

KY-SPIN's SAMPLE LIST of Available Workshops



Support, Educate, Train for Success

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KY-SPIN thanks you for considering us for your training needs.

To request training, or to refer an individual or family for training, please contact us at: <https://www.kyspin.com/contact/>, by emailing spininc@kyspin.com or by calling (800) 525-7746.

** This is just a SAMPLE of the training sessions that KY-SPIN can offer you, your family, or your organization. KY-SPIN can and will continue to develop, modify, and create customized workshops to fit your needs.*

**The audiences and session lengths are mere suggestions. Do not hesitate to request a change in the suggested duration to meet your needs.*

All Audiences

About KY-SPIN

Length of Presentation: 30 min

Description: This session will teach you who KY-SPIN is, who our partners are, and what we do to assist individuals, families, and professionals.

Special Education Law: IDEA, Section 504, and ADA (ages 3-21)

Length of Presentation: 60 – 180 min

Description: This session will give an overview of Special Education Law, which includes the Individuals with Disabilities Education Act (IDEA), Section 504 of the Rehabilitation Act, & Americans with Disabilities Act (ADA).

Bridging the Gap in Special Education (parents/caregivers)

Length of Presentation: 8 hours

Description: An in-depth training covering Building Partnerships, Overview of Section 504, Americans with Disabilities Act (ADA), Individuals with Disabilities Education Improvement Act (IDEA) 2004, Overview of the Special Education Process (IDEA Part B: ages 3-21)-Individualized Education Program (IEP), IDEA Procedural Safeguards, Dispute Resolution, IEP: A Closer Look, 504 Plans, and Individual Health Plan (IHP)

Preparing for the Admissions Release Committee (IEP TEAM) Meeting Series

Length of Presentation: 1 hour per session

Session 1: IEP Team Who's a Member?

Description: This session looks, person by person, at the membership of the team of individuals that IDEA requires to be involved in developing a child's individualized education program (IEP).

Session 2: Contents of the IEP

Description: This session looks in detail at the information that must be included in the IEP of every child with a disability receiving special education and related services under IDEA.

Session 3: Meetings of the ARC/IEP Team

Description: This session focuses on what happens in the meeting, where the IEP gets written, who's there, what's discussed, and what must be considered.

Session 4: Least Restrictive Environment (LRE) Decision-Making

Pivots on a point of enormous importance in the education of children with disabilities under IDEA: They are to be educated in the least restrictive environment (LRE), learning and working alongside their peers without disabilities to the maximum extent appropriate.

Part of the Building the Legacy training curriculum developed by NICHCY, 2007 | Updated by CIPR, 2016 – Adapted & presented for Kentucky by KY-SPIN

Family Engagement: What It Is, What It Means to You and Tips Along the Way

Length of Presentation: 60 min

Description: Building relationships is the key aspect of family engagement. This session gives basic information on building and strengthening family/school relationships.

Parents/Caregivers

Skills for Effective Parent Advocacy

Length of Presentation: 60 min

Description: This session will discuss what advocacy means, how to improve your advocacy skills, and how you can make a difference. We will discuss the importance of collaboration to effectively advocate for your child. This curriculum was created by the National Family Advocacy Support and Training (FAST) Project, a project of the PACER Center.

Bullying Prevention- Everyone's Responsibility: What Parents Can Do

Length of Presentation: 60 min

Description: Many times, children with disabilities and siblings are at greater risk of bullying. This session will explain what bullying is and how parents can help their children when bullying is a concern. The PACER National Bullying Prevention Center created this curriculum.

Starting and Maintaining Parent Support Groups

Length of Presentation: 60 min

Description: Tips on starting and maintaining Parent Support groups. Families need a support system and many times a Parent Support group will create that for you. This session stresses the importance of the move from isolation to inclusion for the whole family.

Understanding and Handling Stress

Length of Presentation: 60 min

Description: Understanding and identifying stress symptoms, and ways to help relieve the stress that comes from everyday life situations.

Time Management and Organization Skills

Length of Presentation: 60 min

Description: There are not enough hours in each day to get everything done. This session will give you tips on how to manage the demands in your life. The more you can plan and organize the better your day will be.

Connect the Dots for Parents and Caregivers

Length of Presentation: (4) 2-hour sessions

Description: This workshop series combines the traditional Connect the Dots curriculum with Parent Cafés to build connections in the community. This series is presented in (4) 2 hour sessions.

