



[Video/Webinar Library](#)

[KY-SPIN Publications](#)

(Infographics, short videos & more)

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.

[Subscribe to KY-SPIN eNews](#)

Visit our Website



Let's Talk About Emotions

Matching Game

When I'm feeling....

Happy



Confused



Mad



Frustrated



SAD



I can.....

Play



Take a
walk



Talk it
out



Deep
Breaths



Share my
happiness
with Others



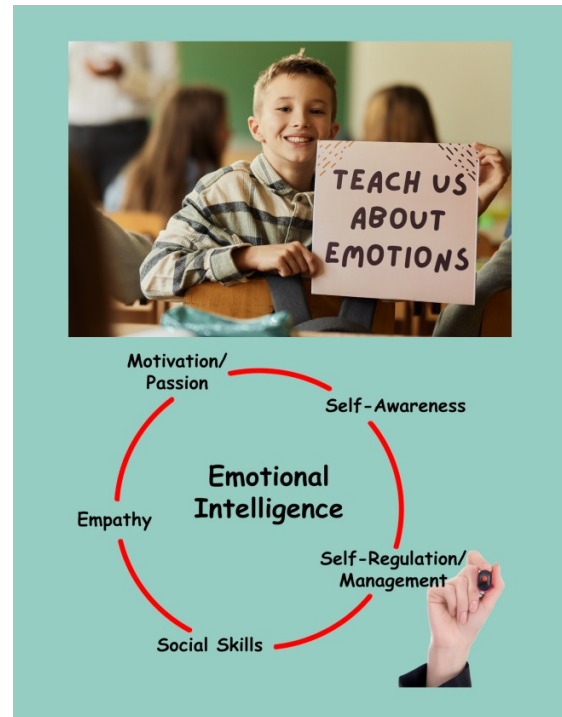
Family Activities

June Let's talk about feelings, reactions and actions!

Everyone has emotions and everyone can take actions or have a reaction. It's knowing the difference that makes a change to how we approach life!

- Gather your family in your favorite space.
- Using the activity above ask everyone to tell you a negative reaction they might have to the feeling.
- Then match up that feeling with a positive action they can take instead.

Example: Instead of when you are angry slamming a door let's try taking a walk around the house!



***Positive Actions
Versus
Negative Reactions***

KY-SPIN Presents



KY-SPIN virtual CAREGIVER SUPPORT GROUP

Join KY-SPIN's monthly caregiver support group specially designed for parents of children with disabilities of all ages. These virtual support groups are driven for families, by families. Each meeting offers caregiver support and a parent café.



Topics of Discussion:

- **July 15, 2024 10-11:30 AM or 6-7:30 PM (EST)**
PERSON CENTERED PLANNING - PUTTING INDIVIDUALS AT THE CENTER OF THEIR OWN JOURNEY
Person Centered planning is the process of actively involving an individual in guiding and directing their own life's outcome. Join us to learn how to encourage your child to drive their own story.
- **August 19, 2024 10-11:30 AM or 6-7:30 PM (EST)**
SIMPLIFY YOUR SCHOOL ROUTINE WITH CLEVER HACKS AND EFFICIENT SCHEDULING
To make your school life easier and more organized, here are some smart hacks and effective scheduling tips specifically tailored for your family.
- **September 16, 2024 10-11:30 AM or 6-7:30 PM (EST)**
COMMUNICATION STYLES - CREATIVE WAYS TO TALK AND CONNECT WITH OTHERS
Different people have different preferences and needs when it comes to communication approaches. Learn how to adapt your style so you can ensure that your message is received and understood.



Scan QR Code or [click](https://tinyurl.com/yc7p22t5) to register
<https://tinyurl.com/yc7p22t5>
You only need to register once, attend each month or just the months you want!

1-800-525-7746

spininc@kyspin.com



For more information:

Contact Amber Hamm

859-907-5685

amber@kyspin.com



www.kyspin.com

[Register Here](#)



Transition Tuesday



Transition Tuesday
Webinars will return
September 2024

Until then, you don't have to miss us! Sign
up for our Youth eNews to get the latest
released content or check out our website at
<https://www.kyspin.com/youth-and-adults/>



Check out our [Youth Suite](#)

Resource Corner



2024 KENTUCKY SUMMER EBT UPDATE

SEBT IS A ONE-TIME \$120 BENEFIT FOR STUDENT SUMMER MEAL COSTS. IT'S A NEW PROGRAM. EVEN IF YOU RECEIVED PEBT IN THE PAST, IT DOESN'T MEAN YOU'LL QUALIFY NOW.

