

***Family and Individual Development Program of Work Report***  
**From July 1, 2025, to June 30, 2026**

<b>Name of person completing this form:</b> _____	
<b>Phone:</b> _____	<b>Email:</b> _____
<b>For clubs reports:</b> Club reports are due to the County Family and Individual Development Chairperson by <b>July 1, 2026</b> . <b>Club Name:</b> _____	
<b>For county reports:</b> County reports are due via online surveys by <b>August 15, 2026</b> . The surveys will be available at <a href="http://keha.ca.uky.edu/content/impacts">http://keha.ca.uky.edu/content/impacts</a> by July 1, 2026. A copy of the submission should be mailed to the Area Family and Individual Development Chairperson by August 15, 2026.	
<b>County:</b> _____	<b>Number of Clubs reporting:</b> _____

**Lessons and Overall Goals**

Number of members who:

1. \_\_\_\_\_ Participated in the Mental Health Matters lesson.
2. \_\_\_\_\_ Know the difference between mental health and mental illness.
3. \_\_\_\_\_ Can identify risk factors of poor mental illness.
4. \_\_\_\_\_ Can identify signs or symptoms of poor mental illness.
5. \_\_\_\_\_ Have identified local resources that support mental health
6. \_\_\_\_\_ Intend to make mental health self-care a priority.
7. \_\_\_\_\_ Intend to support someone else with mental health needs.
8. \_\_\_\_\_ Intend to complete mental health first aid training and/or QPR training.
9. \_\_\_\_\_ Have *participated* in an FID contest this year (even if not complete/submitted).

**Activities**

Number of members who:

10. \_\_\_\_\_ Taught a mental health lesson.
11. \_\_\_\_\_ Distributed Extension information/resources on mental health (separately from the lesson).
12. \_\_\_\_\_ Shared one or more of NVON's Eight Dimensions of Wellness.
13. \_\_\_\_\_ Visited a senior center or nursing home.  
What did you do during your visit? \_\_\_\_\_
14. \_\_\_\_\_ Made a small gift or craft for someone. How many did you distribute? \_\_\_\_\_
15. \_\_\_\_\_ Made and distributed Homemaker "survival kits." How many did you distribute? \_\_\_\_\_
16. \_\_\_\_\_ Participated in a health fair.
17. \_\_\_\_\_ Celebrated national Cheer Up the Lonely Day on July 11.
18. \_\_\_\_\_ Partnered with the local health department.
19. \_\_\_\_\_ Partnered with the local library.
20. Is there any other organization or group you partnered with to share this message? \_\_\_\_\_

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21. If your club/county has conducted any Family and Individual Development programs NOT listed above, please share details.