



VOL. 1 ISSUE 1 • MAY 2023

# THE PAGE

Official Newsletter of the Parent and  
Guardian Empowerment Program

## About the Program

Parent and Guardian Empowerment (PAGE) assists young people in reaching their highest potential by offering free positive opportunities and programs. PAGE strives to help parents/guardians gain the support, skills, and confidence they need to guide and motivate their youth while reducing conflict. In turn, the parents/guardians feel empowered.

Experienced social workers work with each family to assess challenges and problems, then develop a service plan with the goal of preventing future behavior issues and reducing the chances of conflict with family, peers and status charges being filed.

## Our Mission

To provide youth under the age of 18 who are navigating their adolescent years and their families with specialized case management services.



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# Meet Our Team

## Contact Us

Kelly Justice, LCSW  
Clinical Program Administrator  
859-300-5331  
kjjustice@lexingtonky.gov

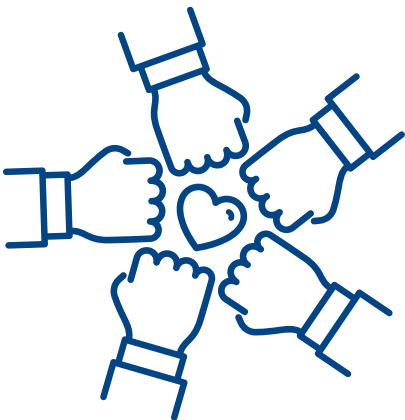
Antony Hill, CSW  
Certified Social Worker  
859-300-5338  
ahill@lexingtonky.gov

La'Yvonne Sensabaugh, LSW  
Social Worker Sr.  
859-300-5334  
lsensaba@lexingtonky.gov

Tera Sullivan, LSW  
Social Worker  
859-300-5336  
tsulliva@lexingtonky.gov

Josie Elder  
Staff Assistant  
859-300-5330  
jelder2@lexingtonky.gov

- **Kelly Justice**, our Clinical Program Administrator. She is a Licensed Clinical Social Worker, who obtained her MSW from the University of Kentucky. Kelly has worked in the social work field for 15 years, six of those years being with LFUCG.
- **Antony Hill**, is our Certified Social Worker for substance use case management. He earned his MSW from the University of KY. Prior to his arrival to LFUCG, he provided group and individual counseling for Fayette County Public Schools and BCTC.
- **La'Yvonne Sensabaugh** is a Licensed Social Worker who received her Bachelors of Social Work degree from the University of Kentucky. She has been a social worker with LFUCG, Division of Youth Services for 27 years. She is our court case management social worker.
- **Tera Sullivan** is a Licensed Social Worker who received her Bachelors of Social Work degree from the University of Kentucky. Ms. Sullivan has worked for LFUCG, Division of Youth Services for 20 years. She is our community case management social worker.
- **Josie Elder** is the PAGE staff assistant. She is currently enrolled at Bluegrass Community and Technical College and is in her final year of the Administrative Office Technology Program. Josie has been working with organizations who serve youth and their families for the last four years. Prior to that she was a preschool teacher for nine years.



# Community Partner

## SPOTLIGHT

### YOUTH ADVOCATE PROGRAM

Youth Advocate Programs Inc (YAP for short) is a national high impact social change non-profit advocating for and delivering evidence-based services in homes and communities as a more effective and racially equitable alternative to youth incarceration, congregate care, child welfare and neighborhood violence.

Neighborhood based advocates are trained to help participants and their parents, guardians and families see their strengths and connect them with tools - even basic needs resources - to achieve positive goals.

86% of participants do not reoffend; 90% still live in their communities - 12 months after completing the YAP program.

Ashley Randall  
Program Director

Alternatives to Detention and Diversion Programs  
Youth Advocate Programs, Inc.

1410 N. Forbes Rd  
Lexington, KY 40511  
C:859-490-8895  
acruz@yapinc.org

"We cannot  
always build  
the future for  
our youth,  
but we can  
build our  
youth for the  
future"

- Franklin D  
Roosevelt

## COMMUNITY EVENTS

### Create: Beaded Fidget

Monday, May 15, 2023, 4:00pm-5:00pm

**Location**  
Central Library  
140 E. Main St.  
Lexington, KY

**Description**  
Keep your hands busy by making a beaded fidget that you can take home with you afterwards for even more fidget fun! It's easy and fun! For grades K-5, small beads will be used that can be a choking hazard for infants and toddlers.

### English as a Second Language

Wednesday, May 03, 2023,  
10:30am-11:30am

#### Additional Dates

Wednesday, April 26, 2023,  
10:30am-11:30am  
Monday, May 01, 2023,  
10:30am-11:30am  
Monday, May 08, 2023,  
10:30am-11:30am

#### Location

Village Branch  
2185 Versailles Rd.  
Lexington, KY

#### Description

Free ESL class for all levels. No registration is required. Bring a notebook and a pen or pencil if you wish.

