Safety Tips for Parents

As parents, our number one priority is to keep our children safe. The digital world and the internet have given our children the opportunity to explore the way they make and maintain friendships, how they spend their leisure time, and their engagement with the world. It’s important to always have an open dialogue with your child/youth and know who they are communicating with. Here is a short video with tips for parents on how to keep teens safe on social media.

New Medicaid Waiver Rules Take Effect

The Home and Community Based Services (HCBS) Settings Rule ensures that people who receive services and supports through Medicaid’s HCBS programs have full access to the benefits of community living and are able to receive
services in the most integrated setting. As of March 17, 2023, States must now be fully compliant with the requirements of the rule that have not been impacted by the COVID-19 pandemic to continue receiving Medicaid funding. Read more here.

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**Teen Depression: More Than Just Moodiness**

It’s not easy being a teenager and sometimes it can be tough, but it shouldn’t feel hopeless. If you have been feeling sad most of the time and you’re not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression. For more information click here. Check out this infographic for tips that can help.

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**Recognizing Warning Signs of Mental Illness**

Mental illness can cover a wide range of conditions, including mood disorders and changes in thinking and behavior. Some examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders, and addictive behaviors. Sometimes, sudden changes in thoughts and behaviors, especially in older children and teens may indicate a deeper problem. The early signs and symptoms of mental health issues can vary. Here are 10 common warning signs.

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**Reading Anxiety**

If a student is struggling with reading anxiety, he or she is likely struggling in other subjects as well. Having reading anxiety can create stress and connect reading with negative experiences and emotions. Here are some tips to help your child with reading anxiety.
Virtual HOPE Family Library

Looking for fun things to do with your children, the HOPE family virtual library has some uplifting books for you to share with your child. The library contains links to virtual book readings directly from YouTube. It is a wonderful opportunity to pause with your children and listen to heartwarming stories together. This practice can help build strong relationships. Click here to download the HOPE Family Library and click a book to read along.

Food Banks and Food Pantries

Three Square is a member of Feeding America, a network of more than 200 food banks and the nation’s largest domestic hunger-relief organization. Three Square serves the residents in Lincoln, Nye, Esmerelda, and Clark County in Nevada. Here is a list of drive-thru and walk-in Food Distribution Sites. If you need assistance finding food or are a senior (60+) in need of home delivered groceries call 702-765-4030. See the map of Food Distribution sites. In Northern Nevada the Food Bank of Northern Nevada helps families in Washoe and Rural Communities. Here are the locations on food distribution sites in Washoe County and Rural Nevada to help families that are struggling.
Volunteering at Food Banks is a great way to get involved in your community. Here is information on volunteering in Southern Nevada or in Northern Nevada.

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 to check if your family may be eligible.

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.

What's Your Move?

You know how sometimes it’s really, hard to sit still? When you’re young, your body wants to move — naturally! (Adults, not so much.) If you’re between the ages of 6 and 17, you need at least 60 minutes of daily activity. Read more about Move Your Way.

Dealing With Explosive Behavior

Sometimes parents have a difficult time handling their child’s explosive and angry behavior, but understanding why they’re acting out can help. Often children don’t know how to deal with their frustration or other uncomfortable
feelings. For more information and tips for parents read the article in English and Spanish.

Talking to Teens About Sex

Many parents don’t look forward to having “the talk” with their teen about sex, it can be a very uncomfortable discussion to have for both parents and youth, however it’s an important conversation to have. This resource can help parents make the conversation less awkward, offering pointers for parents.

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

Six Advocacy Tips That Turn No's Into Yes's
Tuesday, March 28
2:00 - 3:00 PM
Are you tired of being told “No” when trying to get help for your child? You are the expert on your child, and you understand your child’s needs best. Learn how to get the needed supports and services with these six amazing advocacy strategies!

REGISTER NOW

Positive Supports for Challenging Behaviors
Tuesday, April 4
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.