Connect the Dots Autism Spectrum Disorder and Other Disabilities

Length of Presentation: (6) 2.5 hour sessions

Description: Connect the Dots highlights 4 easy-to-remember steps to address challenging behaviors. The 4 steps encompass both the “well-being” and the “well-doing” of children to ensure strong social and emotional skills needed for success in school and life. Connect the Dots resources and trainings are for anyone who works with children ages one to five years old. This universal tool can be used in any setting serving families and children by teaching children how to recognize and express their emotions appropriately. These trainings include a make-and-take aspect as well, where parents can make visuals (schedules/IF–THEN boards etc.) tailored to fit your current needs. They are designed to make interactions with your child positive so they can make progress and keep peace in the home. (Presented in (6) 2.5 hour workshops)

Behavior Basics

Length of Presentation: 60 min

Description: This training will walk you through basic positive behavior strategies, including how to identify triggers, avoid unwanted behaviors, and how to manage problem behaviors. The training will also provide key strategies for parents and professionals to implement at home or in the classroom.

Nurturing Parenting Special Needs and Health Challenges

Length of Presentation: (8-12) 2 hour sessions

Description: These sessions are designed to help parents and their children with chronic or life-threatening medical conditions, developmental delays, life-altering disorders, and disabilities.

Guardianship in Kentucky

Length of Presentation: 60-90 min

Description: This workshop will give an overview of guardianship in KY and the alternatives to guardianship.

Parents as Leaders (PALS)

Length of Presentation: 5 hours/day for 2 days

Description: PALS is a series of trainings presented and sponsored by Kentucky - Special Parent Involvement Network (KY-SPIN) providing leadership skills and learning opportunities to youth/adults with disabilities and their parents, caregivers, and family members.

Youth and Self-Advocates

Self-Determination and Self-Advocacy

Length of Presentation: 30-60 min

Description: This session will go over how to make your own decisions, help the viewer understand their disability and how it affects them, and teach how to self-advocate for themselves.

Skills for Effective Self-Advocacy

Length of Presentation: 30-60 min

Description: This session will discuss what self-advocacy means, how to improve your advocacy skills, and how you can make a difference. We will discuss the importance of collaboration to effectively advocate for yourself. This curriculum was created by the National Family Advocacy Support and Training (FAST) Project, a project of the PACER Center.

Stress Management for Self-Advocates

Length of Presentation: 30-60 min

Description: This session will define stress, discuss the impact of stress, and give strategies for reducing stress in everyday life.

Time Management and Organizational Skills for Self-Advocates

Length of Presentation: 30 min

Description: Effective time management involves scheduling and completing tasks so you can move things from your “to-do list” to your “done list”. This session will help you identify your current needs and will suggest ways to help you become efficient, productive, and organized.

Collaborative Communication for Self-Advocates

Length of Presentation: 30-60min

Description: A tour through how communication can effectively build a partnership while advocating for yourself. skills, barriers, and values of collaborative communication will be discussed.

Special Education for Self-Advocates

A Self-Directed IEP Meeting

Length of Presentation: 20-30 min

Description: This session discusses what an IEP is, how to prepare for and how to participate in the meeting.

My IEP: Learning the Basics

Length of Presentation: 45-60 min

Description: “My IEP Learning the Basics” is a high-energy, interactive training focused on learning the basics of the IEP meeting and how youth can and should participate in their educational planning.

Transition Age (Self-Advocates)

Hey, Where's My Transition Plan?

Length of Presentation: 45 min

Description: This training focuses on students learning about transition and planning for their future. Students will learn strategies for improving self-advocacy skills and will explore the options that students have after high school including college, vocational school, and direct employment. Students will learn about accessing community activities and planning their living arrangements.

Preparing for the Interview

Length of Presentation: 30-60 min

Description: Students will learn about important steps to take before the job interview, including how to know about checking their social media; researching the company; updating their resume; dressing for success; and what employers look for in an employee.

Presenting Your Best Self

Length of Presentation: 30-60 min

Description: Students will explore ways to make a good first impression during the interview, including the importance of arriving on time (i.e., early) for the interview; need to know about and show interest in the company; be comfortable talking about their strengths and areas where they need to grow; how to follow-up the interview with a genuine thank you.

Got the Job, Now What?

Length of Presentation: 30-60 min

Description: Students will be introduced to important things to consider once they have the job and get their first paycheck, including: what to do with their paycheck (in the bank or under their mattress?); the difference between gross and net pay; and the importance of “paying themselves first” and developing savings goals.

Mapping Dreams for Self-Advocates

Length of Presentation: 60-90 min

Description: This session is designed for students and young adults who are ready to learn what they can do to plan a successful transition from high school to postsecondary education or training, employment, and independent living. Topics include changes in rights and responsibilities, disability disclosure, and self-advocacy. Curriculum developed by PACER's National Parent Center on Transition and Employment through a Mitsubishi Electric Foundation grant.

