

Kentucky River Foothills
Development Council, Inc.



A Community Action Agency

Annual Report of Services 2023-2024





Our 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.

Our Mission

Kentucky River Foothills 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.

Empowering Our Communities

Kentucky River Foothills Development Council, Inc., commonly known as Foothills, is the leading provider of social services in Clark, Estill, Madison, and Powell counties.

Established on Oct. 22, 1962, Foothills became a community action agency two years later, leveraging resources from the national War on Poverty to better serve its clients.

This year, we proudly celebrated 60 years as a community action agency, guided by the motto "People Helping People," inspired by the Economic Opportunity Act, and dedicated to empowering disadvantaged individuals on their journey toward self-sufficiency.

The community action model enables Foothills to implement a diverse array of locally tailored programs that address the specific needs of low-income populations. This approach thrives on the involvement of a board of directors that includes representatives from the public, private, and low-income sectors. Together, they assess community needs and devise effective programs to tackle those challenges.

Foothills received its first federal grant in 1965 from the Office of Economic Opportunity, focusing on identifying barriers to economic advancement and facilitating training and employment opportunities. Over the years, the agency expanded its focus to include emergency services, senior programs, housing assistance, and transportation.

Now, six decades later, Foothills remains committed to helping individuals meet their basic needs, attain financial independence, nurture their families, pursue GEDs and college degrees, access quality health care, secure safe and affordable housing, and ultimately enhance their quality of life. Collaboration is at the heart of Foothills' mission; dedicated staff, board members, and volunteers work tirelessly to create a trusted agency that people can rely on for support.

Today, Kentucky River Foothills offers more than 40 programs designed to uplift individuals and families seeking assistance, ensuring that everyone has the opportunity to lead a life filled with dignity, responsibility, and promise.

Foothills Leadership

As a community action agency, Kentucky River Foothills is strengthened by a tripartite board that reflects our commitment to inclusive governance. Our board of directors is composed of one-third representatives from low-income neighborhoods, ensuring that the voices of those we serve are heard. Another third includes public officials or their designees, fostering collaboration and accountability within the community. The remaining third consists of representatives from various sectors of the private industry, strategically aligned with the key areas of need identified through our Community Assessment Plan. This diverse composition not only enhances our decision-making process but also ensures that our programs are effectively tailored to address the unique challenges facing our region.

EXECUTIVE BOARD

Chair: Laura Sands

Low-Income Sector, Clark County

Vice-Chair: Terry Davidson

Low-Income Sector, Clark County

Secretary: Crystal Wylie

Private Sector, Madison County

Treasurer: Judge Executive Reagan Taylor

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

Marcy Martin – Low-Income Sector, Clark County.

Teresa McKinley – Private Sector, Estill County.

Christine Randall - Low-Income Sector, Powell County.

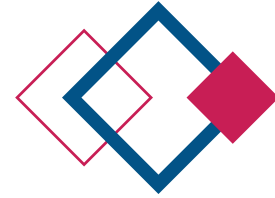
Sr. Loretta Spotila - Low-Income Sector, Estill County

Dr. Ashley Sweat - Low-Income Sector, Madison County

Judge Executive Donnie Watson – Public Sector, Estill County



DAVID ESTEPP
Executive Director



Despite the challenges we faced, we found hope in the dedication of our staff and volunteers, who showed up every day to empower others. We witnessed the kindness of community members who donated resources to keep families safe, warm, and housed. Most importantly, we saw incredible resilience in our clients, who continue to inspire us with their courage and strength.

Dear Friends and Supporters,

As we celebrate 60 years of dedicated service as a community action agency, I am filled with gratitude and hope. Reflecting on the past year, we have been inspired by the collective resiliency of our communities.

Many families that once felt financially stable found themselves reaching out for assistance to secure housing, warmth, and food. In response to these heightened needs, Kentucky River Foothills has remained committed to adapting and innovating our services. With your support, we have maintained flexibility, swiftly transitioning to new programming that addresses the most pressing challenges facing our neighbors. Our Affordable Housing Program exemplifies this commitment, providing essential support that promotes stability and self-reliance.

Throughout the year, we have introduced various innovative solutions, including emergency housing assistance, food distribution, and access to health services. Our teams have diligently worked with community partners to ensure that those in need receive comprehensive support. We are particularly proud of our ability to foster strong relationships with families and local organizations, creating a network that strengthens our community and lifts those most in need.

As we look to the future, we recognize the critical need to address both the conditions and causes of poverty. Together, with your continued support, we can move forward with purpose and determination. This annual report highlights the significant impact of our agency, showcasing the many lives touched by our services. Each data point represents a compassionate connection made by our staff and volunteers, working tirelessly to help individuals achieve self-reliance.

The story of Kentucky River Foothills is a testament to access, opportunity, and community. The need for our services has never been greater, but with your partnership, we are ready to rise to this challenge. Looking ahead, we remain hopeful that our collective spirit will guide us toward a more just and equitable future. Much work remains, but we know that you—our employees, volunteers, nonprofit partners, donors, and supporters—are with us every step of the way.

Thank you for all you have done and continue to do to strengthen and sustain our mission of helping people and changing lives.

