



# 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"

2021 – Issue #1

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

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## ***Hero Fund Campaign: Heroes Come in All Forms***

TC Johnson, President the Family Resource Youth Services Coalition of Kentucky, Inc.

Lexington (KY) • Debi Mazar said it best "A hero is somebody who is selfless, who is generous in spirit, who just tries to give back as much as possible and help people. A hero to me is someone who saves people and who really deeply cares." We are in search of modern day heroes; we need you! As a community leader, you can join us in filling the gaps that threaten a child's opportunity to learn, a teen's ability to reach towards a dream, or a family's capacity to remain intact and thrive.

The Family Resource and Youth Services Coalition of Kentucky (FRYSCKy) is the nonprofit, bipartisan, membership organization for Kentucky's Family Resource and Youth Services Center (FRYSC) coordinators. The FRYSC initiative was developed as part of the 1990 Kentucky Education Reform Act and tasked with a mission to remove the non-educational barriers to learning for our kids. Now, 30 years later, it is the **largest school-based family support network in the United States** with 850+ centers meeting children's needs in local schools across the commonwealth.

Our exciting plans to properly celebrate the program's 30<sup>th</sup> anniversary this year had to be abandoned, as FRYSC coordinators statewide were called into action to meet the new and overwhelming needs of the children & families across Kentucky during the pandemic. The FRYSC motto, to do "*Whatever It Takes*," took on a new, even more urgent, tone as our FRYSC heroes took on the work of first responders, meeting the tremendous needs in their schools and local communities. Statewide, FRYSC coordinators have been vital in ensuring that food and basic needs are met, virtual education efforts are made possible, home welfare checks continue, emotional needs are provided for, and much, much more. The vital link FRYSC centers provide, from community services, through schools, to home, has *never* been more critical.

The need is great, and the resources are often scarce. FRYSC coordinators are growing weary from the fight. They are dealing with unprecedented levels of stress, compassion fatigue, PTSD, and other health-related concerns, including many who have contracted the coronavirus themselves on our front lines or have had immediate family members infected or lost.

To better support our members, FRYSKy has launched a new campaign "**Running the Race of Excellence**" to establish a "**HERO Fund**." This fund will support the Coalition's ongoing education/advocacy efforts and help us to meet the personal/professional development needs of FRYSC coordinators. By supporting our heroes in the field, we support the children, youth, and families across the great Commonwealth of Kentucky.

***I am inviting you to join the Heroes*** by making a donation to support our crucial work. I would love to discuss further opportunities for support with you. You can reach me at 859-333-4209 or [fryscky.office@gmail.com](mailto:fryscky.office@gmail.com). For your convenience, we have multiple options to make a donation. See the attached page for those details. Please remember that every dollar helps to make a difference. I am hoping that we can count on you and look forward to hearing from you soon. Thank you in advance for your support, your generosity, and your decision to join the **FRYSC Heroes of Kentucky in the race set before us!**

## Hero Fund

*HEROES come in all forms.*



**Our fundraising goal is \$1,000,000 over ten years.**

*The Hero Fund will support ongoing education/advocacy efforts and help us to meet the personal/professional development needs of FRYSC coordinators.*

### Friends of Heroes

#### Individual Opportunities

- ◇ **H** - \$30 (*in recognition of our 30<sup>th</sup> anniversary*)
- ◇ **E** - \$50
- ◇ **R** - \$100
- ◇ **O** - \$250
- ◇ **E** - \$500
- ◇ **S** - \$\_\_\_\_\_ (*enter an amount of your choice*)

### Friends of Heroes

#### Corporate Opportunities

- ◇ Contributor \$2,500
- ◇ Supporter \$5,000
- ◇ Sustainer \$10,000
- ◇ Ambassador \$20,000
- ◇ Leader \$25,000
- ◇ Emeritus \$50,000

### Friends of Heroes

#### Legacy or Memorial Gift Opportunities

- ◇ To make a donation in lieu of flowers or to discuss estate gift planning, contact the Coalition office at 859-333-4209.

