

Kentucky River Foothills
Development Council, Inc.



A Community Action Agency

ANNUAL REPORT OF SERVICES



2025-2026



Kentucky River Foothills Development Council, Inc., known as Foothills, has served the region since 1962. What began as an effort to expand opportunity has grown into a Community Action Agency offering more than 40 programs that support individuals and families throughout Clark, Estill, Madison, and Powell counties.

Our work reaches people at nearly every stage of life. Foothills helps families meet basic needs, connects residents with health care and benefits, provides transportation, supports older adults, creates affordable housing opportunities, helps parents pursue education, serves veterans and their families, strengthens families with children, and provides services that support recovery and greater independence. Together, these programs reflect the range of needs in our communities. While the programs are different, they share a common purpose of helping people move forward.

Being a Community Action Agency means our work is shaped by the communities we serve. Local needs guide how programs develop and where resources are directed. Our tripartite Board of Directors brings together representatives from the public, private, and low-income sectors, helping ensure that different voices and experiences are part of the decisions that guide the organization.

Foothills has changed considerably since receiving its first federal grant for training and employment in 1965. As community needs have evolved, the agency has grown with them, developing new services, strengthening partnerships, and finding practical ways to address challenges affecting individuals and families across the region.

That ability to respond remains central to who we are. Some people come to Foothills during a difficult moment. Others are working toward education, homeownership, better health, recovery, employment, independence, or a more secure future. Whatever brings someone through our doors, our role is to listen, connect resources, and provide support that respects each person's circumstances and goals.

More than six decades after our work began, Kentucky River Foothills remains rooted in the same communities that shaped us. With the dedication of our employees, Board members, volunteers, partners, and supporters, we continue building on that foundation and creating opportunities for people and communities to thrive.



VISION & 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. Kentucky River Foothills is a health and human services agency, providing services focused on improving an individual's general well-being.

→ 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.



At Kentucky River Foothills, strong leadership begins with community representation. As a Community Action Agency, our tripartite Board of Directors brings together a diverse group of leaders who guide our mission and help shape the services we provide.

One-third of the board is made up of representatives from low-income communities, ensuring the perspectives of those we serve remain at the center of our work. Another third consists of public officials or their designees, strengthening partnerships and accountability across the region. The remaining members represent the private sector, contributing valuable expertise and insight that supports our strategic priorities and the needs identified through our Community Assessment.

This balanced governance structure reflects the Community Action model and reinforces our commitment to serving the region with integrity, transparency, and purpose. By bringing together leaders from different backgrounds and areas of expertise, our Board helps ensure Kentucky River Foothills remains responsive to changing community needs while continuing to build opportunities, strengthen families, and improve the quality of life throughout the communities we serve.

Chair: Terry Davidson, Low-Income Sector, Clark County

Vice Chair: Crystal Wylie, Private Sector, Madison County

Secretary: Dr. Ashley Sweat, Public Sector, Madison County

Treasurer: Judge Executive Reagan Taylor, Public Sector, Madison County

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

Vaché King, Private Sector, Clark County

Marcy Martin, Low-Income Sector, Clark County

Teresa McKinley, Private Sector, Estill County

Christine Randall, Low-Income Sector, Powell County

Dr. Tanlee Wasson, Private Sector, Madison County

Judge Executive Donnie Watson, Public Sector, Estill County

A MESSAGE FROM THE BOARD CHAIR



Serving as Chair of the Kentucky River Foothills Board of Directors gives me the opportunity to see this organization from a unique perspective. At every meeting, we hear about the work taking place across our communities, the challenges people are facing, and the ways our programs are responding. What stands out most is the breadth of that work and the care behind it.

The Board has an important responsibility to help guide Kentucky River Foothills, ask thoughtful questions, and make sure the organization remains focused on its mission. We take that responsibility seriously in every decision we make. The decisions we make affect real people, from families looking for safe housing and older adults wanting to remain independent to individuals seeking health care, recovery support, transportation, education, or help during a difficult time.

One of the things I value most about Kentucky River Foothills is that the work begins with listening. Needs are not the same in every community, and they do not stay the same from year to year. Our staff understand that. They are present in the communities we serve, building relationships,

identifying gaps, and finding practical ways to connect people with the support they need.

As a Board, we also see how much strong partnerships matter. Kentucky River Foothills could not do this work alone. Local leaders, schools, health care providers, businesses, funders, community organizations, volunteers, and many others contribute time, resources, knowledge, and trust. Those relationships allow the agency to reach farther, respond more effectively, and create opportunities for individuals and families that would not be possible otherwise.

This annual report gives you a glimpse of what that work looked like over the past year. You will see programs serving people at different stages of life and in different circumstances. You will see investments in housing, health, education, recovery, transportation, senior services, family support, and areas that are essential to strong communities.

You will also see the results of careful planning, responsible stewardship, and employees who take pride in serving others. That commitment can be seen throughout every part of this organization.

On behalf of the Board of Directors, I want to thank the staff of Kentucky River Foothills for the work they do every day and the people we serve for placing their trust in this organization. I also want to thank our partners and supporters for continuing to believe in the value of Community Action.

I am proud to serve alongside a Board that cares deeply about this organization and the communities it represents. As we move forward, we will continue to support the mission of Kentucky River Foothills, encourage thoughtful growth, and help ensure the organization remains strong, responsive, and ready to serve our communities with care, accountability, and a clear purpose.

Terry Davidson

A handwritten signature in dark ink, appearing to be 'TD' or similar initials, written in a cursive style.