David Estep

David Estep
Executive Director

FINANCIAL HIGHLIGHT

FY 2024-2025 AGENCY BUDGET

Revenues

Grant Revenue: \$14,111,480
Interest Revenue: \$132,000
Management Fees and Other Revenues: \$5,325,832
Total Revenues: \$19,569,312

Expenses

Personnel Costs: \$6,521,663
Fringe Costs: \$3,111,123
Travel: \$104,245
Supplies, Maintenance, and Office: \$383,447
Utilities, Telephone, and Rent: \$468,392
Interest Expense: \$65,000
Professional Costs and Contracts: \$422,627
Services and Assistance: \$5,111,169
Depreciation: \$694,000
Construction and Equipment: \$509,749
Other: \$1,686,120
Total Expenses: \$19,077,535

Net Surplus: \$491,777

Volunteer Services

Volunteer Hours: 103.5
Aging Services: 765
Total Volunteer Hours: 868.5

In-Kind Value:

Aging Services: \$150,384.96
Community Services Block Grant/Outreach Services: \$113,800.10
Community Collaboration for Children - Bluegrass Rural: \$75,734
Community Collaboration for Children - Bluegrass Fayette: \$61,36.38
Community Collaboration for Children - KIPDA Rural: \$100,365.19
Transportation: \$155,937.60

Kentucky River Foothills enhances communities by helping low-income families and individuals achieve self-sufficiency through direct services and partnerships that develop resources to reduce poverty and create opportunities. Our services span several major areas: community services (including family support, aging, and adult day services), health and wellness, substance use disorder and recovery, education, housing, and transportation.

MAJOR SERVICE DOMAINS

Community Services

Everyone deserves food, clothing, shelter, warmth, and medical care. High costs force many in our community to choose between essentials like rent and food or heat and medication. Foothills addresses this by offering a variety of community services programs, including employment and education services, income support, infrastructure and asset building, utilities assistance, and other support for qualifying individuals.

At our four outreach offices, staff provide information, referrals, and access to emergency financial assistance for basic needs such as food, shelter, and utilities. Even when emergency funds are unavailable, we connect clients with other community resources. Our goal is to promote self-sufficiency by helping clients plan to avoid future crises.

We offer limited Goodwill vouchers for those experiencing emergencies like fires, floods, or income loss. Through the New Eyes for the Needy program, we help eligible individuals obtain eyeglasses. Our self-sufficiency program provides case management for budgeting, life skills, resume development, job search assistance, and more.

Heating and cooling expenses are significant, whether renting or owning a home. Foothills' Energy Assistance program, primarily funded by LIHEAP, helps with these costs. LIHEAP has two components: a one-time subsidy based on household size and income, and crisis assistance for disconnect notices or bulk fuel needs. The subsidy program runs from November to mid-December, and the crisis program from January to March, with potential spring and summer programs depending on funding.

Donations and volunteer involvement are always appreciated, making our community truly unique. Our programs are available to everyone in the community, and we welcome your support.



Community Services

Basic & Emergency Needs

Information/Referrals: 47,315

Direct Services: 10,684

Goodwill Vouchers: 141

Emergency Clothing: 108

New Eyes for the Needy: 9

CSBG Client Services: 21

CSBG Case Management: 43

Clark County Fiscal Court

Households: 119

Benefit: \$20,343.50

Wintercare - Kentucky Utilities

Clark Co. Households: 17

Benefit Amount: \$3,199.82

Estill Co. Households: 5

Benefit Amount: \$1,186.38

Madison Co. Households: 51

Benefit Amount: \$12,215.43

Wintercare - Columbia Gas

Clark Co. Households: 20

Benefit Amount: \$4,433.14

Estill Co. Households: 5

Benefit Amount: \$991.40

FEMA Emergency

Food & Shelter Program

Clark Co. Households: 6

Benefit Amount: \$1,435.75

Estill Co. Households: 2

Benefit Amount: \$244.90

Assurance 16

Energy Savings Initiative

Case Management &

Utility Assistance: 41

Persons Receiving Energy Efficiency

Pamphlets/Brochures: 3,810

LOW INCOME HOUSEHOLD WATER ASSISTANCE PROGRAM (LIHWAP)

Subsidy Assistance

Wastewater/Sewage

Clark Co. Households: 11

Clark Co. Benefit Amount: \$1,050

Estill Co. Households: 57

Estill Co. Benefit Amount: \$5,650

Madison Co. Households: 137

Madison Co. Benefit Amount: \$6,500

Powell Co. Households: 66

Powell Co. Benefit Amount: \$6,500

Total Households: 271

Total Subsidy Assistance: \$26,350

Subsidy Assistance Water

Clark Co. Households: 67

Clark Co. Benefit Amount: \$6,100

Estill Co. Households: 170

Estill Co. Benefit Amount: \$16,900

Madison Co. Households: 87

Madison Co. Benefit Amount: \$8,450

Powell Co. Households: 124

Powell Co. Benefit Amount: \$12,350

Total Households: 449

Total Subsidy Assistance: \$43,812.14

Water/Wastewater Combo

Clark Co. Households: 13

Clark Co. Benefit Amount: \$1,150

Estill Co. Households: 30

Estill Co. Benefit Amount: \$3,000

Madison Co. Households: 1

Madison Co. Benefit Amount: \$100

Powell Co. Households: 4

Powell Co. Benefit Amount: \$400

Total Households: 48

Total Subsidy Assistance: \$4,650



Community Services

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

Summer Cooling Subsidy Assistance

7/5/23 to 10/18/23

- Clark Co. Households: 276
- Clark Co. Benefit Amount: \$46,477
- Estill Co. Households: 534
- Estill Co. Benefit Amount: \$100,492
- Madison Co. Households: 686
- Madison Co. Benefit Amount: \$135,738
- Powell Co. Households: 376
- Powell Co. Benefit Amount: \$75,238.07
- Total Households: 1,872
- Total Subsidy Assistance: \$357,945.07

