

Self-care and resilience are key to personal, professional growth

Happy Self-Care Awareness Month! I know many of you are already incorporating daily self-care time and annual wellness goals into your professional and personal lives. That is both extraordinary - and essential. Though it still may be somewhat new for you to focus on this area as it relates to your career, it's actually a long time coming, and it is all for the betterment of our individual health and collective positive impact on our customers.

I am excited to connect with you about a pair of relatively new

From the Commissioner



projects designed to support our community of staff, customers and stakeholders: Self-Care resources for staff and our Trauma and Resilience Community of Practice. These projects support the goals of our 18-Month Strategic Plan - the roadmap for us to build a 21st Century DCBS.

[Read more here](#)

Staff get stellar feedback for exemplary service

Several staff are getting feedback from clients for exemplary service, and they are deserving of DCBS Shout Outs! They are:

- **Chase Burkett**, Salt River Service Region
- **Lanita Moore**, Southern Bluegrass Service Region
- **Tammy Helton**, Cumberland Service Region
- **Ashley Jones**, Northeastern Service Region
- **Tyea Brown-Hamlin**, Jefferson Service Region

Congratulations to all! Read more about their accolades [here](#).



DCBS Staff Shout Outs spotlight good work from and good words shared about our DCBS colleagues! Send your Shout Out ideas to DCBSCommissioner@ky.gov.

DCBS staff to join CHFS IMPACT! leadership group

Almost 30 DCBS staff were chosen to participate in CHFS IMPACT! - a yearlong training series designed to prepare CHFS staff for leadership roles by providing a structured study of critical topics. Selected DCBS staff are:

- Angie Bailey, Two Rivers Service Region
- Rita Ball, Eastern Mountain Service Region
- Mary Busbee, Division of Child Care
- Shelby Dearing, Southern Bluegrass Service Region
- Jeremiah Ferran, E. Mtn. Service Region
- Cora Fralix, Two Rivers Region
- Dawn Gibbs, The Lakes Service Region
- Shannon Goad, Southern Bluegrass Service Region
- Shannon Greer, Division of Service Regions
- Andrew Hicks, Division of Administration and Financial Management
- Chasity Jeffrey, Cumberland Service Region
- Wilda Kempton, Cumberland Service Region
- Molly Kennell, Northern Bluegrass Service Region
- Deborah King, Division of Service Regions
- Heather LaRue, Two Rivers Service Region
- Haley Lear, Salt River Trail Service Region
- Dixie Lewis, Northeastern Service Region
- Christina Lucas, Division of Service Regions
- Tabitha Martin, Jefferson Service Region
- Ashley Messer, Northeastern Service Region
- Leah Miller, Salt River Trail Region
- Denita Moore, Division of Service Regions
- Brittany Osborne, Eastern Mountain Service Region
- Devin Reul, Jefferson Service Region
- Brittany Sams, Northern Bluegrass Service Region
- Shaunda Scott, Cumberland Service Region
- Miranda Stocker, Division of Protection and Permanency
- Jimmy Wheeler, Southern Bluegrass Service Region
- Steven Wright, Two Rivers Service Region
- Angela Wyatt, Northern Bluegrass Service Region

Congratulations to all and we look forward to learning from your leadership!

Access to resources is key to health equity

Hello DCBS!
In July's newsletter, I referenced a video featuring public health expert Mighty Fine, who

Public Health

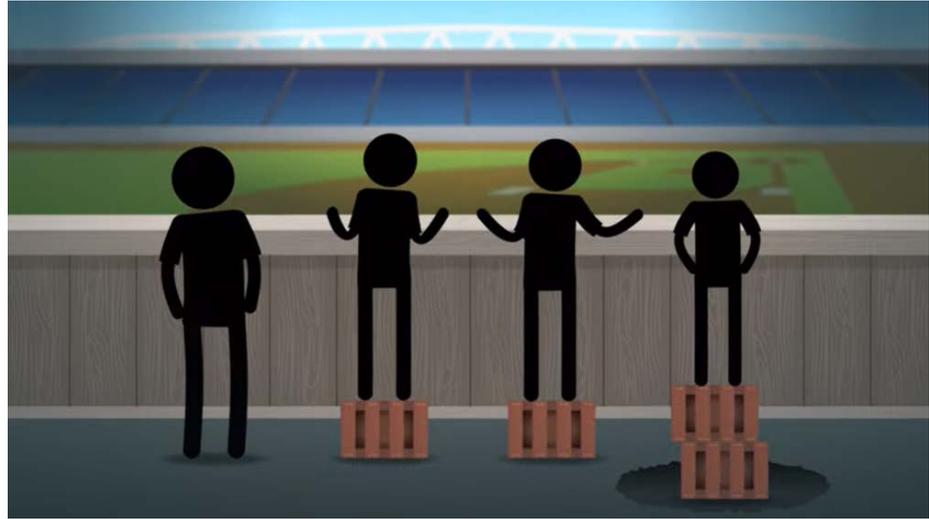


Corner **Public Health**
Prevent. Promote. Protect.

