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E-POST

Nevada PEP celebrates 25 years of helping Nevada families!

April 12, 2021

A Reflection of Living in a Global Pandemic...

As we reflect on one of the most challenging years of our lifetime, we know families have endured emotional, health and financial hardships. For families who have children with special needs, this year has been particularly challenging. Yet families are resilient and have responded to the challenges the pandemic has brought by doing what we do best – adapting. Many of us have survived distance learning, developmental regression, daily uncertainty, and watching our children struggle. After one year of uncertainty because of this pandemic, we now have a ray of hope for the future. We don't know what the future brings, but we can have hope. Nevada PEP celebrates families and their amazing strength and resiliency.

 **Early Childhood Inclusion** 

Learning Through Technology

The Early Childhood Technical Assistance Center has developed a [series of short videos](#) of families across the country demonstrating how early education and early childhood special education is successfully supporting preschoolers and their families during COVID-19 pandemic through the [use of technology](#).

April is Autism Acceptance Month

The [Autism Society of America](#), organization, is celebrating Autism Acceptance

Month. This month was previously known as Autism Awareness Month, but this year, the Autism Society is taking to social media to assist it in changing the title to Autism Acceptance Month. Help to raise awareness about [Autism Spectrum Disorder](#). On [April 28th](#) NIMH will feature presentations from the National Institutes of Health, the Centers for Disease Control and Prevention, the U.S. Department of Education, and the U.S. Department of Labor on issues related to health, education, and employment for people with disabilities during the pandemic, followed by a discussion with leaders from the autism advocacy community. The State Public Health Autism Resource Center (SPHARC) is hosting a series of four coffee talks at each coffee talk will have a different topic, for more information or to register, [click here](#).

Trauma Sensitive Tools for Back to School

This [Trauma-Sensitive Toolkit](#) is designed as a resource for educators, mental health professionals, and families to help understand ways that trauma may present in children and teens, in various settings including at home and within the online learning space. The toolkit offers accessible tools to support them through the effects of trauma.

Getting Vaccinated - Hear the Voices

If you have questions or concerns about the vaccine safety, The National Association of Councils on Developmental Disabilities (NACDD) encourage you to visit [get out the vaccine](#). For more information there is a [resource](#) page that has FAQ about the vaccines. To hear from individuals with disabilities, caregivers or health care providers [click here](#) to hear their story about why they got vaccinated.



Cyberbullying

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. It includes posting rumors on sites like Facebook, sharing embarrassing pictures or videos, and making fake profiles or websites. Parents can learn more about cyberbullying, in this informational handout [digital awareness for parents](#).

Be Your Own Advocate

This uplifting story of one girl's fight to speak up for herself from a very young age, and in her journey, she develops strong self-determination and self-advocacy skills to be her own advocate for her healthcare. Her story [stay stubborn one girls self-determination while navigating-healthcare](#) will inspire you to become your own advocate when it comes to making decisions about your healthcare.

Resources for Rare Disorders

It is often difficult to find a diagnosis when your child has a rare disorder, it can be challenging to find Information or learn about effective treatments. Here is a list of [organizations](#) that specialize in rare disorders that can be very helpful. [Students living with a genetic condition](#) is a guide to help parents who have children with rare disorders, with some great tips including sample letters on how to help teachers, school nurses, or other caregivers understand your child's disorder. The guide also offers tips to help your child talk to their friends about their disorder.

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.



Returning to the Classroom

The pandemic has caused disruption in every aspect of our lives. Our home routines, our children's education, our work force all has been greatly impacted. [Returning to School: Considerations for Students with the most Intensive Behavioral needs](#) document was created by The National Center on Intensive Intervention (NCII), Center on Positive Behavioral Interventions and Supports (PBIS), and the Integrated Multi-Tiered Systems of Support (I-MTSS) Research

Network. This document contains strategies and key practices that families, and educators can use effectively to help support students with severe and persistent learning or behavior difficulties. This document was developed as a companion to [Returning to School during and after Crisis](#) which looks at the most vulnerable students who have greater needs across academics and behavior and also have the most difficulty with disruptions and generalizing across settings.

