Tomorrow is Giving Tuesday!

#GivingTuesday is finally here! Please choose to support Nevada PEP. We hope that you join us on this day of giving and show your support by making a tax-deductible donation. With your help we can continue to help families in Nevada.

Donate Here

Holidays Can Be Stressful

The holidays can be a joyous and relaxing time. It can also be a time that families experience the most stress. Stress can negatively affect your sleep and cause you to become agitated. This is particularly true when people are having difficulties at work and trying to find a balance between work and life. Stress can take over your life. Here are some tips to help minimize stress and make the holidays more fun and fulfilling. [English](#) and [Spanish](#).

Talking about Mental Health
The teenage years can be a time of increased stress and moodiness, but what if your youth is experiencing more than that? The World Health Organization states that 1 in 7 youth aged 10-19 experiences a mental health disorder, which often goes unrecognized or untreated. The National Institute of Mental Health has shared this resource for teens on how to recognize depression and what to do if you think you might be depressed. Here are some helpful tips for parents on how to talk to your youth about their mental health. Read about depression on our mental health page.

**Detecting Childhood Anxiety**

Kids can develop an anxiety disorder. Eventually the disorder can start interfering with a child’s friendships, life at home, and work in school. Even so, the anxiety still might not be noticeable to parents. It is normal for very young children to be afraid of the dark, or for school-age children to worry about making friends. But sometimes normal childhood anxiety morphs into something more serious. Read more in English or Spanish. For more information about anxiety, check out our Mental Health Facts page.

**Creating Positive Experiences for Teens**

Raising teenagers can be both incredibly difficult and incredibly rewarding. They are becoming young adults. Their bodies mature. Their brains grow by leaps and bounds. Their emotional lives become more complex and independent. Here are some tips for parents on everyday ways to be positive. Having strong, ongoing relationships can help teens and their parents through bumpy times.
Nevada Office of Suicide Prevention

Many youths are struggling and going through difficult times. The Office of Suicide Prevention has tips for parents on how to help to prevent youth suicide. The National Suicide Prevention Lifeline 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. Lifeline is a national network of over 200 crisis centers, combining custom local care and resources with national standards and best practices. Learn more about how we can all help to Prevent Suicide. 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.

National Runaway Prevention Month

Did you know that November is National Runaway Prevention Month? Research shows that 4.2 million youth ages 13 to 25 experience some form of homelessness each year. The National Runaway Safeline provides resources to youth in crisis including a hotline (1-800-RUNAWAY), live chat, and a text line. They also provide resources on how to improve relationships and communication with your youth and what to do if they have talked about or have already left home. This Tips for Parents pdf offers suggestions on parenting teens in crisis.

STEAM Daydream Podcast

The National Children’s Museum launched a second season of the children’s podcast STEAM Daydream with National Children’s Museum. Each of the season’s eight episodes is led by a young innovator, who, with the help of content experts from across the country, solves an everyday STEAM mystery aligned to science standards and classroom content.
Great opportunities to increase your advocacy skills and improve education opportunities for your child. Register for these informative FREE trainings.
- Presented by Nevada PEP

**Bullies, Targets, and Bystanders: Responses That Work**
Tues, November 29, 5pm-6pm

**Making the Most Out of Your Child's Early Intervention Services**
Wed, November 30, 3pm-4pm

**Positive Behavioral Approaches for Parents**
Thurs, December 1, 3pm-4pm

**Introduction to IEP**
Mon, December 5, 5pm-6pm

Bullying On the Bus

School buses are one of the top places where childhood bullying happens. Think about it: there are fewer adults around, a captive audience of peers, and a bus driver focused on the road—unable to monitor everything and intervene as needed. Here are some tips for parents on how to handle it, if their child is being bullied on the bus. Check out our #SafeAllies program for more information about bullying prevention.

Looking for more convenient times? Did you know our Free On Demand webinars are always available 24/7 in English and Spanish [click here](#).
Parents play an important role in their child’s early development, ongoing learning, and overall self-confidence. These infographics from Ready, Set, Read in English and Spanish contain some great tips to encourage reading.

**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.

**Breathe, Think, Do with Sesame App**

Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This bilingual (English and Spanish), research-based app helps your child learn Sesame’s “Breathe, Think, Do” strategy for problem-solving. Tap and touch to help the monster friend take deep breaths, think of plans, and try them out! Your child will enjoy silly animations and playful interactions as she is exposed to important emotional vocabulary, a calm breathing technique, personalized encouragements, and more!

- Happy Apping

APP COMPANY: Sesame Workshop

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

Helping Your Child Find a Mentor

Sometimes deployments are hard on children. Some adults may have that special gift to help our children see and use their strengths and talents. Mentorship can be an adult your child trusts, admires and respects who provides support and guidance and is involved in your child’s life. According to a 2008 study published by the National Library of Medicine, mentoring has favorable effects on behavioral, attitudinal, health-related, interpersonal, motivational and career outcomes. Here is more information on mentorship and some suggestions to help find the right mentor for your child.

Youth MOVE Nevada Update

Listen to the Latest Podcast

The holidays are upon us and YMNV recognizes that the holidays can be full of challenges for youth with disabilities. Youth with ADHD sometimes struggle with the crowds, noise and general hustle and bustle of the holiday season. Our YouthMOVErs sat down with a
Marriage & Family Therapist to talk about ADHD in our latest podcast and strategies for youth to cope with the unique challenges that come with ADHD throughout the year. We hope you'll listen!

Transition Corner

Disability Disclosure
Youth with disabilities seeking employment may need to disclose their disability if they are requesting accommodations in the workplace. Deciding if you should disclose and when to do so are personal choices and parents can help their youth learn more to make an informed decision. The Job Accommodation Network has many resources to help individuals with disabilities succeed at work, including this page with information about your rights and the laws on disability disclosure. For addition information about Career Planning and Employment visit our Transition services page.

Statewide Family News
Earlier this year, the 988 number went live to make it easier for those in a mental health crisis to reach out for help. The Substance Abuse Mental Health Services Agency (SAMHSA) recognized that responding to youth and their families experiencing a mental and behavioral health crisis requires different guidelines than when responding to an adult in crisis. In November SAMHSA released National Guidelines for Child and youth Behavioral Health Crisis Care. The Statewide Family Network is excited to have these guidelines to assist with building out a crisis response system for youth and their families that includes System of Care values and principles.
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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!)
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