

FAMILY AND INDIVIDUAL DEVELOPMENT

Program of Work for 2025-2028

Topic: Mental Health Through the Ages

Family and Individual Development will spend 2025-2028 focusing on mental health across the life span. The lessons and contests will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being. This work supports the national affiliate's new program of focus: *Mental Health Awareness and Well-Being*. The goal is to increase community awareness through education programs, mental health first aid trainings, community events, partnering with other organizations, and fundraising.

Overall objectives:

- Highlight why mental health matters
- Understand signs or symptoms of mental health concerns
- Know where/how to find resources to help with mental well-being (help coping)
- Know NVON's Eight Dimensions of Wellness

Possible Activities:

- Teach the recommended lesson for the year.
- Distribute Extension information and resources on mental health.
- Share one or more of the NVON Eight Dimensions of Wellness.
- Visit a senior center or nursing home. Sit and talk. Play Bingo with prizes. Lead a class or make a craft. Participate in an activity or provide them with a small gift.
- Ideas for small gifts or crafts: corsages, handkerchiefs, ornaments, keychains, necklaces, pottery kits, rainmaker kits, bookmarks, etc.
- Make and distribute Homemaker "Survival Kits" – see example at <https://keha.org/family-and-individual-development/>.
- Celebrate national Cheer Up the Lonely Day on July 11. Plan an event, send a card, or call someone to check in on them.
- Participate in a health fair. Hand out information and talk with others.
- Partner with the local health department or library to join in on programs they offer.

Feel free to contact me if you would like ideas or details on these suggestions!

KEHA Family and Individual Development Chairperson – 2024-2027

Amelia Godfrey
625 Main St. Apt. 102
Paintsville, KY 41240
931-561-8012
Meme6968@yahoo.com

Supporting NVON

This Program of Work supports KEHA's national affiliate, the National Volunteer Outreach Network, Inc. (NVON). Their new program of focus is Mental Health Awareness and Well-Being (<https://www.nvon.org/mental-health-awareness/>). NVON wants to “Break the Stigma, Ignite Hope, and reinforce that Mental Health Matters” (theme for 2025-2027 projects). Specifically, their goal is to increase community awareness through education programs, mental health first aid training, community events, partnering with other organizations, and fundraising.

NVON highlights Eight Dimensions of Well-Being which support holistic health and wellness when interconnected. Learning about these dimensions also can help people choose health and wellness and make health and well-being a habit and priority.

NVON's Eight Dimensions of Well-Being are:

1. Physical Wellness
2. Emotional Wellness
3. Social Wellness
4. Intellectual Wellness
5. Environmental Wellness
6. Spiritual Wellness
7. Occupational Wellness
8. Financial Wellness

Emphasis One 2025-2026

TITLE: Mental Health Matters

Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

Lesson Goal: Improve mental health and well-being.

Objectives:

1. Differentiate between mental health and mental illness.
2. Identify risk factors and signs of mental illness.
3. Examine strategies to support mental and emotional health.
4. Compile mental health resources for help.

Resources:

Lesson titled “Mental Health Matters” includes these contents:

- Health Bulletins
- Facilitator's Guide
- Mental Health Bingo Worksheet
- Evaluation

Emphasis Two and Three 2026-2028

Emphasis Two and Three are currently in development. Check the Family and Individual Development Chairperson website later for details.

<https://keha.org/family-and-individual-development/>

2nd Focus: Mental Health and Youth (kids, teens, and young adults)

Identifying signs of mental health concerns in young people.

Protecting mental health in young people.

Supporting parents and caregivers of young people with mental health concerns.

Identifying proper resources.

3rd Focus: Mental Health and Adulthood (including old age)

Identifying signs of mental health concerns in adults.

Protecting mental health across adulthood and old age.

Supporting adults and older adults.

Identifying proper resources.

For more information, resources, or assistance with website access, contact your county Family & Consumer Science Agent.

