

WOW

Washington on Wellness Coalition Community Newsletter

June 2025

Partners in Wellness

- Anthem BlueCross BlueShield, KY Medicaid
- Career Center
- Central KY Head Start
- Communicare
- Department of Community Based Services
- Dominican Sisters of Peace
- Elizabethtown Community Technical College
- House of Hope Inc.
- Housing Authority of Springfield
- Humana Healthy Horizons
- KY Division of Behavioral Health
- Lincoln Trail ADD, Area Agency on Aging & Independent Living
- Lincoln Trail District Health Department
- New Pioneers for a Sustainable Future
- Passport Health
- Rivendell Behavioral Health
- Silverleaf Sexual Trauma Recovery Services
- Tri-County KY United Way
- University of KY Health Education
- University of Louisville Peace Hospital
- Washington County Extension Service
- Washington County Schools

What is WOW?

The Washington on Wellness Coalition (WOW) is a community coalition comprised of agencies, volunteers, officials, and citizens. All are welcome. Our mission is to utilize community collaboration to promote well-being. Our goals include raising awareness of local issues, promoting the well-being of our community, and addressing substance use disorder through wellness.

Membership & Meetings

Any interested person may join the WOW Coalition for free. Active members meet on the last Wednesday of each month at noon. Inactive members may receive updates and minutes via email. A Member Directory is online at washington.ca.uky.edu/washington-wellness.

Anyone may receive the free monthly WOW newsletter with community information and helpful articles via email or mail. Members may also submit items to be included in the newsletter. Contact Cabrina Buckman with questions at cabrina.buckman@uky.edu or 859-336-7741.

There will be no WOW meeting in June.

Access Local Resources

Tri-County Kentucky United Way has a resource directory that serves Marion, Nelson, and Washington Counties. This directory is available at tricitykyuw.com/resource-guide.html.

Governor Beshear Announces Bell, LaRue, Marion, Washington Counties Certified as Recovery Ready Communities

FRANKFORT, Ky. (May 22, 2025) – Two weeks after Gov. Andy Beshear announced that Kentucky saw a 30.2% decrease in overdose deaths in 2024 compared with the year before, today, the Beshear administration certified four more counties as Recovery Ready Communities. The Governor said that by certifying Bell, LaRue, Marion and Washington counties as Recovery Ready Communities the nearly 71,000 Kentuckians residing in these communities can access second chance employment, safe sober living housing, health care and treatment. Counties are recognized for having established services for residents who are seeking help for drug or alcohol addiction in three different categories – prevention, treatment and recovery support.

“Kentucky has made great progress in reducing addiction and overdose deaths, and to continue this momentum we must ensure every community has access to critical resources,” Gov. Beshear said. “I am grateful to these four counties for doing the hard work needed to provide employment, treatment, housing and health care to those in their communities who are in addiction recovery or have been released from incarceration. They are making their communities safer and ending generational cycles of crime and addiction.”

“Every county certified is one step closer to certifying the entire commonwealth,” said Pam Darnall, chair of the Recovery Ready Communities Advisory Council. “We continue to encourage every county to apply and join Team Kentucky to turning progress into prosperity.”

A total of 25 counties in the commonwealth are now certified as Recovery Ready Communities for having established services for residents who are seeking help for drug or alcohol addiction. Bell County has been designated as a Recovery Ready Community due to its strong community coalitions such as UNITE Bell County and its robust network of quality treatment providers to more than 23,000 Kentuckians living there. The Cumberland River Recovery, Hope, Opportunity and Resiliency Center for Women, boasts over 100 inpatient treatment beds for women in addition to 52 affordable family living units allowing women to be reunited with their children upon completion of treatment and transition into recovery. The county is also focusing on prevention in Bell County Schools through the “Too Good for Drugs” program while increasing reentry support for those nearing release from the Bell County Detention Center. The Bell County Health Department has partnered with University of Kentucky Healthcare, Cumberland River Behavioral Health and Appalachian Regional Hospital to provide an almost fully comprehensive harm reduction outreach program for residents while also connecting patients with addiction treatment prior to discharge. “We are proud to be recognized as a Recovery Ready Community,” said Pam Sulfridge, vice chairperson of UNITE Bell County Coalition. “This certification reflects the hard work and dedication of our community members, organizations and leaders who are committed to making a difference in the lives of those affected by substance use disorders.”

