

KY-SPIN's eNew's 9/18/23



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(Infographics, short videos & more)

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

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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Join KY-SPIN to promote awareness!

This activity helps children understand the importance of expressing their feelings and recognizing those who can help them find solutions.

Who is your go-to person when you're feeling blue?



Who do you talk to when you are feeling blue?



Talking to someone can help us feel better.



KY-SPIN Friends are always here for you!

[Download](#)

Family Activities

Have Discussions!

- Make time to have hard discussions in a non-intrusive way.
- Make your own version of charades to play with your child. Include questions about who you can talk to about feelings and problems that he or she may be experiencing.
- Ask your children fun, silly questions that will make them think and talk about their feelings. Questions like, "How would you feel if an alligator ate your favorite toy," are fun for kids to answer, and it helps them practice the skills they need to verbalize their feelings.



Family Communication!

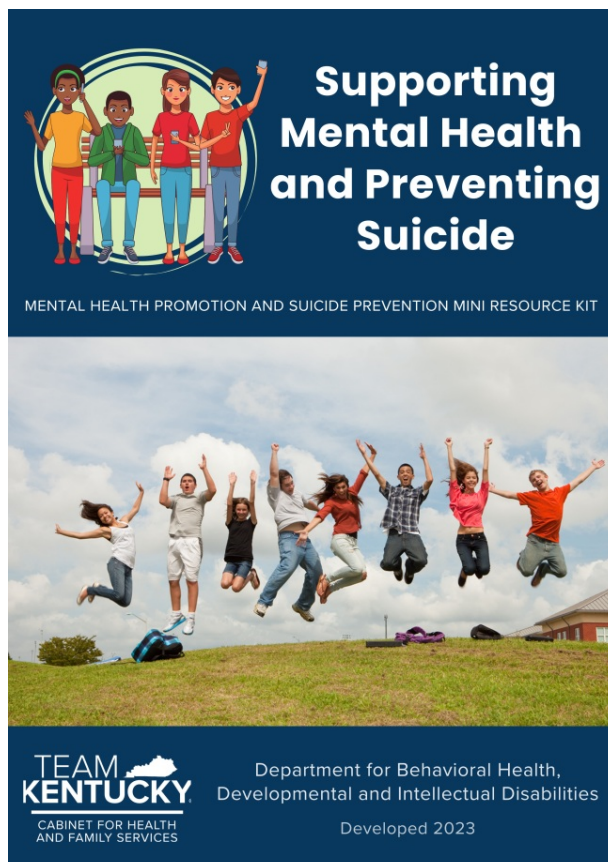
September is Suicide Awareness Month



<https://vimeo.com/854407431?share=copy>



<https://vimeo.com/854407351?share=copy>



[Download Here](#)

KY-SPIN Events!



Lunch & Learn Webinars

September 19, 2023 12p-1p ET
Overview of the Special Education Process

This session will give a step through of the Special Education Process, advocacy tips for parents and caregivers during ARC/IEP meetings, and dispute resolution.

[Register Here](#)

October 18, 2023 11:30a - 1p ET
Stress Management

Join Kellie Smith, KY-SPIN Assistant Director as she gives tips on how to recognize stress and gives strategies to help relieve the stress that comes from everyday life situations. (Partnered with Fort Knox EFMP)

[Register Here](#)

November 14, 2023 12p-1p ET
Home and Community Based Services (HCBS) Waivers in KY

Presented by Pam Smith & Alisha Clark, CHFS DMS LTSS
This session will focus on the future of HCBS waivers in KY and provide an update on initiatives like the Children's Waiver Feasibility Study.

[Register Here](#)

1-800-525-7746 www.kyspin.com spininc@kyspin.com

Families Supporting Families

is inviting you to the **BRAND NEW Virtual Caregiver Support Group**

Join KY-SPIN's monthly caregiver support group, driven by families for families. Each meeting features a topical discussion and a Parent Café.

Kickoff Meeting

Date: Monday 9-18-2023

Time: 10am-11:30am ET
or
6pm-7:30pm ET

Place: Zoom Meeting
No registration required

[Click to Join](#)

September 18, 2023
About KY-SPIN and Peer Support

October 16th, 2023
Knowledge Is Power- The Special Education Process

November 20th, 2023
IEP: A Closer Look - Parental Resilience

**Join us the 3rd Monday of EVERY month!!
Same time, same place**

(800) 525-7746

www.kyspin.com

(502) 937-6894

[Download Flyer](#) and access registration links

Transition Tuesdays
Youth Webinars

TEACHERS AND STUDENTS ENCOURAGED TO ATTEND!

September 26, 2023 9:30a - 10:15a ET
Time Management & Organizational Skills for Self-Advocates

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.

[Register Here](#)

October 24, 2023 9:30a-10:15a ET
Transition to Independent Living for Self-Advocates

Independent living encompasses many areas. Join Nick, KY-SPIN Youth Educator, as he discusses living independently and the need for students to start planning in while still in school.

[Register Here](#)

November 28, 2023 9:30a - 10:15a ET
Internet Responsibility

As the use of technology increases in our everyday life, internet safety and responsibility is becoming more complicated. Join Nick Carpenter, Youth Educator, and Davis Rodriguez, Youth Engagement Coordinator, in our Internet Responsibility session to learn more about how Facebook quizzes, email fishing and gaming apps can impact your personal identity and financial security.

