



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

[Video/Webinar Library](#)

[KY-SPIN Publications](#)

(Infographics, short videos & more)

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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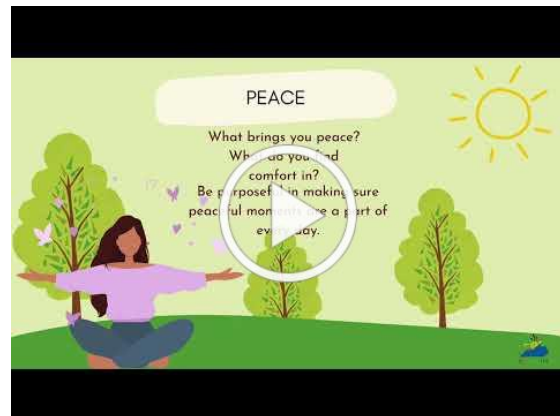
Visit our Website

## Director's Corner

Hi, I hope this message finds you well and safe. As caregivers, we often pour every bit of our energy into supporting others—our families, friends, co-workers, and communities, leaving little or nothing for ourselves. But here's a truth we all need to hear: our mental health is just as vital as our physical health.

Let me ask you—when was the last time you truly took time for yourself? If I'm being honest, I can't remember the last time I did. And that realization? It's a wake-up call. It's not sustainable. It's not healthy. And it's certainly not a sign of weakness to acknowledge that.

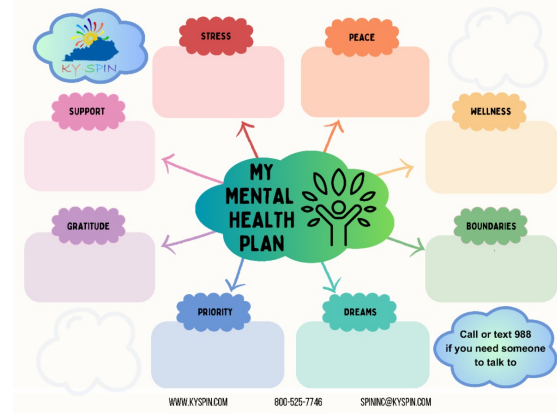
So today, let's make a promise—to ourselves and each other. Let's commit to taking time for self-care, however that looks for each of us. Whether it's a quiet moment of reflection, a walk in nature, or simply



<https://youtu.be/KQJfugwhVGo>

saying “no” to one more task, we deserve that space.  
Our well-being matters. You matter.

With Love,  
Rhonda Logsdon



Download [KY-SPIN Mental Health Infographic & My Mental Health Plan](#)

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**Our hearts are with everyone affected by the recent tornado. Let’s stand together in support and compassion.**  
**Below are ways you can help and links to assistance for those in need.**

**Rapid Needs Assessment:** If you have immediate needs that are not life-threatening, please complete the [Rapid Needs Assessment Form](#) or call 502-607-6665. These needs include: power is out or inconsistent; individuals with medical needs or disabilities; no food or unable to cook; no or very little drinking water; unable to leave house due to weather and lack of transportation; phone issues; unable to leave vehicle; checking on a loved one; and more.

**Emergency Prescription Refills:** Gov. Beshear signed an [executive order](#) allowing Kentucky pharmacists to dispense emergency 30-day refills for any non-controlled medication.

[Gov. Beshear](#) reminded Kentuckians and anyone else who would like to help that the **Team Kentucky Storm Relief Fund** is there to help survivors, including paying for funeral expenses for those lost in the disaster. To donate, click [here](#).



