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E-Communiqué

May 27, 2025

Only Five Days Left to **Get Your Green Ribbon - Help Us to Meet Our Goal**

Have you used Nevada PEP's services or resources in the past; did we help you? Can you donate \$5 or more to support Children's Mental Health? Upload a message or a picture on our virtual [Green Ribbon Giving Grid](#). Help us raise awareness about Children's Mental Health. Your Support Matters and Children's Mental Health Matters. Check out our [Swag Bag](#) filled with resources, games, and music.



The Positive Impact of Parental Encouragement

Using positive encouragement in a child's everyday life has been shown to improve their behavior and help develop more positive relationships with

parents. Click [HERE](#) to learn more.

Teaching Children How to Deal with Conflict

It's hard to solve a problem when you're so angry you can't think straight. That's why helping kids learn to solve conflicts starts with helping them calm down. Teaching children practical skills to manage it in a healthy way will help them navigate everything from small squabbles to big issues both now and as they grow up. Learn more in [English](#) and [Spanish](#).



Food Banks and Food Pantries

It's summertime and children are out of school. Many families continue to have food insecurities. [Three Square](#) is a member of [Feeding America](#), a network of more than 200 food banks and the nation's largest domestic hunger-relief organization. Three Square serves the residents in Lincoln, Nye, Esmerelda, and Clark County in Nevada. Here is a list of drive-thru and walk-in [Food Distribution Sites](#). If you need assistance finding food or are a senior (60+) in need of home delivered groceries call 702-765-4030. See the map of [Food Distribution sites](#). Here is a list of [Food Pantries](#) in Southern Nevada.

In Northern Nevada the [Food Bank of Northern Nevada](#), helps families in Washoe and Rural Communities. Here are the [locations](#) on food distribution sites in Washoe County and Rural Nevada to help families that are struggling. Volunteering at Food Banks is a great way to get involved in your community. Here is information on volunteering in [Southern Nevada](#) or in [Northern Nevada](#).

Know Your Options

As parents we want to be prepared to help our children and youth when they need it most. For children and youth with mental health care needs, having a crisis plan before the crisis will help. This [resource](#) helps parents to be prepared ahead of a crisis, and provides places to call to get help and information about [Certified Community Behavioral Health Centers](#).

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

Getting the First Job

Tuesday, May 27

5:30 – 6:30pm

Are you ready for your first job?

Parents and youth can join us as we discuss tips for the job search such as how to find job openings, writing a resume, preparing for an interview, and requesting job accommodations.

[REGISTER NOW](#) >

Developing the IEP to Meet Your Child's Needs

Tuesday, June 3

5:30 – 6:30pm

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](#) >

How Is My Child Reading?

Thursday, May 29

5:00 – 6:00pm

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!

[REGISTER NOW](#) >

Six Tips that Turn No's into Yes's!

Thursday, June 5

5:00 – 6:00pm

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!

[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](#).

Different Types of Anxiety

Everyone has anxiety from time to time. Anxiety is an emotion. Sometimes when we feel anxious, our heart may beat a little faster, we sweat a little more, and we obsess over things we're afraid might happen. We feel uneasy or worried. Some people, anxiety becomes a problem. It can keep them from functioning at school or at work. Sometimes anxiety can get so intense, it feels like we're having a heart attack. Here are the most common types of [anxiety disorders](#).



Safety Tips for Parents

Summer is right around the corner; children will have more free time to be on social media. As parents, our number one priority is to keep our children safe. The digital world and the internet have given our children the opportunity to explore the way they make and maintain friendships, how they spend their leisure time, and their engagement with the world. It's important to always have an open dialogue with your child/youth and know who they are communicating with. Here is a short video with tips for parents on [how to keep teens safe on social media](#).

When Your Child is in Crisis

The [Children's Mobile Crisis Response Team](#) was created to provide crisis intervention and short-term support to Nevada families dealing with a behavioral or mental health crisis. The program is designed for children and youth under the age of 18. Families and youth in Nevada can also call 988 to connect with [Crisis Support Services of Nevada](#). Remember help is available, speak to someone today.

Teaching Kindness

Elmo's thinking about kindness! In this episode of Elmo's World, Elmo asks his new friend Smartie and some old friends too, to help him learn all the different ways to be kind! Watch this [video](#) as Elmo's learns about kindness.

Let's Read Let's Talk

This program takes a deep dive into dialogic reading techniques, helping parents with strategies they can use at home to increase their child's literacy development through asking questions, predicting, teaching the parts of a book, and summarizing content. Learn more in [English](#) and [Spanish](#).

Moodee

Moodee is your personal mood guide that helps you understand and manage your emotions. Track how you feel, get AI-recommended activities to boost your mood, explore emotional insights, and reframe your thinking through interactive stories and training. Safe, private, and easy to use—Moodee makes emotional self-care part of your everyday life.



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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

Military Children and Mental Health Care

There are more than 1.6 million military children who face many challenges and unique experiences because of their parents' service. While military members serve around the world, we often forget the challenges faced by their children. Children of active-duty service members are potentially at a higher risk to develop mental health conditions than children in the general population. 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.

Teaching Emotions: Activity Ideas for Families

Teaching children about feelings helps them get better at communication, empathy, and understanding their own emotions. This resource provides [activities](#) that parents can use to teach emotions during playtime.

Youth MOVE Nevada Update

We've had some exciting things going on for Mental Health Awareness Month! Our [social media campaign](#), #MindMatters2025 is motivating youth across Nevada to speak up and share their experiences with mental health, be sure to check it out! We also just released a podcast episode featuring powerful youth perspective about how to start the conversation. Listen now on [Spotify](#) or [Apple Podcasts](#). As always, our weekly [youth-led meetings](#) are open to those across Nevada between the ages of 14 and 24. Give us a follow us on [Instagram](#), [Facebook](#), and [X](#)!



Teen Drug Abuse: Help your Teen Avoid Drugs

The teen brain is in the process of maturing. In general, it's more focused on rewards and taking risks than the adult brain. At the same time, teenagers push parents for greater freedom as teens begin to explore their personality. That can be challenging for parents. Teens who experiment with drugs and other substances put their health and safety at risk. Help prevent teen drug abuse by

[talking to your teen](#) about the consequences of using drugs and the importance of making healthy choices.

PLANNING FOR THE FUTURE

As youth become young adults and increase independence, managing healthcare and accessing health services are important skills to learn. [Here is a great resource](#) that offers practical advice on navigating this journey. It covers topics like questions to ask your doctor, readiness assessments, and making informed decisions about health care. This resource empowers both youth and parents to take proactive steps toward a healthy and independent future.

School Breaks and Student Mental Health

School breaks offer a much-needed pause from academics and a busy school schedule. Students can take this time to relax and get back into activities they didn't have time for while they were in school. But sometimes this may also bring some stressors: disrupted schedules, childcare no longer in place, increased time in close settings with family, and other changes. Here are some [helpful resources](#) to keep you on track and support you or your child's mental health needs.

Statewide Family Network News

[Nevada Medicaid](#) is working to improve behavioral health services for children—and the Statewide Family Network is working hard to ensure that family voices are heard in this effort. Your experiences can help shape a system that better meets the needs of children and families. Contact Britt Young at byoung@nvpep.org or 800-216-5188 to find out how you can share your voice through focus groups, public comment, or attending meetings. A better system starts with families at the table.

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