



Youth News!

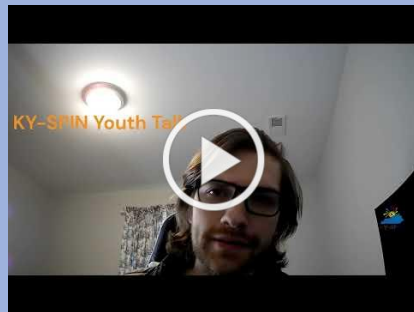
Get **SET**...**S**upport, **E**ducate, **T**rain for **S**uccess!

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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KY-SPIN Youth Webpage



KY Youth Talk Video

<https://youtu.be/TzWjmoPeTMU?si=xIMecxraPqegh4Gi>

Get Involved and Stay Involved



When you start thinking and planning for your future it's easy to get focused on things like jobs, transportation and housing. But, did you know that it is equally important to maintain a strong involvement in your community? Watch Nick as he talks about how you can start getting involved now!

IEP goals are an important part of your transition plan. In your next IEP meeting, make sure you include a goal for community involvement. We've given you a few samples below.

10 WAYS TO GET INVOLVED
Find your passion ... Make it happen

1. Connect with a club
2. Engage in social media
3. Play on a team
4. Attend events
5. Volunteer
6. Contribute
7. Conspire
8. Outdoor Activities
9. Try a new hobby
10. Check out your local co-op

WWW.KYSPIN.COM 800-525-7746

There are so many fun and exciting things to do in your community. Sometimes it is hard to narrow it down to the right ones. Check out this great list of

Places Around Kentucky

Online	In My Community	Statewide
Find a safe online community to connect with others	Library Clubs Parks and Recreation Co-op extensions Hobby shops Humane Society TAYLOR Drop-In Centers	Center for Accessible Living (CAL) Special Olympics State parks Conventions Festivals Museums

STEPS TO START YOUR OWN CLUB



So now what? You know what kind of activities you want to get involved in, but what do you do next? We have created a short list of places to help you get started. Can't find what you are looking

activities that will get you out and about in Kentucky.

[CLICK HERE!](#)

for? Then follow our steps to create your own club!

[CLICK HERE!](#)

COMMUNITY GOALS FOR THE IEP

You may include functional goals in an IEP. Identify things you would like to learn to increase community involvement and make goals for them. We have listed four sample goals below.

I can use the internet to obtain information.
By the end of IEP cycle, student will be able to identify three safe community websites that provide information on local activities with ____% accuracy

I can use my library card.
By the end of the IEP Cycle, student will be able to locate the library and use their library card to borrow a book with ____% accuracy.

I can introduce myself and carry out a conversation.
By the end of the IEP cycle, the student will be able to approach others, introduce themselves and make conversation with ____% accuracy.

I know how to accept invitations from others to be involved in social activities.
By the end of the IEP cycle, student will understand how to respond to an invitation and insert the invitation in a calendar with ____% accuracy.

800-55-7140

IEP Goals

[Check out our KY-SPIN Youth Resources Page](#)



Davis Rodriguez
Youth Engagement Coordinator

"One of the ways I like to stay involved in my community is attending fun events and activities. Things like car shows, festivals and free concerts are fun and they support my community."

Nick Carpenter
Youth Educator

"I like to stay involved in my community by playing role playing games at a local game store. It is a great way to meet people who like doing the same things I do. "



Coming Next Month.....

Ableism, stigma, disability denial, and disability disclosure. These are all terms we hear frequently, but we might not understand what they mean or how they affect us. Join Nick and Davis in March to learn more about what it means to have a disability and how you can control your own narrative. Register now for the March 26th, 9:30-10:15 EST webinar to join the live discussion. See you soon!

[Click Here to Register for the March 26th Transition Tuesday Event](#)

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>

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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