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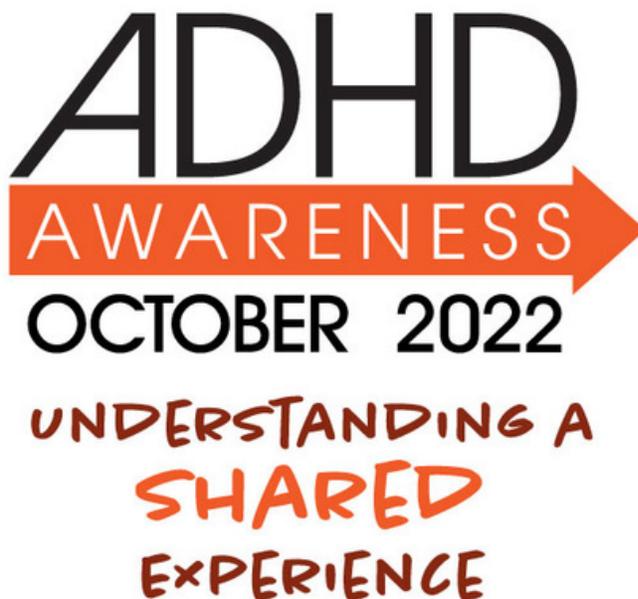
THE PAGE

Official Newsletter of the Parent and Guardian Empowerment Program

October is ADHD Awareness Month

ADHD symptoms in teens

Research has shown that about 60 percent of children diagnosed with ADHD continue to have symptoms through adolescence and into adulthood. Scientists haven't found a cure for ADHD but with proper treatment the disorder doesn't have to get in the way of pursuing one's passions, living a happy life, and being successful in work.



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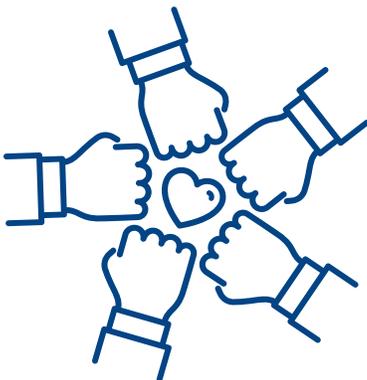
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PAGE offers any previous Division of Youth Services client; continued after care and support services after they have completed their previous programming. The individual is **not** required to be successful in previous Youth Services' programs.

The only requirements are:

- The youth must be age 12-21.
- Seeking assistance with continued education or employment needs.

This service is available free, up to six months.



Community Partner

SPOTLIGHT

ONE Lexington

While Lexington is one of the safest cities in the nation, we ourselves have seen a rise in violent crime; especially among our youth and young adults, creating a need for increased intervention and coordination to verify where gaps in our services may exist.

That is why we created the ONE Lexington initiative in the summer of 2017 to coordinate all our activities addressing violent crime – inside city government, and outside, with our public and private partners. To tackle these issues, we understand that the City can't solve these problems alone. This work calls for our faith and non-profit communities, schools, neighborhood leaders, along with our city government partners to wrap all our arms, hearts, and resources around these issues to make a difference.

200 E. Main St.
Lexington, KY

Hours:
Monday – Friday: 9 a.m. – 5 p.m.

Devine Carama, Director
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Mission
To coordinate, leverage and mobilize city government and community resources to reduce gun violence with youth and young adults ages 13 – 29 in the city of Lexington.

Vision
Making Lexington a safer city by reducing gun violence among youth and young adults. Using community-based intervention strategies to combat gun violence, while simultaneously addressing systemic disparities that lead to the root causes of gun violence.

The Many Faces of ADHD: Teens*

"I have ADHD.....so what?" In many ways, "so what" is right. In most ways, you are just a regular teen, with all the ups and downs that come with being a teenager. In other ways, growing up with ADHD (attention-deficit/hyperactivity disorder) presents some unique challenges.

I'm not a kid anymore – ADHD in the Teen Years

The main symptoms of ADHD – inattention, hyperactivity, and impulsivity – remain the same during your teens as they were when you were younger. However, you may notice some differences. On one hand, you may struggle less with hyperactivity now. On the other hand, you may notice greater challenges with schoolwork and other responsibilities.

