

# Substance Abuse in Kentucky

BATTLING THE DRUG EPIDEMIC IN OUR OWN BACKYARD

Why is Children's Home of Northern Kentucky adding chemical dependency and substance abuse treatment to its core competencies? Because the statistics around drug use in the Commonwealth – particularly heroin use – are simply staggering.



- ☠ In 2011, **5.2%** of Kentucky high school students – nearly double the national average – reported using heroin (*source: Center for Disease Control and Prevention 2011 Survey*)
- ☠ Overdose deaths in Kentucky that were attributed to the use of heroin increased by **550%** from 2012 to 2013 (*source: Kentucky Office of Drug Control Policy*)
- ☠ Boone, Kenton, and Campbell Counties account for over **60%** of the state's heroin prosecutions (*source: Kentucky Office of Drug Control Policy*)
- ☠ **33%** of people showing up in St. Elizabeth Healthcare's emergency room are between the ages of 16 and 25 (*source: Northern Kentucky Board of the Kentucky Agency for Substance Abuse Policy*)
- ☠ In 2013, the Northern Bluegrass Region of Kentucky had 1,823 families with substantiated findings of abuse, neglect, or services needed; of those families, 817 were in Kenton County, and **57%** had substance abuse identified as a risk factor (*source: Kentucky Department for Community-Based Services*)
- ☠ Over **30%** of the students in the Covington Independent Public Schools' alternative school have a confirmed drug-related issue or offense (*source: Covington Independent Public Schools Director of Pupil Personnel*)
- ☠ **86%** of the students assessed by our Champions team during the 2012-2013 academic year presented with one or more substance abuse issues (*source: CHNK Quality Assurance Department*)
- ☠ That percentage has jumped to **93%** during the current 2013-2014 academic year (*source: CHNK Quality Assurance Department*)

## Be a 2014 Communications Sponsor!



Our Communications Sponsors underwrite the cost of CHNK's communication efforts – including this Homefront newsletter – so that our Home can easily and regularly stay in touch with you at no cost to CHNK. Can your business or foundation help build bridges to better futures for our children by becoming a communications sponsor? Sponsorship opportunities for our upcoming fiscal year (beginning July 1) are now available! Contact our Development Office at **859.292.4135** or [development@chnk.org](mailto:development@chnk.org) for more details.

[www.chnk.org](http://www.chnk.org)



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## Building Homes, Building Bridges.



Tour **Squires End** on **Father's Day Weekend** to benefit



• *Tour a Unique Home to Benefit a Unique Home* •

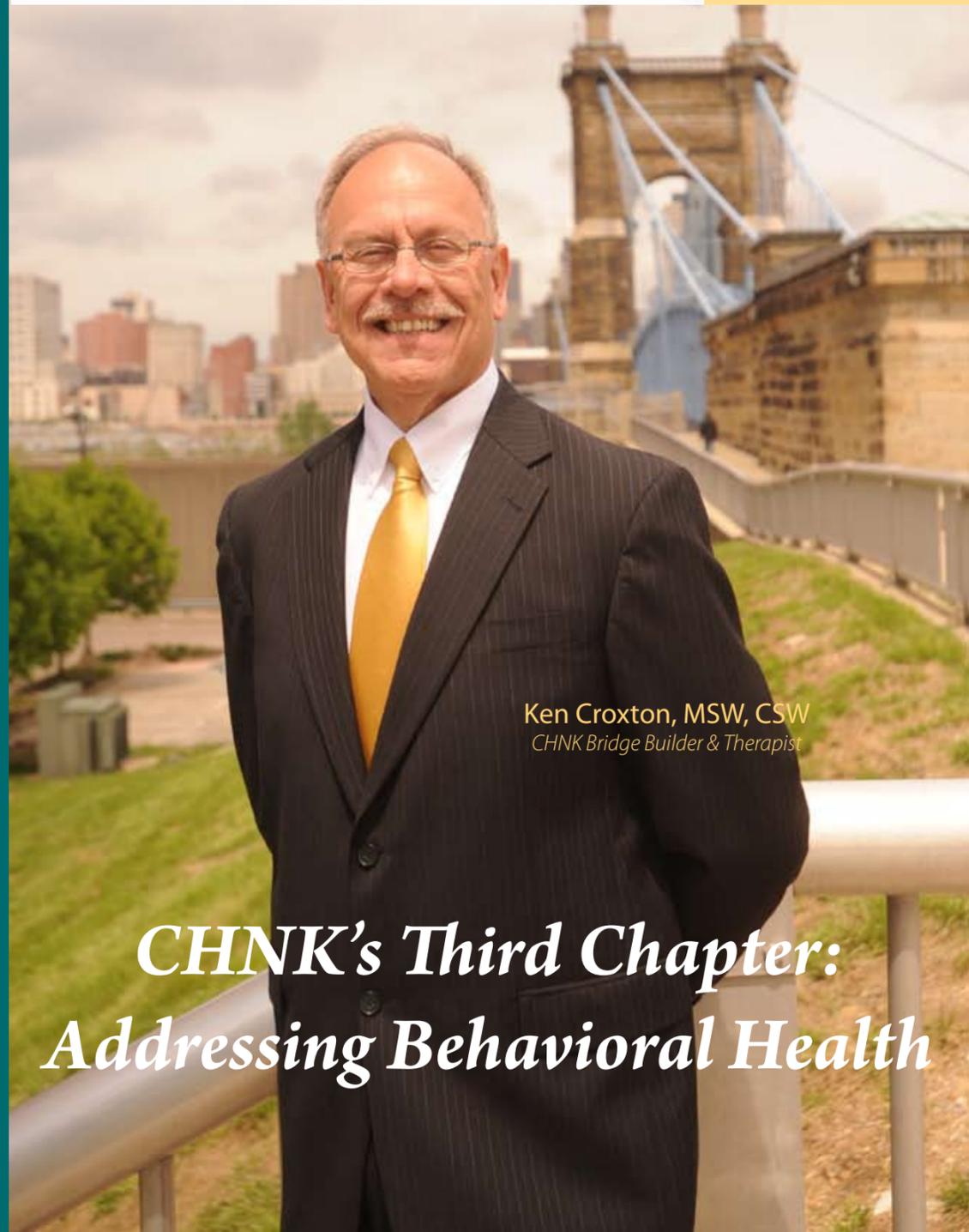
**June 14-15, 2014** : **943 Squire Oaks Drive** : **Cost:**  
Noon-6 p.m. : Villa Hills, KY 41017 : \$20 per person

