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E-Communiqué

October 26, 2021



I Care, We Care Kindness Can Be Everywhere

We are proud to partner with Findlay Automotive Group and Fox 5's Take 5 to Care to recognize October as National Bullying Prevention month. It's not too late to share your message of kindness and hope. You can submit your [Care Message on a Template HERE](#) for a chance to WIN (4) 1- day Hopper Disneyland tickets. Drawing will be held live on Facebook on Monday, November 1st. Show your support and share your message. Check out the Kindness Across Nevada [Roadmap](#). Check out the [Gallery Wall](#) Here to see the amazing Care Messages. Get involved!

Help For Our Youth

These are challenging times for youth, the pandemic has put a lot of pressure on youth today. School is not the same social interaction is not the same. Be aware of changes with your youth, see [Signs and Symptoms of Youth Depression](#). The [Mobile Crisis Response Team](#) (MCRT) was created to provide crisis intervention and support to Nevada families dealing with a behavioral or mental health crisis. MCRT is statewide and here to help. For Southern Nevada- 702-486-7865- Northern Nevada- 775-688-1670 - Rural Nevada 702-486-7865.



Find Health Insurance for Your Family

[Nevada Health Link](#) was created to help individuals and families find health insurance plans that are right for them. The exchange connects eligible Nevadans who are not insured by their employer, Medicaid, or Medicare to health insurance options. [Click here](#) to review the Frequently Asked Questions. Open enrollment begins November 1, 2021. The American Rescue Plan Act of 2021 increased the opportunity for Nevadans to receive subsidies, including those making over 400% of the [federal poverty level](#). Contact the customer assistance center to change your existing plan or to sign up for health insurance, 1-800-547-292, or email CustomerServiceNVHL@exchange.nv.gov.

Living with a Learning Disability

Surviving and Thriving LD: [Making a Difference One Conversation at a Time](#) is a series of conversations between two good friends. Gillian Barreca and Kara Scanlon are educational therapists having conversations about their experiences and the paths they have taken with their own learning disabilities, in hopes it will start your conversation.

The Magic of 15+

By spending at least 15 minutes of uninterrupted time a day talking and listening to your children, remarkable things can happen. The 15+ Make Time to Listen...Take Time to Talk, initiative from the Substance Abuse and Mental Health Services Administration promotes healthy child development. Using these [interactive conversational cards](#) can help to get the conversation started.

Fact Sheet on Supporting at Risk of Self Harm During COVID-19 Era

The Office for Civil Rights (OCR) and the U.S. Department of Justice jointly issued a [fact sheet](#) to provide information about federal civil rights laws that protect students with mental health disabilities. It includes scenarios how OCR might investigate a potential violation; gives schools and postsecondary institutions a list of action steps to create an environment that is responsive to students with mental health disabilities; and provides educational and crisis resources for students, families, and educators.

What are Panic Attacks?

A panic attack includes feelings like a racing heart, sweating, shaking, dizziness, shortness of breath, nausea. The experience is sudden and can include intense physical symptoms. Usually, panic attacks peak at 10 minutes and get better in about 20 minutes. Read more about [Panic Attacks best treatments](#). For [Spanish click here](#).

Supporting the Social and Emotional Well-Being of Children

The U.S. Department of Education released a new resource: [Supporting Child and Student Social, Emotional, Behavioral and Mental Health](#) provides information and resources to enhance mental health by supporting social-emotional student well-being. This is an important resource for schools and families which highlights challenges and solutions to providing school- or program-based mental health support.

Guidance Focusing on IDEA Requirements

The purpose of the [Return to School Roadmap](#) IDEA guidance is to support the full implementation of IDEA requirements. The guidance published on September 30, 2021, clarifies that, regardless of the COVID-19 pandemic, or the mode of instruction, children with disabilities are entitled to FAPE. This question-and-answer document highlights requirements related to the development and implementation of individualized education programs (IEPs) and other information that state educational agencies and local educational agencies regular and special education teachers, related services providers, and parents should consider. Some of the topics include meeting timelines, ensuring implementation of initial evaluation and reevaluation and

providing the full array of special education and related services that children with disabilities need to receive a free appropriate public education (FAPE).

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

[Bullies, Acosados y Espectadores: Repuestas que Functionan](#)

Tuesday, October 26,

3:30pm–4:30pm

[How Is My Child Reading?](#)

Wednesday, October 27,

5pm–6pm

[Behavior & Discipline in Schools](#)

Thursday, October 28, 4pm–5pm

[Introduction to IEP - Virtual Style](#)

Wednesday, November 3, 5pm–6pm

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

Friday, November 5,

11am–12pm

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

Tuesday, November 9, 3pm–4pm

[Special Education in a Pandemic](#)

Wednesday, November 10,

5:30pm–6:30pm



Learning about Cyberbullying

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing mean, personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying can cross the line into

unlawful or criminal behavior. These informative resources can help parents understand [Digital Awareness](#) and [Cyberbullying Tactics](#).

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.

KnowBullying App

Research shows that parents and caregivers who spend at least 15 minutes a day talking with their children or teens help build strong relationships, and prevent bullying. SAMHSA's free KnowBullying app will help you boost your children's confidence, resilience, and build effective strategies for facing bullying.



-Happy Apping



KnowBullying App By: SAMHSA

Are You Passionate About Helping Families?

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



Youth M.O.V.E. Nevada Update

November has been a productive month full of conversations, awareness, and unity for Youth MOVE Nevada. We are encouraging youth to submit a [care message](#) to promote bullying prevention and kindness through the end of this month. Also, check out some of the tweets and highlights from our 2021 Unity Day Twitter chat. Register to participate in our meetings, visit our [webpage](#), and connect with us on [Facebook](#), [Twitter](#), and [Instagram](#).

Transition Corner

Future Planning

The Arc's [Center for Future Planning](#) program has created a series of free videos. Check out these [videos](#) to get an overview of special needs trusts and ABLE accounts. Each video covers why you might consider using a special needs trust or ABLE account and how the programs work.

Statewide Family News

The Statewide Family Network went to Ely for the White Pine and Lincoln County Listening Session for the System of Care (SOC) grant to identify strengths and needs and ways to better support youth and families in rural communities. We were also focused on bullying prevention [I Care We Care Kindness Can Be Everywhere](#) campaign and joined Youth MOVE Nevada for a Live [Twitter Chat](#) on [Unity Day](#). [Family Support Group](#) meeting are available to families statewide each week in English and Spanish. Please contact Nevada PEP to register!

Military-Connected Children News

Supporting Your Child with Mental Health Needs

There are helpful resources for Military families who have children with mental health needs. In this handout from PACER Center, [“Tips for Military Families: Supporting Your Child with Mental Health Needs.”](#) parents will learn what to look for in their youth, such as loss of sleep, or an increase in anxiety-related behaviors. Check out this informative handout.

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[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](#)



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