

Family and Individual Development Contests and Awards

Did you know that friendly competition can help boost mental health? Friendly competition can enhance self-esteem, build confidence, increase life satisfaction, and validate hard work. People can benefit from planning, the anticipation of the trip and the memories/experiences that are made.

Contest 2025-2026: Self-Care Contest (Travel)

The Family and Individual Development KEHA contest for the first year of the program will continue to challenge you to visit capitals and historic places across the Commonwealth and beyond. Visit at least three places. Write up the experience, reflect, AND submit photos that document the experience.

This contest is to engage you and others with meaningful day trips.

RULES:

1. Trips must be taken July 1 through February 28.
2. Day trips with a minimum of 3 separate trips.
3. Must visit any of the following places; Kentucky or National Park, Museum, Monument, Historical Site such as a church, home, graveyard, or any state capitol.
4. Provide details of each place visited with how many went on the trip, why the place was selected, and the most memorable experience the group had.
5. Maximum of 5 pages that include pictures and news articles. All 3 trips must be in this 5 pages.
6. Entry must be bound.

All entries must include:

- cover sheet found in KEHA Manual, Appendix 1
- must be bound
- postmark by March 1
- no email entries
- mailed to:

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

Questions may be directed to Amelia at 931-561-8012 or Meme6968@yahoo.com.

Awards will be distributed at the KEHA State Meeting. First place will receive a gift card. Second and third place will receive a certificate.

Contest 2026-2028: Coming Soon!

The chairperson will propose a new contest that will focus on activities that will support mental health in the local community. Details coming soon.