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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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## Happy Saint Patrick's Day From Your Friends at KY-SPIN

Join KY-SPIN in some of these fun free activities when you are with friends and family!

### Enjoy These Free Family Activities:

KY-SPIN's friends need your help!!!!



[Down Maze](#)

## **Fun Free Family Activity!!!**

- March is the month everyone start looking forward to spring. Make sure to wear your green. Make it fun find the craziest, wackiest and funniest green you can and watch the smiles begin.
- Make sure to take a trip through the yard with the family to search for that always elusive four leaf clover.



### ***Sunshine, Rainbows & Four Leaf Clovers***

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***March is National Traumatic Brain Injury (TBI) Month***

# Traumatic Brain Injury (TBI): Pediatric Causes and Prevention Strategies



**TBI** is an injury caused by a blow, jolt, or penetrating object that disrupts normal functioning of the brain.

CDC reports that more than **2.8 million** U.S. people sustain a TBI each year; of those, more than **55,000** die and more than **280,000** are hospitalized.<sup>1</sup>

TBI can be **mild to severe**.



Severe TBI can lead to permanent disability and even death.

**75%** of brain injuries are mild (not life-threatening). Concussion is a type of mild TBI.<sup>2</sup>

**All types of TBI can seriously affect a child's daily life.**



Brain injury can cause problems with speaking or understanding, movement or mobility, thinking or memory, and personality or mood.

## Causes

The **leading causes** of TBI in the United States are<sup>3</sup>

**Falls**



**About half** of brain injuries in children are caused by falls from objects like stairs and bicycles.

**Unintentional blunt trauma**



**28%** of brain injuries in children are caused by being hit in the head with an object, like a baseball or soccer ball.

**Motor vehicle crashes**



Car accidents are the #1 cause of TBI-related death in children older than age 5.

**Homicide**



Homicide is the #1 cause of TBI-related death in children age 4 and younger.

## Prevention Strategies

Take the following actions to **reduce the risk of TBI in children**.



Use a child safety seat or a seat belt when the child is in a motor vehicle.



Make sure the child wears a helmet when riding a bicycle, skateboarding, and playing sports like hockey and football.



Install window guards and stair safety gates at home.



Avoid shaking your baby. Learn how to prevent shaken baby syndrome.<sup>4</sup>

NICHHD supports research to better understand and find safe and effective treatment options for TBI. To learn more, visit: <https://www.nichd.nih.gov/health/topics/tbi>.

<sup>1</sup> Centers for Disease Control and Prevention. (2019). TBI: Get the Facts.

<sup>2</sup> Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. (2003). Report to Congress on mild traumatic brain injury in the United States: Steps to prevent a serious public health problem.

<sup>3</sup> National Institute of Neurological Disorders and Stroke. (2019). Shaken Baby Syndrome Information Page.

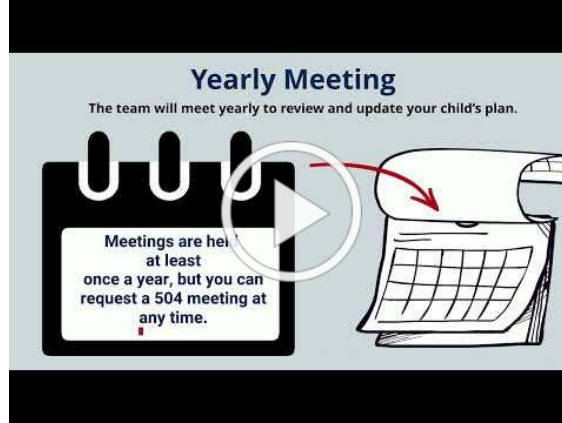


[Download Infographic](#)

[Brain Injury Association of America](#)  
[Brain Injury Alliance of Kentucky \(BIAK\)](#)



[504 Plans Video](#)



[https://youtu.be/0Aa017MT\\_44](https://youtu.be/0Aa017MT_44)

Download [504 Plans Infographic](#)

## Important Public Notice for those on Medicaid!!!

**TEAM KENTUCKY** **Public Health Emergency Unwinding**  
CABINET FOR HEALTH AND FAMILY SERVICES

### Kentucky Medicaid Renewals

**Here is what you need to know to stay covered!**

If you or a family member currently has health coverage through Medicaid or the Kentucky Children's Health Insurance Program, called KCHIP, there are changes coming.

**What's changing?**

Because of COVID-19, the federal government declared a public health emergency (PHE). During this time, changes were made so that Medicaid and KCHIP renewals were not required, so people did not lose their coverage.

However, Kentucky will restart Medicaid annual renewals April 1, 2023. Make sure you take the necessary steps to keep your coverage!

