp
- CSI Camp for 4th & 5th graders
- Toddler Literacy Camp
- STEP (Summer Time Early Prep)
- Baseball Math Camp
- On the Way to Learning (Mobile Lab)
- Book Buddy Club
- Kindergarten Home Visitation
- Uniform Exchange
- Kindergarten Kick-Off
- Computer Camp
- Family Therapy Program (In-Home)
- FRYSC Corps

Youth Service Centers

- Sports/Recreation Camp
- Collaborate with 21st Century, 4-H, Health Dept., Summer Camps
- Jammin in June
- Summer Work program (WIA)
- Summer Girls Club
- First Steps for Teen Parents
- Camp Cause we love to Act
- Freshmen Mentor Training
- Youth in Action Training/MADD
- Student/Faculty Sports Program
- Babysitting Training
- Back to School Orientation
- Reading Bus
- Feeding Program
- Redifest
- Safe Kids Fun Day
- Hooked on Fishing Not on Drugs

Family Resource & Youth Services Center

- Tutoring
- Community Baby Shower
- Backpack Feed Program
- Parenting Classes
- Children's Parade
- Back to School Bash
- Lice Screenings
- School Age Child Care Licensed Type I Program
- Collaborate with 21st Century & Community Education for programs
- Summer Workplace Programs (WIA)
- Professional Development
- Childcare Trainings
- Homevisits
- KCHIP Applications
- Medical & Social Service
- Basic Need Help
- Interagency/Coalition Meetings
- Volunteer Training
- Grandparent Support Group
- Record Keeping/Budgeting
- IMPACT & Mental Health Programs
- Summer Feed
- Summer Camns

FRYSCKy Legislative Appreciation Reception
Tuesday, February 16, 2010



FALL INSTITUTE 2010
November 10-12
Lexington Convention Center

Lodging at Hyatt and Hilton
More information forthcoming.

**Email training requests or
workshop proposals to
fryskycoalition@me.com**

Regional Roundup

Region 6 (Campbellsville Independent) ~ Campbellsville, KY • The Campbellsville Junior Guard program is sponsored by the Kentucky National Guard Drug Demand Reduction Program, and the Campbellsville Family Resource and Youth Services Center. Students may first join the Junior Guard in 7th grade and are eligible to participate until they graduate. At weekly meetings, members learn the seven army values, facing movements, marching, leadership, and citizenship, receive drug education and physical training, and are held accountable for academics and discipline. Other topics covered include CPR/First Aid, hygiene, health, military careers, law enforcement, employment skills, budgeting, self-defense, land navigation, and fire safety. Students also participate in Veteran's Day programs, local parades, competitions, and attend a 3 day 2 night camp each year in the spring along students from other Kentucky schools. SPC Bronson Gowdy, a Campbellsville graduate and assistant football coach, has been the National Guard representative for Campbellsville since 2006 when the program was started at Campbellsville Middle School.

Region 11 (Barren County) • The FRYSCy Ladies of Barren County were honored to be a part of Bowl for Kids Sake recently. This event gives our community a great opportunity to come together for a day to bowl, have great fun, and raise funds for a fantastic organization-Big Brothers Big Sisters!

Bowlers from left to right: Tammy Jolly, Eastern Barren County FRC; Penny Huffman, Western Barren FRC; John Botts, Big Brothers Big Sisters of Glasgow/Barren County; Felicia Montgomery, Barren County YSC; Patty Gentry, North Jackson FRC, and Brenda Chaney, Barren County YSC.



Region 6
Spencer
County

•

Father/Daughter
Dance



Regional Roundup

Region 9 (Williamsburg Independent) • As part of the optional recreation component, the Williamsburg Independent School District has sponsored the Middle/High School 4-H Club for many years through the center. Managed by WISD FRYSC Assistant Coordinator Breonia Perkins, the 4-H club participates in an annual community service project. Each year, the students make a visit to the local nursing home during December. The kids take Christmas cards and candy to the residents and visit with them. They spend time in one of the common areas singing Christmas carols with the residents as well. Students have also put on skits two or three times at the nursing home.

This activity is an excellent opportunity to selflessly bring happiness to others. The students are taught the importance of giving back to the community by spending time with those who need the attention most. It is unclear who really benefits more from the project because the residents love to see and spend time visiting with the young people, and the kids really enjoy the opportunity to be a light to the residents as well.