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Over the past year, Kentucky River Foothills has continued to grow, adapt, and find ways to serve the communities we call home. While needs of individuals and families may change, our purpose remains the same. We connect people with resources, create opportunities, and provide support that can make a meaningful difference in their lives.

Housing continues to be part of that work. Garden Place reached completion in Estill County, creating an affordable housing option for older adults, while planning moved forward for additional housing development in Winchester and Clark County. We also continued pursuing opportunities to rehabilitate existing homes and expand access to quality, affordable housing throughout our region.

We strengthened existing services while creating new opportunities to meet emerging needs. Ready4Life helps high school students build relationship, financial, and life skills well into adulthood, while staff across our programs continue working every day to make services accessible, responsive, and meaningful. That work reflects our commitment to responding thoughtfully as the needs of our communities continue to change.

Growth is important, but so is doing our work well. Throughout the year, monitoring reviews and audits reflected strong operations, sound internal controls, and a commitment to compliance and accountability. We are proud of those results because the resources entrusted to Kentucky River Foothills come with a responsibility to use them wisely, with care and purpose, and to ensure they reach the people and communities they are intended to serve.

These accomplishments are the result of employees who care deeply about their work, board members who provide leadership, community partners who work alongside us, and supporters who believe in Community Action. Most importantly, they reflect the individuals and families who allow us to be part of their lives and continue working toward their goals, even when the path is difficult.



As you look through this annual report, you will see many numbers. They help us measure our work and hold ourselves accountable, but they also represent something more personal. A family finding housing. A patient receiving care. A veteran getting back on his or her feet. A student preparing for the future. An older adult sharing a meal with friends. Someone taking a step forward in recovery. A parent working toward a college degree. A rider getting to work or a medical appointment. A household keeping the lights and heat on. A caregiver receiving a few hours of needed support.

As we look ahead, Kentucky River Foothills will continue listening to our communities, building strong partnerships, and finding practical ways to help people move forward in the years to come. There is always more work ahead, and we remain committed to meeting it together. We are grateful to have so many people working alongside us. Thank you for supporting Kentucky River Foothills and the communities we serve.

David Estep

A handwritten signature in dark ink that reads "David Estep".

STRATEGIC PRIORITIES

Our Strategic Plan serves as the foundation for our programs, services, and long-term vision. It helps us identify priorities, measure progress, and focus our efforts on creating meaningful outcomes for the individuals and families we serve. While we continue to provide critical crisis intervention and emergency assistance, we also invest in programs that reduce barriers, strengthen self-sufficiency, and create pathways to lasting opportunity. Our Strategic Plan is built around five key goals that reflect the most pressing needs throughout our service area. These priorities are shaped by community assessments, local data, stakeholder feedback, and input from the people we serve. By reviewing and updating the plan each year, we ensure our work remains responsive, effective, and aligned with the changing needs of our communities.

Empowering Employment and Self-Sufficiency:

Increase access to employment, health care, and community/civic engagement by reducing barriers faced by individuals and families.

Promoting Community Health and Health Education:

Improve community health outcomes and increase health education awareness among individuals and families.

Combating Homelessness and Fostering Safe and Affordable Housing:

Increase access to stable, safe, and affordable housing for low-income individuals and families.

Addressing the Opioid Epidemic and Substance Use Disorders:

Respond to the opioid epidemic and increase the availability of supportive services to individuals and families impacted by substance use disorders.

Strengthening Agency Capabilities to Fulfill the Mission:

Build agency capacity through communications, technology, fund development, and strategic human resources management to fulfill the mission of Kentucky River Foothills.

BUILDING A DIFFERENT LIFE

Faye's Journey Through Education and Resilience

Faye still remembers the moment she decided to bet on herself. She was working, raising her children, and trying to keep life stable when she first heard about Scholar House. It was not presented as an easy answer. It was presented as a chance. "I knew I wanted to go back to school and completely change my life," she said. She moved in almost three years ago, stepping away from survival mode and into something unfamiliar.

As a first-generation college student, every step forward carried meaning. College was not part of the path she grew up expecting. It was something she had to build for herself. "It made me feel like I was changing the direction of my family's future," she said. "I wanted to prove to myself and my children that we are capable of building a different life." Business had interested Faye since childhood, particularly how organizations operated, decisions were made, and systems shaped people's outcomes.

Her children remain at the center of everything. Faye is the mother of five, with three grown children and two still at home. "Staying connected with all of my children is a huge part of what keeps me going," she said. After relocating to Kentucky in 2020, she experienced periods of housing instability while caring for her younger children, staying in shelters and temporary housing while working toward a more stable life.

"I stayed at a homeless shelter with my babies, lived in a motel for a while, and worked extremely hard to get where I am today," she said. "Those experiences taught me resilience, adaptability, and how important support systems and community really are." Scholar House changed the structure of her life, giving her space to focus on school, parenting, and the future rather than simply getting through each day.

"The biggest thing Scholar House gave me was stability and community," she said. "Before coming here, I was constantly surviving. Scholar House gave me the chance to finally invest in myself and my future." Over time, Faye also began seeing herself differently. "I learned how to let go of my past and finally love myself for who I am," she said. "That was a huge turning point for me emotionally, mentally, and academically."



The McNair Scholars Program opened another door. Through research opportunities, campus visits, and mentorship, Faye experienced academic environments that once seemed out of reach. Presenting research and visiting universities changed what she believed was possible. "I was meant to be a doctor," she said. "Seeing those schools gave me hope, ambition, and motivation." The experience also gave her a clearer academic direction. "It showed me what I was truly capable of," she said. "It helped me realize that I deserve to pursue a PhD."

