



FRYSCKy BUSINESS

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

Bridging Barriers and Changing Lives Since 1991

Spring 2020

An Ambush of Tigers



by Paula Hunter, President, FRYSCy, Inc.

Nicholas County (KY) • Dear FRYSC Family...I have had the privilege over the last two years to serve as President of our FRYSCy Coalition. It is difficult to write this article as I transition to the position of Immediate Past President. It has been an amazing experience and the coordinators that I have met have inspired me to try to be better and move forward, no matter what the challenges. It is hard to express the emotions

about the past, with all the memories and the future with all the unknowns and changes. We have had many challenges over the past few months.

I consider our FRYSC Family as an Ambush of Tigers. We have many attributes of the Tiger.

- 1) The Tiger knows when to sit still and listen
- 2) The Tiger has a brave soul with a fiery strength of will
- 3) The Tiger, when invoked lives up to his greatest potential
- 4) The Tiger does “whatever it takes” to succeed

The phrase “Don’t wake a sleeping tiger,” sums up the unpredictable issues we have had the past few months. We have been awakened to the challenge of COVID-19 and used the power of our inner selves to respond to the needs of our students, families and communities in a positive way to make a difference. I am so pleased to be part of our Ambush. You are in tune with your community and families as the tiger is with his surroundings.

It takes a collective effort to make a coalition such as ours successful, and it’s only fair to thank the representatives on the board along with the executive committee, regional representatives, and Business Manager for making it possible.

There is still much work to do and the new President, **T.C. Johnson** has the motivation, work-ethic and dedication to keep our coalition strong. Our coalition plays a vital role in our profession and I hope you will keep joining and find a way to serve the organization that serves you. If you have joined in the past, we thank you. If you have not, now is the time.

I am forever grateful for the opportunity to serve and represent you as your Coalition President. I appreciate you helping me see the wisdom, the blessings and joy that comes from being engaged with good people in a good cause. It has been a chance that has meant so much. I look forward to continuing the exchange of ideas and programs with you all and appreciate our Ambush very much.

Be Well!

Perspectives from a Pandemic

We could fill volumes of paper with stories from across the Commonwealth of Kentucky about ALL the great work done by FRYSC during the final months of the 2020 spring semester. Here are just a few samples.

From the Magoffin County Coordinators...



The FRYSC motto of "whatever it takes" has certainly come out in full force while we're all trying to be [#healthyathome](#). Magoffin County FRYSC have continuously served students and families by preparing and packaging meals, riding buses to deliver meals, and following buses to deliver food, activities, and hygiene items. We have delivered NTI packets, done home visits and wellness checks, and racked up many hours on the phone calling our kiddos. We have also recognized Child Abuse Prevention Month and promoted census participation. Magoffin County is a small county with big needs, and we have joined together to succeed in meeting those needs! We continue to provide necessary services, as well as any perks we can throw in to excite students (a visit from the Easter bunny, Easter baskets, participating in Bear Hunts, lighting our schools green, etc.). We hope to soon be back to

normal, but until then, we will continue "whatever it takes" to meet students' needs!

From Brittany Brown, Coordinator, Paul G. Blazer High School YSC, Ashland



During the COVID-19 pandemic the Ashland Independent School District FRYSC hosted four Basic Needs Drive-Thru events. During this time, many of our families are in need of food, hygiene items, school supplies, cleaning supplies, etc. We set-up a drive-thru system where families can come through and get these items as needed. We also provided extra-curricular activities such as coloring books, playdough and educational materials including the Dinner Plate activities from Pathways and Owl Pellets provided by the Boyd County Extension office. The Drive-Thru has so far served over 300 students! We feel blessed to be able to serve our students, families and community during these uncertain times.

From Karen Gearheart, Coordinator, Ashland YSC...

Making NTI Easier for Students



I was delivering food to one of my students and learned that they do not have a phone, internet, or anyway to get either one. The only contact the student and parent had with the school was me dropping off backpack food, hygiene, and school supplies. I wish I could have taken a picture of the smile on her face when I told her I would help her get a Chromebook. I purchased a Trac phone with 2 hours of minutes, put my number in the phone, and took it to the family with a flyer explaining how to contact Spectrum for free internet. It

took them nearly a week after calling for internet to be installed. I then took them a Chromebook and left the Trac phone for another week for them to be able to call if they had problems setting up the Chromebook. One call later and the student was good to go to be able to email her teachers, join Zoom meetings and Google Classroom Hang Outs. Teachers tell me they have now been able to talk to her on their meetings and via email. Took a few steps but we got it done!

Families Concerned About Families

As a Youth Service Center Coordinator it has been so heart-warming to see some of our neediest families' responses to this crisis. We have continued as a school district to provide breakfast and lunch any child that wants it. Through Ashland YSC we have continued, with support from two local churches, to provide backpack food. If families do not have transportation to be able to do curbside pick-up for their backpack food we deliver it to their door. We have used the same process with emergency food needs. As the weeks have progressed and we have reached out to these families every week we are now getting this response from several: "We are good on food right now and there's probably other kids that really really need it", "I appreciate you checking on us but we are good right now. Please give our food to another family who needs it." What a blessing it is for these families to have the ability to pay it forward!



