

**University of Kentucky** College of Agriculture, Food and Environment *Cooperative Extension Service* 

### **KENTUCKY COUNTY PROFILES**

# **Building** 2022 **Strong Families**

## IN GREENUP COUNTY



**Lora Pullin** County Extension Agent, 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**

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In 2020-2021, Family and Consumer Sciences Extension made

1,584 direct and 175,558 indirect contacts with individuals and families in Greenup County.

#### **SPOTLIGHT: GREENUP COUNTY**

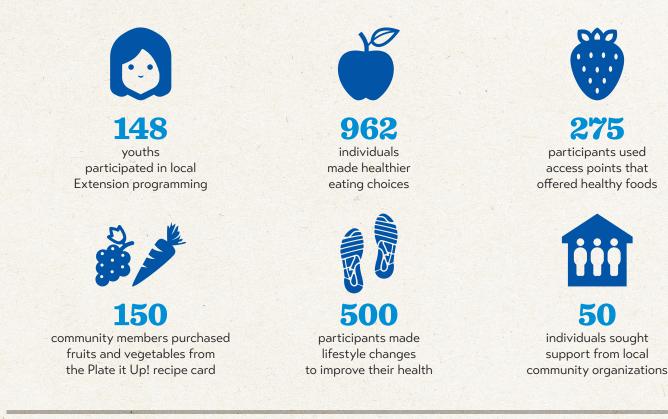
## **'Recovering your Finances'** works to prevent relapse



Financial stress can put individuals in recovery from substance use disorder at risk for relapse, particularly during the early stages of recovery. Through comprehensive financial education training, we can expand the capacity of recovery centers and other partners in the community that work with individuals in recovery thereby reducing the likelihood of relapse. To address this concern, the Greenup County FCS Extension Office partnered with Journey House, a living facility for women who have been diagnosed with moderate to severe substance abuse disorder and offered the Recovering Your Finances curriculum to help build financial capability. Topics presented include budgeting, credit, banking, savings, and more. After the program, all participants reported having a better understanding of the financial consequences of substance use.

#### **GREENUP 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. Greenup County's FCS Extension programming in 2020-2021 led to the following results.



## Connect with us!



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## **Plate it Up!**

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#### PlateItUp.ca.uky.edu



## Listen. Learn. Live Well.

University of Kentucky Family and **Consumer Sciences Extension brings** you a podcast focusing on nutrition, health, resource management, and more. Available on Apple Podcasts, Google Play and UKFCSExt.podbean.com.

Source: Kentucky Cooperative Extension Reporting, FY2021 Download this and other county profiles at hes.uky.edu/StrongFamilies

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