More than 15,000 Kentuckians in LaRue County now reside in a designated Recovery Ready Community which is partnering with the Kentucky Chamber to host fair chance employment events and ensure access to recovery housing in neighboring Hardin County. The Lincoln Trail District Health Department operates a highly effective and comprehensive harm reduction outreach program that incorporates other health services provided by Stepworks’ Intensive Health Mobile Unit. Additionally, the Hodgenville Police Department operates one of the longest running police social worker programs outside of Northern Kentucky. “I’m proud of LaRue County and all its partners that have established our community roadmap to recovery,” said LaRue County Judge/Executive Blake Durrett. “We know the success we want for our citizens, and we are ready to get them the help they need for recovery.”

Marion and Washington counties submitted a joint application for certification, which represents a combined population

of 32,120 Kentuckians. The two counties demonstrated close intercounty and interagency cooperation bolstered by strong local health coalitions such as the Marion County Heartland and Washington on Wellness coalitions. They have been designated as a Recovery Ready Community as they are home to two of the largest addiction treatment providers: Isaiah House and Addiction Recovery Care's Crown Recovery Center.

They also operate an innovative addiction treatment and recovery support program at the Marion County Detention Center. Both counties combined resources to reopen the Lebanon/Marion County Career Center to provide residents with local access to education and employment support services. The counties utilized local opioid abatement funding to hire a Community Support Specialist at the career center to provide barrier reduction services to individuals in recovery from addiction or reentering society from incarceration. Since reopening the career center, two large regional factory employers have completed the Kentucky Chamber Foundation's Fair Chance Academy and are working with the center to offer second chances to residents.

"Being certified as a Recovery Ready Community is not just an achievement; it is a commitment to our citizens," said Marion County Judge/Executive David Daugherty. "This certification signifies that we are actively working to prevent substance misuse, support individuals in recovery and create meaningful employment opportunities. When people are provided with the tools to heal and the opportunity to work, families are strengthened, and our entire community thrives. This certification represents both a significant milestone and the beginning of ongoing progress and hope."

Treatment Resources

If you or a loved one are struggling with addiction, the KY HELP Call Center can connect you to treatment by calling 833-8KY-HELP (833-859-4357). Information about treatment programs all across the commonwealth is available at FindHelpNowKy.org. Information on how to obtain the life-saving drug naloxone, which is used to reverse an opioid overdose, can be found at that website as well as at FindNaloxoneNowKy.org and FindMentalHealthNowKy.org. Visit the Kentucky State Police website to find one of KSP's 16 posts where those suffering from addiction can be paired with a local officer who will assist with locating an appropriate treatment program. The Angel Initiative is completely voluntary, and individuals will not be arrested or charged with any violations if they agree to participate in treatment.



Summer Feeding Program 2025

7-Day Meal Pickup

June 4 - August 13, Wednesdays Only

For anyone 1-18 years old

Washington County
Elementary/Middle School
9:00am - 11:00am

Washington County
High School
5:00pm - 6:30pm

North Washington
Elementary/Middle School
4:00pm - 6:00pm

Career Center Offerings

June 3 Virtual Job Fair 1 to 3:30 Register online:
LTCareerCenter.org/jobfair

June 3 Marion County Community Baby Shower 4 to 6 @Venue
68, 212 West Main Street, Lebanon, KY 40033

June Youth Career and Resource Fair 1 to 4@Lebanon/Marion
County Career Center, 516 Workshop Lane, Lebanon, KY 40033

June 17 Virtual Job Fair 1 to 3:30 Register online:
LTCareerCenter.org/jobfair

June 4, 11, 18, 25 Industry Testing TABE and Bennett Mechanical
Testing 8:00 AM every Wednesday@Lebanon/Marion County
Career Center, 516 Workshop Lane, Lebanon, KY

June 6, June 13, & June 27th Resume and Interviewing Workshop
every Friday at 9:00 AM@Lebanon/Marion County Career Center

AGVENTURES DAY

FREE ICE CREAM
OUTDOOR GAMES
KENTUCKY KATE
FARM SAFETY DEMONSTRATIONS
INFLATABLES
POPCORN & MORE!



**Free Books
for Kids!**



Enroll in Dolly Parton's
Imagination Library

Reading with your child is one of the best ways to build early language, social, and thinking skills. With Dolly Parton's Imagination Library, your child can receive a free, high-quality book every month—delivered right to your mailbox!

Who's Eligible?

All children from birth to age five living in Kentucky.

How It Works:

- Enroll your child online in just a few minutes
- Your first book, *The Little Engine That Could*, arrives in 8–12 weeks
- Keep the magic going—new books arrive monthly until your child's 5th birthday!

