Monday's Dark with Mark Shunock

Monday’s Dark with Mark Shunock is an outstanding organization that raises money for local non-profits by hosting an entertaining show with a cast of stars from the Strip on selected Monday’s each month. Monday’s Dark raises 10K in 90 minutes for each of the chosen charities. Nevada PEP is excited to have been selected by Monday’s Dark and April 8, 2019 is Nevada PEP’s BIG night. Come out and celebrate with us. Tickets on sale now! For more information call Stephanie Vrsnik at 702-388-8899 or email at svrsnik@nvpep.org.
Author is a Champion for Inclusion of People with Disabilities in Books

Fresh off the presses! The Bookshare Blog has a new post, titled ‘Author is a Champion for Inclusion of People with Disabilities in Books’

Here is an excerpt: Bookshare member Katherine Schneider describes her passion for inclusion and why she originated the Schneider Family Book Award. Bookshare members come in all shapes and sizes, and they all have a unique story to tell and wisdom to share. Today we meet Katherine Schneider. She grew up in Kalamazoo, Michigan, and received her bachelor’s degree from Michigan State University and a doctorate in clinical psychology from Purdue University.

Read the full post Here!

Job Openings

Are you a passionate advocate for your child? Would you like to help other parents be effective advocates for their children as well? Nevada PEP is looking for parents and family members to join our team! View all job openings statewide here.

First Aid App - American Red Cross

Accidents happen. The official American Red Cross First Aid app puts expert advice for everyday emergencies in your hand. Get the app and be prepared for what life brings. With videos, interactive quizzes and simple step-by-step advice it’s never been easier to know first aid.

-Happy Apping

First Aid App, By: American Red Cross

Listen to the Youth
“Children, after all, are not just adults-in-the-making. They are people whose current needs and rights and experiences must be taken seriously — Alfie Kohn”

The Sun Youth Forum recently held its annual event to give a platform to the youth of Nevada to share their experiences and opinions on a variety of topics. One such discussion group centered around youth mental health and wellbeing. Michelle Bell of Desert Oasis High School was chosen to write an editorial detailing the discussion. She described how many students shared or know someone who would benefit from more mental health discussions in school and that youth-led initiatives to reduce stigma and create safe spaces to talk need to be supported by school leadership. Bell clearly identifies that, “we cannot ignore or push it to the side, because many teens are dealing with problems they shouldn’t have to face alone.” She knows that schools and parents are their support system, but more can always be done. Read More Here . . .

PEP Webinars

Take a short break and get the information you need without leaving the indoor warmth of your home or work. Click the links below to get a description and register for these amazing webinars.

- Presented by Nevada PEP

Making the Most Out of Your Baby’s Early Intervention Services
Friday, 1 February 2019, 12:00pm - 1:00pm

Evaluation & Response to Intervention
Friday, 8 February 2019, 12:00pm - 1:00pm

Technology Support Group

PEP is NOW offering a Technology Support Group is for teens and young adults ages 14+ years old. Our purpose is to help individuals guide themselves and others in the use of tech devices and apps to positively interact with their family and community.

Bring your device, learn & have fun! RSVP here . . .
What Happens After Filing a Bullying Report?

When parents are concerned about their child being bullied it is a good idea to document and report the situation. There are multiple ways to provide a written report to ensure that the school is aware and begins the investigation. Parents are encouraged to provide a written report to the school using school district web sites, fax, email or hand delivery directly to the school.

Another way to report bullying or other unsafe behavior is to use the newly developed SafeVoice program. This program is accessible as a hotline, website and as an App on iTunes and Google. Once SafeVoice has the report they will send it to the school. Parents are then able to check the status on their reports through the App.

Once the school has the report they will notify the parents of the bully, the target of bullying and any witnesses before the end of the school day. The school must investigate within 2 days and a report will be available to parents. If the bullying report is substantiated, the school must take steps to insure that the child is safe at school which may include developing a safety plan or transferring to a different school. There has to be follow up with the child who was bullied by the school administration within 10 days to make sure that the child feels safe. If the parents disagree with the school’s investigation results, a complaint could be filed with the Nevada Department of Education, Office for a Safe and Respectful Learning Environment. The SafeVoice Nevada program will also help education officials track safety and bullying reports across the State, allowing for targeted school/area
intervention and response. Nevada PEP has resources and workshops for parents who have concerns about their child being bullied. Talk with your child's school about their efforts to collaborate with families to address bullying and helping all children feel safe at school.

**U.S. Department of Education Announces Initiative to Address the Inappropriate Use of Restraint and Seclusion to Protect Children with Disabilities, Ensure Compliance with Federal Laws**

U.S. Secretary of Education Betsy DeVos announced today that the U.S. Department of Education will launch an initiative to address the possible inappropriate use of restraint and seclusion in our nation’s schools. The Office for Civil Rights (OCR), in partnership with the Office of Special Education and Rehabilitative Services (OSERS), will oversee this proactive approach which will protect students with disabilities by providing technical assistance and support to schools, districts, and state education agencies, and strengthen enforcement activities. See Press Release Here . . .

