



E-Communique



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May 26, 2020

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 . . .](#)



[Click Here](#) for more information

Talking to Kids about Social Distancing

Explaining Social Distancing to kids can be difficult, sometimes when kids watch a video, or hear a story that can be a good starting point for a conversation. In this video for young children [Groves explains Social Distancing](#). Another video explains [what a virus](#) is and how it can spread in an easy-to-understand way. Sometimes it can be easier to talk to children with a short story [time to come in bear](#) is a story about a bunny who has to explain to a bear why they have to stay inside. It is important to remember that practicing Social Distancing is critical. But also remember creating opportunities for kids to engage in phone or video calls, emails, or texts, is also something that is important. Schedule time for these interactions.

Learning Self Care Strategies

Living in this pandemic has set up a perfect storm for people who have stress and anxiety, they don't have the usual ways to talk and connect with people, they can't go out for lunch or talk at the office about what they are feeling and some times that can make people feel worse than they were already feeling. Here are some tips to [learn self-care strategies](#), reminding us to be mindful about our physical health, reduce stress and triggers, and build support and strengthen relationships. Just remember we will always have some level of stress in our daily life., by continuing to practice these self-care tips will help with our ability to cope with life's ongoing challenges.

Virtual Tours of Presidential Homes

Most children are fascinated by the presidency and all things associated with our country's highest elected office now you can go into the homes that these great men once lived in take a tour of [eight former presidents homes](#) and see the beautiful home décor and the history continue the tour with these former [six presidential homes](#) our past presidents have occupied. Let the grand tour begin. Enjoy!

Supporting Your Child

Life has changed drastically for everyone, but for children, life has changed perhaps even more drastically. Many cannot go to playgrounds, see friends, go to school, or visit grandparents anymore. Their normal is different now and many kids are worried in this article [supporting your child if they are feeling worried](#) gives parents five tips on how to support your child. talk to your kids and whatever their age, a lot of kids have questions, whether it's about why they need to wash their hands so much, when they'll be able to see friends and grandparents again, or what happens if someone they love gets sick. These might be some of the things that they are worried and thinking about.

Helping Children Cope

Sesame Street gang is here is help. Sometime kids are feeling worried or trying to deal with a loved one being sick. Children are missing their friends. In these short animated video's, [Sesame Street in Communities](#) can help children feel better and teach them simple ways to understand their feelings. The videos can help families cope during challenging times.

Preparing for a Medical Video Appointment

It seems that Telehealth is the wave of the future. With coronavirus many people do not

want to go and see their doctor, many medical appointments are being done through video. This informative checklist help you to [prepare for a video appointment](#). This checklist goes through a step by step process from suggesting having a quiet location for your video, make sure your technology is set up, remember to write out your questions and have note paper available to take notes.

First Nevada Kid Governor Elections Now Open!

Apply to be Kid Governor of Nevada!

Children starting 4th or 5th grade in the Fall of 2020 living in NV are eligible to apply with permission from their parent or guardian. The application includes eligibility requirements, responsibilities if elected, consent to participate, campaigning rules, and guideline for respectful conduct. We ask that both the candidate and the parent/guardian read and sign the application so we know that everyone is aware of the rules and commitment. The application is due Wednesday, June 17, 2020.

The application is done online at: TINYURL.COM/KIDGOVERNOR

Deaf and Hard of Hearing in Las Vegas Using Clear Masks to Better Communicate

Facial masks have created a communication barrier

LAS VEGAS (KTNV) — With many people wearing face masks to cover their nose and mouth, it's difficult for those in the deaf community to understand what they're saying. Thousands of deaf and hard of hearing people in Las Vegas are using see-through masks as a way around this communication hurdle.

