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E-Communiqué

April 25, 2025

May is Mental Health Awareness Month

Accept • Advocate • Act

We are joining the National Federation of Families to celebrate **Children's Mental Health Action Week**, Sunday, May 4th through Saturday, May 10th.

- Join us on Thursday, **May 8th**, by wearing **GREEN** to show your support for children's mental health. Take pictures and post to social media - tag us **@nevadapep** and **@youthmovenv**.
- Share a short video on mental health or self-care using **#MindMatters2025** and tag **@youthmovenv**.
- Youth MOVE Nevada and the PEP team will deliver Children's Mental Health and Youth Activity books to selected schools across the state.



Helping Your Child Manage Frustration

With a little bit of guidance and a lot of patience, you can help your child develop coping strategies to deal with frustrations both large and small. Here are some [simple activities](#) that may help your child cope when they're frustrated.

When Behavior Masks a Learning Disability

Children who struggle in school sometimes act out — resisting homework, refusing to participate, even becoming disruptive in class. To parents and teachers, it may come across as defiance or disinterest. But in many cases, these behaviors are signs of an undiagnosed learning disorder that can make school more challenging. Learn more in [English](#) and [Spanish](#).



Check Out Access Nevada

[Access Nevada](#) now makes it easier than ever to find services and resources from Human Services agencies statewide. These updates enhance your experience, strengthen security, and provide more information about programs to support both temporary and long-term needs. Different programs such as mental health, health care, infants and children, or programs for families with low incomes to buy food and provide temporary assistance to needy families. You can explore the benefits and services and apply online to see if you qualify for benefits.

Lost Medicaid? Here Is What to Do:

- Get low-cost insurance: [NevadaHealthLink](#)
 - If you think you still qualify for Medicaid, you have 90 days to reapply at accessnevada.nv.gov. Be sure to [update your address](#). If you have questions, you can email RenewMyMedicaid@DWSS.nv.gov.
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UPCOMING WEBINARS **LIVE** **ONLINE**



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 [\(In-Person Workshop\)](#)

Reno Office

Tuesday, April 29

10:00 – 11:00am

Don't miss this small group in person learning opportunity 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 expectations that lead to success for students with disabilities.

Call 1-800-216-5188 to register.

Help Your Child Focus **on Learning**

Thursday, May 1

5:30 – 6:30pm

Does your child struggle with focus 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.

[REGISTER NOW](#) 

Take Steps to Stop Bullying

Improving Student Behavior

Thursday, May 8

5:00 – 6:00pm

Participants will learn components of special education under IDEA and gain strategies that can help children with their behavior. Understanding Positive Behavioral Supports, Nevada's laws on Aversive Interventions, suspension and expulsion policies will give participants information on how to help children reach success.

[REGISTER NOW](#) 

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

Tuesday, May 13

5:00 – 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.

[REGISTER NOW](#) 

Coffee Tea and IEP [\(In-Person Workshop\)](#)

Las Vegas Office

Tuesday, May 6

5:00 – 6:00pm

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



Thursday, May 15

11:00am – 12:00pm

Don't miss this small group in person learning opportunity 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 expectations that lead to success for students with disabilities.

Call 1-800-216-5188 to register.

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

Self-Care Strategies for Parents

These days, time for yourself may be close to nonexistent. Yet, to be [fully present](#) for your kids, you should, as the saying goes, put your own oxygen mask on first. Ideally, we'd all have time to engage in meaningful hobbies or at least get a solid break to check out every now and then. But right now, you may have to steal whatever time you can get for yourself. Here are some [ideas for self-care](#) no matter how tight you are on time.



Bullying: A Silent Mental Health Epidemic

Bullying can have long-term effects on mental and emotional health. Bullied individuals and bullies are more likely to suffer [from depression, anxiety, and lower self-esteem](#). [Research suggests that some kids](#) who were bullied as children seek help for a psychiatric problem, and others who were bullies also sought medical treatment for mental health as teen or young adults.