### Donor Payment Options

- Online: <https://snwbl.it/K6Wdye>
- Text: (859) 517-4344
- Call: (859) 333-4209
- Mail: FRYSKY, Inc. • 2220 Nicholasville Road, Suite 110-333 • Lexington, KY 40503
- Pledges: For amounts of \$250 or higher, you may choose a month to make payment of your donation and the FRYSKY office will contact you at that time. I will make payment in (list month): \_\_\_\_\_  
Online pledging is available at: <https://snwbl.it/ulBoBN>

If mailing, then please provide the following information:

Donor Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Thank you for your consideration and support in reaching our goal!**

*"Keep RUNNING the race that is set before you with ENDURANCE"*

**Family Resource and Youth Services Coalition of Kentucky, Inc.**

2220 Nicholasville Road, Suite 110-333 • Lexington, KY 40503

(t) 859-333-4209 (f) 888-282-8549 (e) [fryskycoalition@me.com](mailto:fryskycoalition@me.com) (w) [www.fryscky.org](http://www.fryscky.org)

## AETNA's SKY Program – Supporting Kentucky's Youth

by Chakatoria Barron, SKY Community Outreach Coordinator

Louisville (KY) • My name is Chaka Barron and I am one of the community outreach coordinators for Aetna Better Health of Kentucky's SKY program. SKY stands for Supporting Kentucky's Youth. Beginning January 1<sup>st</sup> of this year, children and youth in the foster care, out of home care, adoption assistance children and youth, dually involved youth (DCBS and DJJ), former foster care youth, and Medicaid eligible DJJ youth all started receiving their Medicaid coverage through Aetna. My job as an outreach coordinator is to engage with community led organizations to establish a community presence and partner with other community support systems to connect, support and constantly communicate our intent. We are here to clear boulders and create streamlined processes. I would like to connect with you all and possibly do a SKY overview presentation on the work we are doing for one of our most vulnerable populations. Please let me know if you'd like me to do this presentation and I can set up a brief Webex meeting to introduce you to the program and answer questions. I am accessible via email as well as on the cell phone listed below. Thank you.

Chakatoria Barron | SKY Community Outreach Coordinator

Aetna Better Health of Kentucky

C: (270) 270-217-0212 | E: [barronc1@aetna.com](mailto:barronc1@aetna.com)

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Caverna FRYSC  Dart Container Corporation

### *Tackling COVID-19 Together*

Congratulations to the Caverna Independent Schools FRYSC on the receipt of a \$20,000 grant from the Dart Container Corporation in Horse Cave, KY. The FRYSC's "Tackling COVID-19 Together" project will provide needed assistance to families and students who are experiencing hardships due to the pandemic. Caverna Family Resource Youth Service Center will assist students and families by providing "quality of life" items and other necessities to help those continuing to suffer as a result of the on-going pandemic.

The Caverna FRYSC and coordinator Wilma Bunnell appreciate Dart Container's generous support and their commitment to the FRYSC and the Caverna school community!



## Region 7 (Magoffin County) • Coat Donation

by Carrie Allen, Coordinator, North Magoffin FRC



**Salysville (KY)** • Devine Carama, Director of Believing in Forever, Inc. based in Lexington is an amazing advocate for youth in Kentucky! Devine and his program have been supporting our students with coats for a few years We sincerely appreciate him and his caring nature.



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## Region 7 (Bracken County) • Virtual Ready to Learn

by Patricia Conley, Coordinator, Bracken FRC

**Brooksville (KY)** • Coordinators from Mason, Bracken, and Lewis Counties have worked together to provide a monthly series of virtual Zoom workshops that focus on early learning. Families receive supplies for the workshop and a pizza from the resource center in their home county prior to each workshop. Each session features a story, parent information, and a fun hands on activity for the children to participate in. This program has been great way to collaborate and provide early learning during these non-traditional times.