All proceeds from the Open House will be donated to CHNK. Thanks to homeowners David and Darlene Barnes for selecting CHNK as the event beneficiary!

# Homefront

CHILDREN'S HOME OF NORTHERN KENTUCKY

Newsletter  
Spring 2014



Ken Croxton, MSW, CSW  
CHNK Bridge Builder & Therapist

## CHNK's Third Chapter: Addressing Behavioral Health

# Spring Has Sprung at CHNK

A WORD FROM THE CEO

Dear Bridgebuilders:

Spring is here and I could not be more ready. There are three deer on the front lawn of our Covington campus looking at my window as I write this letter to you. They must be incredibly resilient creatures to have made it through one of the harshest winters we've ever seen. Spring is cutting them a break and providing some green leaves. Here's to the hope that spring brings to creatures, big and small.

CHNK is like spring to many young boys and girls who come to our doors after long seasons of abuse and neglect. They don't just need our 65 staff members to be compassionate and gentle. They need us to be clinically competent and on the cutting edge of treatment. Lucky for them, CHNK is both.

Over the long winter, CHNK was bringing on evidence-based programs, advancing professional credentials of staff, investing in hardware and software to make our team mobile, and positioning ourselves to address chemical dependency treatment needs for adolescents. These undertakings will cost CHNK thousands upon thousands of dollars. Our team's response: "Let's do it. The kids need it. If we don't, who will?"

You, our donors and friends, empower this agency to take bold steps into the new arena of adolescent behavioral health. Because of you, the care we provide to Kentucky's children in out of home care is top notch and producing outcomes that make us all proud to be a part of the CHNK endeavor.

Our kids are resilient. Because of your help, they'll cross a bridge from a winter's darkness to the new hope of spring. The envelope in this edition of **Homefront** can be a mighty tool in the right hands.

Gratefully,



Rick W. Wurth



## In Memoriam: Dr. George Renaker

Team CHNK was sad to learn of the recent passing of one of our former residents and a longtime supporter, Dr. George A. Renaker. Dr. Renaker was a resident of CHNK during the 1930s. He came to live with us when he was just five years old, and he remained here until age 7. He went on to become one of Northern Kentucky's most famous surgeons and also had an illustrious teaching career.

George, his daughter Stephanie, and the foundation that bears his name have all been major allies to CHNK in many ways. Stephanie serves on CHNK's Board of Trustees, and Dr. Renaker's foundation has been a supporter of our recreation therapy program for many years. This physician was the epitome of a bridge builder, not just for our Home but for many other Northern Kentucky institutions. We are proud and humbled to have had some role to play in Dr. Renaker's life.

*Then I heard a voice from heaven say, "Write this: Blessed are the dead who die in the Lord from now on." "Yes," says the Spirit, "they will rest from their labor, for their deeds will follow them." (Revelation 14:13)*

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# Building Bridges Through Therapy

CHNK THERAPIST KEN CROXTON, MSW, CSW

When I was growing up, my mother frequently shared two different sayings: "There but for the grace of God go I" and "Don't judge a book by its cover." So to my mother I give credit – and on rough days, the blame – for my career in the social service field.

I began in a community-based services environment, providing inner city, low income people with material assistance and free counseling. It was there that I learned how to connect with folks who were hard to reach... how to engage people who don't easily trust... and how to empower those of whom my mother was referring. Those were not easy accomplishments, but I learned that building rapport and trust, and ultimately, establishing relationships, was my key to truly offering therapeutic help to others.

