

KY-SPIN's eNew's 5/30/23



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Get SET...Support, Educate, Train 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 Memorial 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!!!!
Help KY-SPIN's mailman deliver thank you cards to the men and women who serve our country.

HAPPY MEMORIAL DAY



Help KY-SPIN'S Mail Man
Deliver The Thank You Cards
To The Men and Women Who
Serve Our Country



[Download](#)

KY-SPIN's Fun, Free Family Activity!!!

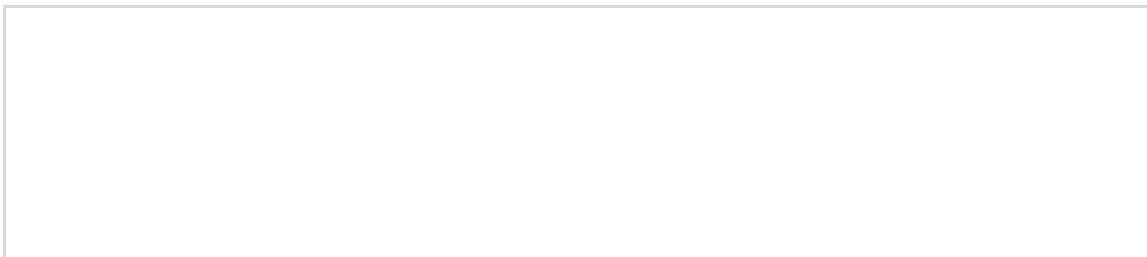
- Memorial Day is a day of remembrance and giving thanks to our soldiers who have fought for our country!
- Thank a soldier for their service and think of ways you as a family can be of service to them.
- There are many ways to be kind. Be creative.

Examples: Yard work, carrying in groceries, or even just someone to talk to.



Giving Thanks

May is Mental Health Awareness Month You Are Not Alone!



Common WARNING SIGNS of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- Feeling very sad or withdrawn for more than two weeks
- Trying to harm or end one's life or making plans to do so
- Severe, out-of-control, risk-taking behavior that causes harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- Significant weight loss or gain
- Seeing, hearing or believing things that aren't real
- Excessive use of alcohol or drugs
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty concentrating or staying still
- Intense worries or fears that get in the way of daily activities

*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people might have complex and others may not regard hearing voices as unusual.

WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?

- If you notice any of these symptoms, it's important to ask questions
- Try to understand what they're experiencing and how their daily life is impacted
- Making this connection is often the first step to getting treatment

50% of all lifetime mental illness begins by age 14

KNOWLEDGE IS POWER

- Talk with a health care professional
- Learn more about mental illness
- Take a mental health education class
- Call the NAMI HelpLine at 800-950-NAMI (6254)

75% by age 24

Data from CDC, NAMI and other select sources. Find citations for this resource at nami.org/resources.



[Download Infographic](#)

I'M SO STRESSED OUT!

Is it stress or anxiety?

Stress	Both Stress and Anxiety	Anxiety
<ul style="list-style-type: none"> Generally is a response to an external cause, such as taking a big test or arguing with a friend. Goes away once the situation is resolved. Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep. 	<p>Both stress and anxiety can affect your mind and body. You may experience symptoms such as:</p> <ul style="list-style-type: none"> Excessive worry Uneasiness Tension Headaches or body pain High blood pressure Loss of sleep 	<ul style="list-style-type: none"> Generally is internal, meaning it's your reaction to stress. Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life. Is constant, even if there is no immediate threat.

Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/findhelp.

nimh.nih.gov/stressandxiety

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.

Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit nimh.nih.gov/findhelp.

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org, or text the Crisis Text Line (text HELLO to 741741).

nimh.nih.gov/findhelp

Download [I'M SO STRESSED OUT!](#) (NIH) Infographic

Download [My Mental Health: Do I Need Help?](#) (NIH) Infographic

Teen Depression: More than just moodiness



Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

Do I have depression?