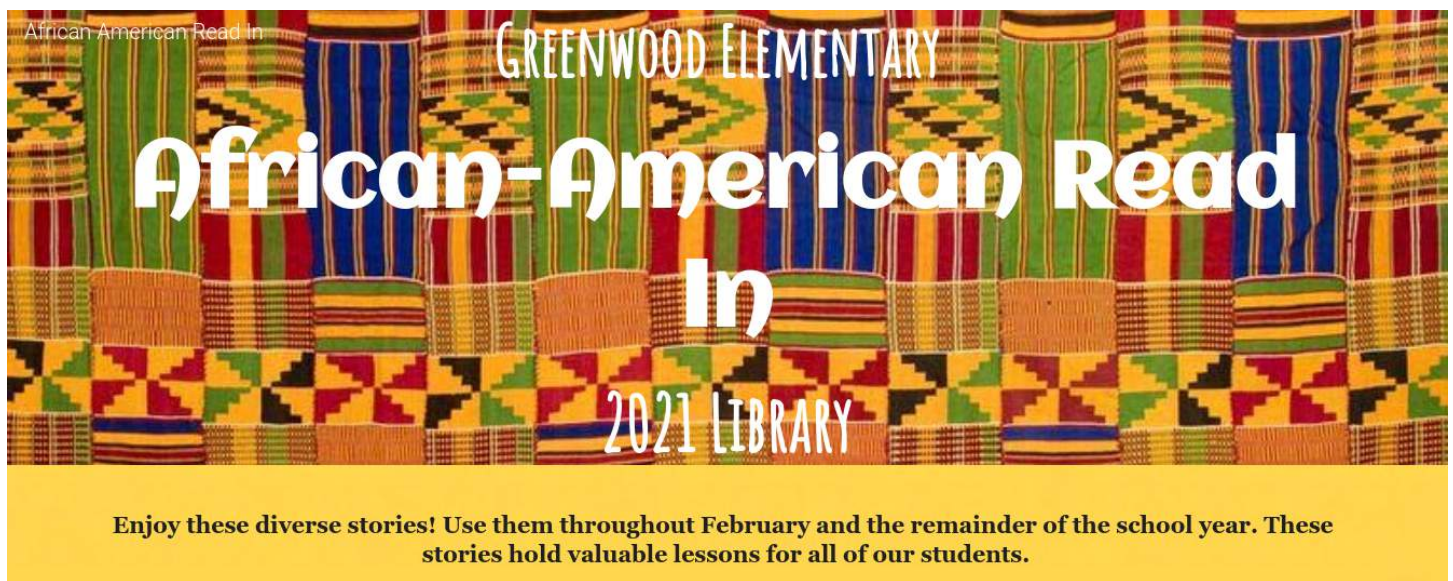




## Region 3 (Jefferson County) • African American Read-In 2021

*by Jacqueline Johnson, Coordinator, Greenwood Elementary FRC*

**Louisville (KY)** • Established in 1990 by the Black Caucus of the National Council of Teachers of English, the African American Read-In is the oldest event in the world that celebrates diverse children's books. In a traditional school setting, community members were invited to the school to read a variety of books written by African American Authors. During the course of the day, lots of individuals would be in and out of the classrooms, sharing amazing stories and illustrations with our students. This year, things were a little different. Our district was still in Non-Traditional Instruction, so we had to get creative on how to continue this important event at Greenwood Elementary for our 3rd consecutive year. The Family Resource Coordinator serves on the Racial Equity Committee and collaborated to solicit community and staff volunteers and pulled together engaging videos of them reading books. The videos were then compiled on a google site and shared with teachers to utilize during the month of February to celebrate Black History and Black Literature. Over 20 videos were uploaded with empowering books such as *I Am Every Good Thing* by Derrick Barnes and Gordon C. James and *I Am Enough* by Grace Byers. Both staff and students enjoyed the new virtual platform and were able to hear more than one reader with access to all of them at their fingertips. The founder of the African American Read-In, Dr. Jerrie Cobb Scott stated it is important for all of us to see ourselves in books and this held true at Greenwood Elementary as evident by the quote by one of our Kindergarten teachers. "The kids have loved the books! I think my favorite so far is *You Go Girl!!* I loved seeing the smiles and confidence on my little girls' faces when she read that book!!" - Jackie Barclay, Kindergarten Teacher. We look forward to having more opportunities to celebrate Black Literature during next year's read in! For more information, contact Ms. Johnson at [jacqueline.johnson2@jefferson.kyschools.us](mailto:jacqueline.johnson2@jefferson.kyschools.us)





**Fresh, Clean, & Natural/ Lemongrass Spa** ---natural, organic, affordable body products, face care, sheer minerals makeup, essential oils and diffusers. Many of you already know our products. I've missed being with you in 2020 and 2021. Because of our not being together in person, I have an amazing offer for you. Check out my website at [www.ourlemongrassspa.com/pamelamiller](http://www.ourlemongrassspa.com/pamelamiller). If you would like to place an order, do not order from my website. Just email me at [pamelasshop@comcast.net](mailto:pamelasshop@comcast.net) or text me at 270-589-8398 with your order. My fabulous offer is to Purchase 3 products- receive 1 free: Purchase 4 products- receive 2 free; or Purchase 6 products- receive 4 free. **The order must be sent to me by April 28, 2021.**

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## Emergency Response Procedures Phone App Created by KY Center for School Safety

**Frankfort (KY)** • Kentucky Center for School Safety provides this KCSS Flipchart, which includes emergency response procedures for K-12 schools.

