

FOCUS

News from and about the Kentucky
Cabinet for Health and Family Services

April 2017



Open Hearts/Open Homes initiative launches with Summit to Save Our Children event

Governor Matt Bevin and First Lady Glenna Bevin launched the “Open Hearts/Open Homes” initiative at the “Summit to Save Our Children” event in Frankfort on March 10. The event was sponsored, coordinated and organized by CHFS. The initiative is part of the Governor’s pledge to improve the state’s adoption and foster care system by mobilizing a network of nonprofits, faith-based organizations and loving families.

More than 200 people from across the Commonwealth attended. Gov. and First Lady Bevin have long been advocates of adoption and foster care; they have nine children, and four are adopted.

“There should not be any child in Kentucky—able to be adopted, ready to be adopted, wanting to be adopted—who does not have a home,” said Gov. Bevin. “Let’s do this together; let’s challenge the status quo. If we are to truly become the best version of ourselves on this front, we’ve got to rethink the entire process. It is

our determination as a Commonwealth to become the model in America for foster care and adoption.”

According to DCBS, almost 8,000 children are in state custody, and of these, more than 6,000 are in a foster care placement.

Open Hearts/Open Homes aims to find permanent placements for those children in foster care with a goal of adoption by relying on the state’s churches and nonprofit groups to engage nurturing families in local communities.

Gov. Bevin said that he would love to see a “waiting list” of families wanting to adopt rather than of children needing permanency and asked summit participants to commit to working to find adoptive homes in their home communities.

To find out more about foster care and adoption go to www.adopt.ky.gov, call 1-800-232-KIDS or email OpenHearts@ky.gov.

Thank you to all CHFS employees who helped make the event such a success!



Employee enrichment: Reduce workplace stress

PEAK PERFORMANCE

Anya Armes Weber



Avoiding unnecessary stress can help you become more clear-headed at work -- and at home. HelpGuide.org offers these steps to reducing stress. Try them, and you may be surprised at the number of stressors you can eliminate.

Take control of your environment. Organize your files to be able to easily find things. Rearrange your office if it helps to lessen distractions.

Change your commute or carpool if traffic makes you tense.

Pare down your to-do list.

Review your calendar and daily tasks. Prioritize the “musts” and make the “should” less frequent activities. If you can, ask for help or reassign a task.

Avoid hot-button topics. These are known as “triggers.” Try not to engage in conversations where you are sure to disagree with someone.

It’s easy to remove yourself from social discussions, but if your team is disagreeing about work issues, you can’t let yourself be too invested

in the outcome.

Avoid people who cause you stress. You can only do so much to turn a relationship around. If you’ve tried, and nothing works, just limit the amount of time you spend with that person. Do your work together and move on.

Say “no” when you can. Know your limits. Taking on more than you can deal with is a recipe for stress.

You are better off doing your current assignments well than volunteering to do many tasks and doing them just adequately.

Make plans for 66th annual Ten-Ure Conference May 10-12

CHFS staff is invited to attend the 66th Annual Ten-Ure Conference this spring in Frankfort.

Ten-Ure is the nonprofit organization for state employees with 10 or more years of service. What’s more is the 10 years of service do not have to be strictly in state government. Years spent in the military, certain federal jobs, and/or certain local government jobs also qualify for membership.

This year’s conference is May 10-12 at the Capital Plaza Hotel in Frankfort and will provide an ideal opportunity to learn, network and share knowledge with others. Topics include Building Resilience, benefits of the Go365 wellness program, update from the Kentucky Retirement System, Legislative Updates from some topic experts from around the Commonwealth. Registration cost for the confer-

ence is \$30 by April 21 and \$35 after.

The CHFS Office of Human Resources Management has approved for staff to attend the professional development workshops and sessions without using leave time. Time at the conference -- excluding any social activities -- is to be recorded as regular working hours. Conference attendees do not have to be members to attend.

Since 1951, Ten-Ure has strived to improve state employee benefits, such as insurance benefits, salary increases, retirement benefit improvements, and lowering the retirement age. Dues are \$20 a year for active employees and \$15 a year for retirees.

Check the Ten-Ure website for a conference registration form, event details, room reservation information and other information.



CHFS Staff can choose to participate in a Go365 Biometric Screening on April 12-13 in the Cafeteria Conference Room. Each appointment will last approximately 15 minutes and help you take the first step toward a healthier you. Before appearing for your appointment be sure to fill out the biometric screening form.

Be sure to fast at least eight hours before your Biometric Screening (nothing to eat or drink besides water) Exceptions: Diagnosed with diabetes or hypoglycemia, women who are pregnant, taking prescription medicines that must be taken with food.

Any questions about the screening please email Ina.Ponder@ky.gov

Any questions about the location, dates and process please email Shellie.Wingate@ky.gov

To register please go to <http://bit.ly/2nYHF8a>

Create new healthy habits with springtime walking regimen

Spring is a great time to begin a new fitness regimen. And one of the best programs to try is walking. Incorporating more walking into your workday takes a little effort, but its benefits can be great. Studies show that taking regular walk breaks at work improves your mood, decreases lethargy and increases productivity.

