Make a Difference!

Nevada PEP continues to meet the needs of our families. We are hopeful that 2023 will be a better year for all. As we come to the close of 2022 and we approach this holiday season, Nevada PEP is asking for your support. If you are able, please consider making an end of year contribution.

Your contribution can help:
Empower parents with supports they need to become their child’s best advocate.

The Hand in Hand Together We Can Appreciation Program recognizes individuals who make a difference in the lives of children with disabilities. Click Here for Sponsorship Opportunities

The Youth MOVE Nevada and PEP Support Groups helps individuals to connect with each other and provide supporting each other through shared experience and learning new information.

Make a difference by making your year-end donation. Help Us to Help Others!

Fun Holiday Crafts

Enjoy the holiday break with your children by having fun making holiday crafts. Here are some simple crafts to entertain your children while they are waiting for that big day. Holiday crafting as a family can make happy memories.

OSERS Discipline and Behavior

The Office of Special Education Programs introduced a blog series that will explain topics of interest related to the discipline and behavior guidance package. The blog series will expand on topics such as alternatives to exclusionary discipline, informal removals, discipline disparities, and behavior as part of a free appropriate public education.

Living Well with Serious Mental Illness

Mental illnesses are disorders that affect a person’s thinking, mood, and/or behavior. According to the National Institute on Mental Health, nearly one-in-five adults live with a mental illness. With early and consistent treatment, people with serious mental illnesses can manage their conditions, overcome challenges, and lead meaningful, productive lives. Read more here.

Be Supported, Seen, Heard & Understood

Youth Video Contest
The Clark County Children's Mental Health Consortium (CCCMHC) is hosting a youth video contest to promote Children’s Mental Health Acceptance Week: May 7-13, 2023. Open to all youth in Clark County, NV ages 24 and under. Click here for more information.

Why is Hope Important?
Hope is important, it can help us manage stress and anxiety and cope with adversity. It contributes to our happiness and motivates positive action. People who have hope are more likely to make healthy choices to eat better or exercise. Read this article to learn why having hope is important. Visit our Families SHARE page for information on reducing stress, building resilience, and staying hopeful.

Mental Health Support is Available
The holidays can be a stressful time for many people—National Alliance on Mental Illness (NAMI) 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. 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. Check out Nami’s Tips for Managing the Holiday Blues.

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 10pm 7 days a week for a one-on-one confidential text conversation with
a young adult Peer Wellness Operator who has lived experience with mental health and life stressors.

Teen Talk App is a free, anonymous, safe space for teens to get support. Teens can freely share with 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. People can call 988 24/7 to be connected to trained counselors who will listen, provide support, and connect callers to resources if necessary. You are not alone; help is only a phone call away.

**Talk. They Here You.**

Talking with your kids early and often about underage drinking and other drug use can help keep them safe. But how do you know if your child needs more support, and where do you go to find it? Screen4Success, is a new, user-friendly tool from SAMHSA’s "Talk. They Hear You." campaign to help parents better understand the health, wellness, and wellbeing of their children and find resources to address their needs.

**Tips on Dealing with Conflict**

No one likes dealing with conflict. But no matter how hard we try to avoid them, arguments, fights, and disagreements are a fact of life — for adults and kids. And not dealing with conflicts can negatively impact relationships and lead to further interpersonal challenges. This article in English and Spanish teaches how to deal with conflict to help children build lifelong skills.

**Resources to Help Families Affected by Community Violence**

Community violence can occur suddenly and without warning leaving many youth and families with a heightened sense of fear. When these events happen, youth and families may experience a wide range of reactions including shock,
anger, fear, loss, and grief. The NCTSN has resources to help youth and families affected by community violence.

The Power of Play

Play is important when it comes to a child's health and development. From peek-a-boo to pat-a-cake and hide-and-seek to hopscotch, the many forms of play enrich a child's brain, body, and life in important ways. Research shows play can improve children's abilities to plan, organize, get along with others, and regulate emotions. Read the full article.

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

Behavior and Discipline in Schools

Wednesday, January 4
3:30-4:30pm
Does behavior and school discipline interfere with your child’s learning? Join us to learn how the IEP can address a student’s behavior and reduce the need for discipline. Working together, parents and schools can encourage school success.

