This year we join the Federation of Families in advancing Children's Mental Health Acceptance Week, shifting from Awareness to Acceptance because Acceptance inspires action! Acceptance moves us to advocate for equitable support and family-driven treatment options. Nevada PEP invites you to join us in a week of activities through our social media platforms and website May 1st through May 7th. The week will officially kick off with Self-Care Sunday, and followers will find activities to help their family end the weekend on a positive note. Thursday, May 5th for Children’s Mental Health Acceptance Day. Nevada PEP will co-host a live Twitter chat with Youth MOVE Nevada at 1pm. Finally, the week will end with Stress-Free Saturday where families can find even more tips and activities for stress-reduction and relaxation.

Mental Health Awareness Month
Get your Green Ribbon!
May is National Mental Health Awareness Month! This year’s we are moving from Awareness to Acceptance. For the month of May, we are asking family, friends, partners, and neighbors to donate $5 on our Green Ribbon Giving Grid to show your support for Mental
Health and Learning are Deeply Interconnected

We know that adult-child relationships, other early experiences, and environmental exposures influence child well-being. An increasing number of policies and programs around the world now reflect that understanding by supporting children’s early learning and nutrition to improve their readiness to succeed in school. Read the three key messages from the Action Guide for Policymakers.

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.

Tips to Promote Positive Childhood Experiences

Many of us are concerned about increased stress for our children and families, especially during COVID-19. We aren't powerless, though, and the unique circumstances of our current environment allow for new ways to engage and connect with our children. Using HOPE (Healthy Outcomes from Positive Experiences) as a guide, here are 10 suggestions to promote Positive Childhood Experiences.
Check Out Our Newest Program

Reduce Stress, Stay Hopeful, and Build Resilience! Families SHARE is an interactive program for families and youth to reduce stress, stay hopeful, and build resilience. Join our great Facebook Group for parents to share ideas, tips, and interact with each other. To request to join, click here. Our Families SHARE program is here to help strengthen families to achieve home, community, and school success.

Scouting Builds Confidence in an Inclusive Environment

Scouting is family, fun, friends and a lifetime of adventure! It’s the place where young people can grow to become their very best future selves. The Boy Scouts of America programs are designed to give kids and young adults the skills they need to unlock their full potential and to live life outside. Check out the Disability Awareness resources and Creating a bully-free Culture. Click here to learn more Nevada Area Council in Reno and Boy Scouts of America Las Vegas. Girl Scouts of USA, teaches girls to embrace their unique strength, and unlock their full potential, find lifelong friends, and make the world a better place. Local councils and troops value diversity and inclusiveness and do not discriminate. Learn about the history of providing opportunities for girls with disabilities to be a Girl Scout and the benefits of learning with their peers. Girl Scouts of Southern Nevada and Girl Scouts of Sierra Nevada are dedicated to inspiring girls of courage, confidence, and character who make the world a better place.

What’s on your mind- Having the conversation about Mental Health
Talking to children about mental health can be an opportunity for parents to provide their children with information, support, and guidance. Sometimes it can be a difficult conversation to start. This resource provides tips for parents to begin that conversation. It provides information in different age groups to help parents with ideas. Read- [How parents can start the mental health conversation with their kids](https://mailchi.mp/73b361883073/tips-for-parents-about-virtual-learning-13655397?e=e8c395616b). Check out this informative [infographic](#).

**Understanding Mental Health Conditions**

The Child Mind Institute provides helpful information on many mental health related diagnoses. It is important for parents to learn from reputable sources about their child’s condition. Click here to learn more about [borderline personality disorder](#), [bipolar disorder](#), [schizophrenia](#).

**Revised DSM-5: What’s Changed**

The [Diagnostic and Statistical Manual of Mental Disorder](#) was recently released. It includes a new diagnosis (prolonged grief disorder) and has made changes to the diagnostic criteria of quite a few disorders, including autism, bipolar and other depression-related disorders, intellectual disability, and PTSD. To find out the particulars, visit the American Psychiatric Association [Fact Sheets](#) page.

