
Youth Empowerment System



2014 Resource Manual



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Kentucky Youth Empowerment System (YES)

How did Kentucky YES! Form?

A group of representatives from the Regional Prevention Centers across the state came together in 2003 to discuss creating a statewide committee that would allocate money to existing youth groups and help build capacity to establish new youth groups that would be focused on helping to prevent alcohol and tobacco use in their schools and communities. A proposal was drafted and submitted to the Division of Substance Abuse for approval. The proposal was ultimately approved and the Youth Empowerment System (YES) was born.

The goal of YES is to engage youth in the science of prevention through school based activities and ultimately through these activities to build capacity among youth groups to plan, implement and evaluate substance abuse prevention programs in their region.

What is the Kentucky YES! Steering Committee?

The mission of the committee is to promote the prevention of alcohol, tobacco and other drug abuse, and violence in the state of Kentucky. The Y.E.S! Steering Committee is dedicated to empowering youth groups by directing and evaluating funding proposals and plans to implement strategies that focus on the prevention of alcohol, tobacco and other drug use and abuse.

Who is Eligible to apply for a YES! Grant?

The Youth Empowerment System strives to be an umbrella for all eligible youth groups dedicated to work in the area of substance abuse prevention efforts. Although YES works to include all youth groups, there are some requirements for applying for a YES grant. The requirements include:

- The activities and plans must be youth led
- The youth group must have an adult sponsor
- YES youth groups must consist of high school age (9-12th grade); however, programs featuring high school mentors of younger aged children are acceptable.
- YES groups must collaborate with their RPC for reporting grant activities, etc.
- Past funded groups must have fulfilled their funding requirements and YES stipulations (progress reports, etc.)
- Groups must be associated with an actively represented RPC at Steering Committee meetings, as stated in bylaws.

Examples of youth groups that are eligible for funding include: Champions, 4-H Groups, Faith-Based Groups, SADD Clubs, MADD clubs, UNITE Clubs, Healthy Choices clubs, etc.

How does YES! Funding Work?

Grant amounts can vary yearly, but are not usually less than \$1,000 and cannot exceed \$1,500. This fee must include administrative fees (if applicable) which cannot exceed 10% of the grant. Additionally, sponsors may apply for a \$100 stipend to be included in the grant.

- a) **Commodity Items:** There is also a limit to how much of the grant can be spent on “commodity” items (i.e. t-shirts, towels, stress balls). No more than 20% of the total award can be spent on such items.
- b) **Alternative Activities:** While “alternative activities” such as a drug free dance, project prom, project graduation can be funded using YES! Moneys no more than 50% of the total grant can go towards these activities.

What are some Examples of YES! Approved Activities?

- Alco-Pops Presentations to: parents, churches, community groups (increases awareness of accessibility and placement of products).
- Media Campaign: to include radio spots, posters, school announcements and presentations that push positive choices, not drinking underage, and/or increased awareness of bingeing. Can also include peer refusal skill building (changing norms and increases awareness.)
- Retailer-Directed interventions such as sticker-shock that partners with local law enforcement. (Environmental strategy that address access.)
- Meeting with local legislators around current bills or identified actions that would decrease alcohol accessibility to underage youth. (Environmental strategy that addresses sustainability).
- Community Activity such as recognition activities for community partners who consistently enforce current laws and ordinances around alcohol and youth. (Increase collaboration.)
- Collaborating with local groups (such as ASAP Board) to compliment activities and strengthen the reach of activities. (Collaboration will increase probability of sustainability of programs as well as advertise a consistent message between groups.)
- Published stories, columns, and editorials in local and school newspaper that provides accurate information, increases refusal skill and identifies alcohol-free activities for youth. Help to market such activities to increase reach of program. (Increase awareness and participation in programs; address norm of “no-use” by youth.)
- Environmental scan of local convenient /gas stores to determine level of signage, display standards and commitment to non-availability of alcohol to underage buyers.
- Parent-Alert program as a collaborative with enforcement and local liquor store owners to identify underage young people trying to purchase.
- Collaborating with school administrators to review school policies regarding underage drinking and strengthening when necessary. Educating parents on enforcement of the policies.
- Map out location of all liquor stores or convenient stores that sell beer for your county. Determine any problem areas as well as identify the bright spots where problems do not occur. Interview owners of bright spots to determine their policies that achieve success. Utilize this information to partner with parents and enforcement to present to other distributors for their increased success.
- Develop educational material for parents that addresses need to lock-up alcohol or increase difficulty of access to increase awareness of how easy it might be for youth to access alcohol in their homes. Couple this with research that indicates the #1 source of alcohol by youth is in their home. Publicize the successful efforts of parents to keep alcohol away from under-21 youth.