In May, Faye earned her Bachelor of Business Administration in General Business from Eastern Kentucky University, graduating cum laude. She is now in graduate school, pursuing her MBA while working as a graduate assistant, and she plans to continue with a PhD in Information Systems and Operations Management. Her long-term goal is to build a consulting business focused on improving the systems that shape people's lives, especially for those navigating circumstances similar to her own.

That goal is rooted in lived experience as much as academic study. "I grew up around systems that can either help or hurt people," she said. "I want to be part of creating better ones." For Faye, success is not defined by a single degree or milestone, but by changing direction and continuing forward.

"I am most proud of staying sober, encouraging other women, finding my own voice, and becoming the person I always hoped I could be," she said. When she talks about what comes next, there is no hesitation. "The most exciting part of all of this is knowing that I never have to return to the life I once lived," she said.

COMMUNITY SERVICES

At Kentucky River Foothills, Community Services is at the heart of our mission to help individuals and families build stronger, more stable lives. Through a network of programs, partnerships, and dedicated staff, we work alongside our communities to meet immediate needs while creating opportunities for long-term success. Whether someone is facing an unexpected crisis or working toward greater self-sufficiency, our goal is to provide compassionate support and practical solutions every step of the way.

Our Community Services programs address a wide range of needs, including family support, active aging, adult day health care, health and wellness, recovery services, education, housing, and transportation. By combining direct assistance with referrals, case management, and community partnerships, we help people access the resources they need to overcome challenges and improve their quality of life.

Our Outreach offices serve as the first point of contact for many individuals seeking assistance. Staff provide information, referrals, and access to emergency resources that help families navigate difficult circumstances. When additional support is needed, we connect clients with trusted community partners to ensure they receive the services best suited to their needs. Emergency assistance, including Goodwill vouchers for qualifying situations and eyeglasses through the New Eyes for the Needy program, helps individuals regain stability during times of hardship.

Kentucky River Foothills also offers services that promote long-term independence. Through Self-Sufficiency Case Management, participants receive individualized guidance in areas such as budgeting, employment preparation, goal setting, and life skills development. Energy assistance is available through the Low-Income Home Energy Assistance Program (LIHEAP), providing seasonal support to help eligible households manage heating and cooling costs and respond to energy-related emergencies throughout the year.

None of this work is accomplished alone. It is made possible through the dedication of our staff, the strength of our community partnerships, and the generosity of volunteers and supporters who share our commitment to improving lives. Together, we continue to expand opportunities, strengthen families, and build healthier communities throughout the Kentucky River Foothills service area.

COMMUNITY SERVICES



BASIC & EMERGENCY NEEDS

Information and Referrals.....	47,159
Direct Services.....	10,542
Goodwill Vouchers.....	94
New Eyes for the Needy.....	8
CSBG Client Services.....	21
CSBG Case Management.....	53
Outreach Events.....	13
School Supplies.....	535



ASSURANCE 16 ENERGY SAVINGS INITIATIVE

Case Management & Utility Assistance.....	90
Persons Receiving Energy Efficiency Pamphlets/Brochures.....	5,281



WINTERCARE KENTUCKY UTILITIES

Clark Co. Households.....	32
Clark Co. Benefit Amount.....	\$7,773.33
Estill Co. Households.....	4
Estill Co. Benefit Amount.....	\$1,200
Madison Co. Households.....	30
Madison Co. Benefit Amount.....	\$7,050.23



WINTERCARE COLUMBIA GAS

Clark Co. Households.....	14
Clark Co. Benefit Amount.....	\$3,651.87
Madison Co. Households.....	1
Madison Co. Benefit Amount.....	\$300



FOOD VOUCHERS

Clark Co. Households.....	50
Clark Co. Benefit Amount.....	\$2,500
Estill Co. Households.....	50
Estill Co. Benefit Amount.....	\$2,500
Powell Co. Households.....	50
Powell Co. Benefit Amount.....	\$2,500



SUMMER SUBSIDY 7/28/25 to 9/12/25

Clark Co. Households.....	324
Clark Co. Benefit Amount.....	\$51,797
Estill Co. Households.....	426
Estill Co. Benefit Amount.....	\$31,768
Madison Co. Households.....	759
Madison Co. Benefit Amount.....	\$118,194
Powell Co. Households.....	364
Powell Co. Benefit Amount.....	\$60,290



FALL SUBSIDY 11/3/25 to 12/12/25

Clark Co. Households.....	345
Clark Co. Benefit Amount.....	\$51,858
Estill Co. Households.....	231
Estill Co. Benefit Amount.....	\$37,959
Madison Co. Households.....	674
Madison Co. Benefit Amount.....	\$107,438
Powell Co. Households.....	407
Powell Co. Benefit Amount.....	\$66,182



WINTER CRISIS 1/6/26 to 3/27/26

Clark Co. Households.....	448
Clark Co. Benefit Amount.....	\$108,720.60
Estill Co. Households.....	529
Estill Co. Benefit Amount.....	\$138,503.30
Madison Co. Households.....	1,221
Madison Co. Benefit Amount.....	\$287,886.50
Powell Co. Households.....	711
Powell Co. Benefit Amount.....	\$162,686.42



SPRING SUBSIDY 4/20/26 to 5/22/26

Clark Co. Households.....	3,244
Clark Co. Benefit Amount.....	\$35,478
Estill Co. Households.....	325
Estill Co. Benefit Amount.....	\$54,290
Madison Co. Households.....	516
Madison Co. Benefit Amount.....	\$81,300
Powell Co. Households.....	287
Powell Co. Benefit Amount.....	\$49,068



Through kynect, Kentucky River Foothills helps individuals, families, and small businesses connect with health coverage and other important benefits. Our trained kynectors provide one-on-one assistance with applications for Medicaid, the Kentucky Children's Health Insurance Program (KCHIP), Qualified Health Plans, the Supplemental Nutrition Assistance Program (SNAP), and the Child Care Assistance Program (CCAP). They also help eligible small businesses explore coverage through the Small Business Health Options Program.

