



FRYSCKy BUSINESS

The Official Newsletter of the Family Resource and Youth Services Coalition of Kentucky, Inc.

Bridging Barriers and Changing Lives Since 1991

Spring 2019

Striving to Brighten Each Day

by Paula Hunter, President, FRYSCy, Inc.

Nicholas County (KY) • Greetings from Nicholas County!

We are getting closer to the end of our 18/19 school year, the days are longer and it's wonderful to watch the kids playing in the sun. There is no better sound than the laughter of children.



We don't meet people by accident, they are meant to cross our paths for a reason. I think every person that I have ever met was brought to my life for a reason. Some brighten our days and some make us realize that we need to brighten theirs. Others, we may not know the reason at that moment, but eventually, we will remember them for a reason.

We are all look different, have different lifestyles and diverse opinions on everything. This is what makes us unique. And the students, families, community members and the school staff that we are around every day are all different. We must step back and look at each situation and person because we do not all think the same so we don't know how they think many times. This is one of the hardest parts of our jobs. It takes a unique person to fill the shoes of a Family Resource Youth Services Center Coordinator. We are all distinctive, but when it comes to our students and helping them with their non-cognitive barriers, we are all on the same page.

Victory over Violence will be held in Northern Kentucky, July 15-17, 2019. It will be an amazing week with information on programs and wonderful speakers from across the nation. It will be a wonderful chance to catch-up with your friends in our FRYSC family. We look forward to seeing everyone. If you haven't registered, now is a good time to do it.

In my opinion, we have the best job in the world. Sometimes it can be draining and takes time away from our families. You are all making a difference. But, we need to take time to revitalize this summer to be prepared for the 19/20 school year. Relax, enjoy your families and the sweet days of summer. Before you know it, it will be time to begin the next year. Back-to-School programs and transition programs will be in full force. Use your smile to change the world, don't let the world change your smile. It doesn't cost anything to smile. 😊

What FRYSCky membership does for you.

Give Me 5 Good Reasons Why...

1. In 2015, FRYSCky advocated and received an increase of \$1,000,000 in funding.
2. Advocacy, Receptions, Legislative Meetings, Committee Meetings, and Special Projects by FRYSCky take 2,065 hour yearly to coordinate.
3. FRYSCky advocacy efforts lead to restored funding in 2018.
4. Advocacy at the Capitol - the FRYSCky Public Policy Committee averages 75,000 steps per year at the Capitol equaling 35.51 miles walked on your behalf each year.
5. FRYSCky advocacy efforts lead to increased funding for centers in 2019.

BONUS: You are eligible for \$500 scholarship grants to attend state and national trainings through FRYSCky.



Your annual membership payment is an investment to support the strength of FRYSC statewide. Advocacy and communication about the value of our program is a never-ending task starting with YOU at the local level and including the COALITION work throughout the year.

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FEATURE ARTICLE...

Region 8 (Floyd County) • Walk in Faith

by Angie Martin, Coordinator, Mud Creek Family Resource Youth Service Center



Grethel (KY) • Human emotion invokes many fantastic moments throughout the course of our lives; however, it is also frail and can be easily fractured. Doubt and fear consume and overtake the joys of our lives and dominate our very existence. Stress controls our bodies and suffocates our hopes when we journey through each day without faith.

As the flowers bloom in spring, so do the plans of FRYSC coordinators across the state of Kentucky. The flutters of excitement come with new goals, programs, and ways to inspire the lives of children. Then comes a shutter of nervousness as we await the message that brings news of funding. Funding is the dark cloud on the horizon waiting to rain on all our ambitious plans and goals that may have to be pushed aside for other needs. As the storm continues to approach you reach out to every community partner asking for help all the while cutting back to be certain you can cover the basic needs of those most important in our community, the children. When all is exhausted and the storm is overhead and the flood of despair begins because the funding is not, available to meet our goals we try to continue to paddle

on with prayers and hopes until God sends a bridge our way.

This year had been no different throughout the summer months and through September. As October approached, the worry mounted because Thanksgiving and Christmas were fast approaching. Thanksgiving and Christmas take on new meaning for FRYSC coordinators because it is our job to make those holidays special for every student we serve. One fateful Friday afternoon I was in my office working on backpacks for the weekend when the office called and informed me I had a visitor, James Meade. Mr. Meade wanted to inquire if I would be interested in allowing his precious little church to adopt our school. Lacking faith and being a skeptic I was not sure he knew the full scope of the undertaking he was about to acquire but knowing I needed the help I was accepting anything being offered. First, he offered a truck full of household supplies to be divided among families as needed. Then, he informed me that he had formulated a plan to provide 50 food baskets for Thanksgiving and 50 ham baskets for Christmas. My doubts were screaming within my mind at this point because I knew all too well the challenges that arose when faced with these large goals, so I asked how many members were involved with his church. The answer, 60, the gulp formed and stopped in my throat as my mind said there is no way one small church can accomplish so much! We decided to collaborate and try.

I pulled back the reins a little and told him that the Beta Club and my youth AmeriCorps worker were already planning a food drive competition so if he could get the turkeys and rolls we would add our canned food to the basket to relieve some of the burden on them. He agreed to that arrangement, we derived a plan about how to deliver the meals to families, and he told me that his church members would be here to help.

As days passed, there were several texts and visits until we both confident that we had an awesome plan. We decided that we would give the dinners out the Friday before Thanksgiving starting at 3:00. Once again, my faith began to waver and I allowed doubt to creep in “Will I have enough people to help?” “Will we have enough food?” “Can we get them all delivered?” I rallied the Beta Club, AmeriCorps youth, and staff members to help. When the day arrived, I got the texts that they were, here, and ready to unload I rushed to the lunchroom with all my people and to my amazement, there was a line a people from that precious little church there to help. They worked just as hard as my group and before we knew it, we were finished.