Teens with ADHD may have difficulty with a set of skills known as "executive functions," which allow you to plan for goals and consequences, evaluate your progress, and shift plans as necessary. Sound familiar? In adolescence, your parents and teachers expect you to start doing these things more independently, and sometimes that transition can be tough on you and those around you.

Why me? – Causes of ADHD

ADHD runs in families and it's not your fault! Just like most kids are right-handed, but some are lefthanded, some kids have ADHD, too. ADHD is a brain-based disorder. There is no known "cure" but there are many ways to manage it.

Is it only ADHD?

Up to 60 percent of children and teens with ADHD also have to deal with other commonly cooccurring conditions. These include:

- Disruptive behavior disorders, which can affect **how you act**. Specific ones include Oppositional Defiant Disorder and Conduct Disorder.
- Mood disorders, which can affect **how you feel**. They include bipolar disorder and depression.
- Anxiety disorders, which may be present in as many as 40% of teens with ADHD.
- Substance abuse. This is **a significant** concern of many parents and teens.
- Learning and communication problems, which may become obvious with the added demands of middle and high school.
- Sleep disturbances.

What does ADHD feel like?

You may experience feelings of rejection by others or embarrassment because of your diagnosis. You may also wish to believe your symptoms of ADHD have lessened or disappeared. You may have difficulty feeling good about yourself. If you feel this way, remember, you are not alone and you can feel better. Talk with a parent, another trusted adult, or health professional about how you feel. Participate in activities you enjoy and recognize that everyone has different strengths and weaknesses.

How can ADHD affect me?

- **Academic Performance:** The amount and difficulty of work increase in high school. You may benefit from help with study skills, and organization/time management. Students whose ADHD symptoms impair their school functioning may qualify for classroom accommodations. These can include extra time on tests, taking tests in place where distractions are minimized, or additional organizational support. Work with your parents and school if you think you need this kind of help.

The Many Faces of ADHD: Teens*

- **Social Functioning:** As a teen, you know how important friendships are, but teen relationships aren't always easy to navigate. You may notice that you are more easily frustrated or sensitive than others your age – this is common for teens with ADHD. Structured activities like sports, clubs, or youth groups can provide you with a social group and positive experiences.
- **Home Functioning:** Households of adolescents with ADHD have higher levels of parent-teen conflict than others. This is because the difficulties with organization, forgetfulness, and impulsivity that commonly go along with ADHD may make your parent(s) hesitant to give you the freedoms you desire. Also, many teens with ADHD have more difficulty completing homework and chores on time or following other rules. This can be frustrating for both you and your parent(s), and may lead to lots of arguing back and forth. Discussing issues when you are angry is never effective. Instead, set aside a time to talk when everyone is calm. If things get tough, you and your parents may consider seeking help from qualified mental health professional.
- **Driving:** Getting your driver's license is exciting but inattention and impulsivity can cause problems. Drivers with ADHD have more tickets and are involved in more accidents. Stimulant medications may improve driving performance. Always follow safe driving habits: use a seatbelt, observe the speed limit, don't eat while driving, and don't get distracted by your cellphone. Never text and drive!
- **Taking Medication:** Many teens decrease their use of ADHD medication during their adolescent years. This occurs for many reasons. You may not like taking medicine, you may feel you don't need it, or you might just want to see how you do without it. If you and your parents wish to stop medication, consult with the doctor and start with a "trial period" for doing so. Develop a plan to manage your goals during this time and pay close attention to how you feel. Make sure to specify what circumstances (e.g., falling grades, more arguments at home) may serve as clues that you should start taking medication again.

So what can I do about it? – Treatment

Treatment involves managing the symptoms, and for this education is a key tool. Ask your treatment providers questions, and express concerns if you have them.

The most common treatment for teens with ADHD combines medication and psychosocial interventions. This is known as the multi-modal approach.

Medications may have to be adjusted if you have additional conditions to the ADHD. Psychosocial interventions include parent-teen training in problem-solving and communication skills and parent training in behavioral management methods.

What about my future?