Basic Facts & Talking Points



What does a YES! Group Need to Know About Alcohol?

- **What is alcohol?**

- The yeast enzyme made changes simple sugars in potatoes, cereals or grapes into ethanol, which is found in: beer, malt liquor, wine, liquor. liqueurs and wine coolers

- **How much is “a drink” of alcohol?**

- A standard drink is 12 grams of pure ethanol which equals:
 - 12 oz of beer or wine cooler
 - 8 ounces of malt liquor
 - 5 ounces of wine
 - 1 ½ oz of 80 proof distilled spirits (whiskey, vodka)

- **How does alcohol work biologically?**

- Alcohol is a depressant. It slows the function of the brain, releases the brain chemical dopamine, increases the level of opioid peptides, numbs pain, and makes the drinker feel sleepy. As a person drinks more, the central nervous system slows down dangerously. Over time, alcohol consumption can cause permanent changes/damage in the brain.

- **Short Term Effects of Drinking Alcohol**

- Slowed reactions and poor coordination
- Heavy sweating
- Blurry or double vision
- Nausea and vomiting
- Lowered reasoning skills
- Doing or saying things you otherwise would not
- Lower heart rate
- Slowed breathing
- Anxiety, restlessness
- Mental confusion, memory loss
- Coma
- Death from respiratory arrest or alcohol poisoning

- **Addiction to Alcohol: Alcoholism**

- Alcohol is addictive.
- 1 in 7 drinkers become dependent on alcohol.
- The disease of alcoholism worsens over time.
- Alcoholics continue to drink in spite of the real problems alcohol causes in their lives. It's a true, physical addiction, complete with painful withdrawal symptoms.
- Alcoholism can happen to anyone.
- Science has proven that there is a genetic predisposition to alcoholism. This means your choice to stay away from alcohol is even more critical if there is a history of alcohol abuse in your family.

- **Long Term Health Consequences of Alcohol Consumption**

- Liver disease
- Heart disease and stroke
- Brain cell death
- Cancer of the mouth, pharynx, esophagus, breast, pancreas, liver, colon, rectum
- Decreased bone density
- Malnutrition and gastric illness
- Sexual problems in men and women
- Higher risk for depression and other mental health disorders

- **According to the National Institute on Drug Abuse (NIDA):**
 - Alcohol kills over 100,000 people per year.
 - Of the top three killers of youth aged 15-19, half are alcohol related.
 - Alcohol related death by firearms, auto accidents and other accidents.
 - Drunk driving accidents kill about 15,000 people and injure over 300,000 every year in the U.S.
 - Alcohol use is involved in:
 - Half of murders, accidental deaths and suicides
 - A third of drowning, boating and aviation deaths.
 - Half of all crimes
 - 32% of incarcerated teens were drunk at the time of their crime and/or arrest.
 - For more information visit: www.drugabuse.gov

Talking Points: What is a Social Host Ordinance?

- A Social Host Ordinance holds adults (social hosts) criminally responsible for underage drinking events on property they own, lease or otherwise control.
- Alcohol is the drug of choice for youth. It is involved in the deaths of more teenagers than all other illicit drugs combined, by a four-to-one ratio.
- Many parents truly believe it is safer for their teenager and friends to drink at home as long as they take the keys away; however, this is a myth. Underage drinking is a risky business, and the consequences to teens extend beyond drunk driving.
- Parents and concerned adults need to send a consistent message that underage alcohol use is illegal and dangerous. Underage drinking is not a rite of passage into adulthood.
- The officer does not need to witness the adult handing alcohol to a minor to issue a citation. The law can extend to include adults who don't take sufficient measures to prevent underage drinking from occurring in their home or on their property—even if they are not home when the drinking occurs. Social host ordinances give law enforcement a tool to control parties where underage drinking occurs, and they serve as a significant deterrent to hosting the parties in the first place.
- At local and national levels, home parties have repeatedly been identified as the primary source by which youth obtain alcohol. Communities across Kentucky are beginning to respond to the problem of adults facilitating underage drinking by addressing the environment of the community.
- For more information on the importance of Social Host Ordinances please contact the Kentucky Alcohol Performance Enhancement Site Coordinator at Bluegrass Prevention Center, 859-225-3296.