**Disaster Relief  
DONATION DRIVE**  
Hosted by CRBH - Manchester Office  
Supporting our neighbors in need

 **Drop-off Location:**  
CRBH Manchester Office  
606-598-5172

**Monday–Friday | 8:00 AM – 4:30 PM**  
All donations will be transported daily to the CRBH London Office for distribution

 **Items We’re Collecting:**

<ul style="list-style-type: none"><li>• Basic Needs<ul style="list-style-type: none"><li>• Bottled Water</li><li>• Non-perishable Foods</li><li>• Baby Formula &amp; Diapers</li><li>• Hygiene Items (toothpaste, deodorant, soap, feminine products)</li><li>• First Aid Supplies</li></ul></li><li>• Comfort &amp; Shelter<ul style="list-style-type: none"><li>• Blankets &amp; Pillows</li><li>• Towels &amp; Washcloths</li><li>• Sleeping Bags or Air Mattresses</li><li>• Tents &amp; Tarps</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Recovery &amp; Clean-Up<ul style="list-style-type: none"><li>• Work Gloves</li><li>• Flashlights &amp; Batteries</li><li>• Cleaning Supplies</li><li>• Basic Tools (shovels, brooms, trash cans)</li></ul></li><li>• Kids &amp; Pets<ul style="list-style-type: none"><li>• Toys, Books, School Supplies</li><li>• Pet Food &amp; Supplies</li></ul></li></ul>
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 **Monetary Donations**  
Please contact  
Regional Office 606-528-7010

Thank you for showing compassion and support during this time of recovery. Together, we are stronger.

### **Cumberland River Behavioral Health & Cumberland Valley RIAC: Disaster Relief Donation Drive We Need Your Help!**

The CRBH Manchester Office is collecting donations to support our neighbors impacted by recent disasters. Every item, big or small, can make a difference in someone’s life right now.

**Drop-off Location:**  
565 Muddy Gap Rd, Manchester, KY 40962  
**Monday–Friday | 8:00 AM – 4:30 PM**

Let’s come together as a community to lift up those who need us most.  
Together, we are stronger.

## STORM RELIEF RESOURCES

### ALL SUPPLIES

Faith Assembly  
Hart Baptist  
First Baptist  
Victory Life Church  
Horizon Health  
Victory Baptist  
Redemption Church  
Community Christian Church  
The Creek  
Corinth Baptist Church  
Calvary Baptist Church

### SHELTER

First Baptist  
Praxel Line Services  
Lodge at Cumberland Falls  
Piney Grove Holiness  
Wildcat Harley Davidson  
Dodge City Campground  
Victory Life Church  
Bethel London Multicultural Church  
Pine Grove Church  
Freeman Properties

### MEALS

Piney Grove Holiness Church  
Lori Wells Marcum- Patriot Realty  
Star of Bethlehem United Church  
Happy Express Mart  
Moody Cows  
Mercy Chef- Hot Meals for lunch and dinner at Faith Assembly  
Operation Feed 'Em (Family Dollar/Dollar Tree by WPG)

### OTHER

Water/Ice: WD Bryant  
Tetanus Shots: Walmart Pharmacy  
Mental Health: Heartstrings  
Second Mile  
Clothing: CatchN Deals  
Hair Washing: HeadSpa of London  
Showers: Souls Harbor  
WalMart

### PETS

Gone to the Dogs Boarding  
Rowdy Dog Retreat  
Corbin Animal Clinic  
Forgotten Felines

### LAUREL CO SCHOOLS FRYSC

Please reach out to your Child's School FRC or YSC if you  
need help connecting with or receiving resources or supplies.  
You may reach them via School phone numbers beginning  
Monday Morning

# KY-SPIN

## *The Brain Game!*

## KY-SPIN's Kids I Spy!



KY-SPIN

[Download](#)

# Family Activities

## ***Mental Health Matters!***



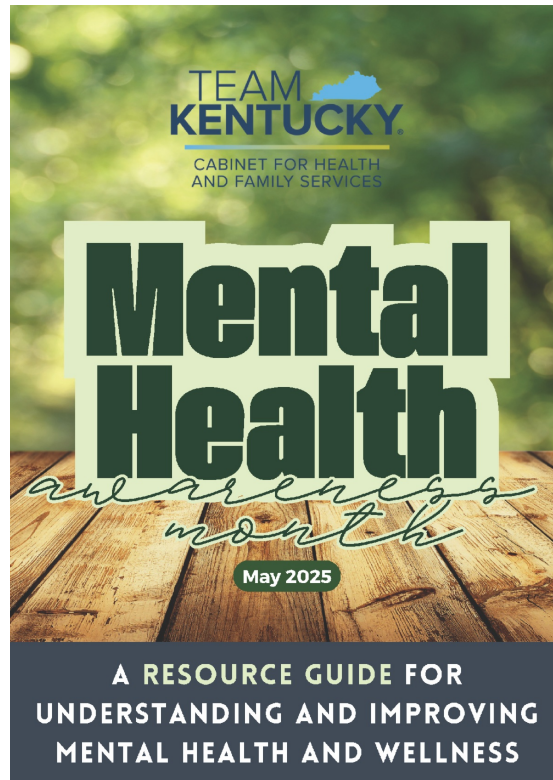
## Let's Nurture Our Little Ones, Together

