Annual Membership Information

Annual membership dues are $25.00 per family, organization or professional.

Please provide the following information

NAME

PROFESSIONAL AFFILIATION

ADDRESS

CITY

STATE   ZIP

PHONE    email

CHILD’S NAME

DATE OF BIRTH

☐ I am a parent/caregiver.
☐ I am a professional working with children.
☐ I am a concerned member of the community.
☐ Enclosed is a tax deductible donation in the amount of $___________ to help support the efforts of Nevada PEP.
☐ I would like to be a member of Nevada PEP, please waive the annual dues.
☐ I would like to volunteer.
☐ I would like to receive the monthly E-POST.

Nevada PEP, Inc. is an independent non-profit tax exempt organization. #88-0301113

Please make checks payable to: Nevada PEP

Non Profit Org.
U.S. POSTAGE
PAID
Las Vegas, NV
 Permit No. 2039

Volunteer Opportunity

Being a volunteer not only benefits the families we serve, but can also make a lasting impression on the volunteer. It’s a chance to meet new people, learn a new skill and make a positive impact on the community. Nevada PEP has many opportunities to volunteer. It’s a way of giving back while at the same time helping PEP. Many opportunities await you.

Nevada PEP is a participating agency for:

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.

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VISIT US ONLINE AT WWW.NVPEP.ORG

• Children’s Mental Health Consortium
• Family Support 360 Center
• SibShops
• Ask The Advocate
• School Health Records

BY: SAMANTHA KING

If you would like to volunteer your time to Nevada PEP, please contact Samantha King at 775.448.9950 or Diane Lombardo at 702.388.8899.

Project development under grant from the Center for Mental Health Services. Endorsement is not assumed and does not necessarily reflect the views or policies of the Center of Mental Health Services.
Good physical health and good mental health are important for everyone. As a matter of fact, good physical health and good mental health are inseparable. The combination of physical and mental health are very important to every person’s well-being. We must recognize that the healthy mind and body have a link that defines a large part of who each one of us is as a human being. That relationship helps us in how we experience the world around us and helps us make sense of that world.

Ancient civilizations recognized the importance of the link between physical health and mental health. Most developed a system that emphasized balance: that is, food, exercise, work, sleep and managing stress will keep life in harmony. It may have been easier to balance everything that comes along in life before all the distractions came about, but life is not easier or harder than it was in the past. It is all about balancing our physical health and mental health.

It’s hard to remain balanced because things constantly change. We are not the same in the afternoon as we were when we woke up. Our levels of nutrition, rest and stress are different each day; sometimes different in the same day. Whether we realize it or not, we are constantly changing, both physically and mentally, to deal with the different circumstances that continually occur. With that ability to change to each and every circumstance, we are continuing to remain in balance without even realizing it. When we successfully remain balanced, we remain grounded and whole. Sometimes we don’t maintain that balance and we may feel “out of sorts”. But that’s OK because with time and support we can find our way back into a balance.

The body and mind do impact each other. We can achieve a good balance within ourselves. A healthy body can improve mental health through exercise and a proper diet. Vice versa, the healthy mind puts issues in perspective so that the body remains healthy, and doesn’t cave into stress. There are many ways to maintain that balance, such as taking up yoga, meditation and some forms of stress reduction, along with exercise.

Getting to that place of balance between a healthy body and a healthy mind is a process not an outcome. Our goal should be to function at our best possible level of achievement. There will be times of tension between the health of your body and that of your mind. There will be times that you will be healthier than others. Those experiences and realizations will bring you closer to the goal of balance between a healthy body and healthy mind. The improved sense of well-being in both body and mind describes the balance that is necessary to each of our lives, to complete us as humans.

Body and Mind; Both Need to be Healthy

BY: RON KOPICKO

NEVADA HIGHLIGHT

BY: RETTA DERMODY

Nevada PEP is proud to introduce you to Amber Howell and Kelly Wooldridge of Nevada Department of Health and Human Services. Both women met with Nevada PEP’s Karen Taycher, Executive Director, and Retta Dermody, Director of Programs and Services, to discuss their continued collaboration efforts for families of children across the state.

Amber Howell is the new Administrator of the Division of Child and Family Services (DCFS). Amber was previously the Deputy Administrator over Child Welfare programs working closely with Clark and Washoe Counties and has responsibility for the service delivery of child welfare within the 15 rural counties.

Kelly Wooldridge is the new Deputy Administrator of DCFS. Kelly has worked for the division since 1994 and has held many positions. She started out as a Mental Health Counselor. She developed the Clinical Resource Services Program, was Program Manager of Family Learning Homes, Program Manager for Adolescent Treatment Center, and then Program Manager for Northern Nevada Child and Adolescent Services Agency.

