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Nevada PEP celebrates 25 years of helping Nevada families!

February 25, 2021

Childhood Trauma

The pandemic has been challenging for children, but for some children, it hasn't just been hard; it has been traumatic. Over the last year many children have suffered emotional pain and fear. Many families have lost loved ones, lost jobs and has faced fear of homelessness, and food insecurities. When times are stressful children can live in a world of domestic violence, parents arguing, etc. This resource [Look through their eyes](#) offers help and support for childhood trauma.

Do You Want to Share Your Experience with Children's Mental Healthcare in Nevada?

The United States Department of Justice (DOJ) is investigating the State of Nevada related to Children's Mental Healthcare and Juvenile Justice Facilities. The DOJ wants to hear from parents and providers. [Click here](#) for more information.

Learning About Emotions

Teaching young children how to deal with their emotions can at times be challenging. As the pandemic continues it may be harder for children with disabilities to understand what they are feeling and why. In this video it shows the different types of [emotions](#), it teaches children to understand why they are feeling sad, grumpy, happy or scared. Watch this great video on [why do we lose control of our emotions](#). It is also a good idea whenever possible to

establish routines and structure for young children.



What is NAMI Nevada?

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. As we continue to go through this Pandemic, many lives have changed, isolation continues for many families. It is important to take care of your Mental Health.

[NAMI Nevada](#) has three different chapters. If you need help reach out to [NAMI Northern Nevada](#), [NAMI Western Nevada](#), and [NAMI Southern Nevada](#). Having a Mental Illness can impact a person's thinking, feeling, behavior or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others. Pandemic life can be stressful and overwhelming. Our day-to-day routines have been disrupted and we continue to face challenges and change. Here some great ideas on [Mental Health Coping Strategies](#). You can attend [Support Groups](#) at different NAMI Nevada's chapters. If you need to talk to someone 24/7 call the [Suicide Prevention Lifeline](#). Remember help is always just a phone call away.

6 GOALS 1 MISSION

Learn about the [2020-2030 Goals](#) the Clark County Children's Mental Health Consortium's [10-Year Strategic Plan](#) for making sure Nevada is #51stNoMore for children's mental health. If you are interested in attending the Clark County Children's Mental Health Consortium's meetings to share your voice, contact Kendra Gipson at kgipson@nvpep.org. Or visit [CCCMHC](#) to learn more about the Consortium's work groups.

Talk They Hear You

The Substance Abuse and Mental Health Services Administration (SAMHSA) has developed a new series of informative brochures for Parents. Talk They Hear You series include the following topics [Talking to your kids about Marijuana](#), [Opioids](#), [Vaping](#), or [Alcohol and Drugs](#). These brochures offer parents many good tips when having these conversations with your child.



Bullying the Lasting Effects

The effect of bullying can last a lifetime. Bullying can severely affect a child's or teen's self-image, social interactions, or school performance, and sometimes can lead to mental health problems, depression, anxiety, and substance use, and can even lead to suicidal thoughts. Here are some good tips for kids on how they can be an [ally](#) to help kids that are being bullied. Parents if your child is the [bully](#) read these helpful tips to help you, help your child.

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.

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

[Behavior and Discipline in Schools](#)

Thursday, February 25, 3pm – 4pm

[Working For Change](#)

Tuesday, March 2, 11am – 12pm

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

Thursday, March 4, 10am – 11am

[Introduction to IEP - Virtual Style](#)

Friday, March 5, 1pm – 2pm

[How Is My Child Reading](#)

Monday, March 8, 3pm – 4pm

[Special Education in a Pandemic](#)

Wednesday, March 10, 12pm – 1pm

Are You Passionate About Helping Families?

[Apply Here](#) for opportunities in Las Vegas and Reno, NV.

Moms, dads, aunts, uncles, and siblings are all encouraged to apply, bilingual a plus (EOE). Join the Nevada PEP team and apply your life's experiences to helping others.

The illustration shows a stylized family of four: a mother, a father, and two children. The mother and father are represented by purple shapes, while the children are blue. A speech bubble from the father says "WE ARE LOOKING FOR YOU!".

Wonster Words Learning Games App

Kids play and don't even know they are learning! In Wonster Words, kids and toddlers put together words through interactive word puzzles.

-Happy Apping



Wonster Words Learning Games, By: 77Sparx Studio, Inc.

Transition Corner



Internet Safety

In the virtual world we live in today, everyone is on the internet. It important to monitor what your children is doing on the internet. This [tip sheet](#) covers ten

tips for helping to Parents and Caregivers to help keep children and youth safe online. For most teens maintaining friendships or socializing is primarily being done on the internet, the following are ten ways to keep [teens](#) safe online.

Youth M.O.V.E. Nevada Update

Youth MOVE Nevada is consistently supporting youth across Nevada, state-wide, through [weekly virtual meetings](#) and systems advocacy. We are participating in all three, [regional mental health consortiums](#), and the [state juvenile justice commission](#) meetings to share authentic youth voice and perspective. We are also releasing a [special edition podcast](#) episode about the [81st Nevada Legislative Session](#) with special guests to help navigate the process. 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/youthmoventv, Twitter: [@YouthMOVEnv](https://twitter.com/YouthMOVEnv), and Instagram: [@YouthMOVEnv](https://instagram.com/YouthMOVEnv).

Military-Connected Children News

Tax Breaks for Military Families Who has a Member with a Disability

Read about the [tax breaks](#) that Military families can take when they have members with special needs. Learn about [Miltax](#) a free tax services that includes tax prep and e-filing software and personalized support for military families. Miltax has tax consultants who have extensive knowledge of tax benefits for military members. Maximize your refund and get everything you've earned.

Statewide Family News

[Children's week at the Nevada Legislature](#) will be held March 8th – 12th. The purpose of Children's Week is to represent Nevada's Children and help strengthen families in areas such as school readiness, children's physical and mental health, and child safety and security. This year, the event will be held virtually. Reach out to the Statewide Family Network for advocacy tips and to hear about opportunities for families to participate.

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](#).



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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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

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