### Big Band & Jazz: Bluegrass Area Jazz Ambassadors

May 30, 2023, 7 - 8:30 p.m.

The return of spring means the return of one of Lexington's longest-running and most beloved concert series - Big Band & Jazz. With a full schedule of live music planned, concert-goers can enjoy weekly big band or jazz music at Moondance Amphitheater and Ecton Park. Picnics are encouraged and patrons should bring a lawn chair or blanket for seating.

**Cost**  
Free

#### Event contact

Jess Piersol  
jpiersol@lexingtonky.gov

#### Location

Moondance Amphitheater  
1152 Monarch St. Lexington, KY

### Family Fun Day

Saturday, May 20, 2023, 1:00pm-4:00pm

**Location**  
Duncan Park  
530 N. Limestone  
Lexington, KY

**Description**  
Family Fun Day is a FREE community event that we are hosting for the city we love! We will have activities for kids, face painting, a petting zoo, free food and drinks, popcorn and cotton candy, music, and a resource fair for parents/guardians with tables of information from local organizations that provide support to families. We can't wait to see you there!

### Food Truck Fridays

WHEN: May 19, 2023, 6 - 9 p.m.

WHERE: Shillito Park  
300 W. Reynolds Road Lexington, KY  
Lexington Parks and Recreation is asking you to dinner! Food Truck Friday is coming to Shillito Park from 6 - 9 p.m. Choose from a sampling of local food truck vendors featuring full-service food, snacks, beer and cider.  
Vendors: Pasta Garage, Mr. Gyros, The Flying Waffle, Bella's Shaved Ice, Wise Bird Cider Co.  
West Sixth Brewing  
Event contact  
Jess Piersol jpiersol@lexingtonky.gov

### Eastside Children's Scavenger Hunt

Monday, May 01, 2023,  
9:30am-7:00pm

#### Additional Dates

Thursday, June 01, 2023,  
9:30am-7:00pm  
Saturday, July 01, 2023,  
9:30am-7:00pm  
Tuesday, August 01, 2023,  
9:30am-7:00pm  
Friday, September 01, 2023,  
9:30am-7:00pm

#### Location

Eastside Branch  
3000 Blake James Drive  
Lexington, KY

#### Description

Stop by the Children's Department to participate in a scavenger hunt. Images will be hidden around the department and it's up to you to find them all! Scavenger hunts will change throughout the month.

### WORK-Lexington | Lexington Workforce Resource Center

Do you need help finding a job? Visit us at WORK-Lexington, Lexington's Workforce Resource Center! All services are free. We are located at the Charles Young Center, 540 E. 3rd St. If you have any questions email work@lexingtonky.gov or call (859) 258-3026

Learn about what our workforce partners offer.  
Program includes:  
On-site assistance with job applications and resumes  
Job connections and job placement  
Program referrals

### KRM Free Citizenship Class

Wednesday, May 03, 2023, 5:00pm-7:00pm

#### Additional Dates

Wednesday, May 10, 2023, 5:00pm-7:00pm  
Wednesday, May 17, 2023, 5:00pm-7:00pm  
Wednesday, May 24, 2023, 5:00pm-7:00pm

#### Location

Village Branch  
2185 Versailles Rd.  
Lexington, KY

#### Description

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. Registration is NOT required.

## COMMUNITY EVENTS

### Make It Mondays

Monday, May 22, 2023, 5:00pm-6:00pm

#### Additional Dates

Monday, June 26, 2023, 5:00pm-6:00pm

#### Location

Tates Creek Branch

3628 Walden Dr.

Lexington, KY

#### Description

Roll up your sleeves and get crafting! Each month, we'll dive into a new, exciting craft.

### Job Club

Tuesday, May 23, 2023, 9:00am-10:15am

#### Additional Dates

Tuesday, May 09, 2023, 9:00am-10:15am

#### Event Format

In-person and virtual

#### Location

Fayette County Extension Office

1140 Harry Sykes Way

Lexington, KY

#### Price

Free—Pre-registration not needed.

#### Description

Job Club meets the second and fourth Tuesdays, 9:00 - 10:15am, each month at the Fayette County Extension Office, 1140 Harry Sykes Way, Lex. KY. This free resource is sponsored by University of Kentucky Extension and UK Alumni Career Development and provides job search strategies for the unemployed, underemployed and for those wanting to change careers. The hybrid program is available in-person, Zoom webinar and/or Facebook Live. Attendees have access to resume reviews, mock interviews and networking. Preregistration is not required.

