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March 25, 2022

Youth Mental Health- A State of Emergency

The American Academy of Pediatrics (AAP), the American Academy of Child and Adolescent Psychiatry (AACAP) and the Children’s Hospital Association (CHA) declared a state of emergency in child and adolescent mental health. See the data [Youth Mental Health- A State of Emergency](#). In Dec. 2021 the Surgeon General issued an advisory on [Youth Mental Health Crisis](#). Read the Surgeon General’s full report for strategies to [Protecting Youth Mental Health](#).

Speaking Up About Mental Health- This is My Story

The National Institute of Mental Health (NIMH), National Institute on Minority Health and Health Disparities (NIMHD), and Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) are co-sponsoring the “Speaking Up About Mental Health! This Is My Story” national essay challenge. The contest aims to start conversations about mental health. U.S. high school students ages 16-18 are invited to submit a short essay. For more information [click here](#).

A Sense of Belonging

When children have a sense of belonging, they are happier, more relaxed, motivated and have a more positive experience in school. This [guide](#) provides a working definition of student sense of belonging and key research on the importance of student belonging. It also suggests tools, resources, and strategies in the classroom, school, to help you cultivate a school climate where students can feel they belong.

What is Nevada PEP?

Nevada PEP has created this introductory video for families to share with other families or organizations. This [video](#) briefly explains the support and resources that we provide to families. Reach out to [Nevada PEP](#) for more information or call 1-800-216-5188.



Food Banks and Food Pantries

[Three Square](#) is a member of [Feeding America](#), a network of more than 200 food banks and the nation's largest domestic hunger-relief organization. Three Square serves the residents in Lincoln, Nye, Esmeralda, and Clark County in Nevada. Here is a list of drive-thru and walk -in [Food Distribution Sites](#). If you need assistance finding food or are a senior (60+) in need of home delivered groceries call 702- 765-4030. See the [map of Food Distribution sites](#). In Northern Nevada the [Food Bank of Northern Nevada](#), helps families in Washoe and Rural Communities. Here are the [locations](#) on food distribution sites in Washoe County and Rural Nevada to help families during these difficult times. Volunteering at Food Banks is a great way to get involved in your community. Here is information on volunteering in [Southern Nevada](#) or in [Northern Nevada](#).



[Children's Mental Health Acceptance Week](#) will focus on the campaign's shift from awareness to [acceptance](#), we hope will inspire new thinking. and actions that better support the mental health of children and youth - and their families. We invite parents, caregivers, and youth to [complete a brief, anonymous survey](#) and share your thoughts.

What is Dyslexia?

Dyslexia is a learning disability that primarily affects the skills involved in accurate and fluent word reading and spelling. This short [video](#) offers an

overview of Dyslexia. Read what are the [signs](#) and tips on how to [help kids with dyslexia](#).

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

Positive Behavioral Approaches for Parents

Wednesday, March 30, 3pm – 4pm

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Introduction to IEP - Virtual Style

Thursday, April 7, 3pm – 4pm

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Ayude a su Hijo a Concentrarse en el Aprendizaje

Viernes, 8 de Abril, 2pm – 3pm

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Behavior & Discipline in Schools

Monday, April 11, 2pm – 3pm

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



Bullying and Children with Disabilities

For parents of children and youth with disabilities, bullying is a very real concern. Unfortunately, children and youth with disabilities are more likely to be bullied than their typical peers. It is important to talk to kids to determine

whether bullying—or something else—is a concern. Here are some [signs](#) that your child may be getting bullied. Check out this Parent Fact Sheet- [What are Public Schools Required to Do When Students with Disabilities are Bullied?](#) For more information on bullying go to [#SafeAllies](#), or register for [Bullies, Targets and Bystanders: Responses That Work](#) on-demand training.

Early Childhood Inclusion

Helping Children Transition Between Activities

Change is hard for kids. Whether it's big changes or small ones sometimes moving from one activity to another can result in several meltdowns, transitions are hard. Transition strategies can help prevent meltdowns and lower anxiety in children. Check out [these tips](#) to help parents. Remember communication between you and the school is important in helping your child make these transitions much smoother.

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.

Headspace: Mindful Meditation App

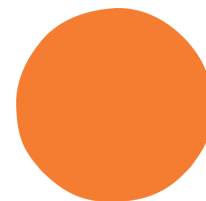
Headspace is your guide to practicing mindfulness in your everyday life. Learn how to relax, manage stress, and focus your energy to become more centered and well rested. Create a calm and positive environment with Headspace.

-Happy Apping



Headspace: Mindful Meditation App

By: Headspace Inc.



Are You Passionate About Helping Families?

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



Military-Connected Children News

Understanding Military-Connected Student Transition

Transition is hard for some children, but for children in the military it can be more challenging. Military families are familiar with the struggles of packing up and starting over again. In fact, the frequent need to change education institutions and the disruption to the educational journey are often cited together as the most challenging part of the military lifestyle. Check out these [resources](#) for parents and educators to help children with the transition.

Youth M.O.V.E. Nevada Update

Youth MOVE Nevada is committed to supporting youth across Nevada through weekly virtual meetings and systems advocacy. We'd like to offer a very special thank you to [Nevada Legal Services](#) for their time and expertise in discussing Disability Awareness on our [latest podcast](#) that is available to listen to now! 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



Life's Lessons

As our children become adults, we want them to make choices that will make

them healthy and happy. They may show interest in exploring a hobby, traveling and to see the world or living independently with roommates. There are so many exciting things to learn about and explore. Meet these young adults as they share their experiences, these inspirational videos about [Healthy Hobbies and Living on my Own](#) will show that you can set your goals high there are no limitations.

Statewide Family News

Most children and youth experience times when they just don't want to attend school. Quick encouragement may help ease those feelings. For other students, it could be something more – school refusal. In the article, "[When Kids Refuse to Go to School](#)," school refusal is defined as an extreme pattern of avoiding school that causes real problems for children and youth. Read the complete article to learn about signs, strategies, and when to get help. As always, we are here to support families and you can [contact us](#) for additional information and support.



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

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