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Nevada PEP celebrates 25 years of helping Nevada families!

May 10, 2021

Mental Health Awareness Month

Get your Green Ribbon!

May is National Mental Health Awareness Month! This year's theme is "Flip the Script on Mental Health". For the month of May, we are asking family, friends, partners and neighbors to donate \$5 on our [Green Ribbon Giving Grid](#) to show your support for Mental Health Awareness. Pick your very own Green Ribbon, let's all join together to "Flip the Script on Mental Health". Visit our [Mental Health Matters Gallery](#) and upload a picture wearing green to show your support for Mental Health Awareness month.



Las Vegas Special Education Teacher Juliana Urtubey - National Teacher of the Year

"I am strongly committed to leveraging our collective power to build educational spaces where all children may thrive," Urtubey said in a statement. "By centering the strengths of our children and families, we create more just systems for all students, valuing their diverse cultural, linguistic, cognitive and experiential gifts." Read more [here](#).

What is Related Services?

Related services help children with disabilities benefit from their special education by providing extra help and support in needed areas to help them meet the goals written in their Individualized Education Program (IEP). IDEA requires that a child be assessed in all areas related to his or her disability. The evaluation must be comprehensive to identify all the child's special education and related service needs. See IDEA's definition of [related service](#). See some of the services that could be considered as [related services](#) in a child's IEP.

Help with Internet Cost

On Feb. 25, the Federal Communications Commission (FCC) agreed to implement an Emergency Broadband Benefit program (EBB program) that will help subsidize the cost of internet service for qualified low-income households. The program will be available for sign-up on May 12, 2021. For more information and to see if your household is eligible check out [Helping households connect during the pandemic](#).

What is Ableism?

Ableism is defined as prejudice and discrimination against individuals with disabilities. Ableism characterizes people who are nondisabled are seen as superior. Some people even have the perception that people with disabilities are less valued than nondisabled people. We can begin to change that mindset by remembering differences are only barriers if we allow them to be. Do your part and learn how you can help to make this world a better place – for ALL to live. Check out the following resources to help change the mindset [how to avoid using ableist language](#) and [Stop Ableism](#).



Recognizing Signs of Bullying

Bullying is a problem that affects millions of students of all races. 1 out of 4 kids is bullied. Many times, when students are being bullied in school, they don't tell anyone, and they suffer in silence. Sometimes parents, teachers, and others may not understand how extreme bullying can get. Here are some signs for parents that [a child is being bullied](#), or a tip sheet if [your child is a cyberbully victim](#). It is important that parents recognize if their child is being bullied. Another resource is our [podcast](#) on our #SafeAllies webpage. Parents may find these [resources](#) helpful.

ABCs Early Childhood Inclusion

Talking to Children About Racism

In the world we live in today, and in the midst of protest, racism has become a topic of discussion in our homes. Conversations about racism should be taking place in the home. It's important to remember that when race is talked about at an early age children begin to understand, respect, and appreciate the differences between people. The following are resources in [English](#) and [Spanish](#) that can help parents talk about racism. [Sesame Street](#) has some great [videos](#) for younger children to watch and begin the conversation.

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.



What Will the Next School Year Look Like?

The Nevada Department of Education has [district reopening plans](#) for each county in the State including sponsored Charter schools. It is important to review your district's plans and the 2021 school year registration requirements. This last year has taught us a lot about education; educators and parents are now talking about improving how education is delivered. As Education Secretary Miguel Cardona said to the Washington Post- "There may be an opportunity to reimagine what schools will look like." "It's always important we continue to think about how to evolve schooling, so the kids get the most out of it." The Office of Special Education Programs Director David Cantrell shared the U.S. Department of Education plan on strategies for safely reopening schools in [English](#) and [Spanish](#). Our schools will not look the same as they did before the pandemic, but maybe we can begin to imagine how to make school

successful for all students.

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 FREE trainings. For a complete list of our archived webinars [click here](#).

- Presented by Nevada PEP

[How Is My Child Reading?](#)

Monday, May 10, 3pm-4pm

[Special Education in a Pandemic](#)

Tuesday, May 11, 5:30pm-6:30pm

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

Thursday, May 13, 10:00am-11:00am

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

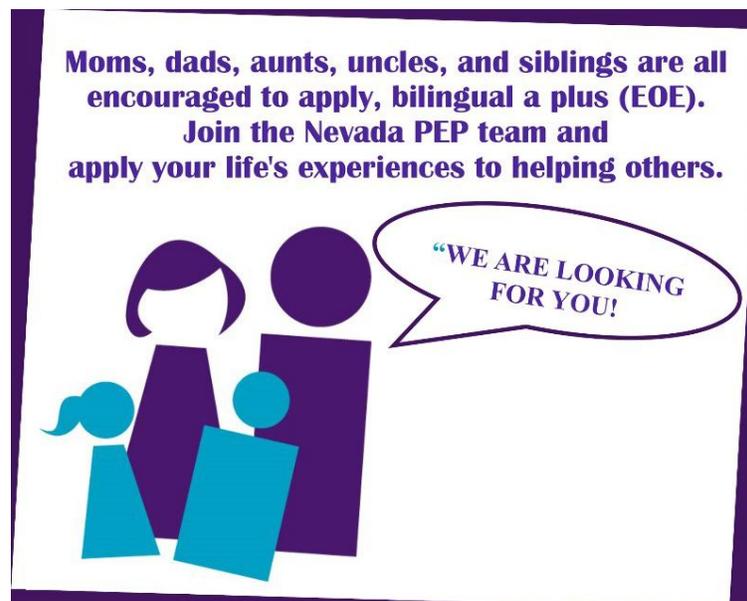
Miércoles, 19 de Mayo,

5:30pm-6:30pm

[Transition Planning: Navigating Your Future](#)

Monday, May 24, 5:30pm-6:30pm

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



Sorting Puzzles for Kids App

This is the first and most simple game in the TinyHands Sorting series. The game consists of 12 beautiful



environments each focused on a set of basic concepts from the child's world such as shapes, colors, seasons, and animals.

-Happy Apping



Sorting Puzzles for Kids, By: Kids Academy Co.

Youth MOVE Nevada

May is our favorite month of the year because of [Children's Mental Health Awareness Week](#). We have been busy sharing digital resources like a [digital swag bag](#) and a [podcast episode](#) on the history and importance of this week. Don't forget to check out our [mental health activity book](#), check out our [website](#), and catch up with us on [Facebook](#), [Twitter](#), and [Instagram](#).

Transition Corner



Transition for the Future

Transition planning is an important part of a student's IEP. The law requires the IEP team to invite the student to meetings when transition planning is discussed. During the transition planning goals are written with the student's input even if the student is not there the team must make sure the student's interests and desires are considered. The purpose of transition planning is to help teens prepare to be an independent young adult. It is highly encouraged to have the student attend the IEP meetings when transition is being discussed. This resource in [English](#) and [Spanish](#) can help to develop a good transition plan. This [Transition Services Flowchart](#) will help explain the transition process.

Statewide Family News

The Statewide Family Network is celebrating Children's Mental Health Awareness by wearing green, posting on social media, and continuing to support families. We encourage families to join in the [activities](#) throughout the month of May. Families also can spread awareness by [sharing their lived experiences](#) in accessing children's mental health services with decision-makers who can make the system better for Nevada families.

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](#)

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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