



Annual Report

Strengthening
Our Communities

2022-2023





Envisioning Tomorrow, Embracing Opportunities



Vision And Mission

Vision

In a truly strong community, no family is expendable. KRFDC believes that communities must work together – in partnership – to enable all persons to live with dignity, responsibility, and opportunity. To support this vision, KRFDC offers a myriad of services that promote stability and independence throughout the life cycle. KRFDC is a health and human services agency, providing services focused on improving an individual's general well-being.

Mission

KRFDC improves its communities by assisting low-income families and individuals to achieve self-sufficiency by providing direct services and working with partnering organizations to develop additional resources to reduce poverty and create opportunities for those in need.



Strengthening Our Communities

Kentucky River Foothills Development Council, Inc., or Foothills (as it is widely known by its popular abbreviation), serves as the primary provider of social services in Clark, Estill, Madison, and Powell counties. Foothills was incorporated on October 22, 1962 and became a community action agency two years later so that “the advantages and program initiatives available through the national War on Poverty could be used to serve Foothills clients.”

The Agency’s motto, “People Helping People,” stems from the Economic Opportunity Act’s goal to uplift the nation’s disadvantaged, and to assist them in obtaining self-sufficiency.

The community action concept provides for a variety of programs, planned and implemented locally to address the many needs of the low-income population. Community Action works because its board of directors is broadly representative of three sectors - public, private, and low-income. As a group, they examine the needs of the community and develop programs to address those needs.

Foothills received its first federal grant in 1965 from the Office of Economic Opportunity to identify problems and barriers to economic opportunity and help individuals receive training and employment. Soon emphasis was placed on emergency services, senior services, housing, and transportation.

Six decades later, Foothills has worked tirelessly to help people meet their basic needs, achieve financial freedom, nurture their children, obtain GEDs and college degrees, receive high quality health care services, obtain safe and affordable housing, and achieve a higher quality of life.

Collaboration has always been an integral part of the Agency. Not only does Foothills collaborate, but it has also been instrumental in the development of important programs in the region, including a new Foothills Active Day Center and Powell County Outreach Office along with Garden Place Apartments.

Staff, board members, and volunteers have worked diligently to build a premier agency where people can turn for help. It is the mission of Kentucky River Foothills to develop community resources so that all persons may have lives of dignity, responsibility, and opportunity. Today, Kentucky River Foothills has more than 40 programs to help advance the lives of individuals and families who come to us in need of assistance.



Foothills Leadership

As a Community Action Agency, Kentucky River Foothills is blessed with a tripartite board. One third of the Board of Directors represent low income neighborhoods, one-third are public officials or their designees, and one third are representatives from diverse areas across the private sector in alignment with the major areas of need in our region, according to community input through our Community Assessment Plan process.

Executive Board

Laura Sands, Chair - Low-Income Sector, Clark County
Terry Davidson, Vice-Chair - Low-Income Sector, Clark County
Crystal Wylie, Secretary – Private Sector, Madison County
Judge Executive Reagan Taylor, Treasurer - Public Sector, Madison County

Board of Directors

Judge Executive Eddie Barnes – Public Sector, Powell County
Micah Benavides - Public Sector, Madison County
Henry Branham – Public Sector, Clark County
Virgil Gardner - Low-Income Sector, Madison County
Dr. Bruce Manley – Private Sector, Clark County
Marcy Martin – Low-Income Sector, Clark County
Dr. David McFaddin – Private Sector, Madison County
Teresa McKinley – Private Sector, Estill County
Christine Randall - Low-Income Sector, Powell County
Sr. Loretta Spotila - Low-Income Sector, Estill County
Dr. Ashley Sweat - Low-Income Sector, Madison County
Judge Executive Donnie Watson – Public Sector, Estill County

Leading with Vision, Inspiring Success



Your support is what makes it possible for Kentucky River Foothills to keep building and supporting our communities, to plan, and to adapt to unexpected changes. One of the many challenges we are facing is how to help individuals and families obtain safe, affordable housing. Whether it's helping a renter or a homeowner, we know that a safe, decent, affordable place to live is fundamental to individuals and families forging a path to a better future.

Our team works diligently with tenants and landlords alike to ensure that our neighbors have access to an adequate range of affordable options. Our Affordable Housing Program is promoting wealth building and placing people on a path of new opportunity and self-reliance. Our Weatherization program creates permanent changes to homes to help lower energy bills and keep clients safe and comfortable.

The Foothills' team is committed to building strong relationships with our families and partners to ensure continued delivery of services. We offer a variety of supportive services to help those

experiencing emergency situations such as temporary homelessness, obtaining health insurance, and providing access to health care. Nutritious meals, home delivered meals, and commodities contribute to the health and independence of those who are food insecure.

Adult day services provide our friends in need with a supervised community setting full of social interactions and fun activities. We provide work readiness, career exploration, leadership development, life skills, financial counseling, parenting education, and community engagement. Our transportation program allows our neighbors to stay connected to the people and places that are most important to them. And our partnerships and collaboration in our service area have provided equity to those in need and made our communities stronger, healthier places to live and work.

I'm reminded that, despite the constant adaptations and obstacles we face, our communities always pull together to help those in need. Pulling together and working together are the concepts that are at the core of Community Action.

Enjoy this report that highlights the remarkable reach and impact of our Agency. The undercurrent of all that outstanding work is the unheralded efforts of our Board members, staff, volunteers, partner agencies, and community-minded businesses to build a network to lift those most in need. Together, we are making a difference to meet the needs of our neighbors and alleviating poverty, one family at a time.

A handwritten signature in dark ink that reads "David Estep". The signature is fluid and cursive, with a large, stylized 'D' and 'E'.

