“Family Driven and Youth Guided In the System of Care – A Therapist’s Perspective”

BY: JACQUÉLINE HARRIS, MA, MFT, LADC

The System of Care Concept was first published in a 1986 article by Beth Stroul and Robert Friedman (www.thefamilygateway.net). Although it has been a concept for over 30 years, it remains something that professionals struggle with. Three Core Values in the System of Care include the following: Community Based, Family Driven/Youth-Guided, and Culturally and Linguistically Competent. Often times, the concept that therapists and care-providers struggle the most with is the concept of “Family Driven/Youth-Guided.”

As a beginning therapist when employed by the Division of Child and Family Services over 20 years ago, I was fortunate to be a part of a training program in Strength Based, Family Driven service model. This was a new concept for me, but made sense with my desire to work with families on their strengths, solutions, and “join together” to come up with those solutions. It was there that I was first bit by the Family Driven bug. The amazing thing that I discovered was that not only did these concepts work for our children and families, but they worked for me as well! We have found that when therapist’s work with families from a strength-based, family-driven model they have less burn-out, enjoy their job and have better results and outcomes. System of Care is truly a win-win.

In order to truly achieve a Family Driven System of Care “professionals” have to view themselves in a very different light. I remember supervising an intern once who questioned my strange strength-based ways saying “What did I go to all this schooling for if I am not the EXPERT???” After removing the crown from their head, we moved forward in supervision that focused on the family as the expert and to quote my mentor, we led from “one step behind” the family.

Family partnership is essential in the System of Care and vital to positive outcomes. As a family member and loved one if you are not feeling that you are driving the services it may be important to seek out care providers that understand System of Care, truly have embraced the philosophy and understand how to REALLY partner with families. As clinicians, supervisors, educators, and administrators, we have the responsibility to ensure that the next generation of care providers truly embrace these concepts so that all of Nevada’s children win!!!

YOUTH AND FAMILY VOICE AND CHOICE IN ACTION!

BY: ALEX CHERUP

Many families and youth often feel left out in the conversation about services related to mental health and substance use. When it comes to the youth and family voice, Nevada PEP and Youth M.O.V.E. Nevada, with collaboration from the State’s Division of Public and Behavioral Health, hosted a family driven and youth guided Mental Health Engagement Summit on January 28th at The Center in Las Vegas and Northern Nevada HOPES in Reno. The participants took part in the development and expansion of substance use and mental health services. The goal of the Summit was to gather information from families on the barriers they have faced when accessing a mental health or substance use services. We listened to our youth and families and got a lot feedback from them on the different barriers in the system.

Youth M.O.V.E. Nevada unites the voices and causes of our youth and advocates for authentic youth involvement and engagement in our community. At the summit, we used Youth M.O.V.E. National’s policy initiative called “What Helps What Harms”. The activity asked families and youth what helps when it comes to a mental health or substance use service, what harms, or makes the service less effective, and finally what is needed to make it better. It has helped us gain a better understanding of the underlying reasons why we need systems change. Our participants statewide, which were close to 100, provided a little over 800 responses to the activity. The responses were sent to DCFS (Division of Child and Family Services) and were put into a format that highlights the issues our families and youth feel are most important. The family voices and concerns you provided during the activity is a qualitative survey that will be a catalyst in bringing about systems change.

The Summit also brought many community organizations from the North and South to share what they do and how they support our community. If you would like more information on the summit, the data from “What Helps What Harms” and Youth M.O.V.E. Nevada head on over to our website www.nvpep.org!
NEIGHBORHOOD FAMILY SERVICE CENTER

BY: KELLY FIGUEROA, CPSP

One-Stop Shopping for behavioral health services can be a very vital component in helping families to succeed. Often when families are in need of multiple services – Juvenile Justice, Child Welfare, and Children’s Mental Health – services can be scattered throughout the Las Vegas Valley requiring families to travel long distances. Many families also experience issues with transportation – taking multiple busses, navigating traffic (ugh!!!) and walking long distances. The goal of the Neighborhood Care Centers was to provide services to families in a single location – in the neighborhood, in their community.

The overall mission of NCC is to “provide family-centered, neighborhood-based, integrated services.” Its goal is to realize a broader application of system-of-care principles by developing a system of integrated case management services to be delivered out of the neighborhood centers. Each center provides one-stop locations in neighborhoods throughout the county where children and families can access services from Mental Health, Juvenile Justice, and Child Welfare. Neighborhood Care Centers have been shown to provide families with more convenient, comprehensive services in one location and ensuring better outcomes for both children and families! Check out the services that DCFS has to offer at www.dcfs.nv.gov.