As Christmas approached, those terrible doubts began again and I felt my faith slightly waiver yet again, they had already accomplished so much, would they really be able to turn around and do it all again in less than a month? Yet again, the call came with a kind voice on the other side letting me know they were ready for Christmas and then he said if you know

of any kids that need a gift just let know. My eyes welled up and I could not contain the tears. The realization that from the beginning I had been in doubt and allowed my faith to waver washed over me and was replaced by the knowledge that God's love had sent this little church my way and faith in his love brings them back and helps in succeed each time. Christmas dinners were provided and delivered as promised as well as gifts for some students.

By this point I had come to love the words "Tell me what you need" because I now have strong faith that what is promised will be provided through the faith in their hearts and God's loving hand. Once more, the call came and amazing things were happening. This small church of sixty members provided a pair of shoes for every child in our school and served them ice cream and cupcakes before Easter weekend.

In my darkest and most worrisome time of year when I was barely floating through, God not only sent me a bridge but a wonderful church filled with people who want to improve the lives of children and have no wish to be glorified for their deeds here on Earth. Through this year and the help of this precious church, I have learned to forever maintain and walk in faith!

Region 7 (Ashland Independent) • Ashland Celebrates Reconfiguration and New Funding

by Karen Gearheart, Coordinator

Ashland (KY) • The Kentucky Family Resource Youth Services Centers (FRYSC) strive to remove barriers in the lives of students to help them reach their full potential by relieving stressors that could be impacting their academic performance. Since opening in the early 1990s, Ashland Youth Services Center (AYSC) took care of the nearly 1700 students at both Ashland Middle School (AMS) and Paul Blazer High School (PBHS) under one grant with staff at both schools under one coordinator. In the late spring of 2018, the State of Kentucky offered to fund Family Resource and Youth Services Centers (FRYSC) for schools that did not have one and to fund stand-alone FRYSC covering multiple schools that were able to show student need. AYSC applied for the grant and was approved for reconfiguration, giving both PBHS and AMS stand-alone Youth Services Centers.

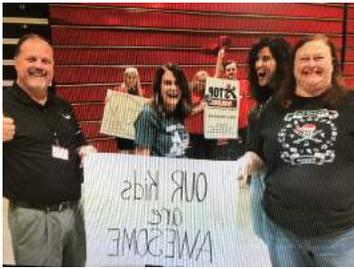


A ribbon cutting ceremony was held during the 7th Annual Child Abuse Prevention Conference in Morehead on April 12th. State Representative Rocky Adkins spoke about the need for FRYSC and Miss Kentucky spoke of the impact made on her when she interned with FRYSC as a social work student and how she now advocates for FRYSC. Also in attendance were representatives John Blanton, David Hale, Kathy Hinkle, Ashland Independent School District administrators, community partners, and colleagues from across the state to show their support. The new Ashland Blazer Youth Services Center (ABYSC) opened on January 1, 2019 and continues to offer services and resources to students at PBHS such as clothing, emergency food, substance abuse education, mental health referrals, and much more. We are looking forward to the positive impact this will have on the lives of our students at both schools in the years to come. We would like to thank our Legislature who made this possible by fully funding FRYSC.



Region 10 (Powell County) • High School Films Anti-Bullying Message

by Ruth Stamper, Coordinator, Powell County High School YSC



Stanton (KY) • The Powell County High School Youth Service Center took a stance on Bullying this fall by creating an Anti-Bullying Lip Dub video. Led by students and staff, the product was a video that all could learn from. Mrs. Ruth Stamper, Coordinator of the PCHS YSC said, “The goal was to bring awareness to bullying, to stopping violence in schools”. Almost 700 students and staff participated by designing posters and directing students during the videotaping.

One student said “if this video could be one life line for somebody who is being pushed too far, in a time where we see terrible things happening in schools everyday....if nobody is doing anything then it’s only going to get worse.” If you would like to see the video, it is posted on YouTube under Powell County High School Lip Dub 2018 and also on the Powell County High School’s web page.



Region 5 (Anderson County) • Bearcub Learning Academy: Kindergarten Readiness

by Crystal Crouch, Coordinator, Saffell Street FRC

Lawrenceburg (KY) • The Sparrow Early Childhood/Saffell Street FRC and Emma B Ward/ Turner FRC hosted the 2nd Bearcub Learning Academy: A Night with Dr. Seuss on March 14, 2019. This family friendly event is for children who are ages 3 to 5. The goal of this program is to assist families in becoming their child’s first teacher by teaching them engaging activities to encourage early literacy, math and science skills. Potential families are identified through referrals to the FRC from SECC Preschool, Headstart, and other agencies. Flyers are sent home with students and phone calls are made to all potential family participants, our motto is if you call them, they will come! Families are greeted at the sign in table and given a name tags. Families and children are then served a delicious meal and are seated at tables that have fun learning activities for the children to engage in while they are eating dinner. After dinner, children are read to by the amazing (Ms. Pickle winner aka Children’s Librarian of 2019) Ms. Sherry Noon. After story time, the families are divided into four groups at each of the four stations. The stations included activities that incorporated skills necessary for kindergarten readiness such as letter recognition (upper and lower case), sight word recognition, number sequencing, and sensory play. There is also a healthy snack station that is sponsored by the amazing Ms. Happy Raffaele through Kentucky State University SNAP Education. Families are given take home bags which have each of the games played at the stations, books, and sensory play items to continue their learning experiences at home! Data will be collected on the students who participated at the beginning of the school year to see how well they were prepared for Kindergarten in relation to students who did not participate in the program.



