April 28, 2023

We Want to Know

Friends of Nevada PEP we want to know. How are we doing? What can we do better, share your thoughts and comments with us. Take this short survey.

Mental Health Awareness Month

Get your Green Ribbon!

May is National Mental Health Awareness Month! This year we are moving from Awareness to Acceptance. For the month of May, we are asking our family, friends, partners, and neighbors to donate $5 or more on our Green Ribbon Giving Grid. Pick your very own Green Ribbon and upload a picture wearing green to
show your support for Mental Health. Our voices carry volumes in bringing about change. Speak out and be heard. Donate now and make a difference, raise awareness. Your Support Matters and Children’s Mental Health Matters!

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**Children's Mental Health Acceptance Week**

**Accept. Advocate. Act - Because Awareness Isn’t Enough**

This year we join the Federation of Families in advancing Children's Mental Health Acceptance Week, as we advocate for acceptance for our children because awareness isn’t enough! Please join us for a week of activities May 7th through May 13th. Below are some the activities taking place:

- Self-Care Sunday & Stress-Free Saturday on all our Social Media platforms
- Youth MOVE, PEP, and Everi will deliver Children’s Mental Health and Wellness Activity books to schools across the state.
- Children’s Mental Health Acceptance signs placed on the lawn of the Legislature Building and delivered to Partners and Sponsors
- Youth MOVE Nevada will host a live twitter chat on May 11th Children’s Acceptance Day from 2:30-3:30pm
- Virtual Green Ribbons campaign and Digital Swag Bag on Nevada PEP’s Website

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**Tips to Help Children Build Relationships**

How your child relates with peers and friends might seem like something you have little control over. Parents can make a big difference in helping their
children. This article has tips for parents to help kids navigate friendships and peer relationships well into adulthood.

Effective Stress Relievers for Your Life

From minor challenges to major crises, stress is part of life. And while you can’t always control your circumstances, you can control how you respond to them. Click here to learn more. For more ideas on relieving stress, building resilience, and staying hopeful go to our Families SHARE page.

Summer Program Options

Summer is right around the corner, the weather is warming up and the school year is ending soon. The Nevada Afterschool Network has a list of summer care and learning opportunities available throughout the state. CLICK HERE for a full list of programs that are currently open and accepting participants. The Clark County School District is offering free-of-charge summer learning opportunities to accelerate the academic, social-emotional, and behavioral development of all CCSD students, check out the Summer Learning Guide for students in kindergarten through 12th grade, available in English and Spanish, CLICK HERE for the Summer Learning Guide. The Washoe County School...
District is offering, summer school classes for Students in grades kindergarten through 8th grade, breakfast and lunch provided. Click here for information on summer learning in Washoe County Elementary Schools, Middle Schools, and High School locations. Rural school districts and charter schools may also have summer options. Please check your school’s website and check with your child’s teacher for more information on what summer programs are available.

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.

Youth Mental Health Advisory

Surgeon General Vivek Murthy is concerned about youth mental health and has issued guidance for young people, encouraging them to ask for help, volunteer in their communities and learn stress management techniques. For more information see Protecting Youth Mental Health.

Learn the Signs of Bipolar
Bipolar disorder is not the same as the typical ups and downs that kids go through. The mood swings are more extreme, accompanied by changes in sleep, energy level, and the ability to think clearly. Learn the signs and symptoms in [English](#) and [Spanish](#). To learn more about Mental Health check out our [Children's Mental Health](#) page.

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**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

**Developing the IEP to Meet Your Child's Needs**

Wednesday, May 3  
3:30 - 4:30 PM  
Join us as we discuss special education and the IEP meeting process, including how parents can partner and actively participate in the development of their child's individualized education program.

**How is My Child Reading?**

Tuesday, May 9  
3:30 - 4:30 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!

**Planning for Success After High School**

Wednesday, May 10  
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
and attention? Do they have trouble staying on task at home and at school? This workshop will provide tips to improve your child’s focus, learning and positive behavior.

how creating a plan based on the student’s strengths and interests can lead to success after high school.

