

KY-SPIN's Youth eNews 4/30/2025



Youth News!

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.

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Think College!

If you are a student thinking about attending college and you worry about fitting in, or how you will pay for it, check out Think College. It is a resource dedicated to sharing information on post-secondary options in the United States.



Navigating After High School Options

After you graduate high school, there are many options you can explore, and it's important to choose what feels right for you. If you like learning, you might want to consider going to college or a trade school. There are also special programs and support services at colleges to help students with disabilities. If school doesn't feel like the right path for you, you could look into finding a job that interests you or an internship. Many places offer job training programs that are designed to help people with disabilities find work they enjoy.

Another option is taking some time to figure things out. You could volunteer or try part-time jobs to see what you like. Some people take a year off to gain more experience or learn new skills. Whatever you decide, remember that there is no rush, and you can take small steps to find the right path. Don't be afraid to ask for help from family, teachers, or counselors to guide you in making the best decision for your future.

Kentucky's Exceptional Youth
Voices!!!

Question: I'm a senior in high school, and

I've been feeling super overwhelmed trying to figure out what I'm going to do after graduation. How do I even start figuring out what I can do after high school when I feel like everything is up in the air? *Student - age 18*

Answer: Transitioning from high school to the next chapter is tough for everyone, and having a disability just adds another layer to that challenge. But here's the good news: you have options!

You don't have to dive straight into a full-time job or a four-year college right away if that doesn't feel like the right fit. Maybe a gap year to explore your options, try out internships, or even take a few online courses could help you gain clarity. It's okay to take your time and experiment with what feels right for you.

Remember, there's no one-size-fits-all path after high school. What matters is that you take steps toward something that feels right for you and that you're open to adjusting and learning along the way. Keep us posted!




Each month, we will share an advocacy success story or answer a question about life, school, and friends sent to us by students around the state. Your stories and questions are important, so don't wait, be a part of the changes in Kentucky today.

Making the Right Choice!

You have lots of options when you graduate high school and sometimes it can feel overwhelming.

KY SPIN understands that. We have several worksheets like this on our website that you can use to begin thinking about what you would like to do, and the steps that you need to take to get there.





Online Webinars


TRANSITION TUESDAYS

Building a Strong Foundation for Youth with Disabilities





WHEN: 4TH TUESDAY MONTHLY
April 22, 2025 Navigating the Transition from High School to College
Presenters: Kacy Midkiff BCTC CTP and Jeanine Mosher KCPIS OMC MSD CTP teacher
Please join us as we discuss comprehensive transition programs from two levels, dual credit and a two year college. We will discuss proactive steps, strategies and realistic expectations of this transition.

May 27, 2025 Recognizing When You Need Help
Join us for an empowering session on recognizing when and how to seek help. We'll explore signs that indicate you may need support, how to communicate your needs, and where to find trusted resources. Gain confidence in advocating for yourself and accessing the help you deserve.

TIME: 9:30AM - 10:15AM EST



Summer break is rapidly approaching!
Transition Tuesday webinars will resume the 4th Tuesday in September.
In the meantime, visit us on the web, and follow us @kyspininc


FOLLOW US @KYSPININC ON:    

Educators and students encouraged to attend!

REGISTER HERE

FOR MORE INFO CONTACT:
Davis Rodriguez 270-804-9927
DAVIS@KYSPIN.COM

www.kyspin.com <https://tinyurl.com/26nht2p9>



KY-SPIN has a monthly webinar that is dedicated to providing you with the information you need to have a successful transition. Join Nick, our Youth Educator, every month as he tackles topics like Knowing When to Ask for Help, and more! [Click here to register](#)

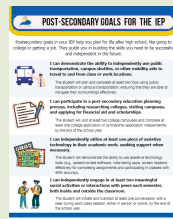
Readiness Resources

You might find these additional resources helpful when starting to plan for life after high school. Whether you are interested in going to college or trade school or starting a job, these resources can help.

And don't forget, [KY-SPIN](#) is always around to help you find the resources you need in your community!



Kentucky Supported Higher
Education Partnership

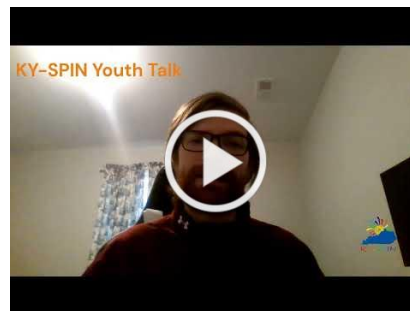


Get Prepared!

You can add goals that will help you prepare for your future in your IEP. These goals will help you learn the skills you need to be successful at a job or in a school environment.


Discuss with your **ARC (Admissions and Release Committee)** the possibility of incorporating functional goals into your IEP to help you build and maintain skills you need for future success. KY-SPIN offers various examples of goals available on our [website](#) that you might find helpful.

In this **KY SPIN Youth Talk**, Nick talks about all the things you need to do to prepare for an interview. Dressing professionally, managing your time and knowing how to show off all your incredible assets is easy to do with the right practice. Let Nick show you how.


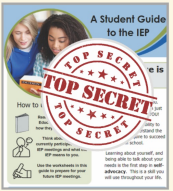



Youth Guide to the IEP

We are currently finishing up editing this highly anticipated resource. Sign up so we can send it straight to your inbox before its public release.



The Secret is Out!!!

Have you ever wanted an easy to read guide to Individualized Education Programs? Would you like worksheets and vocabulary to help you prepare for meetings and better understand your role in the ARC?

The wait is almost over! [Click here](#) to request a copy of our new fully accessible IEP guide for Youth, and you'll receive it via email as soon as it is released.



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 [KY-SPIN Infographic](#)
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>)



KY-SPIN, Inc. | 800-525-7746 | spininc@kyspin.com
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KY-SPIN, Inc. | 10301-B Deering Road | Louisville, KY 40272 US

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