Kynectors make the enrollment process easier to understand by explaining available options, answering questions, and assisting with applications from start to finish. Health plans available through kynect include essential benefits such as doctor visits, hospital care, prescriptions, emergency services, and coverage for children and pregnant women. Depending on household income and family size, many Kentuckians may qualify for free or reduced-cost coverage, helping make health care and other essential supports more accessible. By providing knowledgeable assistance close to home throughout enrollment, Foothills helps connect more people with resources that support their health and well-being.



Households Enrolled in Medicaid

838



Households Enrolled in a Qualified Health Plan

44



Households Enrolled in Medicaid Renewal

57



Households Enrolled in a Qualified Health Plan Renewal

16



Households Enrolled in SNAP

374



Households Enrolled in SNAP Renewal

39



Households Enrolled in CCAP

18



Outreach Events Conducted

322

COMMUNITY COLLABORATION FOR CHILDREN

Community Collaboration for Children (CCC) works to strengthen families and prevent child abuse before a crisis occurs. The program serves families across 19 counties through regional partnerships, community education, outreach, and direct support that helps parents build practical skills and confidence in caring for their children. CCC's regional networks bring together community organizations, agencies serving children and families, parents, and residents to promote prevention, increase awareness, and encourage parent leadership. Staff also participate in educational and outreach activities throughout the year, including events held during Child Abuse Prevention Month each April. For families who need more individualized support, CCC provides in-home services focused on the physical, emotional, educational, and developmental needs of children. Specialists use the Nurturing Parenting Curriculum to help parents identify goals, strengthen parenting skills, improve family relationships, and create a safer, more nurturing home environment. Short term, intensive support is tailored to each family's circumstances and needs. CCC serves families in the Bluegrass Rural, Fayette Rural, and KIPDA Rural regions, with referrals accepted from community partners, the Department for Community Based Services, and families themselves. Services are provided at no cost to families who retain custody of their children, with no income requirement. Families may seek support for challenges such as disability, single parenthood, financial hardship, school concerns, housing instability, or the responsibilities of grandparents and other relatives raising children. The goal is to strengthen families before problems become crises.

BLUEGRASS RURAL



Cases
Served
50



Home
Visits
600



Children
Served
92



Connected
to Resources
50

FAYETTE



Cases
Served
36



Home
Visits
432



Children
Served
69



Connected
to Resources
36

KIPDA



Cases
Served
27



Home
Visits
324



Children
Served
44



Connected
to Resources
27



SCHOLAR HOUSE PROGRAMMING

Scholar House programs help parents pursue higher education while creating greater stability for their families. Through Eastern Scholar House and The Workforce Pathway at Kit Carson Commons Scholar House, residents receive housing and individualized support that can reduce barriers to completing an approved post-secondary education program, including technical college and online coursework. By easing pressures related to housing, childcare, and daily responsibilities, the programs give parents more room to focus on school, family, and long-term goals with greater confidence and a clearer path forward.

Both programs, located on the Eastern Kentucky University campus, combine stable housing with services that support academic and personal success. Residents have access to case management, academic tutoring, financial literacy education, employment support, and workshops focused on parenting, family resource management, nutrition, work skills, problem-solving, and job search techniques. These services help parents remain on track academically while building skills that can support employment, financial independence, and life after graduation.

Preschool-age children may attend the on-site Child Development Center, allowing parents to focus on classes and academic goals, and assistance through the Child Care Assistance Program is accepted. Both locations offer fully accessible two-bedroom apartments, while Kit Carson Commons also includes three-bedroom units. Apartments feature energy-efficient appliances, a washer and dryer, a dishwasher, and storage. Residents also have access to a computer lab, parking, and campus shuttle service.

Scholar House programs serve low-income parents who are committed to continuing their education and creating a stronger future for their families. At Kit Carson Commons, preference is also given to eligible military service members and veterans. By pairing affordable housing with education and supportive services, Scholar House helps parents work toward graduation, career opportunities, and greater financial security. The impact can extend to their children, who see firsthand the commitment involved in pursuing an education and building a different future. Scholar House is designed as a family support and educational success model, not traditional student housing, creating an environment where parents and children can thrive together.

Eastern Scholar House Program



Families Served

51



Children Served

72



Completed Program

12



Degrees Earned

12



Continued Their Education

7



Transitioned to Stable Housing

10

Kit Carson Commons Scholar House Program



Families Served

39



Children Served

71



Completed Program

9



Degrees Earned

9



Continued Their Education

4



Transitioned to Stable Housing

16



FOOTHILLS HEALTH & WELLNESS CENTER

Foothills Health & Wellness Center provides accessible, patient-centered care for individuals and families. The center welcomes patients with private insurance, Medicare, or Medicaid, and a sliding fee scale is available for eligible patients. As an NCQA-recognized Patient-Centered Medical Home, the center focuses on relationships between patients and providers so care is coordinated, personal, and responsive to individual needs.