REGISTER NOW

¡Seis Consejos de Abogaciá que Convierten un No en un Sí!
Lunes, Mayo 8
4:00 - 5:00 PM
¿Está cansado que le digan “No” cuando trata de obtener ayuda para su hijo? Usted es el experto en su hijo y entiende mejor las necesidades de su hijo. ¡Aprenda cómo obtener los apoyos y servicios necesarios con estas seis increíbles estrategias de abogaciá!

REGISTER NOW

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

Boost Your Mental Health
Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is essential to your overall health and quality of life. Check out 31 Tips from Mental Health America to boost your Mental Health.

End to Corporal Punishment in Schools
The U.S. Department of Education issued this Dear Colleague Letter calling for the end to corporal punishment in schools, and encourages the use of evidence-based practices, such as implementing multi-tiered systems of support that create a safe and healthy school environment.

How to Help Children with Math Anxiety

Some experts think kids get more anxious about math than any other subject because math has a reputation for being difficult. Anxiety gets in the way of a kid’s ability to pay attention, remember facts and solve problems calmly. Positive reinforcement is one of the best ways to help children overcome math anxiety. This resource in English and Spanish offers tips and tools to face math with confidence.

Successful Transitions for All!

In Nevada, transition planning is included in the IEP process beginning at age 14. However, preparing children to become independent, productive adults and having high expectations of the future can begin at any age. U.S. Department of Education, Office of Special Education Programs (OSEP) is kicking off a new initiative to improve postsecondary outcomes for all children with disabilities with a virtual event, "Expect, Engage, and Empower: Successful Transitions for All!" Parents can register to attend for information on how to start preparing for transition now.

Can a Friend be Bullying Me?
Friends will sometimes disagree. Friends will sometimes hurt each other's feelings, have an argument, or simply need time away from one another. This is normal and can happen in any friendship, no matter how close. If you are experiencing treatment from a friend that hurts you and you have asked that friend to stop, but it continues, then that is not friendship. Hear from other students about friends being bullies. For more information go to our #SafeAllies page. Join our Bullies, Targets and Bystanders: Responses That Work on demand webinar.

Help Young Children Express Their Emotions

Young children often do not have the words to talk about how they are feeling. Instead, they act out their feelings. Here are some tips to teach your child to identify and express their emotions.

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.

Mood Tools

If you are feeling sad, anxious, or depressed, lift your mood with MoodTools! MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.
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

What is Secondary Dependency?

Did you know that the adult-aged child of an active duty or retired service member may qualify to retain their military medical benefits and other base
privileges after age 21 if they meet the following criteria? For more information click [here](https://www.example.com).

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**Youth MOVE Nevada Update**

With Children’s Mental Health Acceptance Week right around the corner from May 8th - 12th, Youth MOVE Nevada is busy at work preparing for the occasion! We recently ran across a [great video](https://www.example.com) for youth from the National Institute of Mental Health, to help youth understand the differences between Stress and Anxiety and how to make and use a stress catcher. Youth ages 14-24 are welcome to [register](https://www.example.com) to attend our weekly meetings and get together with other youth across the state with disabilities to learn, share and have fun!

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**Transition Corner**

**Options for Youth**

As youth prepare to leave high school, there are many options available to them. Whether they want to go to college, pursue other kinds of post-secondary education, or get a job, "[Hitting the Open Road After High School](https://www.example.com)," is a tool for youth that can help them understand their options and feel more confident in decision making.

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**Statewide Family News**

The [Statewide Family Network](https://www.example.com) is excited to kick off Mental Health Awareness Month as well as Children's Mental Health Acceptance Week in May! And as
parents, we know that it can sometimes be hard to talk to your youth about mental health and substance use. Luckily, SAMHSA has a video and a resource to help parents start a conversation with their youth. We hope you'll check it out and share with anyone you know who has a child!

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.
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