It's estimated that somewhere between 1.4 million and 2.3 million youths in the US have ADHD, so you are not alone. ADHD doesn't have to get in the way of living the life you want. Countless teens just like you have grown up to pursue their passions, live happy lives, and be successful in their work. They've found this success because they've taken the time to learn how ADHD affects them, and taken charge of a treatment plan that works for them. You can do it too!

* Adapted from [What We Know # 20A: ADHD and Teens – Information for Teens](#), National Resource Center on ADHD: A Program of CHADD (NRC). The NRC is supported through Cooperative Agreement Number CDC-RFA-DD13-1302 from the Centers for Disease Control and Prevention (CDC). The contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

Community Events from Lexington Public Library

Open Mic Night featuring Makalani Bandele

CENTRAL LIBRARY
Wednesday, October 11, 2023
5:00pm - 7:00pm

Share your poetry, spoken word performance and more! Content should be appropriate for teens and adults and limited to 3-4 minutes. www.makbandele.com

KRM Free Citizenship Class

VILLAGE BRANCH
Wednesday, October 11, 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.

STEAM Lab Drop In: Candy Pumpkin Catapults

CENTRAL LIBRARY
Thursday, October 12, 2023
3:30pm - 5:30pm

Join us in the Kloiber Foundation STEAM Lab as we celebrate HallowSTEAM by creating catapults to launch candy pumpkins! For Grades 3-12

How to Make a Website

NORTHSIDE BRANCH
Saturday, October 14, 2023
10:00am - 12:00pm

Learn the basics of website design to create your own site. This is a registered event please contact the Library to register.

TeenTober Zombie Dolls

BEAUMONT BRANCH
Monday, October 16, 2023
4:00pm - 6:00pm

Teens and tween can celebrate this spooky season by dropping in to the Beaumont Branch to zombify plastic dolls! (Upcycled plastic dolls, paints, and snacks will be provided!) (While supplies last)

Community Events from Lexington Public Library

UK Pharmacy Technician Academy Information Session

NORTHSIDE BRANCH
Thursday, October 17, 2023
5:30pm - 6:45pm

University of Kentucky Healthcare will soon accept applications for its competitive Pharmacy Technician training program. Attend this session to learn more!

DIY Halloween Halo Crown Workshop

NORTHSIDE BRANCH
Saturday, October 22, 2023
1:00pm - 3:00pm

Ready to Craft Up Some Halloween Magic? Join us for a Spooktacular DIY Halo Crown Workshop that will add a fun twist to your Halloween costume this year. Registration required.

TeenTober: Paint! Sip! and Glow!

VILLAGE BRANCH
Tuesday, October 17, 2023
4:00pm - 5:00pm

Tweens and Teens are invited for an afternoon of painting and refreshments. Registration required.

Day of the Dead

VILLAGE BRANCH
Saturday, October 28, 2023
12:00pm - 1:00pm

Please join us for a special Day of the Dead performance from Casa de la cultura. Free event, registration is not required.

TeenTober: Thriller! Face Painting

CENTRAL LIBRARY
Sunday, October 29, 2023
4:00pm - 5:00pm

Get undead-ready for Lexington's annual Thriller! Parade

Angel Tree Registration

Every child deserves to experience the joy of Christmas morning. The Salvation Army Angel Tree program helps provide Christmas gifts for hundreds of thousands of children around the country each year. Once a child or senior adult has been registered and accepted as an Angel their Christmas wish list is shared with donors in your community who purchase gifts of new clothing and toys. The gifts are distributed to the family to place under their family Christmas tree.

Helpful Hint: As part of the application process you may be asked to provide copies of documentation. You will be able to upload from scanned copies or take photos. If you wish to take photos, please visit this site and begin your application from your camera enabled mobile device.

Please scan the QR code or go to www.SAAngelTree.org to fill out your application any time between **September 18th and October 20th**.

You do not need an access code, just enter your ZIP code.

Please call (859) 252-7706 if you have any questions.



