

# FAMILY CONNECTIONS

*News for Families from the West Virginia Department of Health and Human Resources,  
Bureau for Behavioral Health's Office of Children, Youth and Families*

*Family Connections  
Issue VII*

*Winter is behind us, and we are going into summer full speed ahead. The school year is over, and it is time for vacations and fun. We hope everyone receives a well-deserved break. It is time to celebrate Father's Day. We are thankful for our fathers and grandfathers. The children need them in their lives. Many grandparents are raising their grandchildren. Check out the featured article about a service for grandfamilies.*



## Healthy Grandfamilies

West Virginia ranks second in the nation for the number of grandparents raising their grandchildren. Odds are good that you or someone you know lives in a grandfamily household. Grandfamilies have been identified as one of the fastest growing populations who are at the highest risk for poor health, poor education, and food insecurity due to a lack of resources directed toward this vulnerable population.

The Center for Healthy Grandfamilies supports all grandparents raising grandchildren no matter their age, gender, race, religion, health, income, education, or socioeconomic background. There is absolutely no charge for any grandfamily to enroll.

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# Healthy Grandfamilies

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Healthy Grandfamilies is a collaboration between West Virginia State University's (WVSU) Extension Service and Department of Social Work. The Center for Healthy Grandfamilies was founded in 2015 at WVSU and the Kanawha County pilot project took place in 2016 with 125 grandparents completing the pilot program. Grandparents reported high satisfaction with the discussion groups, support services and overall program; they overwhelmingly agreed that the participation made them better prepared to raise their grandchildren and lead a healthier lifestyle.

Because the pilot program demonstrated positive outcomes and ease of replication, Healthy Grandfamilies is now a statewide initiative serving all 55 counties. More than 1,000 grandparents have participated. Each county has its own coalition made up of county leaders and community groups with support from WVSU. Although counties have taken unique approaches to delivery, the Healthy Grandfamilies model consists of two main components: education and support services.

The social support component is individualized. Upon enrolling in Healthy Grandfamilies, over 95% of grandparents stated they needed assistance in finding and accessing available resources. Social workers and extension professionals collaborate to provide grandparents a confidential assessment of needs, assistance in locating resources to address those unmet needs, advocacy, and referrals to community partners that provide a wide range of social and legal services.

To learn more or request enrollment into the program, please visit the Healthy Grandfamilies website at [healthygrandfamilies.com](http://healthygrandfamilies.com) or call (304)-204-4361 to speak to an extension agent covering the county where the family lives.

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## SELF-CARE CORNER

**Tough Self-Care** ★

★  ★

Where are you getting in your own way?

- Not enforcing boundaries
- Self-sabotaging
- Neglecting your needs
- Ignoring your feelings
- Not asking for help
- Pushing yourself too hard
- Being unkind to yourself

SelfLoveRainbow

For additional information or to share ideas for future newsletters or comments, contact [Roxanne.K.Chaney@wv.gov](mailto:Roxanne.K.Chaney@wv.gov).

# A NOTE FROM A FATHER

Below is a thank you note from a father who graduated from the Nurturing Parenting Class at United Summit Center. The Family Coordinators who conducted the class are Jeannie McGinty and Jezzariah Fulayatar. If you would like to attend a Nurturing Parenting class, click Family Coordinators on the last page of this newsletter to find a class in your area.

## THANK YOU

I want to start off by saying thank you to both of you two wonderful people, so thank you! I'm always looking and searching for ways to better my children's lives in the present and for their future.

In my journey of searching, I found two of the most caring people trying to make a difference in a world full of all things negative and trying to keep us parents and children from succeeding.

Through this course I have learned more things about myself than I could have imagined. I was a person who thought I could handle just about anything life could throw at me, but when life throws something at you that you thought would never be thrown at you (in my case DIVORCE), I found myself helpless because it affected what I love the most, my three wonderful, innocent children.

You two have taught me what the most important things are and how to go about them. You have helped me find the best direction for the best possible future, but most importantly you have instilled some priceless knowledge in me that I will use to make my three kids' future 1,000 times better, happier, and full of unconditional love. Thank you for our bright future. The world needs more people like you two.

God bless you.



# DAD JOKES

**Why should you never use “beef stew” as a password?  
It’s not stroganoff.**

**What was the child who wouldn’t nap guilty of?  
Resisting arrest.**

**What runs around a baseball field, but never moves?  
A fence.**

**Why do seagulls fly over the sea?  
If they flew over the bay, they would be called bagels.**

## Happy Father’s Day

June is Father’s Day, and it is also Men’s Health Awareness Month. It is so important for fathers to take care of themselves and be there for their children and grandchildren. We hope your day is fantastic.





# JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family



01

**Eat Healthy.** Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

**Get Moving.** Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

**Make Prevention a Priority.** Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

**100%**  
 Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

**1 IN 2** 1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

**1994** On May 31, 1994 President Clinton signed the bill establishing National Men's Health Week.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."  
 Congressman Bill Richardson (May 1994)

In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65 - 74. **80**

## ONLINE RESOURCES

Men's Health Month  
[menshealthmonth.org](http://menshealthmonth.org)

Men's Health Network  
[menshealthnetwork.org](http://menshealthnetwork.org)

Get It Checked  
[getitchecked.com](http://getitchecked.com)

Talking About Men's Health Blog  
[talkingaboutmentshealth.com](http://talkingaboutmentshealth.com)

Women Against Prostate Cancer  
[womenagainstoprostatecancer.org](http://womenagainstoprostatecancer.org)

## HAPPY FOURTH OF JULY

As a child, I have fond memories of this holiday. The family gathered in the back yard or at a park. The family could count on hot dogs, ice cream, watermelon, and much more. The children played all day on park swings or swimming. I hope you have fond memories of past holiday fun on this special day. My wish is that you make new memories as you celebrate our country's birthday.





## National Minority Mental Health Awareness Month

National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. The COVID-19 pandemic has made it harder for racial and ethnic minority groups to get access to mental health and substance-use treatment services.

Throughout the month, the HHS Office of Minority Health (OMH) will focus on promoting tools and resources addressing the stigma about mental health among racial and ethnic minority populations, particularly during the COVID-19 pandemic.

OMH encourages state, tribal, and local leaders, community-based organizations, faith leaders, healthcare providers and individuals to educate your communities regarding mental health stigma.

*Source: U.S. Department of Health and Human Services Office of Minority Health*

# NATIONAL FRIENDSHIP DAY IS AUGUST 7, 2022

August 7 is National Friendship Day. Friendships are important. We are social beings, so it is nice to have a friend we can talk with and share secrets. It is nice to have someone to share our favorite activities. Who comes to mind when you think of friendship? Tell them how important they are to you.



- Children's Crisis and Referral [Line](#)
- HELP4WV
- Children's Mobile [Crisis](#) Response and Stabilization Teams
- West Virginia [Wraparound](#)
- Regional Family [Coordinators](#)
- West Virginia Statewide Family [Advisory Board](#)
- Bureau for Behavioral Health - Office of Children, Youth and [Families](#)
- West Virginia Coalition Against Domestic [Violence](#)
- Family Advocacy Support and Training ([FAST](#))
- West Virginia Department of Health and Human Resources [Local Offices](#)
- West Virginia Positive Behavior Support ([PBS](#)) Program
- West Virginia Family and Community Support [Program](#)
- West Virginia Birth to Three [Program](#)