



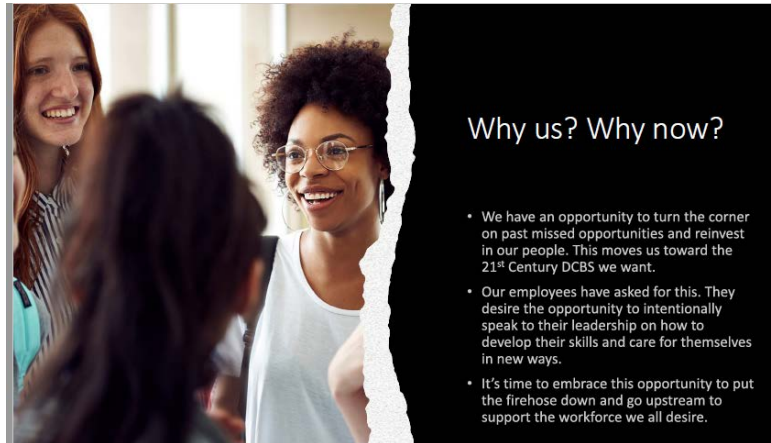
## From the Commissioner

# Self-care, Professional development go hand in hand for staff resilience

**A**s part of our Trauma and Resilience Community of Practice, our Chief of Staff Shannon Hall and I have put together a short presentation on self-care to benefit all staff as we explore and embrace the connection between professional development and self-care.

The second pillar of our Building a 21st Century plan focuses on Trauma/Resilience and Engaged Healing: Clients and Staff. I must invoke the often-used truism about losing altitude in an airplane – we have to put the oxygen masks on ourselves before we can assist others. That is just the nucleus of self-care.

*Read the story [here](#)*



## Hall, Mabasa begin new leadership roles in Commissioner's Office

Commissioner Marta Miranda-Straub has announced two new leadership staff in the Commissioner's Office who will enable progress in creating a 21st Century DCBS. Welcome to Shannon Hall and Portia Mabasa. Commissioner Miranda-Straub said



Shannon Hall



Portia Mabasa

she is pleased Shannon and Portia are on board to support staff and partners in our progress toward Building a 21st Century DCBS.

"Portia and Shannon are tremendous assets to our department leadership team," she said. "They are already leading some of our personnel-centered and data-driven projects."

*Read the story [here](#)*



## Akin named hero

Congratulations to our most recent Superhero, Arielle Akin! She is a Resource Management Analyst III with the Integrity and Analysis Section in the Program Integrity Branch of the Division of Family Support.

*Read the story [here](#)*

# Equity ABC Corner: Levels of Intervention and Primordial and Primary Prevention

Welcome to Equity ABCs, a monthly corner in our DCBS newsletter written by Dr. Brandy Kelly Pryor, Health Equity Advisor for DCBS and Founder of BKP Strategies.



**Dr. Brandy Kelly Pryor**

At BKP, we developed a program tool, E is for Equity: Equity ABCs, and these corners, introduced in October 2021, represent that work.

1. Read [the newsletter](#) and this corner and tell other staff.
2. Take the quick 2 min survey [here](#).
3. Suggest more words at any time [here](#).

On to this month's concept ... Levels of Intervention (Primary Prevention).

Levels of Intervention, also known as the types of prevention are popularly discussed in research in three parts (primary, secondary, and tertiary). As you can see from the picture, all three forms of intervention impact each other and are important for different populations. Did you know that there is a fourth level of prevention that is the basis and the foundation of primary prevention?

*[Read the story here](#)*



## Equity, Social and Economic Justice



## March is Social Work Month

March is Social Work Month, a time to celebrate the great profession of social work and members of its dedicated community.

The National Association of Social Workers (NASW) theme for Social Work Month 2022 is "The Time is Right for Social Work."

During Social Work Month, we can take time to learn more about the many positive contributions of the profession. NASW offers a toolkit with several resources to celebrate social workers.

Check out the toolkit at [www.socialworkers.org/News/Social-Work-Month](http://www.socialworkers.org/News/Social-Work-Month).

DCBS needs more social workers and social services support staff. If you or someone you know is interested in joining us, please visit the Kentucky Personnel Cabinet site at <https://bit.ly/3bnm43v>. Click "Search Jobs" and scan statewide openings for DCBS. You can make a difference. The time is right to join DCBS!