Amber and Kelly are both very dedicated to serving families and children of Nevada who have behavioral healthcare needs. Both believe in the System of Care values and support wraparound services. PEP feels honored to have these two women as partners in working to help families and children with behavioral healthcare needs stay in their homes and communities.
A healthy body and mind is important at every stage of life. Nurturing healthy habits like encouraging children to talk about their feelings, keeping in touch with friends and loved ones and a good diet can go a long way in raising a healthy family.

The Neighborhood Family Service Center is a valuable service committed to providing a wide range of mental health treatment services for children and their families with significant emotional and/or behavioral health needs. In Southern Nevada, families can access mental health services in an individualized, strength-based approach that respects family decision-making and family’s cultural practices. A Psychiatric Case Worker can work with your child and the family to access individualized services that include early childhood, day treatment and family therapy.

A Nevada PEP Family Specialist is assigned at each of the five sited locations. They work in a collaborated effort with the Neighborhood Family Service Centers to find the best available services for the family in their communities. They can attend IEP meetings and Child and Family team meetings. Families can learn more about our services by calling Nevada PEP at 702.388.8899.

**Inspirational THOUGHT**

“The future depends on what we do in the present.”

- Gandhi

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**Federal Highlight**

**HEALTHY BODY/HEALTHY MIND**

**BY: RON KOPICKO**

Research shows that adolescent and young adult individuals who suffer from major mental illness have a higher death rate that averages 15 to 25 years earlier than the general population. Many causes for the shortened lifespan are suspected. Those causes include: lack of access to healthcare, suicide, poverty, substance abuse and side effects of prescribed medications.

Since 2011, the Substance Abuse and Mental Health Administration (SAMHSA) has challenged mental health providers treating mental illness to address this disturbing trend by promoting SAMHSA’s “10X10” program. The goal is to increase the lifespan of individuals who suffer from severe mental health issues by ten years over the next ten years.

SAMHSA’s wellness efforts are promoted through various state and local agencies (public and private) who work closely with individuals who have mental illness. Those agencies also work closely with the primary care provider and mental health provider monitoring medication side effects, general health issues, support a healthy lifestyle and providing rapid and intense treatment to the individual and family in stressful situations. This program is not available in Nevada at this time, however if you are interested in learning more about it and how the program can be developed in Nevada visit (www.promoteacceptance.samhsa.gov/10by10). You may also want to contact the State Mental Health Advisory Committee at (www.mhds.nv.gov) or the Nevada Behavioral Health Care Consortium at (www.dcf5.state.nv.gov).

This is a System of Care model that is showing great promise.
The Rural Children’s Mental Health Consortium (RCMHC) has been busy the last few months working on the goals of their ten year plan. Consortium members have been involved with outreach activities in rural communities concerning mental health awareness. Nevada PEP and other consortium members participated in information fairs in several rural communities. These activities focused on mental health wellness and suicide prevention.

The School Based Health workgroup has joined the Dr. Tracey Green’s committee to offer the rural perspective. This committee continues to work on developing standards and framework guidelines for creating School Based Health Centers in the State of Nevada to be presented during the legislative session. Consortium members are also attending the Washoe County School District workgroup and the Lyon County Coalition on their school based health center efforts.

The RCMHC Infant Mental Health workgroup is collaborating with Nevada Leadership Education in Neurodevelopmental and Related Disabilities (NvLEND) program on two leadership projects related to training for foster parents and on early identification. The NvLEND is one of 43 federally-funded programs across the nation. The funds are derived from the Combating Autism Act Initiative (CAAI); and this is the first time that CAAI money has come to Nevada. NvLEND is a statewide initiative that focuses on training practicing professionals and the post-graduates in providing interdisciplinary health services to children with neurodevelopmental disabilities including behavioral healthcare needs.

The RCMHC invites parents, family members, youth and service providers to attend the meeting and welcomes your input. The RCMHC meets every month on the second Tuesday at 10:00 am. For more information and the location of the meetings please contact Retta Dermody, Nevada PEP at 1.800.216.5188 or email rdermody@nvpep.org.

A new and exciting program has been started through a collaboration between Nevada PEP and Mojave Mental Health. It is called “SibShops” which is a play on words describing “sibling workshops”. SibShops is just for brothers and sisters of kids who have special needs. The group members meet other brothers and sisters of children with disabilities. The idea is to have fun, make new friends and share experiences of having a sibling with a disability. The group meetings are designed to have the brothers and sisters participate in fun activities, games and to learn how to help their siblings.