Nine years ago, I joined the CHNK team as a therapist primarily focused on the boys in our residential treatment program. These are boys coming to us after sustaining years of abuse and neglect at the hands of adults they should have been able to trust. But I've never looked at any of our kids as just a list of the negative experiences and poor behaviors that brought them to us. More than anything, these boys need to be recognized as the resilient, caring, funny, smart, talented, sensitive, vulnerable kids that they are – just like the kids we have all known down the street or in our own living rooms.

My fellow therapists and I use a strengths-based approach to help our boys identify in themselves the positives that can empower them to build or repair relationships in their lives. A significant part of their treatment centers on the development of healthy coping skills, anger management, and impulse control – all of which have typically been lacking in the environments from which the boys have been removed.

There is no such thing as a "typical" therapy session. One day it might focus on a bullying incident that

*"There is no time clock when it comes to responding to the needs of the boys in our care."*



## Join the Shinkle Society Class of 2014

Established as an annual premier giving circle in 2011, the Shinkle Society provides our Home with the most versatile of financial gifts – the unrestricted dollar. Unrestricted funds allow our team to address the most critical, most urgent needs of the Home as those needs arise. Since its inception, the Shinkle Society has raised over \$300,000.00 in unrestricted funding that directly impacts the 400+ children and families we serve each year at this Home.

We are now accepting memberships into the Class of 2014 Shinkle Society. Membership in the society is **\$5,000** for the year and includes complimentary access to Home events, special VIP gatherings, and recognition in various print and online communications. Businesses interested in a corporate sponsorship can join with a gift of **\$15,000**.

Gifts can be made online by visiting [www.chnk.org/shinkle-society](http://www.chnk.org/shinkle-society) or by using the remittance envelope included with this newsletter. Or, you can make your gift over the phone by calling our Development Office at **859.292.4135**. We also understand that sometimes the answer isn't "no," but it might be "not right now." If you're presently unable to support the Shinkle Society at one of the above-noted levels, please know that no gift is too small to begin building bridges to better futures for abused, neglected, and at-risk children. Every dollar is noticed, needed, and appreciated.

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occurred during the school day... and another day, an unexpected reminder of a past traumatic event. On one late night, as I was preparing to take my exhausted self home, I was approached by a teenage resident in tears who was contemplating suicide. There is no time clock when it comes to responding to the needs of the boys in our care. We are a 24/7 agency.

Just recently, a former resident called me after hearing a song on the radio that reminded him of me. He is an adult now – married, working full-time – and doing well. He and all the boys I work with remind me daily of my mother's words and unwitting guidance into this world of social services. By the grace of God, I am working with the greatest kids, in one of the greatest places to work with them.

## Ed Connor, Pys.D, Licensed Clinical Psychologist

"As a Licensed Clinical Psychologist in Kentucky and Indiana, as well as a Sex Offender/ Domestic Violence Risk Assessment & Treatment Provider, I first began consulting with CHNK in 1997. My work consists of conducting case consultations with CHNK's clinical staff and psychological evaluations of the children coming to the Home whose clinical diagnosis is unclear. I also provide training to the clinical team.



I was immediately amazed at the dedication of the staff and the essential services they provide. They are truly focused on making a difference in children's lives – children who through no fault of their own have found themselves in some of life's most frightening situations and need to be placed in a safe and nurturing environment.

The children served by CHNK have complicated and challenging lives, and sometimes the clinical intervention and treatment needed for them can be complicated and challenging as well. I continue to be impressed with the efforts undertaken by CHNK's clinical team to do what is best to put the children on paths that will lead to their greatest opportunities for success."

## Renew Your Kroger Community Rewards Designation

Attention, Kroger shoppers! During the month of April, shoppers who support us through the Kroger Community Rewards program need to reselect our Home so we can continue earning rewards for the next year. We've earned over \$3,200 through the program over the past two years – just by folks like you going grocery shopping! If you have a Plus Card, please visit [www.kroger.com/communityrewards](http://www.kroger.com/communityrewards), sign in to (or create) your account, and follow the instructions for registering your card in support of our Home. When asked to enter our organization #, type 82603. Then, every time you swipe your Kroger Plus Card when making a purchase, we'll receive a percentage of the total – up to \$50,000 per quarter. And don't worry, participation in the program does NOT affect your coupons or fuel rewards!



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## CHNK Clinical Team at a Glance



- Includes **eight** licensed therapists who care for the kids in both the Residential Treatment and *Champions* programs
- Team is overseen by **Laura Kinney, LCSW**, CHNK Director of Clinical Services
- **Four** primary types of therapy offered: individual, group, family, and recreation
- Therapeutic interventions are **evidence-based** and now include adolescent chemical dependency/substance abuse treatment
- Over **400 kids and family members** received services from CHNK therapists last fiscal year

Want to be a full-time bridge builder? Visit [www.chnk.org/join-our-team](http://www.chnk.org/join-our-team) to view current job openings at CHNK.