



Building Strong Families

2022

IN CAMPBELL COUNTY



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County Extension Agents,
Family and Consumer
Sciences Education

OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders.

OUR SUCCESS

In 2020-2021,
Family and Consumer
Sciences Extension made

1,963

direct and

658,720

indirect contacts with
individuals and families in
Campbell County.

SPOTLIGHT: CAMPBELL COUNTY

Mental health first aid



Mental health has always been an important part of one's overall health, and the need for mental health awareness and education is expected to increase because of the COVID-19 pandemic. To address this need, 15 Extension agents, assistants, and volunteers trained in the eight-hour mental health first aid course. This training gives participants the skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. Topics included common signs and symptoms of mental illness and substance abuse, how to interact with a person in crisis, and more. After the program, all participants reported being able to assist a person who may be dealing with a mental health problem or crisis to seek professional help.

CAMPBELL COUNTY'S EXTENSION PROGRAMMING COMMUNITY IMPACT

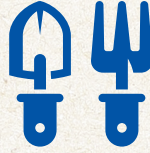
Family and Consumer Sciences (FCS) Extension professionals actively work to reach our goals by offering educational programs that serve to improve the quality of life for individuals and families in our Commonwealth.

Campbell County's FCS Extension programming in 2020-2021 led to the following results.



479

youths
participated in local
Extension programming



\$470

in EBT, WIC, or senior benefits
were redeemed
at farmers' markets



\$1,380

saved as a result
of FCS's Financial
Education Program



241

adult
volunteers



248

participants made
lifestyle changes
to improve their health



369

participants
reported gaining
knowledge

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you a podcast focusing on nutrition,
health, resource management, and more.
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Source: Kentucky Cooperative Extension Reporting, FY2021
Download this and other county profiles at hes.uky.edu/StrongFamilies

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



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