



VOL. 1 ISSUE 4 • AUGUST 2023

THE PAGE

Official Newsletter of the Parent and
Guardian Empowerment Program

AUGUST 2023

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SCHOOL**



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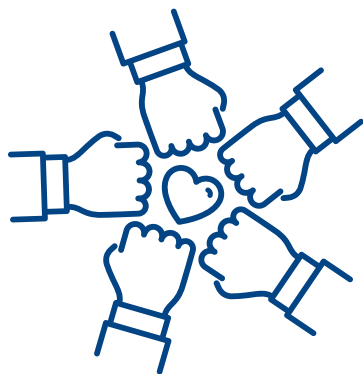
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Substance Use Outpatient and Case Management Services

Individual and group therapy services focused on substance use harm reduction. This service is provided by a licensed clinical social worker and a certified social worker under clinical supervision of the LCSW. Substance Use assessments are completed from the DSM-5-TR Level 1 and 2 Cross-Cutting Symptom Measures; to support clinical diagnoses, treatment planning, performance monitoring, program planning and placement recommendation for our youth and to empower their families.

- Complete substance use assessments and treatment plans
- Individual and Group substance use sessions.
- Provide trauma-focused classes for the parent/guardian and youth/sibling regarding the effects of exposure to substance use disorder within the family unit.
- Connect families to resources within the community to continue meeting their needs associated with substance use and or trauma exposure if higher level of care is required.
- Drug testing
- School visits, referrals, and case collaboration with other service providers
- Provide training and resources regarding harm reduction to community partners to increase the success of substance use treatment for adolescents.

Substance Use Outpatient and Case Management Services are provided by: Clinical Program Administrator and CSW

Kelly Justice, LCSW
Taylor Lewis, CSW



BEHAVIORAL URGENT CARE CENTER

OUR FACILITY AT A GLANCE

2220 EXECUTIVE DRIVE
SUITE 102
LEXINGTON, KY 40505

(859) 413-3896

CALL ABNER RAYAPATI

OTHER LOCATION

OLIVER WINSTON MAT PROGRAM

1618 HARRODSBURG ROAD
LEXINGTON, KY 40504

CALL ABNER RAYAPATI

Oliver Winston offers comprehensive evaluations, case management services, medication assisted treatment for substance use disorders, peer support services, and medication management for anyone with acute to severe mental health disorders.

We aim to serve those with non-emergent behavioral health conditions through transitional treatment in order to help fill the gap between inpatient and outpatient care.

Our two-appointment process here at Oliver Winston consists of an initial intake evaluation and care coordination the first day. The second visit will consist of medication management with a provider. For psychiatry and mental health needs, we will refer you to long term care, where they will continue your therapy and medication management.

For substance use disorders, we will begin treatment with our provider, counselor, and case management team. Give us a call today to schedule an appointment, we look forward to working with you!

RE·TIRE·MENT:

(NOUN): WHERE EVERYDAY IS SATURDAY!

CONGRATULATIONS

LA'YVONNE SENSABAUGH



La'Yvonne Sensabaugh, LSW, is a Licensed Social Worker who received her Bachelor's 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 has a passion for working with adolescents in the family court system. She loves her precious pup named Jack, she rescued from the floods that effected Eastern KY last year. She has a heart of gold and will be missed by many friends, colleagues, and especially her families she has helped during her career at LFUCG.

La'Yvonne, we at PAGE are so very thankful for you, and wish you the best in all your future endeavors!



Welcome TO THE TEAM

TAYLOR LEWIS, CSW



Taylor Lewis is a University of Kentucky graduate with a Masters in Social Work. Taylor is a Certified Social Worker with experience working with adolescents and adults in both clinical and school settings. Taylor brings her positive and empathic personality to the PAGE team. She loves her dog, helping others, and making her mother's famous salsa. Just don't ask for the recipe, it's a family secret!

WELCOME TO PAGE TAYLOR!