Dr. Trinidad Jackson, Senior Advisor on Public Health

stated that, "Many gaps in health trends are caused by a lack of access to various resources and are rooted in unfairness" as he explained health equity. What various resources, though? Simply put, these are resources that we need to survive. Resources that we need in order to thrive. Many of these resources are identified in the Universal Declaration of Human Rights. In particular, Articles 25 and 26 affirm the protection of resources such as housing, health care, and education. In public health, access to these rights and resources – known as social determinants of health – is critical because they create roads to the prevention of disease, death, disability, and injury.

If you were to reflect on and rate the government's



An example of equity from "What is Health Equity?" Episode 2 of "That's Public Health" with Mighty Fine

responsibility of homelessness prevention and intervention, what score would you assign? What about education? Check out this video, as it highlights social determinants' impact on public health. Also, explore the ways that Kentuckians for the Commonwealth is working to address some of the determinants and ways that you can get involved.



Department for Aging and Independent Living

2023 Kentucky Senior Hunger Summit

"Cultivating Community Collaboration and Sustainable Solutions"

November 1st, 2023 from 9:00 am to 4:00 pm EST

Registration open for DAIL's 2023 Senior Hunger Summit

Registration is now open for the 4th Annual Kentucky Senior Hunger Summit, which will be held virtually from 9 a.m. to 4 p.m. EST on Wednesday, Nov. 1. The event is presented by the CHFS Department for Aging and Independent Living. DAIL will release a summit agenda soon.

There is no fee for this conference. Please register by close of business Monday, Oct. 23, 2023, at <https://tinyurl.com/yw6m2tua>.

Participants must register individually for the conference in order to receive a certificate of completion. Participation will be tracked via Zoom.



Hallee Bridgeman (Credit LEX18 News)

DAFM staffer wins national book award

Congratulations to Hallee Bridgeman, an Administrative Specialist III in the Division of Administration and Financial Management, for receiving the 2023 American Christian Fiction Writers (ACFW) Carol Award in the Romantic Suspense category for her book "Word of Honor." Hallee received the award at the ACFW Conference Awards Gala in August. Hallee was recently profiled about her work by WLEX News. You can watch the news segment here.

Congratulations, Hallee!

Div. of Protection & Permanency updates

Transitional Services Branch: Staff shines at national conference

Kentucky was well represented at the 35th annual Daniel Memorial Conference this year held in Denver. Not only did several staff from the Transitional Services Branch get the opportunity to attend and learn new innovative ideas to bring back to the Commonwealth, but Kentucky was also

given a platform to educate young people and child welfare leaders across the nation at the conference. For starters, Glenda Wright and Tyler Hunter (both former members of the Voices of the Commonwealth (VOC) kicked off the event with a powerful and uplifting keynote leaning on their lived experience and advocacy efforts to help inspire young people to take charge of their own lives on how to go from being passive to active in their lives. Next up, a breakout session led by Former VOC member, Tamara Vest, helped conference attendees understand the importance of authentically listening to youth voice and how to involve it within their specific practices to reach the top level of youth voice and engagement. Lastly, Chafee Program Administrator, Lorraine Wilbur, explored how Kentucky is preparing current and former foster youth to step into a wide range of high-wage careers through the Earn and Learn program, an expansion of the Fostering Success Program. The workshop explored the national shortage of skilled workers and how supporting foster youth in earning a short-term training credential through this program have proven to be a solid resource to support transition age youth.

For more information on resources for transition age youth be sure to download the new KY RISE app on any Android or Apple device.

Chelsea Harrod Named Child Protection Branch Manager

On Aug.16, Chelsea Harrod started as the new Manager of the Human Services Program Branch, the child protection branch in the Division of Protection and Permanency. Chelsea says that she is most passionate about, "working to better the lives of those around me! I always want to learn more to ensure that I can reach my full potential and help others reach theirs!"