School emergencies are unexpected, unpredictable and can take many forms. The Kentucky Center for School Safety offers this quick and easy reference guide (KCSS Flipchart) for immediate response and is not a complete school safety plan. This quick reference guide uses FEMA's four categories of school related emergencies.

This resource includes an alphabetical list of emergency response protocols and subsections for easy access to information when needed.

**KCSS Flipchart App** on Apple App Store and Google Play!  
Use the search item KCSS Flipchart.



## 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). *Reprinted from Fall 2020 to include photo.*



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.



## *HAPPY TRAILS...*

We bid a fond farewell to long-time coordinators who recently celebrated retirement.

**Kristi Higdon**, Coordinator, Providence FRYSC (Webster County) – Region 2

**Kim Mitchell**, Coordinator, South Hancock County FRC - Region 2

**Gary Morton**, Coordinator, Clay City FRC (Powell County) – Region 10



## Region 11-N (Hardin County) • Student Project Decorates School with Art and Words of Encouragement

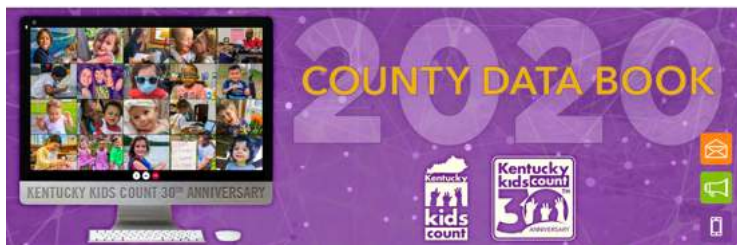
by Leslie Hall, Coordinator, North Hardin High School YSC

**Radcliff (KY)** • The North Hardin YSC's Green Dot Student Committee wrote a proposal for inspirational and positive decorations for the restrooms in the school. Silverleaf Sexual Trauma and Recovery Services sponsored the proposal and students started decorating the restrooms. Pictured here, the first of many decorations to go up in the 14 student restrooms across the school.



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!



### 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/>





# We Are Still Doing School Shows

**All New For 2021**  
**The Scrub-A Dub-Dub Show**

All new for 2021. This show emphasizes viruses and sanitary practices at school and home. Educate your students and have fun at the same time!

**Now Booking:**  
email: [markmagic@aol.com](mailto:markmagic@aol.com)  
Phone 859-621-8730

[www.CreativeSchoolShows.com](http://www.CreativeSchoolShows.com)  
Our Most Popular Shows

- Comedy Magic Shows
- The Wacky Science Show
- Uncle Sam History Jam
- Miracle Math Show
- Reading Roundup
- Mission Nutrition
- Testing Prep Show




## Around Kentucky...



### Region 4 (Newport Ind) •

On Saturday, December 6, 2020, Donna L. Watts, Newport High School Youth Services Center Coordinator recruited members of Northern Kentucky University NPHC to assist with Safety Net Alliance, St. Vincent De Paul and Brighton Center Cold Weather Drop off. Members of the Northern Kentucky community donated coats, hats, gloves, and scarves for families.

### Region 5 (Franklin County) •

Take one, leave one stand in the lobby. Mandy Heacock, Peaks Mill FRC Coordinator, stocks small food items, household items and hygiene items in the Center's Take One/Leave One box.





## Magoffin County Cooperative Extension Service

5d • 🌐

Today, the Magoffin County Extension Service collaborated with JoAnn Crace, Herald Whitiker Middle School YSC Director and Science teacher, Ms. Howard to make bird feeders using pine cones, peanut butter, and bird seed.

This lesson was both educational and fun!

**#FRYSCStrong**



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*Kentucky State Representative, **John Blanton**, shows his support for FRYSC!*

## Region 9 (East Bernstadt) • Virtual Field Trips Take Students to Famous Destinations

by Reghan Tank Hedrick, Coordinator, East Bernstadt FRYSC



**East Bernstadt (KY) •** When your staff knows you used to be a park ranger and their 1st grade students are VERY curious about mountain lions, you call in a favor to the Grand Canyon and host a virtual field trip! Grand Canyon National Park offers free state-of-the-art distance learning programs for classrooms, senior centers and adult learning institutions. Programs are conducted via videoconferencing platforms, such as Zoom, Webex, Google Meet, etc.