Region 7 (Magoffin County) • Pinwheels for Prevention at North Magoffin Elementary

by Carrie Allen, Coordinator, North Magoffin FRC



Salyersville (KY) • Fifth grade students proudly display pinwheels during April which is National Child Abuse Prevention Month. Shining in the sun, pinwheels represent bright futures for our children and our community. We want all children to live in loving, nurturing environments at home, at school, and in the community.

Region 2 (Ohio County) • Baby Shark Bash

by Stacy Boyd, Coordinator, Western Elementary FRC



Centertown (KY) • Western Elementary FRC Stacy Boyd is calling all Baby Sharks ages 3-5 to come sing, dance, learn about shark facts, and make crafts all while hanging with new friends to get ready for Preschool registration. There are four sessions leading up to registration in May. The focus is to get families into the building and students comfortable coming into school, which can be intimidating. Seventeen baby sharks with families have been in attendance.

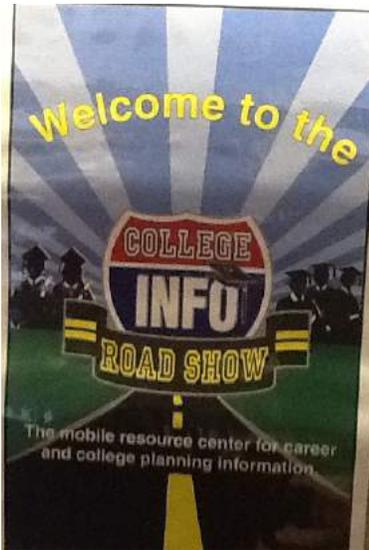


The *North Hardin High School Youth Services Center's Friends of Rachel Club* sponsored the 2019 Child Abuse Prevention Campaign at the high school. **Leslie Hall is the YSC Coordinator.**

Pictured Club Members: Sydney Coleman, Adrian Saguy, Taylor McGaugh, Pheonix Compton, Brayden LaRue, Destiny Applewhite, and Sydnie Bass.



Region 1 (Christian County) • From Born Learning to College / Career Readiness and a Visit from Miss Kentucky



The Dorothy Kingston FRC invited the mobile outreach unit, the College Info Road Show facilitated by Mr. Kevin Wilson from Frankfort talk to Pembroke Elementary School 6th Graders on January 28, 2019. Students were given a brief overview of student financial aid programs and services. They also learned about the Kentucky Educational Excellence Scholarship (KEES) and how it will benefit them when they get in high school. **Barbara Meriwether, FRC Coordinator.**



Pembroke Elementary School's Annual Career and College Readiness Day on February 21, 2019. 26 vendors setup exhibits in the school gym for 3rd through 6th graders from 7:00 to 11:00 a.m. Passport Insurance provided bags for the students. Chick-Fil-A provided breakfast biscuits & fruit tray for their guests.



Pembroke Elem. Birth to 5 years old Learning Academy. Families attend 4 workshops. Preschool Teachers, a Kindergarten Teacher and a member of the Community Early Childhood Council assisted in the workshops. Each session included an “All Ready Kindergarten Kit” which include learning tools designed to help parents teach Counting, Word Building, Handwriting, Beginning Reading and more. Each session included a meal. Christian Co. Dolly Parton Imagination Library partnered with Dorothy Kingston FRC by providing activities for the siblings of the Pre-School & Kindergarten students. Each child received a book at each session.



LEFT - Storyteller, Mrs. Angela McKee, entertains Pembroke Elem. School K-2 for Black History Month in February.



On February 22, 2019, Miss Kentucky 2018, Katie Bouchard, visited Pembroke Elementary School during House Day. Miss Kentucky talked to the student body about “Kentucky Proud” and her journey being Miss Kentucky.



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EMPOWERING TEACHERS EMPOWERING STUDENTS

A new view on mental health in the classroom

PRESENTED BY:

Michelle Kixmiller, MSN, MAE, RN, APN, PMHNP-BC
Tami West, PhD

The Rationale:

Research indicates that teachers feel ill-equipped to help students with mental health needs, leaving them feeling inadequate, angry, and ineffective. Imagine giving teachers greater insight into the mental health needs of students, while also addressing their own self-care! Imagine teachers feeling more productive, more content, and having more time at the end of each day. In this powerful program, you'll learn why dealing with this issue is so important and how to comfortably incorporate techniques into your daily teaching routine.

The Mental Health Gap

Approximately 1 in 5 youth aged 13–18 experiences a mental disorder at some point during their life (For children aged 8–15, the estimate is 13%). These disorders range from anxiety and depression to bipolar disorder and schizophrenia. At one extreme, we're inundated with stories of bullying, cyber-bullying, suicides and school shootings, sometimes the result of mental illness. At the other extreme are stories of students who suffer in silence. And the teachers? Some struggle with mental illness themselves. Some have no understanding of mental health needs. Many are simply frustrated at being asked to deal with one more complicated issue. How are schools dealing with this crisis? Some have required trainings that provide brief background information and lists of accommodations. Some do nothing. None address both the student as well as the teacher. Empowering Teachers, Empowering Students fills this gap.

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Here is What You Will Learn:

- Overcome debilitating thought patterns about mental and emotional health and student behaviors
- Gain understanding on student mental and emotional health
- Get more time at the end of each day by investing time early in the year
- Emotional and "stress" management skills that will keep you calm and in control
- Partner specific mental health needs with reasonable accommodations
- Create an emotionally healthy environment for both teacher and student
- Develop empowering communication skills to use with students, parents, and others you encounter during your day

The Details:

Understand the Thinking Process and the Impact on the Teacher/Student Relationship

- Recognize triggers for negative thinking
- 3 tips for modifying debilitating thought patterns that affect you and your students
- Create a plan to calm your mind before, during, and after difficult encounters with students and struggling caregivers

The Power of Insight

- Gain understanding on student mental and emotional health
- Define mental health disorders that educators find most difficult within the classroom environment
- Overcome 3 common mental health myths that lead to disruption in your classroom

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Emotional and "Stress" Management Skills That Will Keep You Calm and in Control

- A new view on managing "stress" at work and at home
- 4 steps to combat emotional responses and still feel mentally healthy
- Integrate emotionally healthy language into conversations with students, parents, and other concerned adults

The Power of Peace

- Identify 4 signs of a toxic environment
- Define 4 E's of an emotionally healthy environment
- Learn teacher-friendly classroom accommodations for difficult mental health concerns

What Teachers Are Saying:

Nice to have a program that validates and puts a description to what we feel, the students feel and how we can teach through those struggles!

