



VOL. 1 ISSUE 5 • SEPTEMBER 2023

# **THE PAGE**

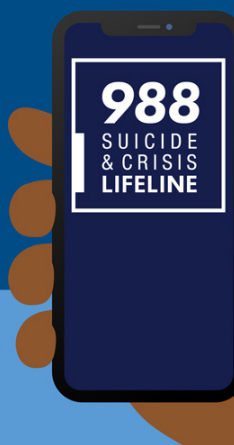
Official Newsletter of the Parent and  
Guardian Empowerment Program

## **September is National Suicide Prevention Awareness Month**

Save the number, save a life. Add the 988  
Suicide & Crisis Lifeline (988) to your phone  
now—it could save a life later. Trained crisis  
counselors are available to talk 24/7/365.  
Visit <https://go.usa.gov/xyxGa> for more info.  
#shareNIMH

**SAVE THE NUMBER  
SAVE A LIFE  
CALL OR TEXT 988**

Add this number to your phone now.  
It could save a life later.



[nimh.nih.gov/suicideprevention](https://nimh.nih.gov/suicideprevention)

## **This Issue**

Front Page

Page Service Highlight  
Page 02

Community Partner  
Spotlight  
Page 03

Suicide Prevention  
Page 04

Mental Health Help  
Page 05

Community Events  
Page 06

Community Events  
Page 07

Prep for College  
Page 08

Live Online FAFSA Help  
Page 09

Live Homework Help  
Page 10

Phoenix Rising  
Page 11

## Contact Us

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

**Taylor Lewis, CSW**  
Certified Social Worker  
859-300-5338  
tlewis@lexingtonky.gov

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

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

## Youth Empowerment Workshops

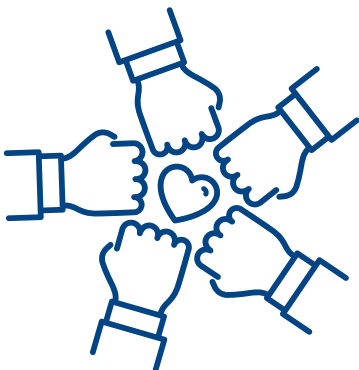
Parent and Guardian Empowerment offers youth four workshops. These workshops provide adolescents with the skills needed to build their character traits and empower them to make positive and healthy decisions.

**Individual Change Plan:** Participants will recognize strategies for moving through change, by creating an individualized plan for addressing, creating and measuring goal progress with the treatment team during the treatment process.

**Responsible Behavior:** This workshop centers on the connection between feelings, thoughts and behaviors. Participants analyze the association between situations, self-talk, feelings and behavior choices. Behavior Check strategies are introduced to participants for use during treatment.

**Handling Difficult Feelings:** Participants are aided in identifying difficult feelings and their connections to irresponsible behaviors. They will examine seven proven strategies for coping with difficult feelings and develop a method to deal with those feelings as they emerge.

**Relationships and Communication:** The focus of this workshop is understanding and improving relationships. Participants will enhance communication skills, allowing them to express themselves in healthy ways, and handle negative peer pressure.



# Community Partner

## BOARD OF DIRECTORS

- Angie Maldonado**  
Chair  
Office of the Friend of the Court
- David Startzman**  
Vice Chair  
Community Volunteer
- Dale Morgan**  
Past Chair  
Community Volunteer
- Steve Schnettler**  
Treasurer  
The Livesay Group, PLLC
- Kimberly Burris**  
Secretary  
Community Volunteer
- Elizabeth Rehm Wachtel**  
Community Volunteer
- Kevin Sutphin**  
JP Morgan Chase Bank
- Angie Green Hampton**  
Community Volunteer
- Alex Garcia**  
Fayette County Public Schools
- Ricardo Franklin**  
Office of the Fayette County Sheriff
- Matthew Crutcher**  
LFCUG - Division of Youth Services
- Jessica Coffie**  
Community Action Council
- Stephanie Bennett**  
UK Kinesiology & Health Promotion Dept.
- Mark Onishi**  
4 Benefits
- Lt. Matt Brotherton**  
Lexington Police Department
- Andrew Stith**  
Community Volunteer
- Heather Matics**  
Assistant Fayette County Attorney
- Chief Martin Schafer**  
Fayette County Public Schools Police Department
- Mark Mzingo**  
Community Volunteer  
Pled

**Shanreka Shackelford**  
Interim Executive Director  
Partners for Youth  
Dept. of Social Services  
859.280.8003

# SPOTLIGHT



### About Us

Welcome to Partners for Youth where we work to empower the community to support at-risk, under-served youth in Lexington. Our mission is “to promote positive youth development and to prevent juvenile delinquency through collaboration and capacity building.” We live out this mission in a variety of ways.