Inspirational THOUGHT

“Life is 10% what happens to us and 90% how we react to it.”
– Dennis P. Kimbro

Federal Highlight

BY: CHARLENE FROST, CPSP

“MENTAL HEALTH PARITY – THE POTENTIAL OF CHANGES TO THE ACA”

There has been a robust conversation in recent weeks in regards to “Repeal and Replacing” the ACA (Affordable Care Act) – also known as Obamacare. As most families know, Congress did pass a new version of healthcare, known as the American Health Care Act. The bill has to then be approved by the Senate. A big part of the repeal and replace is something that has worried many families, providers and advocates. According to the National Alliance on Mental Illness and the American Psychological Association, “The AHCA (American Health Care Act) as written would devastate Americans’ mental health and addiction coverage and care.”

If passed, the AHCA in its current form could lead to approximately 14 million people not getting the care that they need. These cuts would primarily effect individuals covered by Medicaid. According to NBC news, 29% of the people who were able to receive Medicaid through the expansion are living with a mental health or addiction issue. Although the AHCA has not passed yet, diligent monitoring of changes to ACA will be vital to protect the mental health and addiction needs of those in our country.
The Behavioral Health Planning and Advisory Council (BHPAC) quarterly meeting was held in September, 2016. The January 2017 meeting was not held. The Behavioral Health Planning and Advisory Council “serves as an advocate for individuals with chronic mental illness, children and youth with severe emotional disturbance, other individuals with mental illnesses or emotional problems and persons with substance abuse and co-occurring disorders” (BHPAC bylaws).

The BHPAC discussed the upcoming submission of the Substance Abuse Mental Health Block Grant. The BHPAC identified the five following priorities to be addressed in 2016 – 2018: Increase the number and quality of behavioral health professionals in Nevada; Improve screening, assessment, and referral services for at-risk populations; Support earlier access to prevention and early intervention services; Increase community-based services across the system of care; and Provide community-based intervention and support services to address trauma and prevent incarceration. Prevention funding will focus on prevention activities for prescription drug abuse, marijuana, marijuana dispensaries, reducing binge drinking, underage drinking and the use of e-cigarettes. Prevention activities will also focus on the following populations: Native American communities; at risk youth; women of childbearing years; and women who are currently pregnant. The Council also received a presentation on the fiscal year 2016 Integrated Substance Abuse and Mental Health Block Grant, including expenditures, highlights, and priorities.

During the BHPAC quarterly meeting there was discussion of the variety of committees that exist to support the activities of the council. The BHPAC does have vacancies on their committee and they are looking for applicants. Of particular interest to the committee are family members of persons with mental health issues and persons with substance abuse and co-occurring (mental health and substance abuse) issues. They are also looking for individuals who are receiving or have received behavioral health services. This is a way to get involved with your state and guide the practices and policies of behavioral health in Nevada!

For more information on upcoming meetings please go to: http://dpbh.nv.gov/Programs/ClinicalBHSP/hta/Boards/BHSPBoards_Commissions/

A Caregiver’s Voice

Mary Meeker, Executive Director
Family Ties of Nevada

As a young child I would often tell my mother that I was going to care for her when she grew elderly. She would flash her beautiful smile my direction as I ran off to play in the backyard. Little did I know that many years later the opportunity to provide such care would present. The energetic, independent and loving woman I knew as my mother had grown weak, feeble and tired.

I felt strongly that I had a responsibility to care for my mother as I had committed to so many years before yet I had become a mother of my own two children with who had special health care needs. Their healthcare needs were significant and required an increased level of time and attention.

How would I manage to provide quality care for my loved ones? Would I have the energy to provide the care they deserved, serve as their advocate and continue to keep my family moving forward in a positive and productive direction? Suddenly, the idea of being a caregiver seemed quite overwhelming. I had to make a personal commitment to caregiver wellness in order to meet the demands of those relying on me for support.

I had often heard that caring for others required the caregiver to make themselves a priority. While this seemed unnatural to me, and often impossible, it began to resonate with me as I began my own caregiver journey. If caregiving is or will be a part of your personal journey, you may find the following tips helpful.

Self-Care Tips

1) Make yourself a priority
As the old saying goes, “you must help yourself before you can help others.” This could not be more accurate than in the realm of caregiving. Keeping yourself healthy must be a priority. Eating right, ensuring plenty of sleep and maintaining an active lifestyle will help promote your own happiness and personal health.

