Healthy People-2030

The Office of Disease Prevention and Health Promotion's Healthy People 2030 report has an increased focus on social determinants of health (SDOH). Literature summaries offer a snapshot of the latest research, read the full report here.

Children and Emergency Preparedness

It is important that children know what to do during disasters and emergencies. The Red Cross has resources that can help keep youth safe. These age-appropriate materials include activities that children will find both fun and effective.
Addressing the Youth Mental Health Crisis

Before the pandemic, rates of depression, anxiety and suicidal thoughts among youth were on the rise. The pandemic exacerbated those issues, disrupting learning, relationships, and routines and increasing isolation especially among our nation's young people. See Biden-Harris two new action plans to strengthen school-based mental health services and address the youth mental health crisis.

Is This Just a Stage?

Raising a child can be challenging, their behaviors and emotions can change frequently. All children are sad, anxious, irritable, or aggressive at times, they may find it challenging to sit still, pay attention, or interact with others. These are typical developmental phases. However, such behaviors may indicate a problem in some children. This resource for parents offers many tips including when to seek help. For more information go to Nevada PEP’s Children's Mental Health page for more resources.

Raising Mentally Strong Children

Without the right tools to handle adversity, hopelessness can set in, and children’s overall well-being can decline. Hope is what energizes them to stay mentally strong during tough times. Here are nine science-backed ways to help maintain hope — especially during tough times. Check out our Families Share-Solutions for Hope and Resiliency page for more tips. Join the Families SHARE Facebook group to connect with other parents to help reduce stress, stay hopeful, and build resilience.
What is NAMI?

*NAMI National Alliance on Mental Illness* is dedicated to building better lives for the millions of Americans affected by mental illness. *NAMI Nevada* has three different chapters that you can reach out to *NAMI Northern Nevada, NAMI Western Nevada,* or *NAMI Southern Nevada.* Having a Mental Illness can impact a person’s thinking, feeling, behavior or mood, and can affect our day-to-day living and the ability to relate to others. Here are some great ideas on [Self Help Techniques for Coping](#) with mental illness. [Support Groups](#) are offered at different NAMI Nevada chapters as well.

The Nevada Teen Peer Support Text Line operated by NAMI of Western Nevada, is a non-crisis peer support text service for adolescents and young adults aged 14 to 24 years old. Youth can text in at 775-296-8336 from 12 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. The Text Line is confidential and staffed by trained young adult peers who provide support from lived experience to youth impacted by mental illness or life stressors.

Teen Talk App is a free, anonymous, safe space for teens to request support from trained peers and learn from others with similar experiences. The app is a safe and anonymous space where teens can freely speak to their peers about everyday issues and their overall mental health. Teen Advisors are trained to support their peers through a wide range of experiences, including anxiety, depression, relationships, family issues, school, and more. Teen Advisors are supervised by licensed mental health professionals. Learn more at [Teen Talk App](#).

If you need to talk to someone 988 has been designated as the new three-digit dialing code that will route callers to the [National Suicide Prevention Lifeline](#) now active across the United States. When people call 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, provide support, and connect callers to resources if necessary.

Remember help is just a phone call away.

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**COVID-19 Preparedness- Moving Forward**

As we welcome the new school year, we also welcome your vigilant efforts to keep your child, our teachers and staff, and the entire student body healthy. To that end, here are some ways to help keep COVID-19 out of our schools, in [English](#) and [Spanish](#).
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**
Tue, August 30, 5pm-6pm
[REGISTER NOW](#)

**Introduction to IEP - Virtual Style**
Thu, September 1, 4pm-5pm
[REGISTER NOW](#)

**Six Advocacy Tips that Turn No's Into Yes's!**
Tue, September 6, 2pm-3pm
[REGISTER NOW](#)

**How Is My Child Reading?**
Thu, September 8, 3pm-4pm
[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](#).

## #SafeAllies

**Parents and Teachers Can Help Prevent Bullying**

The best way parents and teachers can help kids prevent bullying at school is to talk to them about it and teach them how to [safely stand up to bullying](#). Responding quickly and consistently sends the message that bullying behavior is not acceptable. When bystanders intervene, bullying stop within 10 seconds 57% of the time - check out this [Fact Sheet](#). Go to #SafeAllies for more resources.

## Early Childhood Inclusion

Help Us Stay Calm
When a child is engaged in challenging behavior or experiencing anger, stress, sadness or frustration, it is important to stay calm. The strategies in this infographic in English and Spanish help both caregiver and child stay calm during challenging behavior. Remaining calm will provide the support your child needs as they learn how to calm themselves.

**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.

**Sanvello App**

Whether you're feeling anxious, lonely, overwhelmed, or just burned out, Sanvello will meet you where you're at. Think of it as your feel-better toolkit, including therapy, coaching, coping techniques, meditations, and goal and mood tracking, designed by experts to help you feel better.

- Happy Apping

Sanvello Health Inc.: Sanvello App

**Are You Passionate About Helping Families?**

Apply Here for employment opportunities in Las Vegas and Reno, NV.
What is the Military Interstate Children’s Compact?

The goal of the Military Interstate Children’s Compact is to be sure military students are enrolled in their new school after a move and placed in the appropriate academic program to be able to graduate on time. Frequent moves that military students endure may cause them to miss out on extracurricular activities and to face challenges in meeting graduation requirements. For more information visit the Frequently Asked Questions or the Parent's Guide to learn more.
Our Youth MOVE Nevada team recently released a podcast titled *Going Back to School Can Be Stressful*. We understand that going back to school isn't always smooth sailing, this *article* that may be helpful to youth. We continue to meet every Tuesday evening at 5 pm and encourage any interested youth to join us by [registering here](#)! For more information about YMNV or to become a member and 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](#).

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**Transition Corner**

**Use Your IEP Meeting to Learn How to Advocate for Yourself**

Self-advocacy is a key step in becoming an adult. It means looking out for yourself, telling people what you need, and knowing how to take responsibility. Self-advocacy skills are needed over a lifetime, and everyone has to learn them. Are you ready to begin learning? This great [Resource](#) from the PACER Center offers some great strategies to help you, be your own best advocate.

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**Statewide Family News**

Did you know the [Statewide Family Network](#) provides information about resources available for children’s behavioral and mental healthcare? We can inform you of options available in your community and throughout Nevada. In addition to traditional therapies, [How Making Art Helps Improve Mental Health](#) provides information on the benefits of art as a form of creative therapy. Research shows art can activate reward pathways in the brain, reduce stress, lower anxiety and improve mood. The SFN is here for you, [reach out to us](#) for additional support!

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**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](#)

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