David Estep
Executive Director



FINANCIALS

FY 2023-2024 AGENCY BUDGET

Revenues

Grant revenue	\$13,076,143
Fundraising revenue	\$55,000
Interest revenue	\$5,100
Management fees and other revenues	\$5,415,371
Total Revenues	\$18,551,614

Expenses

Personnel Costs	\$10,129,667
Travel	\$107,450
Supplies, maintenance, and office	\$467,602
Utilities, telephone, and rent	\$407,272
Equipment	\$-
Interest expense	\$40,274
Professional costs and contracts	\$400,124
Services and assistance	\$4,188,448
Depreciation	\$695,000
Construction-Equipment	\$442,000
Other	\$1,514,446
Total Expenses	\$18,392,283
Net Surplus	\$159,331

VOLUNTEER SERVICES

Volunteer Hours

Aging services	787.50
Total Volunteer Hours	787.50

In-Kind Value

Transportation	\$117,600
CSBG/Outreach services	\$73,613.13
Aging services	\$81,054.73
CCC Bluegrass Rural	\$90,785.04
CCC Bluegrass Fayette	\$92,386.89
CCC KIPDA Rural	\$53,420
SSVF	\$36,192.70
HCH	\$70,784.21



Building a Legacy, Embracing the Future

OUR IMPACT

Our programs and services impact our communities by providing stepping stones out of poverty. No two paths are alike, and our dedicated team members guide individuals to the right one for them.

STABILITY



46,821

Individuals received
information and referrals

10,458

Individuals received
direct community services

210

kynect outreach
events were held

268

Tax returns processed

217

Participants completed
the FRAMEWorks –
Healthy Marriage program

96

Participants completed the
Responsible Fatherhood program

172

Families were served by
Community Collaboration for Children



EDUCATION

15

College graduates

86

Families served by
Scholar House programming



HEALTH & WELLNESS

2,119

Individuals received
healthcare services

6,301

Individual health
care encounters

2,551

Enabling services



SUBSTANCE USE DISORDER

277

Individuals received
substance use disorder treatment

29

Prevention activities

OUR IMPACT



674

Participants attended
senior citizen centers

43,000

Meals served through
our aging program

22

Individuals attended the
Powell Adult Day Care

TRANSPORTATION

100,995

Transportation trips

701,559

Transportation route miles



VOLUNTEERS

788

Volunteer Hours

\$615,837

In-Kind Value

HOUSING

51

Individuals received
homeownership counseling

3

Homes sold

26

Homes rehabbed

36

Received rental assistance

10

Resided in agency
owned rental property



16

Homes weatherized

241

Veteran households
received assistance



KENTUCKY RIVER FOOTHILLS MAJOR SERVICE DOMAINS

KRFDC improves its communities by assisting low-income families and individuals to achieve self-sufficiency by providing direct services and working with partnering organizations to develop additional resources to reduce poverty and create opportunities for those in need. KRFDC provides services across the following major domains: Community Services (including Family Support Services, Aging, and Respite Care Services), Health and Wellness, Substance Use Disorder and Recovery, Education, Housing and Weatherization, and Transportation.

COMMUNITY SERVICES

All people have the right to food, clothing, shelter, warmth, and medical care. Because costs are so high, many in our community had to sacrifice one necessity for another – rent vs. food, heat vs. medication. That's where we come in. Foothills offers an array of programs that fall under the Community Services umbrella. These programs include employment services, education services, income, infrastructure and asset building, utilities assistance, and other supportive services for qualifying individuals. We provide financial management, life skills, job skills, resume development, employment supports, limited financial supports, and program referrals. At each of the agency's four outreach offices, staff provide information and referral services, as well as access to emergency financial assistance programs for basic necessities including food, shelter, and utilities. Even during times when we do not have access to emergency assistance funds, we are available to offer referrals to other community resources. Our goal is to promote self-sufficiency, and we do this by assisting in making plans that may help alleviate future crises.

Each office can provide limited Goodwill vouchers to those who have a demonstrated need, such as experiencing a fire, flood, or loss of income. These vouchers can be used for anything in a Goodwill store. Through our New Eyes for the Needy program, we can assist individuals in obtaining eyeglasses. Applicants must be income eligible and have a current eyeglass prescription. Through our Self-Sufficiency Program, a case manager can work with clients on budgeting, life skills, resume development, job search, etc. to help them reach their goals and attain self-sufficiency. Heating and cooling expenses are a big part of anyone's budget, whether you rent or own your home. Through our Energy Assistance program Foothills' can help you heat and cool your home. Our main source of utility assistance is the Low-Income Home Energy Assistance program – or LIHEAP. The LIHEAP Program has two components, subsidy and crisis. Subsidy is a one-time assistance, based on household size and income. Crisis will assist in paying a disconnect notice or assist with bulk fuel such as propane, kerosene, wood, or coal. To qualify you must be income eligible. The Subsidy program runs every November through mid-December and the Crisis Program runs January through March. Depending on funding, we sometimes have a Spring Subsidy program and Summer Cooling program.

Donations are always appreciated. Our programming is available to the entire community, and we welcome volunteer involvement, which makes our community one-of-a-kind.