2) Ask for help!
Why is asking for help so difficult for most of us? There is no shame in asking for help and most people enjoying having the opportunity to lend a hand.

3) When reasonable, involve your loved ones in the decision making process.
Involving others is empowering and allows people to feel included and valued. In addition, it reduces the level of pressure the caregiver is under.

4) Make time to smell the roses and do something fun daily
Whether it’s having a cup of coffee, calling a friend or reading your favorite mystery novel, scheduling a daily fun activity provides the caregiver with something to look forward to and serves as a necessary outlet.

5) Know your limits
Knowing and accepting your limits is an important with regards to safety. Should you be lifting a loved one to and from bed? Heavy lifting and assisting another person’s mobility can lead to injury and back problems. Know what you can safely lift independently, ensure you have the right equipment at home and ask for help when necessary.

6) Be grateful
Even in the most challenging times there are things to be grateful for. Friends and family who reach out to offer help and knowing you are not alone on your caregiving journey.
City of Las Vegas, Adaptive Recreation Division 250 N. Eastern Ave. 89101
Through the city’s Adaptive Recreation Division, community-based therapeutic recreation services provide opportunities for individuals to become and to stay active in the community. Individuals of all ages and ability levels will find a variety of recreational activities to enrich their leisure time. Contact: Cindy Moyes 702.229.4902 or cmoyes@lasvegasnevada.gov

Down Syndrome Organization of Southern Nevada Contact Ruth Morquecho 702.648.1990 or rmorquecho@dssosn.org for information, activities and supports visit www.dssosn.org

FEAT of Southern Nevada (Families for Early Autism Treatment) Provide support, encouragement, and guidance to parents and create an opportunity for them to benefit from contact with other parents with similar needs and concerns. 7055 Windy St. Ste. B Las Vegas, NV 89119 or call Jennifer Strobel 702.368.3328.

Heart & Soul Discussion Group For families with children diagnosed with a heart condition. Meetings are the 2nd Friday of each month at, The Children’s Heart Center, 3006 S. Maryland Parkway, from 5:30pm-6:30pm. Contact 702.967.3522 or visit the website for events activities calendar www.chfn.org

Nevada PEP Family Support Group We meet the 2nd Wednesday of every month at 7211 W Charleston Blvd. Contact Nevada PEP for schedule go to www.nvpep.org/training-calendar or call 702.388.8899

Nevada PEP Grupo de Apoyo Familiar Reunira el ultimo Mierncoles de cada mes, en 7211 West Charleston Blvd. Contacto Nevada PEP por el horario. www.nvpep.org/training-calendar 702.388.8899

Positive Supports for Children Specific intervention to promote social, emotional behavioral functioning. Contact Christy Buckingham-Martin at 702.367.0306 or email: ps4children@lvcoxmail.com

Recreation and Experience Club (R.E.C.) Year-round after school program for young people with disabilities, grades 9th-12th. Contact Sheri Cordray at 702.267.4065

Nevada Hands and Voices A statewide non-profit organization dedicated to supporting families and their children who are deaf or hard of hearing, as well as the professionals who serve them. Contact Southern Nevada Region- Beth Jones 702.321-3291 (voice/text) beth@nvhandsandvoices.org or visit www.nvhandsandvoices.org

Special Olympics of Southern Nevada A variety of athletic activities for children with disabilities. Area Director Harry Mong 702.474.0690 harry@sonv.org

RENO/SPARKS
Applied Behavior Technologies (ABT)
ABA (Applied Behavior Analysis) In-home services provide your child or young adult with one on one ABA therapy to target social skills, independence and problem behaviors in a convenient setting for your family. We specialize in providing parents and other caregivers with the tools they need to be successful with their child in all settings. Ages 8+ Contact Christine Benedetti at 775.354.1380 or visit www.appliedbehavioraltechnologies.com

Asperger’s Support Group
Meets every other Tuesday at Starbucks on the corner of 5th and Nebraska from 6:30pm-8pm. For more information contact John Maes 775.787.2904.

