



Get **SET...**

Support

Educate

Train for Success!

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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. Every Life Matters! 💖 Suicide prevention is something that touches all of us. Behind every statistic is a person—a family member, friend, coworker, neighbor, or someone we may never know was struggling.

We all play a role in prevention. Sometimes it begins with something as simple as noticing, listening without judgment, reaching out, or reminding someone that they matter and are not alone.

We may not always know the right words to say, but we can choose kindness. We can create safe spaces for honest conversations. We can learn the warning signs and connect people with support when they need it.

One life lost to suicide is one too many. Together, through compassion, connection, and understanding, we

Suicide Prevention Awareness Month



**Stronger Together:
Connect. Support. Prevent.**
by SAMHSA

Suicide prevention is not one moment or one person's job. It lives in the relationships we build, the support we offer, and the communities we create together.

- Strengthening connections that protect people before a crisis occurs

can help build communities where people feel valued, supported, and hopeful. You matter to me and countless others!

With Love,
Rhonda Logsdon

You Are Not Alone.



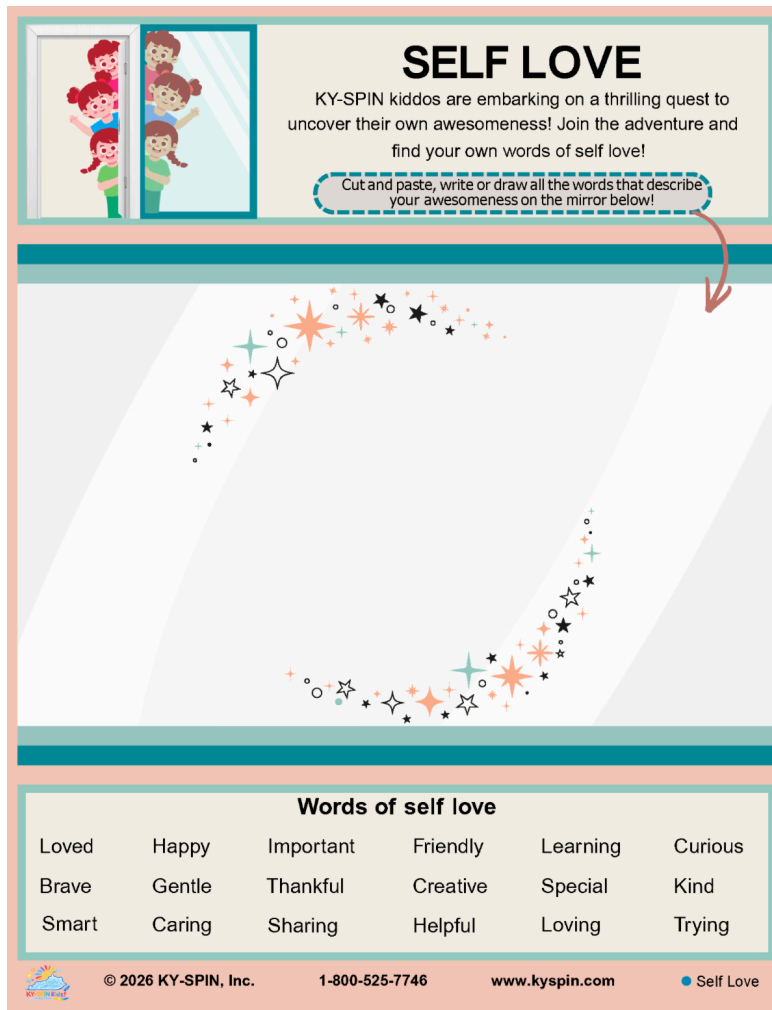
The 988 Suicide & Crisis Lifeline provides free, compassionate, and confidential support 24/7/365 via call, text, or chat.

- Making sure everyone knows where to turn and knows it before they need it
- Building communities where people feel safe reaching out for help
- Supporting recovery and healing long after a crisis has ended

Suicide prevention touches every part of life – from families and schools to workplaces, faith communities, and health care systems. When people feel connected, valued, and supported, they are more likely to seek help. And when communities come together around a shared commitment to prevention, lives are saved.

Family Activities

Self Love Children's Activity



[Download](#)

Sometimes our little ones think they are only special when we win, get a sticker, or do something really good. But the truth is, you are special all the time. You are valuable because you are YOU. Every person is different, and every person matters.

Find your favorite spot, and let's begin!

Give your little one a mirror, have them point to themselves, or have a picture of them.

