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May 12, 2025

Get Your **Green Ribbon!**

Show your support for **Children's Mental Health**. Join us and pick your very own virtual **GREEN Ribbon** from our [Giving Grid](#). Speak out and be heard. Donate \$5 or more to raise awareness and make a difference! Because Children's Mental Health Matters!

Governor Lombardo has proclaimed May 2025 Mental Health Awareness. We are honored and proud to showcase our amazing [Sponsors](#) and [Proclamations](#) from Leaders across the State.

Visit our digital [Swag Bag](#) filled with [resources](#) and many different activities. The swag bag includes an amazing [playlist](#) by the [Youth MOVE Nevada](#) team. Check out our [Children's Mental Health Activity Book](#), and [Youth Mental Health Wellness Activity Book](#).



Three Ways to Boost Your Resilience

If you're a parent, taking time away from your usual schedule is one of the best ways to boost resilience and strengthen your capacity to nurture your children.

[Click Here to Learn More.](#)

Learning the History of IDEA

Did you know on January 1, 1990, The Education for All Handicapped Children Act became the Individuals with Disabilities Education (IDEA), [Public Law- 110-476](#). The 1990 reauthorization added traumatic brain injury and autism as new disability categories. Additionally, Congress mandated that as a part of a student's Individualized Education Program (IEP), an individual transition plan, or ITP, must be developed to help the student transition to post-secondary life.

This year we are celebrating the 50th year of IDEA. Diane Diaz the U.S. Department of Education's incoming Deputy Assistant Secretary for Special Education is the mother of a child with autism. Watch this video [Facebook](#) or on [X](#) where Assistant Secretary Diaz says, *"This administration's efforts to create more school choice, to empower parents be advocates for their students."* She also talks about the importance of IDEA, and how the Individuals with Disabilities Education Act (IDEA) helps students receive a free appropriate public education. Deputy Assistant Secretary Diaz says, *"She wants to go a step further and say we want to have and free and Stellar education for the growing number of students who learn differently."*

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

Developing the IEP to Meet Your Child's Needs

Tuesday, May 13

5:00pm-6:00pm

Join us as we discuss special

Options to Resolve Special Education Concerns

Tuesday, May 20

5:00pm-6:00pm

Do you know that parents have

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

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.

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 >

Tomar Medidas para Detener el Acoso

jueves, 22 de mayo

5:00pm-6:00pm

Si le preocupa el tema de bullying, este taller es para usted! Únase a nosotros para conversar sobre que es el acoso. Qué hacer si su hijo/a 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](#).

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](#).



Activities for Summer Learning

The school year is almost over; children are excited to begin their summer vacation. Learning can continue with some fun activities; they won't even know that they are learning because it's so much fun. 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, [learn how to make slime](#), [build a blanket fort](#), and [five ideas to create an indoor obstacle course](#).

Resources to Find Child Care for Your Family

This resource provides a [checklist](#) to see if you qualify for any childcare or early learning programs.

Prior to answering the questions, you will need to know:

- County of Residence or Location Where Care is Needed
- Age(s) of Child(ren) Needing Care
- Type of Care Needed – Full Time, Part Time, and/or Before/After School Care
- Household Size and Income (total number of people that live in your home and the total gross income – before taxes are taken out – for all members of the household)
 - To find your FPL (federal poverty level), use the [2025 Federal Poverty Guidelines](#) based on your household size and annual household income level.



What is Digital Citizenship?

Digital citizenship is appropriate, responsible behavior when using technology. This includes social media, websites, online forums, communities, comments, and in apps and other device features. Teaching children and teens digital citizenship skills can help to prevent cyberbullying and its negative effects. When children learn positive online behaviors, social media can be used in productive ways. Check out the [Citizenship Fact Sheet](#) for more information.

Summer Success for Children with ADHD

Summer vacation is an exciting time of year, for all children, but for kids with ADHD and their parents the long days of summer, new activities and lack of structure can turn excitement into disaster. Here are some [suggestions](#) to help kids with ADHD, have a fun, safe, relaxing break.



Appropriate Ways for Children to Get Your Attention

Children use a variety of ways to get attention and will often resort to techniques they find most effective, such as yelling or whining. If yelling and whining gets a child what he needs, he will continue to yell and whine until he learns a new way to get attention. Here are some [ideas to try](#) at home to change this behavior.

Physical Activity for Children with Special Needs

Check out this [5-step plan](#) from Action for Healthy Kids that starts with "safety first" and includes consideration of each child's IEP and how wellness activities can support their overall education. The article also covers general inclusion ideas for all students and concludes with ways to adjust physical activities to include students with disabilities. Additionally, there are [resources in Spanish](#).

MentalUP

MentalUP is a teacher-recommended app packed with brain games, IQ tests, and physical activities for kids ages 4–13. It offers learning games for all ages in a fun way to support academic success, including strengthening focus and concentration, improving memory and learning ability, building visual and linguistic skills, improving arithmetic skills with math games, and developing problem-solving and logic skills.



App by: [MentalUP](#)

Activities for Reading and Writing Fun

Doing activities with your children allows you to improve their reading and writing skills while having fun at the same time. These [activities](#) for pre-readers, beginning readers, and older readers includes what you need and what to do for each one.

Youth MOVE Nevada News

May is Mental Health Month, making it the perfect time to hear youth speak up about their mental health. Tune in to our latest [podcast episode](#) where one youth shares their experience and the importance of breaking the stigma. We also wanted to share this [resource](#) highlighting common signs of mental health challenges with tips on when to seek support. As always, our weekly [youth-led meetings](#) are open to those across Nevada between the ages of 14 and 24. We encourage youth between the ages of 14 and 24 to join our weekly. We also encourage you to follow us on [Instagram](#), [X](#), and [Facebook](#)!



This is Resilience

Watch this amazing [video](#) about Resilience. A young man's dream of flying takes off against all odds. This video will inspire you to be resilient. Remember Zach's words "*The word impossible is an illusion behind the word possible.*"

PLANNING FOR THE FUTURE

May is a great time for youth and parents to explore [career readiness](#). Summer break allows time for youth with disabilities to participate in volunteer experiences, job shadowing, get a summer job, or even just work on [soft skills](#). To learn more about preparing for employment, check out our free [Getting the First Job](#) webinar or find more resources on our [website](#).

Hand in Hand

Nominate someone special who has made a positive difference in your child's life. Your special individual will receive a beautiful certificate, and a Hand in Hand lapel pin. Your story will be in our Hand in Hand Annual yearbook. Click [HERE](#) to make a nomination.



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