



FRYSCKy BUSINESS



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

Bridging Barriers and Changing Lives since 1991, by "Whatever it Takes"

FALL 2020

"The more you are in a state of gratitude, the more you will attract things to be grateful for." ~Walt Disney

TC Johnson, President the FRYSCy Coalition of Kentucky, Inc.

Greetings FRYSC Family! I pray that each of you are well healthy and safe.

On behalf of FRYSCy Coalition Board, we so excited to celebrate 30 years of Excellence with YOU. Congratulations on a job well done. Acknowledging YOU for your *compassionate* service, *faithful* dedication and *unwavering* commitment to the children and their families you serve by "*Whatever it Takes!*"

No doubt, this year has been extremely unusual, but YOU still go **Above & Beyond**. YOU go far beyond ~~to~~ the call to make sure that every need is met, at times feeling overwhelmed but remaining steadfast in your service. Even through your own personal challenges, YOU still do "*Whatever it Takes!*" and we are grateful for YOU! Thanks so much for all you do to make a difference!



We extend our thoughts and prayers to all our colleagues across the state who are experiencing health challenges, struggles and the loss of loved ones. We are here for you!

"What's broken can be mended, what hurts can be healed, and no matter how dark it gets the sun is going to rise again." Author unknown



With respect, honor and gratitude for those who have served, sacrificed and who are currently serving in the Army Force of the United State of America.

We are thankful for your service!



2020 Fall Institute "Running the Race of Excellence for Kentucky's Children!"
"That what we do" by ***Whatever it Takes***"

In celebrating 30 years of service, the Fall Institute virtual conference has been refreshing and reviving. There have been awesome sessions and activities. Words of encouragement by Governor Andy Beshear, Secretary Eric Freidlander, Commissioner Jason Glass, Superintendents Marty Pollio, JCPS and Manny Caulk, FCPS. I especially enjoyed *FRYSC at 30: Our Amazing Journey to Hero Status* by Doug Jones and Friends

We would to thank Alex Sheen "because I said I would" who donated his speaking fee to the Family Resource Youth Services Coalition of Kentucky for the TEAM Kentucky fund.



Service awards: Gold, Silver & Bronze

Thank YOU for going "**Above & Beyond**" – every coordinator is a HERO!

Bridges Over Barriers Awards – we SO appreciate our community partners. We could not do our work without your support!

Harry J. Cowherd Award – Congratulations to the three worthy recipients. We are proud of your work and example.



Join our FRYSC Membership TEAM. There are five membership options and two ways to register for your membership: Go to www.fryscky.org

- *Online Membership Application*; purchase order number is needed to complete application
- *Download the Membership Application*: Download the PDF form, complete, scan, fax or mail

If you have any questions, you can contact your regional representative or

Michael Jones, *FRYSCKy Coalition Office*

frysckycoalition@me.com

Michelle Hansen, *Membership Committee Chair*

michelle.hansen@calloway.kyschools.us



Public Policy TEAM: Small groups of FRYSC coordinators while operating their own Centers are working diligently to plan advocacy efforts to educate policymakers, community leaders, and the public on the important impact the FRYSC centers in **every** school district across the Commonwealth.

Kentucky Legislators: It is so important that your Legislators know who you are and what you are doing to support the children and families you serve. Send them an invite to your events and activities. Keep in touch. Congratulation to Kentucky's new Legislators.

Legislative Page Day: Students between the ages of 10 and 18 serve as a Page for the Senate or House of Representative Legislators. A Page perform a valuable service for all Legislators and staff by delivering messages, running errands, copying material, delivering bills and more. Go to www.fryscky.org, select the Public Policy & Advocacy page, and then choosing Legislative Page Day application. Application for Legislative Page are NOW available



Deadline is December 12 to turn applications.

FRYSC Rally: The FRYSC Rally is pending due to the covid, look for more information to come.



FRYSC CORPS is an AmeriCorps program partners with the Division of Family Resource and Youth Services Centers to help students who struggle to read well and support FRYSCs.