THE TIME IS RIGHT  
FOR SOCIAL WORK

## Training Update

Eastern Kentucky University's Training Resource Center is proud to announce that Foundations in Child, Family and Adult Services (formerly known as The Academy) will be piloted beginning Feb. 21.

This new skill-based training series is designed for recently hired Protection and Permanency workers and will include the following trainings: Social Work Principles, Intake Process Systems Parts 1-2, CPS Assessment Skills and Policies Parts 1-2, Case Management: Case Planning, Case Management: Out of Home Care, and Child Sexual Abuse in Child Welfare. This series spans over four months, allowing for concept building, skill practice, and in-the-field demonstration.

# Leadership models self-care in video

A new video features Secretary Eric Friedlander, Commissioner Marta Miranda-Straub and CHFS executive leaders sharing how they achieve self-care. Self-care is not a one size fits all, it needs to be individualized. If you haven't seen it, please take time to watch and listen. This is part of our foundation for creating a culture where self-care is seen as the expectation for our work – not a luxury and not a reward. Everyone at every level can model and support self-care.

Watch the video message [here](#).



## Gov. Beshear: Federal funding to help Kentuckians in need pay household utility bills

Gov. Andy Beshear recently announced federal funding that will help low-income Kentuckians pay their heating and cooling bills. Kentucky will receive \$1,572,878 through the Low-Income Home Energy Assistance Program (LIHEAP), the first installment of a five-year, \$500 million investment in LIHEAP provided by the Bipartisan Infrastructure Law.

"This assistance is the latest form of support to help our Kentucky families pay for critical bills," said Gov. Beshear. "Eligible households will receive vital support to help them stay safe and healthy, something that becomes even more important during the harshest weather months. No one should have to make the tough choices about which bills to pay, and this program is in place to safely and reliably warm and cool the homes of Kentuckians in greatest need."

The U.S. Department of Health and



Human Services allocates funding to Kentucky through the Division of Family Support in CHFS, which contracts with Community Action Agencies across the state to receive LIHEAP applications and provide recipient benefits.

CHFS Secretary Eric Friedlander said the program provides support beyond heating and cooling, acknowledging that it also provides crisis assistance, weatherization and other vital services.

Residents interested in applying for this assistance may call 1-866-674-6327. Get more information about Kentucky LIHEAP at <https://bit.ly/3h5vjHK>.

*Living* > **Well**

## Keep your LivingWell promise

Employees enrolled in health insurance coverage through the Kentucky Employees' Health Plan (KEHP) can take advantage of tools that support their well-being journey and earn up to \$480 in premium discounts for 2023. Complete the health assessment or a biometric screening by July 1, 2022, to achieve the LivingWell Promise and earn up to \$480 a year (\$40 per month) in premium discounts for 2023.

Learn important numbers that can help you take steps to reduce health risks and earn \$25 in Engagement Rewards when you complete a screening.

Learn how and see rewards available at <https://www.kehplivingwell.com>.

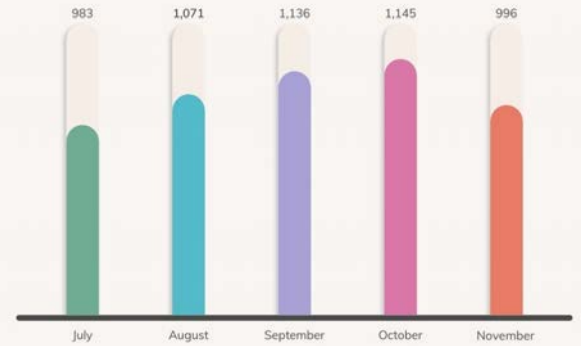
# 2021 DCBS Accomplishments Report Update: Program numbers show progress

Our DCBS 2021 Accomplishments Report (see it [here](#)) summarized how in the last year, DCBS and our partners met the moment of need for our clients time after time. Now, new figures are available that show a more comprehensive review of our impact through service.