Fall Subsidy Assistance

11/4/23 to 12/15/23

- Clark Co. Households: 313
- Clark Co. Benefit Amount: \$36,686
- Estill Co. Households: 723
- Estill Co. Benefit Amount: \$108,240
- Madison Co. Households: 835
- Madison Co. Benefit Amount: \$109,885.39
- Powell Co. Households: 482
- Powell Co. Benefit Amount: \$73,654.31
- Total Households: 2,353
- Total Subsidy Assistance: \$328,465.70

Winter Crisis Assistance

1/9/24 to 3/31/24

- Clark Co. Households: 460
- Clark Co. Benefit Amount: \$108,756.66
- Estill Co. Households: 954
- Estill Co. Benefit Amount: \$212,112.59
- Madison Co. Households: 1,231
- Madison Co. Benefit Amount: \$277,676.74
- Powell Co. Households: 811
- Powell Co. Benefit Amount: \$181,835.99
- Total Households: 3,456
- Total Crisis Assistance: \$780,381.98

Spring Subsidy Assistance

4/16/24 to 6/13/24

- Clark Co. Households: 251
- Clark Co. Benefit Amount: \$32,110
- Estill Co. Households: 467
- Estill Co. Benefit Amount: \$67,202
- Madison Co. Households: 587
- Madison Co. Benefit Amount: \$84,143
- Powell Co. Households: 267
- Powell Co. Benefit Amount: \$40,895.26
- Total Households: 1,572
- Total Subsidy Assistance: \$224,350.26



kynect Program

Access to quality health care services is crucial for promoting health, managing diseases, preventing disabilities, and achieving health equity. In Kentucky, Medicaid provides no-cost medical coverage for income-eligible residents, including children, families, pregnant women, seniors, and individuals with disabilities. The Kentucky Children's Health Insurance Program (KCHIP) offers free health insurance for children under 19 in families earning less than 213% of the federal poverty level.

All Medicaid and KCHIP plans available through kynect health coverage include comprehensive benefits, such as doctor visits, hospital stays, emergency services, and prescription medications. Eligibility for these programs is determined based on the modified adjusted gross income (MAGI) and family size, considering the household's tax filing status. Kynect serves as a central resource for various Kentucky assistance programs, offering health coverage and benefits to help residents stay safe, healthy, and well. Through kynect, individuals may also qualify for premium tax credits and cost-sharing reductions, making health coverage more affordable. Qualified health plans can be purchased during open enrollment or after a qualifying life event.

KRFDC employs five kynectors dedicated to assisting individuals and families in obtaining medical coverage through Medicaid, KCHIP, or qualified health plans. These kynectors also support applications for the Supplemental Nutrition Assistance Program (SNAP) and the Child Care Assistance Program (CCAP).

PROGRAM IMPACT

Households Enrolled in Medicaid: 159
Households Enrolled in Qualified Health Plan: 111
Households Enrolled in Medicaid Renewal: 26
Households Enrolled in Qualified Health Plan Renewal: 13
Households Enrolled in KCHIP: 23
Households Enrolled in SNAP: 180
Households Enrolled in CCAP: 13
Outreach Events Conducted: 341



FRAMEWorks – Healthy Marriage and Relationships

At Foothills, our FRAMEWorks initiative reflects our dedication to empowering individuals and families by cultivating essential relationship skills while promoting economic stability and mobility. In partnership with Gateway Community Action, FRAMEWorks offers comprehensive workshops addressing various aspects of relationship dynamics, financial management, and personal development. Our curriculum is tailored to enhance relationships and, where applicable, parenting skills. It is open to all individuals and couples, whether in a committed relationship or currently single.

Our nine-session workshop series, available both virtually and in person, consists of 18 hours of interactive sessions and individual coaching. Upon completion, participants receive a \$100 gift card and access to extended learning opportunities in job readiness and parenting. The workshops cover a wide range of topics, including understanding income and expenses, developing a spending and savings plan (budgeting), setting financial goals, building emergency funds and savings, understanding credit and credit scores, strategies for eliminating debt, and protecting against identity theft. Participants also develop essential financial skills such as budgeting basics, setting SMART goals, financial planning, managing money wisely, understanding credit, debt management, career development, and insurance essentials.

Upon completing the workshop series, participants are offered extended learning opportunities for job coaching and parenting classes.

PROGRAM IMPACT

Participants Enrolled: 346
Completed Workshops: 245
Active Clients: 25
Class Sessions Conducted: 32 Workshop Series



Responsible Fatherhood

Navigating the journey of fatherhood can be both rewarding and challenging. The Responsible Fatherhood program is designed to support and guide fathers to excel as parents, partners, and providers. The program consists of three essential components: parenting skills enhancement, relationship and financial literacy skills, and job coaching for employment seekers.