Whether it’s providing grant support through our Grassroots Allocation Program, distributing educational scholarships and empowerment through our Toyota Scholarship and Neighborhood Youth Council Programs, or building community collaborations that bring together community partners to support youth in meaningful ways, we are dedicated to improving the lives of our young people. It’s through these efforts and more that we build relationships and make a difference.

Our mission is to promote positive youth development and to prevent juvenile delinquency through collaboration and capacity building.

### Our History

Partners for Youth (PFY), a Lexington based 501(c)(3) non-profit, acts as a clearinghouse for community contributions including money and in-kind assistance to those programs serving young people. PFY assists in the coordination of these services in order for programs to work as cooperatively and effectively as possible to have the greatest impact in supporting youth. PFY was founded by Mayor Pam Miller in early 1995 after the shooting and killing of an African American youth by a white police officer in October 1994. In the wake of this tragedy, public discussion quickly took aim at the apparent despair felt by segments of our city’s youth. In response, PFY was formed to make resources available to youth in these forgotten segments of the Lexington population.

# SUICIDE PREVENTION

Suicide is complicated and tragic, but it is often preventable. Knowing the warning signs for suicide and how to get help can help save lives. Learn about behaviors that may be a sign that someone is thinking about suicide. For more information, visit <https://go.usa.gov/xVCyZ> #shareNIMH

## WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

### TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

### FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

### CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

**If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.**

**988 Suicide & Crisis Lifeline**  
Call or text 988  
Chat at [988lifeline.org](https://988lifeline.org)

**Crisis Text Line**  
Text "HELLO" to 741741



National Institute  
of Mental Health

[nimh.nih.gov/suicideprevention](https://nimh.nih.gov/suicideprevention)



# MENTAL HEALTH HELP

## My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



### Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



### If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



### Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



### Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit [nimh.nih.gov/findhelp](https://nimh.nih.gov/findhelp).

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at [988lifeline.org](https://988lifeline.org), or text the Crisis Text Line (text HELLO to 741741).



**NIH** National Institute  
of Mental Health

[nimh.nih.gov/findhelp](https://nimh.nih.gov/findhelp)

# Community Events from Lexington Public Library

## **The Power of Hip Hop Workshop**

NORTHSIDE BRANCH

Wednesday, September 6, 2023  
5:30pm - 6:30pm

Lexington Public Library and the African American Arts Association are celebrating the 50th Anniversary of Hip Hop.

## **Teen Craft: Book Page Beads**

NORTHSIDE BRANCH

Saturday, September 9, 2023  
2:00pm - 4:00pm

Join local crafter June Crawford and learn to make your own beads from repurposed book pages. For teens.

## **Crafternoon: Diamond Painting**

BEAUMONT BRANCH

Saturday, September 16, 2023  
3:00pm - 4:00pm

Have fun and de-stress by making beautiful rhinestone crafts! It's paint-by-num

## **Fall Luminaries**

EASTSIDE BRANCH

Monday, September 11, 2023  
5:00pm - 6:00pm

Create your own fall themed luminaries! We will be using nails to punch small holes into recycled cans.

## **KRM Free Citizenship Class**

VILLAGE BRANCH

Wednesday, September 13, 2023  
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. Registration is NOT required.

# Community Events from Lexington Public Library

## **Artist Reception: Here the Dogwood Sings**

EASTSIDE BRANCH

Sunday, September 17, 2023  
2:00pm - 4:00pm

Meet the artist of the Eastside Branch Gallery exhibit, "Here the Dogwood Sings: Flora and Fauna of Eastern Kentucky." Refreshments and book signing

## **Family Fall Festival**

EASTSIDE BRANCH

Tuesday, September 19, 2023  
4:00pm - 6:00pm

Gather the family to celebrate Fall family fun with games, crafts, and special treats!

## **Make It Mondays: Making Comic Strips**

TATES CREEK BRANCH

Monday, September 25, 2023  
5:00pm - 6:00pm

Let your inner artist and author shine as we dive into the world of comic book writing and illustrations.

## **Beginner Canva Design Workshop**

NORTHSIDE BRANCH

Saturday, September 23, 2023  
10:00am - 12:00pm

Learn how to use Canva to create digital marketing items from professional photographer and graphic designer Shiretha Chantal

## **Taller para compradores de vivienda por primera vez**

VILLAGE BRANCH

Thursday, September 28, 2023  
5:00pm - 6:30pm  
This program is part of Undesign the Redline

# PREP FOR COLLEGE



with Lexington Public Library, KHEAA,  
and KY Saves 529.



