Support Mental Health Awareness - Get Your Green Ribbon

May is National Mental Health Awareness Month, we are asking family, friends, community partners, and neighbors to donate $5 to our Green Ribbon Giving Grid to show your support for Mental Health. Pick your very own Green Ribbon and let's all join in together to raise awareness about Mental Health. We have an awesome Digital Swag Bag filled with goodies and fun activities for families, information and resources for Parents and Youth, check it out.

Your Input Needed

The Nevada Center for Excellence in Disabilities serves as Nevada's University Center for Excellence in Developmental Disabilities (UCEDD), is looking for your input, they would like to know what the current needs are for persons with disabilities in the State of Nevada. If you are a person with a disability or a stakeholder in Nevada, we would like to have your input. You can access the survey at: https://unr.az1.qualtrics.com/jfe/form/SV_3rU2p5jer91efXw It should take between five and 10 minutes to complete.

Office of Special Education Programs Fast Facts

OSEP released a new Fast Facts: Students with Disabilities who are English Learners (ELs) Served under IDEA Part B, which explores special education data, with the specific lens on one of the fastest-growing populations of
Raising Confident Children

As parents, one of our goals is to raise our children to be strong independent adults. Building confidence and self-esteem are important skills for children to learn. The feeling of self-worth can give your child a future of happiness and mental stability. This resource gives parents 12 Tips for Raising Confident Kids in [English](#) or [Spanish](#). In the end, we all want our kids to love and believe in themselves.

**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 Now</th>
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<tbody>
<tr>
<td>¡Seis Consejos de Abogación que Gira de un No a un Sí!</td>
<td>Miercoles, 11 de Mayo</td>
<td>3pm – 4pm</td>
<td><a href="#">REGISTER NOW</a></td>
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<tr>
<td>Understanding Section 504 and Civil Rights</td>
<td>Mon, May 16</td>
<td>3pm – 4pm</td>
<td><a href="#">REGISTER NOW</a></td>
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<tr>
<td>Positive Behavioral Approaches for Parents</td>
<td>Tue, May 17</td>
<td>5pm - 6pm</td>
<td><a href="#">REGISTER NOW</a></td>
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<tr>
<td>Making the Most of Your Child's Early Intervention Services</td>
<td>Thu, May 26</td>
<td>3pm – 4pm</td>
<td><a href="#">REGISTER NOW</a></td>
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Procedural Safeguards - What Parents Need to Know

Procedural Safeguards protect the rights of children with disabilities and their parents. These safeguards include the right to participate in meetings, to examine all educational records, and to obtain an independent educational evaluation (IEE) of the child. Parents also have the right to Prior Written Notice when the school proposes to change or refuses to change their child’s identification, evaluation, or placement. Each school must give parents a copy of their IDEA rights. Learn about 10 key Procedural Safeguards in IDEA here.

New Children's Mental Health Page

May is Mental Health Awareness month. Nevada PEP is proud to highlight our new Children’s Mental Health page filled with resources and information for Parents and Youth. In our training section we have a new on-demand training Understanding Trauma. This training will help parents understand what trauma is, explain different types of trauma, and ways parents can help their child who has experienced a traumatic experience. We will be adding new information and resources to this page so check back often. Remember Children’s Mental Health Matters!

Summer Reading Fun

With school ending soon, the long summer days are right around the corner. Summertime can be the time when children can improve their reading skills. This Summer Reading: Books Lists and tips for every age has some great suggestions for summer reading. Give your child the opportunity to choose which books they would like to read; this will keep reading interesting and fun. Another fun summer reading activity is Summer Reading BINGO, by completing all the challenges up, down, diagonally to get Bingo.
The Nevada Alternate Assessment (NAA) is designed specifically for students with significant cognitive disabilities, the NAA is the state assessment of alternate achievement. This student sample report outlines the different sections in the NAA so parents can learn what the scores mean about their child’s performance in school. Learn about the NAA in Spanish.

Bullying Can Have An Impact On Your Child's Physical and Mental Health

Bullying can have a significant impact on a child’s physical and mental health. The signs of physical bullying are easier to recognize. You may see bruising, damaged personal items, or torn clothing. However, all forms of bullying can impact a student’s health beyond the physical signs. Along with physical health bullying can also impact mental health, such as low self-esteem, increased fear and anxiety, or depression. Read about the effects of bullying and mental health and consequences of bullying. It is always important for parents to keep the lines of communication open. Listen to our informative #SafeAllies Podcast and Trainings to learn more about bullying prevention. Learn about Nevada Bullying Reporting and Investigation Process. Go to #SafeAllies for more information on bullying prevention.

Do You Know About SafeVoice?

SafeVoice allows students, parents, school, and community members to anonymously report concerning potentially threatening situations and behaviors. Reports can be submitted on the mobile app, www.safevoicenv.org, or by calling the hotline at 833.216.7233 (SAFE). The reports are received and responded to live 24/7/365 by the Nevada Department of Public Safety who will engage law enforcement immediately if necessary. For more information on SafeVoice and how to report situations click here. Watch this video to learn more about the SafeVoice App. Contact the Nevada Department of Education SafeVoice Coordinator, at safevoiceinfo@doe.nv.gov or 775.687-9134 for more information.

