CCCMHC 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 Reading to Your Child Important?

Reading to young children is an important way to help them build language skills. It exposes them to new words and ways of using language. It also helps them learn general information about the world, which makes it easier for them to learn about new subjects once they get to school. Read more in English and Spanish.

What is Social Anxiety

Social Anxiety Disorder is a common type of anxiety disorder. A person with social anxiety disorder feels symptoms of anxiety or fear in situations where
they may be scrutinized, evaluated, or judged by others. Read more here. For more information go to our Children's Mental Health page. Check out our Children's Mental Health On-Demand Trainings.

SAMHSA Office of Recovery Blog

In conjunction with last week’s recognition of Dr. King’s birthday and given that this urgent message remains just as relevant today as it was then, read SAMHSA’s “call to Action!” in SAMHSA’s January Blog, and the five points to focus on. Let’s remember Dr. King’s words: “Life’s most persistent and urgent question is, 'What are you doing for others?' We can each make a difference!

The Teen Brain

Children entering adolescence are going through many changes in their bodies and brains. These include physical, intellectual, psychological, and social challenges. Big and important changes are happening especially in the brain. Check out 7 things to know about the Teen Brain.

Families SHARE Facebook Page

Stress relievers can help restore calm and serenity to your chaotic life. You don't have to invest a lot of time or thought into stress relievers. For quick relief try one of these tips. Join the Families SHARE Facebook group! Connect with other PEP families and exchange tools that help you reduce stress, stay hopeful, and build resilience. Join Here today.
Your Input is Important in this Upcoming Legislative Session

Beginning Monday February 6, state lawmakers from all over Nevada will convene in Carson City for 120 days to debate new laws and set the state’s budget for the next two years. It’s important for children to have caring adults like parents, grandparents, teachers, and community leaders to share their voice and help make a positive difference for all children. You can follow what is happening on the [Nevada Legislature’s website](https://www.nvleg.gov/); under “Scheduled Meetings,” is where you can find when to view hearings. You can watch the meetings online on your phone, tablet, or desktop. [Videos are also viewable on YouTube](https://www.youtube.com/).

You can provide public comment in person at the Nevada State Legislative Building in Carson City and the Grant Sawyer State Office Building in Las Vegas. You can also provide written testimony or call in. [Learn who your representatives are and how to contact them here](https://www.nvleg.gov/Members). Learning about the [Bill Draft Requests (BDR)](https://www.nvleg.gov/BillDraftRequests) can help you become informed about what is being proposed.

Your input can shape legislation for Nevada. Make your voice heard by contacting your legislator and possibly testifying at a hearing. Your testimony can make a difference in whether a bill is passed or put to rest. You can also provide information to the legislator about the needs of persons with disabilities and how particular legislation may impact or improve services. Through legislative advocacy, your family stories can make a difference on how elected officials understand the issues that families who have children with disabilities face!

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## Self-Directed Respite Funding

Parenting a child or youth with mental health needs can be challenging emotionally, financially, and physically. Self-directed respite funding is available to families of children and youth ages 3-21 who receive services from certain programs. Parents can choose a person that they trust to provide care for their child. [Click Here](https://www.nvleg.gov/BillDraftRequests) to check if your family may be eligible.

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## Flexible Funding
Flexible Funds are available to families who receive services from certain programs. These funds are for a one-time purchase that can assist with the expense that can help youth engage with local community support or educational domains. Some examples may include musical instruments, school supplies, tutoring, camp, hobbies or sports equipment related to after school programs. Click Here to check if your family may be eligible.

**How to Talk to Your Child After a Shooting**

As parents we sometimes struggle with how to talk with our children about a community shooting at a school or elsewhere. Children look to their parents for answers and to help them feel safe. Here are some tips for parents that can help you have that difficult discussion.

**Tips to Communicate with Youth**

Sometimes it can be hard for parents of youth and young adults (ages 14–26) to connect with the young people they care for. This tip sheet was developed as a collaboration between the Family Advisory Board and Young Adult Advisory Board. This document has three tips to improve communication with youth and young adults. Learn more about the Transitions to Adulthood Center for Research.

**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**

  - **Making the Most of Early Intervention Services**
    
    Thursday, January 26
    
    3:00 - 4:00 PM
    
    Concerned about your baby meeting their developmental milestones?
    