HOW TO QUALIFY AUTOMATICALLY:

Kentucky school-aged children (ages 6-17 as of August 1, 2023) who participated in SNAP, KTAP, or Kinship Care for at least one month since July 1, 2023 will automatically receive this benefit. Deposits will go out to your household's existing EBT card on or around **JUNE 17, 2024**

IF YOU DON'T QUALIFY AUTOMATICALLY:

KY school-aged children who weren't part of the programs above may still qualify based on household size and income. You will need to apply at **kysebt.ky.gov** or **kynect.ky.gov**. Approved households without an EBT card, will be mailed one. Applications will open **JUNE 24, 2024**

If you have questions about the SEBT program, eligibility requirements, or when benefits will be made available, contact DCBS directly at **855-306-8959**.



If you have any questions visit your local DCBS office or contact DCBS at 855-306-8959. You can access more information about the program [here](#).

USDA Summer Food Service Program Summer Meals Site Finder 2024



**More summer food options for
more summer smiles**



**Do you believe in Dolly's magic?
Congratulations Kentucky!**
**Every zip code is available for enrollment. Share
the news! More books than ever before will be**

delivered to Kentucky's youngest citizens.



<https://youtu.be/DMeagPEaL6E>

Imagination Library of Kentucky

The goal of the statewide expansion is to inspire a love of reading by making books available to all children ages 0-5 in every zip code in Kentucky, regardless of the family's income. Currently 43% of eligible children in the state are currently receiving books and thanks to funding from Kentucky State Legislators, as of June 2024 the Imagination Library has now expanded to all 120 counties in the Bluegrass State!

To sign up your child, click [here](#), or visit imaginationlibrary.com/kentucky.

Olmstead

Kentucky's [Olmstead Compliance Plan](#) establishes a framework for the state to ensure that its statutes, regulations, and program initiatives align with the principles established in *Olmstead*. Kentucky's first Olmstead Compliance Plan (Plan) was established in 2002. The Plan was updated in 2015 and again in 2019. The Cabinet for Health and Family Services (CHFS) is now planning and coordinating efforts that will result in the next iteration of the Plan. The Plan will continue to advance Kentucky's commitment to choice and access to community-based services, long-term care options, housing opportunities, and competitive integrated employment.

[Learn More](#)

The Olmstead Decision

Human Development
Institute

<https://youtu.be/GS8cTpegdKc>

Early Childhood

Managing Emotions

KY-SPIN's Guide
Managing Emotions

Learning how your body copes with emotions is the first step towards managing it.

Rest and Digest


Your body is calm, able to conserve energy, and focus on tasks like

- Rest
- Digest
- Growth
- Recovery
- New skills


Fight or Flight

Your body perceives a threat and readies itself to handle to conflict using energy for tasks like

- Fight - physically or verbally
- Flight - leaving or escaping
- Fawn - appease the threat
- Faint - unconscious to escape



Our bodies are always in movement between these two states. It is essential to learn how to understand, cope, calm, and regain balance. Children in a heightened state of emotions need to be seen, heard, and validated so they are able to regulate themselves.

 WWW.KYSPIN.COM 800-525-7746

Calming Exercises

Deep Breathing

Smell the flower, blow out the candle
Take a deep **slow** breath in through your nose like smelling a flower, release the breath as if you're **slowly** blowing out candles on a big birthday cake. Repeat 3 times

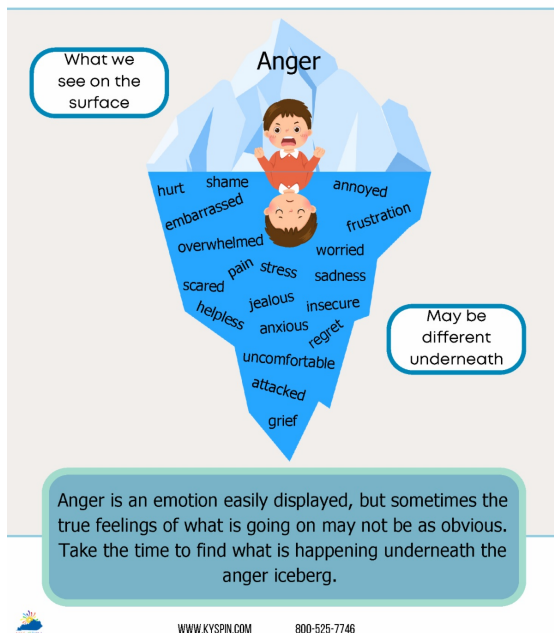
Finger Breathing

Tracing the outline of your fingers, take a slow breath in every time you trace your finger up, and a slow breath out as you trace your finger back down.

5-4-3-2-1 Grounding

Name 5 things you can **see**.
Name 4 things you can **touch**.
Name 3 things you can **hear**.
Name 2 things you can **smell**.
Name 1 thing you can **taste**.