Gallatin High School
Sumner County, TN

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Region 9 (Whitley) • Parent/Child Program for Easter

by Sherry Paul, Coordinator, Whitley North FRC

Rockholds (KY) • Whitley County North Elementary Family Resource Center Coordinator Sherry Paul collaborated with Shiloh Mason, the new Save the Children Early Childhood Coordinator, for a fun parent/child group that included an Easter craft and an egg hunt. Children 0-3 completed an activity with their parents while older siblings enjoyed a craft in their own small group. All children received hands-on activity time as well as physical activity. This is the first year of the full Save the Children grant at Whitley North which provides after-school activities. The parent/child group meets one time per month.



Region 2 (Davies) • Girl Power Encourages Positivity

by Stephanie Keelin, Coordinator, Meadow Lands FRC

Owensboro (KY) • The Meadow Lands Elementary Family Resource Center sponsored the Girl Power Club providing an opportunity for girls to learn about kindness, having a positive body image, and other important issues. They also enjoyed fun activities such as games and crafts, and took a trip to iArt Studios to paint ceramics!



Region 6 (Taylor County) • Grandparent Cosmetology

by Ann DeSimone Mattingly, MAEd., MSW, Coordinator, Taylor County FRC

Campbellsville (KY) • The Taylor County and Campbellsville Family Resource & Youth Services Centers took their Grandparents as Parents (GAP) group to the cosmetology program at TCHS on February 6th for a “spa” day. This month’s meeting was entitled “You Matter, Too!” and each of the grandparents were provided a service by the cosmetology students at Taylor County High School. A huge thank you to the cosmetology students for such a fun day and to Taylor County Superintendent Higdon for providing a bus to transport everyone to the high school! Everyone enjoyed the day and complimented the students for their professionalism!



Region 8 (Floyd County) • R-E-S-P-E-C-T at Adams Middle YSC

by Michelle Keathley, Coordinator, Adams Middle School YSC



Prestonsburg (KY) • We have just wrapped up another Respect Society Program at Adams Middle YSC. This is a program began over 20 years ago at the center with the help of a wonderful Community Partner, Our Lady of the Way ARH of Martin, Kentucky.

During the 8 weeks of the program, 6th Grade Girls at our school who participate have sessions including Your Amazing Body, Being a Mom is Tough, Living on a Budget, Body Image, and Career Opportunities. As part of the program, the girls also get a two night experience with the Baby- Think- It-Over infant simulators. Students also do an STD presentation which they present to the rest of the group. Post surveys with the girls show that they learn a lot from the program including what abstinence is, how difficult it is to live on a single-mom

budget and how they should be treated in a relationship.

At the end of the program, we have a pizza party and the girls earn a certificate for completing. This is one of my most favorite programs that I have been a part of as a YSC Coordinator and I really enjoy getting to share some real-world knowledge with the girls.

Region 4 (Boone County) • Jingle Bell Shop

by Ben Brown, Coordinator, Boone County High School YSC

Florence (KY) • The Boone County High School YSC collaborated with members of Student Council to organize a “Jingle Bell Shop.” This event provided free Christmas gifts for 60+ families in the school community. The students and parents were able to attend the shop and pick out presents for everyone in their family. They also received free wrapping paper as well as food bags when they left. The Student Council members collected the items for the families, organized the gifts, and were an overall tremendous help for this service project. It was a great success!



Region 11 (Caverna Independent) • Protecting Youth from Cyber Danger

by Wilma Bunnell, Coordinator, Caverna FRYSC

Cave City (KY) • Caverna Middle School 7th and 8th grade students attended a presentation by Bob Couchman, ICAC Investigator, Forensic Examiner and Secret Service. The Cyber Safe Kids presentation was sponsored by FRYSC and KY ASAP. Mr. Couchman discussed candidly about sending inappropriate pictures, ways not to use social media and the consequences that follow. Students had the opportunity to see videos of real –life stories and experiences. Middle School teacher, Terry Thorpe stated, “Mr. Couchman had the students attention from the beginning. They were very forthcoming with their own experiences. I believe several will be more careful from here on out thanks to this presentation.” According to Journal of Education approximately one in five students reported being cyber bullied in the past year, with 55% of those students being repeatedly victimized within the past 30 days. Female students were more likely to be involved in cyberbullying (victim, bully, and witness) compared to male students. One aspect of this study involved an examination of student disclosure and the consequences to victims and witnesses when informing others when they were affected by cyberbullying. Approximately 64% of youth reported the incident when they were cyber bullied and 60% reported when they witnessed cyber bullying. Peers and parents were told most frequently, while teachers were rarely informed. The likelihood of the cyber bullying behavior terminating was not influenced by the group informed of the incident. Overall, neither peers nor adults were very effective in assisting youth to reduce the cyber bullying behavior. These results suggest that peers, parents, and school personnel need to be prepared to offer more helpful strategies to youth who are involved in cyberbullying as victims, perpetrators, and witnesses. The common suggestion that youth report bullying behavior loses some of its credibility when those who do report do not receive helpful advice.