Top left: Tamara Vest. **Top right:** Glenda Wright and Tyler Hunter. **Left:** Chelsea Harrod. **Above:** Lorraine Wilbur

After earning her Bachelor of Science degree in Family Science with a minor in Community and Leadership Development from the University of Kentucky in May 2011, Chelsea initially worked for the Department of Juvenile Justice and as an alcohol and drug counselor (TCADC).

Chelsea began her career with CHFS in January 2014 and has held a few different positions. Most recently she served as a specialist on the same branch since November 2018, playing a significant role in the development and implementation of the KY Safety Model within child welfare and serving as the Commissioner's Proxy for the Child Sexual Abuse and Exploitation Prevention Board and Multi-Disciplinary Commission on Sexual Abuse. Prior to joining the Division of Protection & Permanency, she held previous Social Service Worker/Clinician positions within the Division of Service Regions in both Southern Bluegrass and Salt River Trail Service Regions.

Congratulations, Chelsea!

- Submitted by Vanessa Hunter

[Read more here](#)

Field Quality Branch partners with RIACs to support families

The Division of Service Region Field Quality Branch is partnering with Regional Interagency Councils (RIACs) that will include CQI Specialists at the table to provide partnership in quality improvement work. RIACs focus on the system of care in providing collaboration among multiple community partners, parents and youth to help coordinate services and supports to children, transition-age youth and their families with or at risk of developing behavioral health needs and other challenges.

CQI Specialists will have a role in helping identify areas of improvement, receive feedback from the Kentucky Community Partner Survey and providing data to assist with evaluation and coordination of services to families and children. RIACs are comprised of members from multiple community partners that include RIAC Membership (source: <https://dbhdid.ky.gov/dbh/riac.aspx>).

There are a total of 18 RIACs across the commonwealth. Each council is composed of members representing the following:

- Regional Community Mental Health Centers
- Administrative Office of the Courts
- Department for Community Based Services
- Division of Family Resource and Youth Services Centers (FRYSC)
- Office of Vocational Rehabilitation
- Kentucky Education Cooperatives/Special Education Services
- Department of Juvenile Justice
- Local health departments



- Parents (biological, adoptive, or relative caregivers with permanent legal custody) who are raising or have raised a child with mental health or co-occurring mental health and substance use challenges who has been or is a client of at least one service to address these challenges, prior to the age of 21
- Transition-age youth (16-25 years of age) who have a behavioral health disorder and who are receiving or have received a service to address mental health, substance use, or co-occurring mental health and substance use disorder before the age of 21

The Field Quality Branch is excited to partner with RIACs and build capacity in coordination of services to families and children. To find out more about RIAC's please visit <https://dbhdid.ky.gov/dbh/riac.aspx>.

CI interim support helps manage referrals

Since Jan 2023, Central Intake has been able to hire in Interim support. CI has hired 6 interim staff as Administrative Specialists. These staff are able to physically enter referrals that have been reviewed and assessed by CI staff as not meeting acceptance criteria. By having staff enter these referrals, CI staff can continue to review and assess incoming intakes. Our Interim staff have focused on voluminous referrals that are written, such as Emergency Protective Orders, that helps add hands to processing the multitude of referrals coming in for screening.

In addition to the 6 Administrative Specialists interim positions, CI also has hired 2 interim staff as SSW's, who are able to complete full assessments of the referrals and enter. For example one interim staff focuses strictly on answering phone calls and assessing – and the other focuses on assessing web referrals when they come in. As we have seen an uptake in intake over the past year and half, following the end of the pandemic, the support that our 8 Interim staff have provided has been a tremendous support.

Thus far this year from February through July, our interim staff have completed 3772 intakes. The CI goal is to allow for each of our teams to have an Interim to assist with support as needed, and over the last 8 months the branch has seen how supportive and valuable interim staff can be. They are a great asset and addition to Team Kentucky! We are extremely proud and thankful to have all 8 of our interim staff, and are excited by the creative, flexible opportunity to offer more interim staff to help support in this difficult work.

Survey reveals youth feedback on services, support

The first quarter DCBS Youth Experience Survey results are available.

The survey is part of the DCBS Quality improvement initiative that solicits feedback on youth experiences around education, job preparedness, emotional support, social interactions, healthcare and basic food/clothing needs, supportive services/permanency planning, and recommendations for system improvement.

Fifty-six youth participated in January-June 2023 in this survey. Surveys help us understand where we are doing well and where there are areas of improvement. The Youth Experience Survey is more than just receiving feedback from youth currently in care/exited care, it is also about making sure we follow up on the feedback received so that youth understand that their voice was heard.