Anger Iceberg



Feelings Wheel

We are made of a spectrum of emotions and feelings. **Simple feelings can have various undertones of other emotions.** Pinpointing a more precise term for your feelings can help you better understand them and determine steps to address them.



Find your primary emotion and explore if there is another feeling that better describes it.

WWW.KYSPIN.COM 800-525-7746

[Download Here](#)

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:

Starting a New Job



ONBOARDING

Your Job

SUPPLIES

- Identification
- Uniform or specific attire
- Job specific tools



DOCUMENTS

- W-4 Form
- I-9 Form
- Employee Handbook
- Direct deposit



TRAINING

- Online
- In person
- Videos
- Tutorials
- Workbooks



PEOPLE

- Direct Supervisor
- Co-Workers
- Human Resources



You

PRACTICE

- Learn your travel route
- Adjust sleep schedule
- Practice manners



SUPPORTS

- Family Member
- Teacher
- Friend
- Community Member



Starting a new job is exciting, but it also requires a lot of preparation for both you and your employer.

Every job is different, but there are a few things that you can expect from any job. KY-SPIN has put together a list of common things to expect at your new job and a few things you can do to get started on your own!



www.kyspin.com

800-525-7746

[Download Here](#)



FORM FRENZY

W-4 Employee's Withholding Certificate

OMB No. 1545-0047

2024

Complete Form W-4 so that your employer can withhold the correct federal income tax from your pay. Give Form W-4 to your employer. Your withholding is subject to review by the IRS.

Step 1: Enter Personal Information

1a First name and middle initial Last name

1b Social Security number

1c Home or other address (Street, city or town, state, and ZIP code)

1d Date of birth (mm/dd/yyyy)

1e U.S. Social Security Number

1f Employer's Email Address

1g Employer's Telephone Number

1h Signature of Employee

1i Today's date (mm/dd/yyyy)

Step 2: Multiple Jobs or Spouse Works

Complete this step if you (1) hold more than one job at a time, or (2) are married filing jointly and your spouse also works. The correct amount of withholding depends on income earned from all of these jobs. Do only one of the following:

(a) Use the estimator at www.irs.gov/ir4 for most accurate withholding for this step (and Steps 3-4). If you or your spouse have self-employment income, use this option; or

(b) Use the Multiple Jobs Worksheet on page 3 and enter the result in Step 4(a) below; or

(c) If there are only two jobs total, you may check this box. Do the same on Form W-4 for the other job. This option is generally more accurate than (b) if pay at the lower paying job is more than half of the pay at the higher paying job. Otherwise, (b) is more accurate.

Step 3: Claim Dependent and Other Credits

If your total income will be \$200,000 or less (\$400,000 or less if married filing jointly):

Multiply the number of qualifying children under age 17 by \$2,000. \$

Multiply the number of other dependents by \$2,000. \$

Add the amounts above for qualifying children and other dependents. You may add to this amount any other credits. Enter the total here. \$

Step 4 (optional): Other Adjustments

(a) Other income (lost from jobs): If you want tax withheld for other income you expect this year that won't have withholding, enter the amount of other income here. This may include interest, dividends, and retirement income. \$

(b) Deductions: If you expect to claim deductions other than the standard deduction and want to reduce your withholding, use the Deductions Worksheet on page 3 and enter the result here. \$

(c) Extra withholding: Enter any additional tax you want withheld each pay period. \$

Step 5: Sign Here

Under penalties of perjury, I declare that I am the taxpayer, and that the information on this certificate is true, correct, and complete.

Employee's signature (This form is not valid unless you sign it.) Date

Employer's name and address First date of employment Employer identification number (EIN)

For Privacy Act and Paperwork Reduction Act Notice, see page 3. Cat. No. 105000 Form W-4 (2024)

You are required to complete

Optional

www.kyspin.com

800-525-7746

Employment Eligibility Verification

Department of Homeland Security
U.S. Citizenship and Immigration Services



START HERE: Employees must ensure the form instructions are available to employees when completing this form. Employers are responsible for failing to comply with the requirements for completing this form. See below and the [instructions](#).

ANTI-DISCRIMINATION NOTICE: All employees can choose which acceptable documentation to present for Form I-9. Employers cannot ask employees for documentation to verify information in Section 1, or specify which acceptable documentation employees must present for Section 2 or Section 3. **Unauthorized disclosure of an employee's information to a third party is prohibited.**

Section 1. Employee Information and Attestation: Employees must complete and sign Section 1 of Form I-9 no later than the first day of employment, but not before accepting a job offer.

Last Name (Family Name) First Name (Given Name) Middle Initial (if any) Other Last Name Used (if any)

Address (Street Number and Name) Apt. Number (if any) City or Town State ZIP Code

Date of Birth (mm/dd/yyyy) U.S. Social Security Number Employer's Email Address Employer's Telephone Number

I am aware that federal law provides for imprisonment and/or fines for false statements, or the use of false documents, in connection with the completion of this form. I attest, under penalty of perjury, that this information, including my selection of the box attesting to my citizenship or immigration status, is true and correct.

