



Commonwealth of Kentucky Personnel Cabinet

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Thomas B. Stephens, Secretary

FOR IMMEDIATE RELEASE

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NEW Support for Employees with Children with Special Needs

Free benefit, Rethink, provides tools for learning, social, behavioral challenges, and developmental disabilities

FRANKFORT, Ky. (Jan. 18, 2019) - A new, free benefit to support those caring for children with learning, social or behavior challenges, or developmental disabilities comes to state employees in 2019. Rethink, a new mental health resource, allows parents to utilize live teleconsultations with behavior experts, access more than 1300 “how-to” videos, and use printable resources in a variety of topics.

“One in six children is diagnosed with a developmental disability. We know monitoring and treating this early is key to a successful future and Rethink is the perfect benefit for employees experiencing this reality,” Personnel Cabinet Secretary Thomas B. Stephens said. “Rethink will give parents the resources and tools they need so they can understand, teach, and better communicate with their child facing a learning, mental or behavioral disability.”

Members can also participate in quarterly webinars and enjoy tips and articles from board certified behavioral experts. Rethink offers parents individualized lesson plans for homeschooling, topics to discuss with teachers and children, and access to remote consultations.

More than 43 million people have a mental health condition in the United States. The Personnel Cabinet is excited to offer this new resource to state employees to help address children's mental and behavioral health needs. State government, school district, and quasi-government employees, as well as teachers and retirees can participate in the Kentucky Employees Health Plan (KEHP) to take advantage of this benefit.

Employees participating in KEHP can enroll for Rethink at kehpr.ethinkbenefits.com and use enrollment code KEHP. For more information about Rethink Benefits, click [here](#).

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