



VOL. 1 ISSUE 2 • JUNE 2023

THE PAGE

Official Newsletter of the Parent and
Guardian Empowerment Program

CONGRATULATIONS TO OUR PAGE HIGH SCHOOL GRADUTATES OF 2023

The Parent and Guardian Empowerment Program celebrated two successful high school graduates this year! Congratulations to those individuals who overcame many obstacles. You achieved more in one school year than most can in a lifetime! May your future always be bright!!



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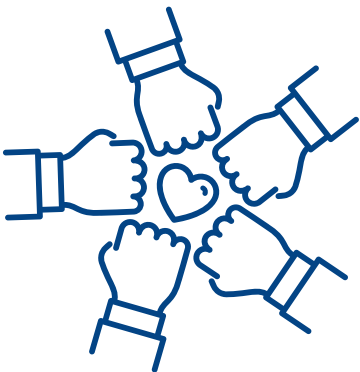
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Court Case Management Services

Social workers provide intensive case management services for youth referred by Family Court for the status offenses of: habitual truancy, habitual runaway and/or beyond control of parent or school. This service is court ordered and participation is mandatory.

- Monitoring compliance of family court orders both pre and post adjudication
- Completing assessments and create a client centered service plan
- Drug testing, when needed or court ordered
- School visits, referrals and case collaboration with other service providers
- Imposing graduated sanctions as needed
- Completing disposition reports and reviews for Family Court
- Monitoring home detention orders when ordered by Family Court and or the youth is on an ankle monitor
- Attending all Family Court detention hearings
- Attending regularly scheduled pre-trial, disposition and review hearings for Family Court



Community Partner

SPOTLIGHT

Dr. Lauren Downey
EdD, LPCC-S, ACS
Owner/Clinical Director

Dr. Brittany Gentry, DSW,
LCSW
Co-Clinical Director |
Clinician

Michael Bennett, LPCC, NCC
Clinician | Certified Trauma
Professional, Level II
Certified TF-CBT Provider
Accelerated Resolution
Therapy (ART) Provider

Sydnee Franklin, CSW
Clinician

Ian Hall, LPCA, NCC
Clinician | EMDR Provider

Earl Johnson, MFTA
Clinician | Prepare/Enrich
Facilitator

Anessia Nutter, LPCA
Clinician

Tyran Price, CSW
Clinician

Tracy Springate, LPCC
Clinician



The mission of the Trauma-Informed Counseling Center is to provide meaningful therapeutic services and treatments in an inclusive environment to individuals from all walks of life. We strive to help each individual understand the multifaceted nature of trauma and how other mental health disorders outside of trauma do not have to control, or significantly impact the quality of life.

THERAPEUTIC TREATMENTS PROVIDED

- ADULT COUNSELING
- CHILD / ADOLESCENT COUNSELING
- MARITAL / COUPLES COUNSELING
- GROUP
- COUNSELING
- FAMILY COUNSELING

PHONE 859-309-2877

FAX 859-368-0018

LOCATIONS

Codell Dr.
80 Codell Drive,
Suite 130 & Suite 230
Lexington KY 40509

Millpond
713 Millpond Rd.
Suite b-3
Lexington KY 40514



Talking To Your Children About Guns

Every year, 350 children unintentionally shoot themselves or someone else when they find unlocked, loaded guns.¹ More than 700 American children die by gun suicide each year.² One study showed that over 80 percent of children under the age of 18 who died by gun suicide used a gun belonging to a family member.³ The Be SMART program, designed to prevent these shootings, recognizes **that secure storage by adult gun owners is essential to preventing unauthorized, unsupervised access to firearms by children.**

It is always an adult's responsibility to prevent unauthorized access to guns, not a curious child's responsibility to avoid guns. That means always keeping all firearms unloaded, locked, and stored separately from ammunition.

And yet research shows that approximately 4.6 million American children live in homes with guns that are not stored securely.⁴ We recognize that until every gun is securely stored, children are still at risk of finding unsecured guns, and parents need guidance on how to talk to their children about what to do if that happens. The suggestions below, developed in collaboration with Marjorie Sanfilippo, Ph.D., a professor and expert on children's behaviors around firearms, are a good place to start:

Tips for Talking to Young Children:

- Make it part of the normal safety conversation you have with your children.
- Keep the language simple; for example: "If you see a gun, don't touch it. Tell an adult right away."
- Tell children not to touch a gun, even if it looks like a toy.
- Assure children they will not get in trouble if they tell an adult they've seen a gun.
- Repeat it on a regular basis.