Pathways School-based Counselors and the Pandemic

During the COVID 19 pandemic we have had wonderful support at Ashland Middle School from Pathways for our school-based students in counseling and even new referrals from our teachers and parents. Counselors have been contacting the students with open cases and meeting with them on the phone or through Telehealth. They have set up intakes and worked with parents to get medication assessments set up. The counselors have readily given numbers for students to be able to contact them while the counselors are working from home. As a Youth Service Center Coordinator it has been wonderful to be able to contact a counselor that already knows our students and let them know what is going on with a student. It has been equally gratifying to be able to assist those counselors in contacting students that they have not been able to reach. Thank you, Pathways!



New FRYSCKy President...

Special welcome to **T.C. Johnson**. She will become the new FRYSCKy President effective July 1st.

T.C. is the Coordinator of Winburn YSC in Lexington.

We look forward to T.C.'s leadership and to sharing more information about her in the Fall newsletter.

FEATURE ARTICLE

The coronavirus has transformed all of our lives. When it's over, here's what I hope we remember.

Reprinted with credit to Des Moines Register and Meg Nyberg

QUITO, Ecuador — We continue closed borders, lockdown, and distance learning at an American school.

This pandemic is unlike anything most of us have seen in our lifetimes. We watch the spread, and even more as we begin to feel the isolation and limitations. My mind frequently wanders back to Italy, where I and my family traveled so often. I miss the wonderful people we met there. What that beautiful country is going through is on some scale or another. Whether you are from small-town USA or a big city, we are all creating a worldwide common experience.

As a mother, teacher, and person trying to fight off anxiety from it all, I can't help but come from this disaster.



Meg Nyberg of Charles City, Iowa teaches first grade at an American school in Quito, Ecuador.

- I hope that when this all passes, we appreciate how technology has allowed us to connect but we realize that it is no replacement for personal connection. I hope to see people without phones in front of them.
- I hope we all have a greater appreciation for teachers and the time and effort and energy into helping not just one child, but a classroom full of them. I hope to see society and more supportive.
- I hope we don't forget the risks doctors and nurses have taken, the sacrifices they have made, and the crazy demand placed on those professions. I hope more people stop to say thank you to those who keep us well.
- I hope after doing it alone, parents value the village they have in helping raise their children, be it a nanny or day care provider or grandparents or friends who help in big and small ways.
- I hope everyone will realize that maternity leave is not a vacation and that stay-at home moms do in fact have full-time jobs. Maybe we can all just stop expecting of each other and ourselves that we parent as though we don't work and work as though we aren't parents.
- I hope those reluctant to vaccinate see the value in modern medicine and the horrors that can happen when we don't have herd immunity to protect the most vulnerable among us.
- I hope we recognize the critical role nature plays in our well-being and stop destroying mother nature. I hope to see more kids choosing to play outside over playing video games, and more people making time for walks outdoors.
- I hope we appreciate travel, both near and far, for all of the ways it enriches our lives. I hope more people choose to spend money on experiences rather than things after feeling the void of being isolated with all of our belongings.
- I hope we begin to understand the importance of electing officials at all levels who we trust with life-and-death decisions, who listen to experts, and make difficult calls while taking full responsibility. Politics do matter, and they do impact all of our daily lives.
- I hope we all make more of an effort to understand numbers, statistics, and data and stop relying on TV anchors to interpret it for us. I hope we seek out valid and reliable sources of information for all things in the future. Let us begin to listen to experts in science about tipping points with climate change and see that we can and must act, in whatever ways we can.

- I hope we start to see workers in the food and supply and cleaning and maintenance industries as vital and worthy of a living wage. Perhaps in the future, more of us will advocate for policies that serve others rather than ourselves.
- I hope we understand that paid sick leave and a right to health care are actually in the best interest of all of us, and begin to demand those things from our governments.
- I hope we remember the fear we felt about not having our basic needs met, and the desire to flee (despite laws and risks telling us not to), and stop persecuting refugees for making choices we would undoubtedly make as well.
- I hope this pace of life allows us to slow down, find quiet, and find balance when we come out on the other side. May we all take from this time the importance of long conversations, meditation, time in the kitchen, the sound of birds outside, dancing to music, reading, writing, and making art.
- I hope we carry with us the acts of kindness we have heard of and witnessed during this time. May we remember the resilience of the human spirit and try to emulate those who have been a light in dark times. I hope we remember that our actions really do matter. When this is all said and done, let's cherish the beauty of "normal." Stay hopeful, friends.

P-EBT food benefit program for public school students who receive free or reduced-price lunch

P-EBT

The Pandemic Electronic Benefit Transfer (P-EBT) program is a financial resource for families with students who lost access to free or reduced-price school meals due to COVID-19. P-EBT provides households with an EBT card with funds to spend on food at home for students.



