Get Your Green Ribbon - 6 Days Left!

Donate $5 or more pick your very own green ribbon from our virtual Green Ribbon Giving Grid, upload a picture and make it your own green ribbon. Help us raise awareness about Mental Health and help us meet our goal! Your Support Matters and Children’s Mental Health Matters. Have you checked out our Swag Bag filled with resources, games, and music. Don’t forget the first 100 people get a free McDonalds’ pie.

ADHD and Exercise

Research suggests that exercise can be a positive outlet to release built-up energy for some children with ADHD. Exercise can offer several benefits for
children with ADHD, including a positive effect on concentration. Read more in [English](##) and [Spanish](##) how half an hour of exercise a day can help children function and feel better.

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**Social Media - Youth Mental Health**

Recently, the Surgeon General released a new advisory on social media and Youth Mental Health. While social media may offer some benefits, there are ample indicators that social media can also pose a risk of harm to the mental health and well-being of children and adolescents. Read the full report [here](##).

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**Keeping Teens Safe**

This video gives parents tips on [How to Keep Teens Safe on Social Media](##). Including turning on strict privacy settings and setting limits on who kids can talk to online and when. Check out this informative resource, When Are Kids Ready for Social Media in [English](##) and [Spanish](##).

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**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. When stress becomes overwhelming it can affect your well-being. Here are some [effective stress relievers](##) that can calm your mind and body. For more tips about reducing stress, building resilience, and staying hopeful go to out [Families SHARE](##) page.
National Survey on LGBTQ Youth Mental Health

The Trevor Project’s 2023 U.S. National Survey results on the Mental Health of LGBTQ Young People amplifies the experiences of more than 28,000 LGBTQ young people ages 13 to 24 across the United States. Some of the key findings in this survey found that 56% of LGBTQ young people who wanted mental health care in the past year were not able to get it, and 41% of LGBTQ young people seriously considered attempting suicide in the past year. These statistics are just a few highlights from the survey to point out how critical it is to have the appropriate community-based services and support for all children and youth. The Gay and Lesbian Center of Southern Nevada, The Center and Our Center in Northern Nevada are community-based organizations that offer resources and programming to support youth and families. Nationally, the Trevor Project, which sponsored the National Survey, offers resources and support for LGBTQ youth through a hotline, chat, text, social networking site, and online information.

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.

Managing Emotions

Big feelings can be hard to manage. Older kids who still have tantrums when they’re frustrated or who tend to get overexcited might be struggling with self-control. Read Why Children Have Trouble Managing Their Emotions for helpful tips parents can use to help their child.

Summer Activities

Are you looking for summer programs for your children? This resource provides information on summer activities in Nevada. Summer programs and camps keep children busy and can help to create new friendships and lasting memories.

How Are We Doing?

PEP wants to hear from you. Take this quick survey and share your thoughts and suggestions about Nevada PEP and the services we provide to families. Your feedback helps us to improve and better meet the needs of the families.
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 Out of Your Child's Early Intervention Services**
Wednesday, May 31
2:00 - 3:00 PM
Concerned about your baby meeting their developmental milestones? Join us to learn what parents can do if they have concerns about their child’s development and how Nevada’s Early Intervention services can help.
REGISTER NOW

**Developing the IEP to Meet Your Child’s Needs**
Tuesday, June 6
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 development of their child’s individualized education program.
REGISTER NOW

**Positive Supports for Challenging Behaviors**
Thursday, June 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.
REGISTER NOW

**Bullies, Acosados y Espectadores: Repuestas que Functionan**
Lunes, Junio 12
4:00 - 5:00 PM
Si te preocupa el bullying, este taller es para ti! Únase a nosotros para hablar de lo que es el acoso, qué hacer si su hijo está siendo acosado y qué esperar después de que se realiza un informe de acoso.
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.
Summertime Fun

Summer is a great time to do fun family activities. Something as simple as shopping together, reading together each night, or even cooking a meal together routinely in the summer, can have huge benefits to the child and family life, reduce stress, and improve family relationships. Here is a list of 100 summer fun ideas for kids and parents to enjoy.

Tips for Teens - The Truth About E-Cigarettes

This fact sheet for teens provides information on the short and long-term effects of vaping and helps to dispel common myths about vaping.

Find Help - Nevada Teen Peer Support Text Line

The Nevada Teen Peer Support Text Line is a stigma-free, 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 noon to midnight 7 days a week and 365 days per year to be connected for a one-on-one text conversation with a young adult Peer Wellness Operator. To learn more about the NAMI of Western Nevada's Text Line click here.

Strategies for Bullying Prevention

The following bullying prevention tips can help parents support their children's positive experiences, friendships, and successful transition to the new school year. Learn more here. Summertime is a great time to check out our SafeAllies Podcast.
How to Help Children Learn to Share

Learning how to share is a big challenge for children because it often means putting aside one’s own needs to make someone else happy. Sharing is not a skill children have when they are born—they need to be taught how to share. Here are some tips for parents in English and Spanish. Learning how to share gives a child a very important and solid foundation for successful friendships.

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.

What's Up?

What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more!

Are You Passionate About Helping Families?

Apply Here for employment opportunities in Las Vegas and Reno, NV.
As summer approaches, families across the country are making plans for vacations, getaways and travel destinations. But for military families, the summer travel season looks a little different. Read more HERE.
Youth MOVE Nevada Update

Youth MOVE Nevada is so excited for the summer months! But we recognize that summer can be challenging for some of us, so remember self-care is still important! We found an earth friendly activity that can help brighten a corner of any room and can become a regular part of your self-care! And even though it's summer and school is letting out, YMNV continues to meet weekly, we would love for youth ages 14-24 to hang out with us, so register here.

Transition Corner

How to Make the Most of Summer Break

Did you know that if a transition-aged student (14-21) uses the roughly 90 days of each summer for learning, it can add more than three academic years of opportunity across a school career? Whether a youth will be attending ESY or getting a summer job, this is the perfect time to plan and prepare for the future. This resource from RAISE shares ideas of how to make the most of summer break.

Statewide Family News

Depression can be difficult to detect because symptoms may look very different for children, teens and adults. Surprisingly for some, depression can look more like irritability in teens. For more information about what to be on the lookout for if you think your child or youth may be depressed can be found here. We'd also like to remind all of our parents that our Family Support Groups in English or
Spanish continue to meet weekly. If you'd like to join, please call us at 1-800-216-5188 to sign up or complete a [Get Help Form](#) on our website.

**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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**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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