<https://www.nps.gov/grca/learn/education/learning/index.htm>

Other virtual trip options include the Louvre Museum. <https://www.youvisit.com/tour/louvremuseum>

Over the past year, many famous destinations have added virtual tours, so just do an internet search for ideas and take your students around the world!



### Major State Funding Announcement: Opportunities for Local FRYSCs...

Gov. Andy Beshear announced that \$19.3 million in federal funds has been awarded to Kentucky from the second round of the Governor's Emergency Education Relief Fund 2 (GEER II) for educational support services due to the COVID-19 pandemic. Of this amount, \$15 million will support FRYSC based on the following plan:

The Division of Family Resource Youth Services Centers (FRYSCs) in the Cabinet for Health and Family Services (CHFS) will manage a competitive

grant program. Local FRYSCs will have the opportunity to compete for a maximum allocation of \$100,000 with a focus on early childhood education and child care and family crisis and mental health counseling.

- Early childhood education/child care: Full-time preschool child care for children 2 and 3 years of age. FRYSCs will identify, coordinate, and/or develop resources and support for child care.
- Family Crisis and Mental Health Counseling: FRYSCs will assist students and families with mental health needs and/or other crises through identifying and coordinating services for various challenges, such as grief, illness, bullying, incarceration, dating/domestic violence, loss of income, trauma, isolation and anxiety.

As the program details come together, more information will be shared.

<https://kentucky.gov/Pages/Activity-stream.aspx...>



## 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, Reception, Legislative Meetings, Committee Meetings, and Special Projects by FRYSCky take 2,065 hours 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/](http://www.fryscky.org/join-us/)

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**MARK YOUR  
CALENDAR!**

## VICTORY OVER VIOLENCE

*(virtual)*

July 14-16, 19-21, 2021

## FALL INSTITUTE

*(in-person)*

October 25-27, 2021

Galt House Hotel & Suites



## Save Your Students and Your Budget: Cyber Safe Teen Video Training

**Bowling Green (KY)** • Hey Heroes. I know with everything else you all have gone through this year, dealing with budgets is not on the top your "Things I Love" list.

So, we want to help.

To stretch your budget, when we partner up with our on-demand Cyber Safe Teen video training (3rd-12th), your school has access to it all of this year, this summer for summer activities, and all the way through the end of next year.

Also, any in-person/live-online training for students for next school year can be prepaid on this budget.

Need to keep it under the magic number, we can split bill (now and in August) to stretch your budget dollars even more.

In all training we train on the following points in an age appropriate way:

- Social Media and the Effects on Your Future
- Cyberbullying and Mental Health
- Online Predators
- Sexting and the Law

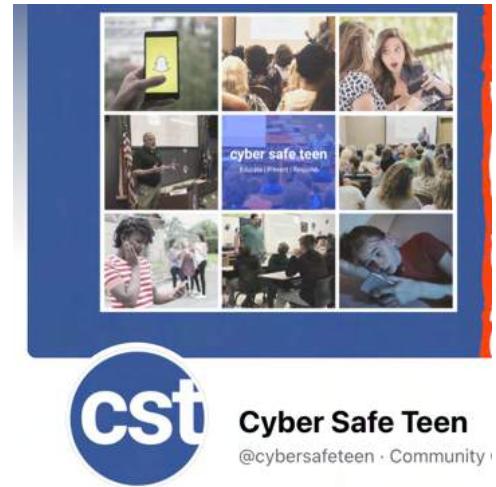
98% of all 20,000 trained students have said they are less likely to send a nude image or cyberbully another student.

I am here to help. Just send me a message and we can chat.

Mike Lemon

(270) 202-7738

<https://www.facebook.com/groups/cstnation>



## Region 7 (Boyd County) • FRYSC Business in Boyd



Boyd County encompasses three public school districts, Ashland Independent, Boyd County, and Fairview Independent. The FRYSC Coordinators have worked closely together for decades to provide services to the students and families of Boyd County. The following is a sample of some of the most recent activities and ones coming up soon that include all of the Boyd County FRYSC, our students, and their families.