The 36-hour parenting skills enhancement component focuses on improving fathers' parenting abilities. Utilizing the 24/7 Dad curriculum, endorsed by the Department of Health and Human Services, it covers crucial topics such as the role of fathers in their children's lives, effective communication, community involvement, co-parenting strategies, proper discipline techniques, and addressing common health issues for fathers.

Participants also engage in sessions designed to enhance their relationship and financial literacy skills through a curriculum blending PREP/Within My Reach and National Endowment for Financial Education materials. They learn effective communication with partners, conflict resolution, budgeting and debt management, teaching children about money, and saving strategies for significant purchases and retirement. The job coaching for employment seekers component provides job readiness training, assisting with resume and cover letter preparation, interview skills, job application completion, and identifying suitable job opportunities.

Participation in the program is voluntary and open to all eligible individuals, regardless of background. All services are free, and completion of all components is required.

PROGRAM IMPACT

Participants Enrolled: 217
Completed Workshops: 101
Active Clients: 58

Class Sessions Conducted: 19 Workshop Series



Community Collaboration for Children

Prevention is key to reducing child abuse and neglect and improving the lives of children and families. Community Collaboration for Children (CCC) focuses on preventing abuse while empowering families. Foothills' CCC program includes regional networks and direct services across 19 counties.

The regional networks comprise community partners, family and child-serving agencies, parents, and local citizens. They focus on primary prevention by raising awareness and educating communities about child abuse. We support families, build parent leadership, and promote responsible fatherhood, including participating in public events during Child Abuse Prevention Month in April.

Our in-home based services address children's physical, mental, emotional, and educational needs through secondary prevention. The in-home service specialist works with each family using the Nurturing Parenting Curriculum to achieve their goals. Intensive, short-term home-based interventions help families create a safe, nurturing environment.

Community Collaboration for Children is available across Kentucky, with services in the Bluegrass Rural, Fayette Rural, and KIPDA Rural regions. We accept referrals from community partners, self-referrals, family, friends, and the Department for Community Based Services. Our services are free to families who maintain custody of their children, with no income eligibility requirements.

We serve families with children with disabilities, teenage parents, young adults, parents with disabilities, single-parent households, families with young children, low-income families, struggling families, children with school problems, grandparents or caregivers raising children, homeless families, and unaccompanied homeless youth.

PROGRAM IMPACT

KIPDA Region: 33 families served
BG Rural Region: 62 families served
BG Fayette Region: 43 families served

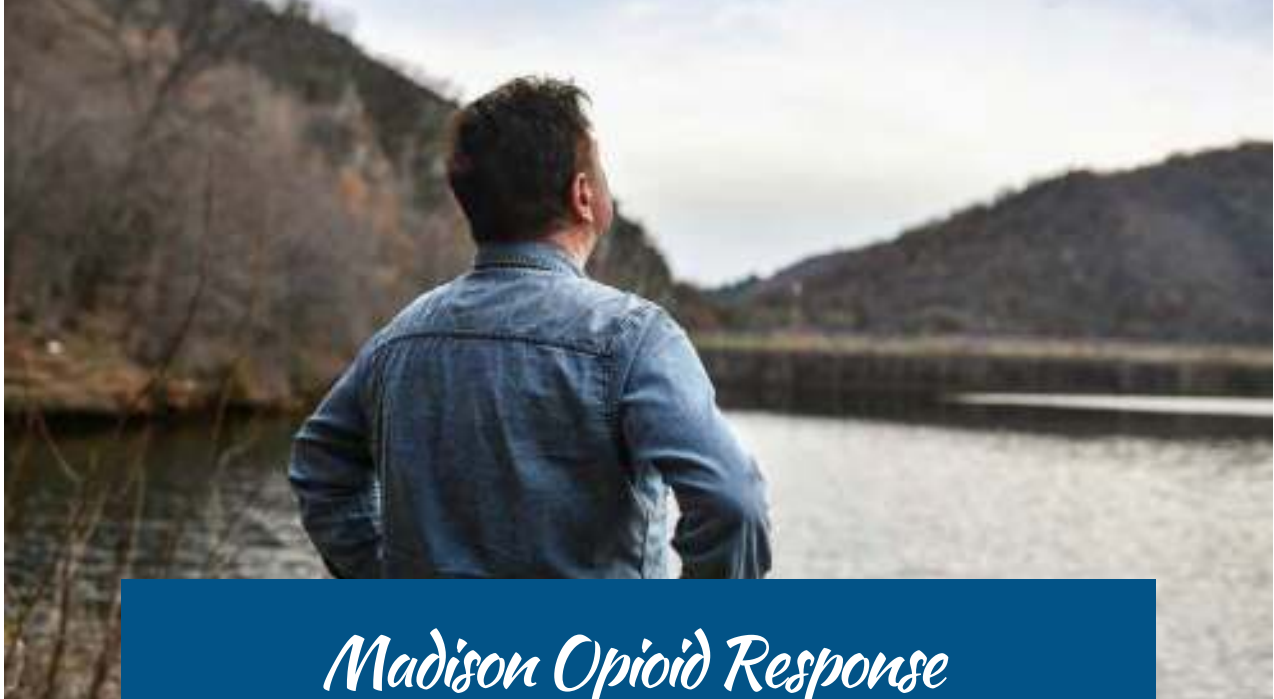


Liberty Place Recovery Center for Women

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.

