



E-Communique



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April 27, 2020



Many of our businesses are closed, but Nevadan's hearts are open. During this health crisis Nevada PEP E-newsletters will look different, PEP will be focusing on information to help families in this crisis. The situation is changing very quickly, we will do our best to keep the information current and relevant. We are here for you and we will get through this together.

Supporting Families with PBIS at Home

Over 25,000 schools have embraced positive behavioral interventions and supports (PBIS) as a highly effective way to build children's social-emotional-behavioral skills and reduce challenging behaviors. PBIS can be effectively used at home too and is especially helpful when events disrupt normal routines (e.g., worldwide health pandemics, natural disasters, extended breaks). [View Resource Here](#) with recommendations for families and caregivers on how to use PBIS to support their children's social and emotional growth and minimize behavioral disruptions in the home.

Support Mental Health Awareness Month

Get your Green Ribbon

May is National Mental Health Awareness Month! May 7th is Children's Mental Health Awareness Day- This year's theme is "**Bringing Children's Mental Health into Focus: Perfect Vision in 20/20**". For the month of May, we are asking family, friends, and neighbors to donate \$5 to show your support for Mental Health Awareness. Pick your very own **Green Ribbon** on our



Green Ribbon Wall and let's all join together to put our "Focus" on Children's Mental Health.

[Click here for your Green Ribbon . . .](#)



Celebrities join 'Sesame Street' on Coronavirus Special

Elmo and Cookie Monster were joined by "Hamilton" creator Lin-Manuel Miranda, actress Anne Hathaway and more to tackle the coronavirus pandemic. [View story on Elmo's Virtual Playdate Here . . .](#)

Help Kids Deal With School Closings and Cancelled Plans

Schools are closed, many children are beginning to realize that the events that they have been looking forward to are cancelled, i.e. birthday celebrations, summer vacations, graduations. These are important events for children, and they may become angry worried or sad. Here are some tips to help [children deal with disappointment because of COVID-19](#). These tips can help children process their emotions.

Self-Care is Important

Parenting can be very stressful, especially in today's world, but as a parent the best way to help your child be at their best is to take care of yourself. Self-care is how we keep ourselves well to ensure we are physically, emotionally, and mentally able to be there for the ones we love. This article gives [5 great tips for self-care](#). It's important to remember to take care of yourself during these stressful times.

Helpful Parenting Tips

So many parents are trying to work from home at the same time trying to keep their children busy. This is a very stressful time for parents, these tips can help, check out these one-pagers [one-on-one time](#), [staying positive](#), [creating a daily routine](#), [avoiding bad behavior](#), [managing stress](#), and [talking about COVID-19](#). Use these tips to help you and your children during this health crisis.

Virtual Tours

With today's technology we can go anywhere in the world with out even leaving our home, and you don't need to get on an airplane and it's all free! This site offers [28 Virtual Field](#)

[trips for families](#). Ever wanted to go to the [White House](#) or check out the [Buckingham Palace](#) and see where her Majesty the Queen lives. There is lot to do go check it out and have fun.

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

[Transition Planning: Navigating Your Future](#)

Tuesday, 28 April 2020, 2:00pm - 3:00pm

[How is My Child Reading?](#)

Friday, 1 May 2020, 12:00pm - 1:00pm

[Evaluation & Response to Intervention \(RtI\)](#)

Tuesday, 5 May 2020, 4:00pm - 5:00pm

[Procedural Safeguards](#)

Friday, 8 May 2020, 12:00pm - 1:00pm

Breathe, Think, Do with Sesame App

Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This is a resource app for you to share with your child to help teach skills such as problem solving, self-control, planning, and task persistence.

-Happy Apping



Breathe, Think, Do with Sesame App, By: Sesame Street

Elevate - Brain Training Games App

Elevate is a brain training program designed to improve attention, speaking skills, processing speed, memory, math skills, and more. Each person is provided with his or her own personalized training program that adjusts over time to maximize results.

-Happy Apping



Elevate - Brain Training Games App, By: Elevate, Inc.

WHAT'S NEW IN SCHOOL?



IEP Meetings Go Virtual!

Schools in Nevada are closed for the remainder of the year and parents may have questions about their child's special education services and upcoming IEP meetings. Requirements for IEP development, review, evaluations and eligibility are still in place. The methods to meet these requirements may look different as IEP meetings will not be held at the school, but may be held online or by phone only. The Individuals with Disabilities Education Act (IDEA) already had provisions in place to use alternative means of meeting participation, such as video conferences and conference calls. Talk with your school team to decide the best way to hold your meeting - by phone or online with platforms such as Skype, Zoom, etc. Find out when and how you will receive the meeting notice documents that list required members and have an access code or meeting ID necessary to join a virtual meeting. Prior to providing agreement, parents may want to review the IEP documents to confirm that all their concerns were addressed in the meeting. Nevada PEP has an [IEP Checklist](#), that parents can use as they work with the team to develop an IEP that meets their child's individualized needs and provides access to the curriculum.

