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E-Communiqué

October 24, 2025

☀️ Alexander the Adventurer's Final Quest! ☀️



Alexander the Adventurer is nearing the end of his incredible journey to end bullying! Along the way, he discovers that kindness is the greatest treasure of all. Thanks to the amazing messages of kindness shared by students, parents, and the community across the state, Alexander has grown stronger and braver — proving that together, we can make a real difference.

There are only a few days left to get your [kindness message](#) in and be entered into our **final raffle, which will be held on Friday, October 31st at 10am!** Don't miss your chance to join Alexander on his final adventure and help him reach his goal of spreading kindness everywhere he goes.



Teaching Life Skills for Confident, Resilient Kids!

Independence is a crucial trait that every child should develop to become successful, self-sufficient adults. Fostering independence through life skills is not just a necessity, but a joyous journey. It's about helping children become confident and resilient individuals who can easily navigate the challenges of the world. [Click here to learn more.](#)

New Information about Nevada Medicaid

Nevada Medicaid is expanding managed care statewide starting January 1, 2026. This will give families statewide access to coordinated health plans with extra benefits. To help you understand these changes, [Nevada Medicaid has released a helpful FAQ guide](#) that explains how to choose a plan, what to expect if you're assigned one, and how to keep your current providers. Here is a more information on [How to Pick a Health Plan](#). Make sure to update your address if you or your children are enrolled in Medicaid and watch your mail in October and December for more information.



Learn about Bookshare

Bookshare® provides the world's largest online library of accessible reading materials for people with print disabilities. Individuals can sign up for membership and access the library on their own. Organizations that serve individuals with print disabilities (schools, libraries, community centers, etc.) can sign up and provide access to their students or clients. A Bookshare membership offers unlimited access to accessible books, textbooks, newspapers and magazines. Additionally, free access to technology makes it easy to read books with a computer. For more information click [here](#).

Behavior Tips for Parents

Helping to shape your child's behavior is an important part of parenting. It can be both challenging and rewarding. By keeping a few key principles in mind,

parents can make a positive difference. Here are some [helpful tips](#) that parents can use.

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, October 28

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. Please call **1-800-216-5188** to register.

How Is My Child Reading?

Thursday, October 30

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](#) >

Developing the IEP to Meet Your Child's Needs

Tuesday, November 4

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](#) >

Understanding Section 504

Thursday, November 6

5:00 – 6:00pm

Section 504 protects students with disabilities from discrimination and exclusion. Join us to learn what a 504 Plan is, how it is different from an IEP, and how a Section 504 Plan can help your child succeed.

[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](#).

How Strong is Your Resilience Network?

Tough times are a normal part of life. Sometimes, it can be hard to "bounce back" when you're already down. Becoming more resilient doesn't have to be tackled alone, but resilience can be strengthened through the support of your loved ones and community. Take our [assessment](#) to find out how strong your resilience network is and find resources to help you strengthen it.



How Is “Direct” and “Indirect” Bullying Different?

Direct bullying is a face-to-face attack involving physical or verbal aggression like hitting, kicking, name-calling, or yelling. Indirect bullying is less overt and can include spreading rumors, social exclusion, and damaging someone's reputation or relationships through subtle, often socially manipulative tactics. [Read more including examples.](#)

Understanding and Adapting to the Teen Years

Teens experience many changes as they prepare to become adults. Understanding what's happening in your teens' life and in your relationship with them can help you support your teen—and yourself—during this interesting, rewarding, and often challenging time. Read more [HERE](#).



Early Childhood



What is Early Intervention?

Early intervention is services and support for children birth through 3 who have developmental delays or specific health conditions. If the child is found eligible due to a delay in communication, physical, social emotional, or cognitive skills, an [Individualized Family Service Plan \(IFSP\)](#) is developed. The IFSP is a plan with goals and services to help an infant or toddler meet their milestones. Join this On Demand workshop - [Making the Most Out of Your Baby's Early](#)

[Intervention Services](#) to learn more. Check out the CDC Milestone Checklist in [English](#) and [Spanish](#).

10 Tips to Help Your Child Fall in Love with Reading

Reading can be a great way for children to [relax](#) and escape to a different world. Here are 10 ways parents can help build and support a child's love of reading. Here are some [tips to bring a love of reading into your child's life](#).

Voidpet Garden: Mental Health

Enter Voidpet Garden — a mental health journal brought to life, where your emotions become magical creatures you can nurture and grow. With CBT and DBT-inspired prompts, mood tracking, and mindful journaling tools, you'll build positivity, self-awareness, and emotional balance. Your journey to better mental health becomes a calming, creative adventure.



APP COMPANY: [Voidpet](#)

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

Children of active-duty service members are potentially at a higher risk of mental health conditions as they are subjected to an “emotional cycle of deployment.” The signs and symptoms that should alert us to potential problems vary with each age group. Treatment is available via the self-referred, outpatient mental health benefit. Visit the [TRICARE Mental Health](#) page.

Positive Behavior Intervention for Families

Positive Behavior Intervention & Supports (PBIS) is an effective way to reduce challenging behaviors. [Check out these tips](#) for families, and caregivers. For more information about PBIS visit [Positive Behavior Support of Nevada](#). Check out these resources in [English](#) and [Spanish](#). Join our on-demand webinar [Behavior and Discipline in Schools](#), parents will learn strategies that can help their child manage their behavior.

Youth MOVE Nevada Update

Understanding your rights in Nevada when it comes to bullying is essential for keeping yourself and others safe. Listen to our [Bullying Prevention](#) podcast episode to learn practical steps you can take if you're experiencing bullying and how to stand up to it. One powerful way to turn awareness into action is by spreading kindness. Participate in our [Kindness Poster Contest](#), open to all Nevada youth ages 14–24! You can also join our weekly youth-led meeting every Tuesday at 5 PM. Don't forget to give us a follow us on [Instagram](#), [Facebook](#), and [X](#)!



Detecting Childhood Anxiety

Kids can develop an anxiety disorder. Eventually the disorder can start interfering with a child’s friendships, life at home, and work in school. Even so, the anxiety still might not be noticeable to parents. It is normal for very young children to be afraid of the dark, or for school-age children to [worry about making friends](#). But sometimes normal childhood anxiety morphs into

something more serious. Read more in [English](#) or [Spanish](#). For more information about anxiety, check out our [Mental Health Facts](#) page.

PLANNING FOR THE FUTURE

Building executive functioning skills, like planning, focus, and self-control, is an important part of preparing for adulthood, especially for youth with disabilities. Harvard's Center on the Developing Child offers a [free guide](#) with fun, age-appropriate activities to help strengthen these skills at home, in school, and in the community. For more tips like these, visit our [Future Planning webpage](#) or contact your Nevada PEP specialist.

Statewide Family Network News

Did you know that Nevada PEP is working with Nevada Medicaid to expand access to family peer support services as part of the [Children's Behavioral Health Transformation](#). Family peer support connects families of children or youth with behavioral health challenges with someone who has similar experience as a parent. [Family Peer Support Specialists](#) offer emotional support, practical strategies, and encouragement to help parents navigate complex systems like school, healthcare, and community services. By sharing their own experiences, they help families feel less alone, more informed, and more confident in advocating for their children's needs.

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