RYSC CORPS is an AmeriCorps project whose members are committed to serving Kentucky children in partnership with caring families, supportive schools and resource centers, active communities and dedicated volunteers to provide literacy-rich opportunities to help K-12 students improve their reading skills and life-long opportunities. Thanks to Corp Members for you do for our students and the assistance with FRYSC Coordinators. YOU make the different!



Thankful! We hope you had an opportunity to share with your family doing the Thanksgiving season. Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities in blessings by William Arthur Ward
May your heart be filled with peace, hope, and gratitude



Just for fun!!!



So, it's Christmas again, another extended holiday to drink as much as you can without worrying about going to work and other things that need your sober attention.

Ho! Ho! Ho!
Merry Christmas!

Aetna Better Health of Kentucky

A Proud Sponsor of the Fall Institute!

Congratulations to FRYSC for an amazing 30 years!



Aetna Better Health® of Kentucky

Fall Institute 2020: Running the Race of Excellence for Kentucky's Children

Two weeks of great presentations, powerful moments, tears, laughter, and surprises!

Thanks to everyone for participating and supporting us!

Because I Said I Would – Alex Sheen

Stress and Emotion: Brand New Skills for Today's World – Dr. Tami West

Stay Connected: A Guide for the Google World – Tina Cook

Building Community Begins with You – Brooke Haynes

What Would Mr. Rogers Say – Jeremy Holbrook

Maximize Your Greatest Wealth...Invest in Mental Health – Carol Kivler

Cardio Drumming: A Health Program for All Ages – Tina Cook

How to Lead When There is No One to Supervise – Anthony DeNino

R.A.W. Tuba: From Destitute to Doctorate – Dr. Richard Antoine White

The Art of Impromptu Storytelling – Jeannde Ford

Oxygen Please: Self-Care Strategies to Slay Work Place Burnout – Kelli Jaecks

Protecting Yourself from Sources of Anxiety Triggers & Secondary Trauma – Dr. Bethanie Brogli-Opell

Not Alone: Student Lead Suicide Awareness & Prevention – Dalton Hale & Jeremy Holbrook

FRYSC at 30: Our Amazing Journey to Hero Status – Doug Jones & Panel





Congratulations Award Winners 2020

Harry J. Cowherd Award of Excellence – FRC

Tiffany Runyon, Coventry Oakes Elementary • Lexington

Harry J. Cowherd Award of Excellence – YSC

Amy Nonweiler, College View Middle School • Owensboro

Harry J. Cowherd Award of Excellence – FRYSC

Tracy Pulley, The Family Connection • Fulton

Bridges Over Barriers – Individual Partner

Paul Montgomery • Magoffin County

Bridges Over Barriers – Non-Profit Partner

Third Avenue Baptist Church • Jefferson County

Bridges Over Barriers – For Profit Partner

Dr. & Mrs. Ben Hensley • Clay County

Above and Beyond for Meritorious Service

Every FRYSC Coordinator in Kentucky!!!

For incredible service during the 2020 pandemic

Region 1 (Hopkins County) • Little Free Pantries

by Randall Campbell, Coordinator, Madisonville North Hopkins High School YSC

Madisonville (KY) • Hopkins County Schools' Family Resource Youth Service Centers have received a No Child Goes Hungry Grant. Through this grant, two Little Free Pantries have been constructed and given to the cities of Nebo and St. Charles. The program offers 24-hour access to shelf-stable food items for those who may be experiencing food insecurity. FRYSCs, Local churches, and school clubs/organizations will help keep the pantries stocked throughout the year, but neighbors will also be able to help their neighbors by contributing.

The motto of Little Free Pantries is "Give what you can, take what you need." They operate similarly to Little Free Libraries, known as Birdhouse Libraries in our community.

Little Free Pantries is a collaborative project involving high school Youth Service Center coordinators Randall Campbell (Madisonville North Hopkins High School) and Dana Byrum (Hopkins County Central High School).