Our little ones' mental health is incredibly important and needs to be nurtured from the very beginning. The way we respond to their emotions helps shape how they will respond to their own feelings as they grow.

Here is a couple conversation starters to help your child express and explore their emotions. Try asking questions like:

- “When you’re feeling sad, mad, or happy—who do you talk to?”
- “What kinds of things make you feel sad, mad, or happy?”

Starting these conversations early builds a strong foundation. It teaches our kids that it’s okay to talk about their feelings—and that it’s healthy to open up to someone they trust.



Mental Health Awareness Month (CHFS): A resource guide for understanding and improving mental health and wellness. [Download Now](#)

## Upcoming Events!



**May 27, 2025 9:30am - 10:15am ET Transition Tuesdays:**  
Recognizing When You Need Help [Register Now](#)

**June 10, 2025 12-1pm ET**





## Navigating Early Intervention and Beyond for Early Childhood Providers Webinar

**June 10, 2025 12-1pm ET**

Presenters:

Sally Dannenberg, Child Care Aware of Kentucky

Angela Casey, New Vista KEIS Program

Eileen Hoover and Rhonda Logsdon, KY-SPIN

### ECE-TRIS Credit

This training session provides early childhood professionals with a foundational understanding of the Individuals with Disabilities Education Act (IDEA), focusing on the continuum of services from birth through age 21. Participants will learn about IDEA Part C (Early Intervention for infants and toddlers, birth to age 3) and Part B (Special Education services for children and youth ages 3-21), including key processes, timelines, and the transition from an Individualized Family Service Plan (IFSP) to an Individualized Education Program (IEP).

**REGISTER NOW**



<https://tinyurl.com/ahrv6yv5>

**For more information  
contact Eileen Hoover**



(859) 300-2251



[eileen@kyspin.com](mailto:eileen@kyspin.com)



[kyspin.com/contact/](https://kyspin.com/contact/)

[Register Now](#)  
[Download Flyer](#)

**June 16, 2025**  
10-11am ET

**Virtual Caregiver Support Group: Ensuring A Supportive  
Environment with Schedules and Routines**

[Register Now](#)

# Resource Central



Kentucky Department of Education's (KDE) Office of

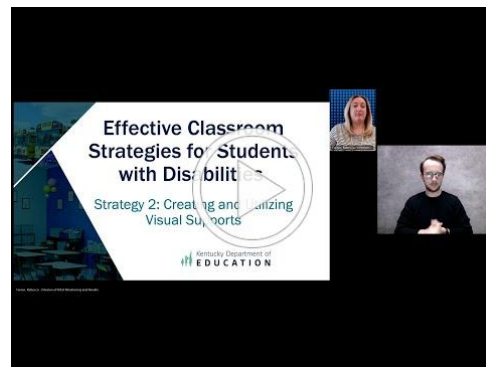
# Special Education and Early Learning (OSEEL) Effective Classroom Strategies for Students with Disabilities Video Series

## Strategy 1: Setting Up Your Classroom for Success



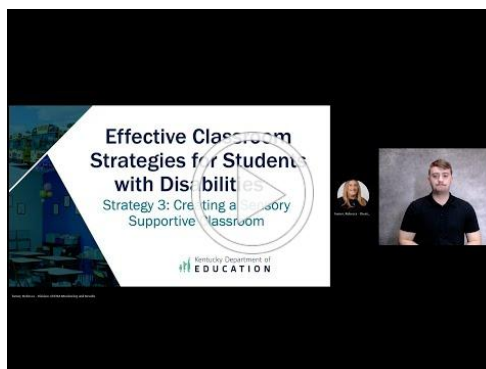
[https://youtu.be/AEHLqj\\_zoe0?si=Qk-P3S6VIECPW-Gb](https://youtu.be/AEHLqj_zoe0?si=Qk-P3S6VIECPW-Gb)