Keeping Teens Engaged as The School Year Ends

It's common for kids to lose interest in their work during the last weeks of school. Tweens and teens with learning and thinking differences can burn out even faster because of the extra effort it takes to complete their work. Use these [tips](#) to help them stay engaged.

Early Childhood Inclusion

Taking a Break: Using a Calm Down Area at Home

A calm down area is one strategy that might be used when children are feeling anxious, stressed, or overwhelmed. It is important to note, the calm down area is not to be used for punishment. Provide positive feedback and attention to your child for using the calm down area, this is helping your child to let go of strong emotions and begin to feel calm and ready to engage with others again. Here's how to get [started](#).

Talking to Teens About Drugs and Alcohol

Some of the most common concerns for parents of adolescents are tobacco, alcohol, and drugs. The pressure to experiment with these substances can come from friends and peers. If you suspect your child is using these substances, open a discussion about the dangers involved with using tobacco, alcohol, and drugs. Here are some [key points](#) for parent to use.

Forest Island

Immerse yourself in a world of peace and tranquility with this charming animal life simulation game. Enjoy peaceful ASMR sounds that include gentle rainfall, ocean waves, and birdsong. As you grow various natural habitats and restore the environment with cute animal companions, you'll find yourself transported to a calming space where your stress is relieved.



APP COMPANY: [Nanali](#)

Suicide Proofing Your Home

Many youth today are struggling with their mental health, 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.

Military-Connected Children News

Schools Receiving the Purple Star School Award

The Nevada Department of Education is pleased to announce that 12 schools are receiving the [Nevada Purple Star School Award](#) this month. Schools receiving the designation have committed to supporting the educational and social-emotional needs of military connected children and their families. The [12 Schools](#) receiving the designation join [44 other Nevada schools](#) that have received the award since the program began in 2021.

Help Your Child Manage Anxiety

Anxiety is another word for feeling worried or scared. It's normal for children and teens to feel anxious sometimes, like before a big test at school or talking in front of a group of people. But if your child's anxiety gets in the way of normal activities, such as sleeping alone at night, playing outside or going to school, they may need extra support. Here are some [strategies and tips](#) that can help.

Youth MOVE Nevada Update

April is Autism Acceptance Month. A perfect time to highlight the power of young people sharing their stories and experiences. In this [video](#), you'll hear from young people as they share how we can all be more accepting and help break the stigma around autism. As always, our weekly [youth-led meetings](#) are open to those across Nevada between the ages of 14 and 24. We also encourage you to follow us on [Instagram](#), [Facebook](#), and [X!](#)



Nevada Medicaid Funded School Health Services

This guide is a resource for school districts regarding the Medicaid School Health Services program. It supports schools in delivering medically necessary services to Medicaid-eligible students and covers a variety of services provided in school settings. In the past, eligibility was limited to students who had an Individualized Education Program (IEP), but now these services can be provided to all Medicaid-enrolled students. The guide includes requirements for documentation, eligibility verification, and service limitations. Learn more about the [Program Guide](#).

PLANNING FOR THE FUTURE

Preparing for the future can be fun and exciting, but without preparation, it can lead to additional stress. A recent study shows that 69% of teens say that thinking about life after high school causes them stress. This resource from [Mental Health America](#) shares way to reduce stress about future planning. Check out [our webpage](#) for other tips and resources for preparing for your future!

Statewide Family Network News

The [System of Care](#) Framework is a national best practice model that many states have used to improve their children's behavioral health systems. Recently, Nevada was awarded a new grant from SAMHSA to improve the system of care for children with intellectual or developmental disabilities and behavioral health needs. The Statewide Family Network is partnering with the state to provide the youth and family voice on this project. To learn how you can get involved in systems change, contact Britt Young at byoung@nvpep.org or at 1-800-216-5188.

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