

Parents and Caregivers, we are here to help increase your child's resiliency!

In today's chaotic world, your child will face challenges that we adults may have never expected. Children need to be prepared and have the skills needed to meet these challenges.

There is help out there!

LivCo Resiliency Project

WHO WE ARE	<p>The LivCo Resiliency Project is a group of educational professionals, mental health providers, local government representatives, and community members.</p> <p>We meet regularly to:</p> <ul style="list-style-type: none">• Identify students in need of mental health and behavioral supports.• Identify families in need of assistance with on-going challenges related to mental health needs.• Educate students and the community on how to overcome mental health issues.• Assist parents in getting needed supports for their children.• Coordinate services between therapists, schools, and families.
WHY WE DO THIS	<p>The need for our children to develop good coping skills (resiliency) is great:</p> <ul style="list-style-type: none">• For each identified coping skill that a child does not have, they become more likely to drop out of school, have behavioral difficulties, have difficulty finding work once they graduate, and develop serious mental health and medical conditions.• Additionally, their risk for suicide, incarceration, and substance abuse increases.
HOW WE HELP	<p>Kentucky and the Lt. Governor on the Student Mental Health Initiative received input from nearly 400 students across the Commonwealth. Their recommendations included:</p> <ul style="list-style-type: none">• Expanding access to mental health services and treatment.• Increasing mental health awareness and education.• Providing suicide prevention resources and training.• Elevate student voices, especially those in need. <p>With these recommendations in mind the LivCo Resiliency Project will provide educational opportunities to students and families, link students and families with needed supports, and identify areas of need in our schools and communities.</p>

If you are currently in need of assistance or would like further information about mental health counseling, go to one of these locations:

KentuckyCare

Emerald Therapy

River Valley BH



If you have any additional questions or need other assistance, please call

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