FAMILY AND INDIVIDUAL DEVELOPMENT CONTESTS AND AWARDS

Did you know that friendly competition can positively impact mental health? Participating in contests can enhance self-esteem, build confidence, increase life satisfaction, and validate hard work. Planning activities, anticipating experiences, and reflecting on meaningful connections all contribute to overall well-being.

Contest 2026–2028: Journeys to Wellness – Connecting Through Community & Travel

The Family and Individual Development KEHA contest encourages members to support mental health through meaningful travel experiences or community engagement. Participants may choose to explore new places or host an event that strengthens community well-being.

Participation Options

Participants must complete **one** of the following:

Option 1: Community Health Fair

- Plan and host a community health fair focused on wellness, education, or mental health support

Option 2: Community or Travel Visits

- Complete a **minimum of two (2) day trips**

Suggested Locations (not limited to):

- Rest homes or senior centers
- Children’s hospitals
- Boys & Girls Clubs
- Libraries
- Community centers or youth centers
- YMCA
- Family Resource Centers

Submission Requirements

Participants must provide:

- A description of each activity or location visited
- Details of **what was done** during each visit or event
- Reflections on **what was learned** from the experience
- Photos documenting participation and activities

Format Requirements

- Maximum of **five (5) pages total**
- Pages may include photos and news articles
- All activities or trips must be included within the five pages
- Entry must be **bound** (bound may include neatly assembled folders or binders)

Deadline

- Postmarked by **March 1**

All Entries Must Include

- Cover sheet found in the KEHA Handbook, Part 2 – Page 8
- Bound entry (folder or binder acceptable)
- No email entries

Mail Entries To:

Amelia Godfrey
625 Main St., Apt. 102
Paintsville, KY 41240

Questions:

Contact Amelia at **931-561-8012** or **Meme6968@yahoo.com**

Awards

Awards will be presented at the KEHA State Meeting:

- **First Place:** Gift card
- **Second and Third Place:** Certificate

Family and Individual Development Program of Work Report
For data collected July 1, 2026, to June 30, 2027

Name of person completing this form: _____	
Phone: _____	Email: _____
For CLUB reports: Club reports are due to the County Family and Individual Development Chairperson by July 1, 2027 .	
Club Name: _____	
For COUNTY reports: County reports are due via online surveys by August 15, 2027 . The surveys will be available at https://keha.org/reports/ by July 1, 2027. A copy of the submission should be mailed to the Area Family and Individual Development Chairperson by August 15, 2027.	
County: _____	Number of Clubs reporting: _____

Lessons and Overall Goals

Number of members who:

1. _____ Participated in the Mental Health Matters lesson.
2. _____ Know the difference between mental health and mental illness.
3. _____ Can identify risk factors of poor mental illness.
4. _____ Can identify signs or symptoms of poor mental illness.
5. _____ Have identified local resources that support mental health
6. _____ Intend to make mental health self-care a priority.
7. _____ Intend to support someone else with mental health needs.
8. _____ Intend to complete mental health first aid training and/or QPR training.
9. _____ Have *participated* in an FID contest this year (even if not complete/submitted).

Activities

Number of members who:

10. _____ Taught a mental health lesson.
11. _____ Distributed Extension information/resources on mental health (separately from the lesson).
12. _____ Shared one or more of NVON's Eight Dimensions of Wellness.
13. _____ Visited a senior center or nursing home.
What did you do during your visit? _____
14. _____ Made a small gift or craft for someone. How many did you distribute? _____
15. _____ Made and distributed Homemaker "survival kits." How many did you distribute? _____
16. _____ Participated in a health fair.
17. _____ Celebrated national Cheer Up the Lonely Day on July 11.
18. _____ Partnered with the local health department.
19. _____ Partnered with the local library.
20. Is there any other organization or group you partnered with to share this message?

-
21. If your club/county has conducted any Family and Individual Development programs NOT listed above, please share details.