



National Federation of Families  
for Children's Mental Health

Celebrating Families for 30 Years



[Translate / Traducir](#)

November 25, 2019



## Mental Health and Education

### More States Requiring Mental Health Education

Experts recommend beginning mental health education as early as kindergarten, with a focus on age-appropriate instructional practices in areas like reducing stigma and obtaining and maintaining good mental health. Several states have either approved or are working on legislation to address concerns about additional teacher workloads and training for mental health education. By incorporating this into the school day, teachers can de-stigmatize mental health and give students the tools needed to get help for themselves or a friend. To learn more about school-based mental health education [Click Here . . .](#)

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## 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.](#)

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## KnowBullying App

KnowBullying empowers parents, caregivers, and educators with the tools they need to start the conversation with their children about bullying. KnowBullying, a 2014 recipient of the Bronze Award in the Mobile category from the Web Health Awards, describes strategies to prevent bullying and explains how to recognize warning signs that a child is bullying, witnessing bullying, or being bullied.

Includes a section for educators.

-Happy Apping



KnowBullying App, By: SAMHSA

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## 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

### [Introduction to IEP](#)

Wednesday, 4 December 2019, 12:00pm - 1:00pm

### [Transition Planning: Navigating Your Future](#)

Wednesday, 11 December 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! Please RSVP by clicking the links below.

**[Technology Support Group](#)**

Thursday, 12 December 2019, 4:00pm - 5:00pm

**[Technology Support Group](#)**

Friday, 13 December 2019, 11:00am - 12:00pm

# WHAT'S NEW IN SCHOOL?



## Inclusive Schools Week

This year, in the week of December 2-6, the Inclusive Schools Week's theme [Charting the Course for Inclusive Schools](#), encourages educators, students, parents, schools, agencies, and communities to think about our current philosophies and practices regarding inclusion and to plan for "next steps" in the process. It is a time when schools and communities can begin or continue the journey toward providing a quality education to all children regardless of differences in ability, gender, ethnicity, language and health status. As you continue your journey, [consider these navigational questions](#) in order to chart a successful and inspiring trip.



# Transition Corner



## Suicide and Teens

According to Center for Disease Control and Prevention, Suicide is the second leading cause of death, among kids, from age 10 to 18. To combat this alarming statistic, learn in this [Teaching resources for talking with teens about suicide](#) from PBS, how Freedom High School, a high school outside of Washington D.C., is tackling the problem. Hear from students, teachers, and parents, in how the program works in teaching youth suicide prevention.

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## Youth M.O.V.E. Nevada Update

Youth MOVE Nevada wants to wish everyone happy holidays as we get closer to the end of the year. We have had a busy November as we have been attending the Washoe County Children's Mental Health Consortium to help contribute to the development of the next 10-year plan starting in 2020. Youth MOVE Nevada also participated in the Nevada Youth Leadership Transition Summit where youth in transition empowered others through their own voice and experience all while developing leadership and self-advocacy skills. If you are interested in learning more about Youth MOVE Nevada or how to get involved be sure to check out our website at [www.nvpep.org/youth-move](http://www.nvpep.org/youth-move) and don't forget to follow us on social media! Facebook: [facebook.com/youthmovenv](https://facebook.com/youthmovenv) Twitter: [@YouthMOVEnv](https://twitter.com/YouthMOVEnv) Instagram: [@YouthMOVEnv](https://instagram.com/YouthMOVEnv)

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## Statewide Family News

In November, Nevada PEP's Statewide Family Network participated in the 30th Annual Conference of the National Federation of Families for Children's Mental Health ([NFFCMH](#)). We were joined by our partners at the Nevada State Division of Child and Family Services ([DCFS](#)). At the conference, we learned about new ways to offer family peer support, suggestions for provider training, and ways to engage youth that we will put into practice and advocate for so that Nevada families can have access to the children's mental health services they need.

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## 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](mailto:nfilipic@nvpep.org) for dates, times and locations of upcoming meetings.



National Institute of Mental Health

**Outreach Partner** 

NIMH Information Available Here: Nevada PEP [www.nvpep.org](http://www.nvpep.org)

For more information about NIMH including mental health research and resources, go to: [www.nimh.nih.gov](http://www.nimh.nih.gov)   National Institute of Mental Health

### **Survive the Holidays with these Tips**

Stress can affect your health. It's important to pay attention to how you deal with minor and major stressors, so you know when to seek help. Here are five things you should know about stress: [www.nimh.nih.gov/stress](http://www.nimh.nih.gov/stress). #shareNIMH

### **Fast-Acting Medication for Treatment-Resistant Depression**

One of the most exciting recent breakthroughs from research supported by NIMH is the development of a fast-acting medication based on ketamine for treatment-resistant depression. Watch and share this video on how this treatment is bringing new hope by making a life-changing impact on people and families affected by major depression.

[Learn More . . .](#)

### **Transportation and Mobility Options to Support Postschool Transition for Youth with Autism**

Join a [free webinar on transportation and mobility options for youth with autism transitioning out of high school on December 11 at 3 p.m. ET.](#)

[People with autism often face a lack of supports and services when they transition into adulthood. This webinar is intended to help youth with autism, their caregivers, and human service providers learn strategies to leverage mobility resources and develop connections with transportation providers and services.](#)

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## 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 . . .](#)



Earn a \$5 Bonus Donation today for Nevada P.E.P.

## Want to Help Nevada PEP?

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Free sign-up get started today! [www.igive.com](http://www.igive.com)

# IMMEDIATE JOB OPENINGS

Las Vegas & Reno

## 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

Toll-Free (800) 216-5188

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