PROGRAM IMPACT

Program Residents: 202
Aftercare/Liberty Place and Holly Street Apartments: 21
Liberty Hour (AA Meetings): 365
In-House AA Meetings: 156



Madison Opioid Response and Empowerment

In 2023, MORE began a new phase to provide essential services to Madison County residents, focusing on detainees at the Madison County Detention Center with opioid use disorder and substance use disorder. The initiative aimed to support successful reentry and reduce recidivism through a one-year grant. A peer support specialist and recovery navigator were stationed at the detention center, working intensively with male detainees (75% of the population) for 120 days surrounding their release. The peer support specialist provided in-depth support and assessments, guiding the recovery navigator in tailoring reentry plans for each individual.

Post-release, comprehensive wrap-around services, including housing, transportation, employment support, and healthcare (physical and behavioral), were offered to prevent relapse. The recovery navigator facilitated access to these services, helping individuals overcome barriers and achieve their recovery goals. This initiative significantly impacted the lives of men leaving incarceration, reduced immediate post-release overdose deaths, and fostered hope for a brighter future for them and their families.

PROGRAM IMPACT

Basic Needs

- Housing Assistance: 31
- Food Assistance: 46
- Clothing, Personal Care Kits: 123

Transportation

Transportation: 1,100 trips

Identification and Benefits

- IDs, Driver's License, VA Benefits, SSI: 42

Employment and Referrals

- Employment: 35
- Referrals: 55

Health and Recovery Services

- Medically Assisted Treatment: 44
- Health Care: 32
- Recovery Services (AA/NA): 175

Community Support

- Harm Reduction: 9
- Community Support Resources: 157



Supportive Services for Recovery Enhancement

The Supportive Services for Recovery Enhancement program embodies compassion and commitment on the path to recovery. Designed for individuals and households in Clark, Estill, Madison, and Powell counties, it serves as a beacon of hope for those navigating opioid use disorder and co-occurring substance use disorder alongside mental health challenges. With generous funding from the Kentucky Opioid Abatement Advisory Commission, we provide unparalleled support, guidance, and resources to empower individuals on their journey toward healing.

Our comprehensive support includes tailored assistance to meet unique needs, from accessing resources to enhancing recovery. Our team of experienced professionals employs evidence-based strategies for a holistic approach. Your privacy is our priority, which is why we offer a safe and judgment-free environment where you can focus on your recovery. We believe in the power of motivation and are here to empower you toward lasting change.

Additionally, the program provides holistic services, including assistance with housing stability, employment support, educational guidance, and personalized case management to address individual needs.

