How to Help Children with Self-Regulation

It’s normal for 2-year-olds to have tantrums. But if your child is 5 or older and still having meltdowns a lot, they may need help learning to control their emotions or actions. This is called self-regulation. Some kids are born having a harder time with self-regulation. Some don’t develop the skills if parents jump in right away to solve problems or help them calm down. Children with ADHD or anxiety may also have this problem. Learn about self-regulation and some tips on how to teach self-regulation skills to our children.

What Is Federal Student Loan Debt Relief?

It’s a program that provides eligible borrowers with full or partial discharge of loans up to $20,000 to Federal Pell Grant recipients and up to $10,000 to non-Pell Grant recipients. See if you qualify and how the process works. Check out this Infographic on the timeline.

T.A.L.K. More

to prioritize suicide prevention in the system of care!

Professionals in the system of care (SOC) have many opportunities to T.A.L.K. (Take Action with Love and Kindness) More. Whether working
directly with children and families or implementing programs that actively incorporate suicide prevention measures, SOC professionals can make a huge impact. Here are 12 Things Parents Can Do To Help Prevent Suicide.

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**Culture Can Impact Mental Health**

What comes to mind when you think about culture? Many may think about unique languages, different clothing, or different foods. A person's culture also impacts their beliefs, norms, and values, and how you view certain ideas or behaviors. And in the case of mental health, it can impact whether you seek help, or what type of help you seek. Here are the Four Ways culture can impact mental health. Starting the dialogue about mental health and the many factors that can affect it is the first step in the right direction toward a more stigma-free world in which resources are made available to anyone who needs them.

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**Nevada Office of Suicide Prevention**

Now more than ever, youth are struggling with their mental health, depression is on the rise. The Office of Suicide Prevention has resources for parents on how to help to prevent youth suicide. The National Suicide Prevention Lifeline is now 988 and provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, all calls are confidential. The Lifeline is a national network of over 180 local crisis centers, combining custom local care and resources with national standards and best practices. The Mobile Crisis Response Team is designed to provide crisis intervention and support to Nevada families dealing with a behavioral or mental health crisis. The Crisis Support Services has developed a tip sheet on how to keep your loved ones S.A.F.E.R. in both English and Spanish.
Helping Kids Who Struggle with Executive Function

Executive functions are the essential self-regulating skills that we all use every day to plan, organize, make decisions, and learn from past mistakes. Kids rely on their executive functions for everything from taking a shower to packing a backpack or doing a book report. Learn strategies and how parents can help kids feel motivated in [English](#) and [Spanish](#).

Office of Behavioral Health Equity

Office of Behavioral Health Equity (OBHE) advances behavioral health equity by reducing disparities in racial, ethnic, LGBTQIA+, and other under-resourced communities across the country by improving access to quality services and supports that enables all to thrive, participate, and contribute to healthier communities. Read more about this new office within SAMHSA [here](#).

Great Information for Parents

Register for these informative training’s co-presented with a therapist and a parent offering both a professional and parent perspective. Understanding Anxiety will offer treatment options and give parents tips on how to help their child- [click here to view](#). Understanding Trauma will outline the different types of traumas and how parents can help their child who has experienced a traumatic experience [click here to view](#). Our Behavior and Discipline in Schools will point out the discipline process under IDEA and give parents strategies that can help children manage their behavior, handout’s are provided with additional information [click here to view](#).

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

Positive Behavioral Approaches for Parents

Thursday, October 27, 5pm-6pm

Six Advocacy Tips That Turn No's Into Yes's

Friday, November 4, 2pm-3pm
Cyberbullying Scripts for Parents—Talking to Teens About On-Line Harassment

Cyberbullying is the use of technology to repeatedly and intentionally harass, hurt, embarrass, humiliate, or intimidate another person. This resource has created some sample “scripts” between parent and teenager to encourage cyberbullying related conversations. Keeping the lines of communication is important. For more information on bullying prevention check our #SafeAllies program.

Benefits of an Inclusive Classroom

Studies show that inclusion is beneficial for all students — not just for those who get special education services. In fact, research shows that inclusive education has positive short-term and long-term effects for all students. The same research shows that their peer’s benefit, too. They’re more comfortable with and more accepting of differences. They also have increased positive self-esteem and diverse, caring friendships. Read to learn the four benefits of an inclusive classroom.

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.

Happify App
Happify’s science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.
- Happy Apping

The Intelligent Healing Company: Happify, Inc.

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

Tips for Military Families: Supporting Your Child with Mental Health Needs

Military families have unique needs when a parent is deployed or is returning from active duty, especially if they have a child struggling with mental health issues. For this child, the stress of an absent parent may result in increased emotional or behavioral issues. This **handout** offer tips on what to look for and what parents can do.

Youth MOVE Nevada Update

Bullying is a serious topic and Youth MOVE Nevada teamed up with Nevada PEP in October for **National Bullying Awareness Month** to spread awareness about the **impacts of bullying**. We shared information and messages of kindness on **Facebook**, **Twitter**, and **Instagram** and assisted in distributing **I Care We Care Anti-Bullying Activity Books** to schools. October is only one month of the year, but we hope everyone will do their part to put an end to bullying all year long!

Transition Corner

Supporting the Educational Goals of Young Adults

Post-secondary education including college or university, trade schools, technical education, and apprenticeship programs can lead to greater self-sufficiency. Yet, research has shown that young adults with mental health conditions struggle to finish college more than any other disability group. The University of Massachusetts Medical School shares **this resource** with some great tips for helping young adults with mental or behavioral health challenges reach their academic goals.

Statewide Family News

The **Child Mind Institute** recently released the **2022 Children's Mental Health Report** looking at the effects of psychological trauma on children and youth and promising ways to help those who have experienced trauma. Traumatic experiences can impact the behavioral and mental health of children and youth. A short **summary** of the report shares how increasing
awareness of the effects of trauma and the best ways to treat it can foster resilience and give children, youth, and their families the support they need to thrive. Find out more about trauma on our Children’s Mental Health webpage and contact the Statewide Family Network for support.

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