

SEP 2022

The Dinner
Table Project

Table Talks

STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER

KENTUCKY STRENGTHENING FAMILIES

Kentucky Strengthening Families (KYSF) represents a multi-disciplinary partnership of more than 20 national, state and local, and public and private organizations dedicated to embedding six research-based Protective Factors into services and supports for children and their families.



CONCRETE SUPPORT IN TIMES OF NEED

YOUR FAMILY GETS ASSISTANCE
TO MEET YOUR BASIC NEEDS

Supporting families in times of need is a key factor in school readiness and preventing child abuse and neglect. For more information on Kentucky Strengthening Families visit <https://chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/kysf.aspx>

SEPTEMBER'S NATIONAL RECOVERY MONTH!

September is National Recovery Month and is used to promote treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible. Visit <https://rm.facesandvoicesofrecovery.org/> for information on how you and your family can participate in Recovery Month!

COMMUNICATION TIP: VALIDATE THEIR FEELINGS

It can be difficult to empathize with emotions that we are not experiencing. Rather than brushing off what your teen might be feeling, be sure to validate their struggles by saying something along the lines of "Wow, that must be difficult. What can we do to help you through it?"

KIP DATA

Kentucky Incentives for Prevention (KIP) Survey is a bi-annual survey taken by most 6th, 8th, 10th, and 12th graders in Kentucky public schools (Not all school districts participate). These results are from the 2021 Survey.

90%

OF KY 10TH GRADERS BELIEVE THAT THEIR PARENTS WOULD FIND IT "WRONG" OR "VERY WRONG" IF THEY DRANK ALCOHOL DAILY.

When teens have adults in their lives that set clear expectations regarding alcohol and other substance use teens are less likely to use or misuse substances. Having regular conversations about substance use & misuse can create opportunities for your teen to open up and share in a healthy way.



Download the *Talk. They Hear You.* Mobile App for tips on how to start conversations about alcohol and other drug use with your teens. Get Informed. Be Prepared. Take Action.

BBQ CHICKEN TWICE -BAKED POTATOES

INGREDIENTS

- 4 medium sweet potatoes
- 1 tbsp. extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 2 c. shredded rotisserie chicken
- 1/2 c. barbecue sauce, plus more for serving
- 2 cloves garlic, minced
- 1/2 small red onion, thinly sliced
- 1 small jalapeño, thinly sliced
- 1 c. shredded cheese

DIRECTIONS

1. Preheat oven to 375°. Place sweet potatoes on a large baking sheet. Toss with oil and season with salt and pepper.
2. Bake until tender, about 1 hour, depending on size. Let cool slightly, then, using a paring knife, slice along top of each sweet potato and push in both ends to create a well.
3. In a medium bowl, toss chicken with barbecue sauce and garlic. Stuff into sweet potatoes, then top with red onion, jalapeño, and cheese. Return to oven and bake until cheese is melty and chicken is warmed through, about 15 minutes more.
4. Drizzle with barbecue sauce before serving.

CONVERSATION STARTERS

- If you could live inside any movie or book universe, which would you pick?
- Is there a cause or charity you feel drawn to? Why?
- Is there anyone at school you would like to get to know better?
- Who in your life has had the most impact on you?



thedinnertableproject.org



KENTUCKY
REGIONAL
PREVENTION
CENTERS