Check one of the following boxes to attest to your citizenship or immigration status (See page 2 and 3 of the instructions.):

☐ 1. A citizen of the United States

☐ 2. A national naturalized of the United States (See instructions.)

☐ 3. A lawful permanent resident (Enter USCIS or A-Number)

☐ 4. A noncitizen (other than Item Numbers 2 and 3 above) authorized to work until (exp. date, if any)

If you check Item Number 4, enter one of these:

USCIS A-Number Form I-94 Admission Number Foreign Passport Number and Country of Issuance

Signature of Employee Today's date (mm/dd/yyyy)

Section 2. Employer Review and Verification: Employers or their authorized representative must complete and sign Section 2 within three business days after the employee's first day of employment, and must physically examine, or examine consistent with an alternative procedure authorized by the Secretary of DHS, documentation from List A, or a combination of documentation from List B and List C. Enter any additional documentation in the Additional Information box; see instructions.

Document Title 1 List A List B AND List C

Issuing Authority

Document Number (if any)

Expiration Date (if any)

Document Title 2 (if any)

Issuing Authority

Document Number (if any)

Expiration Date (if any)

Document Title 3 (if any)

Issuing Authority

Document Number (if any)

Expiration Date (if any)

Check here if you used an alternative procedure authorized by DHS to examine documents.

First Day of Employment (mm/dd/yyyy)

Certification: I attest, under penalty of perjury, that (1) I have examined the documentation presented by the above-named employee, (2) the above-listed documentation appears to be genuine and to relate to the employee named, and (3) to the best of my knowledge, the employee is authorized to work in the United States.

Last Name, First Name and Title of Employer or Authorized Representative Signature of Employer or Authorized Representative Today's date (mm/dd/yyyy)

Employer's Business or Organization Name Employer's Business or Organization Address, City or Town, State, ZIP Code

For reverification or rehire, complete [Supplement B, Revocation and Rehire](#) on Page 4.

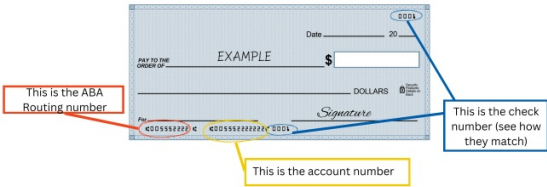
www.kyspin.com

800-525-7746

Below are three things you will need to understand to successfully start a new job. Practice filling out the forms, and ask questions if you need help! Sometimes forms can be tricky.

What is an ABA Routing number?

This number is used by financial organizations to identify which bank holds the account. It is always 9 digits long.



A **Direct Deposit** means your employer will put your paycheck directly into your bank account each pay period. You need to give them permission to do this.

Direct Deposit Authorization

I hereby authorize _____ (Insert where you want to work) to send credit entries, as well as appropriate debit and adjustment entries, to my account indicated below. These deposits may be made electronically or by any other commercially accepted method.

Signature _____ Date _____

Name of Bank _____ 9 Digit Routing Number _____

Type of Account () Checking () Savings Account Number _____

WWW.KYSPIN.COM 800-525-7746

[Download Form Frenzy Here](#)


EMPLOYMENT GOALS FOR THE IEP

Getting the job is the hard part, but knowing what comes next can be tricky. Below are some suggestions of IEP goals you can include in your transition plan that will make the first day a breeze.



TAX FORM

I can understand and complete a W-4 form.

By the end of IEP cycle, the student will be able to understand what a 1040 form is, and will be able to accurately complete one with _____% accuracy.



I understand different forms of identification and know which ones I can use for employment.

By the end of the IEP Cycle, the student will be able to understand what identification is, what identification they have and which identification can be used to verify employment with _____% accuracy.



I know my personal information, including my emergency contact information.

By the end of the IEP cycle, the student will be able to provide all personal information (address, telephone number, emergency contacts) necessary for new employment profiles with _____% accuracy.



I can understand the layout of a check and identify the account number and ABA (routing) number.

By the end of the IEP cycle, student will understand how to write a check, how to find the account number and identify the ABA routing number with _____% accuracy.

WWW.KYSPIN.COM 800-525-7746

[Download Here](#)



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

Follow us
 @kyspininc on



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)
[\(https://tinyurl.com/4t2evb59\)](https://tinyurl.com/4t2evb59)

KY-SPIN, Inc. | 800-525-7746 | spininc@kyspin.com
 | [Website](#) | [Donate](#)

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.

Information contained herein are for informational purposes only and do not imply endorsement by SPIN or KY-SPIN, Inc.



Try email marketing for free today!