Bill Couchman, ICAC Investigator-Forensic Examiner said many schools have told him that students sending nude images, cyber-bullying, and bringing social media drama to school is the #1 problem they deal with on a daily basis. You can't help build those foundations if you are dealing with this every day.

Bill works with FRYSC's, their students, and parents to decrease incidents and effects of students being victimized by online predators, other students, and their own bad choices.

Much like his work as a police officer, retired Madisonville Police Department Detective Bob Couchman post-retirement career includes protecting children from online predators.

Mr. Couchman partners with Michael Lemon one of a two-detective team devoted to digital forensic analysis before retiring July 31. He spent 12 years investigating Internet crimes against children and eight years extracting information from computers, cellphones and other digital devices that could be used in investigations in nearly every type of crime. His offerings are twofold. For parents who want to know what their children are engaged in online, he provides a social scan service in which he uses computers and forensic software to take a digital snapshot of a device's complete contents, including items that have been deleted or removed from search histories.

The other part of his business includes training law enforcement officers from other agencies to conduct forensic exams of digital devices. As part of that service, those agencies will have a subscription allowing them 24-hour access to his lab and equipment, and in the coming weeks online access to his software from a remote location.

Working with FRYSC across the state, we have trained over 4,000 students, educators and parents (yes, parents actually show up) in 2018.

Our schools have seen declines in students sending illicit images and lessening of the effects of the times they do send them.

When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time.

Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment, and creating a community-wide bullying prevention strategy.

Region 4 (Kenton County) • T.A.P. (Teens As Parents) Group

by Melissa Cross, Coordinator, Simon Kenton High YSC & Gina Ledbetter, Coordinator, Dixie Heights High YSC

Crestview Hills (KY) • The Simon Kenton and Dixie Heights Youth Service Centers collaborate on a monthly teen parent support group called T.A.P. (Teens As Parents). This is a yearlong program that covers topics such as: child development & milestones, early literacy, personal safety, community resources, healthy relationships, self-care, routines, budgeting, time management, college & career exploration, and anything else the young parents want to explore. Each session includes a new topic, guest speakers, and the opportunity to build relationships with other teen parents. Students are provided a free lunch as well as diapers, wipes, educational materials, books for their children, and other items. Most recently, the group took a field trip to the Lincoln Grant Scholar House, which is a program that provides supportive services with education, family support and housing for single parents (male, female, and grandparents) seeking college degrees. The Scholar House is even furnished with a media lab, children’s library, and theatre and fitness center! The T.A.P. Group aims to equip new moms with the tools they need to raise happy and healthy children.



Region 4 (Kenton County) • Early Education Carnival

by Kelly Klaber, Coordinator, South FRYSC



Falmouth (KY) • The Community Early Childhood Council in collaboration with the Pendleton County Public Library, Pendleton County Cooperative Extension Office, Three River’s Health Department, and the South Family Resource Youth Services Center hosted its First Annual Community Early Education Carnival. This event was held on April 6, 2019 at the Pendleton County Extension Office from 11 a.m. to 2 p.m. Targeting parents and children ages birth to five, this event brought community agencies, schools, and regional organizations together to provide resources to parents about the importance of early learning and what they can do to facilitate this in their own home. Various booths were set up by local and regional agencies that provided information about their services as well as a “make-it, take-it” activity for the kids. There was a dance activity and many fun carnival games for the kids as well as face painting and a bounce house. Parents also had the opportunity to participate in the ASQ and Brigance screenings and could even have their children’s eyes screened on site. Many door prizes were donated or purchased and all families who participated

were entered to win various items such as books, bikes, learning games and activities, and zoo passes.

Region 4 (Gallatin County) • Dolly Parton Imagination Library Night

by Conte Flowers, Coordinator, Gallatin County FRC



Warsaw (KY) • Five years ago, the Gallatin County Family Resource Center started Dolly Parton Imagination Library Night which has quickly become a tradition for preschoolers and their families. Our community partners: public library, extension service, preschool department, HANDS program, Headstart/Early Headstart unite to make this an exciting night of learning and adventure for everyone.

While parents snap photos, the children board the Dolly Parton Imagination Library train which transports them to the cafeteria. After dinner, the preschool children visit five stations where they will hear four Dolly Parton Imagination Library books as well as participate in activities related to the

books. The fifth station is a “Book Walk” where the children win several new books.

What a blessing to see parents interacting with their children as they experience the joy that books can bring to their lives. As we seek to make this night better and better each year, our ultimate goal is to have Dolly herself to come and ride the train!

Region 4 (Kenton County) • A Decade of Learning

by Julia Goodman, Coordinator, Beechgrove FRC

Independence (KY) • The Beechgrove Family Resource Center celebrated 10 years of sponsoring the United Way Born Learning Academy. The graduation theme was a Decade of Learning and families shared why they loved coming to Born Learning over the years: the healthy cooking classes, the positive self-image class, the relevancy of the workshops over the years, the literacy classes, the creative discipline strategies, the internet safety session and many mentioned that they appreciated the relationships that they formed with school staff and other parents. We celebrated forty-one families attending this year and of those twenty-five parents had perfect attendance. United Way honored Julia Goodman, the FRC Coordinator and Tim Hanner, Kenton County’s Retired Superintendent with the “Do Good Award” in honor of their service to the Northern KY Community and their support to the Born Learning Academy for 10 years.