The SibShops are facilitated by parents and professionals with great kid skills who have an understanding of the impact of the child with special needs can have on siblings within the family. The SibShops are free. The Changing Lives Fund is the generous provider of this valuable program.

You can find the schedule and register for the Clark County area SibShops by contacting Nevada PEP at 702.388.8899 or you can register online at www.nvpep.org/training-calendar.

Nevada Center for Excellence in Disabilities sponsors “Nevada Sibling Network” and has started “Sib-Create” in Washoe County. For information, you can contact Diane Rovetti at rovetti@unr.edu or Mary Bryant at mhbryant@unr.edu.

Q: Are school health records considered educational records?

A: Under federal law, school health records are considered educational records. You need to know that any health records that the school receives from either you or outside providers will most likely be considered school health records and maybe reviewed by teachers and other school officials. You and your child’s privacy rights are under the same laws that apply to educational records. School health records are subject to Family Rights and Privacy Act which means that schools are subject to different health privacy laws than the ones that doctors, clinics and hospitals follow. This also means that you have the right to know what is in your child’s school health records and to review them and/or get a copy of them. You, the parent, also may not be limited to how many times that you access the records.

Excerpts from Fact Sheet HIAC – 18 provided by the Health Information & Advocacy Center, a project of PACER Center, Inc.
The Washoe County Children’s Mental Health Consortium has 4 Goals in it’s 10 year plan. The Consortium received an update on Goal 1-Serving Youth in their Communities. The Goal 1 participants reviewed a relatively new program. It is a collaborative effort several public agencies and Nevada PEP. The project is designed to expand wraparound services to children and adolescents with severe emotional and behavioral disturbances who are in parental custody.

The desired outcomes for the families and children are: (1) increased school attendance, (2) improved behavior in school, (3) improved school achievement, (4) improved pro-social behaviors, (5) increased stability in living situations, (6) improvement of services to the families, and (7) increased parental support to navigate the system and shorter stays for youth in detention situations.

The Wraparound Washoe Expansion (WWE) program began serving families September, 2010. The data collection continued through June, 2012. The families and youth served received a minimum of 90 days of service.

The WWE outcomes were measured against a national scale designed to assess children aged 6 to 18. The scale measured the degree of impairment of emotional, behavioral, psychiatric, and psychological and substance use problems. The statistics show that WWE involvement over any 6 month period reduced the overall impairment of the involved children.

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Self-Care for the Caregiver: Take Care of YOU

BY: MELANIE KAUFFMAN, EXECUTIVE DIRECTOR OF FAMILY TIES OF NEVADA - A FAMILY VOICES AFFILIATE AGENCY

According to the Family Caregiver Alliance, “Caring for yourself is one of the most important - and one of the most often forgotten – things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.” As caregivers of loved ones with special health needs, we must develop strategies to reduce personal stress and better cope with the day to day challenges that come along with caregiving.

When we following some basic stress reduction tips to self-care, we will improve our own health functioning and well-being and reduce risks associated with depression, chronic illness, and potential decline in quality of life. Steps to managing stress include: recognize warning signs early; identify sources of stress; identify what you can and cannot change; and take action.

Many caregivers are reluctant to ask for help. If you develop a list of ways that others can help you and break down jobs into small tasks, it is easier for people to help. Help can come from a variety of sources – community resources, family, friends, neighbors, and professionals. Tips on how to ask include: consider the person’s special abilities and interests; resist asking the same person repeatedly; pick the best time to make a request; prepare a list of things that need doing; be prepared for hesitance or refusal; and avoid weakening your request.

One of the healthiest things you can do is to exercise. Research suggests that exercise leads to restored endurance, balance, strength and flexibility. Exercise also promotes better sleep, reduces depression and tension, and increases energy and alertness. Incorporate exercise into your daily activity and find activities that you enjoy. This can often include short exercises that don’t require large segments of time. For example – walking is one of the best and easiest exercises that has many physical benefits and can help to reduce psychological tension.

Remember - an important part of the caregiving job is to take care of YOU which will in turn help you take care of others.

Family TIES is the Nevada Family-to-Family Health Information Center - www.familytiesnv.org. Information for this article was taken from The Family Caregiver Alliance National Center on Caregiving at www.caregiver.org.
What is Olmstead?

The Olmstead ruling provides an important clarification about how states should comply with Title II of the ADA. The ADA applies to all public bodies and to the use of public funds and therefore has implications for publicly-funded Medicaid services to people with disabilities (Rosenbaum and Teitelbaum 2004). The Olmstead decision confirmed that states must ensure that Medicaid-eligible persons do not experience discrimination by being institutionalized when they could be served in a more integrated (community) setting (Rosenbaum and Teitelbaum 2004). This obligation is sometimes known as the ADA ‘integration mandate’.

