

## Do You Have One of the Following Diagnoses?

- \* ADHD
- \* Anxiety Disorder
- \* Asperger's Syndrome
- \* Bipolar Disorder
- \* Borderline Personality Disorder
- \* Major Depression
- \* Obsessive Compulsive Disorder
- \* Oppositional Defiant Disorder
- \* Post Traumatic Stress Disorder
- \* Tourette's Syndrome

Or any other disability that challenges a young person's social or emotional abilities.

If so, you're not alone. The Salt River Youth Council provides support to one another as a peer group by relating to some of the same challenges that you face in your daily life. Come check us out!

## Youth Websites

[Start Something](http://startsomething.target.com/info/index.asp) (career exploration):  
startsomething.target.com/info/index.asp

[YouthActionNet](http://www.youthactionnet.org): www.youthactionnet.org

[Ability OnLine Support Network](http://www.ablelink.org/public/default.htm):  
www.ablelink.org/public/default.htm

[ActiveTeen](http://www.disabilitycentral.com): www.disabilitycentral.com

[ADD Teen's Area](http://www.add.org/content/teens1.htm):  
www.add.org/content/teens1.htm

[Can Do! Kids](http://www.ucando.org/kids.html): www.ucando.org/kids.html

[Common Thread](http://www.commonthread.org/home.html): www.commonthread.org/home.html

[International Dyslexia Association Kids Only Web Site](http://www.interdys.org/index.jsp):  
www.interdys.org/index.jsp

[Kids as Self Advocates \(KASA\)](http://www.fvkasa.org): www.fvkasa.org

[The National Collaborative on Workforce and Disability for Youth](http://www.ncwd-youth.info): www.ncwd-youth.info

[LD Online: Kid Zone](http://www.ldonline.org/kidzone/kidzone.html):  
www.ldonline.org/kidzone/kidzone.html

[Living with LD](http://www.nclid.org): www.nclid.org

[Office of Employment Support Program: Youth with Disabilities](http://www.ssa.gov/work/Youth/youth2.html): www.ssa.gov/work/Youth/youth2.html

[Teens Helping Teens](http://www.ldteens.org/index.html): www.ldteens.org/index.html

[The Sibling Support Project](http://www.thearc.org/siblingsupport):  
www.thearc.org/siblingsupport

[Live: A Better Life Through Community](http://www.strengthofus.org):  
www.strengthofus.org



## Salt River Youth Council

*A Place to Be Yourself!*



- Are you a youth between the ages of 13 to 18?
- Do you have an emotional, social or behavioral diagnosis?
- Are you tired of feeling like no one's listening to you?
- Do you want to meet new friends who understand you?

If you answered "Yes" to any of these questions, we invite you to visit our youth council. Look inside for information about this awesome opportunity to learn, grow and lead!

# What is a Youth Council

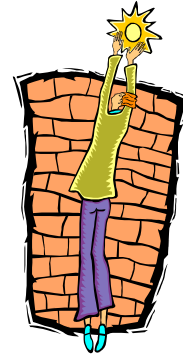
The Salt River Youth Council is made up of a team of youth from Shelby, Oldham, Henry, Trimble, Bullitt and Spencer counties who meet on a monthly basis to learn and share about different subjects that are relevant and important in their lives. Topics of discussion include transitioning into adulthood, advocacy skills, substance abuse issues, suicide prevention information, voting rights, and so much more.

This youth-guided council also plans fun events that encourages team building activities and bonding time with one another.

If you're interested in visiting or joining the youth council, please contact Sed Williams at (502) 802-5415 or [Sedrick.williams@henry.kyschools.us](mailto:Sedrick.williams@henry.kyschools.us).



# Vision of the Youth Council



- 1) To reduce the stigma related to children's mental health issues by listening to the voices of the youth and by putting a face on children's mental health issues.

*"I wish kids could see the Youth Council the way that I see it. The first day I saw the kids in the Youth Council, I was thinking to myself that I would never be seen with these people. But the last few times I have gone, I've realized that these guys are almost going through the same things that I am going through, and I am so thankful for this privilege." A quote from a youth on Youth Council.*

- ❖ To improve the transition from school to work and community living that will allow youth to be as independent as possible.  
*Found out about career options, February, 2008; Learned more about transitioning issues during a presentation called TAYLRD (Transition Age Youth Launching Realized Dreams), May, 2010.*
- ❖ To advocate for themselves and other youth by building confidence, having a good support system, increasing self-esteem and finding a voice.  
*Established a Leadership Team, March 2010; Alumni wins Patricia Ratliff Youth Leadership Award, June 2010.*

- ❖ To become leaders by joining the statewide youth council and presenting to educators, community agencies and parents about what it means to be a youth with a disability.  
*Two youth council members testified in front of SIAC (State Inter-Agency Council) and State Representative, Tom Birch, in Frankfort, KY, 2009; Trained in QPR (Question, Persuade, Refer) to assist friends and family in Suicide Prevention, April, 2008.*
- ❖ To have opportunities to serve by volunteering for community projects that will make a difference in the lives of others.  
*Visited Shelbyville Homeless Shelter and delivered dinner to the residents, November, 2009; Served breakfast and put on a Family Activity Event for the Women and Children at the Wayside Christian Mission, April 2010.*
- ❖ To build friendships and memories that will last a lifetime!  
*Went to Red River Gorge for a Rock Climbing/Team Building Outing, June 2008; Celebrated our Two-Year Anniversary at Kart Country in Shepherdsville, KY in 2009; Went Bowling for our Holiday Party, January 2010.*



**Come Join us!!**  
**There is always room for YOU!!**