COMMUNITY SERVICES

Basic & Emergency Needs

Information/Referrals: 46,821

Direct Services: 10,458

Goodwill Vouchers: 134

CSBG Client Services: 10

Emergency Clothing: 96

New Eyes for the Needy: 8

Clark County Fiscal Court

Households: 142

Benefit: \$20,978.87

Wintercare - Kentucky Utilities

Clark Co. Households: 17

Benefit Amount: \$3,143.04

Estill Co. Households: 4

Benefit Amount: \$928.01

Madison Co. Households: 40

Benefit Amount: \$9,071.84

Wintercare - Columbia Gas

Clark Co. Households: 39

Benefit Amount: \$8,007.23

Madison Co. Households: 1

Benefit Amount: \$225.00

FEMA Emergency Food & Shelter Program

Clark Co. Households: 33

Benefit Amount: \$5,252.79

Estill Co. Households: 17

Benefit Amount: \$5,602.17

Madison Co. Households: 38

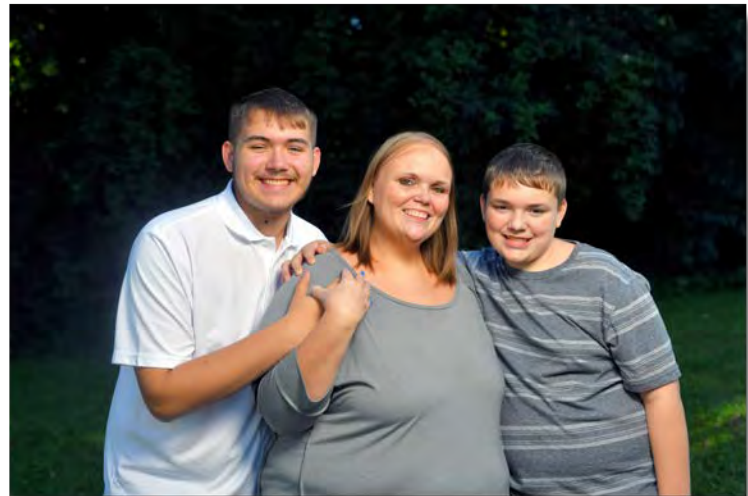
Benefit Amount: \$7,899.84

Assurance 16 - Energy Savings Initiative

Attending Classes: 140

Case Management: 4

Persons Receiving Information Pamphlets/Brochures: 3,700



COMMUNITY SERVICES

Summer Cooling (LIHEAP)

Subsidy Assistance

7/25/22 to 9/30/22

Clark Co. Households: 84

Clark Co. Benefit Amount: \$25,500.00

Estill Co. Households: 229

Estill Co. Benefit Amount: \$74,021.22

Madison Co. Households: 184

Madison Co. Benefit Amount: \$63,400.00

Powell Co. Households: 430

Powell Co. Benefit Amount: \$162,357.12

Total Households: 122

Total Subsidy Assistance: \$44,600.00

Summer Cooling (LIHEAP)

Crisis Assistance

7/25/22 to 9/30/22

Clark Co. Households: 75

Clark Co. Benefit Amount: \$18,793.91

Estill Co. Households: 103

Estill Co. Benefit Amount: \$20,922.54

Madison Co. Households: 118

Madison Co. Benefit Amount: \$29,713.97

Powell Co. Households: 119

Powell Co. Benefit Amount: \$24,913.68

Total Households: 415

Total Subsidy Assistance: \$94,344.10

Fall Subsidy Assistance (LIHEAP)

11/7/22 to 12/16/22

Clark Co. Households: 385

Clark Co. Benefit Amount: \$43,477

Estill Co. Households: 790

Estill Co. Benefit Amount: \$112,069.64

Madison Co. Households: 805

Madison Co. Benefit Amount: \$102,155.00

Powell Co. Households: 506

Powell Co. Benefit Amount: \$74,460.74

Total Households: 2,486

Total Subsidy Assistance: \$332,162.38



Winter Crisis Assistance (LIHEAP)

1/9/23 to 3/31/23

Clark Co. Households: 549

Clark Co. Benefit Amount: \$135,982.99

Estill Co. Households: 883

Estill Co. Benefit Amount: \$196,909.20

Madison Co. Households: 1,307

Madison Co. Benefit Amount: \$291,380.03

Powell Co. Households: 792

Powell Co. Benefit Amount: \$183,190.42

Total Households: 3,531

Total Crisis Assistance: \$806,462.65

Spring Subsidy Assistance (LIHEAP)

4/17/23 to 6/2/23

Clark Co. Households: 217

Clark Co. Benefit Amount: \$26,148.00

Estill Co. Households: 411

Estill Co. Benefit Amount: \$57,584.00

Madison Co. Households: 587

Madison Co. Benefit Amount: \$84,433.00

Powell Co. Households: 231

Powell Co. Benefit Amount: \$36,363.00

Total Households: 1,446

Total Subsidy Assistance: \$204,528.00



KYNECT PROGRAM

Access to comprehensive, quality health care services is important for promoting and maintaining health, preventing and managing disease, reducing unnecessary disability and premature death, and achieving health equity. Medicaid is Kentucky's no-cost medical program that provides health care for income eligible residents including children, families, pregnant women, the aged, and the disabled. The Kentucky Children's Health Insurance Program (KCHIP) offers free health insurance for children younger than 19 who do not have insurance. Children in families with incomes less than 213% of the federal poverty level are eligible. All Medicaid and KCHIP medical plans offered through kynect health coverage have the same set of benefits, including doctor visits, trips to the hospital and ER, prescription coverage, and more. Both Medicaid and KCHIP eligibility is determined using the Modified Adjusted Gross Income and family size based on the tax filing status of the household -- meaning, whether you file or do not file taxes. kynect is a one-stop shop for a range of Kentucky assistance programs, including health coverage, benefits, and resources to keep you safe, healthy, and happy. Through kynect health coverage, you may qualify for a Premium Tax Credit and Cost Sharing Reductions that help make coverage more affordable. Qualified Health Plans are available for purchase during Open Enrollment periods unless you have a qualifying life event. KRFDC has 5 kynectors to help guide and assist individuals and families obtain medical coverage who qualify for Medicaid, the Kentucky Children's Health Insurance Program, or Qualified Health Plans. kynectors can also help individuals and families apply for the Supplemental Nutrition Assistance Program (SNAP) and Child Care Assistance Program (CCAP).