**Transition Corner**

**Mental Health by the Numbers**

If your child has severe mood swings or changes in their behavior that maybe a warning sign for parents. In the following, Mental Health Facts: Children and Teens, by National Alliance on Mental Illness (NAMI) highlights important warning signs for parents and offers a few suggestions on what parents can do to help their child. For more information go to the National Alliance on Mental Illness

**Youth M.O.V.E. Update**
We at Youth M.O.V.E. Nevada hope you had a Happy New Year! This past month has seen us collaborating with the Nevada Institute for Children’s Research & Policy. Our members have been offering their perspective and feedback as a valuable asset to the NICRP in the form of surveys and questionnaires. We have also been jointly planning awareness events and leadership opportunities for our Youth M.O.V.E. members by presenting at panels and trainings for our community partners! For more information about YMNV or to become a member to get involved in future meetings and activities, be sure to check out our website at nvpep.org/youth-move and don’t forget to follow us on social media! Facebook: facebook.com/youthmovenv, Twitter: @YouthMOVEnv, Instagram: @YouthMOVEnv.

Is It Common For Children With Autism To Have Sleep Disturbances?

It has been estimated that approximately 25% of typical children between the ages of one and four struggle with sleep disturbance. The number for children with disabilities increases dramatically to upwards of 80% experiencing some type of sleep difficulty. With the use of research-based interventions, families of Children with Autism who have Sleep Disturbance, can be put this concern to rest.

Statewide Family News

On January 16th Governor Sisolak gave his first State of the State address, where he unveiled a $8.8 billion two-year budget. Back in December, 2018 Sisolak hosted a listening session on health care with a primary focused on mental health and provider shortages; his State of State address shows us he was listening. Our new Governor spoke of a strong commitment to improving mental health care for Nevadans. Governor Sisolak’s top spending and policy priorities also include education, health care, safety in schools, wages and housing. View the Governors State of the State address online . . .

Nevada Children's System of Care Workgroups
System of Care (SOC) Committees and Workgroups are open to the public. The parent voice is especially important in these groups and we would like to encourage any parent who has experiences in the children's mental health system to add their voice for positive change! Please contact Natalie Filipic at 702-388-8899 or nfilipic@nvpep.org for dates, times and locations of upcoming meetings.

Hyperconnectivity In A Brain Circuit May Predict Psychosis

Scientists have discovered a pattern in the way a brain circuit works that may help predict the onset of psychosis in a study funded by the National Institute of Mental Health (NIMH). High levels of chatter, or “hyperconnectivity,” in a circuit involving the cerebellum, thalamus, and cortex emerged as a potential “neural signature” in a functional magnetic resonance imaging study. The degree of hyperconnectivity within this circuit predicted the length of time it took for an individual to convert from a state of risk to full psychosis – hallucinations, delusions, and disorganized thought and behavior. The researchers also found this same pattern of hyperactivity in a separate group of individuals with schizophrenia. View Study Here . . .

Dynamic Associations Among Motor Activity, Sleep, Energy, And Mood Could Suggest New Focus For Depression Treatment
Current theories of depression suggest that sleep problems, low energy, and low activity levels result from depressed mood, but a new study looking at interactions among these factors in people with bipolar disorder or depression suggests that the opposite may be true—that instability in activity and sleep systems could lead to mood changes. The study, conducted by researchers in the NIMH Intramural Research Program, suggests new targets for depression treatment. The study findings were published online December 12 in the journal JAMA Psychiatry. A podcast with lead investigator Kathleen Merikangas, Ph.D., Chief of the NIMH Genetic Epidemiology Research Branch, also is available.

View Study Findings Here . . .

Depression and Brain Function

(Inpatient and/or Outpatient study: 8 weeks, and 3 once-a-month follow up visits or phone calls.) This depression research study tests the effects of the combination of transcranial magnetic stimulation (TMS) and psychotherapy on brain function. Participation includes research evaluations, brain scans, and active TMS and psychotherapy, or inactive TMS and psychotherapy. Recruiting ages 18-65 with major depressive disorder, who are free of other serious medical conditions. If you are currently taking anti-depressants, you may still be eligible. (17-M-0147). Call: 1-877-MIND-NIH, (1-877-646-3644), TTY: 1-877-411-1010, email moodresearch@mail.nih.gov, National Institutes of Health, National Institute of Mental Health, Protocol #17-M-0147.

View Details Here . . .
Smith's Inspiring Donations

Helping Nevada PEP is easy! Simply enroll your rewards card by going to Smith's Inspiring Donations. Once you’re successfully enrolled, choose Nevada PEP as your organization of choice. A portion of your purchase will be donated from Smith's. (Does not affect your normal Smith's card rewards!) Watch a step by step "How to" video Here.

Want to Help Nevada PEP?

Go Shopping on iGive

You Shop. Nevada PEP Gets Money. For Free.

- Over $9,100,000 raised for causes since 1997.
- Over 1,700 Online Stores - all your favorites!
- Use the iGive Button, and shop online Free sign-up get started today! www.igive.com

Family Members of Children with Special Needs/ Behavioral Healthcare Needs

Your unique parenting experience combined with your passion to help other families navigate the maze of programs and services for their children, makes you an ideal candidate for a rewarding position with Nevada PEP. Apply Here.
Volunteer!

We need your help statewide. If you are interested in making a positive difference in the lives of others and yourself at the same time, we highly suggest that you volunteer at Nevada PEP. Click Here . . .

Statewide

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