The quarterly MHPAC meeting was held July 12, 2012, with members from both Northern and Southern Nevada attending. There was a discussion of “What is Olmstead?” and then the focus of the meeting went to the Nevada’s Olmstead Plan.

What is Olmstead?

It was reported to the committee that an inter-local state agreement was worked out with UNR, Specifically the Nevada Center for Excellence and Disabilities (NCED), to outline a process to develop an interagency transition protocol to review the needs of individuals placed out of state and write an individual report with suggestions to return these individuals to Nevada. The report would articulate the supports and services necessary for the individual to live and work in as inclusive environment as possible in the community, close to their families and friends. The development of the formal transition protocol would be used to review future cases that might have been considered for out-of-state placement so that they would not have to leave the state.

If you are interested in this topic, attending or joining the State of Nevada Mental Health Planning Advisory Council, please feel free to contact the Administrative Assistant for the Council at 775.684.4294 or visit their website at www.mhds.nv.gov for information and an application.

The Nevada Commission on Mental Health and Developmental Services

The commission was created to provide accountability to the taxpayers and the Nevada Legislature, evaluate future state needs, develop a mental health plan for the state, upgrade the quality of care to patients, establish programs to prevent mental illness, provide a public forum for mental health, provide through the membership needed new perspectives, increase knowledge in treatment of mental illness, be representative of mental health and improve the system in coordination of all mental health programs and overall better the system. This commission is a 10-member legislatively created body whose members are Governor appointed. The commission is designed to provide policy guidance and oversight of Nevada’s public system of integrated care and treatment of adults and children with mental health, substance abuse, and developmental disabilities/related conditions. The commission’s statutory responsibilities can be found in Nevada Revised Statute 232 and 433. You can learn more about the commission membership and responsibilities at mhds.nv.gov.

This commission is an avenue for families who have children with behavioral health care needs to express any concerns they may have. To learn more about how to get involved in system change activities, contact the Commission and Nevada PEP. Families know what they need and can be a powerful part of the solution.
Upcoming Events

LA S V E G A S/ H E N D E R S O N

City of Las Vegas, Adaptive Recreation Division
250 N.E. Avenue
Recreational activities for youth of all ages with/without developmental disabilities.
Contact: Cindy Moyes
702.229.4902

Down Syndrome Organization of Southern Nevada
Call Deann Cline at 702.648.1990 for information on activities and supports or visit the website at www.dsosn.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. 408 S. Jones, Las Vegas, 89107 or call Jennifer Strobel at 702.368.3328 Tuesday – Thursday from 8:30 AM - 1:30 PM.

Give Me A Break, Inc. (GAB)
Respite days are the 3rd Saturday of each month in the Vegas Valley. Contact Scherrie Adams at 702.898.2216 or Toll Free 866.486.2275, Fax: 702.248.4739. You must RSVP to reserve a spot.

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 6:00 – 7:30 PM. Contact Jennifer kelley @ 702.967.3522 or visit the Heart & Soul website for events and activities calendar at www.chfn.org.

Nevada PEP Family Support Group
We meet the 2nd Wednesday of every month from 6:00 PM – 7:30 PM at, 2101 S. Jones Blvd, Ste 120. Contact a Family Specialist at 702.388.8899

Nevada PEP Grupo de Apoyo Familiar
Reunirá el ultimo Miercoles de cada mes, 5:30 PM – 7:30 PM at, 2101 S. Jones Blvd, Ste 120. Llame a Santiago De La Torre al 702.388.8899

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

RENO/ SPARKS

Asperger’s Support Group
Monthly meetings on the third Tuesdays of every month from 6:30 PM- 8:00 PM at Renown Hospital, Sierra Tower Contact John Maes at 775.787.2904 for dates, times and more information.

City of Reno Parks & Recreation
Recreation programs for children with disabilities. Contact April Wolfe – 775.334.2262 or email: Wolfea@reno.gov or contact: “Inclusion” at 775.333.7763.

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 316 California Ave Box 436, Reno, NV 89509. For more information, call 775.682.9071 or e-mail dsnnninfo@gmail.com.

Down Syndrome Network of Northern Nevada Family Support Group
Nos reunimos el primer martes de cada mes 5:45 PM – 7:30 PM Donde Nevada Early Intervention Services 316 California Ave Box 436, Reno, NV 89509. For more information, visit the call 775.682.9071 or e-mail dsnnninfo@gmail.com.