No Child Goes Hungry is a national grant program, and Hopkins County FRYSC is the first Kentucky school district to be selected as a recipient.



Region 4 (Boone County) • Gently Used Clothing Giveaway

by Cheryl Burns-Kraft, Coordinator, Yealey FRC

Florence (KY) • The Yealey Family Resource Center, New Haven Family Resource Center, Kelly Family Resource Center partnered with Florence United Methodist Church for a gently used clothing giveaway. Multiple families from each of these took part in this two day event July 31st and August 1st. With the abundance of donated clothing, the church was able to open this event to Florence Family Resource Center and Collins Family Resource Center families the following week. Due to COVID-19, all social distancing protocols were in place the spacing of display tables, appointment time slots, temperature checks, and face masks were available for visitors.



Region 3 (Jefferson County) • Monday Talks

by YSC Coordinators – Jefferson County

Louisville (KY) • The Youth Services Centers across Jefferson County have started a great new project for parents and students. An idea from Coordinator Ava Bartlett and brought to life by tech guru/Coordinator Kevin Gunn has truly grown into a collaborative effort from the YSC's.

Every two weeks, the YSC's do a "Monday Talks with the YSC" on YouTube. Coordinators rotate to moderate the shows and ask our guests questions to give parents the info they need to know. Topics are selected by the group based on current needs, and information needs to be shared. Guests are invited from within JCPS and also from our community.

The month of November will see a segment dealing with the transition for our 5th and 8th graders. In our district, students have some limited choices for their next steps. The program will give them the resources and information they need to research the various schools, how to apply, what the deadlines are, and how the process proceeds after submitting the applications.

The second segment of November will deal with "Surviving...". This segment will deal with parents' mental health tips and tips and tricks to assist parents in keeping their kiddos engaged (or re-engage) with NTI. Participation and persistence to get the work done seem to be an issue for many of our students. Parents are struggling with what to do and how they can help. This circles right back to mental health and how to monitor it and keep it healthy – for parents and students alike.

We are very excited that, starting in November, our Family Resource Centers will also be asked to be part of "**Monday Talks.**" We all have topics that we want to reach as many families as possible across Jefferson County. Also note, previous shows are being archived and can be seen by parents and anyone else interested.

Our YouTube channel link is: www.tinyurl.com/FRYSCtube

Broadcasts occur every two weeks. Please tune-in and see just one of the great things happening in Jefferson County Public Schools.



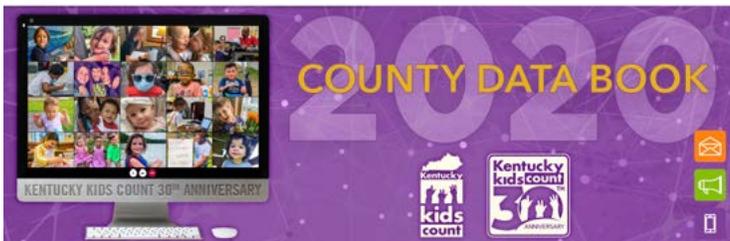
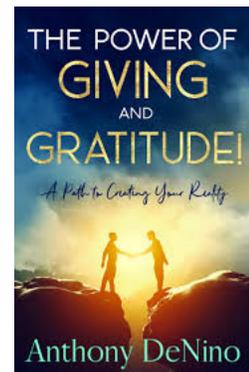
girl scouts of kentucky's wilderness road

Girl Scouts offers an engaging leadership experience, where girls build self-esteem, identify areas of personal interest, develop leadership skills, and start their journey to change the world.

We'd like to work with YOUR school to offer in-school or after-school enrichment programming for girls K-5! Our program focuses on STEM, leadership development, anti-bullying, entrepreneurship and more. Contact us today to get started!

The Power of Giving and Gratitude!

