

Subscribe

Past Issues

Translate ▾

RSS 

[View this email in your browser](#)



Nevada PEP celebrates 25 years of helping Nevada families!

July 27, 2021

## What are Anxiety Disorders?

Anxiety is a normal reaction it sometimes can alert us to dangers and help us pay attention. Anxiety disorders are different from normal feelings of nervousness or anxiousness and involves extreme fear or anxiety. Anxiety disorders are one of the most common of mental health diagnosis. Anxiety disorders are treatable, and treatment can help people lead normal productive lives. Learn the different types of [anxiety disorders](#) that can affect kids and teens.

---

## Making Computers Easier to Use

Morphic is a free program that makes it easier for anyone to find and operate the usability and accessibility features built into Windows and Mac operating systems. Morphic's basic features allow you to quickly increase text size, magnify portions of your screen, take a screenshot, read selected text aloud, manage your assistive technology (AT), [and more](#). Morphic provides one-click access to key built-in accessibility and usability features. Morphic's Plus [subscription is now free](#) for a limited time when you sign up for the Early Feedback program. To get started with macOS or Windows download [Morphic here](#).

---



## Charter Schools

With the new school year starting, you may have considered enrolling your student in a charter school. In Nevada, there are two types of charter schools: [state sponsored charter schools and school district sponsored charter schools](#). All charter schools are responsible for implementing Individualized Educational Programs (IEPs). They are also responsible to provide supports and accommodations through Section 504 plans. It is important to remember that charter schools are free public schools and are [open to all students](#). Charter schools cannot deny access to students with disabilities because of their disability. Regardless of a family's household income, religion, or ethnicity, charter schools exist to provide all enrolled students with a local high-quality school option. Another important point to remember is the [Every Student Succeeds Act](#) also apply to charter schools.

---

## 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

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

Wednesday, July 28, 4pm – 5pm

[How Is My Child Reading?](#)

Thursday, July 29, 2pm – 3pm

[Introduction to IEP - Virtual Style](#)

Tuesday, August 3, 10am – 11am

[Help Your Child Focus on Learning](#)

Wednesday, August 4, 3pm – 4pm

[Making the Most Out of Your Child's Early Intervention Services](#)

Thursday, August 5, 10am – 11am

[Understanding Section 504 - A Civil Rights Law](#)

Monday, August 9, 5:30pm – 6:30pm

---



## Helpful Tips

School will soon be starting, and even though it may look different this year, bullying will not be different. Some children may get bullied and don't realize they are being bullied. They may think the other children is just making a joking and may not realize they are the joke. Some children with disabilities will miss those subtle cues. It may a good idea to have a discussion with your child, so they understand what good and friendly behavior is and what bullying behavior is. Here are some tips to start the conversation [help your child recognize the signs of bullying](#).

---

## 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.

---

## Are You Passionate About Helping Families?

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



## Chegg Math Solver App

Fear no math problem with the Chegg Math Solver app. Need homework help? Use our guided, step-by-step math solver to get more homework help than a calculator can provide. It digs into each step of your algebra, pre-calculus, or calculus math problems to learn how and why they were solved that way.



-Happy Apping



Chegg Math Solver App By: Chegg Inc.

---

## Statewide Family News

As the Summer comes to an end, many parents want to be prepared to support their children's return to face-to-face instruction. Check out these helpful resources [back-to-school tips for children and youth that struggle](#), [tips for effective communication and collaboration with new teachers](#), and [strategies for school success during the ongoing pandemic](#). Creating a student snapshot with your child will assist the teachers and lead to a more successful school year. The Statewide Family Network also offers individual assistance to families who need information to support their child's education, give us a call.

---

## Transition Corner



### Preparing our Young Adults

Transition is a time when many young adults become aware of their disability and start learning how to self-advocate. Parents can teach their youth about self-advocacy and self-care management skills to help them with independent living skills. This [informational sheet](#) offers some good ideas.

---

## Military-Connected Children News

### New EFMP Podcast Episodes

Brand new podcast episodes from [Military OneSource](#) provides Exceptional Family Member Program (EFMP) information you can listen to on the go. Hear experts explain everything from EFMP enrollment and education to assignment coordination and caregiving. Tune into [Season 1 of the EFMP and Me podcast series](#).

---

## Youth M.O.V.E. Nevada Update

Youth MOVE Nevada is consistently supporting youth statewide through [weekly virtual meetings](#) and systems advocacy including providing youth voice in all three [regional children's mental health consortia](#). This month, we talked about [ways to stay active during the summer](#) and shared tips on [getting organized](#) for the new school year. Be sure to [register](#) to participate in our meetings, visit our [website](#), and connect with us on [Facebook](#), [Twitter](#), and [Instagram](#).



Shop through  
**amazon**smile  
to support Nevada PEP  
You shop. Amazon gives.



### 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...](#)

### 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](#)



Copyright © 2021 Nevada PEP, Inc., All rights reserved.

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

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

Nevada PEP provides links and references to information and applications for your own use and is not able to offer any warranty regarding their use or application. Visitors that download information from this site do so at their own risk.