Each month the FRYSCs in Boyd County meet with the local DCBS staff. Prior to COVID this was an in person meeting, since COVID this meeting is a ZOOM with all of us there to ask questions and get feedback from the DCBS workers and supervisors. This has been a great way to open communication with the social workers and the results have been great for our students and families. The FRYSC coordinators in the three districts have also started monthly ZOOM meetings. This time is used to network as well as plan upcoming events.

**Clothing** - Ashland FRYSC's work closely each year with *Friends of the Children (FOC)* to provide clothing, socks, underwear, a coat and shoes, for children in-need. FOC is a local non-profit charitable organization comprised of 40

members, and are the oldest continually running non-profit organization in the city of Ashland. Their mission objective is to provide new clothing for children whose families stand in greatest financial need. During the 2020-2021 fiscal year, FOC has provided clothing for 298 students ranging in age from the Early Childhood Center through Blazer High School. Due to COVID-19 restrictions, FRYSC and FOC members shopped for children at JCPENNEY, based on the sizes provided from parents/guardians. Families were able to come to their designated FRYSC to pick up their clothing.

Both Boyd County and Fairview Independent FRYSC work closely every year with Children Incorporated. Their mission is to provide resources to children in need in the United States and abroad because they passionately believe that every child deserves education, hope and opportunity. During the 2020-2021 fiscal year Boyd County provided clothing for 55 students from kindergarten through high school. Fairview Independent has 30 kids that are sponsored through Children Inc. this year.

**Holidays** are important to children and their families. We didn't want them to lose the opportunity to make memories! In collaboration with the Community Collaboration for Children, Boyd county Extension Office and numerous other community partners we set up a drive through (socially distanced, masks required) Trick-or-Treat. Families and children were encouraged to dress up and were given candy, snacks, drinks, information to local resources, prizes and numerous other goodies. We had over 100 children participate and everyone dressed up to hand out materials and enjoyed an evening full of laughter!

**RAPP** (Relatives As Parents Program) - was conducted virtually on Facebook for the month of December. We helped families learn how to decorate on a dime, how to make gingerbread houses, and shared our favorite recipes with our families. The best part was that we showed them how to do it all with their children. Our families made sure to turn their notifications on so they could see our posts. Two Christmas trees with all the trimmings were given as door prizes to two families. We had around 50 participants posting pictures of their families together decorating and making crafts.

In March we will host another week long online RAPP that will be based from [pbs.org/parents](https://pbs.org/parents) focusing on families raising children of incarcerated parents. Families will be able to sign up to receive emails and text alerts about age appropriate shows, apps and activities. We are excited and hopeful to have the same or better interaction as last time and to see how this can help some of our families.

**Born Learning** – in collaboration with United Way we will host a series of 5 virtual workshops @ [www.facebook.com/groups/bornlearningacademy](https://www.facebook.com/groups/bornlearningacademy). Each workshop will last a week, beginning Monday, February 22- February 26, 2021 with "Building Relationships" and the following weeks covering: "Building Relationships", "Ready to Read!", "Nutrition & Health", and ending the week of March 22-March 26 with "Routines & Learning on the Go". We are encouraging our Boyd County families to join us and learn how to turn "everyday moments into learning opportunities." Everyone participating will be eligible for FREE weekly material & prizes.

**Child Abuse Prevention** - in collaboration with DCBS we are planning to show the movie "Toy Story" outdoors in Central Park on April 22, 2021. We are planning for 150 families with each family being given individually packaged, popcorn, candy & drinks. Woody himself will be attending! The entire event will be COVID guideline friendly. Our Community Partners are providing materials to promote Child Abuse Prevention awareness & positive parenting that we will put in sling bags for the families.


The Community Collaboration for Children (CCC) in partnership with Boyd and Greenup County FRYSCs will be hosting a drive-thru event to kick off Child Abuse Prevention Month. This will take place on March 25<sup>th</sup> at the Greenup County Health Department. Participants will be given resources for community partners, a snack, goody



bag, Easter eggs, and have the opportunity to have their picture made with the Easter bunny (socially distanced of course!). We will also be giving out prizes to families! By having families participate in community activities we hope to encourage togetherness and prevent child abuse.

**Community Baby Shower** – on May 6th from 5:00 pm - 6:30 pm at Fairview Baptist Church we will be hosting a drive-thru Baby Shower in collaboration with Northeastern Alliance Community Early Childhood Council and United Way. This event will be open to all Boyd county residents that are expectant mothers and new moms. Every mom and mom-to-be will receive to-go snack bags, diapers bags, and many more essential baby items will be given away.