### Tahlsound

Sunday, May 28, 2023, 5:00pm-9:00pm

#### Additional Dates

Sunday, July 23, 2023, 5:00pm-9:00pm

Sunday, August 27, 2023, 5:00pm-9:00pm

Sunday, September 24, 2023, 5:00pm-9:00pm

#### Location

Oleika Temple Great Lawn

302 Southland Drive

Lexington, KY

#### Price

Free— Donation-based/Pay-What-You-Can

#### Description

Tahlsound is a family-friendly, donation-based/pay-what-you-can concert series that takes place at 302 Southland Drive, in the Oleika Temple Great Lawn, every 4th Sunday in the months of April, May, July, August & September. Patrons are invited to bring a blanket or chair and enjoy an evening of local and regional musicians and artists, as well as food and beverage vendors, and hands-on activities, crafts and games in the "Tahlsound Kid's Corner." More information, ore-registration and reservations for "Friends of Tahlsound Tables" are available at [www.tahlsound.com](http://www.tahlsound.com)

### Makerspace Open Studio

Thursday, June 01, 2023, 1:00pm-6:30pm

#### Additional Dates

Friday, April 28, 2023, 1:00pm-5:30pm

Wednesday, May 03, 2023, 1:00pm-6:30pm

Thursday, May 04, 2023, 1:00pm-6:30pm

#### Location

Eastside Branch

3000 Blake James Drive

Lexington, KY

#### Description

Teen and Adult makers join us for Open Studio in the Makerspace at Eastside. You can use equipment like the 3D printer, Cricut, Large Format Printer, and more. Or bring your own project to work on in the space. Visit [lexpublib.org/makerspace](http://lexpublib.org/makerspace) for more details on the equipment available.

### Queer Open Crafting Night

Thursday, June 01, 2023, 5:00pm-6:30pm

#### Add to Calendar

#### Additional Dates

Thursday, May 04, 2023, 5:00pm-6:30pm

#### Location

Eastside Branch

3000 Blake James Drive

Lexington, KY

#### Description

Looking for a safe space to exist around other members of the LGBTQ+ community, while working on craft projects new and old? Drop in any time during the evening, and hang out while using materials and tools from home, or learn something new! We'll have sewing machines, embroidery hoops, yarn, and more available in our Makerspace!

### Snack and Activities for Kids

Saturday, May 20, 2023, 3:00pm-5:00pm

#### Additional Dates

Saturday, May 06, 2023, 3:00pm-5:00pm

Saturday, May 13, 2023, 3:00pm-5:00pm

#### Location

Village Branch

2185 Versailles Rd.

Lexington, KY

#### Description

Stop by for books, stay for the fun! K-12 students can use this time to relax, unwind, and hang out with friends (and learn too!). Enrichment activities like board games, arts, crafts, and so much more will be available! Activities provided courtesy of CHI St. Joseph Health. Snacks will be provided to youth age 18 and younger courtesy of God's Pantry. No registration required



# Support Group

## Join us for a Parent and Grandparent Café!

Our cafés or support groups are FREE get togethers that give parents and grandparents an opportunity to discuss the challenges of raising grandchildren, while gaining support and resources from the Parent and Guardian Empowerment Program.

Are you interested in:

- Strengthening your family
- Becoming more resilient
- Building relationships with others
- Learning about resources that will support your family

If so, please join us for a Café!

Date: May 18th

Time: 12:00 p.m. – 2:00 p.m.

Reservation is required, please connect with us at:

[859-300-5330](tel:859-300-5330)

[kjustice@lexingtonky.gov](mailto:kjustice@lexingtonky.gov)





## HOW TO COMMUNICATE WITH AND LISTEN TO YOUR TEEN

Many parents have questions that start with, "What do I say when...?" However, parents need to understand that it is "less important what you say, and more important that you listen."

1. Turn off the "parent alarm." Listen without judgment and reaction. When your son says, "Mom, I met this girl" and you react by saying, "You're too young to date," that instinctual alarm prevented you from being able to hold a meaningful discussion on healthy sexuality.
2. Don't catastrophize. When teens come to their parents with concerns, they need a calming, rational presence that will create a safe space for them to figure things out. When parents make it seem worse than they had imagined, they leave more anxious and won't return.
3. Don't over empathize. Adolescents need a sounding board. Sometimes they exaggerate; sometimes they express fleeting feelings. When you over empathize, it can heighten their emotions and make you look naïve or overly involved. Imagine your empathizing by condemning their friend who your daughter had a fight with. You'll look "wrong" the next day when your daughter is best friends again with the girl she hated yesterday.

### Your Values & Opinions

Teens are happy to hear their parents' values and opinions, but these opinions should not be shared in a way that feels judgmental or condescending and should try to avoid personal territory that will position a teen to need to become defensive of friends or self.

### Avoid "The Lecture"

Parents who lecture are not heard. The lecture is often condescending or hostile, and is delivered with an abstract string of possibilities loosely tied together. Young adolescents are still not thinking abstractly, and all teens who are upset or in crisis mode will not absorb lessons delivered abstractly. Parents may increase their yield if they are able to convey their wisdom in a more concrete manner that adolescents can follow.

How to Communicate With  
and Listen to Your Teen -  
[HealthyChildren.org](http://HealthyChildren.org)





# THANK YOU FOR READING THE PAGE



859-300-5330



498 Georgetown St.  
Lexington KY 40508



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