



LEXINGTON

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# Division of Family Services

*Social Services and Public Safety Committee  
January 28, 2025*

*Sheila Horton-Holt, Director of Family Services  
Department of Social Services*





# 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 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 189 clients weekly. Services are delivered through four core programs:

- **The Early Child Care Program** provides early childhood care and education for children 6 weeks to 5 years old.
- **The Family Service Coordination Program** 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.





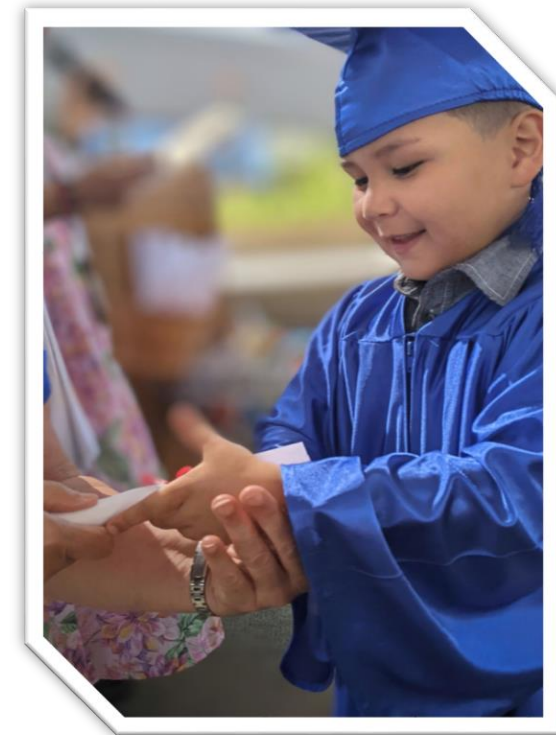
## Early Childcare Program

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
- **Bluegrass Behavioral Services for Children** for a unique intensive therapeutic program for children ages 2 through 5





## Early Childcare Program Outcomes

- 75% of children aged 5 are "kindergarten-ready" as indicated by Brigance scores
- 75% of children achieved optimal development as measured by the ASQ
- 16 children ages 1 through 2 years received services through Early Head Start
- 30 children received services through Fayette County Public Preschool (10 in the Early Childcare Program and 20 from the community)
- 12 children received services through Bluegrass Behavioral Services for Children





# 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.



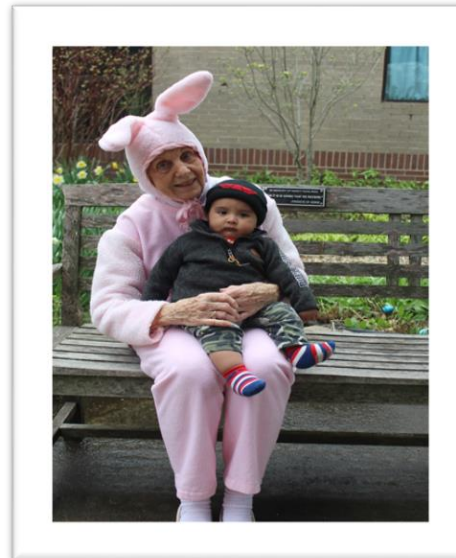
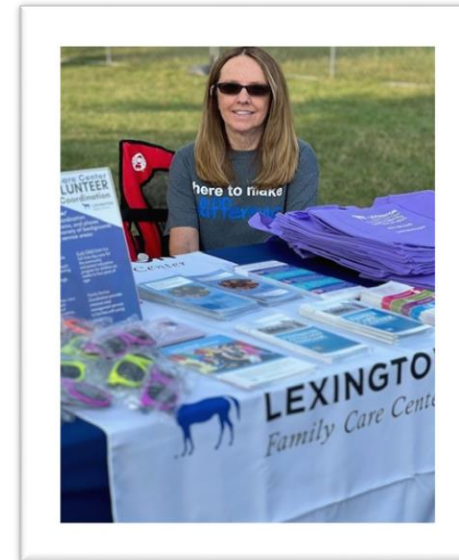


# Volunteer Coordination Program

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 FY24, 149 volunteers volunteered 1,893 hours at the Family Care Center.





# Family Service Coordination Program Outcomes

- Of the 19 families who exited from the Family Service Coordination (FSC) program, 2 families achieved 50% or greater on at least 2 self-sufficiency goals objectives
- 8 of those 19 exited families achieved 75% or greater on at least 2 self-sufficiency goals
- The FSC provided 320 referrals to participants
- Made 106 deliveries of essential supplies, clothing, and food to FSC participants
- Service Inquiries – contacts, referrals, and services provided to non-FSC participants:
  - Served 319 unduplicated non-FSC Families
  - Total contacts: 403 – 39 direct in-person contacts and 364 indirect contacts by phone, email, etc.
  - 37 families had multiple contacts
  - Provided 492 referrals to families
  - Made 12 deliveries of essential supplies, including clothing, food, etc.