[Register Here](#)

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[Download Flyer](#)

BRIDGING THE GAP
IN SPECIAL EDUCATION

In-depth training for Parents/Families

- Building Partnerships
- Overview of Section 504, American with Disabilities Act (ADA) & Individuals with Disabilities Education Improvement Act (IDEA) 2004
- Overview of Special Education Process (IDEA Part B: ages 3-21) –Individualized Education Program (IEP)
- IDEA Procedural Safeguards
- Dispute Resolution
- IEP A Closer Look
- 504 Plan
- Individual Health Plan (IHP)

Jefferson County Southwest Regional Library
9725 Dixie Highway
Louisville, KY, 40272
September 11 & 12, 2023
9:30 am - 3:30 pm (ET)

Lisa Rice Public Library,
1225 Slate Street
Bowling Green, KY, 42101
September 19 & 20, 2023
9:30 am - 3:30 pm (CT)

Robinson Community Center
54 Back Street
Jackson, KY, 41339
October 10 & 11, 2023
9:30 am - 3:30 pm (ET)

Pulaski Co. Extension Office
28 Parkway Drive
Somerset, KY, 42503
October 10 & 11, 2023
9:30 am - 3:30 pm (ET)

Virtually through Zoom:
November 4 & 5, 2023
9:30am-3:30pm (ET)

Lexington North Branch Public Library
1733 Russell Cave Rd.
Lexington, KY 40505
November 8 & 9, 2023
10am-4pm (ET)

REGISTER HERE

<https://tinyurl.com/hduidrat>

Funded in part by a grant from **WellCare**
Beyond Healthcare. A Better You.

www.kyspin.com spininc@kyspin.com 800-525-7746

[Download Flyer](#) and access registration links

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

Early Childhood

Visual Cue Cards

Use the following visual cue cards and templates to develop visual supports that work for your child and family!



Download [Visual Supports for Routines, Schedules, and Transitions \(NCPMI\)](#)

When should I dial 988?

Dial 988 when **you** or **someone you love** is experiencing:

- a suicidal crisis
- a mental health crisis
- a substance use crisis
- or any other kind of emotional distress



Talk with us.



Be the lifeline.



There is hope.



TEAM KENTUCKY.
CABINET FOR HEALTH AND FAMILY SERVICES

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 Starting a Bank Account



Starting A Bank Account

Questions To Ask the Bank

- What do you require to open a bank account?
Example: How much money do you need to open a bank account?
- Do they have monthly service fees?
- Are there any other ways to avoid fees?
Example: Is a monthly service fee removed if you use direct deposit or maintain a certain amount in your account?
- Who is available to help if I need accommodations?

Will you be charged a fee to use your money?

 Check Fee _____	 ATM Fee _____
 Debit Card Transaction Fee _____	 Bank APP Fee _____

Do they offer overdraft protection?



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What You Will Need To Start A Bank Account

A Drivers License, ID Card or Passport



A Social Security Card and Piece of Mail with your Name and Current Mailing Address



Money to Deposit if a Deposit is needed



Make sure the bank you are opening the account with does not have additional requirements to open an account.

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[Download Infographic](#)

The **Kentucky Judicial Commission on Mental Health** is hosting town hall meetings across the state to address how the justice system handles cases involving people with mental illness, substance use disorder and/or intellectual and developmental disabilities.



Town Hall Meetings

We want to hear from you!

The Kentucky Judicial Commission on Mental Health is hosting town hall meetings across the state to address how the justice system handles cases involving people with mental illness, substance use disorder and/or intellectual and developmental disabilities. We want to hear directly from citizens and/or their families who have dealt with mental health issues, particularly if they were involved with the justice system. Additionally, we welcome school personnel, business owners, civic leaders and anyone else with an interest in mental health. Findings will be used to help guide the work of the commission and improve the state court system.

Meetings will take place from 6-8 p.m. local time.

Aug. 30	Owensboro	Owensboro Convention Center 501 W. 2nd St.
Sept. 6	Covington	Northern Kentucky Convention Center 1 W. Rivercenter Blvd.
Sept. 13	Ashland	Delta Marriott Downtown 1441 Winchester Ave.
Sept. 27	London	London Community Center 529 S Main St.
Oct. 11	Lexington	Central Bank Center 430 W. Vine St.
Oct. 25	Paducah	Paducah McCracken County Convention & Expo Center 415 Park Ave.
Nov. 8	Louisville	Kentucky International Convention Center 221 S. 4th St.
Nov. 15	Pikeville	Appalachian Wireless Arena 126 Main St.
Nov. 29	Bowling Green	Sloan Convention Center 1021 Wilkinson Trace

Can't attend a meeting or have accessibility and/or language needs for a meeting?
Email JCMH@kycourts.net. ASL interpreters will be on hand at every meeting.



WANT TO KNOW MORE?
SCAN THE QR CODE WITH YOUR PHONE OR USE THE SHORT LINK
kcoj.info/KJCMHtownhalls.

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 \(www.kyspin.com/contact/\)](http://www.kyspin.com/contact/)

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



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