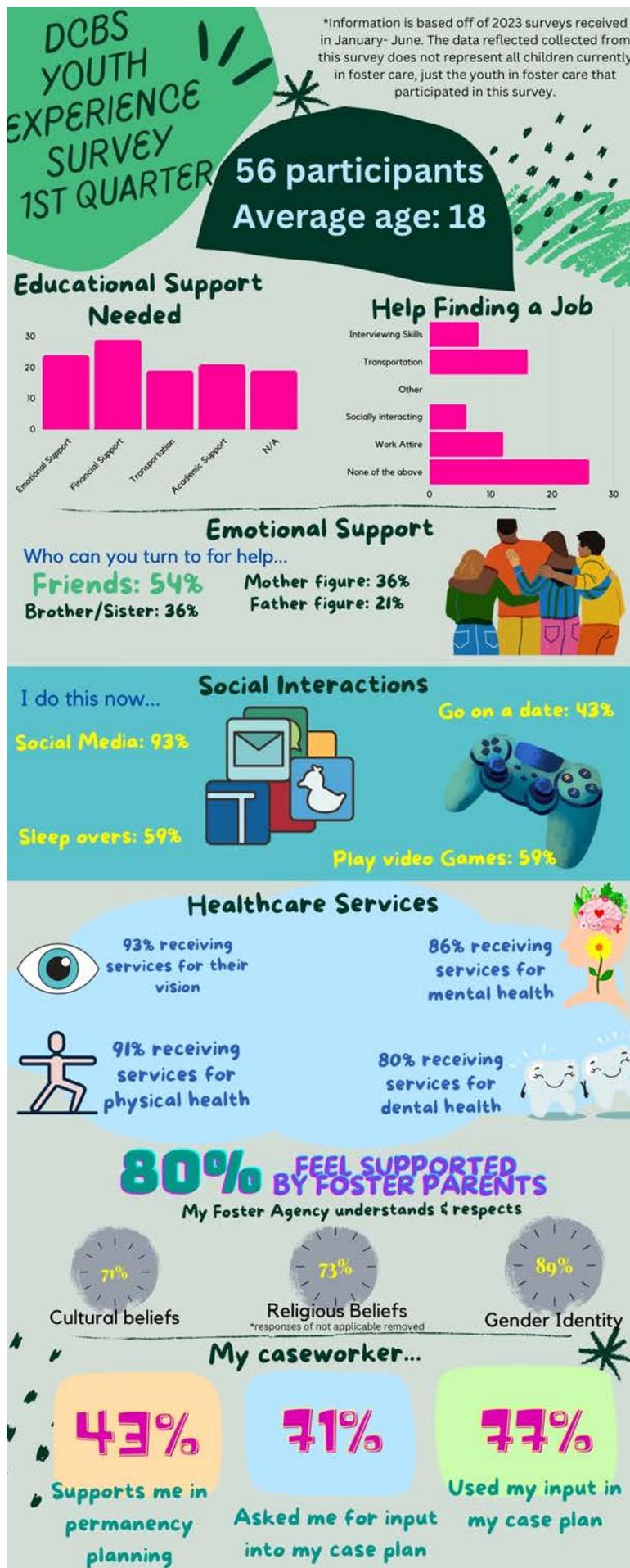
Making sure their voice was heard can look different at each level, such as department policy or procedural changes, working with community partners on feedback provided, regional leadership action planning, engagement/customer service, and quality improvement conversations.

See the survey and its highlights at <https://tinyurl.com/3r72yswe>.

Security increasing at DCBS local offices

There is some exciting news regarding DCBS staff, consumer and facility safety! A plan to increase security in DCBS offices, has been approved and is moving forward. Beginning Nov. 1, the security company Allied Universal, will begin providing services for the L&N Building, and DCBS offices throughout the state.

Furthermore, this plan provides 4 permanent security officers per region, versus the current one permanent and temporary guards as needed. The additional security locations were determined using feedback from both local staff, leadership, and Regional Safety Administrators. Data indicators such as in office foot traffic by consumers, high acuity youth in non-traditional placement setting needs, and critical incident reports were also considered—as well as physical geography and office locations. We look forward to creating an increased culture of safety throughout DCBS with efforts such as these!



