



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 KY-SPIN's Youth eNews!!!

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<https://youtu.be/ksCf06z2fgc>

KY-SPIN's Self-Determination

Self-Determination

What is it?
 Self-Determination is having the ability and ambition to make your own choices and manage your own life. It is about being in charge of your own life, but it isn't quite the same as being independent or self-sufficient. Self-Determination requires you effectively identify and solve problems, set goals, follow plans to reach the goals you set and take responsibility. Self-Determination is a skill that must be learned and developed.

Requirements

- Internal desire for growth and independence.
- Ability to set goals, make and follow a plan
- Ability to self-advocate



What that means...

Desire for growth and independence

- You want to make your own decisions
- You understand your disability and how it affects you

Make a plan

- Use your strengths
- Problem-solve the barriers
- What do you need to achieve your goals?
- Know the supports you need and how to access them
- How long will your plan take?
- Break it into steps

Set goals

- Gather options
- Decide what you want
- Know your strengths
- Know and understand barriers

Follow the plan

- Follow the steps
- Assemble support system
 - Family
 - Peer Mentor
 - Teacher



Infographic

What That Means...

Set goals

- Gather options
- Decide what you want
- Know your strengths
- Know and understand barriers



(<https://tinyurl.com/bdcuwv8>)



Meet Baylee

Hi! My name is Baylee and I am a freshman in High School. I have been a self-advocate for around 7-8 years and am now advocating for other youth with disabilities. My goal is to go into social work and become a therapist when I am older. I love spending time with my family and friends, shooting archery, and going on walks with my dog Rookie!

If you need someone to talk to....

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (call 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
[Contact Form](#) (www.kyspin.com/contact/)

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



KY-SPIN, Inc. | 800-525-7746 | spininc@kyspin.com
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The contents of this eNews were developed under a grant from the US Department of Education, # H328M150009. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government.



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