Download the App for Apple or Android devices now.
Teaching Your Child to Share

An important skill for young children to learn is how to share. Sharing is a key part of getting along with others, it becomes more important when your child starts having playdates and going to childcare, preschool, or kindergarten, and begins to develop friendships. Here are some tips for parents- How to Help Your Child Learn to Share in [English](https://mailchi.mp/0c465ba1268e/tips-for-parents-about-virtual-learning-13661713?e=7d4c588a08) and [Spanish](#). Children learn a lot from just watching what their parents do. When you practice good sharing and turn-taking in your family, it gives your children a great example to follow.

Coding Games for Kids to Play

Kidlo Coding is a fun coding game to teach kids the very basics of programming, an essential skill in today's world. It teaches coding with 50+ fun games like firefighting, popping balloons or playing a dentist. Kidlo Coding helps kids improve their problem-solving skills, boosts memory and increases logical thinking skills and prepare them for school.

Apps By: [IDZ Digital Private Limited](#)

Are You Passionate About Helping Families?

[Apply Here](#) for employment opportunities in Northern, Southern, and Rural Nevada.
What is Dyslexia?

Dyslexia is a learning disability in reading. Children with dyslexia have trouble reading at a good pace and without mistakes. They may also have a challenging time with reading comprehension, spelling, and writing. Read about signs and symptoms to look out for. Here are seven myths about dyslexia. This Infographic explains myths vs scientific evidence about dyslexia. Dyslexia can have a significant impact on a child's social and emotional well-being this resource offers tips to parents and teachers that can help.

Why Child Find?

Child Find is part of the, Individuals with Education Act Sec. 300.111. The purpose of Child Find is to evaluate children who are suspected of having a developmental delay or a disability, and to meet the educational needs of every child. If it is determined that the child’s disability interferes with the child’s learning/education, early childhood Special Education may be recommended. Some services may include speech/language therapy, physical therapy, or occupational therapy. See the Child Find brochure for Clark County School District or Washoe County School District. Here is more information about Early Intervention service. All services and evaluations are provided free of charge to parents.

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
Proofing their home. This brochure is in English and Spanish which offers tips and ideas for keeping your family safe.

**Youth MOVE Nevada**

May is here once again, and it is our favorite month of the whole year! If you’re unfamiliar, May is Mental Health Awareness month, and the first week of May is dedicated to Children’s Mental Health Acceptance. Our Youth MOVE Nevada team was involved in so many incredible events during the first week of the month, including presenting a panel discussion at a Children’s Mental Health Summit and co-hosting a Twitter chat about mental health, bias & stigma, and more! 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](https://www.youthmovenevada.org) and don’t forget to follow us on [Facebook](https://www.facebook.com/youthmovenevada), [Twitter](https://twitter.com/youthmovenevada), and [Instagram](https://www.instagram.com/youthmovenevada/).

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**Transition Corner**

**College Opportunities for Students with Intellectual Disabilities**

Did you know students with intellectual disabilities can get support to attend college? To get started fill out a [Free Application for Federal Student Aid (FAFSA)](https://www.fafsa.gov) form. Schools use the information on the FAFSA form to determine your eligibility for a Pell Grant, and how much you’re eligible to receive. Learn more about the [Federal Pell Grant](https://studentaid.gov/federal/pell-grant), [Federal Supplemental Educational Opportunity Grant](https://studentaid.gov/federal/seog), and [Federal Work Study Programs](https://studentaid.gov/federal/work-study).

This **brief**, explains the **three requirements of eligibility** what you may be able to qualify for. Register for our [on-demand training - Considering College? Learn What’s Available and How to Get It](https://www.youthmovenevada.org/). 

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**Statewide Family News**

May is [Mental Health Awareness Month](https://www.nationalevents.org/events/mental-health-awareness-month) and the Statewide Family Network has been busy planning activities for [Children’s Mental Health Acceptance Week 2022](https://cmhaw.org/), including the release of the new [CMH webpage](https://www.nationalevents.org/events/mental-health-awareness-month). On CMHA Day the [SFN](https://www.sfnevada.org/) and [Youth MOVE Nevada](https://www.youthmovenevada.org/) attended a webinar hosted by SAMSHA to commemorate child and youth mental health and to honor youth and family peer support. We also hosted a Live Twitter Chat, took selfies wearing green,
and shared pre-recorded testimonials to help reduce bias and increase acceptance surrounding mental health challenges. Thank you everyone that participated!

### PEP Support Groups

Join Nevada PEP’s support groups, meet other parents, learn about different resources, and make new friends. To register for a support group in English or in Spanish, call and speak to any of our Nevada PEP staff. Parents are a great support to one another; we hope to see you there.

### 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](#)

### 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

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