Services include routine physical exams, preventive care, limited immunizations, laboratory and office testing, and treatment for acute and chronic health conditions. Patients may also receive well-woman exams, X-rays, nutrition counseling, prescription assistance, specialized care, and referrals when needed. By offering multiple services in one setting, the center helps patients address immediate and ongoing health needs.

Staff help patients connect with resources that make it easier to receive and continue care, including dental and vision assistance, transportation, behavioral health counseling, case management, and referrals to providers and community services. Educational resources help patients understand health, medications, treatment plans, and care options.

The center emphasizes prevention and continuity of care. Regular checkups, screenings, follow-up visits, and support for chronic conditions can help identify concerns earlier and give patients tools to make informed decisions about their health and ongoing care. Providers work with patients to develop care plans that reflect individual needs, circumstances, and goals, while staff help address barriers that can make receiving care more difficult.

Through its mobile unit, the center extends services beyond the clinic and brings care closer to residents in Powell County and surrounding communities, helping more people receive care closer to home. This outreach helps individuals who may face transportation, distance, or other barriers to accessing traditional health care settings.

Whether someone needs a routine exam, treatment for an illness, help managing a chronic condition, or assistance connecting with another service, Foothills is committed to providing compassionate, coordinated care. By combining medical services with practical support and community connections, the center helps patients take an active role in their health and strengthens access to care throughout the region.

A Closer Look

Total Patients

1,385

Core Health Center Services



Medical
Care
Encounters

2,876



Mental
Health
Encounters

1,003



Voucher
Assistance
Provided

77



Vaccines
Provided
On-Site

191



Diagnostic
X-rays
Conducted

158

Enabling Services



In-Home
Support
Visits

717



In-Office
Support
Visits

46



Transportation
Assistance
Provided

460



Community
Linkages &
Referrals

534



Basic Needs
Assistance
Provided

673



Health
Education
Services

627



Medication
Management
Support

146



Foothills Express helps people stay connected to the places and services that are part of everyday life. Reliable public transportation gives residents and visitors greater independence while providing access to work, school, medical care, shopping, appointments, and community activities. For many riders, having dependable transportation can make the difference between missing an opportunity and being able to take part.

Services are designed to meet a variety of transportation needs throughout the region. Trained drivers operate safe, accessible vehicles, including buses equipped to accommodate mobility devices. Personalized curb-to-curb service is available on weekdays with advance notice, while deviated-fixed routes provide regular access to commonly traveled destinations such as grocery stores, retail areas, and local offices. Riders may purchase daily passes or discounted books of passes.

The Madison County Connector provides transportation between Richmond and Berea, making it easier for riders to travel between the two communities for work, appointments, shopping, and other activities. Intercity transportation extends that access even farther by connecting rural residents with larger transportation networks, including airports and train stations, with affordable round-trip service to Lexington, Louisville, and Cincinnati.

For older adults, individuals with disabilities, households without a dependable vehicle, and others who face transportation barriers, these services can be especially important. Access to transportation supports independence and makes it easier to remain engaged in work, health care, family life, and the community. By helping people reach essential destinations, Foothills Express also helps expand opportunity and improve quality of life throughout the region.

Foothills Express operates Big E Transit on the Eastern Kentucky University campus for students, faculty, and staff. Non-emergency medical transportation is available for eligible Medicaid clients, helping individuals get to appointments and supporting continuity of care. Together, these services reduce transportation barriers, strengthen mobility, and help people remain connected to their communities.

DEMAND RESPONSE



Trips
30,959
Total Miles
135,770

RICHMOND TO BEREA CONNECTOR ROUTE



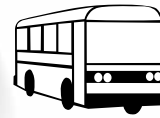
Riders
1,001
Miles
13,740

BEREA BUS SERVICE



Riders
3,507
Miles
23,024

INTERCITY



Riders
672
Miles
22,109

RICHMOND TRANSIT SERVICE



Riders
23,015
Miles
53,966

BIG E TRANSIT (EKU CAMPUS)



Riders
28,843
Miles
45,546

WINCHESTER/CLARK COUNTY BUS SERVICE



Riders
5,043
Miles
23,326

MEDICAID



Riders
17,859
Miles
153,736

OVERALL SERVICE TOTALS



Wheelchair
Trips
8,880



Ambulatory
Trips
102,019



Total
Trips
110,899



Total Route
Miles
471,217



AFFORDABLE HOUSING

A safe and affordable home can make a difference in a family's life, providing a foundation for financial security, employment, children's well-being, and future planning. Kentucky River Foothills Affordable Housing helps individuals and families build that foundation through guidance, resources, homeownership support, and programs that improve and preserve homes.

Homeownership counseling is available to low- and moderate-income families. Foothills guides participants through the home buying process, helping them understand financing, plan for expenses, and make informed decisions. Through case management and advocacy, families receive support tailored to their circumstances, goals, and needs, making the path to homeownership more manageable and attainable.

Eligible households may access very low-interest loans and grant opportunities that can make homeownership more achievable. Services may include credit counseling, mortgage guidance, education on down payments and closing costs, budgeting, credit repair, financial goal setting, and home maintenance training. Together, these services help families build the knowledge and confidence needed to prepare for and manage the responsibilities of homeownership.

Home rehabilitation is another important part of this work. These programs help address repairs, improve the safety and condition of existing homes, and allow residents to remain in the communities where they have built their lives. Preserving existing homes also helps maintain affordable housing options throughout the region. Eligibility varies by program and may include age, income, or property requirements. For certain mobile home assistance programs, participants must own both the home and the land.

