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E-Communique

February 25, 2026

Empowering Youth: Strategies for Positive Change

Empowering young people effectively is more than just a goal—it's a vital mission that shapes the future of our communities. When we invest in youth, we invest in hope, innovation, and resilience. Here are some [practical strategies](#) that can help families, adults, parents play a powerful role in fostering positive change among young people.



Why Is Hope Important for Children?

A child's capacity for hope is directly proportional to their wellbeing. Here, find four strategies to help youth feel hopeful about their ability to shape their futures. [Click Here to Learn More.](#)

Kids & Screen Time

How to Use the 5 C's of Media Guidance

Technology changes quickly, and many parents didn't grow up with today's social media and video platforms that exist today. That makes it harder to know how to teach children to use digital media in the ways we would teach them to safely ride a bike or to drive a car. [Learn about the 5 C's.](#)



What Are CCBHCs?

Certified Community Behavioral Health Clinics (CCBHCs) are designed to ensure access to coordinated comprehensive behavioral health care. CCBHCs are required to serve anyone who requests care for mental health or substance use, regardless of their ability to pay, place of residence, or age. This includes developmentally appropriate care for children and youth. Take a look at the required services [Certified Community Behavioral Health Clinics \(CCBHCs\) | SAMHSA](#). Learn more about the organizations that are designated as a CCBHC in Nevada, with locations across the state such as Carson City, Fallon, Reno, Silver Springs, Elko, and Las Vegas, [here](#).

Dealing with Difficult Emotions

Some [emotions](#) are positive. Think of happiness, joy, interest, excitement, [gratitude](#), and love. These positive emotions feel good. Negative emotions — like sadness, anger, loneliness, jealousy, self-criticism, fear, or rejection — can be difficult, even painful at times. Negative emotions may be difficult, but we can learn to handle them. Here are [3 steps](#) that can help.

UPCOMING WEBINARS



Great opportunities to increase your advocacy skills and improve education opportunities for your child. Register for these informative FREE trainings.

- Presented by Nevada PEP

Options to Resolve Special Education Concerns

Thursday, February 26

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 >

Developing the IEP to Meet Your Child's Needs

Tuesday, March 3

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 >

Options to Resolve Special Education Concerns

Monday, March 2

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 >

Planning for Success After High School

Thursday, March 5

5:00 – 6:00pm

Is your student in high school? Do they have a transition plan in their IEP? Parents and youth will learn how creating a plan based on the student's strengths and interests can lead to success after high school.

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 to Help Kids Deal with Rejection

Rejection and disappointment are two difficult feelings to have. Resiliency is a valuable character trait that we can foster in our children. It is inevitable that our kids will feel disappointed, rejected, and defeated at times. Here are [five tips](#) that can help build resilience.

#SAFE ALLIES



What Teens Can Do

Bullying stops us from being who we want to be, and prevents us from expressing ourselves freely, and might even make us feel unsafe. If you are bullied, say something! If you are bullying, it's not cool! Learn more [here](#). Explore our [#SafeAllies](#) page for comprehensive resources on Bullying Prevention, including information about [Your Rights](#) and the [Bullying Reporting and Investigation Process](#).

Teen Depression: More Than Just Moodiness

It's not easy being a teenager and sometimes it can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about [depression](#). For more information click [here](#). Check out this [Infographic](#) for tips that can help.



Early Childhood



Challenging Behavior

Young children sometimes behave in challenging or confusing ways. Any behavior that occurs repeatedly is happening for a reason. If you can find the pattern in the behavior, you can figure out how to stop it. To learn more about how to use observations, check out [this article](#). Did you know we have a podcast all about challenging behaviors? In our [PEP Talks podcast](#), you can learn practical strategies and teaching skills to help your child overcome challenging behaviors.

Nevada Medicaid Managed Care Plans: Your Questions Answered

In 2025, the Nevada Health Authority announced changes to Nevada Medicaid including new Managed Care plans available statewide. The information below provides some common questions and answers from Nevada Health Authority about the Managed Care plans for Medicaid. All members have 90 days from

initial enrollment date to switch plans. Now is the time to review your plan to make sure you have selected the Managed Care plan that works best for you and your family! Here are [answers](#) to some questions you may have.

Flora - Green Focus

Flora helps you stay focused by turning tasks into a calming, nature-themed experience that reduces distractions, builds better habits, and makes productivity feel rewarding instead of stressful.



APP COMPANY: [Flora - Green Focus](#)

Are You Passionate About Helping Families?

[Apply Here](#) for employment opportunities in Las Vegas and Reno, NV.

A purple hiring advertisement for Nevada PEP. At the top, a white speech bubble contains the text "WE ARE HIRING!". Below this, a white rounded rectangle contains the website "nvpep.org/careers". To the left, a paragraph describes Nevada PEP as a statewide nonprofit organization serving families of children and youth with disabilities and behavioral health needs. To the right, a circular inset photo shows a woman standing behind a table at a community event, with a Nevada PEP logo on the tablecloth. At the bottom left, a list of benefits is provided.

WE ARE HIRING!

nvpep.org/careers

Nevada PEP is a statewide nonprofit organization serving families of children and youth with disabilities and behavioral health needs by empowering them to be life-long advocates for their children.

- Full Time Positions
- Openings Statewide
- Great Benefits Package

NEVADA PEP
Helping Families

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

Tax Breaks for Families with Special Needs

If you are filing taxes on behalf of yourself or a family member with special needs, you may be eligible for certain tax breaks. Here are some [tips for military families](#) with members who have special medical or educational needs.

Top 10 Tips for Engaging with Youth

This [Infographic](#) offers great tips for parents, service providers and others on how to engage successfully with youth, using specific examples to illustrate effective and ineffective communication.

Youth MOVE Nevada Update

As February comes to a close, we want to remind everyone of the importance of giving yourself grace and caring for your overall wellness. This [resource](#) explores how positive affirmations can help shift your mindset, encourage growth, and make a positive difference in your daily life. Our weekly [youth-led meetings](#), open to young people ages 14–24, are a safe place to feel connected, supported, and heard. Don't forget to follow us on [Instagram](#) and [Facebook](#)!



How to Get SNAP Benefits

Able-Bodied Adults Without Dependents (ABAWDs) are SNAP (food stamp) recipients aged 18–64, not disabled, and without children under 14 in their home. This [resource](#) is here to help ABAWDs meet the SNAP work rules. This

brochure has more information in [English](#) and [Spanish](#). SNAP has two sets of work requirements, the general work requirements and the able-bodied adult without dependents (ABAWD). Read about the [work requirements here](#).

PLANNING FOR THE FUTURE

For many families, financial considerations are key to planning for college. [Completing the FAFSA](#) is the first step to unlocking federal aid, grants, and many scholarships; even for students who think they may not qualify. Youth with disabilities can also explore a wide range of [disability related scholarships](#) to help fund their education. As you plan ahead, remember that holding high expectations is powerful. Many youth with behavioral health challenges can succeed in college when they have the right support. For more help preparing for the future, [check out our webpage](#) or contact your PEP Specialist.

Statewide Family Network News

[School health services](#) play an essential role in supporting students' overall well-being, including their mental health. Many families don't realize that children can receive health services including behavioral health services directly at school regardless of their insurance status, and accessing care on campus does not affect the services they receive outside of school. These supports are designed to work alongside your child's existing care, not replace it. To learn more [here](#).

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