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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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Director's Corner

Hi, hope all is well. Relationships are at the heart of all we do. They are the key to our children's and families success. Taking opportunities to nurture personal and professional relationships can have a lasting impact in all our lives. As families we have many professional relationships with those who serve our family. Taking the time to show appreciation and acknowledge the good can have a lasting impression. It is a great way to be proactive, so when times are challenging in our life, we have the foundation to work together to get through them. I know many throughout our state right now are experiencing hard times, let's reach out to check on and help one another.

With Love,
Rhonda Logsdon

FOR IMMEDIATE
NON-LIFE-THREATENING SITUATIONS:

CALL
502-607-6665

OR VISIT
KYEM.KY.GOV



FOR LIFE-THREATENING EMERGENCIES CALL 911

February Storm & Flooding Event

Emergency Shelters: As of Thursday (2/20/25) morning, 17 emergency shelters were helping those affected by the storms. Click [here](#) for an up-to-date list of shelter locations and other resources.

When To Call 911: If you have an emergency or life-threatening situation, dial 911 for immediate available assistance.

Rapid Needs Assessment: If you have immediate needs that are not life-threatening, please complete the [Rapid Needs Assessment Form](#) or call 502-607-6665. These needs include: power is out or inconsistent; no heat or very little heat; **individuals with medical needs or disabilities**; no food or unable to cook; no or very little drinking water; unable to leave house due to weather or lack of transportation; phone issues;

unable to leave vehicle; checking on a loved one; and more.

[Eastern Kentucky Flood Recovery](#)

[Resource Hub](#)

Kentucky SNAP recipients affected by the February 15 storms can request replacement benefits through February 25.

Recipients who lost food bought with SNAP due to flooding or a power outage of at least four hours can call the KY Department for Community Based Services at **855-306-8959** to request replacement benefits.

If possible, please have your case number handy.



The Department for Medicaid Services (DMS), the Department for Behavioral Health, Developmental and Intellectual Disabilities (DBHDID), and the Department for Aging and Independent Living (DAIL) are working together to assess the impact of this devastating event. Governor Andy Beshear has declared a state of emergency and rescue and relief efforts are underway. Additional information is available from the Governor's Office. You can also let them know what assistance you need by filling out the appropriate form below.

- 1915(c) Home and Community Based Services (HCBS) providers and participants. [Flooding Assistance Form - Participants](#) - [Flooding Assistance Form - Providers](#) They recognize many providers and participants may not be able to access or complete an electronic form at this time. If you need assistance to complete these forms, call the 1915(c) Waiver Help Desk at (844) 784-5614 and choose the prompt for the applicable waiver program. A DMS staff member will record your responses for you. If you have not been affected by the flooding, but know a waiver provider or participant who has, please let them know about this form. If you have an urgent waiver-related need due to the flooding, you can also contact the 1915(c) Waiver Help Desk by phone at (844) 784-5614 and choose the prompt for the applicable waiver program or by email at 1915cWaiverHelpDesk@ky.gov.
- Medicaid Flooding Assistance Form:
 - If you are a Nursing Facility, Home Health, or Private Duty Nursing PROVIDER, please complete the provider form

at <https://forms.gle/FGqH228bxKptobfPA>.

- If you are a member who receives Home Health or Private Duty Nursing and have been affected by flooding, please complete the member form at <https://forms.gle/qXALirJtvVp1Gr9v7>.
- If you are a family member trying to locate a Nursing Facility resident, please complete the form <https://forms.gle/TjEnzclNtybTRL3w6>.

KY-SPIN

Friendships and what to look for in a Friend!

Friendships

KY-SPIN Kids have a list of words below of what it takes to be a good friend to them.

Cut and paste, or write, the words that best describe a friend to you on the puzzle pieces below!

Trust Forgiveness
Love Sharing
Respect Fairness
Kindness Appreciation
Support Shared Interests

1-800-525-7746 www.kyspin.com

[Download Here](#)

Family Activities

February

Let's talk about Friendship!

Children develop relationships starting at birth. At birth, they can see by others reactions what a relationship is and how we

should act in relationships. It is important to start discussing what a healthy relationship looks like the second our children can comprehend the discussion.

- It's time to find your favorite gathering place.
- Using the above activity start that discussion.

Example:

Please tell me what you think a healthy friendship looks like.
What do you look for in a friend?
What does respect mean to you?
(This helps to make sure the child has the correct meaning of the word and allows the adult to explain if they don't)



Upcoming KY-SPIN Events!