**2021 SNAP Issuance**

Month	Total	Regular	EA	P-EBT
January	\$131M	\$89M	\$42M	0
February	\$150M	\$106M	\$44M	0
March	\$134M	\$91M	\$44M	0
April	\$787M	\$85M	\$44M	\$658M
May	\$154M	\$80M	\$43M	\$30M
June	\$209M	\$82M	\$75M	\$52M
July	\$158M	\$76M	\$54M	\$28M
August	\$405M	\$72M	\$53M	\$281M
September	\$128M	\$77M	\$50M	\$1M
October	\$132M	\$81M	\$51M	\$35K
November	\$136M	\$84M	\$52M	\$7K
December	\$133M	\$82M	\$51M	\$3K
<b>Total</b>	<b>\$2.7B</b>	<b>\$1B</b>	<b>\$603M</b>	<b>\$1B</b>

Families Served Through DCBS Prevention Services (SFY22 - FPP, KSTEP, START, MST Prevention Pilot)



## Family Support - 2021 Call Services

**3,112,894**  
Calls Received

**2,239,752**  
Calls Answered Inbound

**365,329**  
Callbacks and Flowout Calls

**15 minutes, 30 seconds**  
Average Answer Speed

**507,813**  
Calls Abandoned

**16.31%**  
Abandonment Rate

## Child Protective Services - 2021 Intakes (reports received) and Investigations

All intakes that met criteria (including CPS & APS):  
**115,015**

Intakes that met acceptance criteria: **38,862**

Finding of substantiated child abuse/neglect:  
**9,295 (23.92%)**

Finding of Family in Need of Services: **2,325 (5.98%)**

**CARES Act Funding**  
\$67,741,412

**CRRSA\* Funding**  
\$195,962,758

\*Coronavirus Response and Relief Supplemental Appropriations Act

### American Rescue Plan Act Funding

Stabilization Payments - \$470,064,268  
Child Care and Development Block Grant - \$293,307,790

## DCBS Child Care Funding

**1108** Adoptions finalized in 2021

**40** Programs designated Q RTP\* in 2021  
\*Qualified Residential Treatment Programs

**7** % of out of home care population in residential treatment facilities as of 9/21, a decrease from 12% in 2017

**12** The percent of youth age 12 and under in residential treatment has decreased steadily over the course of the year.

## DCBS Child Protection Outcomes

## PCAK offers promotional, educational items for Child Abuse Prevention Month



### Family Children and Youth

Our partners at Prevent Child Abuse Kentucky (PCAK) are getting ready for Child Abuse Prevention Month (CAPM) this April and helping Kentuckians spread the word about protecting children.

PCAK has many resources and ways to recognize CAPM this year, including these items:

- Blue/silver pinwheels (boxes of 60)
- Community kits (240 pinwheels, yard signs, lapel pins and more)
- Home kits (15 pinwheels, yard sign, lapel pins and more)
- Lapel pins (packages of 10)
- Educational resources and brochures

Please plan to order your items early so they arrive at your agency by April. Order at PCAK's online store at <https://pcaky.org/information-data/online-store/>. For more information, email Laura Anderson at [landerson@pcaky.org](mailto:landerson@pcaky.org).

PCAK loves hearing about all the events their Partners in Prevention plan to host for CAPM. Submit your community event for inclusion on their events calendar to <https://bit.ly/33ID7MA> or email Amanda Royer at [aroyer@pcaky.org](mailto:aroyer@pcaky.org) with questions.



**Prevent Child Abuse**  
Kentucky™

Pinwheels,  
yard signs,  
lapel pins, and  
home-kit  
planting



## Pandemic Aid available for current and former foster youth



### Get help with:

- Basic Needs
- Housing
- School Debt
- Tech
- Car Repairs
- Car Purchase
- More!

New Pandemic Relief for current and former foster youth is available!

This aid is for youth currently in foster care (including Independent Living), who were in state's care on their 18th birthday, or who were you adopted at 16 or older and are between 18 – 23,

Youth should please register one time only and be sure to provide an accurate email and/or phone number. A Pandemic Relief Navigator will be in contact with applicants as soon as possible.

Youth are only eligible for one special direct stimulus payment, so youth who received a stimulus payment through this program last year are not eligible for another one. However, youth may be eligible for other pandemic relief resources.

Youth can register for pandemic aid by completing the entire survey here: <https://bit.ly/3v7GqYQ>.

For more information about pandemic aid, email: [kyfosteryouthpandemicaid@ky.gov](mailto:kyfosteryouthpandemicaid@ky.gov).



### Health

## KEAP can help with job stress

The Kentucky Employee Assistance Program (KEAP), a confidential source for Kentucky state employees to find help with personal and work-related concerns, offers specific assistance to relieve job stress.

KEAP gives tips and resources on topics including difficult bosses, Intimate partner/domestic violence at work, suicide prevention and verbal de-escalation skills. Visit [bit.ly/3h8AmXW](http://bit.ly/3h8AmXW) to learn more.

Get more KEAP resources at <https://bit.ly/3HcfXvJ> or call 800-445-5327.