



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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[https://youtu.be/455NCvmyrNE?
si=URecQ5XFBqHPjmXX](https://youtu.be/455NCvmyrNE?si=URecQ5XFBqHPjmXX)

PBS Article with Video Links

<https://www.pbs.org/articles/mental-health-awareness-and-mental-illness>

Mental Health Matters - You Matter



Taking care of your physical and mental health is a huge responsibility. It is important that you have the tools and the supports you need to successfully take ownership of both. PBS has created several great series for teens, with teens, that cover a wide range of mental health concerns. A link to an article that lists them all is attached. Or, if Podcasts are your thing, click on the On Our Minds podcast to hear real teens talk about mental health. Take a minute to watch, listen and learn how other teens like you, are learning to help themselves.

We are used to talking to physicians about our physical health. We can describe pain or point to body parts, but it's harder to be able to describe our mental health. Like everything, it just takes practice. Take a look at this guide from the National Institute of Mental Health (NIMH) for tips on how to effectively talk about

7 Things to Know About the Teen Brain
From the NATIONAL INSTITUTE of MENTAL HEALTH

Did you know that big and important changes happen in the brain during adolescence? Here are seven things to know about the teen brain.

- Adolescence is an important time for brain development.**
Although the brain keeps growing, it does so very differently in the teen years as it starts branching into the adult brain. The teen brain is developing and adapting to the adult brain. The part of the brain that controls the emotions, called the prefrontal cortex, is one of the last parts to mature. This area is responsible for skills like planning, judgment, and making good decisions.
- Brain development is related to social experiences during adolescence.**
Changes in the size of the brain responsible for social interactions can lead teens to focus more on peer relationships and social experiences. The emphasis on peer relationships, along with ongoing prefrontal cortex development, might lead teens to take more risks because the social benefits outweigh the possible consequences of a decision. There are risks for neglect or abandonment, or they could be involved, such as being in a car crash or getting a time-out at school.
- The teen brain is ready to learn and adapt.**
The teen brain has an amazing ability to adapt and respond to new experiences and situations. Taking challenging courses, learning, and engaging in creative activities like art or music can strengthen brain circuits and help the teen learn.
- Teen brains may respond differently to stress.**
Stressors in the teen brain are not developing, leading teens to stress differently than adults. This could increase levels of dopamine, which is linked to mental health risk, and anxiety and depression. Recurring positive triggers and practicing effective coping techniques can help teens deal with stress. More information on managing stress is available at www.nimh.nih.gov/qa.
- Most teens do not get enough sleep.**
Research shows that the sleep hormone melatonin works differently in teen brains, causing an adult to go to bed earlier and wake up earlier. In teens, melatonin levels stay higher for a longer period of time, which may explain why teens may stay up late and struggle with waking up early. Most teens do not get enough sleep, making it harder to pay attention, control impulses, and do well at school. Getting good sleep at night can help support mental health.
- Mental illnesses may begin to appear during adolescence.**
Ongoing changes in the brain, along with physical, emotional, and social changes, can make teens more likely to experience mental health problems. The fact that all these changes happen at one time may explain why many mental disorders, such as bipolar disorder, anxiety, depression, bipolar disorder, and eating disorders, emerge during adolescence.
- The teen brain is resilient.**
Despite the stresses and challenges that come with adolescence, most teens go on to lead healthy adult lives. Some changes in the brain during this critical period of developmental activity help support resilience and protect youth over the long term.

Tips for Talking With a Health Care Provider About Your Mental Health
From the NATIONAL INSTITUTE of MENTAL HEALTH

Don't wait for a health care provider to ask about your mental health. Start the conversation. Here are five tips to help prepare and guide you on talking to a health care provider about your mental health and getting the most out of your visit.

- 1. Talk to a primary care provider.**
If you don't know where to start for help, you may want to consider bringing up your mental health concerns during your appointment with a primary care provider (PCP). A PCP is a health care practitioner people see for common medical problems, and this person is often a doctor. However, a PCP may be a physician assistant or a nurse practitioner. Mental health is an integral part of health, and people with mental disorders can often be at risk for other medical conditions, such as heart disease or diabetes. In many primary care settings, you may be asked if you're feeling anxious or depressed, or if you have had thoughts of suicide. Even if your PCP doesn't ask you first, take this opportunity to talk to your PCP, who can help refer you to a mental health professional. You also can visit the NIMH [Find Help for Mental Illnesses](http://www.nimh.nih.gov/qa) webpage for help finding a health care provider or treatment.
- 2. Prepare ahead of your visit.**
Health care providers have a limited time for each appointment, so it may be helpful to think of your questions or concerns beforehand:
 - **Prepare your questions.** Make a list of what you want to discuss and any questions or concerns you might have. This [worksheet](#) may help you prepare your questions or concerns.
 - **Prepare a list of your medications.** It's important to tell your health care provider about all the medications you're taking, including over-the-counter (nonprescription) drugs, herbal remedies, vitamins, and supplements. This [worksheet](#) can help you track your medications.
 - **Review your family history.** Certain mental disorders tend to run in families and having a relative with a mental disorder could mean you're at higher risk. Keeping your [family mental health history](#) can help determine your risk for certain disorders. It can also help your health care provider recommend actions for reducing your risk and enable you and your provider to look for early warning signs.

CLICK HERE!

I'M SO STRESSED OUT!
From the NATIONAL INSTITUTE of MENTAL HEALTH

Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

Is it stress or anxiety?
Life can be stressful—you may feel stressed about an upcoming event, a school or work deadline, a pandemic, a natural disaster, or an act of violence, or a life change. Everyone feels stress from time to time. What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time. What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat. If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your memory, judgment, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at www.nimh.nih.gov/qa/anxiety-disorders.

So, how do you know when to seek help?

Stress vs. Anxiety

Stress	Both Stress and Anxiety	Anxiety
<ul style="list-style-type: none"> • Generally is a response to an external cause, such as taking a big test or arguing with a friend. • Goes away once the situation is resolved. • Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep. 	<ul style="list-style-type: none"> • Both stress and anxiety can affect your mind and body. You may experience symptoms such as: <ul style="list-style-type: none"> • Excessive worry • Unrest • Tension • Headaches or body pain • High blood pressure • Loss of sleep 	<ul style="list-style-type: none"> • Generally is internal, meaning it's your reaction to stress. • Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life. • It's considered more of a long-term threat.

Stressed out or suffering from anxiety? Neither one feels very good, but it's important to understand what you are going through to know how to help yourself feel better. Check out this infographic from the NIMH to better understand yourself and others when it comes to stress and anxiety and learn some ways to identify and cope with both.

CLICK HERE!

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Check out our KY-SPIN Youth Resources Page



Davis Rodriguez
Youth Engagement Coordinator

"When I need to relax, I find working on complicated Lego sets is peaceful. It helps me calm down and refocus."

Nick Carpenter
Youth Educator

"Seeking help for your mental health is important. Don't hesitate to reach out for support when you need it."





Coming Next Month.....

Person-Centered Planning, Self-Determination, Self-Awareness, Self-Management... these are all great terms, but what do they really mean to you? Make sure you read our July newsletter to find out what all these "terms" mean and how you can start using them in your own life.

Transition Tuesday Webinars will be taking a break till September!

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)
- Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers

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 \(www.kyspin.com/contact/\)](http://www.kyspin.com/contact/)

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