★ **You will receive a letter when it is your time to renew.**

#### What do you need to do?

<b>1 Update your information:</b> Make sure <a href="https://kynect.ky.gov">kynect.ky.gov</a> has your correct: ✓ mailing address ✓ phone number ✓ email This way, we can contact you without delay.	<b>2 Check your mail:</b> You will get a letter about your Medicaid or KCHIP renewal <b>when it is your time</b> . The letter will let you know if you need to complete a form or send in information to keep your coverage.	<b>3 Send in information:</b> If you get a form, fill it out, return it right away. Make sure to give us any information we request. The information will help determine if you still qualify for coverage.
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**Have questions? Need help?**

To make sure your information is updated, visit [kynect.ky.gov](https://kynect.ky.gov) or call 855-4kynect (855-459-6328)

**Kentucky Medicaid will reach out to you when it is your time to renew.**

You can also get help from your local Department for Community Based Services (DCBS) staff and from kynectors. To find a kynector or your local DCBS office please visit <https://kynect.ky.gov/healthcoverage>.

[Download](#)

## Join Us

### KY-SPIN's Bridging the Gap in Special Education training for Parents/Families

May 15 & 16, 2023 9am-4pm ET

An in-depth virtual training for Parents/Families

Topics:  
Building Partnerships

Overview of the Special Education Process  
Individualized Education Program (IEP)  
504 Plan  
Individual Health Plan (IHP)

[Flyer](#)  
[Register Now](#)

### **Guardianship in Kentucky Webinar**

**April 5, 2023 12-1pm ET**

Provided by Fort Knox Exceptional  
Family Member Program (EFMP) & KY-  
SPIN

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

[Flyer](#)  
[Register Here](#)

### **Stress Management Webinar**

**October 18, 2023 12-1pm ET**

Provided by Fort Knox Exceptional  
Family Member Program (EFMP) & KY-  
SPIN

Tips, strategies and ways to help relieve  
the stress that comes from everyday  
life situations.

[Flyer](#)  
[Register Here](#)



## **KY- SPIN's Individual Health Plan (IHP) Infographic & Video**

**Individual Health Plan (IHP)**  
What is an Individual Health Plan?

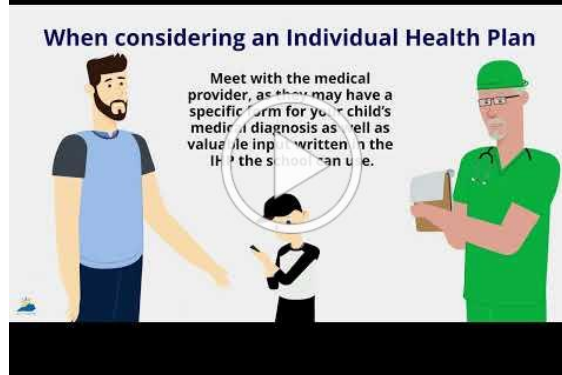
An Individual Health Plan or IHP is an individualized plan for your child that explains the health condition and what to do in an emergent situation.

An IHP can provide added protection because it is designed to be very detailed in step-by- step direction for the individual needs of your child's medical condition.

An IHP will list signs of medical distress as well as medications needed for the safety of the child. The IHP will also list medical provider and insurance.

The IHP can be a stand-alone document or can also be attached to a child's 504 or IEP for additional descriptive information of the child's medical condition and needs.

[Download](#)



<https://youtu.be/-ZCEOJGqknk>

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

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (talk 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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## Youth Connect:

### Self Determination Video



<https://youtu.be/PgLQXWUSw7U>

Download [KY-SPIN Self-Determination Infographic](#)

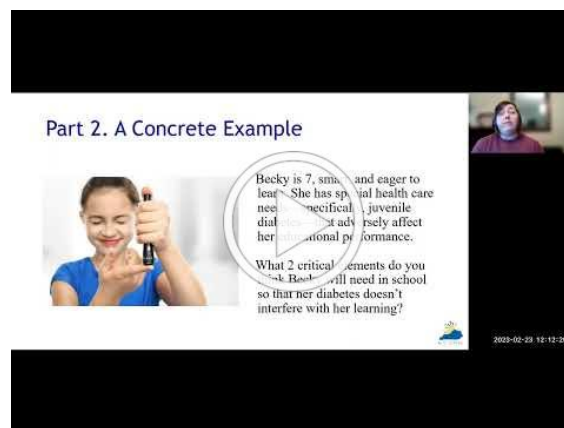
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**KY-SPIN ARC Series:**  
**Session 1: The IEP Team Who's a Member**  
**Webinar Recording 2-16-23**



<https://youtu.be/q08k1HBlsjw>

## Session 2: Contents of the IEP Webinar Recording 2-23-23



<https://youtu.be/5M6FvJJiUNw>

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

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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 \(https://tinyurl.com/2p8awkfu\)](https://tinyurl.com/2p8awkfu)



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