City of Reno Parks & Recreation Recreation program for children with disabilities. Contact April Wolfe at 775.334.2262 or Wolflea@reno.gov

Cerebral Palsy Parent Network Contact Noran Behrens 775.777.7034

Down Syndrome Network of Northern Nevada Family Support Group Monthly meetings the first Tuesday of every month from 5:45 PM - 7:30 PM. At Nevada Early Intervention Services 1301 Cordone Ave. Suite 190. For more information call 775.828.5159 or email dsnninfo@gmail.com

Down Syndrome Network of Northern Nevada Family Support Group
Nos reunimos el primer martes de cada mes 5:45p-7:30pm. Donde Nevada Early Intervention Services 1301 Cordone Ave. Suite 190. For more information call 775.828.5159 email dsnninfo@gmail.com

F.E.A.T. (Families for Effective Autism Treatment) of the Carson Valley-Minden, F.E.A.T. is an organization in the Carson Valley that was formed to support and help families with children who have received the diagnosis of Autism. We offer a network of support where families can meet and discuss issues surrounding autism and treatment options. We want to be active in raising awareness in our community. And we will be strong advocates for our children in helping to find EFFECTIVE treatments. Visit www.feaatcv.org for more information.

Ron Woods Family Resource Center
We create lasting community-wide cooperative effort between the private sector and governmental agencies to promote healthy family relationships through education and support services. We currently offer a vast array of services that range from basic needs assistance to parenting classes and after school programs. 2621 Northgate Ln. Ste. 62 Carson City, 89706. Contact 775.884.2269 info@carson-family.org
The Clark County Children’s Mental Health Consortium met on March 3, 2017. The consortia released information regarding a new communication tool – CCCMHC.nv@gmail.com. This will allow for members of the public and interested parties to provide input and bring up issues that may be occurring between meetings. This new account will be monitored by Division of Child and Family Services (DCFS) staff and forwarded to the appropriate consortia member.

The consortia continues to monitor the 2017 Nevada Legislative Session. Budgets from several agencies have been presented including the Division of Public and Behavioral Health, DCFS, and Child Welfare. The CCCMHC wrote a letter of support to continue funding for the Mobile Crises Intervention Program, which has become a very vital service to our State. Members have been monitoring a variety of other bills including SB212, AB224, SB213, and AB105 (for more information on these bills go to www.leg.state.nv.us). The consortia also heard from Charlene Frost, CPSP at Nevada PEP in regards to parent issues. A present concern exists with children and youth that are involved in Special Education Programming being interviewed by school personnel who may not have knowledge of the special needs of the child/youth. Discussion occurred in regards to the school’s policy on notification to parents prior to interviewing a child/youth and consistency from school to school. The CCCMHC will draft a letter to the Department of Education Safe and Respectful Learning office to outline the standard procedure of parent notification that would require training for Deans in the Clark County School District.

The Clark Consortia is continuing to monitor the proposed change of closing the current Desert Willow Treatment Program and moving the services to the Rawson Neal facility. There is no current outcome on this proposal. Concerns regarding safety for the children and youth served at the facility as well as comfortable and family friendly visitation was discussed.

May the 4th is National Children’s Mental Health Awareness Day. The Public Awareness Workgroup is gearing up for the day with a youth video contest. Submission were due by February 24th. The committee will be reviewing the videos and look forward to showcasing the winner. The Infrastructure Workgroup finished the 2017 Status Report and will be focusing on dissemination. The Early Intervention and Crises Workgroup focused on new initiatives in Juvenile Justice and Mobile Crises. For further information on the consortium and how to get involved go to www.dcfs.nv.gov.

“My experience with Nevada PEP has been very supportive; they have the information and compassion to help families. As a parent of a child who began an important milestone in his life, I began to experience rough moments and I wanted to understand my son’s needs. I had to focus on my child and what I could do to have my child have a positive experience at school.

One day, I decided to go to a training that Nevada PEP held and realized how highly informed they are and how much they want to help parents. They know and understand what parents face on a daily basis and have the tools to teach parent’s to be their child’s best advocate.

To conclude, I strongly believe Nevada PEP helped me to identify my concerns and they provided that support and helped out with the emotions that take place. I was lucky to have my Family Specialist at Nevada PEP guide me in finding solutions. They work with parents in a quick manner and for the right reason; they helped with my child receiving a fair education. As parents that’s what we all seek, an equitable education for our children, and we want transparency and Nevada PEP provides this for all parents. They provide this with passion and dedication because they really care about our children’s education and future."

“Children’s Mental Health Awareness Day”

BY: JOANNA GONZALEZ

The U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) has designated May the 4th 2017 as National Children’s Mental Health Awareness Day. In recognition of this national day, the regional consortia in the State of Nevada are hosting a Youth Video Contest entitled “Be a FORCE for Children’s Mental Health.” Youth 18 and under were tasked with creating a short video that addresses mental health issues such as bullying and ending the stigma of mental health.

