## KY-SPIN's Youth eNews 7/29/2024





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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Animated video on Self Determination

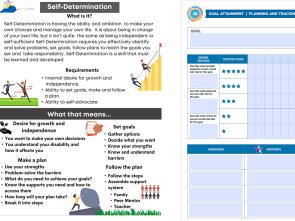
Video Link

## **Making Your Own Choices**



Self-determination is a fancy way of saying that you have the freedom to make your own choices. If you are a teen, living at home, you still have to follow the rules. But, as you get older you will have more opportunities to set off on your own path. Make sure that you are ready for all the big decisions by checking out the resources in our newsletter and call Nick and Davis if you have questions.

Charting the Life Course is a framework used nationwide, to help individuals determine the life they want, and create the plan to get them there. We have provided you with a link to one of their activities below - but don't stop there - check out their other tools and plan your "Good Life."



One of the most important goals for everyone at KY-SPIN is that people with disabilities are given the chance to make their own choices, follow their own dreams, and claim their own successes. So we take Self-determination seriously. Check out our infographics, videos and other resources on how you can start early in taking control of your own destiny.

**CLICK HERE!** 

## **CLICK HERE!**



The Institute for Community Inclusion works hard to make sure that people with disabilities can do the same things as people without them. In this booklet you will see how you can use Person Centered Planning for job hunting and read about people just like you, who were able to get the job they wanted using the right skills.

**CLICK HERE!** 

#### Check out our KY-SPIN Youth Resources Page



## **Davis Rodriguez Youth Engagement Coordinator**

"I like to work on my self-determination and life goals by listening to educational audiobooks during my downtime from work."

### **Nick Carpenter Youth Educator**

"When it comes to self-determination, you should shift your focus from what your disability limits you from doing to embracing activities you find pleasure in."



# **Coming Next Month.....**

You said it ... and we heard you! Self Advocacy is the topic for next month's Youth enews, so keep an eye out. You do not want to miss all the information and resources that we have for you!



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: <a href="https://988.ky.gov">https://988.ky.gov</a>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)
- Kentucky <u>Community Mental Health Centers (CMHCs)</u> 24-Hour Crisis Numbers

Learn more about us <u>KY-SPIN Infographic</u> REQUEST ASSISTANCE OR MAKE A REFERRAL 800-525-7746 or 502-937-6894- spininc@kyspin.com Contact Form (www.kyspin.com/contact/)

Download Printable KY-SPIN Referral Form Here (https://tinyurl.com/4t2evb59)



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