PROGRAM IMPACT

Families Served

SSRE Households:30

Individuals:42

Total Financial Assistance Provided: \$103,588.20



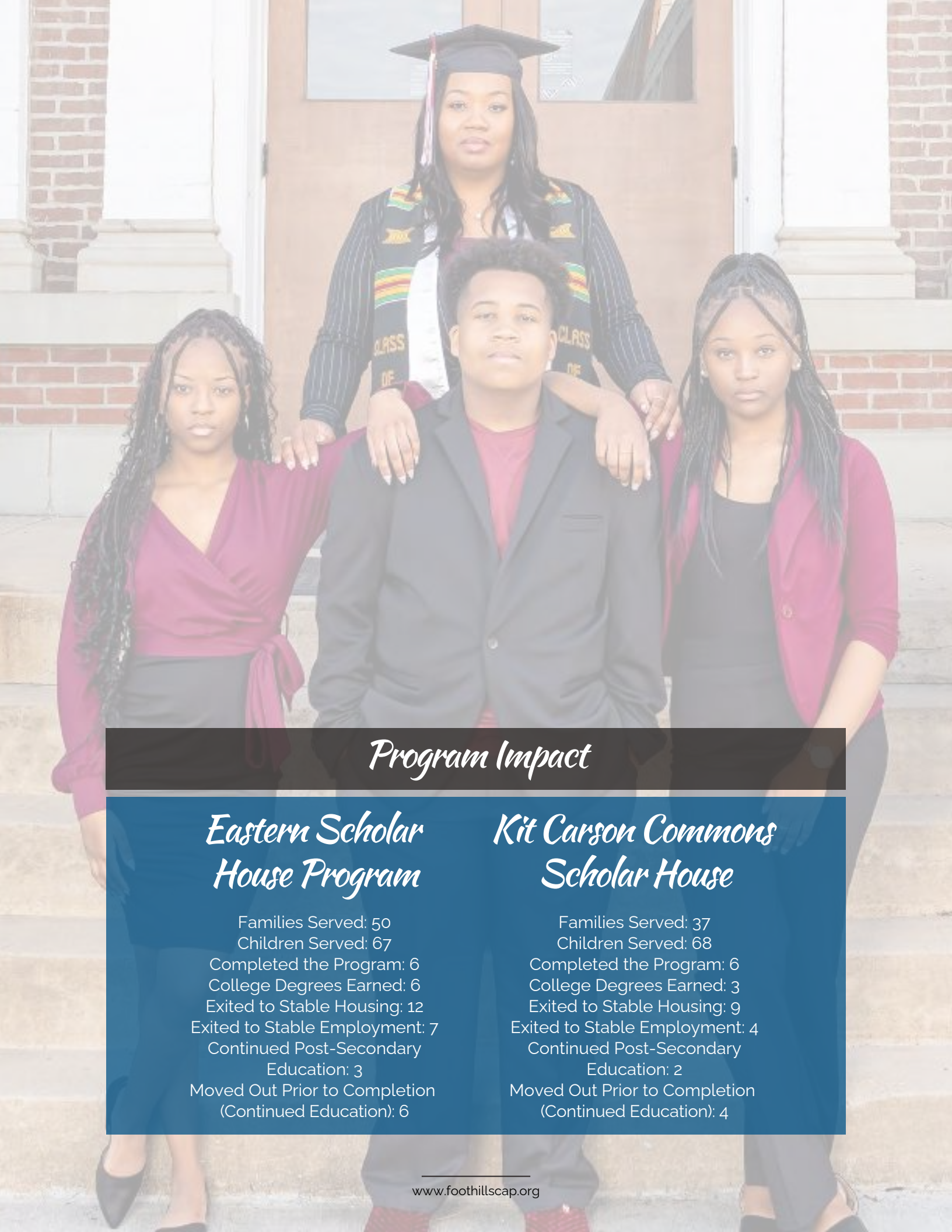
Scholar House Programming

Our Scholar House programs are designed to break the cycle of poverty by eliminating barriers to affordable housing and childcare costs. The Eastern Scholar House and Workforce Pathway at Kit Carson Commons Scholar House programs empower individuals to excel in education and achieve lifelong self-sufficiency. Preference is given to low-income single parents enrolled in an approved post-secondary institution, including technical colleges and online programs. These initiatives ensure access to crucial resources for a brighter future.

Located on the campus of Eastern Kentucky University, both programs offer academic tutoring, financial literacy, and employment assistance, alongside community-based services. Residents benefit from holistic support through case management, workshops, and programs covering parenting, family resource management, nutrition, work skills, problem-solving, and job search techniques.

Preschool-age children enrolled in the Eastern Scholar House Program attend the on-site Child Development Center (CDC). Similarly, preschool-age children at Kit Carson Commons have access to the CDC, allowing parents to attend classes and prioritize their education. The Childcare Assistance Program is accepted.

Both Scholar House locations feature fully handicap-accessible two-bedroom apartments, ensuring inclusivity for all residents. Kit Carson Commons also has three-bedroom units available. Each apartment is equipped with modern amenities, including energy-efficient appliances, a washer and dryer, a dishwasher, and a storage room, enhancing convenience and comfort. Residents also benefit from access to a computer lab and a designated parking lot, with campus shuttle service available for added convenience. Housing operates on an income-based model, overseen by Winterwood Inc., ensuring compliance with funding regulations and efficient property management. While both programs serve low-income single parents enrolled in post-secondary institutions, Kit Carson Commons gives preference to eligible military service members and veterans. Scholar House programming is not student housing.



Program Impact

Eastern Scholar House Program

Families Served: 50
Children Served: 67
Completed the Program: 6
College Degrees Earned: 6
Exited to Stable Housing: 12
Exited to Stable Employment: 7
Continued Post-Secondary
Education: 3
Moved Out Prior to Completion
(Continued Education): 6

Kit Carson Commons Scholar House

Families Served: 37
Children Served: 68
Completed the Program: 6
College Degrees Earned: 3
Exited to Stable Housing: 9
Exited to Stable Employment: 4
Continued Post-Secondary
Education: 2
Moved Out Prior to Completion
(Continued Education): 4



Foothills Health & Wellness Center

Foothills Health & Wellness Center fosters a trusting partnership between healthcare providers and informed patients. Our commitment to patient-centered care ensures comprehensive, personalized, and coordinated services, promoting optimal health outcomes and satisfaction. Recognized as an NCQA Patient-Centered Medical Home, our modern Health & Wellness Center offers examinations, testing, treatment, and referrals. We accept Medicare, Medicaid, most private insurances, and offer sliding fee scales.

We provide comprehensive medical services, including physical examinations, limited immunizations, office and laboratory testing, and treatment for acute and chronic conditions. Our services also include well-woman exams, X-ray services, specialized care, nutrition counseling, and prescription assistance. Additionally, we offer dental and eye exam vouchers, transportation to appointments, behavioral health counseling, case management and referrals, and access to self-help resources.

In addition to our welcoming clinic, our mobile unit extends our services to Powell County and surrounding areas, ensuring that our community receives the care it deserves.

PROGRAM IMPACT

- Total Participants: 2,237
- Total Encounters: 8,529
- Mental Health & Substance Use Encounters: 1,007
- Prescription Assistance Provided: 59
- COVID-19 Testing Conducted: 389
- COVID-19 Vaccinations Administered: 33

ENABLING SERVICES

- Home Visits: 550
- In Office Visit: 487
- Case Management Assessment: 308
- Transportation: 212
- Linkages/Referrals: 368
- Basic Needs: 1,501
- Health Education: 1,732
- Medication Management: 53
- Other: 701



Supportive Services for Veteran Families

The Supportive Services for Veteran Families (SSVF) program is dedicated to enhancing housing stability for eligible veterans and their families, whether they are currently residing in or transitioning to permanent housing. We provide extensive case management and supportive services, including temporary financial assistance, to promote both housing and financial stability. Our goal is to ensure veterans have access to quality, safe, and affordable housing.