Households enrolled in Medicaid: 115

Households enrolled in Qualified Health Plan: 19

Households enrolled in Medicaid Renewal: 31

Households enrolled in Qualified Health Plan Renewal: 8

Households enrolled in KCHIP: 8

Households enrolled in SNAP: 23

Households enrolled in CCAP: 4

Outreach events: 210

TAX PREP

KRFDC offers free tax preparation during the months of February, March, and April. This service is for people who generally make \$60,000 or less, people with disabilities, and citizens who are 60 years of age or older. HMRP and ECU completed 343 tax returns for low-income clients. There were 268 refunds amounting to \$494,515 and averaging \$1845 per return. The average AGI for the returns was \$36,359.81. \$147,058 refunds were completed for 75 Earned Income Tax Credit families.

FRAMEWORKS - HEALTHY MARRIAGE AND RELATIONSHIPS

In partnership with Gateway Community Services, Foothills offers the FRAMEWorks – Healthy Marriage and Relationships program. This program offers a zero-cost, 18-hour workshop that provides education surrounding relationships and finance to couples or individuals ages 18 and older. This unique FRAMEWorks experience provides education and individual coaching to help couples and singles learn practical finance and life skills to reduce stress and improve communication to be successful in all family dynamics and long-term relationships. Participants receive a \$100 gift card for completing the fun and high energy workshop series that covers: Precise Decision Making, Smart Communication and Speaker- Listener Techniques, Understanding Commitment and Expectations, Stepfamilies and Co-Parenting, Relating with Money, Healthy Spending and Saving Practices, Needs, Wants, and Values, and Insurance Choices. Once participants complete the workshop series, they are offered extended learning opportunities for job coaching and parenting classes.



Participants: 217 | Completed: 100 | Active clients: 82 | Class sessions: 23

RESPONSIBLE FATHERHOOD

Foothills provides a Responsible Fatherhood program that integrates robust economic stability services, healthy marriage education, and activities designed to foster responsible parenting. Foothills is one of 58 organizations nationwide that help adult fathers who have children under 24 years of age to provide comprehensive healthy relationship and education services, as well as job and career activities to advance economic stability and overall improved family well-being. The Fatherhood team teaches a CORE curriculum that promotes communication skills, financial literacy, and purposeful engagement. This program also includes parenting skills and job attainment aids. Classes are conducted across 36 hours of weekly sessions that encourage participants toward lifelong learning. The Kentucky Department of Corrections makes programs available within incarcerated settings. These include Moral Reconation Therapys' Thinking for Good and Portal New Directions. Participants learn life skills essential for successful reentry from a jail setting. Fatherhood staff support many of these classes at locations across central Kentucky. Staff promote and provide tools that help men gain economic stability for themselves and their families. Staff also remain aware of the many resources that can be available for fathers as they work to have better outcomes for those most important to them.

Participants: 96 | Completed: 28 | Active clients: 41 | Class sessions: 13

COMMUNITY COLLABORATION FOR CHILDREN

Prevention is the best way to reduce child abuse and neglect and improve the lives of children and families. Community Collaboration for Children, or CCC, focuses on the prevention of child abuse and neglect while strengthening the power of families. We believe in empowering families one step at a time and encouraging communities to work together for their well-being. Foothills' CCC Program consists of Regional Networks and direct services in 19 counties.

The Regional Networks are comprised of community partners that include family and child-serving agencies, as well as parents and local citizens. Regional Networks focus on primary prevention that raises awareness and educates communities about child abuse and neglect. We work diligently to collaborate within communities, strengthen and support families, build parent leadership, and promote responsible fatherhood. We host and participate in public events, such as those funded during Child Abuse Prevention Month in April.

In-Home Based Service are secondary prevention. Services address children's physical, mental, emotional, and educational needs while strengthening and supporting families. The In-Home Service Specialist, together with the referral source, works with each family to help meet their specific goals using the Nurturing Parenting Curriculum. Intensive, short-term home-based interventions are aimed at assisting families in learning to live together in an environment that is safe and nurturing.

Community Collaboration for Children is available across the state of Kentucky. Foothills' CCC Services are offered in three regions: Bluegrass Rural, Fayette Rural, and KIPDA Rural. CCC accepts referrals from community partners, self-referrals, family, friends, and the Department for Community Based Services. CCC services are available free to families who maintain custody of children and there is no income guideline eligibility requirements to participate.



CCC's target population includes:

- Children with disabilities
- Teenage parents
- Young adults
- Parents with disabilities
- Single family households
- Families with young children
- Low-income families
- Families who are struggling
- Children who are truant or exhibiting problems in a school system
- Grandparents or caregivers raising children
- Homeless families and those at risk of homelessness
- Unaccompanied homeless youth

KIPDA Region: 42 families served

BG Rural Region: 72 families served

BG Fayette Region: 58 families served

LIBERTY PLACE RECOVERY CENTER FOR WOMEN

Recovery Kentucky was created to help Kentuckians recover from substance abuse, which often leads to chronic homelessness. Centers, like Liberty Place, were designed to reduce the state's drug problem and resolve some of the state's homeless issues. They help people recover from substance use disorder and gain control of their lives, so they can eventually reside in permanent housing. Liberty Place is one of 13 centers across the state established as part of the Recovery KY Initiative. At Liberty Place, all services are provided free of charge, allowing women to focus on improving their lives without added financial stress. During their residency at Liberty Place, women are provided support, hope, and restored opportunities. Upon completion of the program and utilizing the tools provided during their phases of recovery, Liberty Place residents are prepared to lead sober, stable, and productive lives. Liberty Place serves women, age 18 years and over, who desire to seek recovery from substance and/or alcohol use disorders that are homeless or at risk of homelessness. In addition to self-referrals, Liberty Place accepts referrals from the Kentucky Department of Corrections, Drug Court, and Casey's Law petitions. While at Liberty Place, clients are introduced to a social recovery program model that utilizes peer support, daily living skills, job responsibilities, 12-Step Meetings, accountability for themselves and others, as well as challenges to help practice sober living while in a drug-free/alcohol-free safe environment. Liberty Place staff help residents improve support systems and deliver comprehensive services that empower each resident to achieve total abstinence. We teach our clients that recovery is possible and that they can create a new way of life by establishing new patterns of thinking and behaviors. The unique supportive housing and recovery program model utilized at Liberty Place has been proven to help people facing the most complex challenges. By providing a safe and caring environment, a curriculum to encourage growth, and resources to continue a path of recovery, Liberty Place empowers women to achieve and maintain full and enriching lives.

