

KY-SPIN's Youth eNews 12/30/2024



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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Check out this video on Mental Health by Youth to Youth International.

Watch teens, just like you, as they describe some of the challenges they have and the ways they overcome them.



What is Self-Care?

Have you ever heard someone talk about Self-Care and wondered what they were talking about? Well, KY-SPIN is here to help you learn more about self-care, why it's important, and how to do it.

Self-care is taking care of yourself physically and mentally. When you are healthy, it is easier to be happy and to overcome daily challenges.

Everyone is different. It's important you learn what your body and brain need daily to keep you going. Self-care doesn't have to cost money. It can be things like taking a walk, eating healthy, taking your medicines on time, or doing creative things like drawing, writing, or dancing.

You deserve to give yourself your best! So start making self-care a part of your daily routine.

Kentucky's Exceptional Youth Voices!!!

QUESTION: I get so bored over the school break. It makes me frustrated and I feel angry. What can I do? Student - age 14

Answer: We've all been there! Changing from one routine to another is hard. It's even harder during the holidays with all the parties, activities, noise and family!

Try to maintain a schedule for yourself. Don't sleep all day, and make sure you are drinking lots of water and eating healthy food choices. Instead of playing electronics, or scrolling on your phone, put on your sneakers and go for a walk. See if your local library or Parks department offers winter programs.

It takes a bit of research - but you will find lots of things to keep you going!



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.

Music is Good for the Soul

Did you know studies have shown that music and sounds can help you focus, boost your creativity and even give you the energy to tackle new and challenging tasks? You can talk to your **ARC team** about using music during the school day to relieve anxiety or provide a calming environment.

KY-SPIN has created a worksheet to help you start thinking about the music you like to listen to and how to create your Ultimate Coping Playlist and get vibing.

My Ultimate Coping Playlist

Music can help us by improving focus, relaxing our brains and releasing feel good chemicals.

Fill each box with the title of songs (and their artist) that you think fit the descriptions provided to create your mood altering playlist.

FOR AMUSEMENT Song that gets stuck in my head Song I know all the words to Song from my favorite movie or tv series	TO UPLIFT Song I associate with freedom Song that gives me energy Song I'd like to wake me up	
FOR DIVERSION Song that makes me feel safe Song that helps me think positively Song that inspires me	TO DISCHARGE Song for when I get anxious/worried Song for when I get angry or annoyed Song for when I feel lonely or afraid	FOR STRONG EMOTIONS Song that reminds me of a good memory Song that makes me think of a loved one Song to remind me that I am loved

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Mental Health Resources for You

You are not alone. School staff, therapists and providers are there to support you. If you are having a hard time reach out to your **ARC Team** to see what Mental Health resources are available in your district.

Check out these other organizations for more information and support. And, don't forget, KY-SPIN is always here to help you find the resources you need in your community.



SELF-CARE GOALS FOR THE IEP

As an adult, you will be responsible for your own actions and your own self-care. Understanding what your body and mind need is the first step. Work with your ARC team to create self-care goals in your Transition Plan.

I can identify and use calming techniques to manage my emotions when I am upset.
By the end of the IEP cycle, the student will be able to identify specific calming techniques to use when managing negative emotions with ___% success.

I can identify situations and events that will create negative emotional situations.
By the end of the IEP cycle, the student will be able to list what situations or events can trigger negative behavior, and identify how that could impact them in their environment ___% 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 and weaknesses, and seek guidance prior to escalating behaviors ___ times out of ___ times.

I can participate in developing a plan to meet my personal self-care goals.
By the end of the IEP cycle, the student will work with teachers to create and execute a self-care plan for in school and outside of school using checklists, electronic reminders or picture schedules as options.

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Start the New Year with a Bang!

Nobody wants to think about IEP goals when they are on their school break. But, it's the perfect time to reflect on the past, and prepare for the future.

Create a list of all the things that worked well for you or were challenging for you in the fall. What classes did you enjoy? What things did you struggle with? What do you think would be a good idea to try in the spring?

Once you have your list, talk to your parent or guardian and see if you need to make any changes in your IEP. You can use the [KY-SPIN Goals for the IEP](#) guides for additional transition goals to add.



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
[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)



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