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September 27, 2021

Whatever Gets You Talking

You don't need to be there, to be there for a friend. Stars including Addison Rae, Akinyemi, Avery Cyrus, Bryce Xavier, James Henry, The McFarlands, Meghan Trainor, Molly Burke, mxmtoon and brothers Zach Valentine and Pat Ramirez, help [showcase](#) the many ways you can reach out and check in with a friend around their mental health.



Resources if You're Facing Eviction

Many families may be facing eviction and on the verge of being homeless because of COVID-19. Families are struggling with loss of employment, and loved ones, the pandemic can cause fear, worry, and stress. If you are facing eviction help is out there the [CARES Housing Assistance Program](#) has Statewide resources. The [Legal Aid Center of Southern Nevada](#) and [Nevada Legal Services](#) has resources and support. [Washoe Legal Services](#) has helpful information and can schedule in-person appointments. This resource can help [renters facing eviction](#). The [Emergency Rental Assistance Program](#) can give you information on getting rental assistance.

Grief and Trauma in the Classroom

As we get back into in-person learning, students will be bringing their own grief and trauma into the classroom. Are teachers ready to respond? This new [guide](#) shows the critical role that educators play in supporting grieving students. The pandemic has meant more shared experiences of grief and loss, and teachers and staff will need to provide increased support.

Family Navigation Network

The [Nevada Center for Excellence in Disabilities Family Navigation Network](#) is a newly funded program to support families of children and youth with special health care needs throughout Nevada. Specifically, they offer one-on-one support and consultation related to healthcare and service systems navigation, healthcare access and healthcare satisfaction. For more information read the [English](#) and [Spanish](#) informational flyer.

Helpful Mental Health Apps

Mental health apps are a simple way to work on your mental health. Mental health apps aren't designed to diagnose a condition or substitute care from a mental health professional. Apps are a convenient way to get extra support between therapy sessions or office visits, and they can offer continued support after graduating from therapy. Check out the [10 Best Mental Health Apps for 2021](#).

Message from US Secretary of Education

Secretary Miguel Cordova is meeting the President's call to support the safe and sustained reopening of schools, and how important in-person learning is for all students. Making the number one priority that every student can safely return to school in person. Also, how important it is to follow the science-based strategies for preventing the spread of COVID-19 recommended by the Centers for Disease Control and Prevention (CDC). Read his full message [here](#).

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. The DOJ wants to hear from parents and providers. [Click here](#) for more information.

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. For a complete list of our on demand webinars [click here](#). Download our latest workshop schedule [here](#).

- Presented by Nevada PEP

[How Is My Child Reading?](#)

Tuesday, September 28, 3pm – 4pm

[Introduction to IEP - Virtual Style](#)

Friday, October 1, 10am – 11am

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

Tuesday, October 5, 11am – 12pm

[Restorative Practices in School: What Parents Need to Know](#)

Thursday, October 7, 5:30pm – 6:30pm

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

Friday, October 8, 10am – 11am



Bullying and Mental Health

Bullying can affect mental, physical, and emotional health during school years and into adulthood. It can lead to physical injury, social or emotional problems. Children who are targets of being bullied often [feel lonely](#). Children who are bullied may come home with unexplained injuries, “lost” books or damaged possessions. They may have trouble sleeping and lose interest in favorite activities. If they’re afraid to enter the cafeteria at lunchtime, they may come home hungry. They might pretend to being sick to avoid school. Some may avoid social interactions. This article explains the [effects of bullying on mental health](#).

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.



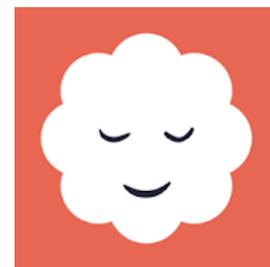
MyLife Meditation App

MyLife (formerly known as Stop, Breathe & Think) is an award winning meditation and mindfulness app that helps you find your quiet place. It allows you to check in with how you're feeling, and recommends short guided meditations and mindfulness activities, tuned to your emotions. Whether you're anxious, sleepless, hopeful, angry, or anything in between, we're here for you!

-Happy Apping



MyLife Meditation App By: Stop, Breathe & Think



Statewide Family News

Every year, from September 15th to October 15th, Hispanic Heritage Month is recognized. The Statewide Family Network is here to support culturally diverse families and youth. This year for [Hispanic Heritage Month](#), the [Office of Minority Health](#) will partner with other federal offices to spread and raise bilingual education messages about [disease prevention and health promotion](#), provide resources on the importance of learning how to manage stress, and where to [access resources](#) and help for mental health needs.

Transition Corner

Talking about Feelings and Emotions

The Youth Mental Health Project has developed a guide for parents when talking with their children about the stress and struggles kids are facing.

[Feelings and Emotions- Talking with Kids](#) is intended to help families to begin a conversation about anxiety, depression, understanding and dealing with emotions. This guide will give parents a better understanding of how to talk to children about difficult topics and to engage with them in a way that promotes positive mental health.

Military-Connected Children News

Free 24/7 Tutoring for Military Families

Free [tutoring](#) for U.S. Military Families, funded by the U.S. Department of Defense and Coast Guard Mutual Assistance, is a program that provides on-demand, online tutoring and homework help at no cost. With live, expert tutors available 24/7, military-connected students can receive academic help at their moment of need—anywhere they have an internet connection. As of April 2020, all DoD service members, civilian personnel, and all dependent family members (kindergarten-college/adult) are eligible to use [Tutor.com/military](#) at no cost. Check out [10 Things Parents Should Know about Tutor.com for Military Families](#).

Youth M.O.V.E. Nevada Update

Youth MOVE Nevada is wrapping up this month by talking about [advocacy in action](#). We will continue highlighting advocacy as we support youth at our [weekly virtual meetings](#) and represent youth voice at systems meetings like the regional children's mental health consortia. Register to participate in our meetings, or [visiting our webpage](#), and connect with us on [Facebook](#), [Twitter](#), and [Instagram](#).

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Watch a step by step "How to" video [Here...](#)

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