Transition Corner



Tips for Navigating the COVID-19 crisis at Home with Teens and Young Adults

So many high school students are out of school, in the beginning this was a welcomed unexpected vacation but as time goes on that novelty has worn off, now it is feeling like being stuck at home with nothing to do. This article [Tips- Navigating COVID-19 with teens and young adults](#) offers great strategies for parents to help teens with social distancing and teens struggling emotionally with this health crisis.

Youth M.O.V.E. Nevada Update

Youth MOVE Nevada hopes everyone is staying safe and social distancing. Visit the [Nevada PEP website](#) to get access to resources, information, fun activities and more. We recently had our first virtual meeting and thank those who participated. We will be having our next meeting April 28th at 3:30 pm; come join us in discussion, connect with others and learn more about peer support. Stay connected with Youth M.O.V.E. Nevada from home by checking out our website at www.nvpep.org/youth-move and getting access to more resources on Facebook: facebook.com/youthmovenv, Twitter: [@YouthMOVEnv](https://twitter.com/YouthMOVEnv), and Instagram: [@YouthMOVEnv](https://www.instagram.com/YouthMOVEnv).

Statewide Family News

May is Mental Health Awareness Month

May 7th is National Children's Mental Health Awareness Day. It's an important day to raise awareness about Children's Mental Health and show that positive mental health is important to every child's development. Your child may enjoy coloring this great [Activity Workbook just for kids](#). They can draw pictures of themselves and talk about their feelings. Especially this year, we celebrate the hope, strength and resilience of children, parents and families on Children's Mental Health Awareness Day.



Shareable Resources on Coping with COVID-19

The outbreak of [coronavirus disease 2019 \(COVID-19\)](#) is stressful for many people. People respond to stress in different ways, and it is normal to experience a range of emotions, including fear, anxiety, and grief. Sharing accurate information about COVID-19 and strategies for coping can be an effective way to manage stress and connect with others.

Get [shareable resources](#) that feature NIMH experts discussing coping strategies and the mental health impact of COVID-19 in news stories, radio interviews, and videos.

Watch: Five Things About Staying Mentally Healthy During the COVID-19 Outbreak

In the midst of the battle against the novel #coronavirus (#COVID19), it's understandable that many Americans may experience heightened distress or anxiety, affecting our thoughts and emotions.

Dr. Joshua Gordon, Director of the National Institute of Mental Health, offers [five steps you can follow to maintain your mental health and well-being during the novel coronavirus outbreak](#).

If you or someone you know is having thoughts of suicide, call the confidential, toll-free National Suicide Prevention Lifeline at 1-800-273-8255. Trained crisis workers are available to talk 24 hours a day, 7 days a week. The Lifeline Chat service is also available at <http://www.suicidepreventionlifeline.org>.

NIMH Offers Mental Health Information in Spanish

NIMH offers basic information on mental disorders and related topics in Spanish for patients and their families, health professionals, and the public. Higher quantities of printed materials are available now and can be ordered free of charge at <https://go.usa.gov/xdHTG>

El NIMH ofrece información básica en español sobre los trastornos mentales y temas relacionados dirigida a pacientes y sus familias, profesionales de la salud y el público en

general. Ahora tenemos disponibles cantidades más grandes de nuestros materiales impresos. Solicítelos gratis en <https://go.usa.gov/xdHTG>

Coping With Coronavirus: Support for the Autism Community

In this autism awareness month Director's message, Dr. Gordon addresses the challenges faced by individuals with autism and their families during the coronavirus (COVID-19) pandemic. [Read More](#)

Mental Health Impact of COVID-19 Pandemic Study

Researchers at the National Institute of Mental Health (NIMH) are conducting an online research study to learn about how stressors related to the COVID-19 virus affect mental health over time. We hope to better understand the experiences of participants during this difficult time. Participation involves completing online questionnaires every two weeks, for 6 months. The questionnaires take about 20 minutes to complete. You must be at least 18 years old to participate. Participation is voluntary, and you may withdraw at any time. Compensation is not provided. Please [click here for more information, and to begin participating](#). You may call 240-665-0697 or email NIMHResearchVolunteer@nih.gov with any questions you may have. <https://nimhcovidstudy.ctss.nih.gov>



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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...](#)



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Statewide

Toll-Free (800) 216-5188

www.nvpep.org

pepinfo@nvpep.org

View Newsletter on Web

Central Office

7211 West Charleston Blvd.

Las Vegas, NV 89117

Phone: 702-388-8899

Fax: 702-388-2966

Satellite Office

4600 Kietzke Lane, Suite I-202

Reno, NV 89502

Phone: 775-448-9950

Fax: 775-448-9603

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