KY-SPIN
presents
BRIDGING THE GAP
IN SPECIAL EDUCATION

New Training Options Available!
Join KY-SPIN's Bridging the Gap in Special Education.

This is an in-depth training which includes:

- Building Partnerships
- Overview of Section 504, American with Disabilities Act (ADA) & Individuals with Disabilities Education Improvement Act (IDEA) 2004
- Overview of Special Education Process (IDEA Part B: ages 3-21) –Individualized Education Program (IEP)
- IEP A Closer Look
- IDEA Procedural Safeguards
- Dispute Resolution
- 504 Plan
- Individual Health Plan (IHP)



6 - One Hour Weekly Sessions on Thursday Evenings
Dates: February 27; March 6, 13, 20, 27; April 3, 2025
Time: 6:30 pm - 7:30 pm EST
Location: Virtual through Zoom

[Register Now: https://tinyurl.com/5ap12wda](https://tinyurl.com/5ap12wda)

OR

1 - All Day Saturday Session
Date: March 29, 2025
Time: 9 am - 4 pm EST
Location: Virtual through Zoom

[Register Now: https://tinyurl.com/4bc6vzd4](https://tinyurl.com/4bc6vzd4)

For more information Contact Amber Hamm:
amber@kyspin.com 859-907-5685

1-800-525-7746 spininc@kyspin.com www.kyspin.com

Join us for
KY-SPIN's Bridging the Gap in Special Education Virtual Training

2 New Training Options Available

6 – One Hour Weekly Sessions on Thursday Evenings on February 27; March 6, 13, 20, 27; April 3, 2025 at 6:30 pm – 7:30 pm EST

[Register Now](#)

OR

March 29, 2025 at 9am - 4pm ET
[Register Now](#)

Parents/Participants As

Leaders (PALS) Training

Weekly on Thursday evenings via
Zoom

April 24-May 29, 2025
at 6:30m – 7:30pm EST

Topics Include:

- Leadership Styles and Roles
- Effective Communication Strategies
- Sound Based Decision Making
- Conflict Resolution
- Advocacy
- Collaboration/Partnership

[Register Now](#)



Parents/Participants As Leaders (PALS)

Virtual Leadership Training

weekly on Thursday evenings via Zoom

April 24-May 29, 2025

6:30m - 7:30pm EST



Topics Include

- Leadership Styles and Roles
- Effective Communication Strategies
- Sound Based Decision Making
- Conflict Resolution
- Advocacy
- Collaboration/Partnership

Reasons to Attend

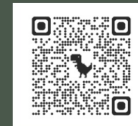
- Increase your leadership and advocacy skills
- Learn how to promote personal and systems change
- Gather resources to share with families, youth, and professionals in your community
- Meet like minded individuals who want to advocate and lead
- Build relationships with others in your community

www.kyspin.com

What is PALS?

PALS is a training by Kentucky - Special Parent Involvement Network (KY-SPIN) providing leadership skills and learning opportunities to youth/adults with disabilities their parents, caregivers, and family members.

Register Now



<https://tinyurl.com/484xfuuk>

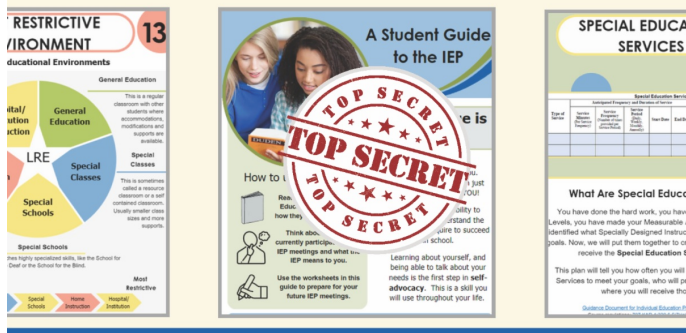
For More Information Contact:
Amber Hamm, Training and Outreach
Coordinator @
amber@kyspin.com or
(859) 907-5685

- **Transition Tuesdays:** Identifying Healthy Relationships February 25, 2025 at 9:30-10:15am ET [Register Now](#)
- **Lunch & Learn:** Is Your Child Struggling at School? March 11, 2025 at 12-1pm ET [Register Now](#)
- **Caregiver Support Group:** How to Talk to Others About Your Child's Disability March 17, 2025 at 10-11am ET [Register Now](#)
- **Transition Tuesdays:** Disability Disclosure March 25, 2025 at 9:30-10:15am ET [Register Now](#)

Resource Central



The Secret is Out!!!