This program has been honored twice on a state-wide level. The WISD FRYSC Middle/High School 4-H program has been awarded Community Service Awards for their community service project at the 4-H Volunteer Leader Forum award ceremony on two separate occasions.

Collaborative Partners Include:

- Whitley County 4-H Youth Development Program
- Williamsburg Nursing Home
- Williamsburg Independent Family Resource/Youth Services Center



Region 9 • Brandon Woods and Ashley Farmer, two of the Williamsburg High School 4-H Club Members receiving a Community Service Award.

Healthy Baby Fair

Region 9 (Corbin) • In recognition of Child Abuse Awareness/Prevention month, several programs took place through a collaborative partnership in the Whitley County area in April, 2010.

On Monday, April 12, 2010, a Healthy Baby Fair was held at Grace on the Hill in Corbin, KY. With Corbin Independent Schools FRYSC taking the lead in the planning, this event proved to be quite successful. Participants who are new/expectant parents were provided with child abuse prevention materials and offered access to education/prevention services from the following programs:

- Area Health Education Center
- Baptist Regional Medical Center
- Comprehensive Care Center
- Corbin Public Library
- Family Life Abuse Center
- Kentucky State Police, Child Passenger Restraint Program
- PACS Nutritional Outreach & Wholeness Program
- Pregnancy Resource Center
- Protection and Permanency
- Whitley County Health Department

To wrap up the event, participants had their choice of various door prizes such as a stroller, potty chairs, blankets, sippie cups, etc. One lucky winner received a new car seat provided by Community Collaboration for Children. The recipient was instructed on proper installation and use by the Kentucky State Police at the event.

Collaborative Partners Included:

- Community Collaboration for Children
- Corbin Middle/Intermediate School FRYSC
- Corbin High School YSC
- Whitley North Elementary School FRC
- Williamsburg Independent School FRYSC



Regional Roundup

Region 6 (Somerset Independent) • Hopkins Elementary and Somerset High Schools share a very unique program designed to help students – Big Brothers/Big Sisters Mentoring. The program is administered by Ms. Julie Goodan, coordinator of Somerset Family Resource & Youth Service Center, and Ms. Donna Perdue, coordinator of Somerset High School Youth Service Center. The program matches SHS juniors and seniors with Hopkins Elementary School students. In order to participate in the program the teenagers must fill out an application complete with 3 references. After the application is complete Ms. Linda Bourne, Somerset Community College, interviews the applicants to make sure they would be good matches for younger children. Next the teens must be approved by school administrators. While high school applications are being reviewed, Ms. Goodan and Ms. Powell, Hopkins counselor, compile a list of students who could benefit from a mentor. The high school students are then matched with Hopkins students based on personalities and needs. Also, students of the same sex are paired together. After the initial introduction the teenagers go to Hopkins once a week to spend time with their little brother or sister by eating lunch, helping with class work, or similar activities. A total of 33 Hopkins students currently have mentors. Bigs is popular with both elementary and high school students. One example of how this program helps our students is the big sister/little sister relationship of SHS senior Mary Margaret Drake and first grader, Breezi Turner, daughter of Barry Turner. Breezi's mother passed away last year due to a prolonged battle with cancer. Mary Margaret was already Breezi's big sister while she was in kindergarten and has continued in that role this year. Mary has helped Breezi deal with her mother's passing while spending time with her in several different activities. For example, Mary Margaret and Breezi will eat lunch together, work on class work, or spend time reading. When asked about the program Breezi said, "I love having Mary Margaret as my big sister." Mary Margaret said, "This program really helps our children at Hopkins have someone to talk to when they need to. I am happy to have been selected to participate as Breezi's big sister." For more information about the Big Brother/Big Sister Program, please contact Julie Goodan, Somerset FRYSC, or Donna Perdue, SHS Youth Service Center.



Region 6 (Casey County) • The Casey County School's FRYSCs partnered with the local ASAP board, Adanta Regional Prevention Center, SAHEC and others to provide a baby shower for new and expectant mothers in the community. Moms received a wealth of information along with several gifts/prizes. Each mom that needed a car seat received one along with the proper technique for installation. Several other prizes were give away including high chairs, strollers, play gyms etc.