Talking Points: What is Responsible Beverage Server Training (RBS) and why is it important to require RBS Training for all alcohol sellers and servers?

- **Effective RBS:** Responsible Beverage Server Training teaches alcohol vendors how to address over-serving guests and selling to underage youth. The goal of RBS Training is to decrease the number of illegal alcohol sales to underage youth and intoxicated patrons. Effective RBS training should include:
 - How alcohol affects guests and customers
 - How to identify intoxicated customers and how to slow or refuse service
 - The importance of checking age identification of customers who appear to be underage
 - How to recognize situations in which adults are buying alcohol for underage youth
 - How to identify fake identification and what to do when it is presented
 - A review of state and community laws and the potential consequences of these laws and policies

- **Benefits of RBS:** RBS training is important because it has benefits for the community, the establishment that sells alcohol and their servers/sellers. Research shows that the community is safer and healthier when RBS training is mandatory. The state of Oregon mandated training in 1986 and experienced a 23% drop in alcohol related motor vehicle fatalities. A 1994 study reported that the number of DUI arrests declined almost 9% in a county receiving RBS training. Other studies show that RBS training results in more responsible server practices, such as slowing the service of alcohol and offering nonalcoholic beverages and food.
 - Establishments that serve/sell alcohol can be eligible for discounts in their insurance premiums when all their employees have received RBS training. RBS training may also provide a “reasonable efforts defense” in third party liquor liability lawsuits. In addition, RBS training results in more staff professionalism and improved customer service.
 - RBS teaches servers/sellers how to limit their individual liability by preventing the intoxication of patrons and refusing to sell alcohol to underage patrons. The American Journal of Public Health also reports that improved customer service resulted in a 13% increase in gratuities among servers trained in TIPS, a RBS training program.

Suggested Activities to Address Alcohol:

1. **Hands Off Halloween:** Hands Off Halloween was created in 1994 by Laurie Leiber, Director of the Center on Alcohol Advertising, to stop the promotion of alcohol to children. Leiber and others joined together to declare that Halloween was a holiday for children and should not be exploited by the alcohol industry. Today, the Hands off Halloween coalition asks others organizations to become involved at local, state, or national levels and helps these groups distribute campaign packets. The organizations this ask alcohol vendors by petition, letters, or visits not to use Halloween-theme advertisements in their stores. For more information visit: http://www.nhtsa.gov/people/injury/alcohol/Community%20Guides%20HTML/Guides_index.html
2. **Social Host Ordinance:** Underage drinking is a risky business, and the consequences to teens extent beyond drunk driving. Parents and concerned adults need to send a consistent message that underage alcohol use is illegal and dangerous. A Social Host Ordinance would hold adults (social hosts) criminally responsible for underage drinking events on property they own, lease, or otherwise control. This ordinance gives law enforcement a tool to control private parties where underage drinking occurs, and they serve as a significant deterrent to hosting the parties in the first place. For more information visit: <http://www.kyprevention.com/projects/social-host/>
3. **Responsible Beverage Server (RBS) Ordinance:** Research from the Office of Juvenile Justice and Delinquency Prevention demonstrates the responsible beverage service program can prevent the sale of alcohol to intoxicated persons and impaired driving. Mandatory Responsible Beverage Server Training requires everyone involved in the selling and serving of alcoholic beverages to participate in an approved training program related to preventing alcohol sales to underage individuals. For more information visit: <http://www.kyprevention.com/projects/rbs/>



What does a YES! Group Need to Know About Tobacco?