# HANDS Program

(Health Access Nurturing Developing Services)



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.





## HANDS PROGRAM OUTCOMES

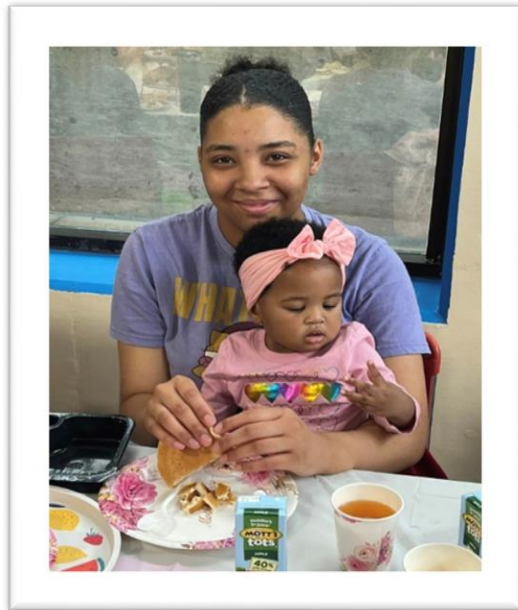
- 100% of families are screened for depression and domestic violence
- 100% of children are screened through the Kentucky Early Intervention System (KEIS)
- **Childproof Checklist** – 78 criteria & childproof checklists are done in 2 intervals
- **Edinburgh Depressions Screen** – 78 criteria & screenings are done in 3 intervals  
Had 4 positive screens, and all moms received mental health services
- **Domestic Violence Screen** – 78 criteria & screenings are done in 3 intervals  
No positive screens and no reports of domestic violence made.
- **Kentucky Early Intervention System** – 6 criteria & screenings are every 2 months  
KEIS is a statewide early intervention system that provides services to children with developmental disabilities from birth to age 3 and their families.





# Parent Education Program

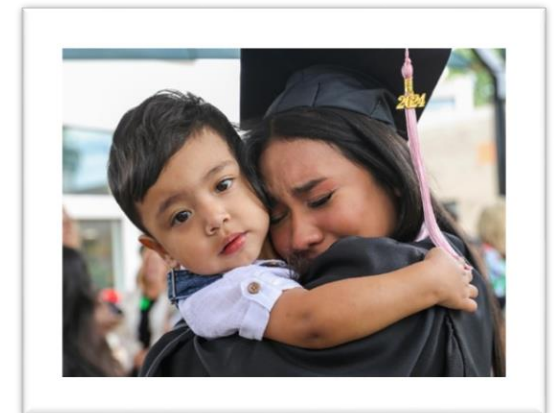
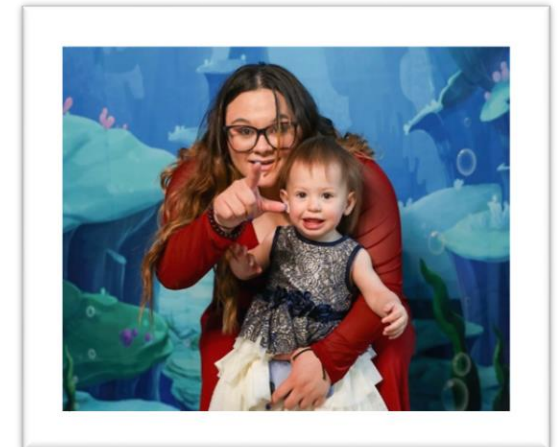
The Family Care Center's Parent Education Program partners with Fayette County Public Schools to help pregnant and parenting youth reach their educational and parenting goals.



Our program provides classes on

- parenting
- healthy relationships
- independent living skills
- cooking
- budgeting,
- and so much more!

Case Management, transportation, and on-site childcare are available to all students.





## Parent Education Program Outcomes

- 95% of clients successfully achieved their educational goal
- 97% of clients successfully achieved their parenting goal
- 77% of clients successfully achieved or revised their mental health goal
- 93% of clients were retained in high school education
- 100% of clients agree attending school at Family Care Center has been helpful
- 82% of clients increased their score in at least 1 protective factor as demonstrated by administration of Protective Factors Survey at entry and exit





# Community Partners



It truly takes a village to do all that we do at the Family Care Center.

We are grateful for our Community Partners, and we could not do all that we do without them.

Our Community Partners provide services, donations, support and volunteerism.



Arbor Youth  
Bluegrass Behavioral  
Services for Children  
Bluegrass Families First  
Community Action Council  
Fayette County  
Public Schools  
First5Lex  
First Steps  
GleanKY

God's Pantry Food Bank  
Hillcrest Baptist Church  
Lexington Fayette County  
Health Department  
Lexington Public Library  
PNC Bank  
Republic Bank  
UK Extension Office  
Young Lives





## Our Future

- Early Childcare Playground Renovation
- Incorporate an Annual Grandparents Event
- Create a Resource Room for our staff
- Host Community Resource Fairs



# Questions?



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