Ask them to repeat the following words, have pictures that say the following, or text to speech to say the following:

- I am special.
- I am loved.
- I am kind.
- I am important.
- I can do good things.

Use the activity above to spark a conversation, then help your little one find all the great things we see in them everyday!



Upcoming Events!

Bridging the Gap in Special Education

Two Virtual Session Options

October 10, 2026 **OR**

October 29, 2026

9am – 4pm EST

[Register Now](#)

[Download Flyer](#)

Lunch & Learn: Stronger Together

Talking with Families About Developmental Concerns with Confidence

October 13, 2026

12-1pm ET

[Register Now](#)

[Download Flyer](#)

Transition Tuesday: Recognizing Bullying and What You Can Do

October 27, 2026

9:30-10:15am ET

[Register Now](#)

[Download Flyer](#)

Kentucky Department of Education (KDE) Office of Special Education and Early Learning (OSEEL)

Join the State Performance Plan/Annual Performance Report (SPP/APR) target setting stakeholder group!

JOIN A STATE PERFORMANCE PLAN/ANNUAL PERFORMANCE REPORT (SPP/APR) TARGET SETTING STAKEHOLDER GROUP!

SHARE YOUR VOICE

Help shape the future of special education and early intervention services. We are looking for parents, educators and community members to collaborate on setting rigorous, achievable state targets that will improve outcomes for students with disabilities.



WHO SHOULD JOIN?



- Parents and family members of individuals with disabilities
- Special education teachers and related service providers
- District and school administrators
- Support organizations and community members

Interest Survey



Questions?

Contact **Lauren Thieneman**
Division of IDEA Monitoring and Results (DIMR)

lauren.thieneman@education.ky.gov
502-564-4970 ext.4554



OSEEL
Office of Special Education & Early Learning

Resource Central



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

Early Childhood

Supporting Families From New Diagnosis to Understanding

Supporting Families From New Diagnosis To Understanding

Diagnosis & Early Impression

- Seek multiple professional opinions
- Ask questions
- Gather information
- Understand the results

Dealing With Grief

- Honor emotions
- Learn stages of grief
 - Denial
 - Anger
 - Bargaining
 - Depression
 - Acceptance
- Ask for help

Fighting Stigma & Judgement

- Ignore stares or comments
- Set boundaries
- Recognize lack of awareness vs. intentional harm
- Focus on your child

Building Awareness & Education

- Educate yourself on the diagnosis
- Share information with family & friends
- Promote inclusion in the community

Finding Support & Your Community

- Join support groups (Online & Local)
- Connect with other parents
- Ask family for help
- Find trusted care

Embracing Self-Care & Advocacy

- Schedule rest & relaxation
- Maintain physical health
- Seek therapy or counseling
- Be your child's voice

EMPOWERMENT COMES FROM KNOWLEDGE, CONNECTION, AND RESILIENCE



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● New Diagnosis Support

[Download](#)

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

Understanding Suicide & Mental Health

Understanding Suicide & Mental Health in People with Disabilities

Suicide can be hard to understand when someone has a disability

People with disabilities may show signs of emotional pain in ways that are different than others. Their reactions, behaviors or communication styles may be misunderstood or ignored.

Why It can be misunderstood *****



Behaviors may be misread

Coping behaviors, meltdowns or withdrawals may be seen as "Just behavior" and not signs of emotional distress



Communication Differences

Some people may have a hard time expressing how they feel, or they may not have the words to say it.



Hyperarousal

Some people with disabilities experience hyperarousal, making small problems feel overwhelming.



Bias and Stereotypes

A common misconception is that individuals with disabilities are always happy or unaware of exclusion or bullying.



What you can do to help

- Listen without judgment
- Take changes in moods or behaviors seriously
- Ask respectful questions and offer support
- Connect with trusted adults and resources

My Plan: Create a Plan before you need one

Planning Ahead helps you recognize warning signs, build healthy coping strategies and know who to contact when you need support.

Early Warning Signs
List thoughts or feelings that may lead to a crisis

EX: Poor Sleep, feeling hopeless

My Support Network
People you trust that can help

EX: Friend, therapist or teacher

Triggers to Manage
Things that are hard for your mental health

EX: Certain topics, social media

Professional Contacts
Hotlines or Local Resources (include phone numbers)

988 Suicide and Crisis Lifeline - call or text 988

Coping Strategies
Things to do to help you calm down

EX: Taking a walk, listening to music, art

My Preferred Care
Things that make me feel better

EX: Cold environment, hugs, blankets

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[A Youth Guide to the IEP](#)

Youth Suite

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 (<https://tinyurl.com/4t2evb59>)



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