Whether a household is preparing to buy a home, improving the one it already owns, or seeking resources to make housing more attainable, Foothills provides practical support at points along the way. Through counseling, financial resources, home improvements, and community partnerships, these programs help families strengthen their housing stability, protect an important investment, and build a future.

Creating Opportunity

HOME REPAIR & REHABILITATION

Fahe Grant
(elderly & disabled)

9 Total



Clark: 2; Estill: 2,
Madison: 1, Powell: 4

504 Rehabs through
Rural Development

25 Total



Estill County: 6
Powell County 19

FHLB Carol Peterson
(elderly & disabled)

2 Total



Powell County: 2

AHTF Repair Program
through KHC

6 Total



Estill: 4
Powell: 2

RENTAL ASSISTANCE & DEVELOPMENT

Tenant-Based
Rental Assistance

19 Participants



Clark County: 1
Estill County: 11
Madison County: 3
Powell County: 4

New
Construction

1 Home



Construction Has Begun

Garden Place
Apartments

30



AT CAPACITY
One-bedroom units for low-income
adults age 60+ in Estill County

COUNSELING & RENTAL UNITS

Credit Counseling
for Homeownership

28 Participants



Estill County: 12
Powell County: 16

Cedar Grove
Rental Property

3 Participants



One two-bedroom unit,
One three-bedroom unit

Powell
Duplexes

4 Participants



Four two-bedroom units

Estill County
Fourplex

5 Participants



Four one-bedroom units

SUPPORTIVE SERVICES FOR VETERAN FAMILIES

Supportive Services for Veteran Families, or SSVF, helps eligible veterans and their families achieve and maintain safe, stable, and affordable housing. The program serves households experiencing homelessness or at imminent risk of losing housing. Through case management, supportive services, and temporary financial assistance, SSVF helps veterans address immediate needs while building greater long-term stability and self-sufficiency.

Veterans are connected with available services through community outreach, partnerships with the VA, and local events. Staff provide program information, complete eligibility assessments, and help each household identify the resources and assistance that best fit its circumstances and needs.

Case managers work one-on-one with households to identify barriers and develop a plan for housing stability. Support may include rental and utility deposits, temporary financial assistance, budgeting guidance, help increasing household income, housing and health care navigation, landlord engagement, VA benefits assistance, and referrals to Legal Aid and other community resources.

Stable housing can provide the foundation veterans and their families need to move forward in other areas of life. By addressing housing challenges alongside employment, health care, finances, and access to benefits, SSVF helps households build the resources, skills, and connections needed to remain successfully housed over time.

SSVF serves low-income veteran families across 21 Kentucky counties. Veterans must meet military service, income, and housing requirements and have a discharge status other than dishonorable. During the program year, SSVF met its goal for veteran households served and fully utilized available program funding, reflecting responsible stewardship while helping veterans and their families work toward lasting housing stability and greater security in the communities they call home.

HOMELESSNESS PREVENTION SERVICES



Veteran Households Served
153



Individuals Served
312



Financial Assistance Provided
\$704,501.60

RAPID RE-HOUSING SERVICES



Veteran Households Served
152



Individuals Served
206



Financial Assistance Provided
\$795,090.73



SUPPORTIVE SERVICES FOR RECOVERY ENHANCEMENT

Supportive Services for Recovery Enhancement, or SSRE, helps individuals and households build stability while recovering from opioid use disorder and related substance use disorders. Funded by the Kentucky Opioid Abatement Advisory Commission, the program combines individualized guidance, practical resources, and ongoing support in a confidential and respectful setting. SSRE serves individuals with a current or previous diagnosis of opioid use disorder or a co-occurring substance use disorder, as well as eligible individuals returning to the community following incarceration for nonviolent opioid-related offenses. Staff work with each participant to identify immediate needs, address barriers, and develop a plan that reflects individual goals and circumstances. Support may include housing assessments and planning, connections to public benefits and medical care, peer support, employment and job readiness assistance, educational opportunities, and, when eligible, temporary financial assistance for rent or utility arrears, deposits, transportation, and emergency supplies. For individuals returning from incarceration, these services can help make the transition to recovery and independent living more manageable. Recovery often depends on more than treatment alone. Safe housing, dependable income, access to health care, transportation, and a strong support system can all influence a person's ability to move forward. By addressing these practical needs alongside recovery, SSRE helps participants work toward greater independence, stable housing, improved financial security, and long-term recovery. This approach helps participants address challenges while working toward goals that support progress. As needs change, staff help connect participants with resources and services that strengthen their path forward. The program meets people where they are while helping them build the resources and connections needed for a healthier, more stable future.



Households
Served

53



Individuals
Served

53



Total Financial
Assistance Provided

\$85,583.92



LIBERTY PLACE RECOVERY CENTER FOR WOMEN

Liberty Place Recovery Center for Women provides a supportive setting where women can focus on recovery from substance use and alcohol use disorders while preparing for the future. Through a partnership with Mountain Comprehensive Care Center, residents have access to services that address individual needs. By easing financial and day-to-day pressures, Liberty Place gives women time, structure, and encouragement to rebuild their lives.

Residents receive peer support, develop daily living and employment skills, participate in self-help meetings, and learn personal responsibility and accountability. Living in an environment free from illicit drugs and alcohol allows women to practice healthy routines, strengthen relationships, and build support systems that can continue after they leave.

Daily life at Liberty Place helps residents develop skills that support independence. Women learn to manage responsibilities, communicate effectively, make healthy decisions, and work toward personal goals at a pace that reflects their personal journey. The community allows residents to encourage one another, celebrate meaningful progress together, and recognize that recovery does not have to happen alone.

