## KY-SPIN's Youth eNews 9/27/2024





# 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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One important part of the **IEP** is the **Present Levels**. Watch this quick video to find out more details on present levels.



### **IEP Basics and You**

An **Individualized Education Program (IEP)** is important because it is a special program created to help you learn in your own best way.

Participating with your **ARC** (Admissions and Release Committee) to help create your **IEP** is one of the best things you can do for yourself and your future.

Work with your ARC team to create an **IEP** that has personalized goals, includes details on special teachers or resources, and has a way to check how well it is working so the team can make changes if needed.

# Nick Carpenter Youth Educator

"Back in high school, I wish I'd been more aware about Transition Planning. It's a crucial part of a high schoolers' IEP and will prepare you for adult life."



Davis Rodriguez
Transition Age Parent Educator

"Good communication is like the foundation of a house. Without it, the whole thing can come crashing down."





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### **Youth Resources Page**



#### What's Your Goal?

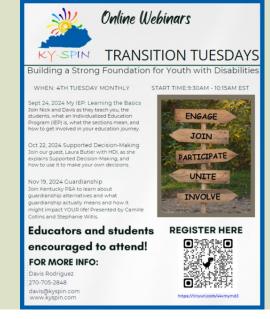
Another section of the IEP is the Measurable Annual Goals. This is where you and the ARC team decide what skills are the most important for you to focus on at that time. These goals can be academic (like reading and math goals) but you can include functional goals (goals that are real life tasks, like making doctor appointments or grocery shopping.)

We have created several examples of functional goals for you. So add a functional goal in your IEP at your next ARC meeting and start practicing those "real world" skills!





**Transition Tuesdays** are a chance for youth throughout the state of Kentucky to meet once a month to learn about topics that are important



to them and their future success.

Join Nick and Davis, and expert guests throughout the state, as they discuss topics like Supported Decision Making and Guardianship.

Each webinar will have time for questions, and there will be handouts and resources available to download after each session.

Come Join us!



## 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)

Learn more about us <u>KY-SPIN Infographic</u> REQUEST ASSISTANCE OR MAKE A REFERRAL 800-525-7746 or 502-937-6894- spininc@kyspin.com <u>Contact Form (www.kyspin.com/contact/)</u>

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



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You Tube

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