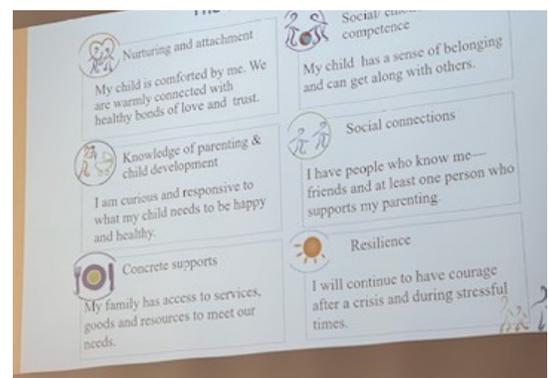
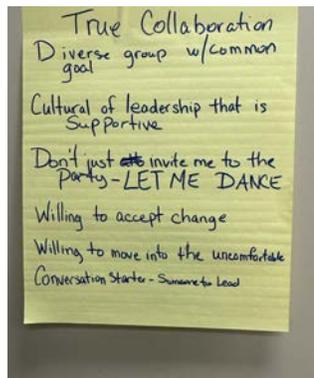
CCC hosts model training for partners

Community Collaboration for Children parents, supervisors and coordinators came together on Aug. 23 and 24, 2023, to kick-off the implementation of the Building Effective Parent/Practitioner Collaboration Model and training.

Through support of FRIENDS Community Based Child Abuse Prevention National Resource Center Training and Technical Assistant Carolyn Abdullah, New Jersey National Parent Leader David Armstrong, and Kentucky National Parent Leader Valerie Lebanion, Kentucky is supported in completing Prevention Mindset goals geared toward the development of parent groups. In March 2022, Kentucky was selected as a state to participate in the Prevention Mindset Institute: Embracing Prevention Cross Systems, a national movement to put primary prevention first.

In other prevention news, the Division of Prevention and Community Wellbeing hosted the Doris Duke Foundation Sept. 6-8.

The visit included site visits to community partners, group, and DCBS division specific meetings about the potential to accelerate and support our prevention efforts. Kentucky was chosen as one of a handful of states who will have the opportunity to discuss and display our prevention work and possibly qualify for a prevention grant that will link our work with the work of our partners.



Southern Blue hosts back-to-school fair

Our Southern Bluegrass Service Region hosted a free back-to-school event for Lexington-area families last month. The event featured free food, drinks, inflatables, characters and games. It was a day of family fun! Thanks to all staff who planned and worked at the event to share resources.



Register now for Fatherhood Summit

Registration is open for the 2023 Kentucky Fatherhood Summit. This free, in-person event, sponsored by CHFS and the Commonwealth Center for Fathers and Families will be Oct. 17-18 at the Campbell House in Lexington.

Register at www.ccffky.org/2023-summit. See the agenda at <https://www.chfs.ky.gov/agencies/dis/Pages/fs.aspx>.

This year's theme and key message is "Fatherhood is for Good!" CEUs are available.

Topics include how to build protective factors in fathers, research exploring the perceptions of fathers, child support rights and responsibilities during incarceration and national trends and resources.

Executive Advisor Mary Carpenter and Kentucky Youth Advocates Strategic Initiatives Associate Valerie Frost will present on Kentucky's efforts to enhance fatherhood and equity.



KENTUCKY FATHERHOOD SUMMIT 2023

"Fatherhood IS For Good"

OCTOBER 17-18

THE CAMPBELL HOUSE
LEXINGTON, KY



Commonwealth Center for Fathers & Families



CABINET FOR HEALTH AND FAMILY SERVICES

The 2023 Kentucky Fatherhood Summit and other CCFF efforts are funded in part, by the Cabinet for Health and Family Services/ Department for Income Support contract #PON2 727 2300003549 and Cabinet for Health and Family Services contract #PON2.

The Lakes rolls out bus to support foster care

In The Lakes Service Region, a partner foster family decked out this bus - even their kiddos all helped paint! The region is able to use it to help transport DCBS staff to meetings and events. Great work and great partnership, TLSR!



Wanda Hartley retires after 47 years

Last month, Office Support Assistant Wanda Hartley retired from the Northern Bluegrass Service Region after 47 years of service to the commonwealth. Secretary Eric Friedlander, Commissioner Lesa Dennis, SRA Kelly Skerchock and Newport Mayor Tom Guidugli Jr. all celebrated with Wanda's coworkers and family at a reception celebrating her five decades of service. Thank you Wanda and best wishes for the future!



DCBS staff provide fun, resources at Kentucky State Fair

Several DCBS programs exhibited at the 2023 Kentucky State Fair, where they spread word about their programs and resources – and had a lot of fun! Participating programs were staff recruitment, foster care and adoption, prevention, START program, child care and youth transitional services.

