Attn. Medicaid Changes and Insurance Options

For the first time since the beginning of the COVID-19 pandemic, members may be removed from Medicaid because the Continuous Coverage Condition has ended. For you and your family to stay insured, if you still qualify, update your address to make sure you receive important notices in the mail and respond to any requests for information. You can update your address [here](https://example.com) or download the form and email it to [welfare@dwss.nv.gov](mailto:welfare@dwss.nv.gov) or mail it to DWSS, P.O. Box 15400 Las Vegas, NV 89114. If you are losing Medicaid coverage because of this change, Nevada Health Link may be able to help. Nevada Medicaid and Nevada Health Link are working together to make sure those losing Medicaid have access to the best insurance options available. Check these flyers in [English](https://example.com) and [Spanish](https://example.com). Click [here](https://example.com) to learn more. Watch an informative [video](https://example.com).
Tips to Manage Behavior Problems

Many children struggle with their behavior, which can have an impact on everyone in the family. Often, parents are not sure how to respond or the best strategy, especially when nothing seems to work. This complete guide to managing behavior problems will help parents with some useful strategies.

Tips for Back-to-School Anxiety

For some children, the idea of going back to school may cause them stress and struggles with their mental health. If your child is worried about the new school year, these back-to-school anxiety tips can help.

Homework and Time Management

Making sure the homework is done can sometimes lead to an argument, but establishing a consistent schedule can help set expectations and build a strong work ethic. Here are some ideas for parents. By helping your child complete their work at regular intervals, you are modeling how to manage time and projects in the future.

Back to School with HOPE

Going back to school can bring up a lot of feelings for students, parents, and even teachers. Happiness at being back together with friends, excitement about the new school year, and, of course, anxiety about the challenges ahead. The
Four Building Blocks of HOPE can help focus on PCEs (Positive Childhood Experiences). Here are [12 ways to practice PCEs](#) as children return to school. Join the Families SHARE [Facebook Group](#) to connect with other parents to help reduce stress, stay hopeful, and build resilience.

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**Charter Schools**

Nevada Charter Schools are public schools. As public schools, charter schools have the opportunity and obligation to serve students with disabilities. The responsibility to make a Free and Appropriate Public Education (FAPE) available to all students with disabilities applies to all public schools including charter schools under the Individuals with Disabilities Education Act (IDEA). This [document](#) is designed to help parents, students, and the charter school community better understand the rights of students with disabilities under Federal disability-related laws. Visit the [Nevada Department of Education Charter School Page](#). Find a [Charter School](#) in Nevada.

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**Spanish & LBTQI+ Services Added to 988 Lifeline**

One year after the rollout of the [988 Suicide & Crisis Lifeline](#), the U.S. Department of Health and Human Services (HHS) and its 988 Lifeline partners announced the addition of [Spanish text and chat](#) services. Specialized services for [LGBTQI+ youth and young adults](#) were also added earlier this month. 988 is a life-saving program that connects Americans with trained counselors who offer real support in times of crisis.
Great opportunities to increase your advocacy skills and improve education opportunities for your child. Register for these informative FREE trainings.

- Presented by Nevada PEP

**Take Steps to Stop Bullying**
July 27, 3:30pm – 4:30pm
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.

[REGISTER NOW](#)

**Options to Resolve Special Education Concerns**
July 31, 5:00pm – 6:00pm
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](#)

**My Child is Struggling in School: What is My Next Step?**
August 8, 3:00pm – 4:00pm
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.

[REGISTER NOW](#)

**Making the Most of Early Intervention Services**

**Developing the IEP to Meet Your Child's Needs**
August 10, 5:00pm – 6:00pm
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.
August 3, 3:00pm – 4:00pm
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.

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 Tips for Parents

Bullying is a serious problem among school age children. For many children, the anxiety of a new school year is not of nervous excitement but severe concern of potential bullying. With the new school year right around the corner, this resource has some useful tips for Parents on bullying. Our #SafeAllies page has great resources for Parents including a Know your Rights Handbook in [English](#) and [Spanish](#) and the Nevada Bullying Reporting and Investigation Process in [English](#) and [Spanish](#). Nevada PEP offers [On-Demand](#) trainings on Steps to Stop Bullying.
Help Your Child Have a Successful Bedtime

With back-to-school time upon us, parents and children need to get back into good routines including going to bed early enough and waking up at a set time. For some children this may take a few weeks. When children don’t get enough sleep, behaviors are likely to occur. Your child might be moody, short-tempered, and unable to engage well in interactions with others. Lack of sleep can also have a negative impact on your child’s ability to learn. It is important to establish a bedtime routine that you and your child both understand and helps everyone to feel calm and relaxed. This handout has some great tips on how parents can establish good bedtime routines.

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.

Productive

Productive is a clear, simple app that helps you to manage your to-do lists, set goals and routines, and track your progress. It offers users help in breaking negative habits and forming new, healthier habits.
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
Children, Deployment, and Mental Health Care

There are more than 1.2 million military children ranging between birth and 23 years of age. Their lives are filled with the inherent danger of military operations, frequent moves, intermittent separation, the threat of a terrorist attack, and dramatic and graphic television coverage of military conflict. Children of active-duty service members are potentially at a higher risk to
develop mental health conditions than children in the general population. Learn More [Here](#). Children who may be suffering from any type of mental health problem can receive treatment via the self-referred, outpatient mental health benefit. Visit TRICARE’s [Mental Health](#) page.

### Youth MOVE Nevada Update

With the beginning of the school year right around the corner, Youth MOVE Nevada is busy preparing a host of activities and topics that address common issues youth face while making the shift back to their school-oriented schedule. As always, 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

#### Sharing Your Mental Health Needs

Self-advocacy is the ability to effectively communicate your needs. For those with disabilities, a big piece of this is knowing how and when to disclose your disability. When youth move from high school to adult services, they will need to know how to tell others about their disability if they need accommodations. [Here, NAMI shares information](#) and tips about disclosing a mental health condition at work or in post-secondary education.

### Statewide Family News

Multiple studies have found a link between heavy social media use and an increased risk of depression, loneliness, anxiety and lower self-esteem. The
U.S. Surgeon General has issued an advisory on social media use with tips for parents on setting limits on technology use. In addition, the Child Mind Institute has information for parents to help their children and youth learn to use screen time in a healthier way.

Smith's Inspiring Donations

Helping Nevada PEP is easy!

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Watch a step by step “How to” video Here.
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