Tips for Talking to Adolescents:

- Include it in your general safety conversations about topics like drugs, alcohol, and drunk driving.
- Tell them to immediately leave any situation where an unsecured gun is present.

- Tell them not to listen to a friend who says a gun is unloaded or otherwise safe.
- Give your teen strategies to get out of a situation where a gun is present—or brainstorm them together. For example, you could agree that your teen would say: "Mom just texted me that I have to get home right now."
- Assure them that it's OK to ask people about the presence of unsecured guns in other homes they may be visiting, but offer to do it for them if they don't feel comfortable.

Tips for All Ages:

- Don't have the conversation only once. Talk to them frequently, just as you would about other crucial safety issues.
- Make sure they understand that any situation where there's an unsupervised gun is an dangerous situation.

It is important to remember that **talking to children about guns is a precaution, not a guarantee of safety.** One study found that young children who go through a week-long gun safety training are just as likely as children with no training to approach or play with a handgun when they find one.⁵

This is one reason we take issue with the National Rifle Association's program to reduce unintentional shootings by children, Eddie Eagle, as it focuses solely on educating children not to touch guns without permission and to alert an adult if they find a firearm. That alone is not nearly sufficient to reduce unsupervised access to guns by children.

¹ Everytown for Gun Safety, "#NotAnAccident Index: Unintentional Shootings by Children," <https://everytownresearch.org/maps/notanaccident/>. A yearly average was developed using data from 2015 to 2022. Incidents from the index are collected from media reports of unintentional shootings by children under the age of 18 that result in injury or death.

² Centers for Disease Control and Prevention. National Center for Health Statistics, WONDER Online Database, Underlying Cause of Death. A yearly average was developed using four years of most recent available data: 2018 to 2021. Analysis includes children aged 0 to 17.

³ Renee M. Johnson et al., "Who Are the Owners of Firearms Used in Adolescent Suicides?" *Suicide and Life-Threatening Behavior*, 40, no. 6 (2010): 609–11.

⁴ Matthew Miller and Deborah Azrael, "Firearm Storage in US Households with Children: Findings from the 2021 National Firearm Survey," *JAMA Network Open* 5, no. 2 (2022): e2148823.

⁵ Marjorie S. Hardy, "Teaching Firearm Safety to Children: Failure of a Program," *Journal of Developmental and Behavioral Pediatrics* 23, no. 2 (2002): 71–76.

Help Your Teenager Learn to Navigate Life's Obstacles

Change your focus. Instead of helping your kids "avoid difficulties," help them "get through difficulties." To do this, try to think of difficult circumstances as "teachable moments" for your child.

Avoid quick fixes. We've all experienced occasions when our children's stress became our stress, too. It's hard to hear that your son was picked last for a team in gym class, or that other girls chastised your daughter for her outfit. It sometimes seems tempting to deal with adversity by taking an easier road. Removing the child from that 'awful' school. Buying the trendy outfit.

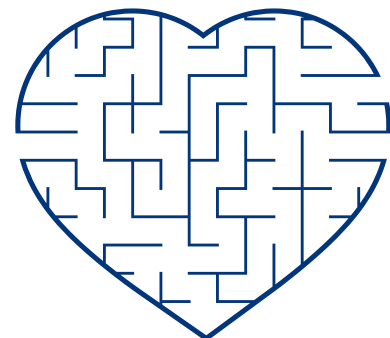
Give your child the freedom to fail. This may just be the hardest thing to do; we don't want to see our kids fail. We may still call the high school teacher about a bad grade or keep track of our 18 year old's exams and doctors' appointments. But the biggest gift we can give our children is the freedom to fall, dust themselves off, and get back up again. This does not mean that we never extend a helping hand. It just means that we need to let them learn how to navigate and adapt so they'll be prepared. Life is bound to throw them some curve balls, and we aren't always going to be there.

Promote independence. Coach your child on how to talk with their teachers about a bad grades rather than doing it yourself. Encourage your college-bound kids to make their own appointments and remember their own schedules. They may miss appointments or oversleep for school, but that creates a learning opportunity. We know that in real life, if we miss an important meeting at work, there are usually consequences. Learning about this as a student is better than learning how to manage life and cope with difficulty as an adult.

Make college decisions together. What's most important to your child when it comes to choosing a college? Yes, I said your child. Not you. Many factors go into selecting one college over another, not just which school has the "superior academic reputation." What often sways the vote one way, or another are the basics: cost, distance, location, and size. What does your teen want? Is it different than what you want? Have conversations and listen. Learning your child's preferences at the outset will help all of you to narrow the search and come to a decision that all of you feel comfortable with.

