



# Youth News!

Get **SET**...**S**upport, **E**ducate, **T**rain for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

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Welcome to the first issue of KY-SPIN's Youth eNews!!!

[KY-SPIN Youth Webpage](#)

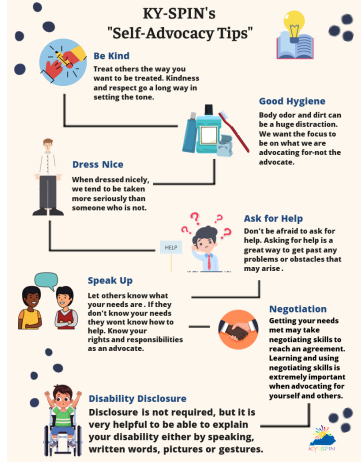


[https://youtu.be/6\\_30QPaxJUc](https://youtu.be/6_30QPaxJUc)

We are so excited to be expanding our youth focus to help our youth get connected to important community resources and information to help navigate life!

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**KY-SPIN Self-Advocacy Tips**



(<https://youtu.be/VYj1e6A2i1k>)

## Infographic

### Self-Advocacy Skills Video:



(<https://youtu.be/hB0o2IzJ9aU>)

## Helpful Resources

- [Teens and Young Adults with Disabilities: Be Your Own Best Advocate \(PACER\)](#)
- [Your IEP Meeting: A Great Place to Practice Self-Advocacy Skills \(PACER\)](#)
- [Sample Self-Advocacy Plan \(PACER\)](#)



### Meet our Youth Educator: Nick Carpenter

He is 24 years old with a Autism diagnosis. He has 12 years of advocacy experience and currently serves as a mentor to children with disabilities. He likes roleplaying games, video games and most of all spending time with his dog Boba.

## KY-SPIN 5 Tips for Internet Safety Video:



(<https://youtu.be/dYxrSiDaRIQ>)

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### If you need someone to talk to....

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (dial or text)  
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)
- Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers
- Disaster Distress Helpline Crisis line: 1-800-985-5990 (also available for Voice Phone-VP); Spanish-speakers can press “2” for 24/7 bilingual services. Website: <https://www.samhsa.gov/ddh>

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Learn more about us [KY-SPIN Infosheet](#)

REQUEST ASSISTANCE OR MAKE A REFERRAL  
800-525-7746 or 502-937-6894- [spininc@kyspin.com](mailto:spininc@kyspin.com)

[Contact Form](#) ([www.kyspin.com/contact/](http://www.kyspin.com/contact/))

Download Printable [KY-SPIN Referral Form Here](#) (<https://tinyurl.com/4t2evb59>)



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