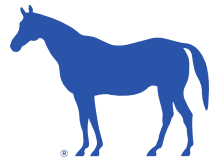


# DIVISION OF FAMILY SERVICES

*Director Shelia Horton-Holt, Family Services*  
*Social Services & Public Safety Committee Meeting*  
*May 5, 2026*



**LEXINGTON**

# Our Mission Statement

To Partner With And Empower Families With Young Children To Achieve  
Greater Stability And Resilience



## Our History

The Family Care Center was established in 1989 to provide a comprehensive approach to meeting the needs of teen mothers for education, career preparation, parenting support, health care, and childcare.

The program was designed to utilize and leverage resources of:

- ❖ Lexington Fayette County Urban Government
- ❖ Fayette County Public Schools
- ❖ Bluegrass Regional Comprehensive Care
- ❖ University of Kentucky

and others to provide comprehensive education, health care, childcare and employment-focused services to young mothers and their children.



## Our Core Programs

The Family Care Center uses a strength-based approach to assist parents in their efforts to achieve and maintain self-sufficiency. This is accomplished through an array of services provided on-site, in the home, and in the community. The Family Care Center currently serves an average of 210 clients weekly. Services are delivered through four core programs:

- ❖ **The Early Childcare Education Program (ECE)** provides early childhood care and education for children 6 weeks to 5 years old.
- ❖ **The Family Service Coordination Program (FSC)** delivers intensive case management to families desiring greater independence and stability.
- ❖ **The Health Access Nurturing Developing Services (HANDS) Program** provides evidence-based home visitation to new and expectant parents.
- ❖ **The Parent Education Program** provides high school education and parent support services to young parents.

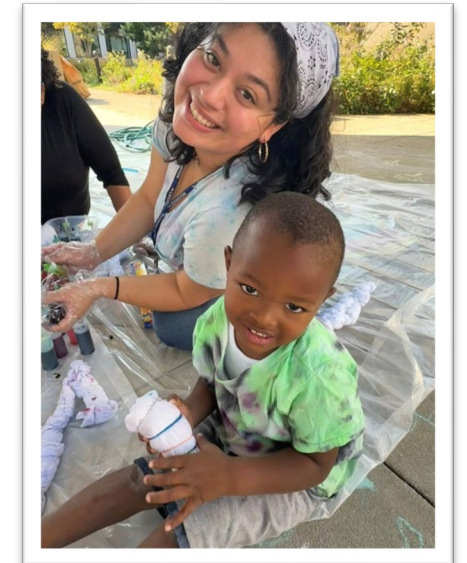
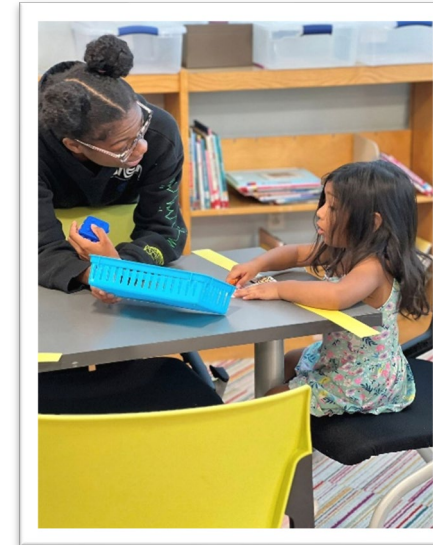
## Early Childcare Education Program

The Early Childcare Program serves to provide a healthy, safe, developmentally appropriate, and inclusive environment for children ages 6 weeks to 5 years old.

The Early Child Care Program has a 5 STAR Quality rating under the Kentucky ALL STARS and is COA accredited.

