



KPF's 2025 Year in Review

With contributions from Sarah Burress, Courtney Keim, PhD, and Laura Wittenberg

As we wrap up the year, the Kentucky Psychological Foundation is proud to share the progress we've made. This year we updated our mission to better reflect the work we are doing. KPF is using psychology to uplift Kentuckians through learning and community support. Paired with our updated vision—'ensuring all Kentuckians have easy access to trustworthy, evidence-based mental health resources'—we focused on making our work more accessible and practical for the public.

2025 also brought our new rebrand, featuring a kite logo with a string made from our logos previous leaves to renew our commitment to centering our community by providing accurate, evidence-based information and resources. This year, we took important steps toward making sure KPF is a resource our community can rely on and look to in their everyday lives.

Public Education Resources

This year, the Foundation worked hard to deliver more accessible mental health resources to our community than ever before. In partnership with Mental Health America Kentucky and Families for Effective Autism Treatment (FEAT) Louisville, we offered twelve no-cost, family-friendly webinars covering a wide range of psychological topics. These programs were designed to inform and support the public, helping Kentuckians navigate mental health

with trusted, evidence-based information they can rely on. With more than 2,000 people registered or tuning in throughout the year—and all recordings available for **free** in our YouTube video library—these resources continue to reach and support even more individuals across Kentucky.

Here's a list of all the great information we brought to Kentucky this year ([and don't forget these are available for free at the link here](#)):

- What to Do After the Autism Diagnosis: Initial Steps to Create a Supportive Environment
- Ask a Psychologist: Understanding Therapy and Mental Health Care
- Talking to Children About Gambling: When to Start, What to Say, and Red Flags to Monitor
- Autism and Your Child's Education: What You Need to Know
- Ask a Therapist: What to Expect in Relationship Therapy and What Makes It Work
- Feeding Challenges and Neurodiversity: How to Understand and Support Children with ADHD and Autism
- Ask a Psychologist: Pride Month
- Supporting Mental and Emotional Wellness in Teens
- Ask a Psychologist: AI & Mental Health
- From Fear to Freedom: Navigating Money Challenges with Confidence
- Puberty and Autism: 5 Things Parents Need to Know (and Do!)
- What Siblings Need: Five Tools for Raising Healthy, Resilient, Brothers and Sisters in Autism Families

Nonprofit Wellness Initiative (NPWI)

Since launching NPWI in 2024, the program has grown into a key resource for nonprofit organizations across Kentucky. Through our partnership with Bellarmine University students, we are continuing to build a suite of practical, psychology-informed tools available on the KPF website—free to nonprofits statewide. Interest in NPWI continues to grow as organizations seek support for staff well-being and burnout prevention. Please share the NPWI resources with anyone in your network who is interested in workplace wellbeing!

Launching in January: *The Burnout Room*



KPF is thrilled to debut ***The Burnout Room*** this January—a podcast co-hosted by **Dr. Courtney Keim and Sarah Burress**. The show explores burnout, workplace wellness, and the realities of mission-driven work, offering grounded, relatable conversations informed by psychological science and lived nonprofit experience. We look forward to sharing more soon and hope you'll help us spread the word.

KPA Member Exclusive: You can listen to Episode 1 BEFORE it is made available to the public here: <https://drive.google.com/drive/folders/1YMaEZAs-RQ2DXpLDNWaJORluHSsdHpP?usp=sharing>

Sarah and Courtney would love your feedback on ways we can make this podcast successful. Please take a moment after listening to provide suggestions: <https://kpa.jotform.com/253184884506061>

We're Recruiting New Board Members

KPF is seeking passionate, engaged KPA members to join the KPF Board, including a graduate student representative. If you are interested in contributing your expertise, supporting community outreach, or shaping the direction of our growing initiatives, we'd love to hear from you. This is a meaningful way to support KPF's mission and help guide its next chapter.

Thank You for Your Support

Your donations, mentorship, and volunteer efforts make this work possible. To get involved or express interest in board service, email Sarah at **Sarah@kpa.org**. To make a tax-deductible gift, visit www.kentuckypsychologicalfoundation.org/donate.

With appreciation,
The Kentucky Psychological Foundation