- Do you often feel sad, anxious, worthless, or even "empty"?
- Have you lost interest in activities you used to enjoy?
- Do you get easily frustrated, irritable, or angry?
- Do you find yourself withdrawing from friends and family?
- Are your grades dropping?
- Have your eating or sleeping habits changed?
- Have you experienced any fatigue or memory loss?
- Have you thought about suicide or harming yourself?

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

How do I get help for depression?

- Talk to a trusted adult** (such as your parent or guardian, teacher, or school counselor) about how you've been feeling.
- Ask your doctor** about options for professional help. Depression can be treated with psychotherapy (also called "talk therapy"), medication, or a combination of medication and talk therapy.
- Try to spend time with friends or family**, even if you don't feel like you want to.
- Stay active and exercise**, even if it's just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.
- Try to keep a regular sleep schedule.**
- Eat healthy foods.**

You're not alone, and help is available. You can feel better.
To get help, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org.



nimh.nih.gov/depression

Download [Teen Depression: More than just moodiness](#) (NIH) Infographic

[Kentucky Community Mental Health Centers](#)



KY-SPIN Equity & Inclusion for Individuals with Disabilities Video



<https://youtu.be/IQR23VYBD5E>

KY-SPIN Supporting and Serving Individuals with Disabilities Video



<https://youtu.be/EKzYY5f1q3w>

KY-SPIN's Meeting Follow Up Video



<https://youtu.be/pbIHwH88fC0>

Early Childhood

The Kentucky Early Intervention System (KEIS) [formerly known as First Steps] is offering Parent Café opportunities. What are Parent Cafés and why should you consider attending one?

- Parent Cafés are FREE get-togethers that allow parents and caregivers to listen and learn from others in a supportive, confidential, and safe atmosphere.
- In the Parent Café model, a parent is defined as any adult providing care for a child.
- Parent Cafés allow parents and caregivers to grow stronger and become more resilient, build relationships with others, and learn about resources that will support their families. Parents and caregivers will leave Parent Cafés feeling rejuvenated, hopeful, and inspired to implement what they've learned.
- Each Café will be hosted by various Point of Entry offices across the state.
- Participants are eligible to receive a \$30 Amazon gift card for full attendance of a Parent Café. Gift cards will be sent within six weeks of the Café.

To learn more about upcoming Parent Cafés:

North KY Region (Boone, Campbell, Carroll, Gallatin, Grant, Kenton,
Owen, Pendleton)

For questions, please contact Lisa Connor

l.connor@northkey.org

Purchase Region (Ballard, Carlisle, Calloway, Fulton, Graves, Hickman,
Livingston, Marshall, McCracken)

For questions, please contact Hannah Brooks, LCSW at 270-442-9767 ext.
1517

hbrooks@4rbh.org

Bluegrass Region (Anderson, Bourbon, Boyle, Clark, Estill, Fayette,
Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer,
Nicholas, Powell, Scott, Woodford)

For questions, please contact [Jessica Cooper](#)

KIPDA Region (Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer,
Trimble)

For questions, please contact [Darcie Taggart](#)

Lake Cumberland Region (Adair, Casey, Clinton, Cumberland, Green,
McCreary, Pulaski, Russell, Taylor, Wayne)

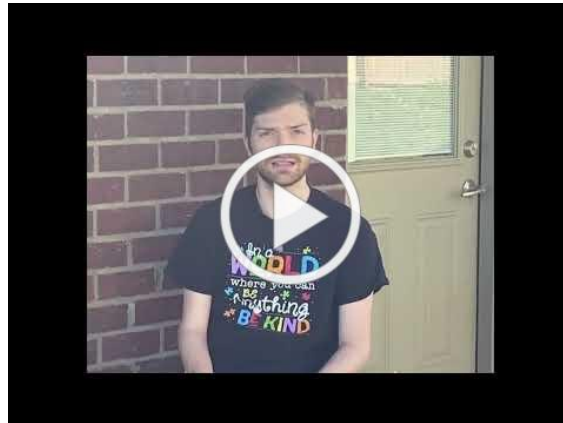
For questions, please contact [Tasha Miller](#)

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>

Youth Connect:

KY-SPIN's Youth Talks: Nick on Employment



<https://youtu.be/-r09zO5aykQ>

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>)



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