[13 HELPS | Coronavirus Resource Guide | Story Here...](#)

Video Series on COVID-19 and American Sign Language

The Centers for Disease Control and Prevention has a series of videos about COVID-19 in American Sign Language. [CDC's ASL Resource...](#)

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

[Understanding Section 504 – A Civil Rights Law](#)

Thursday, 28 May 2020, 3:00pm - 4:00pm

[How is My Child Reading?](#)

Thursday, 4 June 2020, 12:00pm - 1:00pm

[Transition Planning: Navigating Your Future](#)

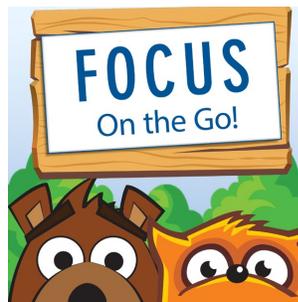
Wednesday, 10 June 2020, 12:00pm - 1:00pm

FOCUS On The Go! App

FOCUS stands for Families Overcoming Under Stress, and this app aims to teach resilience – a key part of mental wellbeing – to every member of the family. It helps your child develop five essential skills: problem-solving, goal-setting, communication, emotional

regulation, and managing trauma and stress.

-Happy Apping



FOCUS On The Go! App, By: University of California, Los Angeles

Seek by iNaturalist App

Here's a fun way to keep the learning going while taking a break for some fresh air. You can use the power of image recognition technology to identify the plants and animals all around you. Kids can earn badges for seeing different types of plants, birds, fungi and more!

-Happy Apping



Seek by iNaturalist App, By: iNaturalist, LLC

WHAT'S NEW IN SCHOOL?



Creating a Plan to Go Back in the Classroom

Families and communities need schools to be ready to reopen as soon as public health officials signal that it is safe. American Enterprise Institute has developed [A Blueprint for Back to School](#) to help parents, school officials and the community understand what work must be done prior to going back into the building. Another guidance document that state and school councils will want to use to make decisions about school reentry, has been published by the Center for Disease Control, [K-12 Schools and Childcare Programs FAQs for Administrators, Teachers, and Parents](#). This information may ease the concerns and fears that families could experience during their children's transition back into the classroom.

Transition Corner



Discover Mars

Have you ever wanted to go to Mars? With virtual tours, even the sky isn't your limit.

Thanks to NASA's Curiosity rover, you can explore the surface of Mars in a 360-degree

view while learning about space exploration. From your own living room take a virtual [walk on Mars](#). Who knows maybe one day we may be flying to Mars?

Youth M.O.V.E. Nevada Update

Youth MOVE Nevada hopes everyone is continuing to stay safe and healthy as we all live our new normal amongst the COVID-19 pandemic. Youth MOVE Nevada has been busy bringing awareness to youth mental health and the surrounding stigma. In the beginning of May, we engaged with the community in a twitter chat that painted a vision for mental health systems in the future. The following day Youth MOVE Nevada hosted a poetry slam that gave youth the opportunity to artistically express their vision for mental health. We will continue raising awareness and hope you do as well! 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

Children's Mental Health Awareness Month

This May, Nevada PEP joined organizations, coalitions, and individuals across the country to promote Children's Mental Health Awareness Month. We kicked off the month by presenting at the Southern Nevada Children's Mental Health Summit. Later, we encouraged everyone to submit selfies wearing green, which we posted on social media. On May 7th, Children's Mental Health Awareness Day, we co-hosted a Twitter Chat with Youth MOVE Nevada, engaging community partners, parents, youth, and professionals in a live discussion about our vision for children's mental health. Finally, Nevada PEP held true to a longstanding Children's Mental Health Awareness Month tradition – the ribbon wall. This year, instead of writing your name on a green ribbon to hang on the walls of our offices, we have a virtual wall on our website where you can add your name or your favorite snapshot to show your support. Although Children's Mental Health Awareness Month comes only once a year, we will continue to raise awareness and collaborate with System of Care partners all year long.



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?

Go Shopping on iGive

You Shop. Nevada PEP Gets Money. For Free.

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