Our recruitment team had 52 staff working over the 11-day fair, and they collected information from 92 individuals who were interested in learning more. These staff had meaningful job conversations with 480 individuals about working for DCBS! Staff also gave away about 11,500 recruitment items, which included tumblers, dog water bowls, stress balls and cooling scarves.

Thanks to all the staff across all programs who prepared information for display and worked at the fairgrounds!





Boyd County celebrates Lean On Me

Brandy Hillard-Brown, Service Region Administrator Associate in Northeastern Service Region, recently visited with the Ashland Lions Club in Boyd County and led a discussion about Lean On Me Kentucky.

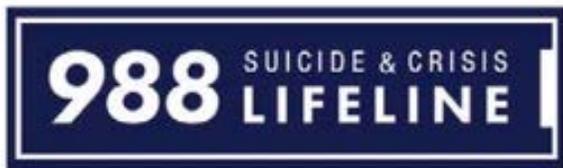
Affirmation and Non-Judgment. This can help prevent abuse and neglect and build stronger communities so our children grow up healthy and safe, and our families - all families - are valued and thrive.

Club members then signed the Lean On Me pledge and committed to being community supporters who give families a stronger network of care to prevent child abuse or neglect. Signing the pledge means you support children and their parents through Listening, Empathy,

Visit our partners at Prevent Child Abuse Kentucky to download the Lean On Me pledge and take it yourself, plus learn more about Lean On Me Kentucky: <https://pcaky.org/about/lean-on-me-kentucky/>.

Thank you Lions Club and thank you Brandy!

Suicide Prevention Month resources: Crisis line available



Call or text 988
Chat 988Lifeline.org

Talk with us.



Staff join Kids Are Worth It! conference

Many of our leadership and staff are at Prevent Child Abuse Kentucky's 27th annual Kids Are Worth It! conference in Louisville. Commissioner Lesa Dennis welcomed attendees with opening remarks. Division of Prevention and Community Wellbeing Director Amanda Body led a panel this morning on primary, secondary and tertiary prevention using a public health approach. Our Community Collaborations for Children team joined the exhibitors with resources and giveaways.

Gov. Andy Beshear gave a keynote speech on the second day of the event and noted his support for social workers, law enforcement, educators and families in the name of child protection. He also encouraged child welfare professionals to "lean on each other" for support, akin to Lean On Me Kentucky's goal of supporting families to prevent child harm. Conference guests could take a break at the Lean On Me Self-Care Station. Thank you to PCAK for enriching our team.



Daily Habits can spark lifestyle changes

LivingWell

Habits can be a good thing when they contribute to wellness! Kentucky Employees' Health Program (KEHP) members can earn up to \$15 in LivingWell Rewards for completing a Daily Habits plan - up to \$30 in LivingWell Rewards when for completing two Daily Habit plans during the year. KEHP members can find Daily Habit options online at <https://webmdhealth.com/kehpl/>.

The key to success with Daily Habits is to consistently keep up with all of your Plan Activities in the "Today," "Missed" and "Upcoming" sections. If you miss an Activity or forget to check in for a day, don't worry. As long as your Plan is still in progress, you can complete any missed Activity in the last 7 days and receive credit for it.

You can complete a Yes/No Activity by selecting the button that reflects your answer. You can complete other types of Activities by entering the required information and selecting submit. A completed Activity will show a

checkmark and will note that it is completed. Start a new Daily Habit today!

Reminder: Redeem rewards by 12/31

Don't forget to redeem the LivingWell Rewards you have earned before Dec. 31 – they expire then and will not roll over to 2024. KEHP members can earn up to \$200 in rewards for gift cards and goods. Medically enrolled spouses can earn up to \$100. Want some help navigating the rewards program? Please watch the recording of the webinar "You've Done the Work, Be Sure to Earn" [here](#).

LivingWell

Strategies That May Improve Happiness

Creativity

Try a hobby such as joining a virtual book club, playing a new video game, or learning an instrument like guitar.

Physical Activity

Find an activity you enjoy doing such as walking, bowling, or trying a new sport such as disc golf.

Calming Techniques

Try listening to music or surrounding yourself with a favorite scent.

Humor

Find things that make you laugh such as watching funny videos or sharing memes with friends.

Connectedness

Take time to connect with others around you through video chat or even random acts of kindness.

Source: American Heart Association. CPR & First Aid.

<https://cpr.heart.org/en/news/2021/02/25/why-experts-say-a-good-mood-can-lead-to-good-health>. Accessed 06/08/2023.

