



EXTENSION

**College of Agriculture,
Biotechnology & Natural Resources**

Resource Guide to Support Youth and Families In-School and Out-of-School



An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.

The COVID-19 pandemic has made a mark on many aspects of Nevadans' lives – among these include education, mental health needs and access to resources. The Nevada Association of Counties (NACO) shared concerns with the University of Nevada, Reno Extension regarding youths' needs for high-quality educational activities and programs to support academics and mental health during COVID-19. More specifically, NACO asked for assistance in identifying needs and resources to help address these areas.

Extension is a unit within the University of Nevada, Reno College of Agriculture, Biotechnology & Natural Resources that is engaged with Nevada's communities through direct education, programs and resources. Extension serves as a bridge from the University to local communities. With 20 campuses across Nevada, Extension faculty conduct assessments to determine the critical needs of each community, develop research-driven and evidence-based programs and conduct ongoing evaluation to ensure programs are effective.

The University of Nevada, Reno Extension partnered with the College of Education and Human Development and the Nevada Department of Education in the fall of 2020 to design and implement a strategy to best meet NACO's request. The strategy developed includes:

- ✓ Identify youth educational and mental health needs across the state during the pandemic
- ✓ Share resources available to help address identified needs
- ✓ Use the findings to inform current and post-pandemic educational delivery

This Resource Guide to Support Youth and Families was developed to share community resources that are available through the University of Nevada, Reno and other state and community organizations. A call for programs that support distance learning, social-emotional/mental health, academics, youth services and programs, parent education, health and wellness, and other programs was sent out across the state. Different organizations completed a survey sharing their programs that are beneficial to the youth and families of Nevada. These programs may be delivered in schools that support the academic and/or social-emotional educational standards, afterschool, summer camps, and within the community.

The goal of this guide is to help the audience know the types of programs that are available to support our youth across the state. If there is a resource listed for a specific geographic area of the state, you should check to see if that same resource is available in your community. If you have a resource that should be added to this guide, please contact Carrie Stark, UNR Extension State 4-H Director at starkc@unr.edu.

In addition to the Resource Guide, the full state report is available for download

Addressing Youth Needs During a Pandemic Task Force

University of Nevada, Reno Extension

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1. DISTANCE LEARNING RESOURCES

Information coming soon

2. SOCIAL-EMOTIONAL SOURCES (INCLUDING MENTAL HEALTH)

Behavioral Education and Consulting Services (BECS)

UNR's Behavioral Education and Consulting Services (BECS) provides behavioral support to students and staff in the Washoe County School District, particularly at Marvin Picollo School. Services include functional behavior assessment, treatment strategies for challenging behavior, and staff training. BECS also serves as a training site for graduate students in UNR's Behavior Analysis Program.

Contact Information:

Matthew Lewon, Clinical Director/Assistant Professor,
UNR, College of Science-Department of Psychology
mlewon@unr.edu
775.846.1958

Weblink:

<https://www.unr.edu/psychology/>

Early Childhood Mental Health Services

Early childhood mental health services are available for children 0-8 years with their caregivers. The ongoing day-to-day uncertainties can take its toll and we're here to support caregivers and their children when it is challenging for children (and adults!): to regulate strong emotional reactions, manage transitions; express and process grief and loss; experience excessive worry; experience regression from previously achieved milestones. We're here to listen and offer support to caregivers and their children via telehealth and in-office therapeutic services.

Contact Information:

Sarah Barr, Mental Health Counselor II/Intake Coordinator
Nevada Division of Child Family Services, Northern Nevada Child & Adolescent Services
Sarah.barr@dcsf.nv.gov
775.688.1600

Weblink:

<http://dcsf.nv.gov/Programs/CMH/>

Education Services/Support for Youth Experiencing Homelessness

The McKinney-Vento Act is a Federal Program that provides funds for youth experiencing homelessness, defined as lacking fixed, regular, and adequate nighttime residence. This includes residing with/in doubling-up with family, hotel/motel, cars and where utilities are not on/functioning. Each school district has a McKinney-Vento Liaison who can assist the student (family) experiencing homelessness, and no student can be denied educational services/support because of experiencing homelessness.