Anthony DeNino presented a workshop on leadership during the Fall Institute. He is also a published author, having written the book, "The Power of Giving and Gratitude!" and has worked out a special deal with FRYSCKY. If anybody orders the book through the website, <https://ozarkmt.com/product/power-of-giving-and-gratitude-by-anthony-denino/>, a portion of the proceeds will be given to FRYSCKY. Just use Code: **FYS25** at checkout. And if you're into Podcasts, he is the host of the show, "Tales From The SMART Side - Successful Strategies For Businesses and NPOs". You can subscribe on Google, Apple, Spotify, Stitcher, Pandora, TuneIn, and others.



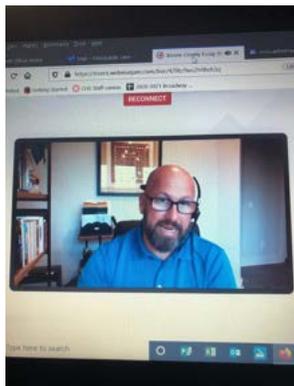
Kentucky KIDS Count 2020

If you have not already reviewed this information for the state and for your county, please make time to do so. The website is interactive with County Profiles, Data Dashboard, and more.

<https://kyyouth.org/kentucky-kids-count/>

Region 4 (Boone County) • Virtual Essay Writing Program

by Laura Klein Mosqueda, Coordinator, Connor High School YSC



Hebron (KY) • The Virtual College Essay Writing Program, sponsored by Boone County, Conner and Ryle High School Youth Service Centers in Region 4, was offered to provide college bound students the opportunity to choose their essay topic, learn how a college essays are different than most essays and begin drafting an essay that will help them gain admission to the colleges and universities they are applying to. The hope is that it will also help students possibly obtain scholarships based on their superior essay.

Students gained knowledge in what colleges are looking for in a personal statement and how to approach different type of essays requested. Students also gained confidence in addressing any future essay requests by learning how to approach any type of essay or short answer prompt.

Chris Reeves was the facilitator of the two night, 4 hour program. Mr. Reeves is a former school counselor and offers multiple opportunities for students to excel and do their best post-high school life by offering tailored strategies for students and families to enhance their opportunities for future success through his website's programs at askmrreeves.com.

The 6 Boone County YSCs are also joining together to offer two more virtual programs in the upcoming months. One positive result of the pandemic has been the opportunity for enters to work more collaboratively together on virtual programs.

Region 9 (Whitley County) • Baskets for New Beginnings

by Sherry Paul, Coordinator, Whitley North FRC



Rockholds (KY) • Since the onset of COVID shutdown in March, the Whitley County and Williamsburg City School Districts have been unable to continue the monthly New Beginnings Support Group. This group is comprised of grandparents and other relative caregivers who are raising a grandchild or other relative.

In order to continue support and encourage these special people, the school district's FRYSC's have been delivering monthly baskets that correlate to the topic for that month's meeting. Topics have included Child Abuse Awareness and Prevention, Gardening, Summer Fun and Games, as well as many others.

Pictured is Whitley County Middle School YSC Coordinator, Judy Petrey, with a grandparent receiving her fall basket which included a pumpkin and carving kit for the children.

What FRYSCky Membership Does for You

**YOUR
MEMBERSHIP
MATTERS**

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.

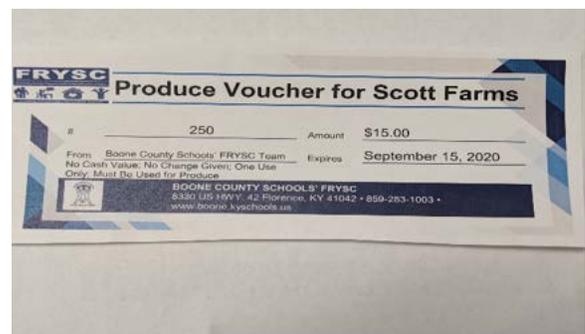
JOIN TODAY

www.fryscopy.org/join-us/

Region 4 (Boone County) • Fresh Produce for Boone County Schools' Families

by Cheryl Burns-Kraft, Coordinator, Yealey FRC

Florence (KY) • The Boone County FRYSC team developed a voucher program for families to purchase fresh produce from Scott Farm at their various farmer's market locations. Two hundred fifty families received a \$15.00 voucher they could use towards their produce purchase. The funding from this voucher program was provided by the WLWT Day of Giving donations. The Boone County FRYSC team is grateful to the Scott Farm for their willingness to participate as our community partner in this program.