Regional Roundup

Region 6 (Lincoln County) • In an effort to support the health and wellness of Stanford Elementary students, the school nurse, the family resource center and the district parent involvement program hosted “Zumba for Kids” during the months of March & April. The goal was to address physical activity, nutrition & obesity.

The 8-week program was held two afternoons a week from 3:30-5:00 with a healthy snack and lesson from 3:30-4:00. Parents were also invited to join the exercise program with their child.

The participation was a success with as many as 100 students participating. Students attending all classes received a Zumba t-shirt. For more information, contact Karen Hignite, Coordinator, Stanford Elementary FRC.



Regional Roundup

Region 9 (Whitley County) • New Beginnings: Grandparent Support Group

The color green represents new life. It is abundant in nature and signifies growth, renewal, health and environment. It is very fitting that green be the signature color for the New Beginnings grandparent support group, which celebrated a balloon release recently at Bill Woods Park in Williamsburg, KY.

Each month, the group meets at the Whitley County Public Library at 11:00 a.m. to provide support, information, opportunities and understanding to one another. Special guest speakers are often invited to offer insight into specific issues that non-parental guardians face daily.

The group has been meeting now for about a year and a half, and many of the participants find it very helpful to them in their day-to-day challenges with raising their grandchildren. Through the collaboration of several agencies, these grandparents have been given an opportunity for hope of a new beginning.

Collaborative Partners Include:

- Whitley Central/Intermediate Schools FRC
- Whitley North Elementary School FRC
- Pleasant View/Boston Elementary Schools FRC
- Whitley County High School YSC
- Whitley County Board of Education Title I
- Whitley County Extension Office
- Williamsburg Independent FRYSC
- Williamsburg Independent Board of Education Title I



*April Celebration Also Sponsored By:

- Corbin Middle/Intermediate Schools FRYSC
- Community Collaboration for Children

Region 11 (Metcalf County) • Child Abuse Awareness Month Balloon Release - Students and staff at Metcalfe County Middle School released 49 blue balloons representing the number of substantiated cases of child abuse in Metcalfe County in 2009. Melody Grindle from the local Protection and Permanency office talked to the students about what the balloons signified before they were all released simultaneously. The activity was sponsored by the Metcalfe County YSC.



Regional Roundup

Region 9 (Williamsburg/Whitley County) • Parent Workshops

Each July various agencies in the Williamsburg/Whitley County area come together to plan a cycle of parent workshops, which are offered community wide. Each group brings suggestions for topics of interest from their own area of the community and the group sets out to make a schedule of monthly workshops for the school year. Responsibilities are divided up between all of the partners. This makes the 6-7 workshop offered each year more affordable and manageable for all involved parties.

The workshops are offered monthly at the Williamsburg Civic Center, from 11:30 a.m. to 1:00 p.m., and provide free child care, lunch and door prizes to all participants. Each month, a different topic is addressed ranging from child safety, child abuse prevention, and mental health issues, budgeting, etc. The group also has approval to offer 1 hour of foster parent credit at each workshop for those who are in need of continued education hours for certification.

Collaborative Partners Include:

- Bell-Whitley Community Action Agency
- Comprehensive Care Center /Bridges/COPE
- Department of Community Based Services
- Whitley County Family Resource/Youth Services Centers
- Whitley County Health Department/Healthy Start/ HANDS
- Whitley County Title I/Community Education/Family Literacy
- Whitley County Extension Office
- Williamsburg Independent Family Resource/Youth Services Center
- Williamsburg Independent Title I

*April Child Abuse Prevention Workshop Also Sponsored By:

- Corbin Independent Family Resource/Youth Services Centers
- Community Collaboration for Children

Anti-Meth Speaker Shares Important Message with WCHS Students

Region 6 (Wayne County) • "Don't ever feel you are in so deep, that you can't get out," said former methamphetamine addict David Parnell, as he delivered a compelling argument to teenagers not to use drugs.

Parnell, 39, travels the country to share his "Facing the Dragon" program about one man's battle against methamphetamine. He hopes his seven children will learn from his mistakes and become responsible citizens. And he hopes his message will also be heard through his mission to keep young people from destroying their lives through drug addictions. His courage and sincerity were very compelling to the attentive WCHS student body, during a recent assembly.