Region 5 (Nicholas/Robertson Counties) • Mother/Son Big Foot Scavenger Hunter at Blue Licks State Park

by Paula Hunter, Coordinator, Nicholas County FRYSC

Carlisle (KY) • Over 150 Boys/Mothers from Nicholas and Robertson counties enjoyed an eventful night at Blue Licks State Park looking for signs of Bigfoot. Everyone was able to tour the museum, play miniature golf, basketball and go on a hunt to look for signs of the smelly beast. The each received a small bag with tools to help find him. Although, we only got two sightings of him from a distance (he is the hide and seek champion), the mothers/sons were able to find 16 signs that they felt proved he had been in the woods. Afterwards, they enjoyed hotdogs, chips, water and bigfoot cookies. It was an enjoyable night for all who attended and one little boy said it was “the goodest night of his life”. As they get older, many will remember the night they searched for bigfoot with their Mom. And possibly saw him walking in the woods.



Region 4 (Boone County) • Big Smiles Program, Hygiene Talks, Cultural Awareness Day, & Produce Pop-Up

by Kathy Oehler, Coordinator, Collins FRC

Florence (KY) • There has been a lot going on at the Collins Elementary FRC this spring! The biggest highlight would be the amazing work done through the Big Smiles Program. In January, the Big Smile Team started providing dental care to students. Over the course of a few months, this team saw 218 patients, providing 202 sealants and 146 restorative procedures. The FRC also gave hygiene talks to all of the 4th and 5th grade classes. The FRC was able to give every child a hygiene bag that included deodorant, a toothbrush, toothpaste, and soap. Then, Cultural Awareness Day was celebrated by taking the 5th grade classes on a field trip to Jungle Jim's, which is an international grocery store that is often described as a theme park of food. The students loved learning about the cultural differences between various countries. Furthermore, Collins FRC partnered with RA Jones to host a Produce Pop-Up, which was sponsored by the Free Store Foodbank. Around 40 families from both schools came and received free produce to take home.

Region 4 (Newport Independent) • Funding Supports Family Night

by Amber Onkst, MSSW, CSW, Coordinator, Newport Intermediate FRC

Newport (KY) • In the 2017, Newport Intermediate School (NIS) was awarded a mini-grant to implement Family Nights that address health and literacy. For the 2017-2018 schools year, FRC worked with school administrators to plan a series of Family Nights that encouraged family engagement in student academics, taught parents skills to be utilized in the home to support student learning and increase student access at home to books. Events were hosted monthly by NIS FRC and utilized wellness themes to entice families to attend. NIS hosted themes such as Family Game Night, where families participated in a variety of game such as the Gaga Pit, soccer, Hula-Hut and more or our Party In the Park theme where families engaged in carnival type activities with their children at the local playground. Encompassing the whole person, one month we spent focused on our Growth Mindset and practiced Yoga and Meditation to help us focus on our minds! Our most fun event for both our staff and students was our Healthy Trick or Treating in October. Focusing on health, NIS worked to encourage students to learn and practice the concept of moderation. Students walked around the building trick or treating. There were many stops along the way including the teacher-led activity, a Halloween reading, dinner, jump rope station, hula-hoop station, water bottle station, orange station, ghostly cheese stick station and of course a few with candy! NIS saw an attendance of almost 500 people at this event.



In addition to a fun and engaging wellness activities, students and their entire family received dinner and dessert along with a thirty-minute teacher-led instructional time. During this time, teachers worked with parents on a game or activity that they could take home to do with their children. NIS saw tremendous success when pairing our teacher-led activity with our fun, wellness themed events. Prior to FRC involvement, NIS averaged approximately 40 people in attendance at family nights. Over the course of the last year, NIS has seen an increase of 614% in attendance, with our highest event hosting over 630 individuals. Additionally, every child in attendance was provided a grade specific book to take home to increase its access to books. Pre and Post surveys were administered at the beginning and end of the grant cycle. Results indicated substantial changes in parental involvement with an average increase of 27% in regards to the questions concerning parental involvement with their school-aged child.

While having this grant has certainly helped make things easier, this process of building community engagement with local businesses and churches as well as our families has been one of the most important factors in our success. Because of the by-in we have developed with our community, we believe this is a program we can maintain even after this grant funding ends. Partners such as local church youth groups who dedicate their evenings to working our events and our local fire department who helps fill dunk tanks and provides supplies for many of our other events are available in every community. You just have to ask and remember that sometimes when you want someone to go the extra mile for you, you must first go the extra mile for them!

Region 7 (Lewis County) • Sticker Shock: An Alcohol Awareness Program

by Scott Osborne, Coordinator, Lewis County YSC

Vanceburg (KY) • As you know, April is Alcohol Awareness Month. It is also the time of the year when prom and graduation are fast-approaching. This is an exciting time for our youth and their parents and one to celebrate. Unfortunately that celebration often leads to teens making poor choices, including drinking alcohol underage.

Parents, and other adults, who provide alcohol to underage youth or allow the use of alcohol by minors in their homes or on their property often have good intentions. They may think, *“If my child is going to drink I’d rather her drink at home so at least she won’t be driving.”* These parents may think they’re protecting their children, but need to know the facts. ***Not only is providing alcohol to youth under the age of 21 illegal, it is also dangerous.***



To raise awareness about the harms of underage drinking, our STOP Coalition is participating in “Sticker Shock.” This project is implemented by our Lewis County STOP Coalition Team and the STOP Regional Youth Coalition of the Buffalo Trace region. STOP students visit local businesses and place brightly colored stickers on the alcohol packaging. Students will also place flyer with the same message in the cooler windows and store fronts. They will be accompanied by a law enforcement official and RPC/YSC staff to supervise the project. Additionally, we ask business owners to distribute the provided informational postcards to any adult who purchases alcohol over the next month (or longer if they wish).

The purpose of this project is to provide parents and other adults with information about the negative consequences of underage drinking.