Program Residents: 277

Aftercare/Liberty Place and Holly Street Apartments: 25

Liberty Hour (AA Meetings): 365

In-House AA Meetings: 156



MADISON OPIOID RESPONSE & EMPOWERMENT (MORE)

The opioid epidemic has taken the lives of more than 5,000 Kentuckians in the last two years alone. Madison County consistently ranks in the top five counties for fatal overdoses, and the rates of both fatal and non-fatal overdoses continues to climb. The Madison Opioid Response and Empowerment program, or MORE, was developed using a grant from the US Department of Health Resources and Services Administration. We know the opioid crisis is a complex issue that will not be solved overnight. Because of its complexity, our program focuses on three primary goals that include (1) Prevention, (2) Treatment, and (3) Recovery. We also know that the opioid epidemic is an issue that affects our whole community, and everyone is impacted either directly or indirectly. Because of this the MORE program created a consortium of individuals representing a wide variety of sectors. These range from emergency medical services to recovery support and from local clinics to a recovery clubhouse. Our consortium includes varying perspectives from across Madison County. For the same reason, we have also developed a “key stakeholders” network that meets on a bi-monthly basis to bring organizations, businesses, and community members around the same table to discuss ways to address the problem at its root. This issue will not be solved from the top down, but from the bottom up as we focus on solutions. MORE is expanding access and availability of medication assisted treatment programs for people diagnosed with substance use disorders/opioid use disorders, initiating evidence-based prevention programming in the county school system, and strengthening support systems and resources for people in long term recovery. We also offer exceptional training, conferences, events, and educational workshops year-round.

7/1/2022-8/31/2023

Consortium Members: 16

Stakeholder Members: 109

Community Meetings: 44

Conferences: 2

Training Webinars: 5

Recovery Rallies: 2

Prevention Activities: 29



RICK AND DEBBIE MCQUADY

EASTERN SCHOLAR HOUSE

The Eastern Scholar House Program removes barriers to economic opportunity by providing affordable housing and wrap-around services for single adult college students and their children to support educational success. The Eastern Scholar House Program is located on Eastern Kentucky University's "Campus Beautiful". The program is comprised of three major components: Housing, Education Support, and the Child Development Center. The program prioritizes eligible single parents who are enrolled in any approved post-secondary institution. This includes technical colleges and online programs. Our adult residents, or Scholars as we like to call them, are enrolled in institutions like Eastern Kentucky University, the University of Kentucky, and Bluegrass Community and Technical College.

Located near the football stadium, Scholar House is a gated community that consists of three apartment buildings. Within these buildings, there are 39 housing units, consisting of two-bedroom apartments. Two apartments are fully-handicap accessible. Apartment amenities include a washer and dryer, dishwasher, storage space, computer lab, green space, and a designated parking lot. Although located on land leased at EKU and prioritizing student parents, this program is not a form of student housing. Housing is income based.

At Scholar House, parenting students live alongside other parents also pursuing education, which creates an important sense of community among residents. We offer on-site, high quality, affordable childcare for ages birth to five years old. By accessing an on-site child development center, our Scholars have time to attend classes, work part-time, and to focus on their studies. Although the Child Development Center prioritizes program residents' children, the community can also utilize this remarkable program. Childcare is income based and to assist with costs, we refer parents to the Child Care Assistance Program. Our residential program promotes self-sufficiency and economic stability for Scholars and connections to supports such as academic tutoring, financial literacy, employment assistance, access to workforce development, and linkages to community-based services. Scholars receive supportive services and resources to assist their family in reaching their educational, financial, and long-term goals. Our services are tailored to meet each family's need.

Families: 45

Children: 55

completed the program: 9

of college degrees earned: 10

exited to stable housing: 12

exited to stable employment: 6



THE WORKFORCE PATHWAY AT KIT CARSON COMMONS SCHOLAR HOUSE

Like the Eastern Scholar House that we operate across campus, Kit Carson Commons also offers affordable housing. Priority is given to low-income single parent military service members and veterans who are pursuing self-sufficiency goals through attending college at an accredited institution. This includes technical colleges and online programs such as Eastern Kentucky University, the University of Kentucky, and Bluegrass Community and Technical College. There are 30 housing units, consisting of two- and three-bedroom apartments. Two apartments are fully-handicap accessible. Apartment amenities include a washer and dryer, dishwasher, microwave, laminate flooring, a storage room, computer lab, green space, designated parking lot and campus shuttle access. Although located on land leased at EKV and prioritizing single parent military service members and veterans, this program is not a form of student housing. Housing is income based. Scholars have access to housing, education support, and workforce development support. They also have access to the Child Development Center at the Eastern Scholar House.

Through our educational program, we connect Scholars to academic tutoring, financial literacy, employment assistance, and access to community-based services. Supportive services and resources, such as parenting, and budgeting classes are provided onsite to assist families in reaching their educational, financial, and long-term goals.