## Strategy 2: Creating and Utilizing Visual Supports



<https://youtu.be/L2Xal-G0WCs?si=RrHD-AxSytNGGB7m>

## Strategy 3: Creating a Sensory Supportive Classroom



<https://youtu.be/WgRS9wbpuoM?si=4wer8uqHYa6OYYJN>

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**Lunch and Learn EPSDT & School Based Services  
Webinar Recording**



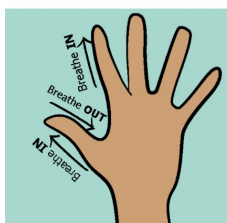
<https://youtu.be/t7p6eJS8klw>

## Early Childhood

### 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**.



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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



### AFTER HIGH SCHOOL OPTIONS

After high school, students can dive into a world of choices! You could head to college and learn cool stuff, join a trade school to become a pro at things like fixing cars, or start working and making money right away.

#### Apprenticeship

An apprenticeship is a training program that lets you learn skills while you are working.

- Plumbing
- Electrician
- Carpentry
- Banking



#### Job

A job is a regular activity that you do and get paid for by an employer. It can be any type of task or duty assigned to you.

- Retail
- Admin Assistant
- Customer Service
- Manufacturing



#### Trade School

A trade school will teach you skills that are specific to a career choice. You might receive a certificate or diploma upon completion.

- Cosmetology
- Culinary Arts
- Welding
- Medical Assistant



#### College Program

Sometimes called Post-secondary Education, college programs can be at universities, colleges or community colleges.

- 2 year degrees
- 4 year degrees



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POST-SECONDARY DECISIONS



### AFTER HIGH SCHOOL DECISIONS

What do I like doing?

What environments do I like? Example: quiet, busy, mornings, outdoors

What jobs might be a good choice for me?

What training or help do I need?



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POST-SECONDARY DECISIONS



### STEPS FOR PLANNING COLLEGE OR TRADE SCHOOL

Planning for college or trade schools while you are still in high school is like getting ready for a big adventure! Start by learning about yourself and what things you need to be successful. Then follow these steps to help make the transition from high school to college a little smoother



#### During High School

- Understand your disability and accommodations
- Talk with teachers about goals
- Join clubs and activities that support your goals

1

#### Senior Year High School

- Research colleges and schools
  - Talk to the accessibility office
- Make sure you have all the classes you need for graduation
- Apply to school of choice

2

#### After High School Graduation

- Practice Schedule
- Organize transportation
- Practice organization skills
- Take a tour of school to learn where your classes are

3

#### During College or Trade School

- Understand your schedule
- Talk to your instructors about your accommodations
- Ask for help as soon as you need it - don't wait

4

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POST-SECONDARY DECISIONS



### STEPS FOR PLANNING JOB OR APPRENTICESHIP

Starting to prepare for a job in high school is super important because it helps you learn new skills and make money early! To get ready, you can take classes that teach you about different careers, like business or tech, and look for part-time jobs or internships to get hands-on experience. It's also a good idea to practice your resume and interview skills, so you're ready when the perfect job comes along!



#### During High School

- Take different classes to find out what you like to do.
- Talk to a guidance counselor about work readiness programs.
- Identify accommodations.

1

#### Senior Year High School

- Practice self-advocacy skills
- Create Resume
- Practice Interview Skills
- Complete graduation requirements

2

#### After High School Graduation

- Apply for Jobs or Apprenticeships
- Talk to Vocational Rehabilitation about job supports
- Attend Job Fairs
- Organize transportation

3

#### On the Job

- Ask for accommodations
- Organize reliable transportation
- Be on time and respectful
- Ask for help or additional training if needed

4

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POST-SECONDARY DECISIONS

Download:

[After High School Options Infographics and worksheet](#)  
[Post secondary goals for IEP](#)

Youth Suite

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

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