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June 25, 2020

[Stay Home for Nevada banner](#)

Honoring the Memory of Regent Sam Lieberman

The Board of Regents are honoring the memory of deceased Regent Sam Lieberman by awarding him a Distinguished Nevadan Award posthumously, renaming the Nevada Regents' Scholar Award to the Sam Lieberman Regents' Award for Student Scholarship, and UNLV will award him with an honorary doctorate posthumously. [Read More Here...](#)

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.

Cyberbullying

Since the Pandemic started social distancing for many children/teens has been a way of life. For most children, the only social interaction is done virtually, by using Social Media apps like tik toc, FaceTime, Instagram, Facebook, Zoom and texts. Because children are communicating more through Social Media since the Pandemic, the chances for Cyberbullying can increase. Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. For more information on Cyberbullying [Click Here](#). To help parents recognize some of the signs of Cyberbullying go to [digital awareness for Parents](#) or to recognize the most common cyberbullying tactics.

Safe Swimming

Summer and swimming usually go hand in hand especially in Las Vegas. But as everyone knows 2020 has not been a normal year. In the middle of this pandemic, will it be safe to swim at your favorite, pool, lake or beach? Is water safe during the COVID-19 crisis? [Click Here](#) for Considerations for Public Pools, Hot Tubs, and Water Playgrounds During COVID-19 from the CDC.

Nevada Digital Learning Collaborative - Blended Learning Series

NDE is proud to present the Digital and Blending Learning Series. A five video series on best practices in blended learning. Do not forget to subscribe to the NDE YouTube Channel. Professional development for educators, new webinars every Tuesday and Thursday. [Watch Here](#)...

SNAP/TANF Online Grocery Purchase Flyer

Nevada SNAP and TANF recipients can now use their EBT card to purchase groceries online via Amazon and Walmart. To learn more click on the link below and view the flyer. Please [Click Here](#) and feel free to share. You will be able to order food online that you would normally buy with your SNAP EBT card in-person and pick up curbside or select home delivery* if available. This pilot online food-purchasing program is life changing for families. If you need help with food or would like more information about SNAP or to apply for benefits call the [Three Square Center](#) at 702-765-4030. [Click Here](#) for a list of drive-thru distribution site.

Let's all Practice Social Distancing

As our State re-opens, life as we once knew it has changed. Social distancing has become the new "normal". This informative informational handout on [Why Keeping Your Distance Helps Keep Others Safe](#) explains why it's important for everyone to practice Social distancing.

Shots for Tots

Are you wondering about immunizations for your child during COVID-19? [Click Here for Shots for Tots](#) information sheet in both English and Spanish. If your child is afraid to get shots here is [5 tips to help your child not be afraid of shots](#). It is recommended that parents try to keep their child's vaccines up to date.

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**](#)

Thursday, 2 July 2020, 12:00pm - 1:00pm

[**Getting the First Job**](#)

Tuesday, 7 July 2020, 12:00pm - 1:00pm

[**Help Your Child Focus on Learning**](#)

Friday, 10 July 2020, 12:00pm - 1:00pm

Mindful Gnats App

Mindful Gnats is an app designed to teach young people simple mindfulness and relaxation skills. These skills can help to reduce stress, and improve awareness of your body, mind and world.

-Happy Apping

Mindful Gnats App icon



Mindful Gnats App, By: Handaxe Limited

RR: Eating Disorder Management App

Recovery Record is the smart companion for managing your journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, obsessive eating disorder, binge eating disorder and compulsive eating disorder.

-Happy Apping



RR: Eating Disorder Management App, By: Recovery Record



Getting Back to School after Disruptions

Life during the COVID-19 pandemic has been difficult for parents and children. Schools re-opening in the fall is important and could be a welcoming step. Schools need to be safe for all children. If schools open in the fall these [Six Strategies](#) can help students be successful, and ensure a safe, predictable and positive school year. These helpful strategies are beneficial for all students.



Looking for Summer Learning Opportunities?

Need something to keep kids active and learning now that the school year is coming to an end? [Click Here](#) to view our full list of open Nevada Summer Programs

This list will be updated regularly, so check back often for new programs!

You can also stop by the [Nevada Afterschool Network](#) website for more resources to help plan your own summer learning activities!

Youth M.O.V.E. Nevada Update

Youth MOVE Nevada wishes everyone a happy June! We are staying busy this month by engaging in [Hill Day at Home](#) for the National Council for Behavioral Health. Throughout Hill Day, we will bring the youth voice to the table while advocating for behavioral health programs. Youth MOVE is also excited to announce our new monthly podcasts on accessible platforms for youth. Our goal is to talk about mental health and youth topics with a youth perspective. Stay tuned to learn more about our podcasts and make sure to listen to our most recent episode on [Anchor](#) and [Spotify](#). Stay connected with Youth MOVE 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

The Statewide Family Network has been participating in planning sessions for the four-year System of Care grant awarded to the Nevada Division of Child and Family Services (DCFS). The grant is focused on children's mental health in Rural Nevada. The planning workgroups were on the topics of provider training, easier access to services, increasing the types services available, care coordination, and communicating to youth, families, providers, community organizations, and the general public. DCFS will now compile the input and submit the final strategic plan to the Substance Abuse and Mental Health Services Administration (SAMHSA). **If you would like to learn more about how you can get involved contact Kendra Gipson, Family Voice Facilitator, at 702-388-8899 or 1-800-216-5188.**

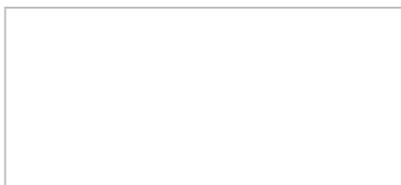


Smith's Inspiring Donations

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...](#)



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