

## KY-SPIN's eNew's 4/16/24



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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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Visit our Website

**KY-SPINS friend Octavia Octopus needs help finding what she needs to wash away the germs on all her hands!**



[Download](#)

## Family Activity

### April Bubble Fun!

- Gather the family and create a cute song everyone can sing while washing their hands. Remember you want it to be long enough to wash those germs away!
- Next grab your soap and head to the sink. While singing your song, teach the proper way to wash your hands: front, back, in



Follow these five CDC steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing

between the fingers, and most importantly, don't forget the thumb!

- Ready, get set, and make those bubbles!

## Rub A Dub Dub While We Learn To Scrub!

them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3. **Scrub** your hands for at least **20 seconds**. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or an air dryer.

# KY-SPIN Presents

Please join us for this exciting training

## MIND in the Making

Thursdays- April 4, 11, 18, 25 and May 2, 9, 16 and 23  
10:00 – 11:30 am

Mind in the Making training provides opportunities for adults to look at child development research and themselves to create actions they can take to promote executive function skills in children ages 0 – Young Adult.

We will look at the Executive Function Skills of

- Focus and Self Control
- Perspective Taking
- Communicating
- Making Connections
- Critical Thinking
- Taking on Challenges
- Self-Directed/Engaged Learning

Join us for 1, 2, 3 or all 8 of the Modules

Each of the Learning Modules offer learning that:

1. CONNECTS adults' experiences to the research on the skills in children's lives—why it's important, how it develops and how it can be promoted—through information and videos.
2. GIVES each participant a chance to create action plans to promote the skills in themselves and in children.

The training provides a common language and approach to supporting children and their families to develop important life skills needed to thrive.



Register Here  
<https://tinyurl.com/5xfmbuse>



FREE In-depth training for Parents/Families & Professionals

April 23, 2024

9:30am-5:30pm ET  
Kenton County Public Library  
502 Scott Blvd (known as Scott Street)  
Covington, KY 41011

REGISTER HERE



<https://tinyurl.com/ydvwybhm>

Join for the entire webinar or as many of these sessions as you'd like!

9:30-10:30am - Building Partnerships

10:30-11 - Overview of Section 504, American with Disabilities Act (ADA) & Individuals with Disabilities Education Improvement Act (IDEA) 2004

11am-12pm - Special Education Process (IDEA Part B: ages 3- 21) & Individualized Education Program (IEP)

12-12:30pm - Lunch Break

12:30-3pm - Individualized Education Program (IEP) Continued

3-3:30pm - IDEA Procedural Safeguards & Dispute Resolution

3:30-4:30pm - 504 Plan

4:30-5:30pm - Individual Health Plan (IHP)



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800-525-7746

Funded in part by a grant from



[Download Here](#)

[Register Here](#)



presents

## NURTURING PARENTING

for  
Parents of Children with Special Needs and Health Challenges

Every Tuesday in May and June

11am - 12:30pm EST

Each session features a Parent Cafe!

- May 7, 2024 Nurturing Philosophy
- May 14, 2024 Personal Power, Praise, and Positive Discipline
- May 21, 2024 Coping and Calming the Brain
- May 28, 2024 Sibling Support
- June 4, 2024 Change, Grief, and Loss
- June 11, 2024 Praise, Encouragement, and Family Rules
- June 18, 2024 The Power of Play and Socialization
- June 25, 2024 Communication and Advocacy

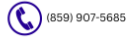
One registration, you can attend all sessions or just the sessions you like.

[Register Now](#)



<https://tinyurl.com/4rmzv7kn>

For More Info  
Contact Amber Hamm:



Funded in part by a grant from WellCare of Kentucky



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## Community Resources

# DYK?

Kentucky Medicaid provides non-emergency transportation services for members.

Depending on a member's medical needs, transportation is provided by taxi, van, bus or public transit. Wheelchair service is also provided if required by medical necessity.



While health coverage, such as Medicaid, is crucial, additional services are also vital in enabling our members to receive necessary care. Medicaid offers non-emergency transportation services to assist more members in accessing the care required for their well-being and success.

Depending on a member's medical needs, transportation is provided by taxi, van, bus, or public transit. Wheelchair service is also provided if required by medical necessity.

[To find your regional broker](#)  
[Click Here](#)

## Summer Leadership Experience

July 16—20, 2024



The University of Kentucky Human Development Institute welcomes all Kentucky high school upperclassmen (rising sophomores & juniors and current seniors) with disabilities to apply for the 2024 Summer Leadership Experience Camp. Priority is given to applicants with articulated plans to continue their education post high school leading to a career. The camp is offered both in-person (on the UK campus) and virtually. There is an on-line application.

This camp is sponsored by the KY Office of Vocational Rehabilitation, thus, in person applicants should be current clients at OVR and have an assigned counselor and an individual plan for employment (IPE) in place.

The camp will be held July 16-20, 2024. The camp will include a 4-night stay in a residence hall and multiple days of interactive and interesting sessions about college and career planning. Topics include exploring post-secondary educational opportunities, financing college, navigating admissions, important resources & services, and developing skill sets needed for success. All meals, snacks, and beverages are included. The registration deadline for in-person campers AND virtual participants is April 30, 2024. There is NO cost to attend the in-person camp, but there is a camp registration fee of \$50. There is no cost and no registration fee to apply as a virtual camper or participant.