As women make progress, staff help them prepare for next steps. Planning may include employment, continued recovery services, reconnecting with family, securing stable housing, and strengthening recovery capital for life after the program. Staff work alongside each resident as she builds confidence, recognizes her strengths, and develops healthier patterns of thinking and behavior that support long-term recovery.

Recovery is viewed as an ongoing process rather than a single milestone. Liberty Place provides structure and accountability while giving women opportunities to practice choices, routines, and responsibilities that help them continue moving forward after the program with greater stability and purpose.

Liberty Place serves women age 18 and older who are experiencing housing instability or are at risk of losing housing. Women may refer themselves. Referrals are accepted from the Kentucky Department of Corrections and Drug Court, as well as through Casey's Law petitions. Each woman arrives with her circumstances and goals, and Liberty Place provides support as she works toward a healthier, more stable, and hopeful future with dignity and confidence.



Program
Residents
214



Liberty Hour
(AA Meetings)
365



Aftercare at
Liberty Place and
Holly Street
Apartments
11



In-House
AA Meetings
156

Liberty Place gave me a sober mom.
Not just a sober mom, but a mom who takes
responsibility and who I can depend on.
Liberty Place helped my family because
before this program, I never thought
I would have the chance to make good
memories with my mom.

Liberty Place has given me freedom. Freedom to
choose a better life. I'm no longer a victim
to alcohol and drugs. I have learned to process
my emotions and make better choices. I take
accountability for my actions. Today with
working the 12 steps of Alcoholics Anonymous
I have been released of all the guilt, shame
and remorse from the harm I caused myself
and others. Today I can walk down any street
with my head held high. I've been blessed
to be in the aftercare program. I have
my own apt for the first time. I start school
at ECU on Aug. 24. I have been given my
life back, a second chance and I owe it all
to the house that built me Liberty Place
Recovery Center for Women.



AGING SERVICES

Kentucky River Foothills Senior Citizen Centers provide adults age 60 and older with welcoming places to stay active, connected, and involved in their communities. Participation is open regardless of income, creating opportunities to build friendships, share experiences, and take part in activities that support independence and quality of life. For many participants, the centers provide a familiar place to spend time with others and remain connected to community life.

Each center offers recreational, educational, and social opportunities throughout the year. Participants may enjoy group outings, luncheons, bingo, card games, pool, air hockey, arts and crafts, exercise programs, and other activities shaped by local interests. Workshops and classes offer additional ways to learn new skills, explore hobbies, and stay mentally and physically active. Staff also work with participants to introduce activities that reflect what they enjoy and value.

The centers also connect older adults with services and information that can make everyday life easier. Health screenings, tax preparation assistance, utility assistance, information and referrals, and other community resources may be available throughout the year. Staff help participants understand available assistance and connect with additional support when needed. This guidance helps participants address immediate needs and make informed decisions about available services.

Nutrition is another important part of the program. A hot, nutritious lunch is served each weekday at 11:30 a.m., providing both a healthy meal and an opportunity to gather around the table with others. Limited transportation is available at no cost to help eligible participants reach meals, activities, and center services, reducing barriers that might otherwise limit participation.

For many older adults, the value of a senior center extends beyond a meal or activity. It is a place to see familiar faces, make new friends, stay involved, and maintain a sense of belonging. Through recreation, nutrition, education, practical assistance, transportation, and companionship, Foothills helps older adults remain engaged, supported, and as independent as possible while continuing to enjoy meaningful connections within their communities.

Staying Connected

BEREA SENIOR CITIZENS CENTER



Program Participants **232**



Congregate Meals **6,917**



Home-Delivered Meals **5,022**



Commodities **888**

THE GENERATIONS CENTER (WINCHESTER/CLARK COUNTY)



Program Participants **100**



Congregate Meals **5,987**



Home-Delivered Meals **1,000**



Commodities **109**

RICHMOND ACTIVE LIVING CENTER



Program Participants **163**



Congregate Meals **4,994**



Home-Delivered Meals **6,204**



No Commodities Provided

POWELL COUNTY SENIOR CENTER



Program Participants **122**



Congregate Meals **4,012**



Home-Delivered Meals **3,884**



Commodities **1,620**



Ready4Life helps high school students build skills for relationships, finances, decision-making, and the transition to adulthood. Serving students in grades 9 through 12, the program combines classroom learning and individualized support to strengthen communication, emotional awareness, financial confidence, and long-term planning. Services are provided at no cost to students, schools, or community partners. The program delivers an 18-hour core curriculum using REAL Essentials Advance and Money Smart for Young People. Students explore healthy relationships, communication, conflict resolution, personal values, digital safety, future planning, budgeting, saving, credit, income, and consumer protection. Lessons connect these topics to everyday situations, helping students make informed choices and develop skills they can use at home, in school, at work, and in future relationships. Ready4Life also provides individualized case management to help students identify goals and address barriers to progress. Participants complete assessments and develop an Individual Development Plan based on their needs and priorities. One-on-one support may include goal setting and connections to resources such as mental health services, energy assistance, and other supports for students and their families. Ready4Life serves students in public, private, and alternative schools across Bath, Clark, Estill, Madison, Meniffee, Montgomery, Morgan, Powell, and Rowan counties. By combining practical education with individualized guidance and community resources, the program helps young people build confidence, strengthen life skills, and make thoughtful choices as they prepare for adulthood.