What's Next? Transition in Kentucky

Length of Presentation: 45-60 min

Description: Practical strategies and resources for students and young adults transitioning into adulthood.

Skills to Pay the Bills

Length of Presentation: (3) 45-60 min sessions

Session 1: Communication Skills, Enthusiasm, and Attitude

Description: This session will not only help participants practice and recognize how they provide information to others but also help them consider how others may prefer to receive information. It is important to reinforce with participants that communication skills involve give and take — and they can, indeed, be learned and strengthened over time. This session also seeks to teach participants about the importance of enthusiasm and a positive attitude in the workplace. Participants will hear strategies for turning negative thinking into positive thinking and displaying and discussing enthusiasm during an interview and on the job.

Session 2: Teamwork & Network

Description: This session seeks to teach participants about the importance of teamwork to workplace success and the specific role each individual on a team may play. Participants will learn about positive teamwork behavior and discover how their own conduct can impact others on a team. This session will also discuss the process of networking and its relevance and importance to career development.

Session 3: Problem-solving/Critical Thinking and Professionalism

Description: This session focuses on learning how to solve problems in a variety of ways in the workplace. Participants will hear about how to properly tell the difference between criticism, praise, and feedback and reacting appropriately. The session will also review strategies for making ethical decisions, solving problems on a team with others, and learning how to take into account others' perceptions when assessing actions or statements in the workplace.

Getting and Keeping a Job

Length of Presentation: 45-60 min

Description: This workshop is designed to help families understand the realities of employment for all youth, with a special emphasis on strategies youth with disabilities can use to improve employment prospects. This workshop begins with a discussion of the importance of work and what some youth with disabilities experience as they attempt to enter the job market. The session then highlights the crucial role of self-awareness, career planning, and how families can help in the process. This curriculum was created by the National Family Advocacy Support and Training (FAST) Project, a project of the PACER Center.

Transition Age (Parents/Caregivers)

Seeing a Brighter Future

Length of Presentation: 60 min

Description: This session is designed to inspire parents of children with intellectual disabilities that employment is possible and can be a meaningful part of their son or daughter's life. Topics include raising your child with disabilities to have expectations of employment; discovering your child's skills, talents, and interests; preparing for work during the school years; addressing concerns about employment and finding resources; and taking action steps to prepare for work. Curriculum developed by the Human Development Institute (HDI) as part of KentuckyWorks, which is supported by a U.S. Administration on Community Living grant, (90DNEM0004-01-00).

Mapping Dreams

Length of Presentation: (5) 60 min sessions

Description: This five-part series will help families with the transition into adulthood process while considering parent involvement, transition in the IEP, transition to employment, transition to postsecondary education, and transition to independent living.

Letting Go

Length of Presentation: 60 min

Description: This workshop will help families understand the importance of "letting go" and how to help their child with a disability find their wings and learn to fly. We will help families learn to brainstorm and begin to think outside of the box and imagine what a desirable future for their child can look like.

Professionals

Equity and Inclusion for Individuals with Disabilities

Length of Presentation: 60 min

Description: This session will discuss federal law, KY disability data, and what we all can do to serve and support individuals with disabilities.

Family Thrive

Length of Presentation: 3-6 hours

Description: The overarching goal of the Family Thrive framework is to achieve positive outcomes by mitigating risk and enhancing the healthy development and well-being of children and youth. The guiding premises provide the foundation for Kentucky Strengthening Families (KYSF) and Kentucky Youth Thrive (KYYT). This approach can be used in any setting serving families, youth, and children typically without making huge changes in daily practice. Programs and communities seeking to align their practice with KYSF/KYYT will find concrete action steps within this workshop. (Minimum of 3 hours)

Trauma-Informed Care

Length of Presentation: Customizable

Description: This training will provide an overview of trauma, how trauma can affect people's lives in a variety of ways, and the importance of working towards an approach to care that is trauma-informed.

Connect the Dots: Well-being and Well-Doing for Young Children (suitable for ALL AGES)

Length of Presentation: 1.5-6 hours

Description: This training will provide an overview of trauma, how trauma can affect people's lives in a variety of ways, and the importance of working towards an approach to care that is trauma-informed. Participants will understand the importance and vulnerability of the first 5 years based on early brain development. Participants will learn the impact of ACEs and Toxic Stress on early child development and adult outcomes. Participants will understand how the 6 Kentucky Strengthening Families Protective Factors change the story for children, families, and adults. Participants will increase their understanding of trauma and the use of Trauma-Informed Care as a response to individuals who are predisposed to trauma and at risk.

Family Engagement: Special Considerations and Tips for Schools

Length of Presentation: 60 min

Description: This session explores meaningful ways to foster family engagement in schools.