

**"C**aring for myself is not self-indulgence, it is self-preservation, and that is a revolutionary act."

- Audre Lorde



## From the Commissioner

Our agency is in the process of building a foundational pillar for how we do our work addressing: Trauma/Resilience and Engaged healing, we must address the reality of exposure to trauma, we know trauma is contagious.

As a result we are challenged to grow our resilience and become engaged Healers.

The ability to be a witness to others suffering is a seat of honor, and a muscle all of us need to strengthen; We need to create safe space for interacting and unpacking maladaptive coping mechanisms that have been learned as a tool of survival.

*Read entire story [here](#)*

## DCBS Announces its Newest Superheroes!

Commissioner Marta Miranda-Straub has announced the creation of the DCBS Superhero Award, a way for all staff to recognize fellow teammates for their work above and beyond their job description.

Recent honorees are Lorraine Wilbur, Danielle Khoury and Leigh Ann Dixon.



Lorraine Wilbur



Danielle Khoury



Leigh Ann Dixon

*Read entire story [here](#)*

## Wanda Hartley - Cabinet's Most Tenured Employee - Featured on Podcast



DCBS' own Wanda Hartley was recently featured on Secretary Eric Friedlander's Community Podcast. Hartley is an Office Support Assistant II in Campbell County -- the Northern Bluegrass Service Region. She's been with CHFS for more than 45 years.

Hartley recently celebrated her tenure with a lunch meeting with Secretary Friedlander and Commissioner Miranda-Straub.

Listen to her featured podcast [here](#).



## Equity, Social and Economic Justice

The Transitional Services Branch hosted a virtual forum called, "We See You," on Sept. 18 for current and former foster youth and foster families to explore the impact of race-based trauma in foster care and how to prevent it.

***[Read entire story here](#)***



## New Implicit Bias Training Available from ECU UTC

From the ECU University Training Consortium, there is a new web-based optional training available for DCBS staff titled Implicit Racial Bias 101: Exploring Implicit Bias in Child Protection. This training opportunity is available for both Protection and Permanency and Family Support staff.

***[Read entire story here](#)***

## P-EBT Update

A new phase of the Pandemic Electronic Benefit Transfer - P-EBT - stimulus was approved for August and September for qualifying families, who will be issued new cards with stimulus benefits. Division of Family Support staff are working with the Kentucky Department of Education to issue cards through November. As of Oct. 16, 200,000 of more than 627,000 cards - or 31 percent - have been mailed.

## DCBS Leadership to Be Featured at Kentucky Fatherhood Summit

Register now for the free 2020 Kentucky Fatherhood Summit, a three-day virtual event focusing on the importance of engaged fathers on Oct. 27-29.

Event sponsors are CHFS, the Department for Income Support and the Commonwealth Center for Fathers and Families. Speakers include Commissioner Marta Miranda-Straub and Out-of-Home Care Branch Manager Kelli Root.

The summit will provide a collaborative opportunity for a cross-section of advocates and community members.

The summit will explore the best methods of reaching fathers for the purpose of leveraging their individual experiences and abilities for the betterment of their children, families, communities, and state. Plenary sessions will discuss the vital role of fathers in healthy childhood development and the prevention of childhood poverty. Breakout session topics will include - Equity, Empowerment, Engagement and Economic Stability.

Get more information and register here:  
<https://bit.ly/2ILLnk3>.



## Operations/ Implementation/ Evaluation

### Open Enrollment for Employee Health Plan Year 2021

It's Open Enrollment time for Kentucky Employee Health Plan members. Enrollment is open through Oct. 28 for staff to choose an insurance plan for 2021.

Enrollment is required for staff who want an Flexible Savings Account (FSA) or who want the employer-funded Waiver General Purpose Health Reimbursement Arrangement (HRA) - up to \$2,100.

Go to [KHRIS.ky.gov](https://khris.ky.gov) and log into KHRIS Employee Self-Service (ESS) to sign up.

Find information in the open enrollment packet that was mailed to you from the Personnel Cabinet.





