

LATEST NEWS

- SPORTS Traditional Bank Athlete of the Week: Franklin County's Jackson wins state title in first year running hurdles
OPINION CARTOON: MLK Frankfort march
EDUCATION Franklin County's Emberton, Western Hills' Mehaffy named National Merit finalists
CRIME Franklin Circuit Court indictments (March 5)
EDUCATION Thompson honored with Betty and David Jones Sr. Legacy Award
NEWS 'A tribute to brave souls': Hundreds reenact March on Frankfort



How Much Should You Pay a Maid for House Cleaning? Here Are the Rates

Resources available to support Franklin County youth

By Amelia Berry Guest columnist May 27, 2023 Updated May 27, 2023

Signs of Suicide infographic with list of symptoms: Feeling trapped or hopeless, Exhibiting dramatic mood changes, Withdrawing from loved ones and society, etc.

LATEST LOCAL NEWS sidebar with headlines: Franklin County's Emberton, Western Hills' Mehaffy named National Merit finalists, Franklin Circuit Court indictments (March 5), etc.

In February more than 2,000 local teens took the Franklin County Youth Survey, administered annually at all public middle and high schools to students in grades 7-10 as part of the evidence-based Just Say Yes prevention initiative.

This year's survey revealed many areas of strength: 91% of 7th-10th grade students have never been drunk, and 79% have never used e-cigarettes. 86% say it's easy to get caring and warmth from their parents or caregivers, and 94% say their caregivers know where they are in the evenings.

The survey data also includes areas of concern: 21% of students say they tried alcohol at age 13 or younger, and the percentage of ninth and 10th graders who say they've used e-cigarettes in the last 30 days increased from 11% last year to 13% this year.

The data shows that Franklin County's young people are unfortunately not immune to the escalation in mental health challenges that have been documented around the world over the past decade and worsened by the COVID-19 pandemic.

As school lets out for the summer, let's start by equipping ourselves with simple, evidence-based strategies that are proven to save lives in the event of a mental health crisis:

- All adults who interact with youth — whether at home, at work, on the ball field, at church or in the community — should be on the lookout for warning signs of suicide.
People can call or text 988 or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support.
Visit www.fchd.org to access the new mental health resource hub, which includes evidence-based resources for parents, youth and the general public about mental health, suicide prevention and support for survivors of suicide loss.

Research is clear that timely recognition of warning signs, referrals to trained crisis support through 988, and use of evidence-based resources saves lives. Let's all commit to educating ourselves, sharing these resources with our loved ones, and taking extra care this summer to look out for each other — and especially for the young people in our lives.

Amelia Berry is project director of Just Say Yes at the Franklin County Health Department. Just Say Yes is a collaborative effort of public health, education, local government, healthcare, social service and faith- and community-based organizations working together with parents and youth to create the conditions for Franklin County youth to grow up healthy and drug-free.

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Grid of recommended articles: Dacey Riley's Pub to have grand opening Saturday, Frankfort's boys basketball team loses to Berea on Mayo-Underwood Throwback Night, etc.

Around The Web

Grid of featured articles: This Drugstore Wrinkle Cream Sold out on Amazon (In 2 Days), Beauty Expert: 'Over 40? This is the Only Serum You Should Put on Your Face', etc.

New SUVs That Beat Camper Vans advertisement

ONLINE POLL

Online poll: Last week Sen. Mitch McConnell announced he will step down as the Senate Republican leader in November. Do you agree with his decision?

TODAY'S E-EDITION

Placeholder for today's e-edition content

The State Journal social media and digital presence section

Garage advertisement featuring clothing items