May 10, 2023

May 11th: Children's Mental Health Acceptance Day
Wear green!
Join the Twitter chat at 3 PM
Let's Talk About Mental Health!

Mental Health Awareness Month
Get Your Green Ribbon!
Show your support for Children’s Mental Health. Join us and pick your very own virtual green ribbon from our Green Ribbon Giving Grid. Together our voices carry volumes in bringing about change. Speak out and be heard. Donate $5 to raise awareness and make a difference! Your Support Matters and Children’s Mental Health Matters!
Check it Out - Mental Health Awareness Digital Swag Bag

For Mental Health Awareness month, PEP put together a digital Swag Bag filled with resources and many different activities. The swag bag includes a Free McDonalds Pie Voucher to the first 100 people and an uplifting playlist put together by the Youth MOVE team. Check out our Children's Mental Health Activity Book, and Youth Mental Health Wellness Activity Book, a big shout out to our awesome Sponsors for their support of the books.

You are Invited - “What I Wish My Parents Knew”

On Monday, May 22nd at 6 pm, Nevada PEP is partnering with Tell My Story to present a film titled "What I Wish My Parents Knew". This film sends a powerful message about Mental Health and our Youth. After the viewing there will be a facilitated discussion with the founder of Tell My Story- Jason Reid. This film features Southern Nevada youth, check out the reviews! You can register at: https://forms.office.com/r/E1w3VWJgKU.

Tips to Tame Stress

Here are some great tips to help restore calm and serenity to your hectic life. You don't have to invest a lot of time or thought into stress relievers. If you need quick relief to feel less stressed, this great resource is sure to do the trick. Our
Families SHARE page offers resources on staying hopeful, reducing stress, and building resilience. Join our Families SHARE Facebook page.

Don’t Delay IDEA Evaluation

In March 2023, OSEP emailed two memoranda’s regarding the child find requirements in IDEA. OSEP response to concerns that initial evaluations to determine whether a child has a disability have sometimes been delayed or denied by LEAs until a child goes through a state’s multi-tiered system of supports (MTSS) process, sometimes referred to as Response to Intervention (RTI). Read OSEP’s correspondence.

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

Coffee, Tea, and IEP In Person Workshop
Tuesday May 16
11:00 AM - 12:00 PM
Don’t miss this small group in person learning opportunity presented in our Las Vegas office for families! This guided interactive discussion will explore the special education process and encourage meaningful participation in IEPs. You’ll leave with new ideas that encourage high

Options to Solve Special Education Concerns
Tuesday May 23
5:00 - 6:00 PM
Do you know that parents have rights in the Special Education law? Join us to learn options that parents can take when they and the school are not in agreement about their child’s education or services.

REGISTER NOW
expectations that lead to success for students with disabilities.

Please call 702-388-8899 to register for this workshop!

Take Steps to Stop Bullying
Wednesday May 17
3:30 - 4:30 PM
If you are concerned about bullying, this workshop is for you! Join us as we discuss what bullying is, what to do if your child is being bullied, and what to expect after a report of bullying is made.

Six Advocacy Tips that Turn No's Into Yes's!
Wednesday, May 24
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!

My Child is Struggling in School: What is My Next Step?
Thursday May 18
4:00 - 5:00 PM
In this workshop we will discuss what to do if your child is struggling at school or if you suspect they may need special education. You will learn what schools can do to help and about the special education evaluation process.
Learning is Fun!

Summer is right around the corner. Children are excited for that summer break. Learning can continue with some fun activities; they won’t even know that they are learning because it’s so much fun. Take a virtual tour of NASA and learn about space, plus visit some fun space activities for a variety of grade levels. Learn about the wonders of the world by visiting these twenty virtual educational trips. Teaching children how to cook teaches them counting, letter, and colors all at the same time, here are eighteen recipes to get started. Make learning math fun by using math tools you have at home. Children don’t only have to read books to improve their reading skills this article shows six fun things for children to read. These three fun activities can help develop important motor and cognitive skills, how to make slime, how to build a blanket fort, and five ideas to create an indoor obstacle course.

