

# KY-SPIN's Youth eNews 6/25/2024



# Youth News!

## Get SET...Support, Educate, Train 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](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

## The Teen Brain: 7 Things to Know

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.

### 1 Adolescence is an important time for brain development.

Although the brain continues to grow by early adolescence, the teen years are all about fine-tuning how the brain works. This is a time of rapid growth and maturation, with about 25% of the brain's weight lost. The brain also becomes more efficient, with the prefrontal cortex becoming more active. This part of the brain is responsible for skills like planning, prioritizing, and making good decisions.

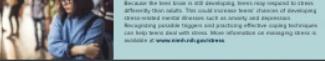


### 2 Brain development is related to social experiences during adolescence.

Changes in the levels of the brain responsible for social processing, like those involved in peer relationships, along with changing priorities, are linked to the social needs of teens. These changes in the brain may lead to the social benefits outweigh the possible consequences of a decision. This can lead to risk-taking behaviors, such as trying new things or taking risks, such as talking to a new classmate or joining a new club or sport.

### 3 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 classes, exercising, and trying new activities can set off a cascade of changes in the brain that help teens learn and adapt.

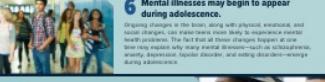


### 4 Teen brains may respond differently to stress.

Because the teen brain is still developing, teens may respond to stress differently than adults. This could increase their chance of developing stress-related mental health issues, such as anxiety and depression. Learning how to manage stress can help teens deal with stress. These resources on managing stress are available at [www.nimh.nih.gov](http://www.nimh.nih.gov).

### 5 Most teens do not get enough sleep.

Research shows that most teens need more than 8 hours of sleep. Getting less sleep than recommended can affect mood, behavior, and academic performance. The fact that most teens stay up later at night and sleep later in the morning is called "sleeping in." This can make it hard for teens to wake up and struggle with waking up early. Many teens do not get enough sleep because they have responsibilities outside of school, such as work at school. Getting good sleep at night can help support mental health.



### 6 Mental illnesses may begin to appear during adolescence.

Ongoing changes in the brain, along with physical, emotional, and social challenges, make it easier to experience mental health problems. The fact that all these changes happen at one time makes it important for teens to talk to a doctor about any symptoms they may be experiencing. If you suspect your teen has a mental illness, contact a mental health professional. You also can visit the [NIMH](http://www.nimh.nih.gov) Help Find a Health Care Provider website for help finding a health care provider or treatment.

### 7 The teen brain is resilient.

Despite the changes and challenges that come with adolescence, teens can go on to become healthy adults.

Some changes in the brain during this critical phase of development may help protect resilience and mental health over the long term.

your mental health needs.

## 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 who provides general medical care to patients of all ages.

However, a PCP may be a physician assistant or a nurse practitioner. These providers 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 you don't feel like you have a mental health problem, it's important to let your PCP know. You may refer you to a mental health professional. You also can visit the [NIMH](http://www.nimh.nih.gov) Help Find a Health Care Provider website 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 ways to make the most of your time together.

• **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.

• **Share your health history.** Let your provider know if you have any chronic health conditions, such as heart disease or diabetes. It's important to let your provider know about all the medications you're taking, including over-the-counter (nonprescription) drugs, herbal remedies, vitamins, and dietary supplements.

• **Review your family history.** Certain mental illnesses tend to run in families and having a relative with a mental disorder could mean you're at higher risk. Knowing your family mental health history can help your provider identify any risk factors and provide recommendations 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?

If you feel stressed—say, after missing a test or about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life event like a move or a job loss—this is normal. What is stress? Stress is the physical or mental response to an external cause, such as having a lot of work to do or a family emergency. A stressor is a one-time or short-term occurrence, and it can happen again in the future.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

So, how do you know when to seek help?

### Stress vs. Anxiety

#### Stress

• Generally is a response to an external cause, such as an exam or going to a friend's birthday party.

• Goes away once the situation is resolved.

• Can be positive or negative.

• Stress can be helpful, as it may encourage you to meet a deadline, or it may cause you to lose sleep.

#### Both Stress and Anxiety

• Both stress and anxiety can affect your mind and body and cause similar symptoms such as:

• Excessive worry

• Unrestlessness

• Headaches or body pain

• High blood pressure

• Loss of sleep

#### Anxiety

• Generally is internal, meaning it's your mind that's stressed.

• Usually involves a persistent feeling of anger or anxiety that doesn't go away, and that interferes with your daily life.

• Is constant, even if there is no immediate 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!**

**CLICK HERE!**

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](mailto:spininc@kyspin.com)

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

Download Printable [KY-SPIN Referral Form Here](#) (<https://tinyurl.com/4t2evb59>)



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