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**NO.**

***That's a complete sentence, friends.***

You constantly worry about how to make your time fit your non-stop schedule, but things can be different. Let's get that calendar under control.

You can say no. I can help you.

Learn more about Kelli Jaecks and her self-care strategies and services at [www.kellijaecks.com](http://www.kellijaecks.com).





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>

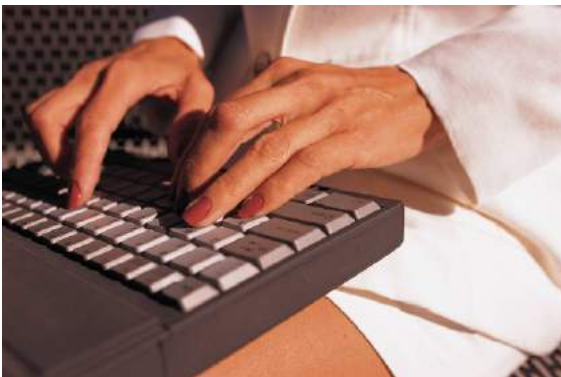
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**Follow FRYSC on Twitter**

<https://twitter.com/FRYSCKy>



*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](mailto:katie.morris@ky.gov)*



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**Visit [www.fryscky.org](http://www.fryscky.org)**

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

# Commonwealth of Kentucky

## HOUSE OF REPRESENTATIVES

**MATTHEW R. KOCH**  
STATE REPRESENTATIVE  
HOUSE DISTRICT 72  
OFFICE (502) 564-8100 EXT. 660



**CAPITOL ANNEX**  
702 CAPITOL AVENUE, ROOM 329  
FRANKFORT, KENTUCKY 40601  
Matthew.Koch@irc.ky.gov  
TOLL-FREE MESSAGE LINE  
1-800-372-7181

Cindy, Kaye, Michele, Gloria,

I just wanted to drop a quick note  
Thanking you for everything you do as a  
FRYSC! I've never seen an organization  
do more with less. You play such a vital  
role in helping kids succeed in and out of the  
classroom. If I can ever help with anything  
Please call my cell 859.621.8600.

Matt

\* my sister Cecilia is a FRYSC in Harlan

## Remix Education:

### New 5 Episode Red Ribbon Week Curriculum & Mental Health Assembly.

**The 5 Day Red Ribbon Week Series**. Our Show is packed full of high energy games, skits, and experiences. Our messages/ curriculum will keep your students engaged, excited, and learning. We dive into topics like the Power of the Mind, Power of Love, Power of Community, and the Power of Your Story. Our content specifically is created to help students push back against the negative influences of bullying and drug/alcohol use.. These teaching videos are created to develop the character of your students and bridge the gap from not only being an incredible student but to becoming an even better individual and friends. It's our hope to help encourage students to say no to drugs, alcohol, and bullying- and to say "Yes" to being the best versions of themselves that they can be. As a bonus we'll include a printable workbook that corresponds with each of the episodes.

\* Here is the First Episode for you to see what it's like: <https://youtu.be/PfBOXMCFqz0>

- The 5 Day Series Red Ribbon Week Series includes 5 videos that are about 10-13 minutes each and come with a packet of fill in the blank questions, discussion questions, and an activity a day. **\$329.00 per school.**
- The Online Assembly (Focuses on Mental Health) is 25 minutes and comes with a packet to fill in the blank questions, discussion questions, and an activity as well. **\$129.00 per school.**
- However, we have a bundle deal where you can **get both of those for \$399.00 per school.**
- \*\*\* Depending on your budget and if you are looking for something else, we are also doing a deluxe bundle where a Remix Speaker and Jiggy will jump onto a zoom call with the classrooms via online or at home and do a live Q&A and talk with the students- that is **\$599.00 per school\*\*\***

**The Mental Health Assembly** is geared toward the mental wellness of your kids- with practical and fun coping tips to help students overcome and deal with the changes of the world. To give you a better idea of what's included, here's a little breakdown of the show. During the Show we will lead games like having a dance off with the kids to talk about how there are certain things in life that we may be afraid of or scared of doing... Just like dancing- But we need to learn how to overcome these fears and anxieties. We play a Balloon Balance Game to talk about adjusting to change. Similar to how the balloon bounced all over the place and we had to stay focused - they also have to adjust to the change in life and see it as an opportunity for growth. Jiggy does some hilarious skits and plays a game of charades to talk about the power of communication. The kids are reminded that it's not only about what they say but how they act and respond to the change. We also remind the kids of some healthy tips they can do to stay safe and keep others safe during this time- like hand washing, face mask wearing, and social distancing. Lastly we close out the video by playing a cup stacking game to talk about each of the cups and how they were important - in the same way, every kid is important and to be our best we need each other. As a bonus we'll include a printable workbook that corresponds with the digital assembly.