Families: 41

Children: 80

completed the program: 5

of college degrees earned: 5

exited to stable housing: 14

exited to stable employment: 5



FOOTHILLS HEALTH AND WELLNESS CENTER

Ensuring access to healthcare is critical to prevent illnesses and deaths. Statistically, those with health insurance have better access to providers, leading to increases in positive health outcomes. Foothills Health and Wellness Center has been providing quality services to Powell and Estill counties, through the Healthcare for the Homeless Program since 2005. It is our mission to respond to unmet health care needs so that uninsured and underinsured patients can achieve a higher quality of life. We provide primary care, prescription assistance, behavioral health services, substance use disorder counseling, and case management. We also provide linkages and referrals to other health care services, such as dental and vision services.

Foothills Health and Wellness Center offers an affordable sliding fee scale program to patients that are uninsured or underinsured. No patient will ever be denied services due to inability to pay. Over the next several years, we plan to expand our primary care services through a mobile medical unit and increase behavioral health services and case management services through a new case management and outreach center.

The clinic has been identified as a leader in its field by our grant source, the US Department of Health and Human Services. Most recently, we received the 'Gold Health Center Quality Leader' award, in recognition of ranking among the top 10% of health centers nationwide for best overall clinical performance. Aside from our quality services, what sets our clinic apart is our enabling services component. If a patient arrives hungry, we feed them. If a patient is sleeping under a bridge, we ensure they have a warm place to stay. If they need a ride, we provide transportation in our efforts to ensure people have access to healthcare services.

Participants: 2,119
Encounters: 6,301
Mental Health & Substance Use encounters: 816
Prescription assistance: 62
Enabling services: 2,551
COVID-19 Testing: 805
COVID-19 Vaccines: 145



AFFORDABLE HOUSING

In order to improve the quality of life in our community, Foothills plays a key role as a provider of Affordable Housing in our service area. We help make homeownership attainable and affordable for first-time home buyers who would have trouble purchasing a home through traditional means. We begin by offering free credit counseling after income determinations are made to ensure eligibility. Whether you have horrible credit or no credit at all, we will guide you in becoming eligible for an affordable loan. When you are ready to proceed through the program, your loan application will be submitted to our lending partner USDA / Rural Development for preliminary approval. Loans are based off income and interest rates. Rates as low as 1% are possible with terms that can be as long as 38 years. This loan is combined with Foothills' grant dollars. We work hard to ensure client success. It's important to afford not only the house payment, but also insurance and property tax requirements. After the client has been approved for a loan, we begin the exciting step of identifying a lot and choosing a house plan. Next, a request is made to another valuable partner in our endeavors, the Kentucky Housing Corporation. Foothills and Kentucky Housing Corporation staff work together to secure grant dollars to pay for not only excess construction costs, but other costs associated with building the home. Grant funds are forgiven on a pro-rated basis for a set period of time, depending on the funding amount and terms of the grant. Clients are responsible for paying the loan in full. Foothills oversees all new home construction. Clients are given the opportunity to add their own personal touch by choosing their own color for siding, shingles, shutters, interior paint, flooring, color of appliances, and counter tops from available samples. Upon completion, we guide clients through a loan closing where they take over ownership of their newly completed home.

Estill County

Homeownership counseling: 24

Homes constructed: 2

Powell County

Homeownership counseling: 27

Home rehab in partnership with Rural Development

Estill Co: 12; Madison Co: 2; Powell Co: 4

Tenant Based Rental Assistance

Participant Households: 36

Powell County Duplexes Participants: 4

Estill County 4-Plex Participants: 5

Hickory Grove Rental Property: 1



Last Fiscal Year, we purchased a house, remodeled, and sold to client; we purchased a duplex in Estill Co. that we are renovating; and we purchased two homes in Powell Co. to remodel and sell.

WEATHERIZATION PROGRAM

From air sealing to improving ventilation to adding insulation, home weatherization helps consumers save money by saving energy. Weatherization can also maintain or improve respiratory health, mental health, physical safety, and wellness. Through weatherization improvements and upgrades, households save on average \$283 a year. Foothills' Weatherization Assistance Program is funded through the US Department of Energy in partnership with Kentucky Housing Corporation. We employ locally based and professionally trained weatherization crews. Our crews use computerized energy assessments and advanced diagnostic equipment, such as blower doors, manometers, and infrared cameras to create a comprehensive analysis of the home. This determines the most cost-effective measures appropriate and helps identify any health and safety concerns. Our Weatherization auditor creates a customized work order. Trained crews install identified energy efficient and health and safety measures. A certified Quality Control Inspector ensures all work is completed correctly and that the home is safe for all occupants.

Weatherization work may include testing the safety and efficiency of the primary heating system; air sealing walls, floors, ceiling windows and doors; installing ventilation fans; insulating attics, walls, floors, heating ducts, pipes and water heaters; installing vapor barriers; testing and installing smoke alarms and carbon monoxide detectors; replacing light bulbs with energy efficient LED bulbs and replacing old energy-consuming refrigerators.

Foothills' Weatherization services are available to homeowners as well as single family or mobile home renters, with Landlords consent. Households living at or below 200 percent of the federal income guidelines are eligible for services.



Applicants are required to submit proof of income for all household members, property ownership (whether owned or rented) and proof of energy usage for past 12 months. Applications are given priority points when processed and placed on a waiting list in priority point order from highest to lowest. Priority is given to elderly, disabled, homes with young children and those with a high energy burden. A household's primary heat source, annual income, and income to utility usage ratio are also a factor.