Nevada Dual Sensory Impairment Project

Nationally, there are approximately 10,000 children who are deaf-blind. The combination of the two sensory impairments makes it challenging to implement typical educational strategies and approaches. The National Center on Deaf-Blindness provides assistance to Dual Sensory projects in each state. Students in Nevada who have both vision and hearing loss can receive services to support their education from the Nevada Dual Sensory Impairment Project. To learn more about deaf-blindness click here.
Equal Opportunity in Athletic Programs

The U.S. Department of Education (Department) released a notice of proposed rulemaking (NPRM) on athletic eligibility under Title IX to advance Title IX's longstanding goal of ensuring equal opportunity in athletics. The Department heard repeatedly that many schools, students, parents, and coaches face uncertainty about when and how transgender students can participate in school sports. The NPRM, if adopted as a final rule, would provide much needed clarity for students, parents, and coaches. The unofficial version of the proposed regulation is available here.

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.

Cyberbullying Doesn’t Take the Summer Off

Soon the school year will end, children will be out of school for the summer, unfortunately cyberbullying doesn’t take the summer off. This How to prevent Cyberbullying guide helps parents, caregivers, and youth learn ways to identify, prevent, and address cyberbullying. Check out our #SafeAllies page and listen to our podcast on Cyberbullying.
What is Bookshare?

Bookshare is an online library of accessible ebooks for people with print disabilities, such as visual impairment, severe dyslexia, cerebral palsy, and other reading barriers. Bookshare is free for all qualified U.S. students and schools. The library is the most extensive collection of accessible ebooks in the world. It includes books for school, career, and reading pleasure, as well as titles in over 34 languages. To join Bookshare, you must have a reading barrier that qualifies for Bookshare, learn about qualifications. For more information visit the website at Bookshare.org. Need help getting set up, contact Magaly Gonzalez at magalyg@benetech.org.

Inclusion Classrooms and Building Friendships

Making friends, playing and getting along with other children are good for all children, including children with disabilities. Inclusion classrooms help children practice social emotional skills and build friendships that may help them establish ongoing relationships. Check out these Tips for Parents - Friendships: Building a Good Life in English and Spanish to learn how to help your child learn about friendship building.

School Planner

School Planner is a handy app for students of all ages that was designed to help you organize your career as a student and have everything under control. Whether you are attending elementary school, high school or college, this is the app for you!
Are You Passionate About Helping Families?

Apply Here for employment opportunities in Northern, Southern, and Rural Nevada.

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

Discipline and Behavior

When we think about behavior as a form of communication, we begin to see a child’s actions through a different lens. In some situations, a child may be attempting to obtain something such as adult or peer attention or access a preferred activity, sensory experience, or social interaction. Read the OSEP blog Discipline Discussions: The Power of Asking "Why", to learn more.
Tips for Test Anxiety

The school year is ending, and some children may be taking some important tests, especially students in high school. Test Anxiety can impact the ability to perform well on tests. It can be a combination of physical symptoms and emotional reactions. Many children experience different levels of test anxiety for a number of different reasons. Here is a resource with some strategies that can reduce test anxiety and increase better performance on test day.

Learn More About OSEP

The mission of the Office of Special Education Programs (OSEP) is to lead the nation's efforts to improve outcomes for children with disabilities, birth through 21, and their families, ensuring access to fair, equitable, and high-quality education and services.

Youth MOVE Nevada News

Youth MOVE Nevada has been busy designing two new activity books for children and youth for Children's Mental Health Acceptance Month, but still managed to find the time to sit down with Alex Cherup from Nevada Legal Services to record our newest podcast about Supported Decision Making! As always, we encourage youth ages 14 - 24 to register and attend our weekly meetings that provides a safe space, support for one another and FUN!!!
Self-Advocacy

Self-Advocacy means speaking up for yourself. It is something that is learned over time and must be practiced frequently to improve. This is true for all youth, especially those with disabilities. This resource from Partners Resource Network teaches 4 steps for youth to becoming stronger self-advocates.

Statewide Family News

May is a big month every year for the Statewide Family Network. Not only is it Mental Health Month, but Children's Mental Health Acceptance Week is happening during the second week of May. We are working hard to move past awareness towards acceptance, advocacy and action! We encourage you to wear green all month long and especially on Thursday May 11th to show your support. For more information, resources and training about children's mental health visit our webpage.

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.
Support Nevada PEP with a recurring donation!

Help our organization by donating today! All donations go directly to making a difference for our cause.

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Statewide:
Toll-Free (800) 216-5188

Central Office Address:
7211 W. Charleston Blvd.
Las Vegas, NV 89117
p: 702-388-8899
f: 702-388-2966

Satellite Office:
4600 Kietzke Lane, Suite I-202
Reno, NV 89502
p: 775-448-9950
f: 775-448-9603

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