## Family and Children

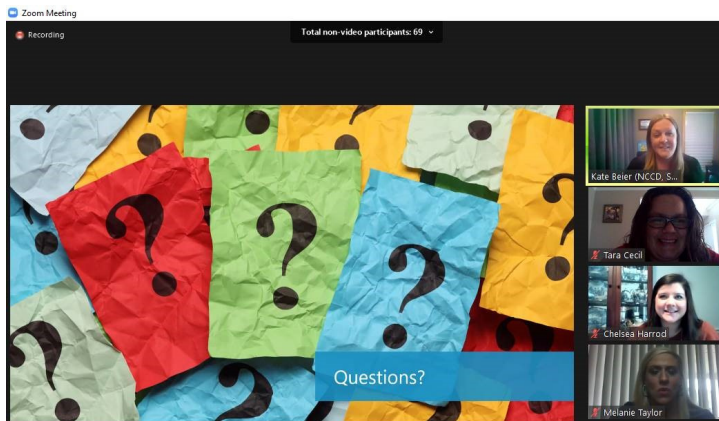
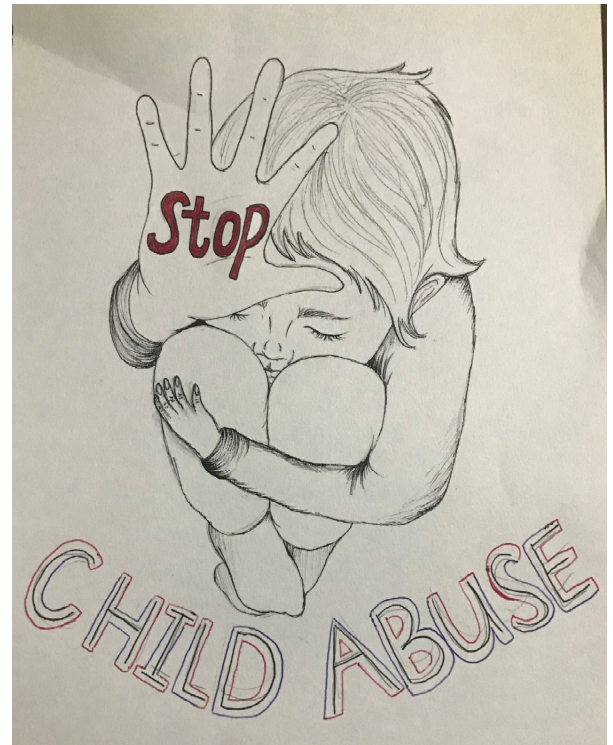
### Youth Artwork Makes Impact

Teresa, an 18-year-old youth in care, gave her permission to use her first name and share her artwork with readers.

Thanks to Teresa for bravely sharing her art and reminding us of the trauma abuse can cause and the role that we all play in prevention efforts.

Reporting child abuse and neglect is the law in Kentucky. Call 877-KYSAFE1 or 800-752-6200 to make a report. It's anonymous.

Call 911 in case of an emergency.



### Structured Safety Model Presented to Staff, Partners

On Sept. 17, the DCBS Safety Workgroup held a kickoff meeting to present the new Kentucky Safety Model to staff and community stakeholders. The kickoff meeting detailed the safety model and how Kentucky will be implementing new policy, procedures and evidenced based tools to assist workers in making more structured and consistent decisions regarding safety and risk for the families of Kentucky.

*Read the entire story [here](#)*

### DCBS Awarded \$1 Million Child Trafficking Grant

DCBS has received a \$1 million Department of Justice grant to prevent child trafficking and to provide support to survivors.

*Read the entire story [here](#)*

## Trauma/ Resilience and Engaged Healing



### Self-Care Corner: Better Sleep for a Better Life

During these challenging times, one of the basic self-care techniques we can follow is to get good sleep. Check out some tips from the Mayo Clinic for getting better sleep.

And, learn a few other self-care tips special to the season.

*Read the entire story [here](#)*



Commissioner Marta Miranda-Straub recently met with members of Voices of the Commonwealth (VOC) - including Tyler Hunter and Tamara Vest - about priorities for youth exiting foster care. We appreciate VOC's partnership!