Contact Information:

Chris James, Education Programs Professional
Nevada Department of Education
chrisjames@doe.nv.gov
702.486.2357

Weblink:

<http://www.doe.nv.gov/Homeless/Home/>

La Clinica VIVA

We offer comprehensive evaluation and treatment planning, and various treatment options for Latinos. We also offer psychological services to victims of interpersonal violence completely free! If you have not experienced violence, our services will be inexpensive.

Contact Information:

Rory Newlands, Staff Therapist, La Clinica VIVA
UNR College of Science, Department of Psychology
laclinicaunr@gmail.com
775.682.8519

Weblink:

<https://drbenuto.wixsite.com/website-54>

S.I.E.R.R.A. Families

Our program offers free (grant-funded) services for parents and families with a child between the ages of 0 and 10 years. Our program is designed for parents who have children with mild to moderate behavior problems that are disrupting family functioning. Additionally, we can help parents who are struggling with their own stress or mental health and such concerns are impacting their ability to parent. Our services aim to teach parents the skills they need to manage their own stress and emotions, in addition to skills to help them in their role as a parent. Parents will learn positive communication and behavior management skills to improve their relationships with their children. Our program is appropriate for all types of caregivers - biological parents, adoptive parents, resource parents, grandparents or other extended family members in caregiving roles. We can work with single parents, or multiple parents, as needed.

Contact Information:

Rory Newlands, Staff Therapist, S.I.E.R.R.A. Families
UNR College of Science, Department of Psychology
775.682.8609

Weblink:

<https://drbenuto.wixsite.com/website-2>

Youth Psychiatric Program at Northern Nevada Child & Adolescent Services

No fee psychiatric services to include psychiatric evaluations and ongoing psychiatric medication treatment/management provided by UNR School of Medicine Fellows and Nurse Practitioner at Northern Nevada Child/Adolescent Services in Reno, Nevada. Services are provided to youth 12-17 years old, who meet eligibility requirements established through intake, AND who are uninsured or under-insured. Psychiatric services are provided via telehealth and/or in-office.

Contact Information:

Aly Estee, Intake Coordinator
Nevada Division of Child/Family Services, UNR School of Medicine, Northern Nevada Child/Adolescent Services
aestee@dcfs.nv.gov
775.688.1600

Weblink:

<http://dcfs.nv.gov/Programs/CMH/>

The Nevada Multi-Tiered System of Supports (MTSS) Project

The Nevada Department of Education (NDE) and the Nevada PBIS Technical Assistance Center plan to build capacity to establish, scale-up, and sustain a Multi-tiered Systems of Support (MTSS) state-wide. This effort began in 2014 and currently supports 10 of Nevada's LEAs. There are four main goals of this project. Goal 1: To integrate initiatives and resources into a comprehensive MTSS; Goal 2: To build state capacity to support school districts in implementing MTSS; Goal 3: To scale and enhance LEA capacity in implementing MTSS; and Goal 4: To address the opioid crisis within MTSS

Contact Information:

Kaci Fleetwood, State MTSS Coordinator
UNR, The Nevada Positive Behavior Support Technical Assistance Center (PBISTA)
kacif@unr.edu
775.784.4921

Weblink:

<https://unr.edu/nced/projects/nvpbista/school/mtss>

Truckee Meadows Tomorrow: Resource List-Stigma, Suicide, and Solutions to our Youth Mental Health Crisis

Did you know that children and teenagers have far less access to mental health and substance abuse services in Nevada than in most other states? And that Mental Health America ranked Nevada 51st among states in seven categories of youths at risk? Psychological and emotional disturbances, substance abuse disorders, major depressive episodes and suicide rates are on the rise statewide. Learn what is what is being done to battle this growing issue. Please use this list of incredible local, regional, and national resources to help you and your loved ones navigate mental health concerns.

