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February 25, 2022

HOPE

[Healthy Outcomes from Positive Experiences](#) is kicking off a series by highlighting the impactful work of Black practitioners, scholars, researchers, and community activists during the month of February. HOPE is a new way of seeing and talking about experiences that support children's growth and development into healthy, resilient adults. Check out the [Four Building Block of Hope](#).

School Mental Health Report Card

Just released by Inseparable "America's School Mental Health Report Card," a national report that grades all 50 states and Washington D.C. on their school mental health policies. Click here to see [Nevada's Full Report](#). Children and youth are experiencing soaring rates of anxiety, depression, trauma, loneliness, and suicidality.

Parenting Tips

Essentials for Parenting Toddlers and Preschoolers is a resource developed by the [Center for Disease Control and Prevention](#). Designed for parents of 2 to 4-year-olds, it addresses the common parenting challenges, like tantrums and whining. Using this information can help you build a positive, healthy relationship with your child. Skills focus on encouraging good behavior and decreasing misbehavior using proven strategies like positive communication, structure and rules, clear directions, and consistent discipline and consequences. Also available in [Spanish](#).

Stay Connected

The Affordable Connectivity Program (ACP) is a program to help low-income households pay for internet broadband service and internet connected devices. Click here for more [information](#) and how to apply.

Learning Forgiveness

Teaching children to understand other people's perspectives could make it easier for them to learn how to forgive other people, and teaching children to make sincere apologies can help them receive forgiveness from others. Read about [Ways to Help Children Learn Forgiveness](#).



Check out Nevada 211

[Nevada 211](#) connects individuals and providers to essential health and human services resources. The call specialist can help you find local services you need, such as housing, food, utility assistance, transportation, and childcare. It is a free, confidential service available 24 hours a day, 7 days a week, 365 days a year. Dial 2-1-1, or text 898211, or [search online](#). Calls are answered by trained call specialists who specialize in helping people find the services they need. These call specialists are employed by Money Management International (MMI), who was selected by the Nevada Department of Health and Human Services to administer Nevada 211. To learn more about Nevada 211 check out the [Frequently Asked Questions](#). You can download the [211 App](#) or download the Nevada [211 Youth App](#). The [Provide Website Feedback](#) gives individuals the opportunity to share any concerns or suggestions that could improve the website.

What is OCD?

Obsessive-compulsive disorder (OCD) is a disorder in which people have recurring, thoughts, ideas or sensations (obsessions) that make them feel driven to do something repetitively (compulsions). The repetitive behaviors, such as hand washing, checking on things or cleaning, can interfere with daily activities and social interactions. Watch this video in [English](#) and [Spanish](#).

Providing Students with FAPE

The U.S. Department of Education's and the Office for Civil Rights (OCR) has developed this fact sheet to remind elementary and secondary public schools of their obligations under Section 504 of the Rehabilitation Act of 1973 to provide appropriate evaluations and services to students with disabilities during the COVID-19 pandemic. [Read more here.](#)

UPCOMING WEBINARS **LIVE** **ONLINE**



Great opportunities to increase your advocacy skills and improve education opportunities for your child. Register for these informative FREE trainings.

- Presented by Nevada PEP

Introduction to IEP - Virtual Style

Tue, March 1, 5:30pm – 6:30pm

REGISTER NOW >

Help Your Child Focus on Learning

Fri, March 4, 1pm – 2pm

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Bullies, Targets, and Bystanders: Responses That Work

Wed, March 9, 1pm – 2pm

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Introducción al Curso del IEP

Tues, March 15, 3pm – 4pm

REGISTER NOW >

Looking for more convenient times? Did you know our Free On Demand webinars are always available 24/7 in English and Spanish [click here.](#)

#SAFE ALLIES



Effects of Bullying

Getting bullied is a traumatic experience for any child. It reduces their self-esteem, leaves kids feeling depressed and anxious, and can have long-lasting effects. And, then there is technology which creates more opportunities for bullying than ever before. This article has [tips for parents](#) if their child is getting bullied. Check out this bullying [fact sheet](#).

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.

HOMER Learn & Grow App

HOMER is the essential early learning program that builds skills for school and life— taking kids on a personalized learning journey that boosts their confidence and grows with them.

-Happy Apping



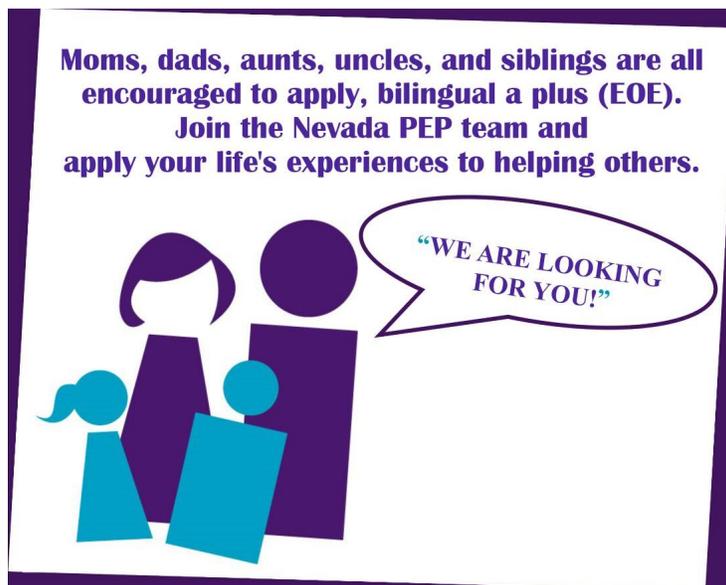
Sight Words Reading Games ABC App

By: 22LEARN, LLC



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Military-Connected Children News

Moving in the Military

Moving in the Military is never easy but moving overseas is even more difficult especially if you have a child with a disability. It's important to know as much as you can about overseas schools. The [Directory on Early Intervention, Special Education and Related Services in OCONUS Communities](#) is filled with valuable information about the schools. It explains the levels of support in overseas communities for military dependents with special educational needs.

Youth M.O.V.E. Nevada Update

In February, Youth MOVE Nevada released our latest [podcast](#) on stress and self-care. The episode focuses on the benefits that self-care brings to your mental and physical health. We also share simple ways you can start your journey of self-care. In March our weekly meetings will continue, but now they will be at 5:00 pm every Tuesday! For more information about YMNV or 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



Learning Self Advocacy Terms and Descriptions

As a young adult with a disability, some phrases during the transition to postsecondary education and employment may be new or confusing. Click the [links](#) in the story below to read a simple description of each of the terms to help

you understand as you advocate for yourself in school, on the job and in the community. Here are a few tips to help young adults [Access Accommodations after High School](#).

Statewide Family News

Children and youth spend a big portion of their day at school. As parents we want our kids to make academic progress, but behavioral and mental healthcare needs can interrupt their education. FREDLA released [A Tip Sheet For Families](#) that provides great information about building comprehensive school mental health systems to promote positive outcomes for our children. Families can [contact us](#) to share their voice and help bring awareness to the need for increased school mental health services.



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