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Nevada PEP celebrates 25 years of helping Nevada families!

January 28, 2021

## Social and Emotional Milestones at Different Ages

Check out this list of social and emotional [milestones](#) at different ages to see if your child is on track socially. It's important to remember that not all children develop at the same pace. You can always keep track of your concerns and share them with your child's physician.

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## Children's Mental Health

Most kids have not been in the classroom since last March. Many students are struggling with distance learning. Hear from a single Dad raising his eight year old twins how the Pandemic has impacted his children's [mental health](#). Before the pandemic [mental health problems](#) such as depression and anxiety were on the rise in children ages 6 to 17, according to the Centers for Disease Control and Prevention.

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## Information for Parents

The American Foundation for Suicide Prevention released the following message from their Chief Medical Officer, [what parents can do to protect children's mental health during remote learning](#) This article has information on actions we can take to support the mental health of children. Parents read this important information and [learn the warning signs of suicide](#) and how get professional [help](#) if needed.

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## Supporting Families with PBIS at Home

Positive Behavior Intervention & Supports (PBIS) is an effective way to reduce challenging behaviors. PBIS can be used at home to help families during these challenging times. These recommendations can help to minimize disruptive behaviors in the home. Check out these [suggestions](#) for families, and caregivers. For more information about PBIS visit [Positive Behavior Support of Nevada](#).

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## Special Education Guidance from Nevada Department of Education

The Nevada Department of Education Office of Inclusive Education has developed guidance to assist local educational agencies in fulfilling their responsibilities to students with disabilities in the 2020-2021 school year. This [guidance](#) provides IEP Teams with information about how to meet the requirements of IDEA during the pandemic.

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## Your Voice Matters

The 81st session of the Nevada Legislature session will begin on Monday, February 1st. It's a good time to advocate for the issues important to you while the legislatures are meeting. The Federation has developed an advocacy [tool kit](#). This tool kit will help you to be a voice in your community. You can make a difference, the family voice is important. Be involved! Advocacy creates systematic change.

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## 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 is in [English](#) and [Spanish](#) which offers tips and ideas for keeping your family safe.

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## Your Life - Your Future

Building Bridges is a national initiative working to promote best practice and policy that will create strong coordinated partnerships and collaborations between families, youth, advocates, community and residential service providers, and oversight agencies. This [tip sheet](#) has helpful information and questions to ask on residential programs from youth who have been there. Tip sheet in [Spanish](#).

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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

[¡Seis Consejos de Abogacía que Gira de un No a un Sí!](#)

Jueves 28 de Enero, 3pm – 4pm

[Positive Behavioral Approaches](#)

Tuesday, February 2, 11am – 12pm

[Bullies, Targets, and Bystanders: Responses That Work](#)

Thursday, February 4, 12pm – 1pm

[Introduction to IEP - Virtual Style](#)

Monday, February 8, 1pm – 2pm

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

Wednesday, February 10, 2pm – 3pm

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## 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.

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# Transition Corner



## Cyberbullying and the Pandemic

Since the beginning of COVID-19, most kids are communicating on a digital platforms, not only for personal use, but for educational purposes. For many young people, social distancing guidelines mean the only contact they will have with their peers will be done virtually. Social platforms such as TikTok, Zoom, Twitter and Facebook have become the way that kids communicate. Unfortunately, research is showing [cyberbullying](#) is on the rise. For more information, about bullying and cyberbullying check out Nevada PEP's [#SafeAllies](#) page.

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## Strengths to help Kids through Challenging Times

As most children continue to be educated through distance learning, as parents' we see our children having a tough time. In this article learn about [four strengths](#) that can come from these challenging times and how you can help your child build on them.

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

The first month of 2021 has been busy for Youth MOVE Nevada. One of our goals for the new year is to feature more youth participants in the podcast episodes of their choice, and we recently recorded one! Stay tuned for future episodes that get released at the beginning of the month, and visit Anchor to listen to our previous episodes. Register [here](#) to participate in our meetings every Tuesday, and stay connected by checking out our website at [www.nvpep.org/youth-move](http://www.nvpep.org/youth-move) and getting access to more resources on Facebook: [facebook.com/youthmoveenv](https://facebook.com/youthmoveenv), Twitter: [@YouthMOVEnv](https://twitter.com/YouthMOVEnv), and Instagram: [@YouthMOVEnv](https://www.instagram.com/YouthMOVEnv).

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## Eating Disorder in Teens

This information from the American Academy of Child and Adolescent Psychiatry shares symptoms and warning signs of [Eating Disorder in Teens](#). It's main focus is two psychiatric eating disorders, anorexia nervosa and bulimia, which are on the increase among teenage girls and young women.

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## Statewide Family News

The [Nevada Legislative Session](#) will begin on February 1st, and there are several bills that may impact families of children with mental and behavioral health needs. The [Nevada Institute for Children's Research and Policy](#) and the [Children's Advocacy Alliance](#) are [tracking bills](#) so that you can stay informed. We encourage families to share their perspective and their lived experience with [elected officials](#), during this time.

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## Five things to know about System of Care

System of Care is a community-based service for families who have children who are at risk for mental health or other behavioral challenges. System of Care is a coordinated network to build meaningful partnerships with families and youth to help them function better at home, school and in the community. The National Training & Technical Assistance Center has developed Five informational tips about [System of Care](#).

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