Ask about mental health support on campus. The American College Health Association Survey on health showed that over 60% of kids in college have "overwhelming anxiety" at some point; and that the average time to access a counselor is 1 week. If you have a family history of mental health disorders, your child is a greater risk. The Jed Foundation provides a detailed guide for parents and students that includes questions to ask about the services and programs a college provides to help students manage their mental health and thrive in the campus environment.

Download the guide and learn more at nami.org/collegeguide.



COMMUNITY EVENTS

Exhilarating, Inc. Transitioning into Adulthood

Date: June 14 – July 5, 2023

Time: 6:00 – 7:30 p.m.

Location: 1060 Harry Sykes Way
Register online at www.exhilaratinginc.org

Description: Are you between the ages of 16 and 22? Do you know how to get and keep a job, get an apartment, cook a meal, budget your finances, about juvenile law vs. adult law, handle conflict, deal with roommates...etc.? Transitioning into adulthood is a process that brings childhood to an end and turns you into a young adult. Increase your social skills, knowledge and your support system.

Teen Craft – Flag Day Pride Earrings

Wednesday, June 14, 2023

2:00pm – 3:30pm

Eastside Branch
Children's Program Room
3000 Blake James Drive
Lexington, KY

Celebrate flag day by learning to make pride flag earrings! We'll be molding and baking polymer clay to make a fun craft you can repeat at home. Ages 13 – 18

CREATE: Rainbow Mosaics

Friday, June 09, 2023, 4:00pm–5:00pm

Eastside Branch
3000 Blake James Drive
Lexington, KY

Exercise your creativity by making a rainbow mosaic to celebrate Pride Month. Recommended for ages 6–12. While supplies last.

KRM Free Citizenship Class

Monday, June 05, 2023, 5:00pm–7:00pm

Northside Branch
1733 Russell Cave Rd.
Lexington, KY

Join instructors from Kentucky Refugee Ministries for this free citizenship class. Student must be a Green Card holder for at least 4 years and 9 months. No registration required.

Open Mic Night

Wednesday, June 07, 2023, 5:00pm–7:00pm

Central Library
140 E. Main St.
Lexington, KY

Join us for Open Mic Night the first Wednesday of every second month. Bring your poems, flash fiction, spoken word performance, friends and enthusiasm. We'll provide the stage and snacks. Farish Theater doors open at 5 and performances start at 5:30. Performers will be selected by drawing names from a hat. Please limit your performance to about 3 minutes and bring content appropriate for an audience that includes teens.

Teen Writer's Poetry Workshop

Tuesday, June 6, 2023

1:00pm–3:00pm

Central Library, Meeting Room D
140 E. Main St.
Lexington, KY

Join us, along with local poet Angelica Miller, for a 2-hour workshop to bring your writing to life. With both individual and collaborative exercises, this Poetry Lab will exercise your mind while teaching you some new ways to give voice to your ideas. All levels welcome. (Registration preferred to guarantee a seat.)

COMMUNITY EVENTS

DIY Clay Pinch Pots

Saturday, June 10, 2023, 3:00pm–4:00pm

Village Branch
2185 Versailles Rd.
Lexington, KY

Join us to make pinch pots with air dry clay. While supplies last. Reservations recommended, but not required.

Second Saturday Gaming

Saturday, June 10, 2023, 10:00am–4:00pm

Beaumont Branch
3080 Fieldstone Way
Lexington, KY

The whole family can drop-in to learn to play board games, like chess and others that can be borrowed from the Lexington Public Library. Requests for specific games to be played can be emailed to: awasielewski@lexpublib.org.

STEAM Lab Drop-In: Lego Challenge – Bridges & Buildings

Monday, June 26, 2023, 2:00pm–4:00pm

Central Library
140 E. Main St.
Lexington, KY

Join us in the Kloiber Foundation STEAM Lab as we design our own bridges and buildings with Legos. Participants are welcome to drop-in anytime between 2:00–4:00 pm and stay as a little or as long as you would like!

For grades 3–12

If you are planning on bringing a large group (10+ people) please contact the Experiential Learning Supervisor for accommodations. (859) 231-5500.

Southland Street Fair

Saturday, June 10, 2023, 3:00pm–8:00pm

Southland Drive & Rosemont Garden
455 Southland Drive
Lexington, KY

There's fun for the whole family at the Southland Street Fair, presented by Traditional Bank. Saturday, June 10 from 3 – 8 pm. The fair features food, entertainment, local vendors and more. Located at the corner of Southland Drive and Rosemont Garden in Lexington.