The Clark County Children’s Mental Health Consortium received more than 20 entries from 67 participants. The CCCMHC selected four finalists and the 1st place was awarded to the Navigators Chapter 67 in Clark County for their video “Force for Change.” The winning video will be shown during movie nights at multiple Clark County Libraries and can be viewed on the CCCMHC website at www.CCCMHC.org. Prizes for the winners include attendance at a local film festival, a film experience, and free admission to a variety of family attractions.

“My experience with Nevada PEP has been very supportive; they have the information and compassion to help families. As a parent of a child who began an important milestone in his life, I began to experience rough moments and I wanted to understand my son’s needs. I had to focus on my child and what I could do to have my child have a positive experience at school.

One day, I decided to go to a training that Nevada PEP held and realized how highly informed they are and how much they want to help parents. They know and understand what parents face on a daily basis and have the tools to teach parent’s to be their child’s best advocate.

To conclude, I strongly believe Nevada PEP helped me to identify my concerns and they provided that support and helped out with the emotions that take place. I was lucky to have my Family Specialist at Nevada PEP guide me in finding solutions. They work with parents in a quick manner and for the right reason; they helped with my child receiving a fair education. As parents that’s what we all seek, an equitable education for our children, and we want transparency and Nevada PEP provides this for all parents. They provide this with passion and dedication because they really care about our children’s education and future."

“Children’s Mental Health Awareness Day”

BY: JOANNA GONZALEZ

The U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) has designated May the 4th 2017 as National Children’s Mental Health Awareness Day. In recognition of this national day, the regional consortia in the State of Nevada are hosting a Youth Video Contest entitled “Be a FORCE for Children’s Mental Health.” Youth 18 and under were tasked with creating a short video that addresses mental health issues such as bullying and ending the stigma of mental health.

The Clark County Children’s Mental Health Consortium received more than 20 entries from 67 participants. The CCCMHC selected four finalists and the 1st place was awarded to the Navigators Chapter 67 in Clark County for their video “Force for Change.” The winning video will be shown during movie nights at multiple Clark County Libraries and can be viewed on the CCCMHC website at www.CCCMHC.org. Prizes for the winners include attendance at a local film festival, a film experience, and free admission to a variety of family attractions.
**Washoe County Children’s Mental Health Consortium**

**By: Roslyn Timmerman**

The Washoe County Children’s Mental Health Consortium was formed to strengthen local partnerships and work toward creating an integrated system of behavioral health care for children and families of Washoe County based on System of Care values and principles. The Consortium is comprised of four workgroups that have been working to actively engage and support our community in various ways.

Workgroup #1: The Consortium has recently supported several developments that have contributed to our community’s ability to fill identified service gaps. Some of these developments include a Medicaid Parent and Consumer Access Guide, Wraparound Expansion, and The Statewide System of Care Grant, which provides a wide-ranging backdrop to create a comprehensive service delivery model for children and youth.

Workgroup #2: “Helping Families to Help Themselves.” During the first half of the 2016-2017 school year, the Consortium continued to support the Signs of Suicide (SOS) screening program in the Washoe County School District. The workgroup also continues to support the Trauma Informed Care training and provides trainings to System of Care partners, as well as foster parents and child care providers.

Workgroup #3: “Help Children Succeed in School.” Bullying prevention and response has been an important goal of the Consortium. To support bullying prevention and response, Nevada PEP has collaborated with Washoe County School District to support families and professionals through best practice approaches and trainings. Nevada PEP increased public awareness in October with the “Take a Step with PEP Against Bullying” campaign and the annual Run Walk and Roll Against Bullying.

Workgroup #4: “Support Youth to Succeed as Adults.” This workgroup continues to work to actively and meaningfully engage youth voice in helping transform Nevada’s System of Care. During the last quarter of the year, a key focus has been to develop a logic model, which is a tool used to evaluate the effectiveness of a program, that addresses the needs of youth and transition-age young adults. In addition, the group worked to identify short and long term outcomes, the power dynamics that exist between professionals and youth, volunteer incentives, compensation and recognition for participants.

Washoe County Children’s Mental Health Consortium invites families and youth to join us at our monthly meeting. The WCCMHC meetings are the third Thursday of each month at Northern Nevada Children’s Adolescent Services located at 2655 Enterprise Road Reno, Nevada. For more information, contact the WCCMHC Chair Jacquelyn Kleinedler at jkleinedler@childrenscabinet.org.