LEXPUBLIB.ORG



859-231-5500

## COLLEGE PLANNING ROADSHOW WITH KHEAA

Come aboard the KHEAA RV for more info on higher education opportunities in Kentucky and how to pay for them.

- Village Branch - Tuesday, September 5: 4-5 pm
- Beaumont Branch - Tuesday, September 5: 5:30-6:30 pm
- Eastside Branch - Wednesday, September 6: 4-6:30 pm
- Northside Branch - Friday, September 8: 4-6:30 pm

## COLLEGE SUCCESS FOR STUDENTS WITH DISABILITIES AND HEALTH CONDITIONS

Hear tips for navigating the college accommodations process and making a smooth transition to college. ASL interpreter will be present.

- Tates Creek Branch - Thursday, September 7: 5:15-7 pm

**Registration required.** To register, scan QR code or visit [lexpublib.org/events](http://lexpublib.org/events).



## OUTSIDE ACADEMICS: LIFE SKILLS FOR COLLEGE STUDENTS

Prep for life away from home with lessons on cooking, cleaning, voting, and more.

- Central Library - Saturday, September 9: 2-4 pm

**Registration recommended.** To register, scan QR code or visit [lexpublib.org/events](http://lexpublib.org/events).







Lexington Public Library

**FREE LIVE ONLINE FAFSA HELP**  
***brainfuse HelpNow Online***



**Live FAFSA Help**

Get live help filling out your FAFSA application. Experts can assist with any application questions (e.g. which line to use from their tax returns). Experts will never request sensitive personally identifiable information.

**Go to:** [www.lexpublib.org/research-and-learning](http://www.lexpublib.org/research-and-learning)

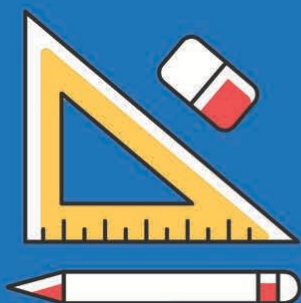
**Select *brainfuse HelpNow*;**  
**Create an account;**  
**Select Expert Help;**  
**Select Featured Service;**  
**Select Live FAFSA Help.**  
**FREE with your library card!**

**Online: Monday-Thursday from 2pm-11pm ET**

8/2023

# FREE LIVE HOMEWORK HELP

Lexington Public Library  
[www.lexpublib.org](http://www.lexpublib.org)



## Need homework help?

It's easy to get free help with your homework in math, reading, writing, science, social studies, and more.

1. Log on to HelpNow.
2. Click "Live Tutoring".
3. Select your subject and level.
4. Click "Get Live Help".

## Writing a paper?

HelpNow has a Writing Lab! Send your paper to a tutor and receive constructive feedback to help you become a better writer. For even more help, connect with a live tutor to get help with any stage of the writing process.