Weatherization Completions: 16
Weatherization Ready (deferrals): 25 Deferrals, 2
WX Ready
AHTF Home Repair: 11

SUPPORTIVE SERVICES FOR VETERAN FAMILIES

Keeping veterans out of poverty means keeping them employed and housed. By removing either of those two fundamentals, veterans slip into poverty and are at risk. Foothills' Supportive Services for Veteran Families program, known as SSVF, serves Veterans who are currently homeless or who are facing rental eviction. Our program provides basic temporary rental assistance to qualifying Veterans. We may also assist with rental and utility deposits, if needed. Deposit assistance is limited to once every two years. We are a VA grant funded program and follow the HUD income guidelines. Each application is assessed on a case-by-case basis. Our main goal is to provide our Veterans with exceptional service to help obtain or maintain quality, safe and affordable housing. Ending Veteran homelessness is a priority throughout our entire state. Utilizing the "Housing First" approach helps prevent a near-term return to homelessness for our Veterans. SSVF staff work diligently to make sure that all possible services and outside resources are provided to each of our Veteran families while enrolled in our program.

We currently serve 21 Kentucky counties which include Bath, Breathitt, Clark, Clay, Estill, Jackson, Laurel, Lee, Madison, Menifee, Montgomery, Morgan, Owsley, Perry, Powell, Pulaski, Rockcastle, Rowan, Russell, Wayne, and Wolfe counties. We accept self-referrals and recommendations through various community partners throughout our service area. Applicants are screened throughout the eligibility process. This includes verification of the applicant's military service, obtaining all household income information, and verifying the current housing situation. Our case managers actively work one-on-one with our Veterans, providing guidance and assurance along the way to help build the solid foundation needed for stability and individual success. Whether connecting our participants with local landlords for rental solutions, employment services, applying for food benefits, medical coverage, VA, or social security benefits, our case managers put our Veterans needs first and above everything else.

Veterans must be in the household at the time of eligibility/enrollment and must meet the military, income, and housing criteria according to SSVF guidelines. We cannot assist a Veteran who has received a dishonorable or a general court martial discharge from any branch of service. Currently, we do not offer any assistance with mortgage payments or homeowner type repairs. If we are unable to initiate SSVF services, the Veteran will be referred to dedicated community partners for possible assistance. We work closely with various community partners throughout our 21-county coverage area. Working together enriches the outcome for our Veteran population.

Families Prevention Services

Veteran Households: 107

Individuals: 198

Financial assistance provided: \$226,090.68

Rapid Re-Housing Services

Veteran Households: 134

Individuals: 198

Financial assistance provided: \$172,839.64



AGING SERVICES

Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being. Senior centers are designed for healthy, aging adults who live at home. Foothills operates four senior centers in Clark, Madison and Powell counties. We operate the James B. Allen Generation Center in Winchester and the Powell County Senior Citizens Center in Stanton. Madison County is the only county in the Bluegrass Region that is fortunate enough to have two wonderful centers - The Richmond Active Living Center and the Berea Senior Citizens Center. Each center is different, but they are built around the same model. The Older Americans Act of 1965 was established to ensure that all seniors receive access to a nutritious meal. Senior Centers were created around the nutrition program and evolved from that. Today our centers are much more than a meal program. They are places full of activity and one of the most important local resources for our aging community. We offer thoughtful programming and services to promote positive aging. Participants have the opportunity to participate in recreational activities, programs that offer information and assistance, educational presentations, health, fitness and wellness programs, and arts and crafts. We have potlucks, holiday parties, and occasionally go on outings to restaurants and local places of interest. We also provide transportation services and advocacy. Meals continue to be an important part of our programming. Participants receive a free, hot nutritious meal when they are with us. We also offer a Home Delivered Meal Program that goes beyond just delivering food. Staff conduct wellness checks with each meal. Many people are eligible for this program at no cost to them. Senior telehealth services are offered at the Richmond site each Wednesday (1-4pm) and Friday (9am-noon). All four of our centers are non-medical social facilities. There are no fees, and the program is not income-based.

Berea Senior Citizens Center Program

Participants: 277

Congregate Meals: 5,391

Home Delivered Meals: 6,614

Total Meals: 12,005

Richmond Active Living Center

Participants: 196

Congregate Meals: 2,404

Home Delivered Meals: 11, 881

Total Meals: 14,285

James B. Allen Generations Center

Program Participants: 87

Congregate Meals: 4,418

Home Delivered Meals: 5,188

Total Meals: 9,606

Powell County Senior Citizens Center

Program Participants: 114

Congregate Meals: 3,050

Home Delivered Meals: 4,054

Total Meals: 7,104



FOOTHILLS ACTIVE DAY CENTER

Adult Day Services are a resource for people 21+ that have physical limitations or limited functioning due to memory loss. The Foothills Active Day Center provides comprehensive health, social, supportive, and therapeutic services for functionally impaired adults in a community-based setting. Our program provides caregivers a break by offering respite care options five days a week. It's also a valuable lifeline for someone whose goal is to keep their loved one in the home. We serve clients that have a physical, mental, and/or intellectual disability as determined by an independent assessor. Referrals are also received from Home Health Case Managers. Although located in Powell County, we serve clients from Powell and many neighboring counties.

Each day is filled with activities to promote socialization, therapy, recreation, and relaxation. Clients may come as often as they wish, or according to the needs of the participant or their caregiver. During their time with us, participants spend time with others and improve daily living skills. Clients take part in supervised exercise programs, crafts, outings, gardening, birthday parties, holiday celebrations, and relaxation techniques. Dedicated, skilled nurses and LPNs are always on site while clients are at the center. While they are with us, clients are served breakfast, lunch, and snacks. Clients receive assistance with eating, taking medication, toileting, and walking. They also receive health monitoring for concerns such as blood pressure and blood sugar.

