Strengthen and Protect Rights for Students with Disabilities

The U.S. Department of Education announced plans to gather public input on Section 504 of the Rehabilitation Act on possible amendments to those regulations to strengthen and protect the rights of students with disabilities. Section 504 prohibits discrimination on the basis of disability in public and private programs and activities that receive federal financial assistance, including schools and postsecondary institutions. Read more [here](#). The Department’s Office for Civil Rights will solicit public comments to help decide how best to improve current regulations to assist America’s students with disabilities.

New Resource on Mental Health Parity

In partnership with the Department of Labor, the Department of Health and Human Services (HHS) has developed new, free informational resources that inform Americans of their rights under law on coverage for mental health benefits. Read how this will help [people seeking care to better understand their rights](#).

Help Us Meet Our Goal -
Get Your Green Ribbon

We only have a few days left in May, help us to meet our goal. We are asking family, friends, community partners, to donate $5 to our Green Ribbon Giving Grid and show your support for Mental Health. We have an awesome Digital Swag Bag filled with fun activities for families, we also have FREE Las Vegas Lights Soccer tickets. Lots of good information and resources for Parents and Youth, check it out.

Connect to Care

Looking for Mental Healthcare for your child can be very overwhelming and confusing, especially if you are seeking help for the first time. This resource from the Child Mind Institute will help you find answers to some of the most common questions, with practical guidance to help you and your child.

Summer Camps

Summer is here and many families are looking for fun, exciting activities for their children. This resource provides information to some summer camps in Nevada. Many of these camps offer different options for families. Summer camps can create new friendships, and lasting memories for children.

Emotional Needs of Children with a Learning Disability

Sometimes children who have a learning disability can have anxiety, feel sad or frustrated. They may begin to see themselves falling behind their peers and begin to struggle emotionally. Here are some signs for parents to watch out for and some tips in English and Spanish.

Taking Care of Yourself

Having a child with significant emotional needs can trigger all sorts of demands on parents that can impact the entire family, put a strain on friendships, and negatively affect work performance, or relationships. It’s important to know that
you have to take care of yourself before you can take care of your children. Here are four tips to help make self-care a priority for parents. For more great tips on reducing stress, go to our Families SHARE page.

National Survey on LGBTQ Youth Mental Health
The 2022 National Survey on LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer) Youth Mental Health found that 45% of LGBTQ youth had seriously considered attempting suicide in the past 12 months, and 60% of LGBTQ youth who wanted mental health care in the past year were not able to get it. These are just a few highlights from the survey to point out how critical it is to have the appropriate community-based services and support for all children and youth. The Gay and Lesbian Center of Southern Nevada "The Center" and Our Center in Northern Nevada are community-based organizations that offer resources and programming to support youth and families. Nationally, the Trevor Project, which sponsored the National Survey, offers resources and support for LGBTQ youth through a hotline, chat, text, social networking site, and online information.

Nevada Teen Peer Support Text Line - Find Help Find Hope
The Nevada Teen Peer Support Text Line is a non-crisis peer support text service for young adults aged 14 to 24 years old. Youth can text in at 775.296.8336 from 12pm to 10 pm, 7 days a week, and 365 days per year to be connected for a one-on-one text conversation with a young adult Peer Wellness Operator. To learn more about the NAMI of Western Nevada's Text Line click here.

Friends and Families
We would like to hear from you. How are we doing? Take this quick survey and share your thoughts and suggestions about Nevada PEP information and services. Your feedback helps us to improve and better meet the needs of the families.
Great opportunities to increase your advocacy skills and improve education opportunities for your child. Register for these informative FREE trainings.