Contact Information:

Erica Mirich, Executive Director
Truckee Meadows Tomorrow
erica@truckeemeadowstomorrow.org
775-525-1178

Weblink:

<https://www.truckeemeadowstomorrow.org/post/resource-list-stigma-suicide-and-solutions-to-our-youth-mental-health-crisis>

Nevada Division of Public Health & Behavioral Health-Office of Suicide Prevention

The mission of the Nevada Office of Suicide Prevention is to reduce the rates of suicide and suicidal acts in Nevada through statewide collaborative efforts to develop, implement and evaluate a state strategy which advances the goals and objectives of the National Strategy for Suicide Prevention. It is our hope that the Nevada Suicide Prevention Plan will provide a catalyst for collaborative action, improved understanding and increased wellness in communities across Nevada. This plan is based on the strong belief everyone has a role to play in suicide prevention, and those individuals and groups which address the physical, emotional, psychological, and spiritual needs of individuals and communities must work together if we are to be effective.

Contact Information:

- ✓ Northern Office: **Misty Vaughn Allen**, State Suicide Prevention Coordinator
mvallen@health.nv.gov
775-784-2236
- ✓ Southern Office: **Richard Egan**, Suicide Prevention Training & Outreach Facilitator
regan@health.nv.gov
702-486-8225

Weblink:

<http://suicideprevention.nv.gov/>

Nevada Coalition for Suicide Prevention

The vision of the Nevada Coalition for Suicide Prevention ensures all Nevadans feel hopeful and are connected to the resources they need. In so doing, the coalition hopes that all communities will be free from suicide. This is done in the following ways: Eliminate the taboo/stigma related to suicide and encourage open discussion of suicide; Promote multiple contacts for help within the community and beyond; Raise awareness that suicide is preventable and affects everyone; Involve and engage all Nevadans before there is a crisis, thus building trust and networks of support; Remind Nevadans that all have a role to play in the prevention of suicide. The Nevada Coalition for Suicide Prevention (NCSP) is a statewide coalition dedicated to suicide prevention efforts and made possible through our members in the mental and physical health professions, business community, survivors, advocates, and other supporters. The Nevada Coalition for Suicide Prevention is dedicated to partnering and collaborating with local and state individuals and organizations for the development and implementation of evidence-based suicide prevention, intervention, and postvention strategies and programs in the State of Nevada. The Nevada Coalition for Suicide Prevention was formed in 2005 by a small group of committed Nevadans whose goal was, and remains, to address the significant problem of suicide in Nevada. From these humble beginnings, NCSP has grown to include public and private representation from across the state, and now offers internationally-recognized training and annual awareness and healing events.

Contact Information:

admin@suicideprevention.org
833-375-6277

Weblink:

<https://nvsuicideprevention.org/>

3. ACADEMIC SUPPORT

21st Century Community Learning Centers

The purpose of 21st Century Community Learning Center program is to establish or expand community-learning centers that provide out of school academic enrichment opportunities along with activities designed to complement the students' regular academic program. 21st Century Community learning centers must also offer families of these students' literacy and related educational development. Centers provide a range of high-quality services to support student learning and development, including tutoring and mentoring, homework help, academic enrichment (such as hands-on science or technology programs), and community service opportunities, as well as music, arts, sports and cultural activities. At the same time, centers help working parents by providing a safe environment for students during non-school hours or periods when school is not in session.

Contact Information:

- ✓ **TeQuia Barrett**, Education Program Professional, Nevada Department of Education, Office of Student and School Supports
tbarrett@doe.nv.gov
- ✓ **Kristen Mokofisi**, Education Program Professional, Nevada Department of Education, Office of Student and School Supports
kmokofisi@doe.nv.gov
775.687.9257

Weblink:

http://www.doe.nv.gov/21stCentury_Community_Learning_Centers/

Frontiers for Young Minds

This program mentors young-reviewers for submitted articles to the journal. 5th-8th grade. One student to an entire class. It seeks to connect curious minds to the experts and information that will motivate them to ask informed and critical questions about real science throughout their lives. By working directly with scientists, they ensure that the content is of the highest quality. By working directly with kids, they help foster curiosity both in and out of the classroom and engage the next generation of citizens and scientists.

Contact Information:

Gideon Caplovitz, Associate Professor, UNR, College of Science
gcaplovitz@unr.edu
775.682.8673

Weblink:

<https://kids.frontiersin.org>

Next Steps: College Readiness Program

Next Steps: College Access and Readiness Program is a 4-5 session, 60-90 minutes per session, college readiness program focused on middle school and high school age youth and their families/caregivers. The program's purpose is to guide and motivate youth and their families on the path to achieving a post-secondary education. The program will provide participants with the tools needed to apply to college and ease the transition from high school to post-secondary institutions. The program is offered in English and Spanish. Sessions include individual and group activities and content material. Participants receive a manual with handouts and resources to use after the program.