Walking takes minimal equipment – just a good pair of shoes. Keep a pair under your desk so you will be ready for your daily breaks. Thewalkingsite.com offers several tips for starting a walking program.

Start slow and easy. Aim to walk at least 5 minutes your first day. Start with a slow warm-up pace.

Step up gradually. After a week, add five minutes to your routine, then five minutes the next week. Pick up your pace to raise your heart rate.

Make it a habit. The toughest thing about starting a fitness program is keeping it up. Walking daily -- or a minimum of five days a week -- is a good goal. Add “Walk Break” to your office calendar. Get up and move when your fitness device reminds you.

Be creative with your path. If you have a safe path outside, use that. Or you can walk your office hallways or staircases to get your steps.

Keep hydrated. Be sure to drink plenty of water before and after walking. Drink while you walk if you need to.

NATIONAL PUBLIC HEALTH WEEK

On behalf of the citizens of the Commonwealth of Kentucky, we want to thank each of you for the hard work that you do every day to improve the lives of Kentuckians. As we celebrate National Public Health Week, please know that there are many across our great Commonwealth who are also thankful for the way in which you have touched their lives in some manner. Here at the Cabinet for Health and Family Services and the Department for Public Health, we are grateful for your tenacity in challenging times, and for your willingness to rise to the occasion in serving our most vulnerable citizens. As we observe National Public Health Week, we will be launching a yearlong project called 52 Weeks of Public Health during which we will showcase various DPH programs, services, preventative measures and health challenges facing Kentucky.

Again, thank you for your service!

Secretary Vickie Yates Brown Glisson
Commissioner Dr. Hiram Polk



National Public Health Week www.nphw.org
AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

Public Health: Start Here.

APRIL 3 - 9, 2017



Kentucky Public Health
Prevent. Promote. Protect.

Department for Public Health has Planning With Partners event

The Department for Public Health hosted more than 125 public health professionals, hospital representatives, advocates, academic advisors, and state officials for a strategy session on March 22 to begin working collaboratively on Kentucky's next State Health Improvement Plan.

The "Planning with Partners to Improve Kentucky's Health" meeting focused discussion on findings presented in the State Health Assessment Update, a data report outlining health factors and outcomes associated with Kentucky's top 10 priority health issues. These issues include; access to care, obesity, drug and alcohol use, cancer, tobacco

use, mental health, diabetes, maternal and child health, heart disease and stroke, and physical activity.

DPH staff presented the report and referenced data from the Centers for Disease Control and Prevention (CDC) and the Kentucky Behavioral Risk Factor Surveillance (KyBRFS) ranging from 2006-2015. Based on the data presented and input from stakeholders, the following health focus areas were identified for the upcoming State Health Improvement Plan; substance use disorder (opioids & heroin), obesity, tobacco, Adverse Childhood Experiences (ACE) and integrated access to care.

Ramage, Walker honored as CHFS Employees of the Month

Lori Ramage and Amanda Walker are the CHFS Employees of the Month for April.

Ramage, who began her career in state government in August 2015, is an Administrative Specialist for the Department for Behavioral Health, Developmental and Intellectual Disabilities (BHDID). Ramage's main focus is the children's branch but she assists with all branches within the Division of Behavioral Health.

According to nominator Beth Jordan, Ramage, "Arrives at work every day with a positive attitude and commitment to supporting staff. It is a pleasure to work with Lori, and she exemplifies the qualities of an outstanding public

servant."

Walker, a Social Services Clinician for the Department for Community Based Services field office in Greenville, earned the honor through outstanding customer service skills.

According to nominator Barbara Sue McBride, "Several co-workers said that Amanda Walker works long hours diligently helping with transports, is unfailingly cheerful, upbeat, and positive even when the office was overwhelmed with case loads and investigation."

If you know an employee you would like to nominate for Employee of the Month please submit the nomination form electronically to www.goo.gl/forms/1ifD0x4FTc.

Help CHFS by filling out Military Service survey

CHFS Military Service Survey

<http://bit.ly/2oEgeU2>

CHFS would like to thank Service Members, Veterans, and their Families (SMVF) who have given this nation so much.

We would also like to thank our employees who diligently serve Kentucky's military population.

We need your help to better assist the SMVF population across Kentucky. Information from this survey will help provide support, recognition and establish a future point of contact within our cabinet so that we may better serve the SMVF population within Kentucky.

We ask that all CHFS Employees please take 5-7 minutes and complete the survey to tell us about: any military connections, your military service, your military family member, or about how you assist the military population and/or their families.

We respect your confidentiality, and your personal information will not be shared.

The information that you choose to share will help us to identify additional resources and pursue funding opportunities to support Service Members, Veterans and their Families.

Please complete the survey by Thursday, April 20, 2017.