Fun in the Summertime

Summertime is family time. Now that school is out this is a great time to do fun family activities. Something as simple as shopping together, reading together each night, or even cooking a meal together routinely in the summer, can have huge benefits to the child and family life, reduces stress, and improves family relationships. Here is a list of [100 summer funs ideas for kids and parents](#) to enjoy.

How To Support LGBTQ+ Children
When a child is coming out as LGBTQ, the most important thing for them to know is that their family supports and loves them. As a parent, you might worry about whether they will be accepted. It’s important to stay positive around your child and make sure they know they can count on you. Read how to be supportive, keeping kids safe, and telling other family members in [English](#) or [Spanish](#).

### Help Teens Avoid Meth

Teens can be curious to try new things and drugs may be one of them. Help them understand the dangers of drugs including Methamphetamine with SAMHSA’s Tips for Teens. This handout explains that meth is a highly addictive drug that can alter their self-control, cause depression and anxiety as well as extreme weight loss. The handout describes other negative effects of drugs while giving information on signs that friends might be using meth along with how to get them help. To learn more read [Tips for Teens: The Truth About Methamphetamine](#).

### Building Resiliency in Children

Parents influence and shape the lives of children and young people in the family. Helping children and young people to develop the confidence and skills to face, overcome, or even be strengthened by hardship, is a powerful thing to teach them. Here are some useful tips for parents to use and build resilience in kids.

### Helping Children Who Experience Trauma: The Role of Trauma Screening

The Child Health and Development Institute of Connecticut (CHDI) Trauma ScreenTIME online Infographic highlights the role of screening in helping children who experience trauma. The infographic includes information on trauma and the effects of trauma on children, answers questions on screening.
for trauma, explores the benefits of screening and provides links to an online training course on how to screen children for trauma.

**National Maternal Mental Health Hotline:**
**1-833-9-HELP4MOMS**

In May, HHS’ Health Resources & Services Administration announced the pilot launch of a national, confidential, 24-hour, toll-free hotline for pregnant individuals and new parents experiencing mental health challenges. Trained counselors staff the hotline and provide support in [English](#) and [Spanish](#) via voice and text.

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**Boys and Girls Clubs of America**

The [Boys and Girls Clubs](#) is committed to providing a safe, positive, and inclusive environments for all, where opportunities and equal access are demonstrated at all levels. Click on the links below to learn more from each site on how children with disabilities can benefit from their inclusive environments and participate in Boys and Girls Club activities in Nevada.

- [Boys and Girls Club of Truckee Meadows](#)
- [Boys and Girls Club of Southern Nevada](#)
- [Boys and Girls Club of Elko](#)
- [Boys and Girls Club of Laughlin](#)
- [Boys and Girls Club of Western Nevada in Carson City](#)
- [Boys and Girls Club of Winnemucca](#)

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**Support for Teens**

This is a great publication for teens who are struggling with their emotions. When teens have stress in their lives, positive reinforcement, and good communication is the best way to handle these situations. In this handout, [Parent Tips on Teen Mental Health](#), by the American Academy of Pediatrics, parents are given tips on how to best support their teens mental health.
Understanding Your Rights

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. SAMHSA is providing these resources to help inform Americans of their insurance benefits under law and to help state insurance regulators and behavioral health staff better understand parity laws. The following resources have been posted on SAMHSA's website:


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

- Presented by Nevada PEP

Help Your Child Focus On Learning
Wednesday, June 29, 4pm-5pm
REGISTER NOW

Getting the First Job
Thursday, June 30th 4pm-5pm
REGISTER NOW

Introduction to IEP - Virtual Style
Wednesday, July 6, 4pm-5pm
REGISTER NOW

Help Your Child Focus On Learning
Friday, July 8, 3pm-4pm
REGISTER NOW

Six Advocacy Tips That Turn No's Into Yes's!
Tuesday, July 12, 2pm-3pm
REGISTER NOW

Positive Behavioral Approaches for Parents
Wednesday, July 13, 1pm-2pm
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.
Bullying Tips for Parents

This quick guide for Parents has some great tips that parents can use if their child is being bullied, they are the bully or they witness bullying. Parents can explore this website with their children, how to understand bullying, how to recognize it and what to do, for older children parents can share this website with their teens. Summer is a good time to be familiar with the Nevada Anti-Bullying Laws & Policies. Parents can download this KnowBullying App from SAMHSA and it will help parents teach their children to boost their confidence, resilience, and build effective strategies for facing bullying. For more information and resources on bullying go to #SafeAllies.

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.

Teaching Young Children How to Manage Frustration

Many young children struggle with frustration. Anger and frustration are big emotions, and children aren’t born with frustration management skills. Parents can help children build frustration tolerance skills. Read- How to Help Your Child Recognize & Understand Frustration in English and Spanish.

Finch
Meet your new self care best friend! Finch is a self care pet app that helps you feel prepared and positive, one day at a time. Take care of your pet by taking care of yourself! Choose from a wide variety of self care exercises personalized for you.

- Happy Apping

Finch Self Care App
By: FINCH CARE, INC.

Are You Passionate About Helping Families?
Apply Here for employment opportunities in Las Vegas and Reno, NV.

Moms, dads, aunts, uncles, and siblings are all encouraged to apply, bilingual a plus (EOE). Join the Nevada PEP team and apply your life's experiences to helping others.

"WE ARE LOOKING FOR YOU!"

Military-Connected Children News
Moving With An IEP

It’s summertime, many military families are moving. This resource addresses common concerns that military families face when moving with a child who has an Individualized Education Program. It explains the meaning of “comparable services," and what steps the new school will take when a child enrolls with an IEP. Read about The Interstate Compact, which is designed to make transitions
smooth, help students to register for the classes they need, and graduate on time.

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**Youth MOVE Nevada Update**

Youth MOVE Nevada is consistently supporting youth across Nevada, state-wide, through weekly virtual meetings and systems advocacy. June is Pride Month and YMNV promoted Twitter chat engagement and posted throughout our social media. We continue to meet weekly on Zoom and welcome new youth to join us by calling us at 800.216.5188 or send us an email with your contact information to youthmovenv@nvpep.org! Listen to the latest [podcast episode](#) now! And, as always, we encourage everyone to follow us on [Facebook](#), [Twitter](#), and [Instagram](#).

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**Transition Corner**

**What is Supported Decision Making?**

Families are important in helping their young adults with disabilities develop self-determination skills. Providing youth with opportunities to make their own decisions will prepare them as they become adults. [Supported decision making](#) was developed as an alternative to guardianship and is a way for adults with disabilities including significant mental health care needs to make decisions about their own life with help from a support network that they chose. In this process, the individual decides what areas they will need assistance in and who they would like to support them. [Supported Decision Making in Nevada](#) is a great resource for information about what supported decision making is, and about Nevada Laws regarding supported decision making. In this video, [Will McMillan](#), and adult with Down Syndrome, shares lessons he has learned about decision making.

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**Statewide Family News**

June is [Post-Traumatic Stress Disorder (PTSD) Awareness Month](#) and various awareness campaigns are rolling out across the country. Each year, children and youth experience natural disasters and other traumatic events
such as, the global pandemic, the closing and re-opening of schools, and mass shootings. You can access our new Understanding Trauma training on our Children's Mental Health page on the Nevada PEP website. In addition, Helping Children and Adolescents Cope With Traumatic Events can provide parents with additional information on how children and youth respond to traumatic events, and how to help. Also, the Statewide Family Network can assist with resources and options available in your community.

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
Want to change how you receive these emails? You can update your preferences or unsubscribe from this list.

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