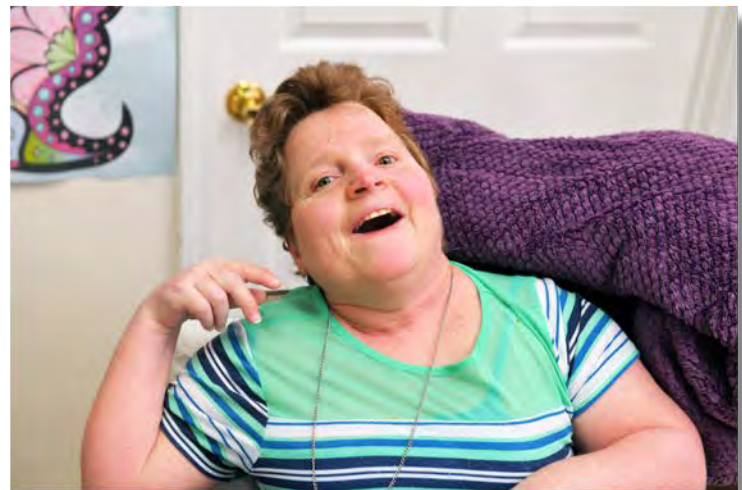
Transportation, often through Foothills Express, is provided. We are a licensed medical care facility through the Office of the Inspector General and Medicaid. Medicaid covers the cost of adult daycare for qualified patients.

Participants that do not qualify for Medicaid can choose private pay. In addition to activities provided at the center, we provide home delivered meals and attendant care in the client's home, all while maintaining individual dignity and self-identity. The Foothills Active Day Center is funded through Medicaid and program revenue.

Construction of a new building in Clay City is expected to be completed in Fall 2023 to accommodate the growing membership for its social-based activities and respite program. This new center is designed with clients' mobility in mind. It will feature outdoor programs for gardening, exercise, and art classes along with more space for indoor programs. In the outdoor garden, raised beds will be at different heights to be more comfortable for the participating gardeners.

Program Center Clients: 22

Clients Receiving Attendant Care: 22





TRANSPORTATION FOOTHILLS EXPRESS

Public transportation offers mobility, accessibility, and connectivity to residents, visitors, and businesses. It provides easy access to employment opportunities, education facilities, health care services, groceries stores, and entertainment locations. Most importantly, public transportation is affordable, improves economic efficiency, and reduces social and economic inequalities. Since 1986, riders have counted on Foothills Express to meet their mobility needs. All transportation services are open to the public. We offer services in Clark, Estill, Madison, and Powell counties. Our vehicles are comfortable and safe. The well-trained drivers are courteous and can assist passengers board and de-board buses. Many of our buses are lift-equipped, making them accessible for people who use a mobility device or cannot climb stairs. Foothills Express has several different bus services with varying schedules for your convenience.

Foothills Express operates three **PUBLIC, DEVIATED-FIXED TRANSPORTATION ROUTES**. Stops include department and grocery stores, apartment communities, and city and county offices. Riders pay \$1 for a daily bus pass or \$7 for a book of ten passes. Public bus routes include the Berea Transit Service, the Richmond Transit Service, and the Winchester/Clark County Transit Service.

Foothills Express is the proud provider of the ECU on-campus transit service - **BIG E TRANSIT**. Students, faculty, and staff can traverse the Campus Beautiful and enjoy convenient stops free of charge.

Through a partnership between Foothills Express and the KY Office of Transportation Delivery, we provide an exclusive **COMMUTER SERVICE** from Clark County to Lexington through the week that assists employees in getting to their workplace. Riders pay \$40 a month for the Clark County to Lexington Commuter Service.

When most people think of Foothills Express, they think of large buses picking up riders at bus stops. We offer additional services to help riders get where they need to go. This is called our **EXPRESS SERVICE**. On weekdays, riders can schedule personalized, curb to curb transportation within their community. Trips are affordable and only require 48 hours advance notice. Trips less than 4 miles cost a flat rate of \$4. There is a \$1.50 charge for every additional mile.

Our **INTERCITY SERVICE** is a unique service that provides riders a connection from smaller, more rural areas to larger mass transit systems such as airports in Lexington, Louisville, and Cincinnati/Northern Kentucky, train stations in Louisville and Cincinnati, the urban transit systems of LexTran, TARC, and TANK, as well as nationwide bus networks such as Mega Bus in Louisville and Cincinnati, Greyhound Stations in Berea, Lexington, Louisville, London, and Cincinnati. Our Intercity Service is offered through the week to residents in Clark, Estill, Madison, and Powell counties. Trips require 48-72-hour notice and our rates are reasonably priced. Round trips to Lexington cost \$30; and round trips to Louisville or Cincinnati are \$40.

Our **MADISON COUNTY CONNECTOR SERVICE** offers a convenient, cost-effective option for residents who want an alternative commute or way to travel between Richmond and Berea for shopping, entertainment, medical appointments, education, and more. The round-trip connector fare is \$2.

NON-EMERGENCY MEDICAL TRANSPORTATION is available to Medicaid clients. This service removes transportation barriers, prevents missed medical appointments, and decreases the impact of chronic disease. Non-emergency medical transportation can be booked through our broker, Federated Transportation Services of the Bluegrass at 859-258-2722 or 888-848-0989.

TRANSPORTATION FOOTHILLS EXPRESS

Demand Response

Demand response trips	36,234
Demand response miles	263,818

Berea Bus Service

Total Riders	2,472
Total Miles	21,327

Richmond Transit Service

Total Riders	13,782
Total Miles	55,548

Winchester/Clark County Bus Service

Total Riders	5,904
Total Miles	28,365

Winchester to Lexington Commuter (Clark County Commuter Service)

Total Riders	4,166
Total Miles	41,650

Richmond to Berea Connector Route (Madison County Connector)

Total Riders	1,049
Total Miles	17,993

Intercity

Total Riders	715
Total Miles	38,246

EKU Campus Transportation Services

Total Riders	42,398
Total Miles	54,854

Medicaid

Total Riders	14,448
Total Miles	188,637

Total wheelchair trips	10,119
Total ambulatory trips	111,055
Total trips	121,174
Total route miles	710,448




Gratitude, Collaboration, **and Continued Success**

Kentucky River Foothills Development Council, Inc.



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