



Get **SET...**

**Support**

**Educate**

**Train for Success!**

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(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.

[Visit our Website](#)

## Director's Corner

Hi, hope all is well. As I reflect on the past year, I'm incredibly proud of what we've accomplished together. This year has been defined by growth, not just in numbers or initiatives, but in purpose, collaboration, and impact.

Through strong partnerships, we've expanded our reach and deepened our work, learning from one another and building solutions that truly serve our families. These collaborations remind us that meaningful change never happens in isolation, it happens when we listen, trust, and move forward together.

Most importantly, empowering families with the tools, knowledge, and support they deserve. Every milestone reached is a reflection of the dedication, passion, and belief shared across Kentucky.

Thank you to our families, staff, partners, and stakeholders for making this year one of progress and possibility. As we look ahead, we do so with momentum, optimism, and a renewed commitment to



**Wishing you a peaceful  
Holiday Season!**

continue building a future rooted in collaboration and empowerment.

With Love,  
Rhonda Logsdon



**Help KY-SPIN Kids learn new ways to help with their BIG emotions!**

Check out the different ways they have found, and then use page 2 to create your own Emotion Board.

**Whistling**

**Count to 10**

**Deep Breaths**

**Blow Bubbles**

**Read a Book**

**Sing**

© 2025 KY-SPIN, Inc. 1-800-525-7746 www.kyspin.com Emotions Activity

Write emotion words, like...sad, mad, or confused on the lines. Then draw an activity that helps you when you are feeling that emotion!

The first one has been completed as an example!

**Study**

**Confused**

© 2025 KY-SPIN, Inc. 1-800-525-7746 www.kyspin.com Emotions Activity

[Download](#)

## Family Activities

Parents, as our little ones grow, it's essential to teach them coping skills for the big emotions that life can bring us!

Use the activity above to explore different emotions with your child. This is a great opportunity to understand how they handle these feelings and to teach them effective techniques for coping in a healthy way.

- Find your favorite spot and settle in.
- Ask questions like, "When I'm mad, sad, or frustrated, what can I do to calm down?"
- What can make you mad, sad, or aggravated?



**Help turn the 1..2..3's into Helpful Coping Skills!**



# Upcoming Events!



Zoom  
Virtual  
Webinar

## LUNCH & LEARN

2nd Tuesday of each month

12pm - 1pm EST

KY-SPIN provides training, information, and valuable resources to individuals with disabilities, their families and professionals.

### Schedule & Topics

#### January 13, 2026 Pre-K to Kindergarten

Presented by Kimberly Howard, M. Ed., Kentucky Autism Training Center.

This session explores the process of transitioning from preschool or early childhood settings into kindergarten, focusing on planning, collaboration, and tools to support children's success.

#### February 10, 2026 Using Assistive Technology (AT) to Support Students with IEPs

Presented by Marcie Bridges, Kentucky Department of Education (KDE) Exceptional Children Consultant, Division of IDEA Implementation, Office of Special Education and Early Learning. This session will provide a concise yet comprehensive overview of how Assistive Technology can be strategically integrated to help students achieve their goals outlined in their Individualized Education Programs (IEPs).

#### March 10, 2026 An Overview of the CDW Role in Charges Filed Against Youth

Presented by Maeranda Dorn, Boone County Court Designated Worker (CDW).

When a young person is charged with an offense, the legal process can feel overwhelming especially for families of youth with disabilities. This session will break down the role of the Court Designated Worker (CDW) in cases involving Beyond Control and Habitual Truancy, explain how parent and youth rights come into play, and walk families through what happens at each step of the process. Designed to be clear, accessible, and reassuring, this presentation will help parents feel informed, confident, and supported as they navigate the system alongside their child.

[CLICK HERE](#) OR SCAN TO REGISTER

For more information contact:

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☎ 800-525-7746

🌐 [www.kyspin.com](http://www.kyspin.com)



<https://tinyurl.com/4u5k96aa>

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Online Webinars

## TRANSITION TUESDAYS

Building a Strong Foundation for Youth  
with Disabilities

WHEN: 4TH TUESDAY MONTHLY

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



### January 27, 2026 Using Your Transition Plan to Achieve A Happy Adult Life

Join Alison Johnson from Kentucky Department of Education, and KY-SPIN as we delve into what a Happy Adult Life means to you and how to use your Transition Plan to achieve it.

### February 24, 2026 Tech Toolkit for Independence: Assistive Technology (AT) for Daily Living & Adulting

As you get ready for college, work, or just taking on more responsibilities, daily tasks can sometimes feel challenging. This session will explore life hacks that can support you in mastering essential daily living skills as you transition into adulthood.

### March 24, 2026 Habits that Hinder Success: Preparing for Postsecondary Education and Employment

Presented by Annette Jett, Build Inclusion, Inc.

This session is designed to help you, a young adult, identify and address common daily habits that can unknowingly hinder your success in college, trade school, or the workplace.

**Educators and students are  
encouraged to attend!**

[CLICK HERE](#) OR SCAN TO REGISTER

FOR MORE INFO CONTACT:

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amber@kyspin.com



<https://tinyurl.com/46r89udf>

[Register Now](#)  
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## Resource Central



Kentucky Department of Education's (KDE)  
**Office of Special Education and Early Learning (OSEEL)**  
announces the publication of the first two episodes in the  
**"Family Guide to Special Education"** series.

[Episode 1: Evaluation and Eligibility:](#)



[Episode 2: The Individual Education Program \(IEP\):](#)



[KY-SPIN Learning Center](#), offering free online, self-paced learning courses designed to help families, youth and professionals!

**Early Childhood**



# 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

Download the complete  
[Managing Emotions Guide](#)

## If you need someone to talk to....

- [988 Suicide & Crisis Lifeline](#): Call or Text 988
- 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



# STRESSED AND OVERWHELMED?

Try these tips to help calm yourself

## 1 Breathe

Take a deep breath in through your nose... and a deep breath out through your mouth

Repeat



## 2 Grounding

Name 5 things you can hear, see, taste, smell or touch in this moment



## 3 Ask Yourself

Will worrying about this change the outcome?  
What do I have to do and what is optional?



## 4 Take a Break

Stepping away can help you regain your peace and perspective



## 5 Do Something for Yourself

What brings you joy?



## 6 Seek Support

Talk it out and/or find a support system that works for you



Call or Text  
988  
if you need  
someone to  
talk to

[www.kyspin.com](http://www.kyspin.com)

800-525-7746

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

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[Contact Form](http://www.kyspin.com/contact/) ([www.kyspin.com/contact/](http://www.kyspin.com/contact/))

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