**Highlight**

**By: Elisa Kline**

The Nevada System of Care Grant has been continuing to focus on improvements to children’s mental health in Nevada. There are meetings that are open to the public that parents can get involved in. There has been a recent re-structuring of the workgroups to avoid duplication. The Workforce Development Workgroup will be focusing on providing input on the “day-to-day” work being done for children & families; the Special Populations and Evidenced-Based Standards will focus on targeted populations and the best treatment strategy for those populations (ex. children in out of state placements); and the Communication Workgroup is focusing on all communication materials (newsletter, websites, posters). The parent, family, and youth perspective is needed on all of these workgroups to ensure that policies, practices, and communication reflect the experience of all involved in the System of Care in Nevada. Families and the general public can get information on these meetings at www.dcfs.nv.gov.

**Stay up to Date with Youth M.O.V.E. Nevada’s New Webpage!**

**By: Aric Neumann**

Youth M.O.V.E. (Motivating Others Through Voices of Experience) Nevada (YMNV) now has a presence on Nevada PEP’s website making it easier for youth and families to plug-in and engage with events in the community and in our office. You can stay up-to-date on future events, explore our youth activities, receive updates on upcoming committee meetings and learn how to get involved in the Youth & Family Advisory Council! Find our new tab on the Nevada PEP website at www.nvpep.org/youth-move or go to nvpep.org and click the Youth M.O.V.E. tab! This webpage will provide information and resources on how to improve services and systems that support authentic youth involvement and development by uniting the voices of individuals who have lived experience in various systems like mental health or substance use.

Additionally, if you’re interested in our youth led program and want to learn more or become involved with our mission of uniting the voices and causes of youth while raising awareness around youth issues, you can stay up to date through our Twitter (@NevadaPEP) Facebook (@nevada.pep) and Instagram (nevadapep). Together we will stand as youth, families, supporters, and professionals to help our youth become successful and be their own best advocates so they can become a part of meaningful systems change.
Run Walk Roll Against Bullying

SAVE THE DATE!
Saturday, September 30th

UNLV Moyer Student Union
4505 S. Maryland Pkwy

Join us as we kick off Bullying Prevention Month

Question:
Does the school have to get my consent before doing a Functional Behavioral Assessment on my child?

Answer:
Yes, the school must obtain parent’s written consent for all assessments including the Functional Behavioral Assessment. The Functional Behavioral Assessment could include Observations, interviews, counseling assessment. Behavior Assessment System for children-II (BASC-II), Connors Rating Scales- Revised (CRS-R), Vineland Adaptive Behavior Scales (VABS), Alpern-Boll Developmental Profile II (DP-II), etc.

These tools will identify challenging behaviors and provide information on their frequency, location and how they vary over time. This data gathering process will answer questions on why a child has behaviors, what may reinforce the behavior and identifies the positive behavioral interventions that will help decrease challenging behaviors. Parents can share information about their child in order to support the development of a Functional Behavioral Assessment.
Mission Statement

To increase the opportunities for home, community, and school success for children with disabilities, including those who are at risk or who have serious emotional disturbances, their families and their service providers, through education, encouragement and empowerment activities.

IN THIS Issue

- Mental Health Parity
- Youth M.O.V.E. Nevada New Webpage!
- A Caregiver’s Voice
- Nevada Commission on Behavioral Health
- Behavioral Health Planning Advisory Council
- Upcoming Events
- Mental Health Consortiums
- Children’s Mental Health Awareness Day
- Family-To-Family Support
- Ask The Advocate

VISIT US ONLINE AT WWW.NVPEP.ORG

MY Thoughts on the Youth & Family Mental Health Engagement Summit

I am a PEP volunteer, I have been volunteering at PEP for over three years. I enjoy coming to PEP on a weekly basis, I have learned many new skills, and learn about new resources and different opportunities. Recently, I attended the Youth & Family Mental Health Engagement Summit at The Center on January 28th; this was a collaboration between Nevada PEP, Youth M.O.V.E. Nevada, and the State’s Division of Public and Behavioral Health it was very exciting we learned from each other about the barriers to access for mental health and substance use services. It was exciting because there were close to 100 people statewide. I liked the icebreaker activity as I got to learn a little more about my personality type. Other PEP volunteers were there with me as well and it was an excellent opportunity to share my thoughts openly. I enjoyed the opportunity to interact with my peers and work in a group, our activity had us writing down our thoughts on what helps, what harms, and what’s needed for a mental health or substance use service, for every entry I wrote I got a raffle ticket! I look forward to the next Youth & Family Mental Health Engagement Summit!