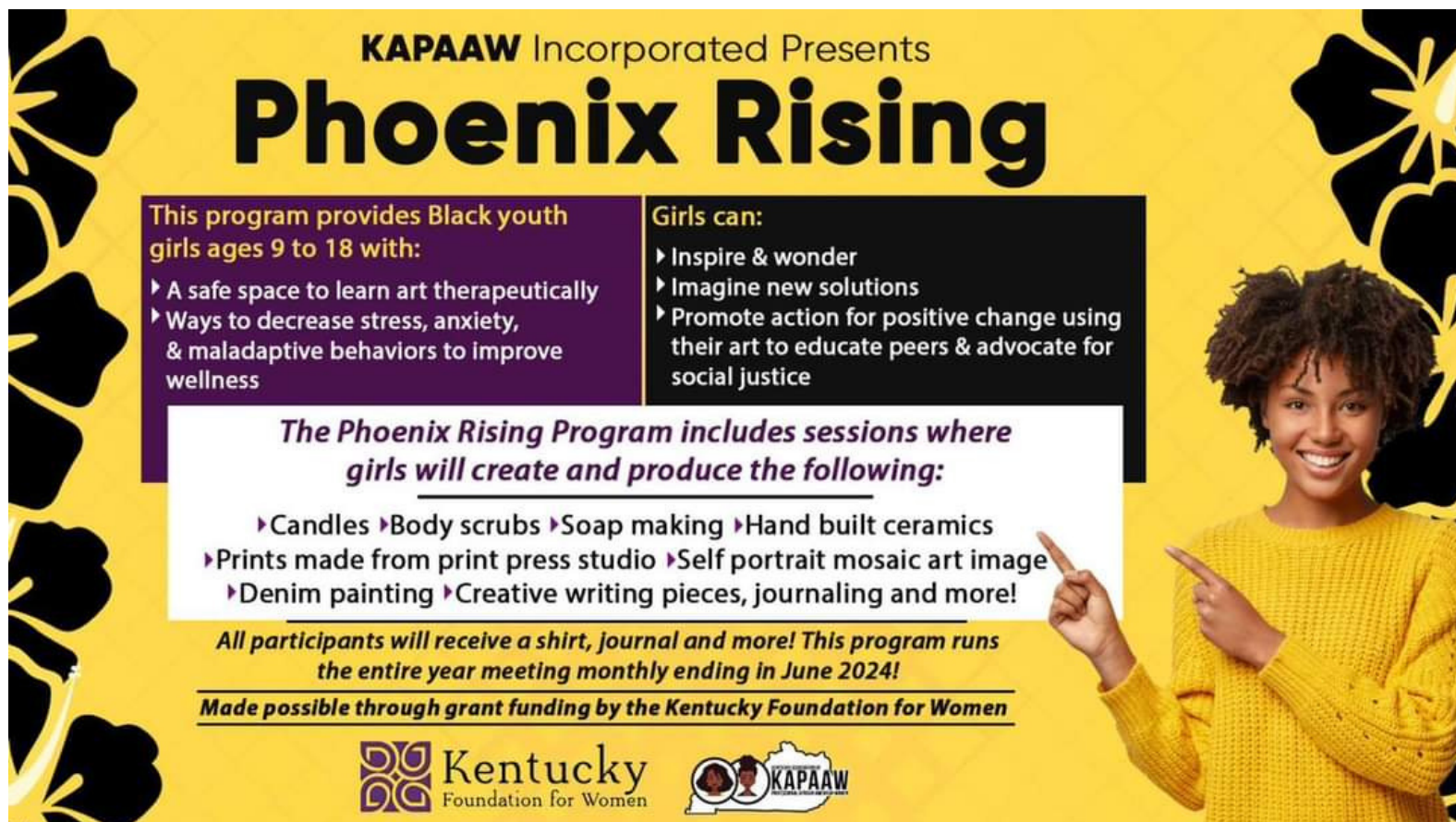
## Preparing for a test?

Visit SkillsSurfer to learn with lessons, videos, and practice tests. Take practice tests on the SAT, ACT, GED, and many more. You can also create your own flashcards and study games with Flashbulb.

Go to [www.lexpublib.org/research-and-learning](http://www.lexpublib.org/research-and-learning)  
Select, brainfuse HelpNow and click Homework Help to  
connect with a free live online tutor from 2pm-11pm ET  
Lexington Public Library



# Phoenix Rising

A flyer for the Phoenix Rising program. It features a yellow background with black floral patterns on the sides. At the top, it says 'KAPAAW Incorporated Presents' in black, followed by 'Phoenix Rising' in large, bold, black letters. Below this, there are two columns of text. The left column, on a purple background, describes the program for Black youth girls ages 9 to 18, listing activities like art therapy, stress management, and wellness. The right column, on a black background, lists what girls can do: inspire, imagine, and promote positive change. In the center, a white box lists activities: candles, body scrubs, soap making, hand built ceramics, prints, self-portrait mosaic, denim painting, and creative writing. Below this, it states that all participants will receive a shirt, journal, and more, and that the program runs monthly from September to June 2024. At the bottom, it mentions funding from the Kentucky Foundation for Women and includes the KAPAAW logo. On the right side, a young Black woman with curly hair, wearing a yellow sweater, is pointing towards the central text box.

**KAPAAW** Incorporated Presents  
**Phoenix Rising**

**This program provides Black youth girls ages 9 to 18 with:**

- ▶ A safe space to learn art therapeutically
- ▶ Ways to decrease stress, anxiety, & maladaptive behaviors to improve wellness

**Girls can:**


- ▶ Inspire & wonder
- ▶ Imagine new solutions
- ▶ Promote action for positive change using their art to educate peers & advocate for social justice


***The Phoenix Rising Program includes sessions where girls will create and produce the following:***

- ▶ Candles ▶ Body scrubs ▶ Soap making ▶ Hand built ceramics
- ▶ Prints made from print press studio ▶ Self portrait mosaic art image
- ▶ Denim painting ▶ Creative writing pieces, journaling and more!

***All participants will receive a shirt, journal and more! This program runs the entire year meeting monthly ending in June 2024!***

***Made possible through grant funding by the Kentucky Foundation for Women***

 **Kentucky**  
Foundation for Women

 **KAPAAW**

Orientation for the Phoenix Rising Program is Saturday September 9.

Register here:

<https://www.eventbrite.com/e/phoenix-rising-orientation-tickets-706285969347?aff=oddttdtcreator>



thanks  
for your  
support



859-300-5330



498 Georgetown St.  
Lexington KY 40508



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