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Nevada PEP celebrates 25 years of helping Nevada families!

March 25, 2021

Nevada PEP Stands In Solidarity With The Asian American and Pacific Islander Community

Nevada PEP is appalled and saddened by the recent hate crimes against Asian Americans in Atlanta, and we stand in solidarity with the Asian American and Pacific Islander community. Our deepest condolences to those who lost their loved ones in the Atlanta shooting rampage. We understand that many feel targeted, devalued, or afraid. As an organization dedicated to families, we stand against these senseless acts of crimes against our Asian American families and recognize that the effects of racism are felt across every community in our State. There is no place for hate in a just society. We will continue to uplift the lives and stories of those who have struggled with discrimination as we strive for a more inclusive society. We will speak out against these manifestations of injustice and the longstanding systemic racism that is present in our society. Our future and our children's future depend on ensuring that people of all backgrounds can flourish in our state and nation.

Understanding ADHD

Sometimes children with ADHD are easily distracted or may have a difficult time sitting still. ADHD is manageable and children can learn and be successful. Celebrities such as Justin Timberlake, Howie Mandel, and Paris Hilton all are successful living with ADHD. Some parents feel that people who judge just don't understand. This article has [Eight tips Parents want people to know about parenting a child with ADHD.](#)

Become a REBEL or Join the Wolf Pack!

Project F.O.C.U.S. (Forming Occupational and Community Understanding for Success) is a 2-year post-secondary education program for young adults with intellectual/developmental disability at the University of Nevada, Las Vegas. To learn more about Project F.O.C.U.S., [click here](#). To apply see the [admissions page](#). Just recently Project F.O.C.U.S. announced they have been approved as Comprehensive Transition Program by the U.S. Department of Education. [Read more here](#). The Path to Independence program at University of Nevada, Reno is an inclusive, two-year, non-degree certificate program offering a college experience to students with intellectual disabilities. For more information [Click here](#) or [Here](#) to apply.



Anxiety and Depression Association of America

Some children are heading back to the classroom and that can be an exciting time. For children with anxiety, it could be a difficult time. Going back into the classroom can trigger [separation anxiety](#). Anxiety disorders are the most common mental health diagnosis in the United States. There are different types of [anxiety disorders](#). The [Anxiety and Depression Association of America](#) a national nonprofit organization has many great resources for families. Some children might even refuse to go to school. If you are in Southern Nevada, you can contact the [UNLV Child School Refusal and Anxiety Disorders Clinic](#) or in Northern Nevada [The Downing Counseling Clinic](#) at UNR offer outpatient services on a sliding fee scale. Remember having an anxiety disorder is treatable and there are many resources for families.

COVID Vaccine Update

Do you need to make an appointment for your COVID-19 vaccine? Several Counties are now taking appointments for people with disabilities to get the COVID vaccine. Go to [Immunize Nevada](#) and search your County for clinics in your area. To find out the current status of COVID-19 and its impact on Nevada, go to [Nevada Health Response](#).



How to Help Children Navigate Back into School

Some children are slowly transitioning back into the classrooms, this can be an exciting time, but some children may feel nervous or hesitant to return to school, because going back to school could mean going back to being bullied. Click here to read [What Can I Do About Bullying?](#) Parents here are some great [tips](#) on how to support your child's mental health during school reopening's.

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

Great opportunities to learn information to improve education opportunities for your child. Click the links below to get a description and register for these amazing webinars.

- Presented by Nevada PEP

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

Thursday, March 25, 2pm – 3pm

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

Tuesday, March 30, 5pm – 6pm

[Introduction to IEP - Virtual Style](#)

Tuesday, April 6, 11am – 12pm

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

Friday, April 9, 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.**



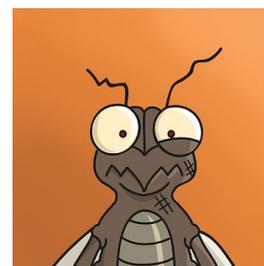
Mindful Gnats App

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 By: Handaxe Limited



Transition Corner



Disability and College Mental Health

The pandemic has had a significant impact on college students. Mental Health America surveyed 471 college students who were identified as having mental health disabilities. The survey showed many students didn't know or understand what accommodations were available. Some students reported that their needs had changed, and they didn't feel supported. Read the results [here](#).

Youth M.O.V.E. Nevada Update

[Youth MOVE Nevada](#) continues to share youth voice at systems meetings and regional consortium meetings because [youth voice](#) needs be at the table. We also participated in a panel for [Children's Week](#) at the Legislature to share our experiences with accessing mental health services. We hope to hear your voice at our [next meeting](#), where you can connect with youth in Northern, Southern, and Rural Nevada. Don't forget to listen to our [podcasts](#) and catch-up with us on [Facebook](#), [Twitter](#), and [Instagram](#).

Military-Connected Children News

What is ECHO?

The Extended Care Health Option (ECHO) is a supplemental benefit program that provides services and supplies beyond the basic TRICARE military health care program. ECHO is available to active-duty family members who meet the qualifications of a specific physical, developmental and/or mental disability. For more information [Click Here . . .](#)

Statewide Family News

With [vaccines rolling out](#) and [restrictions being lifted](#), many Nevada families may wonder if it is [safe to travel](#). Parents of children with mental and behavioral health needs may be due to [struggles with school during COVID](#). Before traveling, parents may want to consider [vaccine](#) timing, [new variants](#), and [safety tips](#). Families also can explore the [2021 Travel Nevada guide](#) for in-state trips.



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