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E-Communique

December 29, 2025



Donate Today or All Year Long

Because of donors like you, Nevada PEP can stand beside families and children with disabilities when they need support the most. Your year-end gift directly empowers families and strengthens our community. When you [give today](#), you create lasting impact, for families in Nevada.

Another way to support Nevada PEP is by becoming a recurring donor; this is a powerful way to turn your generosity into year-round support. By becoming a [recurring donor](#) Nevada PEP can continue to Educate, Encourage, and Empower families to be lifelong advocates.



How To Teach Kids to Be Mentally Tough

Strong-minded kids are better prepared to handle the challenges of the world. Looking for opportunities to start small and building from there is best. [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.



Holidays Are Tough - Help is Available

Before, during and after the holidays can be a stressful time for many people, some people struggle with depression and loneliness'—The [National Alliance on Mental Illness](#) (NAMI) is dedicated to building better lives for the millions of Americans affected by mental illness. [NAMI Nevada](#) has three different chapters that you can reach out to [Nami Northern Nevada](#), [NAMI Western Nevada](#), or [NAMI Southern Nevada](#). Here are some great ideas on [Self Help Techniques](#) for coping with mental illness. [Support Groups](#) are offered at different NAMI Nevada chapters as well. Check out Nami's [Tips for Managing the Holiday Blues](#). If you need to talk the [988 Suicide & Crisis Lifeline](#) is

available 24/7/365 caring counselors are here to help. Always remember you are not alone call, or text in English or Spanish.

Helping a Loved One

When a loved one is experiencing a mental or substance use disorder, it is important to know how to support them and what to say. This resource may help you [start the conversation](#) and take the first step to getting help.

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

Youth MOVE Meeting

Tuesdays

5:00 – 6:00pm

Nevada youth (ages 14-24) are invited to join our virtual Zoom meetings to discuss mental health, connect with others, and learn more about finding peer support.

[REGISTER NOW >](#)

Virtual Family Support Group

Wednesdays

5:00 – 6:00pm

Parents get together to support each other and learn new information! Join us virtually for a chance to connect as a community and encourage and empower one another with our shared experiences. Please call to register 1-800-216-5188.

Positive Supports for Challenging Behavior

Tuesday, January 6

5:00 – 6:00pm

Do you need new ideas to support your child's behavior? This webinar will help parents understand their child's challenging behaviors and learn evidence-based practices to teach your child new positive behavior skills.

[REGISTER NOW >](#)

Considering College – What You Need to Know

Thursday, January 8

5:00 – 6:00pm

Do you have a disability and want to go to college? In this webinar we break down what youth with disabilities and their parents need to

Grupo de Apoyo Familiar Virtual

Miércoles

5:00 – 6:00pm

¡Padres reúnanse para apoyarse mutuamente y aprender nueva información! Únase a nosotros virtualmente para tener la oportunidad de conectarse como comunidad y alentarse y empoderarse unos a otros con nuestras experiencias compartidas. Por favor, llama para registrarte 1-800-216-5188.

know about preparing for, applying to, and succeeding at college.

REGISTER NOW >

Options to Resolve Special Education Concerns

Tuesday, January 13

5:00 – 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 >

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 for Parents: You Matter Too

Being a parent can be incredibly rewarding, but it's also demanding. It's easy to get caught up in the daily grind and forget to take care of yourself. It helps you stay mentally, emotionally, and physically healthy, so you can be the best parent possible. These mental health tips in [English](#) or [Spanish](#) for parents can help you better care of yourself as you care for your child.



Bullying Resources

Bullying is an unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated or has the potential to be repeated over time. Both kids who are bullied and who bully others may have [serious, lasting problems](#). The Nevada Department of Education has developed this brochure in [English](#) and [Spanish](#) for parents. You

can also go to our [#SafeAllies](#) page for more information and resources about Bullying. Join our [On-Demand Webinar](#) to learn more about Bullying.