- Presented by Nevada PEP

**Making the Most Out of Your Child’s Early Intervention Services**
Thursday, May 26, 3pm-4pm
[REGISTER NOW](#)

**Introduction to IEP - Virtual Style**
Thursday, June 2, 3pm-4pm
[REGISTER NOW](#)

**Introducción al Curso del IEP**
Lunes 6 de Junio, 2pm-3pm
[REGISTER NOW](#)

**How Is My Child Reading?**
Thursday, June 9, 4pm-5pm
[REGISTER NOW](#)

**Restorative Practices in School: What Parents Need to Know**
Tuesday, June 14, 4pm-5pm
[REGISTER NOW](#)

**Bullies, Targets, and Bystanders: Responses That Work**
Thursday, June 16, 3:30pm-4:30pm
[REGISTER NOW](#)

**Making the Most Out of Your Child’s Early Intervention Services**
Wednesday, June 22, 2pm-3pm
[REGISTER NOW](#)

**Help Your Child Focus on Learning**
Wednesday, June 29, 4pm-5pm
[REGISTER NOW](#)

**Getting the First Job**
Thursday, June 30, 4pm-5pm
[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](#).
Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, text, and apps, or online in social media, forums, where people can view, participate in, or share content. Children who are cyberbullied can experience symptoms of depression including sadness, loneliness, insecurity, poor self-esteem, feelings of not belonging, and suicidal thoughts and behavior. See Apps and Sites commonly used by Children and Teens. Check out our #SafeAllies Podcast and register for our On-demand trainings.

Teaching Executive Function
Executive Function and self-regulation skills can provide critical support for helping preschoolers learn things like planning, problem-solving, and motivation, this will help them to become independent and self-sufficient in inclusive classrooms and in life. When children struggle with these skills, it can be frustrating for teachers and parents. Center for the Developing Child from Harvard University has published a handout for parents, Executive Function Activities, for 3- to 5-year-old to help families build skills for school success.

The Pandemic and Families
HOPE, Prevent Child Abuse America (PCAA), AAP, and Centers for Disease Control (CDC) asked parents about their experiences since the start of the pandemic in March of 2020. The American Academy of Pediatrics (AAP) has released their year one report Caregiving in the Context of COVID-19. Visit the Family Snapshot site for more information about the parent survey and new reports about key findings from the survey.

Smiling Mind: Meditation for All Ages
Smiling Mind is a unique app developed by psychologists and educators to help bring balance to your life. This app offers guided meditations for adults and children to improve their mental health and academic performance.

-Happy Apping!
Are You Passionate About Helping Families?

Apply Here for employment opportunities in Las Vegas and Reno, NV.

**Military-Connected Children News**

**Preparing for Your Move - Fact Sheet**

Summer is upon us, and many military families will be moving to their next duty station. Moving is never easy, so the Preparing for Your Move fact sheet offers suggestions for parents of children with special needs to consider before, during and after a move. It’s always smart to plan ahead to be sure you have a smooth transition of special education or early intervention services.

**Youth MOVE Nevada Update**

Our team has been involved in many different activities throughout the month for mental health awareness and acceptance and in recognizing Youth MOVE National’s “MOVE It Forward 2022: Pieces of Me” campaign. For more information about YMNV or to become a member to get involved in future weekly meetings and activities, be sure to check out our website and don’t forget to follow us on Facebook, Twitter, and Instagram.

**Transition Corner**

Talking to Your Children about Mental Health
Mental Health:101- Talking with Kids is intended to help families have a discussion about anxiety, depression, understanding and dealing with emotions. Families can help their children develop coping skills, strategies, and confidence to face life's challenges. This guide will help to give parents a better understanding of how to talk to their children about difficult topics and to engage with them in a way that promotes positive mental health. Register for our Understanding Trauma on-demand webinar, learn what trauma is, different types of trauma, with helpful tips on ways parents can help their child or youth who has experienced a traumatic experience.

Statewide Family News
The Statewide Family Network continues to recognize Mental Health Awareness Month all throughout May. We recently launched the Children’s Mental Health webpage on the Nevada PEP website. It includes Mental Health Fact Sheets, training related to behavioral health, youth and parent resources, as well as Spanish translated material. Go over and check out all the good information, and don’t forget to explore the Children’s Mental Health Acceptance Week digital swag bag.

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