Contact Information:

Carla Millares, Agriculture and Healthy Living 4-H Youth Development Coordinator,
UNR Extension, Clark County (Las Vegas)
cmillares@unr.edu
702.257.5568

Weblink:

<https://extension.unr.edu/profile.aspx?ID=1636>

University of Nevada, Reno Extension JUNTOS

Juntos Para una Mejor Educacion (locally promoted) Juntos Together for a Better Education Family focus program that run 6 weeks with the focus to help Latino families successfully navigate the local educational system and understand breadth of opportunity for post-secondary education. Program occurs in Carson City.

Contact Information:

Leticia Servin, Hispanic Outreach Coordinator, UNR Extension Carson City/Storey County
lservin@unr.edu
775-887-2252

Weblink:

<https://extension.unr.edu/carson-storey.aspx>
<https://juntos.dasa.ncsu.edu/>

UNR Math and Technology Camp

This program includes a one-week summer camp open to middle grades students. An online program is forthcoming, check the website for updates.

Contact Information:

Heather Crawford-Ferre, Assistant Director, UNR, College of Education and Human Development
hcrawford@unr.edu
775.682.7849

Weblink:

<https://www.unr.edu/education/centers-and-student-resources/initiatives/northern-nevada-mathtechnology-program>

Nevada GEAR Up

The **Gaining Early Awareness and Readiness for Undergraduate Programs (GEAR UP) Grant** is a federally funded, seven-year grant that serves underrepresented students throughout Nevada. Nevada GEAR UP's mission is to help all GEAR UP students transition smoothly to college by collaborating with higher education in providing students with the necessary supports and information to ensure students are knowledgeable and prepared.

Contact Information:

Lori Botelho, GEAR UP Interim Director

lbotelho@doe.nv.gov

(775) 687-9222

Weblink:

<https://gearup.epscorspo.nevada.edu/>

The E.L. Cord Foundation Center for Learning and Literacy

The E.L. Cord Foundation Center for Learning and Literacy (CLL) has focused on supporting children's literacy development since 1964. The CLL's mission is to enhance literacy in Nevada through research, teacher education, and literacy services for children. The CLL serves University of Nevada, Reno students, teachers, and children through our on campus clinical tutoring program, our undergraduate teacher program, and our various outreach tutoring programs. Literacy has evolved and transformed in the 21st Century. Our literacy support emphasizes the multiple modes and purposes of literacy from listening, speaking, reading and writing to digital literacies and content area literacies. All of our programs infuse the Common Core State Standards and integrate literacy and technology and provide teachers and students with the concepts and tools to be successful and engaged in their education.

Contact Information:

Rachel Salas, Director for the Center for Learning and Literacy (CLL), UNR College of Education and Human Development

CLL: cll@unr.edu

Director: rgsalas@unr.edu

(775) 784-4951

Weblink:

<https://www.unr.edu/cll>

UNR NevadaTeach Virtual Tutoring for Mathematics and Science (6th-12th Grades)

This program provides free virtual tutoring for 6th-12th grade mathematics and science learners. Tutoring is provided by NevadaTeach pre-service teachers who are studying to become mathematics and science educators.

Contact Information:

NevadaTeach@unr.edu

Weblink:

<https://www.unr.edu/nevadateach/tutoring>

4. YOUTH SERVICES & PROGRAMS

Extension, A.D. Guy Knowledge Center

Programs at the center provide students with a safe space to expand their knowledge with creative hands-on learning in STEAM, social sciences, and healthy living to build character, advance life skills and abilities, and encourage critical thinking and solution focused mindsets. Offered programs are developed for youth ranging from early childhood through high school. Additional programs are offered here for young adults through seniors in health and nutrition, skill development training, and need based opportunities to provide access to continuing education for the community.