"I used drugs for 23 years...I've been sober for over seven years," said Parnell, who is disfigured in the face from attempting suicide when he shot himself under the chin with a SKS assault rifle, literally blowing his face apart.

His injuries were so severe he was written off as deceased by the sheriff's department while in transit to the hospital, following a seven year meth addiction. He told the students that he has undergone over 15 surgeries, with many more to go.

His story began at age 13 when he started using marijuana. He then progressed to harder drugs, eventually discovering methamphetamine.

"This drug doesn't discriminate against anyone. They can live in a shack or a \$500,000 house," he said.

He was greatly concerned about meth users helping escalate the incidents of child abuse. He showed the students slides of children who have been abused due to their parents' drug addiction lifestyle. He urged the audience to call authorities and keep calling them if they were aware of a child abuse situation in their neighborhoods.

He spoke about the Haley Law in Tennessee, which motivates him daily to speak out against drug addiction and child abuse. He said meth household members become paranoid and think and act differently. He explained that child neglect, sexual abuse, child abuse, and abandonment are part of the overall picture. "It is not uncommon for a meth user to over discipline a child or even kill them, while under the influence."

Having served two years in state prison, Parnell noted that inmates are particularly hard on other prisoners who have committed child abuse.

"Kids pay the price," said Parnell. "This is what happens with drug addiction."

For awhile he explained that his daughter mistakenly thought it was her fault that he was an addict. "But, I took responsibility for my own actions."

He said his Dad had a drug addiction habit. But he told students if this was a factor in their life, they could still be their own person and rise above it. "You can achieve whatever you want to do in this country."

He warned that it is better for a drug addict to be in jail than out on the street because continued drug use can easily lead to death. In other words, families who don't want their family members to go to jail need to realize it provides a safer haven.

Parnell guessed meth users have a five to seven year life expectancy. "Some don't make it half as long," he said.

Parnell considers himself one of the lucky ones to have recovered from his days as a user and the self-inflicted gun shot wound that changed his life.

"I hope the way I look helps someone," Parnell confided. "My looks are a blessing from God."

Parnell spoke to the Wayne County Middle School and High School students in separate assemblies, while sharing his testimony at First Baptist Church in the evening service on January 20th.

Wayne County School Youth Services Center Coordinator Kendra Roark thanked Parnell for sharing such a personal story with the students. "It's painful to talk about your own life and we appreciate him."

"If you are struggling with an addiction problem come to the Youth Service Center office in the high school and talk to our new substance abuse counselor, Amy Morgan.," Roark told the students.

Morgan was recently hired to work in the Wayne County School system through a UNITE grant. Her duties range from counseling to support services to prevention education. She also speaks to classrooms on individual topics related to anti-drug use and recruits special speakers to inspire students.

Most recently, Morgan coordinated an anti-drug poster contest in the elementary grades representing the negative effects of drugs. Bell Elementary student Hannah Jackson was the winner of the contest.

The next promotional campaign she is coordinating will be an anti-drug door decorating contest at Walker Elementary to the theme, 'Boot Drugs Out'.

Morgan can be reached at 348-3479 at the Youth Service Center where counseling sessions are confidential.



L-R: David Parnell: Speaker, Kendra Roark: Youth Service Center Director, and Amy Morgan: Substance Abuse Counselor

VINTA Students Collaborate on Community Art Project



Region 6 (Danville) • VINTA, Violence is not the Answer, is a group of Danville High School students who are committed to raising awareness about sexual assault, harassment and gender violence among their peers. The students, in collaboration with the Bluegrass Rape Crisis Center and the Beacon Youth Services Center, worked on a community art project with the Danville Community Arts Center to raise awareness about sexual violence in the

community. Brandon Long, local artist and Director of the Community Arts Center, oversaw the artistic design for the project. Each artist created their own message by using collage and original paintings in a two foot square canvas expressing different views and messages about sexual violence. Some of the art pieces were intertwined collages to continue the message with the next piece. The final project is on display during the month of April at the Community Art Center here in Danville. These students also presented information to middle school students about sexual harassment. During Sexual Assault Awareness Month they sponsored a table displaying a few of the art pieces and providing information to their peers about sexual harassment & local resources for help.