- Tobacco is an agricultural crop, commonly found in cigarettes, cigars and chewing tobacco. Tobacco contains the drug nicotine.
- Nicotine is both a stimulant and a sedative to the central nervous system.
- Nicotine usually enters the body through inhalation (cigarettes/cigar) or absorption through the mouth (chewing tobacco). When smoke is inhaled and enters the lungs, the nicotine reaches the brain in seconds. It has a short direct effect on the body for up to 30 minutes. As the effect wears off, the user experiences depression and weariness, often leading the user to seek more nicotine.
- Nicotine is *HIGHLY* addictive.
- Tobacco contains a number of dangerous additives. Besides nicotine, there are many additives in tobacco products. Carcinogens (cancer causing agents) and over 4,000 other chemicals have been found to be in tobacco products.
- **Short and Long Term Effects**
 - With regular use of tobacco, levels of nicotine accumulate in the body during the day and persist overnight. As a person tries to stop smoking, their addiction results in severe withdrawal symptoms including irritability, sweating and anxiety.
 - Persons suffering withdrawal also take longer to regain emotional stability following stress. During periods of abstinence and/or craving, smokers have shown impairment across a wide range of psychomotor and cognitive functions, such as language comprehension.
- **The Risks**
 - Smoking can and does kill people every day. Smoking is the most common cause of lung cancer. Smoking is also a leading cause of cancer of the mouth, throat, bladder, pancreas and kidneys. Smokeless tobacco can cause mouth cancer, tooth loss and other health problems.
 - Like alcohol, smoking is particularly harmful to teens because a teen's body is still developing.
 - The toxins in a cigarette, cigar or pipe smoke effect normal development and can cause life threatening diseases such as chronic bronchitis, heart disease and stroke.
 - Pregnant women who smoke cigarettes run an increased risk of having stillborn or premature infants, or infants with low birth weight.
- **Secondhand Smoke**
 - Secondhand smoke comes from the burning end of a cigarette, pipe or cigar. It also comes from smoke exhaled by a smoker.
 - Secondhand smoke is the third leading cause of preventable death in the U.S. It causes the death of 53,000 people per year.
 - Every year approximately 280 youth die from respiratory illnesses associated with secondhand smoke.
 - Every day 15 million youth are exposed to secondhand smoke in their homes and other places.
 - People exposed to secondhand smoke breathe the same toxic chemicals that smokers do when using a cigarette. These chemicals come not only from the tobacco itself but from the soil, paper and ingredients added to make tobacco taste better.
 - There are more than 250 toxic chemicals in secondhand smoke.
 - Studies show that the more exposure you have to secondhand smoke, the more likely it is you will have health problems.

Suggested Activities to Address Tobacco:

- 1. Great American Smokeout:** On November 18, 1976, the California Division of the American Cancer Society adopted the ideas of Arthur P. Mullaney and Lynn R. Smith and successfully prompted almost one million smokers to quit for the day. This event marked the first Smokeout and the initiative went national in 1977. The Great American Smokeout is held the third Tuesday in November when millions of people are challenged to stop using tobacco. The event also offers public support and a feeling of camaraderie to those who give up smoking for the day in hopes they may quit for good.
For more information about the Great American Smokeout visit:
<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index>
- 2. Kick Butts Day:** Kick Butts Day is an annual initiative in the Spring that encourages activism and leadership among elementary, middle and high school students. On Kick Butts Day, adults stand up for youth. This initiative aims to show that kids possess powerful voices in the fight against the tobacco industry.
For more information on Kick Butts Day visit: <http://www.kickbuttsday.org/>
- 3. Operation Storefront:** Operation Storefront is designed to minimize the amount of tobacco advertising at local businesses and using the media to encourage change. By acting as youth detectives, members of your group will conduct surveys of tobacco advertising at local businesses and record the results. The project typically uncovers large amounts of cigarette ads and promotions. The findings can be brought to the attention of the media who can help publicize the fact that children cannot escape tobacco marketing.
For more information on Operation Storefront visit: <http://www.lungchicago.org/operation-storefront/>



What does a YES! Group Need to Know About Marijuana?

- **Marijuana contains the drug THC (Tetrahydrocannabinol)**
 - Marijuana is a drug made from the leaves and flower tops of the plant Cannabis Sativa.
 - All forms of cannabis contain THC, the main active ingredient in marijuana which is responsible for its psychoactive effects.
 - Marijuana's effect on the user depends on the strength of the THC it contains.
 - All forms of cannabis also contain more than 400 other chemicals which can cause lung cancer just like tobacco cigarettes.
 - Marijuana is the most commonly used illegal drug in the U.S.
 - Today's marijuana is much more potent than the marijuana of the past. The higher potency level makes the marijuana more likely to cause increased psychotic reactions such as anxiety, amnesia and confusion.
- **Short and Long Term Effects**
 - All forms of marijuana can be harmful.
 - Because users often inhale the unfiltered smoke deeply and then hold it in their lungs as long as possible, marijuana is damaging to the lungs and pulmonary system.
 - Physical effects may include: blood shot eyes, relaxed inhibitions, risky sexual behavior, increased appetite, difficulty concentrating, loss of short term memory, and altered perceptions and reaction time. Long term users of marijuana may develop psychological dependence and addiction to the drug.