10 TIPS TO GET YOUR CHILD TO SCHOOL ON TIME EVERY DAY

- Set attendance goals with your child and track your child's attendance on a calendar. Try offering small rewards for not missing any school, such as a later bedtime on weekends.
- Help your child get a good night's sleep. A lack of sleep is associated with lower school achievement starting in middle school, as well as higher numbers of missed school and tardiness. Most younger children need 10-12 hours per night and adolescents (13-18 years of age) need 8-10 hours per night. Check how many hours your child needs here.
- Prep the night before to streamline your morning. Have your child lay out their clothes. Have backpacks and lunches packed. Develop back-up plans for getting to school if something comes up like a missed bus or an early meeting. Have a family member, a neighbor or another trusted adult on standby to take your child to school should you ever need help.
- Try to schedule dental or medical appointments before or after school hours. If children have to miss school for medical appointments, have them return immediately afterward so they do not miss the entire day.
- Schedule extended trips during school breaks. This helps your child stay caught up in school learning and sets the expectation for your child to be in school during the school year. Even in elementary school, missing a week of classes can set your child behind on learning.
- Don't have your child stay home unless they are truly sick. Reasons to keep your child home from school include a temperature greater than 101 degrees, vomiting, diarrhea, a hacking cough, toothache or a positive tests for COVID-19 or other infectious illnesses. Keep in mind, complaints of frequent stomachaches or headaches can be a sign of anxiety and may not be a reason to stay home. See School Avoidance: Tips for Concerned Parents.
- Talk with your child about the reasons why they do not want to go to school. School-related anxiety can lead to school avoidance. Talk to your child about their physical and emotional symptoms. Try to get them to talk about any emotional struggles they may have with issues like bullying, fear of failure or actual physical harm. If you are concerned about your child's mental health, talk with your pediatrician, your child's teacher or school counselor.
- If your child has a chronic health issue such as asthma, allergies or seizures, talk with your pediatrician about developing a school action plan. Meet with and get to know the nurse at your child's school. If you need guidance and documentation for an Individualized Education Program (IEP) or 504 Plan, ask for your pediatrician's help accessing services at school.
- Follow the rules. Be sure you know what your school's requirements are for when your child will be absent or late. If you are supposed to call, email or provide a doctor's note after a certain number of days out, then do it. If we want our children to follow rules, we must lead by example.
- Keep track of your child's attendance so you know when the days missed start to add up. Look into why your child is absent. Think about your child's mood. Have they been spending time by themselves lately? Is their chronic condition starting to be more problematic? Is this school refusal? You know your child best.

COMMUNITY EVENTS

Lexington Public Library

Makerspace Open Studio

EASTSIDE BRANCH

Wednesday August 9, 2023

1:00pm - 6:30pm

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.

Arts, Crafting & Hobbies | Science & STEM
Middle School, High School, Adults

Open Mic Night featuring Misty Skaggs

CENTRAL LIBRARY

Wednesday August 9, 2023

5:00pm - 7:00pm

Join us for Open Mic Night the second Wednesday of every other month. Participants are invited to the stage to share 3-4 minutes of poetry, flash fiction, spoken word performance, etc.

Books, Writing & Authors | Summer Reading Program
High School, Adults

Makerspace Open Studio

EASTSIDE BRANCH

Friday August 11, 2023

1:00pm - 5:30pm

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.

Arts, Crafting & Hobbies | Science & STEM

Middle School, High School, Adults

Kid's Cafe

NORTHSIDE BRANCH

4:00pm - 5:00pm

Free summer snack from Gods Pantry will be served for all children 18 years or younger Monday - Friday. All snacks must be consumed on site. Self-directed crafts and activities will be provided.

Arts, Crafting & Hobbies | Homework & Education
Middle School, High School, 3rd-5th Grade

ESOL-English Conversation Group

TATES CREEK BRANCH

Friday August 11, 2023

10:00am - 11:30am

Join this conversation group for practice with English conversation, speaking, and listening skills.