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.
- AmazonSmile is the same Amazon you know. Same products, same prices, same service.
- Support your charitable organization by starting your shopping at **smile.amazon.com**.

Start shopping [here](https://smile.amazon.com/ch/61-1227454). <https://smile.amazon.com/ch/61-1227454>

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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...

Region 2 (Russellville Independent Schools) • Community Collaboration Supports Families

by Carol Kees, Coordinator, Stevenson Elementary Family Resource Center; Debbie Browder, Coordinator, Russellville High School Youth Services Center



Russellville (KY) • RIS FRYSCs collaborated with multiple individuals, clubs, businesses, organizations, and churches to provide baskets filled with laundry detergent, fabric softener, bleach, spray cleaning solution, toilet tissue, dish detergent, shampoo, conditioner, soap, and body lotion for all Russellville Independent families in a drive-through event that served 280 RIS households and 32 additional households. Our District's Parents as Teachers educator received 36 referrals while helping distribute baskets the evening of the event, and within 30 days, set up meetings with the majority of the homes.

Region 1 (Fulton Ind.) • Welcome to Middle School...at Home

by Tracy Pulley, Coordinator, The Family Connection FRYSC

Fulton (KY) • The Family Connection FRYSC has sponsored a substance abuse prevention group --- the BADD Club --- at Fulton Independent High School for seven years. BADD (Bulldogs Against Destructive Decisions) members help with Red Ribbon Week, speak to elementary students about the dangers of drug and alcohol use, sponsor annual poster contests – but, before the pandemic, they'd never done home visits.

When in-person school stopped on March 13, the BADD Club had to get creative.

"We usually host a fun end-of-year event for middle schoolers," said FRYSC coordinator / BADD Club sponsor Tracy Pulley. "Since school was virtual, we decided to visit students at home."

Pulley and several BADD Club members (all masked) visited sixth graders at home, delivering Welcome To Middle School bags. The bags contained a book – *The 47 People You'll Meet In Middle School* – as well as a toiletry kit, a stress ball, and substance abuse prevention materials.

BADD Club president Telesha Taylor said the experience was fun. "I wish we'd had this when I was in sixth grade," said Taylor.

Pulley, Taylor and the other BADD Club members hope the sixth graders remember the deliveries when they enter ninth grade and choose a club. "We try to keep BADD Club positive, more about the benefits of sobriety than the negatives of substance abuse," said Pulley. "Hopefully, the welcome bags did that."

caption

Fulton Independent sixth grade student Piper Cavness shows off the middle school transition bag she received from FHS BADD Club members during the pandemic.



Region 2 (Logan County) • Yoga in the Park

by Danielle Violette, Coordinator, Adairville/Lewisburg FRYSC

Adairville (KY) • At Adairville Elem/Middle School, I have the privilege to work with some incredible partners and one of them is a local fitness center. Because of them, some of our Middle School students are taking 30 minutes a day, 2 days a week to Unplug! We are socially distancing ourselves, learning self-care and how to relieve stress during the abnormal school year in yoga at the park! I love every bonding moment I get with students! I love when we can come together in a way we haven't before! I love when I peak an interest! Today these girls learned they can go without their phones for 30 mins and they love YOGA!