Region 7 (Menifee County) • Sources of Strength

by Melanie Golden, Coordinator, Menifee County YSC

Frenchburg (KY) • The Menifee County High School SOS (Sources of Strength) Peer Leaders have been hard at work. SOS is a mental health wellness program that utilizes the power of peer social networks to change unhealthy norms and culture to ultimately prevent suicide, bullying, violence, and substance abuse. Our students have done several campaigns throughout this school year and are planning many more for next. Some great things the students have done this year is setting up a booth at the MCHS Open House where they gave out information as well as answered questions about what they stood for, they did the Trusted Adult campaign where students wrote names of adults in the school that they trusted, they served food at our Veterans Program, and they did a piece on generosity and did a "today I will be thankful for..." banner for students to sign on what all the things we normally take for granted that they were grateful for. Students also got to go to Lexington to the Breakout Games for some team building and bonding.



Region 2 (Hancock County) • Countywide Collaboration for Early Start

by Kimberly Mitchell, Coordinator, South Hancock FRC



Hawesville (KY) • North Hancock Family Resource Center and South Hancock Family Resource Center collaborate with the Hancock County Community Early Childhood Council and Hancock County Public Library to offer Early Start each year. Early Start targets but does not limit children entering kindergarten in the fall but have not been enrolled in a formal preschool. The children meet for 5 consecutive Fridays getting to know new friends, learning their way around their new school, and being introduced to some basic skills to help have a smoother transition to kindergarten. The CECC funds help to hire the lead teacher and two

assistants, the public library offers space and staff on the final day so that the children from both schools can meet each other and learn about their public library. Both Family Resource Centers work together to design and implement the program, which has proven year after year to be most successful for our children.

Region 5 (Bullitt County) • A New Approach for Parental Involvement

by Tiffany Jenkins, Coordinator



Shepherdsville (KY) • Attendance is one topic that always seems to come about in every meeting I attend. I serve two middle schools and I found that what I previously was doing was not working to make a difference in getting children to come to school. I would often make home visits and no one would be home, or call back from the notes I left. One of my principals and I met one day and she was considering an educational program for parents to attend. I expressed that I was interested in doing something different and created a plan.

I organized a Parent Appreciation Night for both of my middle schools at the libraries in their towns. I work very closely with our libraries, so I thought it would be the perfect opportunity to connect outside of school hours. I then targeted the top 10-15 most truant families from each school and invited them to attend. Each parent received a letter specific to their child(ren) that was full of positive quotes from staff and identified increases in map scores, attendance, and behavior improvements. Each student was able to get a letter that said "Tiffany went up 10 points on Map! Great job!" or "Tiffany's attendance has really improved this last month! Keep it up! Great job parents!" The families

were fed pizza, read the letters together, and did activities that the library planned for them. They loved the virtual reality! I even had a student teach me how to play Fortnite that the library had set up. It was great seeing parents talk to one another, play games and connect.

Throughout the night, I told parents I wasn't there to lecture them and I know they often get negative phone calls from the school. I explained why we wanted their kids at school, and how I can help with barriers in the future. It was my favorite event in my years of being a coordinator and I look forward to doing it again!



Region 11 (Caverna Independent) • Programming for Dental Health Month

by Wilma Bunnell, Coordinator, Caverna FRYSC



Cave City (KY) • Caverna Family Resource Youth Service Centers (FRYSC) networked with the Barren River District Health Department to visit two local Childcare Facilities in the district on February 5th, 2019, in observance of National Children's Dental Health Month. Dental Hygienist, Stacy T. Barrick PHROH, Dental Health Director, presented an excellent session of oral care for the early childhood aged children. A short discussion to prevent cavities, demonstrations of how to properly brush one's teeth, discussion of proper foods to eat & drink, and students were given the opportunity to brush an oversize set of teeth. The students were given dental themed color sheets, along with a take home bag of dental hygiene products. The event was part of Caverna's FRYSC components, which is working with children 3-5 years old to better prepare them for Kindergarten readiness.

National Dental Health Month was originated in 1941 to promote oral health benefits to children, adults, teachers and many others. Establishing good attitudes and daily teeth care routines at an early age are critical in maintaining good oral health

throughout life. Let's work together to keep the children's smiles beautiful now and for years to come. Special thanks to the staff at The Learning Tree and Let's Go Play Childcare Centers for allowing Caverna FRYSC and BRDHD to be a part of your day.

2019 Conference Dates

Persistence to Graduation (PtG) Summit

July 9-10, 2019

Lexington Convention Center

Victory Over Violence Conference

July 15-17, 2019

Northern Kentucky Convention Center

Fall Institute

November 13-15, 2019

Lexington Convention Center



Congratulations to Shelby County's Northside Early Childhood Family Resource Coordinator, Juliana Simpson (pictured center), on winning the Gera Jacobs Lasting Legacy Award Growing Early Childhood Educators that impacts our community and adds value to our children each and everyday!!!

The award was presented by the National Association for the Education of Young Children (NAEYC)

Bobbie Schaffer Orten, Family Resource Youth Services Center coordinator at West Hopkins School, receives #LionChaser/ #GiantSlayer Award at the April 2019 Board of Education meeting. Mrs. Bobbie puts the microscope on the basic needs of kids. In a day and age when everyone wants kids to perform well academically, kids must also feel confident in just coming to school and being the person we all know they can be. She has been instrumental in helping students maintain that confidence. One way she has accomplished this is reaching out to families with assistance in laundry services for student clothing. This alone has made a major impact on student self-confidence and improved attitudes and attendance. The WHS community is one BIG family. Mrs. Bobbie goes above and beyond to meet the basic needs of children.



Pictured - Deanna Ashby, Hopkins Co. Superintendent; Bobbie Schaffer Orten, WHS FRYSC Coordinator; Bobby Fox, Hopkins Co. Board Member; and Eric Stone-WHS Principal

FRYSCKy Legislative Page Program 2018 - 2019

Over 5 Days, 142 students served:

31 of 38 Senators

7 of 8 Senate leaders

53 of 100 House Members

5 of 8 House Leaders

35 Elementary students

107 Middle/High school students



FRYSC Notes: Highlights from around Kentucky...