**Registration Deadline for in-person  
and virtual campers:**  
April 30, 2024

**For more information, call 859-257-1714  
or email Teresa Belluscio at  
Teresa.Belluscio@uky.edu**

Apply now at [www.tinyurl.com/4ty3s5rm](http://www.tinyurl.com/4ty3s5rm) to save your spot!



Scan to  
Apply!



Apply now at  
[www.tinyurl.com/4ty3s5rm](http://www.tinyurl.com/4ty3s5rm)

Family to Family (F2F) of Kentucky presents a free Zoom workshop:

# Relationship Skills 101



For families of children of any age with special needs, & providers who serve them

Also appropriate for the general public

Thursday April 25, 6pm EDT / 5pm CDT

Zoom link here and with QR Code:

[bit.ly/RelationshipSkills101](https://bit.ly/RelationshipSkills101)



If you struggle with any of these:

- Giving too much to others
- Not getting enough from others
- People who say you don't listen
- People who don't listen to you
- Children's misbehavior, related to special needs or not
- And more



With Ayla Goktan, psychology PhD student  
Question? Email [ayla.goktan@louisville.edu](mailto:ayla.goktan@louisville.edu)  
or [sondra.gilbert@ky.gov](mailto:sondra.gilbert@ky.gov)

Then learn and practice skills:

- Special time
- Emotion validation
- Boundaries & self-care
- Relationship mapping
- Asking for what you need
- Resources for more support

**BRING** a paper and pencil, and be ready to Zoom chat

Family to Family (F2F) of Kentucky presents a free Zoom workshop:  
"Relationship Skills 101" on Thursday, April 25, 6 pm EDT / 5 pm CDT  
No need to pre-register, join the day of at this Zoom link:

[bit.ly/RelationshipSkills101](https://bit.ly/RelationshipSkills101)

## Early Childhood

### Early Childhood TA Center (ECTA): Building on My Child's Strengths

The building blocks of child learning are child strengths. Strengths include behavior a child uses to interact with people and objects and personal interests that motivate a child to do things that are fun and enjoyable. Children's behavior include the skills, abilities, and things that they are good at doing. Children's personal interests include the things they like to do, prefer or choose to do, things that make them smile and laugh, things that excite them, and things that keep them engrossed in play. Strengths-based practices

shift the focus of learning from what a child cannot do to what a child can do.



[https://youtu.be/iRbMGb\\_V2jI](https://youtu.be/iRbMGb_V2jI)

[Download Building on My Child's Strengths Family Practice Guide](#)  
[Download other Family Practice Guides](#)

## 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 Youth Talks



<https://www.youtube.com/watch?v=PoLI1Q6TWfw>

## You gotta know, to grow...

**Negative Ableism** is when people use disabilities as insults, or as an excuse for discrimination.

Examples: "That's lame," or "Are you blind?"

**What is Ableism?**

"discrimination or prejudice against individuals with disabilities"\*

\*Merriam Webster Dictionary

**What is Stigma?**

"set of negative or unfair beliefs that a society or group of people have about something"\*

\*Merriam Webster Dictionary

**Positive Ableism** is when people use kindness or compliments as a way to ignore the disability.

Example: "You don't look like you have a disability"

**Know your RIGHTS!**

The ADA (Americans with Disabilities Act) prohibits discrimination.

**SPEAK UP!**

Ableism affects everyone. Advocate.

**Know YOURSELF!**

**Why do they matter to me?**

When **ableism** and **stigma** are present - so are discrimination and bullying

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## SELF ADVOCACY GOALS FOR THE IEP

Adding goals to your IEP that focus on self advocacy will increase your understanding of your disability and give you the skills to speak up for what you need.

**I can demonstrate an understanding of my skills and needs.**

By the end of IEP cycle, student will be able to identify three accommodations or modifications that are listed on their IEP and ask for them independently with \_\_\_\_\_% accuracy.

**I can demonstrate an understanding of my disability.**

By the end of the IEP Cycle, student will be able to communicate with others about their disability and what he/she needs to learn successfully with \_\_\_\_\_% accuracy.

**I can understand and speak up for my needs.**

By the end of the IEP cycle, the student will be able to identify specific environmental modifications and explain why they are useful to him/her with \_\_\_\_\_% accuracy.

**I know how to advocate for myself.**

By the end of the IEP cycle, student will be able to participate in school meetings and advocate for themselves with the support of parents and teachers with \_\_\_\_\_% accuracy.

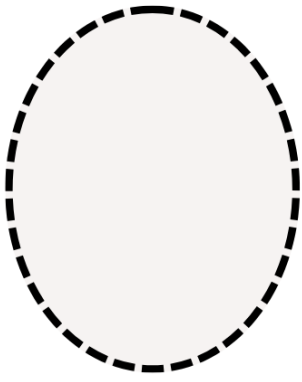



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## Overcoming Ableism

<p><b>Picture This!</b> Draw or write about your greatest strengths.</p> 	<p><b>Talk it out!</b> Describe some everyday examples of <b>Ableism</b> at school and in your community</p>
	<p><b>Advocate</b> Make a list of ways you can speak out against <b>Stigma</b> and <b>Ableism</b></p> 
<p> <a href="http://WWW.KYSPIN.COM">WWW.KYSPIN.COM</a> 800-525-7746 SPININC@KYSPIN.COM 10301-B DEERING ROAD LOUISVILLE, KY 40272</p>	

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

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