Region 4 (Boone County) • Providing Dental Services during COVID

by Kathy Oehler, Coordinator, Collins FRC

Florence (KY) • The Big Smiles dental program based out of Louisville Kentucky keeps providing excellent dental care to our students here at Collins Elementary and other schools in the district during this pandemic! We have over 200 students here at Collins who they service. The staff has been coming here for over 10 years providing dental care with such love and kindness that our students feel safe especially during these COVID times. Their staff is doing everything to make this program happen for the students here at Collins and in the district by keeping them safe while meeting their dental needs! Students that are virtual come to the school by appointment on Wednesdays and then the students that are in person are seen on the days they are here. I can't say enough about this program and the dentist and dental hygienist that run this! They are amazing people with huge hearts! Because of the care they provide, they eliminate barriers to the child's learning! The dental program does sealants, fillings, extractions and cleanings. Each child receives a small prize and tooth brush for participating in the program! Over the summer, one of the dental hygienists, Tonya Craycraft messaged me concerned if we would be able to have them here at our school in the fall due to the COVID. After discussing the importance of the program with my Principal, he contacted the district asking whether we can have them come this fall! They said yes and we were thrilled! After contacting many parents about the program being here in the fall, we were able to schedule the students with success that were on our list! Parents who were leery about the program for right now could opt out until the Spring.



Region 4 (Boone County) • Day of Giving

by Laura Klein Mosqueda, Coordinator, Connor High School YSC



Hebron (KY) • The 15 Boone County Family and Youth Resource Centers and WLWT/Channel 5 came together on Thursday, October 8th for a community “Day of Giving!” The drop off was held at Crossroads Church on Mall Road in Florence, KY. The FRYSC’s collected over 1,000 items including school supplies, food, and health and cleaning supplies and miscellaneous items. They also receive monetary donations to help further their work in the community. Boone County Schools were the recipients of many gifts of love from their local neighbors! A special thanks goes out to WLWT and CinFed Credit Union for sponsoring and promoting this event.

Region 11 (Elizabethtown Ind.) • HUD Grant Supports FRYSC during COVID

by Karen Skees, Coordinator, Elizabethtown YSC

Elizabethtown (KY) • The Elizabethtown Independent Schools' Family Resource and Youth Services Centers recently received a grant through the City of Elizabethtown for \$10,000.00. This federal funding is available through a partnership with the City of Elizabethtown and the Dept. of Housing and Urban Development (HUD) under the Community Development Block Grant for Covid-19 pandemic (CDBG-CV), which is part of the recent CARES Act. These funds are designated for public services within the city limits, directly related to the preparation for, response to, and/or prevention of COVID-19. The grant to the FRC/YSC centers will help fund cleaning supplies and PPE for low/moderate income families, and will help provide for mental health counseling for students/families with concerns/issues related to the pandemic (exp. grief counseling for loss of a loved one due to COVID).

Pictured are the mayor of Elizabethtown and members of the city council, Pam Haire, FRC Director, Karen Skees, YSC Director, and Steve Smallwood, Asst. Supt. and district contact for the Elizabethtown Independent Schools.

Region 4 (Boone County) • Drive-Thru Fun Fest

by Kathy Oehler, Coordinator, Collins FRC



Florence (KY) • Collins Elementary held a drive-thru fun family fall fest one evening prior to Halloween. Families dressed-up in Halloween costumes and drove through to various stations that were set-up around the Collins Elementary parking lot. Staff/Teachers in costume worked the stations, which included: math/literacy packets that were made-up for families which included a set of playing cards (donated from a local business) and some dice that families could take home and play educational games with each other. The Boone County Public library had a table that was supplied with important information for families regarding story times, tutoring, etc. There were also crafts and comic books included in their packets! Some of the other stations included a craft table, a book table, pumpkins and carving kits. Treat bags were made for each student with coupons in the bags for free items. It was a fun night and the staff want to plan a “Holiday” themed drive-thru for

December. Our families felt safe and loved and the remote at home learning students were able to participate and see their teachers and other staff members whom they were missing!