Teen Launch Into Summer

Friday, June 09, 2023, 6:00pm–8:00pm

Eastside Branch
3000 Blake James Drive
Lexington, KY

Leave the school year behind at our after-hours Teen Summer Launch event! Meet local authors and grab a free book, play a few rounds of laser tag or Mario Kart, explore the world of VR, check out the Makerspace, or even learn to skateboard! Teens Only, Ages 13 – 18.

Discover Health: Dental Care

Friday, June 23, 2023, 3:30pm–4:30pm

Village Branch
2185 Versailles Rd.
Lexington, KY

Learn how to care for your teeth. You'll also explore careers in the health sciences with hands-on activities. Sponsored by CHI St. Joseph Health. For grades K–5. No registration required.

COMMUNITY EVENTS

Cookbook Club

Tuesday, June 27, 2023, 5:00pm-6:00pm

Eastside Branch
3000 Blake James Drive
Lexington, KY

Whether you love to cook or just love looking through cookbooks, this is the club for you. Share your favorite cookbook or recipes. Discuss the history of your recipe and explain why this recipe is your favorite. Everyone is encouraged to swap some recipes to try at home and share your results next meeting. Celebrate the end of National Soup Month by bringing your favorite soup recipe!

Let's Paint A Floral Landscape

Monday, June 26, 2023, 3:00pm-4:00pm

Village Branch
2185 Versailles Rd.
Lexington, KY

Join us to make an easy pastel painting for beginners. While supplies last. Reservations recommended but not required.

Amateur Hour: An Art Club for Adults

Wednesday, June 21, 2023, 6:00pm-7:00pm

Northside Branch
1733 Russell Cave Rd.
Lexington, KY

Are you an adult who misses the freedom and fun of elementary school art class? Join Amateur Hour! Don't consider yourself an artistic person? No problem! Come make some friends and try something new.

Crafternoon!

Wednesday, June 21, 2023,
2:00pm-4:00pm

Beaumont Branch
3080 Fieldstone Way
Lexington, KY

This month during Crafternoon we will be making map coasters. This program is for adults and while supplies last.

DIY Whipped Coconut Body Butter

Thursday, June 22, 2023, 3:00pm-4:00pm

Village Branch
2185 Versailles Rd.
Lexington, KY

Join us to make a simple coconut body butter. While supplies last. Reservations recommended but not required.

Pride Prom

Theme: Candyland

Friday, June 23, 2023
7:00pm - 9:00pm

Northside Branch
1733 Russell Cave Rd.
Lexington, KY

Let's celebrate Pride Month! Come dressed your best for Prom as we dance the night away. Enjoy special photo ops, tarot readings, snacks, and more! For ages 12-17.

Summer Lunch and Snacks

FCPS Summer Lunch & Snack

Monday - Friday
June 12 - July 28.

Village Branch

1801 Alexandria Drive,
Suite 136
Lexington, KY, 40504
Lunch: 11:30am-12:00pm
Snack: 4:00 - 5:00

Northside Branch

1733 Russell Cave Rd.
Lexington, KY
Lunch: 11:30am-12:00pm
Snack: 4:00 - 5:00

Tates Creek Branch

3628 Walden Dr.
Lexington, KY
Lunch: 12:00pm-12:30pm
Snack: 4:00 - 5:00

Free summer lunches
and snacks will be
served for all children 18
years or younger.
All meals must be
consumed on site.

No meals will be
served June 19, July 3,
and July 4.

LUNCH AND SNACK AT VILLAGE BRANCH ALMUERZO EN LA SUCURSAL VILLAGE

1801 ALEXANDRIA DRIVE, SUITE 136

KID'S CAFÉ

STARTS THURSDAY, JUNE 1

4:00 PM - 5:00 PM

CAFÉ PARA NIÑOS

COMIENZA EL JUEVES, 1 DE JUNIO

4:00 PM - 5:00 PM

FCPS SUMMER LUNCH

STARTS MONDAY, JUNE 12

11:30 AM - 12:00 PM

FCPS ALMUERZO DE VERANO

COMIENZA EL LUNES, 12 DE JUNIO

4:00 PM - 5:00 PM

Free summer meals for all children 18 years or younger.

Comidas gratis para los niños menores de 18 años.





thanks
for your
support



859-300-5330



498 Georgetown St.
Lexington KY 40508



<https://www.lexingtonky.gov/youth-development-center>