



Get **SET...**
Support
Educate
Train 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.

[Visit our Website](#)

Director's Corner

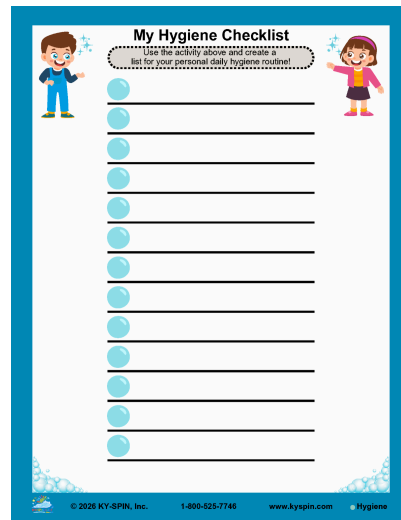
Hi, hope all is well. Mental health matters for every one of us. In the middle of busy schedules, responsibilities, and daily challenges, it's important to remember that taking care of our mental well-being is not a luxury; it's a necessity.

This month serves as a reminder that prioritizing mental health should be part of our everyday lives. Whether it's taking a moment to rest, reaching out for support, checking in on a colleague or friend, or simply giving ourselves grace, small actions can make a meaningful difference.

As a community, we are stronger when we support one another with compassion, understanding, and kindness. Let's continue creating an environment where people feel valued, heard, and encouraged to care for themselves and others.

With Love,





[Download](#)

Family Activities

Our littles ones start learning routines super early, such as bedtime, meal times, snack times and even play time. It's important when teaching our littles about routines that we include the ever famous HYGIENE routine.

- Find your favorite spot and let's begin!
- Use the activity above to start a conversation about hygiene and why it's important.
- Work together to come up with an easy to follow scheduled list. Be sure to talk about daytime and night time routines.

Example Conversations:

Ask:

- What happens if we don't brush our teeth?
- Why do we wash our hands?
- How do you feel after a bath?

Explain simply:

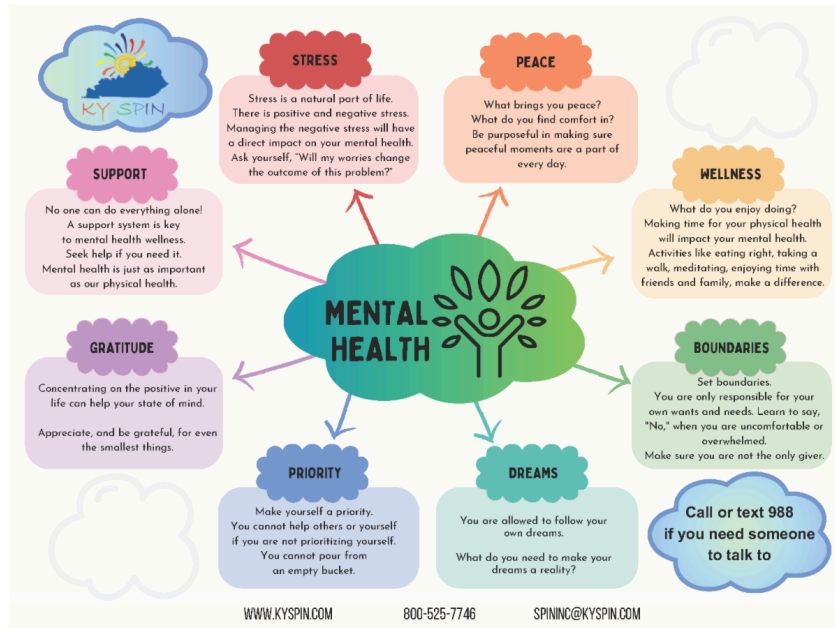
- We wash our hands to get rid of germs.
- We brush our teeth to keep them strong and shiny.
- We take baths to keep our skin clean.

You can say:

"Germs are tiny little things we can't see that can make us sick, but soap and water are germ-fighting superheroes!"



**Fighting Germs
One
Step-at-a-Time!**



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



Two great opportunities with KY-SPIN

- KY-SPIN, Inc. Board of Directors is accepting nominations for board members who are parents/caregivers of individuals with disabilities (birth to 21 years old) who reflect diverse cultural backgrounds, a range of ages within that span, various disability types, and geographic representation across Kentucky. [Nomination Form](#)
- KY-SPIN job posting for an Office Assistant, learn more and apply [here](#).



Upcoming Events!

Transition Tuesday
 Taking Charge of your Mental Health
 May 26, 2026
 9:30AM - 10:15AM ET

Learn what causes changes in mental health, how to recognize signs that seeing a professional may be beneficial, and how to have that conversation with a trusted adult. Participants will also gain access to national and statewide resources to aid in daily and crisis mental health support.

[Register Now](#)



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

Early Childhood

Managing Emotions



Download the complete [KY-SPIN's Managing Emotions Infographic](#)

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>

Mental Health

Why Do Feelings Change?

Understanding Mental Health

Everyone has mental health - just like physical health. Feelings can change based on what's happening in your life. Sometimes these changes **can feel overwhelming**.



What Affects Your Mood?



Sleep Habits



Social Media



Stress



Relationships



School Work



Health

Common Reasons Feelings Change:

- ✓ Big life changes (moving, new school, new job)
- ✓ Stress from school, work, or relationships
- ✓ Lack of sleep
- ✓ Changes in routine
- ✓ Conflict with friends or family
- ✓ Physical health problems
- ✓ Trauma or difficult experiences
- ✓ Feeling lonely or left out
- ✓ Social media or comparing yourself to others

"It's okay to not feel okay sometimes—you don't have to handle it alone."

What Affects Me? _____

Circle or check things that affect your mood:

Sleep Friends Family School Phone Health Other: _____



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Mental Health

Download complete [Understanding Mental Health Infographic](#)

Incase you missed it:
[A Youth Guide to the IEP](#)

Youth Suite

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

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