ESL & Languages
Seniors, Adults

Teen Escape Room

EASTSIDE BRANCH

FRIDAY AUGUST 11, 2023

5:30pm - 7:30pm

We're getting locked into the library!

Games & Gaming | Summer Reading

Program | Teens
Middle School, High School

COMMUNITY EVENTS

Lexington Public Library

Second Saturday Gaming

BEAUMONT BRANCH

Saturday August 12, 2023

10:00am - 4:00pm

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.

Games & Gaming

Middle School, High School, Adults

Crafternoon: Mini Paintings

Wednesday August 16, 2023

BEAUMONT BRANCH

2:00pm - 3:00pm

Drop by the Beaumont Branch to paint a mini painting or two!

Arts, Crafting & Hobbies

Seniors, Families, Adults

LPL After School

NORTHSIDE BRANCH

3:00pm - 5:00pm

Snacks, STEAM and enrichment activities, crafts, reading or homework help for youth age

18 and younger.

Arts, Crafting & Hobbies | Food, Cooking &

Gardening | Games & Gaming...

Preschool (3-5 years), Middle School, K-2nd Grade, High School, 3rd-5th Grade

LPL After School

VILLAGE BRANCH

3:00pm - 5:00pm

A FREE afterschool drop-in program at the

Northside and Village Branches for kids aged 5-

12 and a caregiver, 3 pm - 5 pm

Monday

through Friday.

Arts, Crafting & Hobbies | Homework & Education

Middle School, 3rd-5th Grade

Posers Yoga Club

TATES CREEK BRANCH

Wednesday August 16, 2023

5:30pm - 6:30pm

Stretch your stress off.

Health & Wellness | Teens

High School

Start a podcast!

NORTHSIDE BRANCH

Saturday August 19, 2023

10:30am - 12:00pm

In this hands-on workshop, learn how to start

and record your own podcast with professional

production tips and audio editing.

Arts, Crafting & Hobbies | Computer Class |

Technology & Computers

High School, Adults

COMMUNITY EVENTS

Lexington Public Library

Healthy Living With Diabetes

NORTHSIDE BRANCH

Thursday August 24, 2023

10:00am - 12:00pm

Led by a diabetes care & education specialist, get the latest information on taking care of your

diabetes. Call (859)-288-2344 or email diabetes@lfchd.org for more. REGISTRATION REQUIRED.

Health & Wellness
Seniors, Adults

STEAM Lab: Lego Club

CENTRAL LIBRARY

Saturday August 26, 2023

2:00pm - 3:30pm

Join us in the Kloiber Foundation STEAM Lab to

create with Lego! We will have a fun challenge

each session. For Grades 3-12.

Science & STEM

Middle School, High School, Families,
3rd-5th Grad

Book Buzz

TATES CREEK BRANCH

Saturday August 26, 2023

1:00pm - 4:00pm

A preview of upcoming books from national and local publishers. Find your next favorite book!

Lots of giveaways!

Books, Writing & Authors
Seniors, Adults

Learn Scrabble with #1 Ranked

Scrabble Player Mack Meller

BEAUMONT BRANCH

Saturday August 26, 2023

2:30pm - 4:00pm

Stop by Beaumont to learn from the best, Mack

Meller, #1 ranked Grandmaster of North America. Folks will have the opportunity to play

Scrabble while Mack gives pointers about strategy and word play.

Games & Gaming

Seniors, Families, Adults

KRM Free Citizenship Class

NORTHSIDE BRANCH

5:00pm - 7:00pm

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.

GED & Adult Education
Adults

Posers Yoga Club

TATES CREEK BRANCH

Wednesday August 30, 2023

5:30pm - 6:30pm

Stretch your stress off.

Health & Wellness | Teens
High School



thanks
for your
support



859-300-5330



498 Georgetown St.
Lexington KY 40508



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