**Upcoming Webinars**

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

- Presented by Nevada PEP

<table>
<thead>
<tr>
<th>Webinar Title</th>
<th>Date</th>
<th>Time</th>
<th>Register Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understanding 504 and Civil Rights</td>
<td>Tuesday, April 26</td>
<td>4pm – 5pm</td>
<td><a href="#">REGISTER NOW</a></td>
</tr>
<tr>
<td>Getting the First Job</td>
<td>Wednesday, April 27</td>
<td>4pm – 5pm</td>
<td><a href="#">REGISTER NOW</a></td>
</tr>
<tr>
<td>Help Your Child Focus on Learning</td>
<td>Tuesday, May 3</td>
<td>3pm – 4pm</td>
<td><a href="#">REGISTER NOW</a></td>
</tr>
<tr>
<td>Six Advocacy Tips that Turn No’s Into Yes’s!</td>
<td>Friday, May 6</td>
<td>2pm – 3pm</td>
<td><a href="#">REGISTER NOW</a></td>
</tr>
</tbody>
</table>
Friday, April 29, 3:30pm – 4:30pm

Introduction to IEP - Virtual Style
Monday, May 2, 5:30pm – 6:30pm

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

What to do if Your Being Bullied

Being bullied is hurtful, scary and confusing. When bullying is aggressive and physical, it can be dangerous. When it’s emotional – like name calling, or cyberbullying – it’s easy to feel alone. If you’re being bullied or see someone being bullied, here are some tips for you or for someone you know if being bullied. Report bullying on Safe Voice or call the hotline at 833.216.7233 (SAFE). Visit #SafeAllies for more information on bullying or register for our On Demand training - Bullies, Targets, and Bystanders: Responses That Work.

Having a Good Day

Children and families have a smoother day when young children know what to expect. This resource provides families with strategies for setting up schedules, routines, and smooth transitions. This tip sheet will be a good reminder to have a good day in English and Spanish. Remember - A good day starts with a good beginning.

Quarantine After Exposure to COVID-19

Staying home and away from others after having close contact with someone who has tested positive for COVID-19 can be stressful, boring, frustrating, and
We have now learned some ways to better prepare for and cope with these disruptions. Five tips for coping through a quarantine after exposure. Remember a quarantine period allows us to take extra time for self-care, once you can be back in the world, keep self-care going!

**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.

**Moodfit: Mental Health Fitness App**

Everyone can benefit from improving and maintaining the fitness of their mental health. If you're struggling, Moodfit can help you move you toward thriving. If you're thriving, Moodfit can help you build the resilience to keep you there in the face of life's adversities.

-Happy Apping

Moodfit: Mental Health Fitness App
By: Roble Ridge Software LLC

**Are You Passionate About Helping Families?**

Apply Here for employment opportunities in Las Vegas and Reno, NV.
Military-Connected Children News

EFMP & Me
Introducing EFMP & Me, a tool for military families with special needs to access information and resources anywhere, anytime. Use this step-by-step tutorial to set up your free EFMP & Me account and tailor it for your family. It’s easy and quick, so get started today. Take a video tour of EFMP & Me.

Youth M.O.V.E. Nevada Update
Our Youth MOVE Nevada team recently released a podcast on the topic of lived experience. We had a great conversation with our special guest, Bianca McCall. Bianca is a retired women's basketball player and a licensed clinical therapist whose own lived experience led her to help others. This podcast is a must listen for all ages! Weekly meetings for youth are ongoing and we always enjoy having new and returning youth join us! Youth who like to attend can register here. We also have a podcast with brand new episodes every month. For more information about YMNV be sure to check out our website, and don’t forget to follow us on Facebook, Twitter, Instagram, and TikTok.

Transition to College for Students with Mental Illness
College can be an exciting time for young adults but making the transition to college can sometimes be difficult, especially for students with mental illness. There may be new stressors, such as living with a roommate, having a job,
paying bills, all these things can impact mental health. Here are some tips to help make transitioning to college easier. It’s important to remember to prioritize your mental health and looks for supports. Read the NAMI full report—Managing a Mental Health Condition in College.

**Statewide Family News**

When parents begin to recognize that their child could have behavioral or mental health needs, knowing where to start can be overwhelming. Coming to terms with the idea that your child may need additional support at school or in the community is one of the first steps to getting help. Getting an evaluation may be the next step, read this great handout Tips for getting your child evaluated to help you understand the process. Another source of support is the Statewide Family Network, you can speak with specialists that are parents who have lived-experienced raising a child with behavioral and/or mental health needs and you can sign up for our weekly Family Support Meetings.

**Smith’s Inspiring Donations**

Helping Nevada PEP is easy!

Simply enroll your rewards card by going to Smith's Inspiring Donations. Once you’re successfully enrolled, choose Nevada PEP as your organization of choice. A portion of your purchase will be donated from Smith's. (Does not affect your normal Smith's card rewards!)

Watch a step by step "How to" video Here...

**AmazonSmile Program**

When you use your existing Amazon.com account to shop through AmazonSmile, 0.5% of your eligible purchases will be donated to Nevada PEP. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Learn more or get started today!

Go to: AmazonSmile for Nevada PEP