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# Fall Institute 2021

## Better Together

*We look forward to reconvening with old friends and colleagues to celebrate our triumphs and to commemorate our challenges of the past year. We hope you can join us!*

### Call for Workshop Presentations

*The Fall Institute celebrates the collaborative nature of FRYSCs and their critical work with community partners. In addition to FRYSCs, workshops offer professional learning opportunities for District Contacts, Community Education Directors, DCBS Workers, 21CCLC staff, guidance counselors, principals, and other school district employees.*

Galt House Hotel and Suites  
Louisville, Kentucky  
October 25-27, 2021

The Family Resource and Youth Services Coalition of Kentucky (FRYSCKy), the Kentucky Division of Family Resource and Youth Services Centers (DFRYSC), and the Kentucky Community Education Association (KCEA) are collaborating in the development of an incredible learning opportunity and celebration at Fall Institute 2021. We encourage you to be involved with this exciting conference. Please submit a workshop proposal. A planning committee is already working on details for the conference and will review/select workshops from the proposals that are received. **Priority will be given to proposals that focus on:**

- Center Operations
- Programming Ideas
- Leadership Skills
- Social & Emotional Needs
- Educational System & Academic Needs
- Family Development
- Child/Youth Health and Development Needs

**The Fall Institute is coordinated by the  
Family Resource and Youth Services  
Coalition of Kentucky, Inc.  
in partnership with the  
KY Cabinet for Health and Family Services  
Division of Family Resource and Youth  
Services Centers  
KY Department of Education  
KY Community Education Association**

**Please review, complete, and submit the following:**  
[Fall Institute 2021 – Workshop Proposal](#)

### [DFRYSC Trainer Credential Application](#)

(each presenter must complete)

### [Resumé/Vita](#)

(each presenter must submit – email copy to [FRYSCKy.Office@gmail.com](mailto:FRYSCKy.Office@gmail.com))



*The Division of Family Resource and Youth Services Centers (DFRYSC) and the Family Resource Youth Services Coalition of Kentucky (FRYSCKy) are committed to ensuring quality training for our Program Coordinators. Each presenter must be approved by our Training Council **before** they are allowed to participate in any FRYSC training. Please provide a completed FRYSC Trainer Credential Application and current resume with your Call for Workshop Presentation paperwork. Once approved, you will be qualified to train in our organization for 3 years, after which you must reapply.*

**Questions:** Michael Jones by phone at (859) 333-4209 or email at [fryscky.office@gmail.com](mailto:fryscky.office@gmail.com).

**Submission Deadline:** May 30, 2021





# 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](http://mhddcenter.org) for free Learning Modules, Webinars, Stories, Podcasts and other resources.

For more information, contact Kristen Dahl at [info@mhddcenter.org](mailto:info@mhddcenter.org).

Save the Date!  
**June 16-18, 2021**  
- Virtual Behavior  
Institute

**We'd love for you to join us  
for our FREE Virtual BI -**

3 days of learning with a host of national & state presenters focused on trauma sensitive supports, equity in instruction, and strategies to support students with emotional and behavioral differences

June 16-18, 2021

[Registration link](#)

LEARN MORE about the virtual Behavior Institute...

<https://sites.google.com/view/kyccbd2021virtualbi/home?authuser=0>

## 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

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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 (include zip code):	
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? (requests may not exceed \$500)	\$
If this Mini-Grant is awarded, please make check payable to: (list name in box to the right)	

**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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#### Executive Committee

T.C. Johnson, President  
 Megan Nicodemus, President –Elect  
 Tina Cook, Vice-President  
 Sherry Paul, Treasurer  
 Michael Flynn, Secretary  
 See Board of Directors at  
[www.frysky.org](http://www.frysky.org)



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## FRYSC Faces in the Crowd

**#FRYSCStrong**

**#BeTheOne #WhateverItTakes**

**#FRYSCAretheHeartofKY**

**#30YearsofFRYSC**

