

FAMILY AND INDIVIDUAL DEVELOPMENT

Program of Work for 2025-2028

Topic: Mental Health Through the Ages

Family and Individual Development will spend 2025-2028 focusing on mental health across the life span. The lessons and contests will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being. This work supports the national affiliate's new program of focus: *Mental Health Awareness and Well-Being*. The goal is to increase community awareness through education programs, mental health first aid trainings, community events, partnering with other organizations, and fundraising.

Overall objectives:

- Highlight why mental health matters
- Understand signs or symptoms of mental health concerns
- Know where/how to find resources to help with mental well-being (help coping)
- Know NVON's Eight Dimensions of Wellness

Possible Activities:

- Teach the recommended lesson for the year.
- Distribute Extension information and resources on mental health.
- Share one or more of the NVON Eight Dimensions of Wellness.
- Visit a senior center or nursing home. Sit and talk. Play Bingo with prizes. Lead a class or make a craft. Participate in an activity or provide them with a small gift.
- Ideas for small gifts or crafts: corsages, handkerchiefs, ornaments, keychains, necklaces, pottery kits, rainmaker kits, bookmarks, etc.
- Make and distribute Homemaker "Survival Kits" – see example at <https://keha.ca.uky.edu/content/family-and-individual-development>.
- Celebrate national Cheer Up the Lonely Day on July 11. Plan an event, send a card, or call someone to check in on them.
- Participate in a health fair. Hand out information and talk with others.
- Partner with the local health department or library to join in on programs they offer.

Feel free to contact me if you would like ideas or details on these suggestions!

KEHA Family and Individual Development Chairperson – 2024-2027

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Supporting NVON

This Program of Work supports KEHA’s national affiliate, the National Volunteer Outreach Network, Inc. (NVON). Their new program of focus is Mental Health Awareness and Well-Being (<https://www.nvon.org/mental-health-awareness/>). NVON wants to “Break the Stigma, Ignite Hope, and reinforce that Mental Health Matters” (theme for 2025-2027 projects). Specifically, their goal is to increase community awareness through education programs, mental health first aid training, community events, partnering with other organizations, and fundraising.

NVON highlights Eight Dimensions of Well-Being which support holistic health and wellness when interconnected. Learning about these dimensions also can help people choose health and wellness and make health and well-being a habit and priority.

NVON’s Eight Dimensions of Well-Being are:

1. Physical Wellness
2. Emotional Wellness
3. Social Wellness
4. Intellectual Wellness
5. Environmental Wellness
6. Spiritual Wellness
7. Occupational Wellness
8. Financial Wellness

Emphasis One 2025-2026

TITLE: Mental Health Matters

Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

Lesson Goal: Improve mental health and well-being.

Objectives:

1. Differentiate between mental health and mental illness.
2. Identify risk factors and signs of mental illness.
3. Examine strategies to support mental and emotional health.
4. Compile mental health resources for help.

Resources:

Lesson titled “Mental Health Matters” includes these contents:

- Health Bulletins
- Facilitator’s Guide
- Mental Health Bingo Worksheet
- Evaluation

Emphasis Two and Three 2026-2028

Emphasis Two and Three are currently in development. Check the Family and Individual Development Chairperson website later for details.

<https://keha.ca.uky.edu/content/family-and-individual-development>

2nd Focus: Mental Health and Youth (kids, teens, and young adults)

Identifying signs of mental health concerns in young people.

Protecting mental health in young people.

Supporting parents and caregivers of young people with mental health concerns.

Identifying proper resources.

3rd Focus: Mental Health and Adulthood (including old age)

Identifying signs of mental health concerns in adults.

Protecting mental health across adulthood and old age.

Supporting adults and older adults.

Identifying proper resources.

For more information, resources, or assistance with website access, contact your county Family & Consumer Science Agent.