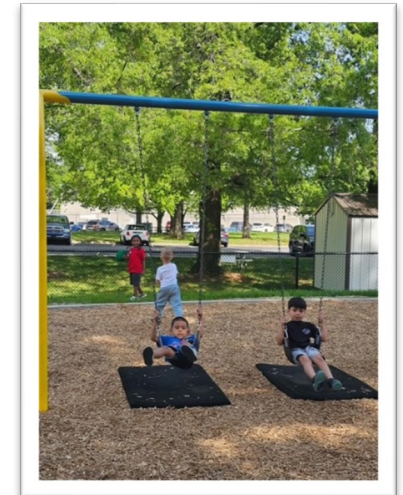
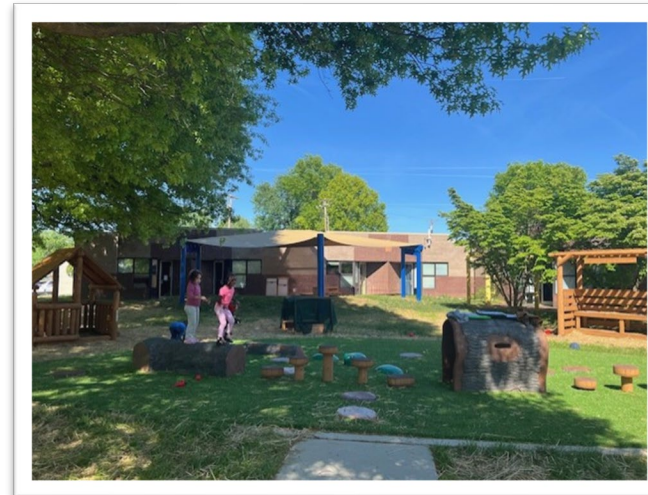
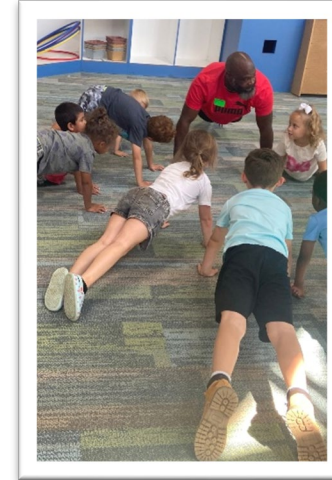
To support our philosophy, the Early Childcare Program partners with:

- ❖ **Fayette County Public Preschool** by offering an onsite Preschool Program
- ❖ **Community Action Council Early Head Start** to offer extended services to infant-toddler aged children



## Early Child Education Program Highlights

- ❖ **Kids on the Move:** Coach D, a professional personal trainer, visits twice a week to lead fun, engaging fitness sessions with preschool classes, helping build strength, coordination, and healthy habits early on.
- ❖ **Playground Renovations Phase I:** With newly received funding, all of our playgrounds were renovated to create safer, more engaging, and updated outdoor play spaces for children.
- ❖ **Nature-Based Playground:** Through funding from the PNC Grow Up Great Grant, we developed a nature-based playground that encourages outdoor exploration, creativity, and hands-on learning in a natural environment.





## Family Service Coordination Program

The Family Service Coordination Program provides professional case management services to families with young children.

The program uses a strength-based approach to assist parents in their efforts to achieve and maintain self-sufficiency.

The program also houses a Volunteer Coordination Program which handles volunteer placement, donation/distribution, special events, and outreach.



# Family Service Coordination Highlights

## Case Management Families Served

- ❖ Total Families Served:32
- ❖ Total Household Members: 87

## FSC Participants Referrals & Deliveries

- ❖ Provided 320 referrals to FSC participants
- ❖ Made 106 deliveries (essential supplies, clothing, food) to FSC participants

## Community Referrals & Families Served

- ❖ Provided 492 referrals to non FSC participants
- ❖ Served 319 families from the community (essential supplies, clothing, food)

## Community Partner Donations

- ❖ Glean of KY – 999 lbs. of food
- ❖ God’s Pantry – 41 holiday dinner baskets
- ❖ Bluegrass Families First – large donation of diapers & baby/adult toiletries
- ❖ Rhea Lanans of Lexington & Not Alone Pregnancy Center – diaper drives

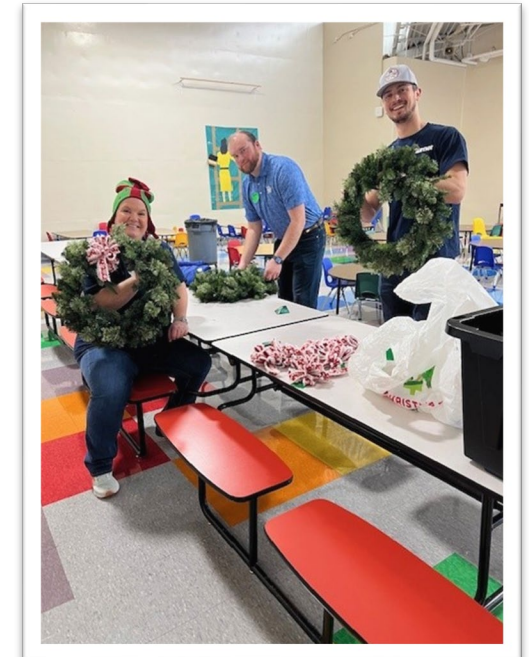


## Volunteer Coordination Program

Volunteers at the Family Care Center are a tremendous asset to our team.