Region 1 (Christian County) • Creative Fun Packs for Family & Child Engagement

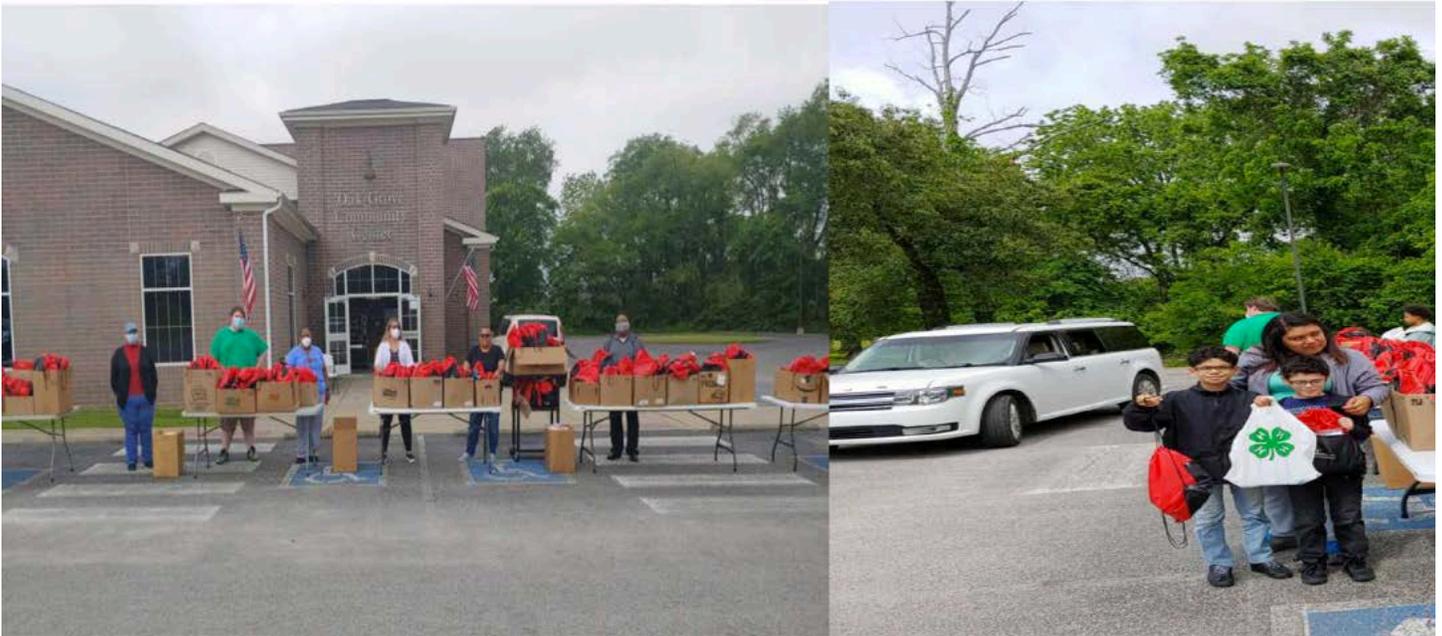
by Barbara Meriwether, Coordinator, Dorothy Kingston FRC, Pembroke Elementary School

Pembroke (KY) • Oak Grove Summer Fun Packs Drive Through for Military and Oak Grove Families was held on May 21st from 10 to 1 p.m. Summer fun pack bags filled with sidewalk chalks, jump ropes, bubbles, snacks, drinks, information on COVID-19 staying safe & healthy, Census 2020 and UK 4H Extension family fun packets were distributed to 315 children in grades ore K-8. 1st, 2nd & 3rd place prizes were given to families participating in driveway art after May 26th.

The purpose of this event was to encourage the parents and their children to be creative outside, have fun and stay apart so, WE can be together again. The Oak Grove Community Center was one of many places that was closed to the public for inside activities.

This event was sponsored by the Christian Co. FRYSC's, The Oak Grove Community Center, Oak Grove Mayor Jarvis and Councilwoman Edwards, Oak Grove Walmart, and Cash Express.

