

[View this email in your browser](#)



Nevada PEP celebrates 25 years of helping Nevada families!

November 25, 2020

What is Seasonal Affective Disorder?

This will be a difficult winter for many, the intensity of COVID-19 has many people already feeling sad and depressed. With the shortened hours of daylight and the colder days of winter some people may experience seasonal affective disorder (SAD). SAD is a type of depression that can happen when seasons change. To learn more about SAD [Click Here](#).

The National Federation of Families Survey

The National Federation of Families is inviting all parents and caregivers to complete the [How is School Affecting Children's and Families' Mental Health During COVID-19?](#) survey. The results of this survey will help to provide valuable information about the challenges families are currently experiencing and will inform our advocacy efforts at the national level. The Federation is hoping to hear from as many families as possible, which will help to strengthen their ability to represent the family voice.

Teaching Social Distancing

Many children are becoming more aware of the coronavirus, but some children may not fully understand it or know how important it is to practice social distancing when they go back to school. This article offers [tips](#) for parents and teachers to help children, learn about Social Distancing at school. Sometimes children learn with music or a story these [videos](#) can make learning about

social distancing fun.

Additional Guidance for Special Education

The Nevada Department of Education Office of Inclusive Education has developed additional guidance to assist local educational agencies in fulfilling their responsibilities to students with disabilities in the 2020-2021 school year during the COVID-19 pandemic. This [guidance](#) is available to parents of students with disabilities, adult students with disabilities, schools, and other interested individuals and organizations.



Taking Care of Your Mental Health

For many people, the holiday season will look different this year. Often, the last few months of the year we are busy celebrating and visiting family and friends. But due to COVID-19, things like traveling and gathering in large groups may not be possible. Many people have lost loved ones and will be missing their presence. Even if you haven't lost anyone, we've all lost our sense of normalcy this year – it's okay to grieve during this time. If your feeling sad there is always help, [click here](#). There is always someone to [talk](#) to 24/7. The [Mobile Crisis Response Team \(MCRT\)](#) supports youth and families of youth under the age of 18 showing signs of behavioral or mental health issues that pose a threat to the child's stability within their home.

Suicide Proofing Your Home

The Pandemic has put a lot of stress and anxiety on families. Children are struggling with mental health needs such as depression. According to the Nevada Coalition for Suicide Prevention suicide is the first leading cause of death for Nevadans ages 12-19 and second leading cause of death for ages 20-44. In these stressful times, parents might want to think about Suicide Proofing their home. This [brochure](#) offers tips and ideas for keeping your family safe.

What is the Nevada Resilience Project?

The Nevada Resilience Project (NRP) has just announced the launch of a website to provide resources and information for coping with COVID-19. The NRP was designed to help individuals who are experiencing stress or anxiety to build coping strategies and get assistance locating resources in the community. Services through the project are available in Spanish and accessible for individuals with disabilities. More information can be found [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

[Six Advocacy Tips that Turn No's into Yes's!](#)

Monday, November 30, 1pm – 2pm

[How is My Child Reading?](#)

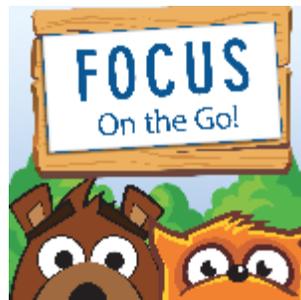
Thursday, December 3, 2pm – 3pm

[Help Your Child Focus on Learning](#)

Tuesday, December 8, 11am – 12pm

[Introduction to IEP - Virtual Style](#)

Wednesday, December 9, 10am – 11am



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



Building Resilience

The COVID-19 pandemic is putting new and unexpected pressures on everyone. During these stressful times families are navigating changes in their lives. Everyone's life has been disruptive. Families are suffering emotionally and financially, and some are grieving the loss of loved ones. Sadness and some anxiety are normal reactions. Even going to the grocery store has become stressful. Being resilient doesn't mean you don't feel stressed during these challenging times. This article shares [3 ways to build resilience](#). One important reminder--- You can't control many aspects of this pandemic, but you can control how you respond –it's okay to ask for help, it's a sign of strength not weakness.

What is Assistive Technology?

Assistive technology (AT) helps individuals with disabilities to increase their ability to accomplish specific tasks or participate in activities that otherwise might have been difficult or impossible. Assistive technology includes both devices and services. Assistive technology is defined in IDEA in [Sec. 300.5](#). During distance learning.

Clark County School District is offering training sessions for parents of children that have or need assistive technology and IEPs. Parents who need support and would like to sign up for a training, can contact the CCSD Assistive Technology department at 702-855-8440. Families in other school districts or charter school can contact their students' school an request AT support.

Youth M.O.V.E. Nevada Update

Youth MOVE Nevada is thankful for authentic youth involvement and youth voice in our virtual bi-weekly meetings. During the month of November, we are focusing on mental health and the holiday season. To hear strategies to cope with the stress of the season, we produced a podcast with tips and lived experience; you can listen to it [here](#). In the month of December, we will have

Youth MOVE Nevada meetings [every week](#). Stay connected 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://instagram.com/YouthMOVEnv).

Statewide Family News

In November, the Statewide Family Network participated in the 2020 annual conference of the [National Federation of Families for Children's Mental Health](#). At the conference, we learned about virtual family peer support, youth engagement during COVID-19, and advocacy strategies for families to have access to the children's mental health services and supports they need. Additionally, we gave a [presentation](#) with Youth MOVE Nevada, and the Planning and Evaluation Unit at the [Nevada Division of Child and Family Services](#) about the ways that we collaborate to provide youth and family voice.



Shop through
amazonsmile
to support Nevada PEP
You shop. Amazon gives.



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...](#)

AmazonSmile Program

When you use your existing Amazon.com account to shop through AmazonSmile, 0.5% of your eligible purchases will be donated to Nevada PEP. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Learn more or get started today!

Go to: [AmazonSmile for Nevada PEP](#)



Copyright © *|CURRENT_YEAR|* *|LIST:COMPANY|*, All rights reserved.
|IFNOT:ARCHIVE_PAGE| *|LIST:DESCRIPTION|*

Statewide:

Toll-Free (800) 216-5188

Central Office Address:

|HTML:LIST_ADDRESS_HTML| *|END:IFI|*

p: 702-388-8899

f: 702-388-2966

Satellite Office:

4600 Kietzke Lane, Suite I-202

Reno, NV 89502

p: 775-448-9950

f: 775-448-9603

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

Nevada PEP provides links and references to information and applications for your own use and is not able to offer any warranty regarding their use or application. Visitors that download information from this site do so at their own risk.