ELIGIBILITY

All students are eligible who had access to free or reduced-price lunch at a public school that participates in the National School Lunch Program (NSLP), including all students at Community Eligible Provision schools.

PARTICIPATION

1. **Automatic participation from SNAP benefit:** Currently enrolled students who are receiving SNAP benefits on an active EBT card automatically will receive additional funds for P-EBT on their card. The guardian and/or parent does not need to do anything.
2. **Automatic participation from other Kentucky Cabinet for Health and Family Services (CHFS) Income-eligible program benefits:** Currently enrolled students who are receiving Medicaid or KTAP benefits based on income levels below the NSLP income guidelines, or who are in foster care, will automatically receive a P-EBT card in the mail with instructions. The guardian and/or parent does not need to do anything.
3. **Elective participation:** Students who do not qualify based on automatic participation, or who are unsure and are eligible to receive a free or reduced-price lunch, should complete a simple online P-EBT application: <https://benefind.ky.gov/>. Student name, address, date of birth and Statewide Student Identification (SSID) are required. Applications open for 30 days beginning June 1. Once the applicant receives confirmation the student had access to free or reduced-price lunch, the household will be mailed a P-EBT card. (Amount cannot be split or transferred and may be reduced if student eligibility began after March 1.)

TOTAL BENEFIT

\$313.50

LOCATE STATEWIDE STUDENT ID

QUESTIONS

Please visit the [CHFS P-EBT webpage](#) to find answers to frequently asked questions and support.

This institution is an equal opportunity provider.



KENTUCKY
Cabinet for Health and
Family Services



TEAM
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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.

JOIN TODAY
www.fryscky.org/join-us/

Your shopping will support **Family Resource and Youth Services Coalition of Kentucky Inc.**



- Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
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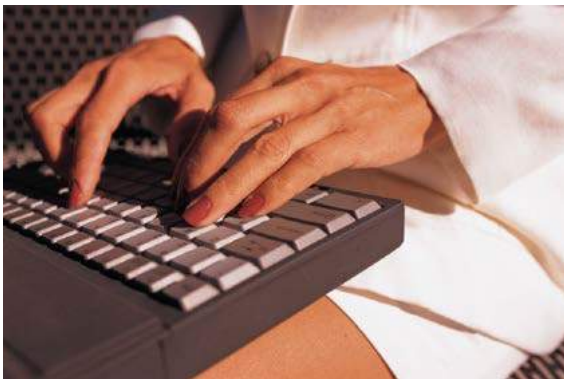
Start shopping [here](https://smile.amazon.com/ch/61-1227454). <https://smile.amazon.com/ch/61-1227454>

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*Please follow our Twitter account @fryscky
If you have content you'd like to share on our account, please send it
to Katie Morris at katie.morris@ky.gov*



Visit www.fryscky.org

For news, data, resources, links to legislators, conference information, membership applications, scholarship opportunities, award nominations, and much more...

SPONSORS

Supporting FRYSC during the COVID Pandemic

Many THANKS to Anthem and WellCare for each donating \$50,000 to FRYSCky, Inc. to support local communities during the pandemic. FRYSCky, in collaboration with DFRYSC, distributed the entire \$100,000 to FRYSCs across Kentucky. Distributions were made in \$500 increments based on schools with the highest percentage of free lunch eligible students. THANKS to each of the coordinators who received a donation for using the funds to support students and families. We know the needs are many and the resources strained during this difficult time.



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 FRYSCKy Mini-Grants:

1. Coordinators, who request mini-grants for training from FRYSCKy, 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 FRYSCKy.
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 FRYSCKy Regional Representative at least 45 days prior to training event. Regional Representatives have 3 days upon submission to forward requests with signature to the FRYSCKy 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 ~ FRYSCKy Executive Board Approval: _____ **Date:** _____
Signature denotes Mini-Grant has been reviewed and approved for funding by FRYSCKy Executive Board.

Action by FRYSCKy Inc.

Approved Denied Further Action Necessary Date: _____

Comments: _____



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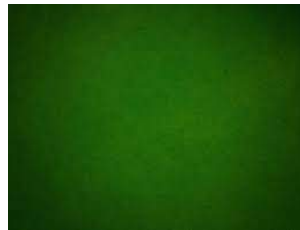


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FRYSC Faces in the Crowd

#BeTheOne #WhateverItTakes
#FRYSCAretheHeartofKY
#30YearsofFRYSC



Green is the color of compassion, the color of empathy, the color of renewal. We will get through this together.

#TeamKentucky #TogetherKY
#HealthyatHome #Patriotism



Governor Beshear mentioned over 4 million meals were served to Kentucky children by school district staff during the month of March.



Looking to the Future...

Before running back to "normal" - 1. make sure normal is worth running back to, 2. this may not be the reality we wanted, but what if it's the reality we needed, and 3. we cannot receive the new if we do not release the old. We keep saying we want to get back to "normal life", but really - do we want to? There were definitely things in "normal" that we have over glamorized as wonderful that weren't all that great for everyone. Maybe instead of getting back to "normal", we should consider a RESET.