Regional Roundup

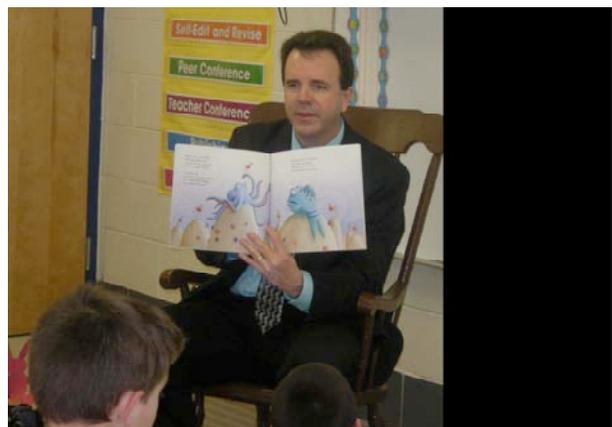
North Washington FRYSC Involves Community in Read Across America Week

Region 6 (Washington County) • North Washington students and staff celebrated Read Across America Week from March 1st-March 5th. During this national celebration of the birthday of Dr. Seuss, the students participated in several activities. Reading Resource teachers held a free book drawing for all students and the cafeteria staff prepared green eggs one day. The Family Resource Youth Services Center coordinated community members and school staff to volunteer as readers in classrooms. The following community and school volunteers shared their love of reading with students during the week: State Representative Mike Harmon, County Judge Executive John Settles, SWEDA Director Hal Goode, Mackville Christian Pastor Jim Cooper, Community Education Director Jill Settles, NWES Principal Amanda Mattingly, NWES Speech Teacher Jennifer Dean, WC Schools Finance Office Judy Spalding, St. Catharine College President Bill Huston, Willisburg Christian Pastor Greg Bowen, Willisburg Christian Youth Pastor Jacob Cox, Laura Peek (Washington County Extension Office), NWES Interim Assistant Principal Betty Montgomery, Paula Baker(WC Schools), WC Schools Director of Instruction Jim Hamm, Washington County Board of Education Member and St. Catharine College Representative Nora Hatton, St. Catharine College Representative Terry Colon, WC Schools Director of Special Education Jason Simpson and Tom Harmon(WC Schools Technology). In addition, the Washington County Schools Technology staff and Gifted and Talented teacher, Carolyn Griffith, coordinated the utilization of videoconferencing which allowed Washington County Middle School Gifted and Talented students to share books with NWES students.

As a part of the Scholastic Book Fair, FRYSC Coordinator, NWES Librarian and BEST Extended Care Coordinator also held a Become an Author night on March 4th which provided parents and children a special time to build their own books through the use of BuildABook kits from Scholastic. Aaron Dugger, NWES Librarian, also shared books with the families who attended the event.

The week was a true celebration of the joy of reading! For more information, contact Donya Stevens, FRYSC Coordinator.

State Representative Mike Harmon read to first and second grade students and shared information on his role in state government.



Noah Whisenant, a sixth grader at Oakland Elementary, served as a legislative page to Senator Mike Reynolds in Frankfort, Kentucky on March 2, 2010 during the Family Resource and Youth Services Coalition of Kentucky, Inc "Legislative Page Days".

Legislative Page Days...

The Family Resource and Youth Services Coalition of Kentucky (FRYSCKy) is a non-profit organization of professionals (including educators and human services providers) who come together to provide legislative advocacy, training and support for Family Resource and Youth Services Centers Coordinators and their staff in Kentucky. The goal of the Coalition is to promote a network that strives to remove barriers to success in school through learning from each other, sharing resources and collaborating more effectively on behalf of children, youth and families.

This year, FRYSCKy, Inc. hosted three legislative page days at the Capitol Building in Frankfort, Kentucky. The FRYSCKy Coalition has (3) three fundamental goals by sponsoring the Legislative Page Program:

1. To provide 5th, 6th, Middle School and High School students with real life situations relating to Social Studies Core Content 2.4 and 2.15.
2. Provide students who may not otherwise have the opportunity to participate as a Page.
3. To spotlight the role of the FRYSC in the educational process.

Students submitted in their own handwriting a statement in 100 words or less, "Why I Want to be a Page in the Kentucky Legislature", as well as, an original "poster" or "picture" depicting at least one way the Family Resource/Youth Services Center at their school has helped students and/or their families.



Noah with his mother



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FRYSCs Across Kentucky