- **Risks of Marijuana**

- **Marijuana is illegal.** Using, holding, buying or selling it can get youth suspended or expelled from school and can lead to criminal charges.
- Marijuana is NOT harmless. The media often gives misleading information about the health consequences of using marijuana. Smoking marijuana increases the risk of cancer and lung damage. Marijuana can induce feelings of anxiety, panic and paranoia.
- Marijuana diminishes abilities. It reduces the ability to do tasks that require coordination and concentration like sports, driving, and studying.
- Marijuana impairs judgment and thinking. Marijuana can lead to risky behaviors with devastating consequences such as car crashes, violence, unplanned pregnancies, sexually transmitted diseases, etc.
- Marijuana is addictive. Many users report that, over time, they require more of the drug to get the same effect. Also, marijuana is often the first drug used by those who go on to have addictions to substance such as heroin, cocaine, etc.

Suggested Activities to Address *Marijuana*:

1. **Red Ribbon Week:** Red Ribbon Week as a tribute to a fallen Drug Enforcement Agency (DEA) hero, Special Agent Enrique Camarena and blossomed into a national symbol of drug prevention. This week is typically recognized as the last week in October. For more information about Red Ribbon Week ideas and activities visit: <http://www.justice.gov/dea/redribbon/RedRibbonCampaign.shtml>
2. **Social Norms Campaign:** Social norms are those beliefs and attitudes held by all of us about what is normal, expected or appropriate in any social situation. The premise behind this approach to prevention is that all social systems (high schools) have protective social norms and the protective norms are misperceived. In other words, many students and adults alike perceive that the use of marijuana or other substances is much higher than it is in reality – therefore creating a social norm that it is acceptable or common to use drugs. For more information on implementing a social norms campaign in your high school, visit: www.mostofus.org or <http://designforsocialchange.weebly.com/social-norms-campaign.html>
3. **Town Hall Meetings:** A town hall meeting is an informal public meeting that gives the members of a community an opportunity to get together to discuss emerging issues and to voice concerns and preferences for their community. A typical meeting is attended by both citizens and officials, giving everyone a chance to talk personally in a relaxed environment about the things which matter to them. This is an excellent platform to educate the community on the dangers of marijuana and newly emerging legislation surrounding marijuana along with community resources for those currently addicted or concerned. A Town Hall Meeting can be held to address a number of substances or concerns in the community. For more information on hosting a town hall meeting in your community, contact your Regional Prevention Center ([see contact list in this manual – page 12](#))



What does a YES! Group Need to Know about Inhalants?

- **The Scope of the Problem**
 - Inhalants are the fourth most-abused substance after alcohol, tobacco, and marijuana among high school students.
 - 9 out of 10 parents refuse to believe their children may have ever abused inhalants.
 - Almost half a million young people use inhalants in any month.

- **The Risks of Inhalant Use**
 - Inhalant abuse is the intentional inhalation of common products as a means to achieve a high.
 - Chronic inhalant users can suffer severe and permanent brain damage.
 - Some users die the first time they experiment with inhalants.
 - Other possible risks include intoxication, hearing loss, short-term memory loss, limb spasms, and liver and kidney damage.

- **Signs of Inhalant Abuse**
 - Paint or stains on the body, clothing, rags, or bags
 - Missing household items
 - Anxiety, excitability, irritability, or restlessness
 - Red or runny eyes or nose
 - Spots or sores around the mouth
 - Nausea, loss of appetite
 - Drunk, dazed or dizzy appearance
 - Slurred or disoriented speech
 - Unusual breath odor or chemical

Suggested Activities to Address *Inhalants*:

1. **National Inhalants & Poison Awareness Week:** The National Inhalant Prevention Coalition has developed National Inhalants & Poison Awareness Week (NIPAW). This media-based campaign takes place the third week in March. NIPAW is designed to increase understanding about the use and risks of inhalant abuse. It encourages participation from all facets of the community.
For more info on National Inhalants & Poison Awareness Week visit: <http://www.inhalants.org>

Regional Prevention Center (RPC) Youth Empowerment System Contacts

Four Rivers RPC 01

Samantha Powell (spowell@4rbh.org)
& Ellen Walsh (ewalsh@4rbh.org)
425 Broadway, Suite 202, Paducah, KY 42001
270-442-8039; fax 270-442-5729
Serves: Ballard, Calloway, Carlisle, Graves, Hickman,
Fulton, Livingston, Marshall, McCracken