They provide essential support, time, expertise, and skills that allow us to serve our mission to the community.

During FY25, 145 volunteers volunteered 1,671 hours at the Family Care Center.





## **Health Access Nurturing Development Services (HANDS)**

HANDS supports families throughout pregnancy and the first two years of a baby's life. From pregnancy to the terrific twos, HANDS is here to answer all your questions during the different stages of baby's growth. Families meet with a HANDS Family Support Worker who can answer their questions and address their concerns about pregnancy or baby's first years. All families receive information and learn about resources available in the community for new parents.

### **FY25 Data**

Home Visits Completed: 2202

Number of Families: 100

Referral to Program: 66 (Total New Enrollments)



## HANDS Success Story

Allbree Jones enrolled in HANDS right before her daughter, Amarrah, was born. Receiving support from her father and older sister, Allbree learned from her home visitor Emari how to bond with her baby using attachment and self-regulation skills. Allbree told Emari during one home visit, “I feel like I know my daughter really well and I understand what her different sounds mean.” Allbree successfully balanced school and motherhood and was able to graduate high school in May of 2025.



## Parent Education Program

The Family Care Center's Parent Education Program partners with Fayette County Public Schools to help pregnant and parenting youth reach their educational and parenting goals.

Our program provides classes on job readiness, transitioning into parenthood, relationships, independent living skills, cooking, budgeting, and so much more.

Transportation and on-site childcare are available.





# Parent Education Program Highlights

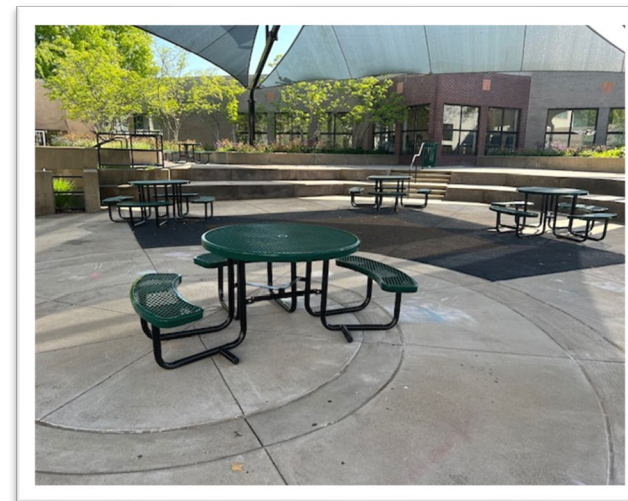
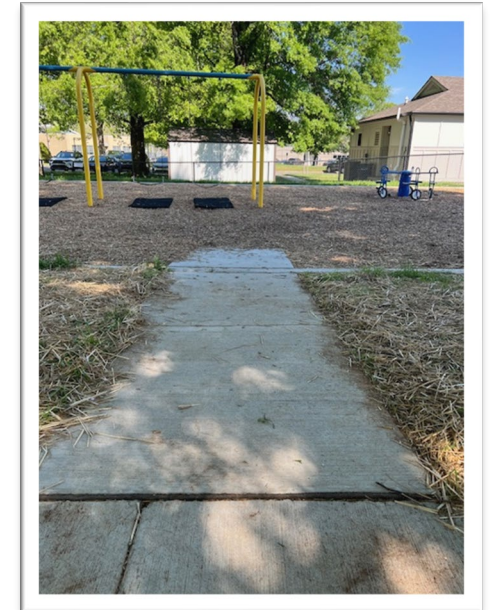
## FY25 Program Outcomes

- ❖ 16 clients successfully graduated from the program
- ❖ 88% of clients successfully achieved their educational goal
- ❖ 93% of clients successfully achieved their parenting goal
- ❖ 85% of clients successfully achieved or revised their mental health goal
- ❖ 88% of clients were retained in high school education
- ❖ 96% of clients agree attending school at Family Care Center has been helpful



# Performance Quality Improvement (PQI) Projects

- ❖ The front entrance was updated with features that improve security, including reduced visibility through the windows
- ❖ The FCC Courtyard now includes an ADA-accessible picnic table to support inclusive use
- ❖ An ADA-compliant walkway was installed to ensure safe, accessible entry to the preschool playground area
- ❖ Two additional speed bumps were installed between FCC and Safety City to help reduce vehicle speeds and enhance pedestrian safety



# Questions?



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