La Información General de Angel Tree

Las fechas de inscripción son del lunes 18 de septiembre al viernes 20 de octubre

www.SAAngelTree.org

Documentos necesarios para la solicitud:

- Comprobante de domicilio del solicitante (arrendamiento, factura de servicios públicos, etc.)
- Prueba de ingresos del solicitante (Paystub, SNAP, Medicaid, etc.)
- Identificación del solicitante (permiso de conducir, pasaporte, etc.)
- Prueba de ingresos de otro miembro del hogar (Paystub, SNAP, etc.)
- Certificado(s) de nacimiento de los niños o prueba de tutela (sin tarjetas de la seguridad social)
- **ASEGÚRESE DE HACER CLIC EN EL BOTÓN AMARILLO "CARGAR" UNA VEZ QUE HAYA SELECCIONADO SUS DOCUMENTOS EN LA SOLICITUD EN LÍNEA**

Información que se solicitará en la Solicitud:

- Información de ingresos mensuales del solicitante (Ingresos del trabajo, SNAP, SSI, SSDI, Manutención de Hijos, TANF, etc.)

Información adicional

- No necesitas un código de invitación, solo ingresa tu código postal.
- Los ángeles deben tener 17 años o menos a partir del 31/12/2023
- Las solicitudes EN PERSONA se aceptaran el Jueves 12 de Octubre de las 2 a las 7 de la tarde en The Salvation Army Workshop & Service Center (736 W. Main Street). Servicios de interpretación estarán disponibles.

Las solicitudes se procesarán dentro de UNA SEMANA, si ha pasado más de una semana desde que se envió la solicitud, llame al (859) 252-7706 y deje su nombre, número de teléfono y mensaje y nos pondremos en contacto con usted. Si ha pasado menos de una semana, todavía estamos en el proceso de revisar su solicitud.

Si tiene cualquier preguntas, por favor llame (859) 252-7706.



NAMI Teen & Young Adult Help Line

Now more than ever young people are struggling with mental health. The NAMI Teen & Young Adult Help Line is ready with resources and support to address their needs. Let them know that help is just a text, chat, or phone call away. Visit nami.org/talktous to learn more. #TYAHelpLine

**You are not alone.
Together, we've
got this.**

Talk to us.

NAMI T&YA Helpline

**Call 1-800-950-6264
Text "Friend" to 62640
Chat at nami.org/talktous
Email helpline@nami.org**

*Available Mon-Fri
10am-10pm ET*

nami.org/talktous

The NAMI Teen & Young Adult HelpLine offers a direct connection with another young person who shares similar experiences and is prepared to offer information, resources and support.



Join the PAGE Team!

Position: Case Manager (Family Court)

Salary: \$49,474.88 annually (Exempt from overtime; compensatory time leave program available)

Deadline: October 16, 2023

Location: Black and Williams Center within the Parent and Guardian Empowerment (PAGE) program

Responsibilities:

- Provide advanced case management and social services for at-risk youth in Family Court and Fayette County.
- Lead parent education classes and offer crisis intervention, educational support, and problem resolution.
- Conduct initial and ongoing client assessments, create individualized service plans, and coordinate required services.
- Maintain accurate case notes, data, and documentation; attend meetings; and transport clients as needed.
- Supervise social work or multi-disciplinary student interns.

Minimum Requirements:

- Bachelor's degree in social work.
- Two (2) years of related experience.
- Valid driver's license.
- Valid Social Work License from the Kentucky Board of Social Work.

Special Requirements:

First Aid and CPR certification within the first six (6) months.

May require evening/weekend work.

Mandatory drug testing, background check, Child Abuse and Neglect (CAN) check, and sex offender registry checks.

Application Process:

Submit LFUCG electronic application through www.lexingtonky.gov/jobs by the deadline. Attach relevant documents to verify education, training, certification/license(s). Resumes can be attached but not substituted for the application. Incomplete electronic applications will not be considered further.

Benefits:

Outstanding benefits package (details provided on the website).

Direct Deposit is required.

Equal Employment Opportunity:

LFUCG is an Equal Employment Opportunity (EEO) employer, committed to nondiscrimination in all aspects of employment.

Contact Information:

Division of Human Resources, 200 East Main Street, Lexington, KY 40507.

Phone: (859) 258-3030.

Website: www.lexingtonky.gov/jobs.

Email: jobs@lexingtonky.gov.



thanks
for your
support



859-300-5330



498 Georgetown St.
Lexington KY 40508



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