

# KY-SPIN's Youth eNews 10/17/2024



## 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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#### What is Supported Decision-making and why does it matter?

Watch this quick video to find out more about Supported Decision-Making, and see if it is the right choice for you.



#### Nothing Spooky about Supported Decision-Making

October is filled with pumpkins, ghosts, and goblins - and we can't forget all the Trick or Treat candy. But here at KY-SPIN, October is the month we get excited about Supported Decision-Making.

When you turn 18, you will be responsible for making many decisions. But you do not have to do it alone. There are many different options for you and your family to choose from and Supported Decision-Making is just one.

Work with your parents, caregivers, teachers, and other trusted friends to start learning about your options. When you do the research, the future isn't so scary.

#### Kentucky's Exceptional Youth Voices!!!

We are super curious about what you are thinking, doing, and feeling we need YOUR voice

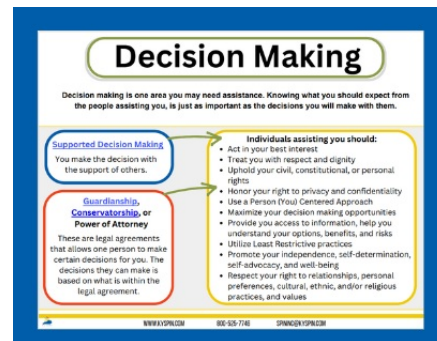
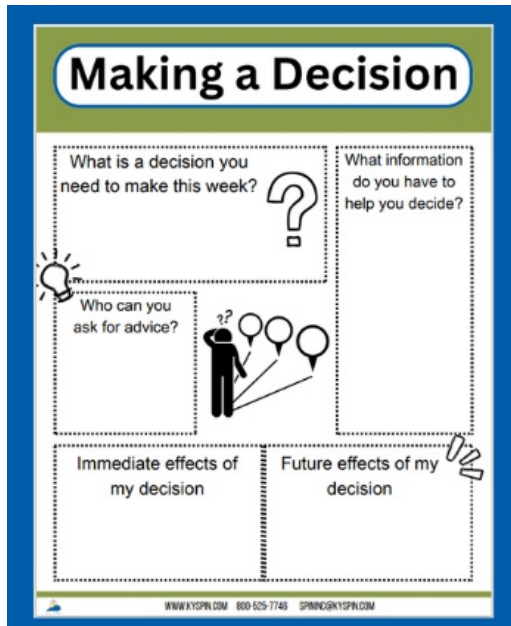
to help make things better for students with disabilities.

Each month, we will share an advocacy success story or answer a question about life, school, and friends sent to us by students around the state. Your stories and questions are important, so don't wait, be a part of the changes in Kentucky today.



## Decision, Decisions, Decisions

Everyday you make decisions, like what to wear or what to eat, but do you know how you do it? Understanding the process of decision-making is the difference between making a good decision instead of a bad one. Luckily, we have just the resources you need to get started.



## What's Your Goal?

Did you know you can ask for decision-making goals to be a part of your IEP? You can! Your Individualized Education Program (IEP) is written to help you learn many different types of skills. Some of those skills are academic, and some of those skills are called functional skills. Learning how to make a good decision is a useful functional skill that will help you in school and throughout your entire life. Check out a few examples of what you can ask for in your IEP.



**DECISION MAKING GOALS FOR THE IEP**

Understanding that the choices you make can have both good and bad consequences is an important part of being an adult. Including goals for decision making skills is a valuable step towards readiness

- I can understand the steps to effective problem solving.**  
By the end of the IEP cycle, the student will be able to identify a problem, brainstorm solutions, evaluate options, and reflect on outcomes with \_\_\_\_% accuracy.
- I can identify and label my emotions and understand how emotions can influence decision making.**  
By the end of the IEP cycle, the student will be able to list what emotions impact their decision-making, and identify how that could impact the decision with \_\_\_\_% accuracy.
- I can identify areas where I need assistance and seek help.**  
By the end of the IEP cycle, the student will be able to identify their own strengths, weaknesses, and seek guidance prior to decision making with \_\_\_\_% accuracy.
- I can participate in developing a plan to meet personal and academic goals.**  
By the end of the IEP cycle, the student will make appropriate decisions on a daily basis as measured by self-evaluation and teacher observation.

WWW.KYSPN.COM 800-525-7746

**Online Webinars**

**KY-SPIN TRANSITION TUESDAYS**

Building a Strong Foundation for Youth with Disabilities

WHEN: 4TH TUESDAY MONTHLY      START TIME: 9:30AM - 10:15AM EST

Sept 24, 2024 My IEP: Learning the Basics  
Join Nick and Davis as they teach you, the students, what an Individualized Education Program (IEP) is, what the sections mean, and how to get involved in your education journey.

Oct 22, 2024 Supported Decision-Making  
Join our guest, Laura Butler with HDI, as she explains Supported Decision-Making, and how to use it to make your own decisions.

Nov 19, 2024 Guardianship  
Join Kentucky P&A to learn about guardianship alternatives and what guardianship actually means and how it might impact YOUR life! Presented by Camille Collins and Stephanie Willis.

**Educators and students encouraged to attend!**

**FOR MORE INFO:**  
Davis Rodriguez  
270-705-2848  
davis@kyspin.com  
www.kyspin.com

**REGISTER HERE**



<https://tinyurl.com/4wmyymd3>



Come Join us October 22!

Nick and Davis are excited for **October 22 Transition Tuesday webinar**. We will discuss Supported Decision-Making in Kentucky, and what it might mean for you.

But don't forget to put the **November 19, Transition Tuesday webinar** in your calendar too! Camille Collins from KY Protection and Advocacy will join Nick and Davis to discuss Guardianship, an alternative to Supported Decision-Making. It's something you do not want to miss!



## 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)

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 \(https://tinyurl.com/4t2evb59\)](https://tinyurl.com/4t2evb59)



KY-SPIN, Inc. | 800-525-7746 | [spininc@kyspin.com](mailto:spininc@kyspin.com)  
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