Dedicated case managers offer personalized guidance to veterans, focusing on stability and success. Serving low-income veteran families across 21 Kentucky counties—Bath, Breathitt, Clark, Clay, Estill, Jackson, Laurel, Lee, Madison, Menifee, Montgomery, Morgan, Owsley, Perry, Powell, Pulaski, Rockcastle, Rowan, Russell, Wayne, and Wolfe—veterans must meet military, income, and housing requirements, with a discharge status other than dishonorable. Eligibility also requires that applicants are facing eviction or homelessness.

Our comprehensive services include rental and utility deposits, temporary rent assistance, and case management. We assist with obtaining VA benefits, facilitate connections with community partners, and provide referral and outreach services. Additional support includes household budgeting, income maximization, landlord and housing navigation, and various other services tailored to individual needs.

PROGRAM IMPACT

Families Prevention Services

Veteran Households: 119

Individuals: 248

Financial Support: \$119,681.52

Rapid Re-Housing Services

Veteran Households: 111

Individuals: 171

Financial Support: \$91,616.97



Affordable Housing

The Affordable Housing program assists individuals and families in achieving their homeownership goals, ensuring access to safe, affordable, and stable living. We offer free homeownership counseling to participants, positively impacting low- and moderate-income families by enhancing their living conditions.

Our grant-funded initiative supports families living at or below a specified percentage of the median income. We help clients secure very low-interest loans to cover part of their home purchase, with the remainder funded through grants, making homeownership achievable.

Throughout the homeownership journey, participants receive continuous support through case management and advocacy for self-sufficiency and long-term stability. The program includes credit counseling to help families achieve their dream of homeownership through education and personalized coaching. Comprehensive sessions cover essential topics such as navigating mortgage applications, understanding down payments and closing costs, mastering credit repair and budgeting, setting and achieving financial goals, and home maintenance essentials.

Additionally, our home rehab programs are crucial for revitalizing properties in Clark, Estill, Madison, and Powell counties. Some programs have specific restrictions, including age and income limits, and participants must own their home or land if it's a mobile home. We collaborate with various partners and funding sources to provide these services, working together to make a lasting impact on the lives of our residents and build a better future, one home at a time.



Affordable Housing

HOMEOWNERSHIP AND HOUSING PROGRAMS

Estill County

Homeownership Counseling:
36 Participants

Homes Constructed:
2 Homes Currently
Under Construction

Powell County

Homeownership Counseling:
20 Participants

Homes Bought and Remodeled
During Foreclosure: 2 Homes
(both sold)

RENTAL ASSISTANCE

Tenant Based Rental Assistance

Households:
42 Participants

Powell Co, Duplexes:
4 Participants

Estill County 4-Plex:
5 Participants

Hickory Grove Rental Property:
1 Participant

Cedar Grove Duplex Rental Property:
2 Participants

HOUSING REHABILITATION PROGRAMS

Home Rehabilitation in Partnership with Rural Development

Estill County: 14 Homes
Powell County: 7 Homes

Home Rehabilitation in Partnership with Kentucky Housing Corporation

Madison County: 3 Homes
Powell County: 4 Homes

Free Tax Preparation Service

Kentucky River Foothills offers free tax preparation services during February, March, and April for individuals with an annual income of \$60,000 or less, people with disabilities, and citizens aged 60 or older. In collaboration with the Healthy Marriage and Responsible Fatherhood program and Eastern Kentucky University, we completed 396 tax returns for low-income clients this year. These efforts resulted in 278 refunds totaling \$494,086, with an average refund amount of \$1,777 per return. The average adjusted gross income for the returns was \$39,115. Additionally, 79 refunds were processed for Earned Income Tax Credit (EITC) families, totaling \$148,472, with an average refund of \$1,879.39. This service significantly benefits our community by ensuring that eligible individuals and families receive the tax credits and refunds they deserve.



Weatherization Program

The Weatherization Assistance Program helps households save money and energy while enhancing overall well-being. By implementing measures such as air sealing, improving ventilation, and adding insulation, participants can achieve significant energy savings. On average, they enjoy annual savings of \$283, along with improvements in respiratory health, mental wellness, and physical safety.

Our locally based, professionally trained weatherization crews use computerized energy assessments and advanced diagnostic tools—such as blower doors, manometers, and infrared cameras—to analyze each home thoroughly. This process identifies the most cost-effective measures needed and highlights any health and safety issues. Following the assessment, a weatherization auditor creates customized work orders, and trained crews install the recommended energy-efficient and health-related upgrades. A certified quality control inspector ensures that all work is completed correctly and that the home is safe for occupants. Weatherization tasks may include testing heating system safety and efficiency, air sealing walls and windows, installing ventilation fans, insulating key areas, and ensuring the installation of smoke alarms and carbon monoxide detectors. We also replace standard light bulbs with energy-efficient LED options and upgrade outdated refrigerators.

These services are available to eligible homeowners and single-family or mobile home renters, with landlord consent. Together, we are creating healthier, safer homes that empower families to thrive and enjoy a brighter future.

