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November 29, 2021

Social, Emotional, and Behavioral Supports for Students

Many children and youth have experienced trauma due to the pandemic. Children's lives have been disrupted. The disruption in school, everyday routines, and the isolation has negatively impacted their mental health. Children may need new or increased service or supports for the child to receive FAPE. The U.S. Department of Education issued new guidance for the requirements of the Individuals with Disabilities Education Act (IDEA), due to the many challenges the pandemic has caused. The [report](#) addresses the Social Emotional, Behavioral and Mental Health Needs of Children with Disabilities. Nevada PEP has adapted a two-page [Informational Handout](#) from the report highlighting helpful information for Parents.



The Holidays and Your Mental Health

The holiday season is right around the corner, this is a time of year that is traditionally one of the most stressful. It is important to reach out when you need to; you are not alone and there are programs to help. The [National Suicide Prevention Lifeline](#) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, all calls are confidential. The Lifeline is a national network of over 180 local crisis

centers, combining custom local care and resources with national standards and best practices. The [Mobile Crisis Response Team \(MCRT\)](#) is designed to provide crisis intervention and support to Nevada families dealing with a behavioral or mental health crisis. The Crisis Support Services has developed a tip sheet on how to keep your loved ones S.A.F.E.R. in both [English](#) and [Spanish](#).

Making Life Easier

While the holiday season is filled with enjoyable activities, events, and traditions, it can also be a hectic and stressful time. The disruption to routine can be particularly difficult for children who depend on routine and predictability to engage in appropriate behavior. The following [tips](#) can help parents to make this holiday season enjoyable for your child and family.

Strategies to Combat Mis-Incarceration of Children With Disabilities

The National Disability Rights Network (NDRN) [released a report](#) stating children with disabilities often land in the correctional system after they are failed by other systems, Children and youth with disabilities are too often locked up for behaviors that are a result of their disability,” said Curt Decker, NDRN’s executive director. Recently, an Orlando police officer arrested a 6-year-old girl with sleep apnea after she got tired and angry with staff at school. A sobbing 9-year-old boy with autism was taken away from an Indiana school in handcuffs and charged with battery after getting into a fight on the playground. The report describes the problems children and youth with disabilities encounter when they come in contact with the juvenile justice system.

COVID Vaccinations and Mental Health

The National Institute for Health Care Management (NIHCM) has published an infographic on the impact that the Pandemic has had on our children. The data reports that 140,000 children have lost a parent or a grandparent caregiver to COVID-19. As of November 2, the Centers for Disease Control and Prevention (CDC) recommends all children 5-11 be vaccinated against COVID-19. For more information go to the [Data Insights](#).

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 in English and Spanish [Click Here](#). Download our latest workshop schedule [Here](#).

- Presented by Nevada PEP

[How Is My Child Reading?](#)

Tuesday, November 30, 3pm – 4pm

[Introduction to IEP - Virtual Style](#)

Thursday, December 2, 10am – 11am

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

Tuesday, December 7, 11am – 12pm

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

Thursday, December 9, 5:30pm – 6:30pm



Bullying and the Law

In Nevada Law “bullying” means written, verbal or electronic expressions or physical acts or gestures, or any combination thereof, that are directed at a person or group of persons, or a single severe and willful act or expression that is directed at a person or group of persons. #SafeAllies has developed a [flowchart](#) outlining the Nevada Bullying Reporting and investigation process. If your child is experiencing bullying in school, attend a Nevada PEP workshop on Bullying to learn more about what you can do. Check out [Training Calendar](#) for live-virtual trainings or visit our [on demand](#) trainings. You can also call us for support and information.

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.

Kooth Web App

1 in 5 children and young people suffer from mental

health illness in any given year. At Kooth, we believe every young person has the right to thrive and to access high quality mental health care. With over 4000 logins per day, we provide end to end support whatever the need.



-Happy Apping



[Kooth Web App By: Kooth PLC](#)

Are You Passionate About Helping Families?

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



Military-Connected Children News

*Helping Children Deal with Deployment

Since the onset of the Pandemic, our children have been under more stress and anxiety. Our military families continue to face deployments. Military children may have many questions, this informational [tip sheet](#) offers great ideas for parents on how to answers some difficult questions about war, and help children express their feelings.

Youth M.O.V.E. Nevada Update

In keeping with the holiday season, our team recently recorded a [podcast](#)

focused on thankfulness and we encourage you to take a listen! As always, we'd like to remind everyone about our Youth MOVE Nevada [weekly meetings](#) and encourage any interested youth to join us! For more information about YMNV or to get involved in future activities, be sure to check out our [website](#) and don't forget to follow us on [Facebook](#), [Twitter](#), and [Instagram](#).

Transition Corner



Teenagers and the Digital World

Teenagers live in the digital world and use digital technologies for everyday activities like keeping in touch with friends on social media, relaxing and doing schoolwork. They also go online to look for information for school projects, or for support for mental health problems. This article has good tips for parents on how to teach your child to become [good digital citizens](#), along with some great resources to keep your child safe on the internet. This family guide in [English](#) and [Spanish](#) will help you and your kids discuss, learn, and think about online safety together.

Statewide Family News

A recent report titled, "[11 Million Days Lost](#)" shows how out-of-school suspensions disproportionately impacts instruction for students of color and students with disabilities in each state. The result of lost instruction time includes an increase in school refusal, lower academic performance, and a drop in the chance of graduating. Families with school discipline questions and concerns can receive information and advocacy supports by contacting the [Statewide Family Network](#).



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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

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