Dorothy Kingston FRC & Oak Grove Community Center encouraged families to be creative outside, have fun and stay apart so, "WE can be together again."



Region 4 (Kenton County) • Produce Pop-Up Plus

by Mandy Munich, Coordinator, Taylor Mill Elementary FRC



Taylor Mill (KY) • About every 6 weeks since April, the FRYSCs from Taylor Mill Elementary, Woodland Middle School, and Scott High School collaborate with community partners to host a drive through food pantry. This offering was originally planned to be a Produce Pop-Up event with the Free Store Foodbank, but donations of many other food items have been provided each month through other community partners. Many healthy staples are offered, including fresh produce, milk, frozen meat, milk and cheese, and bakery items as well as nonperishable food boxes. This event is co-sponsored by Oakridge Baptist Church and held at their community center in one of our local neighborhoods. Attendance by the community has been overwhelming and exciting: April (86 families), June (96 families), August (99 families), and October (86 families).



MENTAL HEALTH AND
DEVELOPMENTAL DISABILITIES
NATIONAL TRAINING CENTER

at the intersection of mental health and developmental disabilities

The Mental Health and Developmental Disabilities National Training Center works to improve mental health services and supports for people with developmental disabilities by providing access to information, resources and training. Please visit us at mhddcenter.org for free Learning Modules, Webinars, Stories, Podcasts and other resources.

For more information, contact Kristen Dahl at info@mhddcenter.org.

Virtual Vendor Gallery

Programs, services, and resources for FRYSCs



[The CORE Project](#)

The CORE Project is a self-esteem, social skill building curriculum, designed to serve a variety of youth and teens. The original seven and 16-week versions are used in a variety of arenas including Schools, Community-Based Programs, and Teen Court. The Elementary Edition was specifically written to target children in grades 3 through 5, offering shorter and more age-appropriate lesson plans. Each program can be adapted to be taught remotely and covers topics including Overcoming Fear, Empathy, Vulnerability, Bullying, Self-Esteem, Empowerment, and Giving Back.



[Girl Scouts of Kentucky's Wilderness Road](#)

Girl Scouts offers an engaging leadership experience, where young ladies build self-esteem, identify areas of personal interest, develop leadership skills, and start their journey to change the world.



[Kentucky Higher Education Assistance Authority](#)

KHEAA offers general information, one-to-one counseling, and financial aid resources to help students and parents navigate the college planning process.



[Legal Aid of the Bluegrass](#)

Legal Aid of the Bluegrass resolves some of the most important problems facing low income and vulnerable individuals by providing high quality legal assistance through direct representation and advocacy as well as coordination with other community resources.



[Peace Hospital](#)

Peace Hospital, a program of U of L medical system, is a private, not-for-profit behavioral health hospital serving children, adolescents, and adults, who struggle with psychiatric and substance use disorders. The program offers inpatient, partial hospitalization, and intensive outpatient services.



[REMIX Education](#)

Remix Education is an exciting educational assembly for any youth age group and setting. Using hilarious mascot skits, crazy stunts, interactive games, and motivational speaking, Remix facilitates learning and promotes positive behavior. Programs can be tailored based on need; the most often requested programs focus on anti-drug, anti-bullying, testing preparation, and self-esteem.



[Skool Aid](#)

Skool Aid provides in-person and virtual enrichment activities in wellness, performing arts, language arts, STEM, visual arts and disability awareness. We have adapted all of our in person programs to On-Demand Activities and LIVE Online Classes.

SPONSORS

Supporting FRYSC during the COVID Pandemic

Many THANKS to Anthem and WellCare for each donating \$50,000 to FRYSCy, Inc. to support local communities during the pandemic. FRYSCy, 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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FRYSCK Faces in the Crowd

*#BeTheOne #WhateverItTakes
 #FRYSCKAretheHeartofKY
 #30YearsofFRYSCK*



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.