PROGRAM IMPACT

Weatherization Completions: 15
Weatherization Ready (Deferrals): 20
Weatherization Ready: 5
Affordable Housing Trust Fund Home Repair Projects: 5
Coronavirus Aid, Relief, and Economic Security Act Projects
(in partnership with Clark Energy): 3



Aging Services

Our four aging programs offer a wide range of leisure and recreational activities in a safe, supportive environment for adults aged 60 and older. These programs enable participants to socialize, revitalize their bodies, stimulate their minds, and uplift their spirits. We empower seniors by focusing on their needs and desires, playing a vital role in their lives, and encouraging them to age gracefully.

We provide a variety of educational and recreational programs for active individuals, along with essential services for homebound seniors. Our centers feature monthly activities that keep seniors engaged and help create lasting memories. Activities include social events, day trips, luncheon gatherings, pool, air hockey, bingo, card games, arts and crafts, and exercise programs. Additionally, we offer health screenings, income tax preparation, utility assistance, educational programs, and information and referrals. There is truly something for everyone, and if you have a specific interest, we will do our best to accommodate it.

Nutritious meals are readily available, with hot lunches served on-site weekdays at 11:30 a.m. In addition, we offer limited transportation services at no cost, ensuring everyone can easily access our programs and activities.

PROGRAM IMPACT

Berea Senior Citizens Center

Program Participants: 261
Congregate Meals: 5,241
Home Delivered Meals: 8,640
Commodity Boxes: 1,008

Clark County Generations Center

Program Participants: 71
Congregate Meals: 3,140
Home Delivered Meals: 6,602
Commodity Boxes: 108

Richmond Active Living Center

Program Participants: 178
Congregate Meals: 3,060
Home Delivered Meals: 8,214
No commodities provided.

Powell County Senior Center

Program Participants: 103
Congregate Meals: 6,881
Home Delivered Meals: 8,937
Commodity Boxes: 1,740



Foothills Active Day Center

Foothills Active Day Center provides compassionate, comprehensive health, social, supportive, and therapeutic services for adults with intellectual and developmental disabilities in a welcoming, community-based setting. We are a licensed medical care facility through the Office of the Inspector General and Medicaid.

Our experienced professionals and nurturing environment ensure the safety, social engagement, and activity of your loved ones, promoting the highest quality of life while addressing individual needs. Additionally, we are dedicated to actively enhancing the well-being of our community.

Each day is filled with socialization, therapy, recreation, and relaxation, making it a place where clients enjoy returning daily. Our center features an activity room, a game and TV room, a quiet room, a medical room, a salon and barbershop, a laundry room and shower, and an outdoor courtyard area.

We enhance lives by providing personalized support for independence and dignity. Our services include supervised crafts, gardening, parties, and field trips, along with activities for dementia patients, such as music therapy. We ensure a safe environment for receiving health services, with skilled nurses and licensed practical nurses offering personal care assistance and safely administering medication for health management. We also provide nutritious meals, including home-delivered options, and attendant care that preserves individual dignity. Our support reduces caregiving stress, increases socialization, decreases symptoms of depression, and offers essential respite for caregivers.

PROGRAM IMPACT

Program Center Clients: 34
Clients Receiving Attendant Care: 33
Clients Receiving Meals: 24



TRANSPORTATION *Foothills Express*

Our public transportation system provides essential mobility, accessibility, and connectivity for residents, visitors, and businesses, facilitating access to employment, education, healthcare, grocery stores, and entertainment. Through these comprehensive services, Foothills Express is committed to enhancing community connectivity and promoting a healthier, more active lifestyle for all.

Foothills Express operates safe vehicles staffed by well-trained drivers who assist passengers. Many buses are lift-equipped, ensuring accessibility for individuals using mobility devices. We offer three public, deviated-fixed transportation routes with stops at department stores, grocery stores, and local offices. Riders can purchase a daily bus pass or a book of passes at a discounted price.

Additionally, we provide the EKU on-campus transit service, Big E Transit, allowing students, faculty, and staff to navigate campus conveniently.

Beyond traditional routes, we offer personalized express service, enabling curb-to-curb transportation within the community on weekdays, requiring 48 hours' notice for trips.

Intercity service connects residents from rural areas to larger transit systems, including airports and train stations, with reasonable round-trip options to Lexington, Louisville, or Cincinnati.

The Madison County Connector Service provides a convenient option for traveling between Richmond and Berea for shopping, entertainment, and medical appointments.

For Medicaid clients, non-emergency medical transportation helps prevent missed medical appointments and mitigate chronic disease impacts.



Foothills Express

Demand Response Service

Total Trips: 19,067
Total Miles: 202,974

Berea Bus Service

Total Riders: 2,227
Total Miles: 21,296

Richmond Transit Service

Total Riders: 17,405
Total Miles: 52,515

Winchester/Clark County Bus Service

Total Riders: 4,926
Total Miles: 24,654

EKU Campus Transportation Services

Total Riders: 42,924
Total Miles: 48,254

Intercity Service

Total Riders: 534
Total Miles: 22,983

Winchester to Lexington Commuter Service

Total Riders: 108
Total Miles: 41,140

Richmond to Berea Connector Route

(Madison County Connector)

Total Riders: 911
Total Miles: 13,057

Medicaid Transportation Services

Total Riders: 15,395
Total Miles: 162,935

Medicare Transportation Services

Total Riders: 291
Total Miles: 3,261

Overall Service Totals

Total Wheelchair Trips: 10,062
Total Ambulatory Trips: 97,657
Total Trips: 101,719
Total Miles: 589,808



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