Have you ever wanted an easy to read guide to Individualized Education Programs? Would you like worksheets and vocabulary to help you prepare for meetings and better understand your role in the ARC?

The wait is almost over! [Click here](#) to request a copy of our new fully accessible IEP guide for Youth, and you'll receive it via email as soon as it is released.

We are currently finishing up editing this highly anticipated resource. Sign up [here](#) so we can send it straight to your inbox before its public release.

Early Childhood



Ready Wrigley: Coping After a Disaster (Activity Book) by CDC [Download Here](#)

Toddlers are little explorers on a big journey. □ Their social and emotional skills are blossoming every day! Whether it's learning to play with others or becoming more independent, these milestones are the building blocks for their future. How does your toddler like to explore? Learn More [Here](#)

If you need someone to talk to....

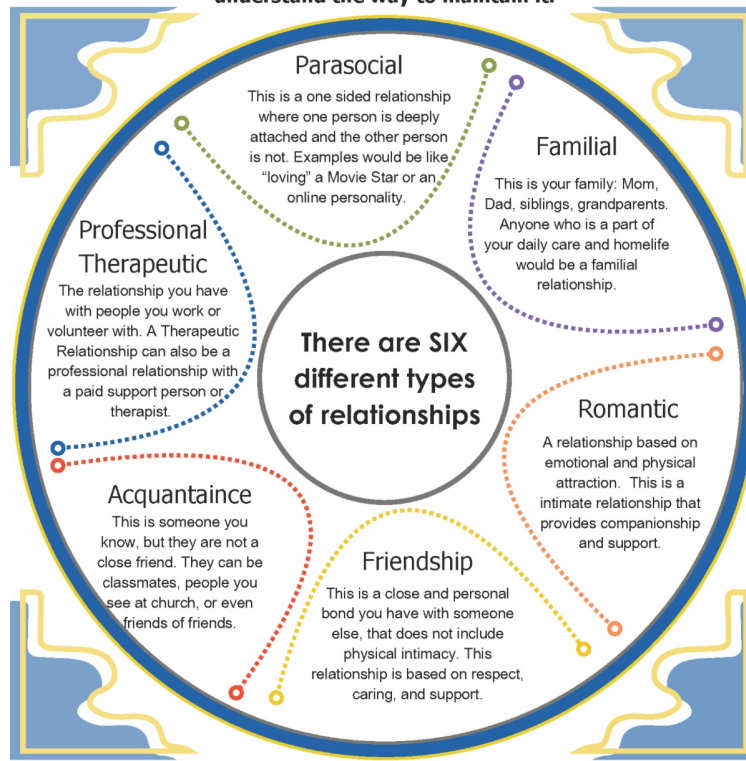
- 988 Suicide & Crisis Lifeline Crisis Line: 988 (talk or text)
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)
- Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers
- Disaster Distress Helpline Crisis line: 1-800-985-5990 (also available for Voice Phone-VP); Spanish-speakers can press "2" for 24/7 bilingual services. Website: <https://www.samhsa.gov/ddh>

Youth Connect

Relationships

6 Different Types of Relationships

Knowing the type of relationship you have is a great way to understand the way to maintain it.



Relationships

Understanding Friendships

You are on a journey and the things you like to do and spend time on will change. You and your friends will also change over time, and that's ok.



70 % of people with disabilities experience some form of abuse

- THINGS A FRIEND WOULD NOT DO**
- Ask for money
 - Call you names
 - Hurt you physically or emotionally
 - Keep you away from family or friends



FRIEND CHECKLIST

- Is this person trustworthy AND dependable?
- Does this person listen to me?
- Does this person make me feel good about myself and I'm happy with them?
- Do I feel like my opinion is important to this person?

Maintaining a Relationship

- Take the lead, reach out once a week
- Make your friend feel special by listening
- Always respond to texts

For help, reach out to someone you trust. This could be a teacher, a caregiver or family member, counselor, mentor, or you can call the National Domestic Violence Hotline 800-799-7233 or text 88788

WWW.KYSPIN.COM

800-525-7746

My Relationships

Think about all the people you spend time with in your life, and put them in the correct category.



Familial

Friendship

Parasocial

Professional

Acquaintance

Romantic



WWW.KYSPIN.COM

800-525-7746

[Download Here](#)

Youth Suite

Learn more about us

[KY-SPIN Infographic](#)

[KY-SPIN Infosheet](#)

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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)



KY-SPIN, Inc. | 800-525-7746 | spininc@kyspin.com
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