Because reading together today builds a brighter future tomorrow—and creates priceless snuggle time along the way.

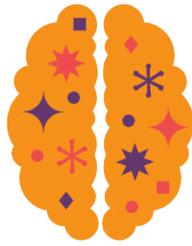


Scan the QR code or visit
ImaginationLibrary.com/Kentucky
to sign up!

Let's spark a lifelong love of reading—one book at a time.

JUNE 13 - 12:00 PM-3:00 PM
WASHINGTON COUNTY
EXTENSION OFFICE
245 CORPORATE DR, SPRINGFIELD

 Cooperative
Extension Service



WITS WORKOUT

Free sessions to learn about brain health & exercise your wits with fun games! There is no physical activity - this is exercise for your mind.

**1st & 3rd Fridays at 10am
at the Washington County Public Library**

Taught by Cabrina Buckman, WC Extension FCS Agent
Questions? Call Cabrina at 859-336-7741

Hosparus Community Counseling



Community grief counseling programs are offered through Hosparus Health. If you are interested in staying up to date, please use the QR code to follow Hosparus Green River on Facebook.



the one-stop shop for FREE mental well-being resources

Credible Mind is the free online platform that brings together expert rated and vetted videos, podcasts, apps, online programs, books, and articles all in one easy to use place. Confidential and available 24/7, with Credible Mind you can learn new skills, understand your own mental health, take a mental health assessment and browse our library of thousands of mental wellbeing resources.

Mental health is vital to our overall wellbeing. When we hear "mental health" we tend to think of negative things like feeling anxious, depressed, or stressed. Did you know that mental health also includes emotional, psychological, and social wellbeing? Things like our happiness, eating habits, and job or relationship satisfaction can affect our mental health, too!

Credible Mind covers over 200 topics, including:

aging, ADHD, resilience, anxiety, forgiveness, mindfulness, purpose, friendships, humor, gratitude, body image, depression, relationships, creativity, goal setting, happiness, burnout, self-care, parenting, caregiving, boundaries, stress, movement, grief, time management, sleep



**Scan the
QR code or
type in the
website**

Visit heartlandtrail.crediblemind.com to get started.



Addressing Local Hunger

To help address local hunger, food sources are listed here. If you have information to add, please email cabrina.buckman@uky.edu or call 859-336-7741.

Blessing Boxes: nonperishable food items available to anyone in need and may be re-filled by any donor.

Washington County locations include:

- Springfield Police Station - One Police Drive, Springfield, KY 40069
- St. Dominic Elementary School - 303 West Main Street, Springfield, KY 40069
- Willisburg City Hall - 2516 Main Street, Willisburg, KY 40078
- Mackville Community Center - 10651 Main Street, Mackville, KY 40040
- Springfield Christian Church - 201 East Main Street, Springfield, KY 40069
- AME Zion Church - 300 E High Street, Springfield, KY 40069
- Holy Rosary (Manton) Church - 4653 Cissellville Road, Springfield, KY 40069
- Washington County High School - 300 US-150, Springfield, KY 40069
- Community Action: www.ckcac.org | 859-336-7766 | washingtonca@ckcac.org
- Bethlehem Baptist Church - 2200 Old Perryville Loop, Springfield, KY 40069
- Holy Rosary Church (Manton) - 4653 Cissellville Rd, Springfield, KY 40069

Feeding America Monthly Food Distribution: run by Community Action and held at Idle Hour Park in Springfield; held on 2nd full week of the month on Thursday

School Food Pantry: Contact the Family Resource Center in your child's school.

St. Dominic Food Pantry: Wednesday mornings from 9:00am-10:30am | help line: 859-805-0964 | located at 303 West Main Street in Springfield. The food pantry is open to anyone in Washington County.

Supplemental Nutrition Assistance Program (SNAP) (formerly food stamps): <https://benefind.ky.gov>
Individuals may also call the Department for Community Based Services at 859-336-3977 or visit them at 803 Bel Vista Drive in Springfield.

Meals for Seniors: The Lincoln Trail Area Agency on Aging & Independent Living offers two programs for people over the age of 60. Call 270-737-6082 for home delivered meals. Visit the Senior Center for drive through meals.

Washington on Wellness

For more information, contact:
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Family and Consumer Sciences Agent
Washington County Extension Service
245 Corporate Drive | Springfield, KY
Phone: (859) 336-7741
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Lexington, KY 40506



Disabilities accommodated with prior notification.