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January 25, 2022

Caring for Yourself

Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day. Here are some tips from the CDC-[Tips to Care For Yourself- One Small Way Each Day](#). It's important to take care of your family and friends, but it should be balanced with care for yourself.

National Federation of Families Survey

Families are being asked to take a few moments to complete this anonymous survey about how the pandemic is impacting families and their children, especially in areas of academic progress, mental and behavioral health, and substance abuse. Hearing from as many parents and caregivers as possible will help us represent the family voice by painting the most accurate picture of family health and wellness today. To complete the survey, [click on this link](#).

Design a NEW Logo and WIN!!

The [Clark County Children's Mental Health Consortium](#) is looking for a new logo designed by a youth age 24 and under who lives in Clark County. Youth are encouraged to submit a design for a logo by February 13th. The 1st, 2nd, and 3rd place entries will receive [prizes](#) and the 1st place logo will be used on all Consortium publications! Any youth interested in participating can submit their design [here](#).

Youth Logo Contest

WIN PRIZES!  **1** \$200  **2** \$100  **3** \$50

Visit
WWW.CCCMHC.ORG/YOUTH-CONTEST
to learn more & submit your design!

DEADLINE: SUNDAY, FEBRUARY 13, 2022

FCC Launches Affordable Connectivity Program

The FCC [launched the Affordable Connectivity Program \(ACP\)](#) to help ensure households can afford the internet connections they need for work, school, health care, and more. [Click Here](#) for more information, or see the fact sheet in [English](#) and [Spanish](#). For questions, email ACPSupport@usac.org or call 877-384-2575.

Emergency Funds for Caregivers

This is a onetime emergency assistance for caregivers who have an unplanned, unavoidable absence and need to find care for their loved one quickly. Click on the [informational flyer](#) for more details. To submit an emergency request form, fill out the [application](#). Or e-mail Yazmin Orozco at yorozco.contractor@adsd.nv.gov or call 775-575-9406 for more information.



Building a community

Protection and Advocacy Centers

The [Protection and Advocacy \(P&A\) System and Client Assistance Program \(CAP\)](#) is part of a nationwide network of congressionally mandated legally based disability rights agencies. A [P&A/CAP](#) agency exists in every U.S. state and territory. Nevada has a Protection and Advocacy group that is known as

Nevada Disability Law and Advocacy Center (NDALC). This statewide center is a private non-profit organization that serves as Nevada's federally mandated protection and advocacy system for human, legal, and service rights for individuals with disabilities. To learn more, visit [NDALC](#).

Surgeon General Issues Advisory of Youth Mental Health

The U.S. Surgeon General Dr. Vivek Murthy issued an advisory to highlight the [growing mental health crisis among the nation's youth](#). Even before the pandemic, mental health challenges were the leading cause of disability and poor health outcomes among children, the stress of COVID-19 has only made the problem worse. Read the complete [Advisory Report- Protecting Youth Mental Health](#) with recommendations.

New OSEP Director, Valerie C. Williams

We are excited to welcome the new OSEP Director, Valerie C. Williams, she is responsible for overseeing the administration of the Individuals with Disabilities Education Act (IDEA). Her focus is to be sure that children with disabilities receive FAPE and address the learning loss that the pandemic has caused. She also wants to focus on addressing the alarming rate that children with disabilities are getting suspended or expelled for more than 10 days. She is quoted... "I am not here to return to 'business as usual.' The old system worked for some, but not for all. While we're in a moment of reflection, intentionality, and change, let's go from where we were to someplace even better." Read her full bio [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

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

Tuesday, January 25, 2pm – 3pm

[How Is My Child Reading?](#)

Friday, January 28, 3pm – 4pm

[Introduction to IEP - Virtual Style](#)

Tuesday, February 1, 10am – 11am

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

Thursday, February 3, 5pm – 6pm

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

Wednesday, February 9, 3:30pm – 4:30pm

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

Thursday, February 10, 1pm – 2pm



Effects of Bullying and Mental Health

Bullying can cause feelings of rejection, exclusion, isolation, low self-esteem, and some individuals can develop depression and anxiety as a result.

Read the article that points out [research and warning signs](#). Check out [#SafeAllies](#) for information on [What Can I Do About Bullying?](#) and [What Are My Rights?](#)

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.

QuizzLand. Quiz & Trivia game App

QuizzLand is a free educational game with minimal ads that offers you more than 40,000 of finest trivia questions supported by detailed explanations. It's a fun and easy way to check your general knowledge and challenge your friends for the title of best brains!

-Happy Apping



QuizzLand. Quiz & Trivia game App

By: MNO GO APPS LTD



Are You Passionate About Helping Families?

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



Military-Connected Children News

Tax Breaks for Families with Special Needs

It's that time again, don't leave money on the table. When filing your 2021 taxes, you may be eligible for certain tax breaks on your special need's status. Turn to [MilTax](#) for free filing software and expert support. See [sixteen tax tips for military families](#). Go to the [tax resource center](#) to schedule a free live chat.

Youth M.O.V.E. Nevada Update

The youth voice is important to improving programs and systems that serve youth. This month, [Youth MOVE NV](#) released our [latest podcast](#) talking about the multiple ways authentic youth voice is accomplished. We hold meetings for youth ages 14 - 24 weekly and encourage everyone to follow us on [Facebook](#), [Twitter](#), and [Instagram](#).

Transition Corner



Matching Career Path for Teens

Desk jobs for some people may be the ideal career, they may enjoy sitting behind a computer as a career choice. But for others, a day filled with moving around, traveling, delivering, going outside, and staying active is what makes their career one that they enjoy. This article [Career Paths for Teens Who Don't Want to Sit At A Desk](#), offers different options to think about when transitioning into adulthood and choosing a career. It's important for teens to be their own

advocate at the IEP by sharing what they enjoy doing and their career choices. Here are some important [points](#) to consider. PEP offers free [on-demand](#) trainings. Check out the transition trainings, filled with helpful information.

Statewide Family News

Researchers from a 2018 clinical trial on suicide prevention for youth recently [expanded on their initial findings](#). A type of therapy called [dialectical behavior therapy](#) (DBT) has shown promise as a treatment for youth with histories of suicide attempts. Difficulties in emotion regulation are believed to be drivers of suicidal and self-harm behaviors, a goal of DBT is to strengthen skills that lead to improved emotion regulation, or managing painful emotions in healthy, safe ways. As always, families can [contact us](#) for additional resources and support.



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

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