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Nevada PEP celebrates 25 years of helping Nevada families!

December 29, 2020

Mental Health America

Mental Health America (MHA) is the nation's leading community-based non-profit dedicated to addressing the needs of those living with mental illness. Recently MHA released a report, [Young People Mental Health in 2020: Hope, Advocacy, and Action for the Future](#) the report shares the perspective of 1,906 14-24- year-olds who completed the online [survey](#). See the highlights from the survey. Click here for the full [report](#).

Five Things to Know

During the Pandemic some children may experience trauma, someone could be sick or they may have lost someone very close to them. The National Training & Technical Assistance Center has developed [Five tips](#) to help families with Early Childhood mental health during the stressful time of COVID.



Nevada Office of Suicide Prevention

In these challenging times many youth are going through difficult times. The [Office of Suicide Prevention](#) has [tips](#) for [parents](#) on how to help to prevent youth suicide. The [National Suicide Prevention Lifeline](#) provides free and confidential emotional support to people in suicidal crisis or emotional distress

24 hours a day, 7 days a week, all calls are confidential. The Lifeline is a national network of over 180 local crisis centers, combining custom local care and resources with national standards and best practices. The [Mobile Crisis Response Team](#) is designed to provide crisis intervention and support to Nevada families dealing with a behavioral or mental health crisis. The Crisis Support Services has developed a tip sheet on how to keep your loved ones S.A.F.E.R. in both [English](#) and [Spanish](#).

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.

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 should think about Suicide Proofing their home. This [brochure](#) offers tips and ideas for keeping your family safe.

CDC Guidance for Child Care, Schools and Youth Programs

The Center for Disease Control maintains an [informational page](#) that provides recommendations for childcare, schools and youth programs to plan, prepare and respond to COVID-19. You can find resources and information on how to open schools safely, and many strategies to help keep everyone safe.

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

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

Thursday, January 7, 11am – 12pm

[Considering College? Learn What's Available and How to Get It](#)

Wednesday, January 13, 10am – 11am

[Introduction to IEP - Virtual Style](#)

Friday, January 15, 2pm – 3pm

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

Transition Corner



Raising Resilient Kids

All kids can build resilience, by developing attitudes like positive thinking habits, self-respect, empathy, respect for others. Teaching kindness, fairness and honesty can also build resilience. A report from [Harvard psychologist](#) has 7 things parents can do to raise kids with flexible resilient brains.

Youth M.O.V.E. Nevada Update

The final month of 2020 has been busy for Youth M.O.V.E. Nevada as we remain committed to authentic youth voice and representation. This month, we will be helping youth to develop self-advocacy and systems advocacy skills, while continuing to offer a safe space for peer support. Register [here](#) to participate in our meetings every Tuesday, and 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

Throughout 2020, the Statewide Family Network supported families in new ways including, hosting family support groups twice a month, attending virtual IEP meetings, and offering [resources](#) to help families cope with COVID-19. We also participated in systems meetings such as the System of Care grant kickoff,

policy committees, and the [Washoe](#), [Rural](#), and [Clark](#) consortia. We look forward to supporting families in 2021 and are starting the new year with [family support group meetings](#) every week in January. See you in 2021!

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](#).



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