Caverna Independent –

Caverna High School Faculty had an excellent presentation of juuling and vaping by Joy W. Graham, MPH, CPS, Director of Lifeskills, RPC and sponsored by Caverna FRYSC. Teachers and staff learned about the highly addictive practice and were able view several devices so they are more informed on what to look for. Mrs. Graham stressed the potentially harmful consequences as vaping is becoming popular with teenagers nationwide. For more information, contact Wilma.Bunnell@caverna.kyschools.us.

Lee County –

The Lee Co. FRC held our annual Career Day on Friday, April 12, 2019. Approximately 25 speakers came and talked with students about their future and how to make sure their dreams come true. Topics included Fire and Rescue, Engineering, Medicine, Banking, Government, Forestry Service, dental workers, construction and many other careers. For more information, contact Sherry.Lanham@lee.kyschools.us.



Madison County –

Trooper Purdy was invited to Madison Southern HS in Berea to share information, life lessons, and let our students tour the new KY State Police Mobile Substance Abuse trailer. For more information, contact Sean.Quinlan@madison.kyschools.us.

Madison County –

Several Advisory Board members and community leaders assisted with mock interviews for our Child and Family Studies classes. The students did very well and appreciated the experience. For more information, contact Sean.Quinlan@madison.kyschools.us.



Magoffin County –

North Magoffin Elementary Students and Parents celebrating Read Across America. For more information, contact Carrie.Allen@magoffin.kyschools.us.



Morgan County –

The YSC Coordinator, School Nurse, and Health teacher work together to provide a school-wide health fair for all students each year. Community members and businesses set-up 25 information tables to provide a variety of important health services information. For more information, contact Kim.Standafer@morgan.kyschools.us



Morgan County –

A Career Mentoring Program is offered each year to 8th grade students. Students meet with a mentor 3 times during the school year, twice at school and the third time is out in the field to see their career choice at work. Great program and lots of community support. For more information, contact Kim.Standafer@morgan.kyschools.us

Ohio County –

Western Elementary FRC Stacy Boyd, partnered with School Smiles Dental Program for the first time to host an on-site dentist for students to receive cleanings and checkups. Twenty seven students were seen and many have already signed up to be seen in the fall. For more information, contact Stacy.Boyd@ohio.kyschools.us





Robertson County –

We had a Pastries with Parents event in March at Robertson County School along with the Read Across America event. Parents were invited to have breakfast with their child in grades P-5 then they could visit the book fair together. Here are some pics from it. For more information, contact sherry.myers@robertson.kyschools.us

SPONSORS

Fall Institute 2018



**Family Resource and Youth Services Centers Coalition of Kentucky
Mini-Grant Training Request Form**

Center Requesting Mini-Grant:	
Coordinator's Name:	
Center Mailing Address <i>(include zip code):</i>	
Center Telephone:	
Coordinator's Email:	
School District:	
Region:	
Have you received a Mini-Grant previously? If so, when?:	
How much are you requesting for this Mini-Grant? <i>(requests may not exceed \$500)</i>	\$
If this Mini-Grant is awarded, please make check payable to: <i>(list name in box to the right)</i>	

Guidelines for FRYSCy Mini-Grants:

1. Coordinators, who request mini-grants for training from FRYSCy, Inc., must be an active member of the Coalition.
2. A Coalition member is limited to one mini-grant award per fiscal year.
3. Mini-grants requests must not exceed \$500.00. **Requests must include an itemized listing of how the funds will be used (i.e. airfare, lodging, registration fee, ground transportation, mileage, and/or airport parking). The Coalition does not cover food/meals or other miscellaneous costs.**
4. Mini-Grants are only paid on a reimbursement basis **(no money in advance)**. To receive the payment, mini-grant recipients must submit a one-page report highlighting their experience at the training along with a travel form and original receipts within two weeks after the event.
5. A limited amount of funds is available for mini-grants. Therefore, requests will be prioritized.
6. The training for which a mini-grant is requested must hold to the mission statement of the FRYSC Coalition of Kentucky:
“...to promote a network among those who seek to remove educational barriers of children, network with family support practitioners, other human services providers, and to learn from each other, share resources, collaborate more effectively on behalf of families, children, and youth.”
7. The Board of Directors would like a description of the training for which a mini-grant is requested to accompany the request. It should include:
 - I. Name of training
 - II. How the training will benefit you professionally and benefit your children.
 - III. How the project addresses the mission of the FRYSCy.
8. Mini-grant funds may not be used for Victory Over Violence or Fall Institute attendance. The Coalition and DFRYSC have other opportunities available to help support Coordinators' attendance at these events.

REQUESTS MUST BE SUBMITTED to the FRYSCy Regional Representative at least 45 days prior to training event. Regional Representatives have 3 days upon submission to forward requests with signature to the FRYSCy Board for their approval.

Signature ~ Mini-Grant Applicant: _____ **Date:** _____
Signature denotes the applicant has read the guidelines, provided the requested material, and will comply with grant requirements.

Signature ~ Regional Representative: _____ **Date:** _____
Signature denotes application is complete and that it has been forwarded for review.

Signature ~ FRYSCy Executive Board Approval: _____ **Date:** _____
Signature denotes Mini-Grant has been reviewed and approved for funding by FRYSCy Executive Board.

Action by FRYSCy Inc.

Approved Denied Further Action Necessary Date: _____

Comments: _____



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fryskycoalition@me.com

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FRYSC Faces in the Crowd

#BeTheOne #WhateverItTakes

#FRYSCAretheHeartofKY