Students Completing
Program
29



Average Individual Service
Contracts per Student
10



FOOTHILLS ACTIVE DAY CENTER

Foothills Active Day Center provides a welcoming, community-based setting for adults age 21 and older who need additional support because of physical, mental, intellectual, or memory-related challenges. The program combines health, social, supportive, and therapeutic services while helping participants remain as independent, active, and connected to their communities as possible. Each day includes opportunities for socialization, recreation, creativity, and relaxation, with activities offered in both the morning and afternoon. Participants especially enjoy bingo, gardening, and creating 4-H crafts for the fair. Monthly outings are planned when weather permits, with additional summer trips that give participants opportunities to enjoy activities and experiences together beyond the center.

Health and personal care are important parts of the program. Skilled nursing staff monitor health needs, provide medication reminders, and assist with meals, toileting, mobility, personal care, and daily activities when needed. Services emphasize safety, dignity, individual preferences, and each participant's abilities while providing the support needed to take part comfortably in daily activities. Active Day services also provide meaningful respite for families and caregivers throughout the workday. Families have peace of mind knowing their loved ones are safe, engaged, and well cared for while they work, attend appointments, or manage other responsibilities. The center also assists with participant appointments when possible. Regular activities, personalized support, and companionship encourage social connection, promote physical and emotional well-being, and help participants remain active while giving caregivers dependable support throughout the day.



Active Day
Center
Clients

25



Clients
Receiving
Attendant
Care

7

APPROVED FISCAL YEAR 2026-2027 OPERATING BUDGET

Kentucky River Foothills is committed to responsible stewardship of the public and private resources entrusted to us. This budget outlines the planned revenues and expenditures that sustain our programs and services across the region. Through careful financial management, we invest in programs and services that strengthen individuals, families, and communities while preserving the resources needed to carry out our mission responsibly and effectively.



Volunteer Services

Total Volunteer Hours: **1,854.15**

Volunteers

Community Services Block Grant/Outreach
Services: **4**
Aging Services: **16**

In-Kind Value

Community Services Block Grant/Outreach
Services: **\$11,292.87**
Aging Services: **\$150,422.50**
Community Collaboration for Children,
Bluegrass Rural: **\$90,000**
Community Collaboration for Children,
Bluegrass Fayette: **\$85,800**
Community Collaboration for Children,
KIPDA Rural: **\$32,400**
Foothills Health & Wellness Center: **\$141,961.51**
Transportation/Foothills Express: **\$177,458.40**
Total In-Kind Value: **\$689,335.28**

Revenues

→ **\$10,571,705**

Grant Revenue

→ **\$162,840**

Interest Revenue

→ **\$4,428,291**

Management Fees and Other Revenues

→ **\$15,162,836**

Total Revenues

Expenses

Personnel Costs: **\$5,806,625**
Fringe Costs: **\$2,761,375**
Travel: **\$150,081**
Supplies, Maintenance, and Office: **\$717,982**
Utilities, Telephone, and Rent: **\$823,754**
Equipment: **\$20,000**
Interest Expense: **\$73,828**
Professional Costs and Contracts: **\$349,132**
Services and Assistance: **\$3,157,927**
Depreciation: **\$194,559**
Other: **\$698,209**

Total Expenses: **\$14,753,472**
Net Surplus: **\$409,363.31**

**ADMINISTRATIVE
OFFICE**

6021 Atwood Drive
Richmond, KY 40475
(859) 624-2046
Fax: (859) 624-2049
TTY: 711
foothills@foothillscap.org

CLARK COUNTY

Community Services
32 Meadow Lane
Winchester, KY 40391
(859) 744-3235

James B. Allen, Jr. Generations Center
32 Meadow Lane
Winchester, KY 40391
(859) 744-3235

ESTILL COUNTY

Community Services
100 Tyler Lane
Irvine, KY 40336
(606) 723-4492

Housing Services
100 Tyler Lane
Irvine, KY 40336
(606) 723-0207

MADISON COUNTY

Berea Senior Citizens Center
214 Jefferson Street
Berea, KY 40403
(859) 986-8350

Community Services
311 Spangler Drive
Richmond, KY 40475
(859) 623-6514

Community Collaboration
for Children
311 Spangler Drive
Richmond, KY 40475
(859) 624-2046

Liberty Place Recovery Center for Women
218 Lake Street
Richmond, KY 40475
(859) 624-0104

Ready4Life
311 Spangler Drive
Richmond, KY 40475
(859) 624-2046

Richmond Active Living Center
801 Brighton Ave.
Richmond, KY 40475
(859) 623-0474

Scholar House
Eastern Scholar House Program
801 Van Hoose Drive
Richmond, KY 40475
(859) 408-7025

Scholar House
The Workforce Pathway at Kit Carson
Commons Scholar House
4460 Kit Carson Drive
Richmond, KY 40475
(859) 408-7025

Supportive Services for
Recovery Enhancement
311 Spangler Drive
Richmond, KY 40475
(859) 624-2046

Supportive Services for
Veteran Families
311 Spangler Drive
Richmond, KY 40475
(859) 408-7017

Transportation/Foothills Express
6021 Atwood Drive
Richmond, KY 40475
(859) 624-3236 or 1-800-819-7083

POWELL COUNTY

Community Services
245 7th Avenue
Clay City, KY 40312
(606) 663-2659

Foothills Active Day Center
245 7th Avenue
Clay City, KY 40312
(606) 663-0794

Foothills Health & Wellness Center
108 12th Street
Clay City, KY 40312
(606) 663-9011

Powell County Senior Citizens Center
551 Furnace Road
Stanton, KY 40380
(606) 663-5981

**Kentucky River Foothills
Development Council, Inc.**

A Community Action Agency



CONNECT WITH US

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