    Join us to learn what parents can do if they have concerns about their

  - **Developing the IEP to Meet Your Child's Needs**
    
    Thursday, February 2
    
    5:00 - 6:00 PM
    
    Join us as we discuss special education and the IEP meeting process, including how parents can partner and actively participate in the
child’s development and how Nevada’s Early Intervention services can help.

**Planning for Success After High School**
Tuesday, January 31
2:00 - 3:00 PM
Is your student in high school? Do they have a transition plan in their IEP? Parents and youth will learn how creating a plan based on the student’s strengths and interests can lead to success after high school.

**Positive Supports for Challenging Behaviors**
Wednesday, February 1
3:00 - 4:00 PM
Do you need new ideas to support your child’s behavior? This webinar will help parents understand their child’s challenging behaviors and learn evidence-based practices to teach your child new positive behavior skills.

**¡Seis Consejos de Abogacía que Gira de un No a un Sí!**
Martes, Febrero 7
4:00 - 5:00 PM
¿Está cansado de que le digan “No”? Usted es el experto en su hijo y usted sabe las necesidades de su hijo. Aprenda cómo conseguirlo con estas seis estrategias de abogacía increíbles!

**How is My Child Reading?**
Thursday, February 9
3:00 - 4:00 PM
Do you worry about your child’s reading? You will learn how children learn to read and how to partner with the school on reading improvement. Do not miss these strategies that help children become good readers!

Looking for more convenient times? Did you know our Free On Demand webinars are always available 24/7 in English and Spanish [click here](#).
The effects of bullying have serious and lasting negative impacts on our mental health and overall wellbeing. Bullying can cause feelings of rejection, exclusion, isolation, low self-esteem, and some individuals can develop depression and anxiety. Read the Effects of Bullying and Mental Health. Check out #SafeAllies for information on "What Can I Do About Bullying?" and "What Are My Rights?".

How to Help Your Child Stop Hitting and Pushing

Sometimes when children hit or push, they may not have the skills to manage their feelings or how to express them in a more acceptable way. They may lack the language or impulse control to cope with their feelings. Children hit to get their needs met, without thinking about the consequences. Here are some tips to try at home or school in English or Spanish.

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.

Moshi Kids: Sleep & Meditation

Enjoy calmer daytimes and quicker bedtimes with this award-winning sleep & mindfulness app. Join the millions of parents who use Moshi to help their families relax, unwind, and sleep with over 85 hours of original audio stories, sleep sounds, meditations, white noise, and relaxing music that you won’t find in any other app. Includes special guest stories and meditations narrated by legends of stage and screen, including Goldie Hawn and Patrick Stewart.
Are You Passionate About Helping Families?

Apply Here for employment opportunities in Las Vegas and Reno, NV.

**WE ARE EXPANDING!**
- Full-Time Positions
- Openings Statewide
- Great Benefits Package

Nevada PEP is a statewide nonprofit organization serving families of children and youth with disabilities and behavioral health needs by empowering them to be life-long advocates for their children.

APPLY NOW!

nvpep.org/careers

**Military-Connected Children News**

**Take the EMFP Survey**

This is your chance to create meaningful change for your family and the military community. Your feedback will allow us to build upon what is working well, address concerns and ultimately enhance EFMP for everyone. Take the survey today to make a difference.
Youth MOVE Nevada Update

Youth MOVE Nevada has been delving into strategic sharing of lived experience with our youth members this month as the Nevada Legislative session nears. Families, youth, and young adults can share their stories with Legislators by submitting videos, letters and/or artwork for Children's Week at the Legislature in March. And don't forget to follow us on Facebook, Twitter, and Instagram!

Transition Corner

College and Mental Health

College is a time of change and exploration. For many students with mental health conditions, these changes can be both exciting and challenging. Managing their mental health can be a key step toward success in college. This article shares ways to make a plan and find support for mental health concerns.

Statewide Family News

The Statewide Family Network is already busy this year and it has been a month filled with lots of outreach opportunities including participating at the Summit on Community Response to Individuals with Behavioral Health Care Challenges which focused on the goals laid out in the newly released Behavioral Health Community Integration Plan. As always, if you're interested in attending any public meetings, please contact us at 1-800-216-5188.
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