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Reno Autism Information Network (RAIN)
Information, support and social nights with activities for children. Contact: Toni Richards at 775.324.5085 or email: Toni’s-isign3550@sbcglobal.net or Robin-robin@accutek.com (put “Autism” in the subject line).

The Solace Tree
Support for families grieving from a personal loss. Call 775.324.7723 or email: info@solacetree.org Visit their website at www.solacetree.org

RURAL AREAS

FEAT of the Carson Valley
Minden, Nevada 89423
Mindy 775.782.4138

Nevada Care Connection
Many classes and a support groups for Douglas County grandparents or other relatives raising their grandchildren. Contact Kristie Traver at 775.782.8692 for more information.

Nevada PEP Family Support Group
We meet on the third Tuesday of each month from 6:30 PM – 8:00 PM at the Family Alliance Building, 186 E. Main St. - Ste 4, Fernley. For more information, please call 775.448.9950 or 800.216.5188.

Ron Woods Family Resource Center
Many different programs for the family and youth focusing on positive action and helping youth identify and understand their thoughts and feelings. Ron Woods Family Support Center, 2621 Northgate Lane Ste 62, Carson City, NV 89703. Please contact Tracy or Lisa at 775.884.2269.
The Clark County Children’s Mental Health Consortium is dedicated to determining what barriers exist in accessing mental health services for children have behavioral health care needs. The Consortium makes recommendations to improve the system of care for children’s mental health. The consortium members are a dedicated group of professionals, service providers, and parents.

Information from parents is valued by the Consortium. The Consortium supports a “System of Care” best practice in which the opinions and experiences of parents are listened to, heard and valued as an integral resource that often times identifies gaps in services that are not typically recognized. Parents advocate for their children daily whether at the school, in the doctor’s office, or in the community for needed services. It is also important for parents to advocate for systems change. In a “System of Care” model parents are full partners who help encourage interagency collaboration, coordination and integrated services. Parent and provider partnerships lead to effective solutions for families.

Our collective parent voice at the city, county and state levels is important to gain adequate funding and services for our children and our future.

Clark County Children’s Mental Health Consortium meetings and workgroup meetings are open to the public. Parents, caregivers and professionals who have an interest in our county’s mental health services for children are encouraged to participate. For more information about the Clark County Children’s Mental Health Consortium, please contact the Chairperson, Jackie Harris at 702.474.6450.

Resource Review

BY: CHERI DAY

BRAIN RULES

John Medina’s new book, Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School, talks about the workings of the brain, explaining its role in the workplace and classroom. He is a developmental molecular biologist, business consultant and director of the Brain Center for Applied Learning Research at Seattle Pacific University.

This book is full of sound advice, backed up by scientific evidence. This book is a must-read for parents and grandparents. It gives you the science behind the claims that are made without the technical language that could easily throw you off.

It will give a clear picture of what you can do, things that you can change and many lessons to learn while enjoying your children. One of the studies was using students who did very little exercise. They had them exercise three times a week for thirty minutes and, after six weeks, the student’s performance scores raised over fifteen points. This was an easy read, and I had a hard time putting the book down.

This book as well as other informative books, audios, video’s, DVD’s and resources can be found in the Nevada PEP Resource Library.

Family Story

BY: DORENA ASH

The summer before my daughter entered the ninth grade she became a victim of Cyber bullying. Her “friends” hacked into her My Space account and sent really awful things to all her family and friends. My daughter had a hard time dealing with this and hid in her bedroom crying and “wanting the world to just stop”. She refused to come out of her room. She kept it dark and just laid in bed. She was having a breakdown, and I was afraid that she might try to hurt herself.

I didn’t know what to do to help her. I spoke with my Family Specialist. She listened to my concerns, and we talked about options. When I decided what I wanted to do, she helped me get the services in place that were needed to help my child. Because we didn’t have insurance, I took my daughter to the emergency room where she was evaluated, and it was recommended that she enter a treatment facility. When she was released, my Family Specialist helped get therapy services through the Neighborhood Family Service Center at the Department of Family and Child Services.

With the help of her therapist, my daughter was able to open up and share her feelings. She learned coping skills to deal with her anxiety and depression. She was part of a social group with five other girls where they shared their experiences and learned that they were not the only ones going through this. They are now living in different states but they stay connected through Face Book.

My daughter is now a beautiful young adult. She is advocating for young adults transitioning into adulthood and looking for mental health services by participating in the Nevada Mental Health Planning and Advisory Council.

I don’t know what would have happened if I hadn’t spoken with my Family Specialist. I believe that she helped me save my daughter’s life! I am now a Family Specialist at Nevada PEP. It is my hope that I can support my families the way that I was supported in my time of need.