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E-Communiqué

December 28, 2021



Your Support Matters!

Nevada PEP continues to meet the needs of our families. We are hopeful that 2022 will be the year of endless possibilities for new beginnings. As we come to the close of 2021, Nevada PEP is asking for **your support today**.

If you are able, please consider making an end of year contribution.

Your contribution **can help**:

- Empower parents with supports they need to become their child's best advocate.
- The Hand in Hand Together We Can Appreciation Program recognizes individuals who make a difference in the lives of children with disabilities.
- Youth MOVE Nevada and PEP Support Groups helps individuals to connect

with each other and provide support, and resources to help parents learn new information.

[Help Us](#) to Help Others, Your Support **Makes a Difference**
[DONATE HERE](#)

Special Deduction for Charitable Giving in Effect for 2021

Do you know about the special tax break that many households can claim for charitable donations made prior to the end of the year? Under a [coronavirus relief law](#) enacted in December 2020, taxpayers who claim the standard deduction can take a deduction for charitable contributions made in 2021. Single filers can deduct up to \$300 in donations and married couples can deduct up to \$600 on the 2021 tax returns that taxpayers will file early next year.

Five Tips for Teaching Kids Gratitude

The feeling of gratitude can have huge benefits for your child's mental health. Gratitude is typically associated with optimism, a more positive sense of wellbeing and even increased happiness. This [children's health article](#) offers 5 tips for teaching your child gratitude.

Share Your Voice

[The Individuals with Disabilities Education Improvement Act](#) (IDEA) requires each state to have a State Performance Plan (SPP). This plan describes and evaluates the State's efforts to implement the requirements of the IDEA Part B. The SPP includes indicators that measure child and family outcomes and other indicators that measure compliance with the requirements of IDEA. The NDE Office of Inclusive Education is soliciting broad [stakeholder input](#) on the targets for each of the results indicators.

Youth Logo Contest

The [Clark County Children's Mental Health Consortium](#) is looking for a new logo designed by youth. Youth are encouraged to submit a design for a logo and the winning entry will win a prize and their logo will be used on all Consortium publications! Any youth interested in participating can submit their design [here](#).

How to Help Kids Manage Anxiety

Anxiety disorders are the most diagnosed mental health conditions in children, but anxiety is also a typical daily emotion that many of us experience. On Our Sleeves, a national movement to break stigmas around children's mental health, provides [resources and tips](#) to help kids manage anxiety, understand what's normal and recognize warning signs.



Nevada Office of Suicide Prevention

In these challenging times many youth are going through difficult times. The [Office of Suicide Prevention](#) has [resources](#) for [parents](#) on how to help to prevent youth suicide. 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](#) 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](#).

Preventing Parent Burnout

Child Mind Institute offers [12 ideas](#) to help parents and caregivers (in English and Spanish) prevent burnout while caring for and meeting the emotional needs of a child who has mental health challenges.

Supporting Child and Student Mental Health Needs

To help address student mental health, the U.S. Department of Education released [Supporting Child and Student Social, Emotional, Behavioral, and Mental Health Needs](#). The resource describes challenges to supporting student mental health in early childhood, K-12 schools, and higher education settings. Find additional [resources](#) here.

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** trainings in English and Spanish [Click Here](#). Check out our latest workshop calendar [Here](#).

- Presented by Nevada PEP

[Introduction to IEP - Virtual Style](#)

Wednesday, January 5, 2022, 5pm – 6pm

[Help Your Child Focus on Learning](#)

Friday, January 7, 2022, 11am – 12pm

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

Tuesday, January 11, 2022, 4pm – 5pm



My Child Might be a Bully

It can be upsetting to learn that your child has gotten in trouble for picking on other children or you have been told your child is a bully. This is difficult news to accept, however it's important to deal with it right away. This [article](#) offers helpful tips for parents. Here are [5 signs that your child might be bullying others](#). If the bullying continues it could interfere with your child's success in school and ability to form and keep friendships. Go to [#SafeAllies](#) for more resources.

Impaired Driving: Talk with Your Kids

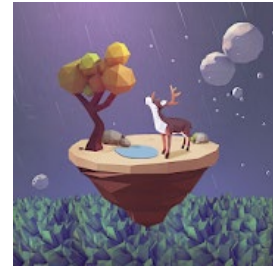
Impaired driving is entirely preventable. Know the facts and talk with your kids about the dangers of driving under the influence of alcohol or other drugs. This [article](#) provides some facts and tips to keep your children safe. Read [what you can do to prevent your child from drinking alcohol](#) these tips can help parents to stop underage drinking and prevent your child from drinking alcohol.

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.

My Oasis: Calming and Relaxing App

Taking a break can be difficult when there are so many things to do, and you have so little time to spend for yourself. Escape from stress with My Oasis - a relaxing game app created for people who need a break from life.



-Happy Apping



My Oasis: Calming and Relaxing App

By: Buff Studio Co.Ltd.

Are You Passionate About Helping Families?

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



Military-Connected Children News

Tips: Supporting Your Child with Mental Health Needs

Military families have unique needs when a parent is deployed or is returning from active duty, especially if they have a child struggling with mental health issues. For this child, the stress of an absent parent may result in increased emotional or behavioral issues. Your family can often ease the difficult transitions of military life and help your child adjust if you know [what to look for and what to do](#).

Youth M.O.V.E. Nevada Update

This December our Youth MOVE Nevada team released a [podcast](#) on reducing stress throughout the holidays. As always, we'd like to remind everyone about our weekly meetings and encourage any interested youth to join us! For more information about YMNV or to become a member to get involved in future meetings and activities, be sure to check out our [website](#) and don't forget to follow us on [Facebook](#), [Twitter](#), and [Instagram](#).

Transition Corner

Supporting Your Teen

Parents are the best role models for their teenager. Most teenagers will experience peer pressure in their adolescence years. Teach your teenager to have the confidence to [make positive](#) choices and say no to something that does not feel right to them. This article offers [helpful tips for parents](#) to help guide your teenager through the challenges of peer pressure. Teens will often experience peer pressure with alcohol and drugs. Learning to say no and choosing the right friends can help a teen overcome peer pressure. Here are [six helpful tips](#) that can help parents.

Statewide Family News

Earlier this month, U.S. Surgeon General Dr. Vivek Murthy issued a new Surgeon General's Advisory to highlight the urgent need to address the nation's youth mental health crisis. The U.S. Surgeon General's Advisor on [Protecting Youth Mental Health](#) includes ways that parents can help support their youth's mental health. [We are here](#) throughout the year to offer support and be a resource for families.



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

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