Pennyroyal RPC 02

Paula Brown, Director (pbrown@pennyroyalcenter.org)
& Virginia Oldham (voldham@pennyroyalcenter.org)
607 Hammond Plaza, Hopkinsville, KY 42240
P.O. Box 614 Hopkinsville KY 42241
(270) 886-0486 x171; fax (270) 890-1790
Serves: Caldwell, Christian, Crittenden,
Hopkins, Lyon, Muhlenberg, Todd, Trigg

River Valley RPC 03

Sarah Lippert (sarahlippert@rvbh.com)
P.O. Box 1637; 1100 Walnut St., Owensboro, KY 42302
(270) 689-6563; fax (270) 689-6677
Serves: Daviess, Hancock, Henderson, McLean,
Ohio, Union, Webster

LifeSkills RPC 04

Jessica Diame (jdiame@lifeskills.com)
P.O. Box 6499; 380 Suwannee Trail
Bowling Green, KY 42102-6499
(270) 901-5000 ; fax (270) 842-6553
Serves: Allen, Barren, Butler, Edmonson,
Hart, Logan, Metcalfe, Monroe, Simpson, Warren

Communicare RPC 05

Kelly Harl, Director (kharl@communicare.org)
1311 N. Dixie Avenue, Bldg. A
Elizabethtown, KY 42701
(270) 765-5992 ; fax (270) 737-2293
Serves: Breckinridge, Grayson, Hardin,
Larue, Marion, Meade, Nelson, Washington

Seven Counties RPC 06

Stephanie Benson (sbenson@sevencounties.org)
101 W. Muhammad Ali Blvd., Louisville, KY 40202
(502) 589-8600; fax (502) 589-8925
Serves: Bullitt, Henry, Jefferson, Oldham, Shelby,
Spencer, Trimble

Northkey RPC 07

Sarah White (solliges@northkey.org)
503 Farrell Dr., Covington, KY 41011
(859) 283-0952 ; (fax) 859-283-9438
Serves: Boone, Campbell, Carroll, Gallatin, Grant,
Kenton, Owen, Pendleton

Comprehend RPC 08

Lauren Penrose, Director
(LPenrose@comprehendinc.org)
731 Kenton Station Road, Maysville, KY 41056
(606) 759-7799; fax (606) 759-7609
Serves: Bracken, Fleming, Lewis, Mason, Robertson

Pathways RPC 09-10

Sam Castle (sam.castle@pathways-ky.org)
P.O. Box 790; 1212 Bath Ave, 9th Floor
Ashland, KY 41105-0790
(606) 329-8588; fax (606) 324-9501
Serves: Bath, Boyd, Carter, Elliott, Greenup, Lawrence,
Menifee, Montgomery, Morgan, Rowan

Mountain RPC 11

Rachel Willoughby (rwilloughby@mtcomp.org)
173 N. Lake Drive, Prestonsburg, KY 41653
(606) 889-0328; fax 606-889-6427
Serves: Floyd, Johnson, Magoffin, Martin and Pike

Kentucky River RPC 12

Donna Hardin, Director (donna.hardin@live.com)
79 Little Grapevine Creek Rd., Hazard, KY 41701
(606) 436-4124; fax (606) 436-0122
Serves: Breathitt, Knott, Lee, Leslie, Letcher,
Owsley, Perry, Wolfe

Cumberland River RPC 13

Virginia Asher, Director (rpcasher@yahoo.com)
223 S. Cherry St., Pineville, KY 40977
(606) 337-2070; fax 606-337-2210
Serves: Bell, Clay, Harlan, Jackson, Knox, Laurel,
Rockcastle, Whitley

Adanta RPC 14

Aimee Weddle (aweddle@adanta.org)
259 Parkers Mill Rd., Somerset, KY 42501
(606) 679-9425; fax (606) 679-3095
Serves: Adair, Casey, Clinton, Cumberland, Green,
McCreary, Pulaski, Russell, Taylor, Wayne

Bluegrass RPC 15

Jessica Miller (jmiller@bluegrass.org) &
Tara McGuire, Alcohol PES (tkmcquire@bluegrass.org)
P.O. Box 13670; 1351 Newtown Pike, Building 3
Lexington, KY 40583-6370
(859) 225-3296; fax 859-254-2412
Serves: Anderson, Bourbon, Boyle, Clark, Estill, Fayette,
Franklin, Garrard, Harrison, Jessamine, Lincoln,
Madison, Mercer, Nicholas, Powell, Scott, Woodford

STATEWIDE TOLL-FREE # 866-213-8739