Ayude a su Hijo a Concentrarse en el Aprendizaje

Tuesday, January 10
4:00-5:00pm
¿Tiene su hijo problemas para concentrarse en la escuela? ¿Le parece que la tarea y otras actividades pueden ser un reto para su hijo para completar? Aprenda acerca de las dificultades que tienen los niños con el enfoque, sus diferentes estilos de aprendizaje y las estrategias que pueden ayudarle a ayudar a su hijo enfocarse mejor.

Help Your Child Focus on Learning

Thursday, January 5
2:00-3:00pm
Does your child struggle with focus and attention? Do they have trouble

Getting the First Job

Thursday, January 12
2:00-3:00pm
Are you ready for your first job?
staying on task at home and at school? This workshop will provide tips to improve your child’s focus, learning and positive behavior.

Looking for more convenient times? Did you know our Free On Demand webinars are always available 24/7 in English and Spanish [click here].

How to Understand and Handle Cyberbullying

When children and youth are threatened, humiliated, harassed, or humiliated via use of technology this is Cyberbullying. Cyberbullying can occur through e-mail, cell phones, instant messaging, Web sites, online personal polling Web sites. This cyberbullying tip sheet has good information for both parents and children. For information about bullying prevention visit our #SafeAllies page, check out the podcast and trainings.

Self-Regulation Skills for Young Children

Self-regulation is a child’s ability to calm themselves when upset. Learning to control behaviors and emotions are skills that help children navigate their surroundings, resolve conflict, problem solve, think independently, participate, and get along with others. This is an important skill and can help children be successful in inclusive classrooms. Here are some simple strategies for parents to teach self-regulation skills.

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.

**iHeartRadio Family**

Are you looking for the best family-friendly music and stories in one FREE app? The new and improved iHeartRadio Family app has been revamped with a new look and feel, offering over eighty stations for both kids and parents! Enjoy the latest addition to iHeartRadio Family: Stories! Listen to Story Pirates, a comedy remake of imaginative stories from real kids; Bedtime Explorers, which shares adventurous tales; and Chompers, a giggle-inducing daily show that will entertain the entire family while brushing teeth!

Plus, the all new Parental Permissions allow you to control what your child is listening to by easily hiding music from inside the app’s player screen. Manage your hidden music from Settings and take control of your kids’ listening experience at home or on the go!

**APP COMPANY:** iHeartMedia, Inc.

**Are You Passionate About Helping Families?**

[Apply Here](#) for employment opportunities in Las Vegas and Reno, NV.
Keep Your Relationship Strong While Raising a Child with Special Needs

Research shows raising a child with special needs can create stress for couples. As a military family you have a strong foundation to work from, but teamwork and the ability to depend on one another are key. With determination, communication and these tips, you can keep your relationship strong and your family thriving.

Youth MOVE Nevada Update

Youth MOVE Nevada is really excited about 2023 being right around the corner and wants to start by wishing you all a Happy New Year! YMNV will be ringing in the New Year by finalizing plans for weekly youth-driven virtual meetings with topics requested by our youth members. We will also be focusing on advocacy and reducing the bias and prejudice around mental health. Youth, ages 14 – 24, are encouraged to join us and
can register for our weekly meetings here. Follow us on Facebook, Twitter, and Instagram!

Transiton Corner

Navigating Health Care for Young Adults

Youth with physical or mental health care needs may need assistance learning to navigate their health care. Parents can provide youth opportunities to practice navigating making appointments and interacting with health care providers. This video from PACER Center has some great ideas on preparing for this change.

Statewide Family News

The Statewide Family Network (SFN) is looking forward to 2023 as we also wanted to acknowledge all of our Family Leaders who were called to action by sharing their stories in 2022 to our state’s Interim Legislative Committees who decided to allocate over $50 MILLION to Children’s Mental Health. We know how hard it is to take time out of your day to advocate at the larger system level but know that your stories have made a positive impact in Nevada! If you’d like to know more about the SFN please visit our page by clicking here!

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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