REGISTER NOW
Bullies, Acosados y Espectadores: Repuestas que Functionan
Martes, Abril 11
4:00 - 5:00 PM
Si te preocupa el bullying, ¡este taller es para ti! Únase a nosotros mientras discutimos qué es la intimidación, qué hacer si su hijo está siendo intimidado y qué esperar después de que se realiza un informe de intimidación.

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

Bullying Prevention Strategies
Bullying is a widespread issue in all our schools. Bullying threatens students’ physical and emotional safety, has lasting impacts on student mental health, and in some instances, can play a role in school violence. SchoolSafety.gov developed this infographic that features resources and tools K-12 schools can access. For additional information on school safety, visit SchoolSafety.gov. For more information on bullying go to our #SafeAllies page.
Preschoolers and ADHD

Some children are extremely active and impulsive. Parents might describe them as “bouncing off the walls”. They might get thrown out of preschool. These children might in fact have ADHD. Read more in English and Spanish. Early diagnosis and treatment will help the child and their parents.

Learning About Feelings

Teaching your child about their emotions will help them become mentally strong. Children who understand their emotions and have the coping skills to deal with them will be more confident. Here are some tips that parents can use to teach their children about their feelings.

Building Friendships

Building relationships is an important skill for all children to learn. Friendships are crucial in helping children develop morally and emotionally. When children learn to interact through friendships with others, they learn social skills such as cooperation, communication, and problem solving. Watch Elmo and Rosita Teach Friendships.

Math Tips

Students who are diagnosed with Dyscalculia have average to above-average intellectual functioning and a significant discrepancy between their math skills and their chronological-age-peer norms. Click here for Strategies for teaching a student with a math-related learning disability.

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.

**Piku: Calm Kids**

Guided mindfulness meditations created to help children (3-12 years old) discover the path towards a calm, focused and happy life. They will help your child become more focused and attentive, help maintain psychological well-being, alleviate anxiety and stress, integrate thoughts and emotions, as well as encourage creativity. Social skills, personal values and healthy boundaries are also taught through our imaginative, engaging stories and mindfulness tools.

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Military-Connected Children News

Moving in the Military

Many military families move during the summer; some families may already have orders to move overseas. Moving is never easy but moving overseas is even more difficult, especially if you have a child with a disability. It’s important to know as much as you can about overseas schools. The Directory on Early Intervention, Special Education and Related Services in OCONUS Communities is filled with valuable information about the schools. It explains the levels of support in overseas communities for military dependents with special educational needs.
Youth MOVE Nevada Update

Youth MOVE Nevada is happy to report a successful trip to Carson City during Children's Week at the Nevada Legislature! YMNV was able to gain more knowledge about the Legislative process, attended committee meetings, and sat on the Floor of the Assembly and the Senate with their elected state representatives where they were able to share the youth perspective on youth and family serving systems. Youth ages 14-24 are welcome to register to attend our weekly meetings and get together with other youth across the state with disabilities to learn, share and have fun!

Transition Corner

Mental Health and Transition

For youth with mental health concerns, the transition to adulthood can cause additional stress and anxiety. Parents can help prepare youth by helping them prepare for changes. NAMI has put together this resource with helpful considerations regarding employment, living arrangements and healthcare management.

Learning about your own mental health needs and how/when to seek help is an important part of transition for many youths. This learning leads to increased self-determination skills and better decision making. This infographic was made by youth for youth to increase understanding of mental health needs.
Statewide Family News

The 82nd Session of the Nevada State Legislature has begun and there are many bills that are proposed that could impact youth with disabilities and their families, both negatively and positively. Connecting with your Legislator and telling your story can be a powerful way to let them know what their constituents are experiencing. To find your Legislator [click here](#). You can access all bills currently being considered by [clicking here](#). To sign up for a weekly legislation update on the Children's Advocacy Alliance [click here](#). As always, the [Statewide Family Network](#) is happy to assist families in being active participants in informing the systems that serve children, youth and families.

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Watch a step by step "How to" video [Here](#).

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