

KY-SPIN's Youth eNews 9/15/2025



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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Keep It Real: Connected & Aware

This PsychHub video, Youth Suicide Prevention, explains why it's important for everyone to talk openly about mental health and suicide. It shares warning signs to look out for, like big changes in behavior, feeling hopeless, or pulling away from friends. The video also encourages teens to reach out to trusted adults, make a safety plan, and know resources like the 988 Suicide & Crisis Lifeline. Overall, it is a good reminder for everyone that asking for help is a sign of strength and that support is always available.



Hope Starts Here

You are important to us. At KY-SPIN, we are not medical or mental health professionals, but we care deeply about you and your future. Our goal is always to share resources and information that can help you live the brightest and most successful life possible. Suicide Prevention Month is a time to pause and reflect on your own mental health, and to

remember that it's okay to ask for help when you need it.

In this newsletter, you'll find resources that can guide and support you through tough times. Whether it's learning more about warning signs, creating a plan to stay safe, or knowing where to turn in a crisis, these tools are here for you. Reaching out is a sign of strength, and no matter what you're going through, you are never alone.

☐ Need Help Right Away?

If you or someone you know is thinking about suicide or feeling unsafe, **call or text 988** right now.

- Available 24/7
- Free and confidential
- You'll be connected to someone who cares and can help you

Remember: You are not alone, and reaching out shows strength.

Kentucky's Exceptional Youth Voices!!!

Question: I feel like I don't fit in at school or even at home, and it makes me feel really bad about myself. I try to be positive, but sometimes it feels like no one understands me. What can I do? *Student - age 16*

Answer: You are not alone, and your feelings are important. It can really help to talk with a trusted adult, like a school counselor, teacher, coach, or even a religious leader who will listen and support you.

If things feel heavy, you can call or text the **988 Suicide & Crisis Lifeline**, or in Kentucky, reach out to [KY-SPIN](#) or [Kentucky Partnership for Families and Children](#) (KPFC) for resources.

Remember you matter and asking for help is a strong and brave step.



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.

Your Plan, Your Strength: Mental Health Tools for September

This toolkit was designed with you in mind. Inside you'll find simple guides, visuals, self-care tips, and planning sheets that can help you better understand your emotions and build healthy habits.

Whether you're supporting a friend or working through tough moments yourself, these resources are here to back you up. Look through the infographics, the calendar, and self-care ideas to see what connects with you. Share it with a trusted person—you

never know who else might need the encouragement.

SEPTEMBER 2025



September is SUICIDE PREVENTION AWARENESS MONTH

**Kentucky Suicide Prevention
Awareness Resource Guide**

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AND FAMILY SERVICES



TRANSITION TUESDAYS

Building a Strong Foundation for Youth
with Disabilities

Online Webinars

WHEN: 4TH TUESDAY MONTHLY TIME: 9:30AM - 10:15AM EST



September 23, 2025 A Self-Directed IEP Meeting
This session shows you how to lead your own Individualized Education Program (IEP) meeting. You'll learn what an IEP is, why your voice matters, and simple steps to get ready for the meeting. Walk away with the confidence and tools to lead the meeting and shape your future.

October 28, 2025 Recognizing Bullying and What You Can Do
In this session, we'll explore what bullying means, why students with disabilities are sometimes targeted because of their differences, and what we can do to help it stop. By learning to recognize the signs of bullying and how to respond in positive ways, you'll be better prepared to understand different types of bullying and know what to do when it happens.

November 25, 2025 Preparing for Your Healthcare Transition
Join us as we unpack the healthcare-transition journey for youth moving into adulthood. Learn how to manage this responsibility by breaking it all down into different phases. Gain the information and receive tools to master your healthcare transition!

Educators and students are encouraged to attend! [CLICK HERE](#) OR SCAN TO REGISTER

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<https://tinyurl.com/969k9ye6>

Youth Suite

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Helpful Resources

You might find these resources valuable as you take steps to strengthen your mental well-being and connect with trusted support.

Your community has resources, and KY-SPIN is here to help you discover and use them.

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SAMHSA
Substance Abuse and Mental Health
Services Administration

SELF-CARE GOALS FOR THE IEP

As an adult, you will be responsible for your own actions and your own self-care. Understanding what your body and mind need is the first step. Work with your ARC team to create self-care goals in your Transition Plan.

- I can identify and use calming techniques to manage my emotions when I am upset.**
By the end of the IEP cycle, the student will be able to identify specific calming techniques to use when managing negative emotions with ____% success.
- I can identify situations and events that will create negative emotional situations.**
By the end of the IEP cycle, the student will be able to list what situations or events can trigger negative behavior, and identify how that could impact them in their environment ____% accuracy.
- I can identify areas where I need assistance and seek help.**
By the end of the IEP cycle, the student will be able to identify their own strengths and weaknesses, and seek guidance prior to escalating behaviors ____ times out of ____ times.
- I can participate in developing a plan to meet my personal self-care goals.**
By the end of the IEP cycle, the student will work with teachers to create and execute a self-care plan for in school and outside of school using checklists, electronic reminders or picture schedules as options.

www.ky-spin.com 800-525-7746



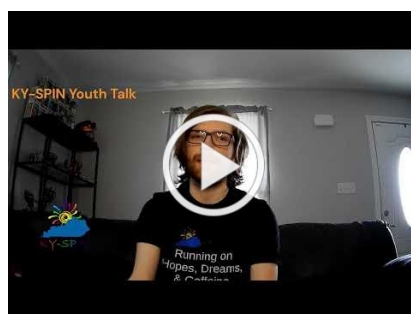
IEPs Aren't Just About Classes—They're About You

Adding self-care goals to your IEP is a way of making sure your mental health and well-being are just as important as your grades. These goals give you space to learn how to handle stress, recognize when you need a break, and practice healthy habits that keep you focused and balanced. When you include self-care in your plan, you're building confidence, independence, and the tools you need to take care of yourself not just in school, but in everyday life too.

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](http://www.ky-spin.com) that you might find helpful.

You Don't Need to Earn Rest

Sometimes life feels like it never slows down, but this short **Youth Talk** video from KY-SPIN is here to remind you that rest isn't something you have to earn — it's something you deserve. Take a couple of minutes to watch, breathe, and give yourself permission to relax.



The Secret is Out!!!

RESTRICTIVE /IRONMENT 13
Restrictive /Ironment
LRE
Special Education
ARC

A Student Guide to the IEP
How to Use
This guide is designed to help you understand the IEP process and your role in it. It includes information about the IEP process, your rights, and how to prepare for meetings. This is a guide you can use throughout your life.

SPECIAL EDUCATION SERVICES
What Are Special Education Services?
You have the right to know what services you are entitled to. This guide will help you understand the services you are entitled to and how to get them. It includes information about the IEP process, your rights, and how to prepare for meetings. This is a guide you can use throughout your life.

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.



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.

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>)



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