Healthy New Year's Resolutions for Children & Teens

The start of a new year is a great time to help your children focus on forming good habits. Making New Year's resolutions can be a fun way to do this! Depending on their age, here are some [healthy and positive goal-setting](#) resolution ideas you can suggest to your children.



Early Childhood



Self-Regulation Skills for Young Children

Self-regulation is a child's ability to calm themselves when upset. Learning to control behaviors and emotions are skills that help children navigate their surroundings, resolve conflict, solve problems, think independently, participate, and get along with others. This is an important skill and can help children be successful in inclusive classrooms. Here are some simple [strategies](#) for parents to teach self-regulation skills.

Transitioning Back to Routines After the Holidays

Children often struggle when school and daily structure resume after a long break. Routines provide stability, predictability, and emotional safety, helping kids manage feelings and behavior. These [practical tips](#) can make the transition smoother.

Awesome Breathing: Pacer Timer

Awesome Breathing is a simple app that helps you slow down, manage stress, and find moments of calm. Customize breathing patterns or choose proven techniques like Box and 4-7-8 breathing to support relaxation, focus, better sleep, and emotional balance in everyday life.



APP COMPANY: [Awesome Labs](#)

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

Keep Your Relationship Strong:

While Raising a Child with Special Needs

Research shows that raising a child with special needs can create stress for couples. As a military family you have a strong foundation to work from, but teamwork and the ability to depend on one another are key. With determination, communication, and these [eight important tips](#), you can keep your relationship strong and your family thriving.

Help Your Kids Build Healthy Media Habits

Media in all forms, including TV, computers, and smartphones, can affect how children feel, learn, think, and behave. However, as a parent, you are still the most important influence. Read on for [tips](#) on how to help your children develop [healthy media use habits](#) early on.

Youth MOVE Nevada Update

Start the New Year with supporting your mental health! Check out this [resource](#) for simple tips like moving your body, practicing mindfulness, and connecting with others to make 2026 a balanced year. A great way to put self-care into action is by joining our weekly [youth-led meetings](#), open to young people in Nevada ages 14–24, are a supportive space to share, learn, and feel heard. Don't forget to follow us on [Instagram](#), [Facebook](#), and [X](#) to stay connected!



Practice Mindfulness

When you're anxious or stressed, it can be hard to focus. Taking a moment to breathe can help. There are brief techniques to help you manage anxiety and stress throughout your day. One is the [5-4-3-2-1 mindfulness technique](#). With this method, you use your senses to focus on the present moment. It gives your mind a break from difficult thoughts and feelings. Make any adjustments, it's all about making it work for you.

PLANNING FOR THE FUTURE

As we approach the end of the year, many people are focusing on goal setting, which is a key part of self-determination. Setting goals helps build confidence, independence, and a sense of purpose. The [I'm Determined project](#) offers youth-friendly tools to make goal setting simple and meaningful. These resources encourage reflection, planning, and empowerment in ways that work for everyday life.

Expressing Grief Through Play

Children often express their big feelings as they play. When Elmo's cousin, Jesse, has some grief-related feelings during play, Jesse's Mommy and Elmo's Daddy notice and help her feel calmer and more confident. Watch this [video together](#) with children to learn a strategy for feeling secure when children feel big feelings.

Statewide Family Network News

[Regional Behavioral Health Policy Boards](#) meet regularly to address behavioral health issues, recommend service improvements, and report on community needs. Families, youth, and community members can attend and give public comment to share experiences and influence change. Check the [Nevada Public Meeting Notice](#) site for dates and agendas. Contact Carley Murray, Statewide Family Network Director, to learn about more opportunities to share your experiences to improve services.

Transforming Children's Behavioral Health

Nevada Medicaid is making major changes over the next few years, including investing over \$200 million in the state's mental health system to improve Medicaid-covered services for children, including those with or at risk of serious emotional disturbance. One way families can share their experiences is providing feedback to Medicaid through [working groups](#). To learn more, go to the [Medicaid Children's Behavioral Health Transformation](#) website.



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