Military-Connected Children News

Celebrate Military Children

April is the month of the military child. Military kids are resilient and resourceful and face many great challenges such as frequent moves and deployments. Being a military child means moving often, they must leave their friends and make new friends in new schools which is difficult for all children. We salute all our military children. Here are some ways that you can [celebrate and pay tribute to military children](#).

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

[Positive Behavioral Approaches](#)

Wednesday, April 14, 1pm – 2pm

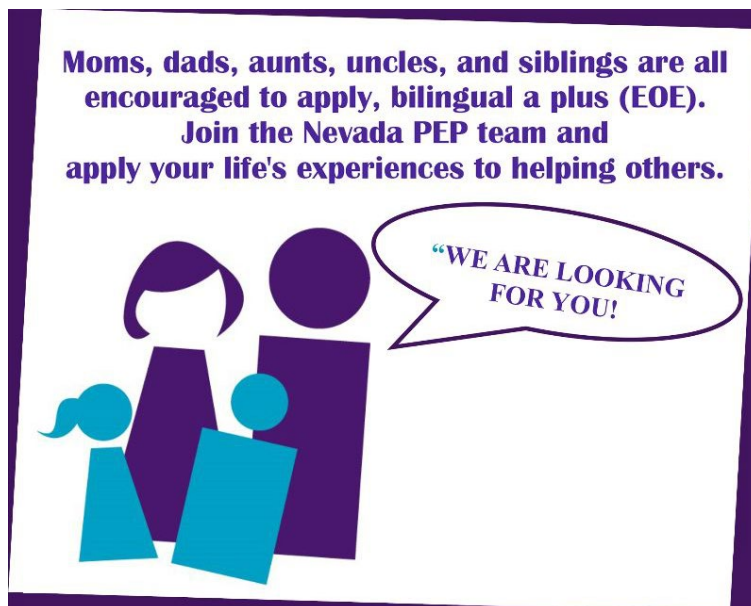
[Behavior & Discipline in Schools](#)

Saturday, April 17, 11:00am – 12:00pm

[Transition Planning: Navigating Your Future](#)

Tuesday, April 20, 5:30pm – 6:30pm

Are You Passionate About Helping Families? [Apply Here](#)



Baby Hazel Learns Manners App

For any child, her home is the first school. It is with Hazel too. Baby Hazel is learning good manners from her friends and family members. Are you interested in helping Hazel to be a well behaved kid?

-Happy Apping



Baby Hazel Learns Manners, By: Axis Entertainment Ltd.

Youth MOVE Nevada

The Youth MOVE Nevada team has been hard at work preparing for this year's Children's Mental Health Awareness Week. The week of May 2nd-8th will be full of events centered around destigmatizing mental health and working to expand services. Youth MOVE Nevada will be hosting several events and joining some of our partner organizations in events they host. We will also release a special episode of our podcast for the occasion where our facilitators talk about the history of mental health awareness and the present state of it. For more information about YMNV or to become a member to get involved in future meetings and activities, be sure to check out our [website](#), and connect with us on [Facebook](#), [Twitter](#), and [Instagram](#).

Transition Corner



Supported Decision Making

Everyone has a right to make their own decisions about their life including people with disabilities. This [video](#) developed by the ARC organization explains supported decision making, and how people with disabilities can ask family members or people that they trust to help them make important decisions in their life. This video offers good tips in helping people with disabilities be more independent.

Statewide Family News

Throughout April, the Statewide Family Network is recognizing [Autism Acceptance Month](#). This year, people in the Autism community have [requested that the word acceptance](#) be used instead of awareness. Acceptance means including people with Autism fully, acknowledging that Autism is a part of the human experience. We support this transition because [words are important](#) and [have an impact](#) on others, and we are spreading that acceptance all month long.

PEP Support Groups

Join Nevada PEP's support groups, meet other parents, learn about different resources, and make new friends. Support groups are in both English and Spanish go to our [training calendar](#) to register. These are challenging times for families our support groups will make you feel that you are not alone, PEP is here to support you. To join our zoom meeting follow these simple instructions [English](#) or [Spanish](#).



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](#)

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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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