Contact Information

Shay McGee, Program Coordinator, UNR, Extension
mcgees@unr.edu
702.948.5940

Weblink:

<https://extension.unr.edu/clark-adguy.asps>

Nevada 4-H Youth Development Club-Based Programs

All children face risks as they grow and develop, and most children can benefit greatly from positive interactions with caring adults. Children who have strong interpersonal skills and support are less likely to participate in risky behaviors, such as drug and alcohol use, early sexual involvement and dropping out of school. For more than 90 years, Extension has administered a 4-H program in Nevada, part of one of the largest youth organizations in the U.S. Many 4-H alumni have become elected state officials, legislators and teachers, contributing greatly to the state and their communities. 4-H is a learn-by-doing life-skills program that teaches youth communication, self-concept, team-building, problem-solving, decision-making, self-responsibility, conflict resolution, aspiration-building, goal-setting, community leadership and career development. The youth learn through projects, in or after school, in a variety of subjects ranging from animal science to nutrition, leadership, public speaking, horticulture and other science and technology programs. Through these projects and interactions with other youth and leaders, 4-H youth learn how to make good choices, feel good about themselves, think critically and become leaders.

Contact Information:

Carson City/Storey County: Lisa Taylor, Sandy Wallin, Jim Barcellos
775-887-2252

Churchill County: Karen Bogdanowicz
775-423-5121

Clark County (Las Vegas): Nora Luna, Cody Dix, Luisa Ixmatlahua-Garay, Mallory Levins, Carla Millares-Forno
702-222-3130

Clark County (AD Guy Knowledge Center): Shay McGee
702-222-3130

Clark County (Laughlin): Hayley Maio
702-299-1333

Clark County (Logandale/Mesquite): Carol Bishop, Dianna Walker, Rocki Shaner
702-397-2604

Douglas County: Lindsay Chichester
775-782-9960
Elko County: Jill Tingey
775-738-7291
Eureka County: Tosha Kirby
775-237-5326
Humboldt County: Sharon Barton, Holly Gallian
775-623-6304
Lander County
775-635-5565
Lincoln County: Cindy Higbee
775-726-3109
Lyon County: Adeel Ahmed
775-463-6541
Mineral County: Schyler Hagen
775-945-3444
Northern Nye/Esmeralda County: Carol Shilling
775-482-6794
Pershing County: Colby Burke
775-273-2923
Southern Nye County: Stormy Ingersoll, Jamie Domina
775-727-5532
Washoe County: Sarah Chvilicek, Samantha Shoupe, Stephanie Disuanco
775-784-4848
White Pine County: Alex Santaella
775-293-6599

Weblink:

<https://extension.unr.edu/4h>

University of Nevada 4-H Youth Development Clark County (Las Vegas) School-Based and Afterschool-Based Programs**

4-H Civic Engagement Programs

4-H Civic Engagement is the knowledge, skills, attitudes and motivation that give youth the capacity to move beyond one's individual self-interest and to be committed to the well-being of some larger group. 4-H Civic Engagement programs empower young people to be well-informed citizens who are actively engaged in their communities and the world. Through hands-on, learn-by-doing projects, youth explore and expand their own personal development through leadership, mentorship, public speaking, entrepreneurship, social-emotional learning, and much more. Then, youth are better equipped to serve their communities by discovering community challenges and finding innovative ways to improve their communities. 4-H Civic Engagement Programs are highly adaptive and can be tailored to the needs of teachers, schools, community centers, or any location where programming is delivered. 4-H staff will work with partners to adapt 4-H Civic Engagement programming to meet the needs of served youth and their communities.

4-H Science/STEM/STEAM Programs

We would like to take this opportunity to invite your child to participate in the 4-H S.T.E.M Program as an official member. This school year, the Southern Area 4-H Program is enrolling various elementary, middle, and high school classes in Clark County in-school 4-H Clubs. This in-school project is designed to help youth develop and cultivate interest in the areas of Science, Technology, Engineering, and Mathematics or "S.T.E.M". This program will explore and examine the exciting and fun world of science. Students will explore a variety of topics such as Robotics, Coding, Drones, Gardening, Leadership, and more. We will also offer some of activities 4-H incorporates to build life skills such as leadership opportunities, demonstrations, public speaking, record keeping, awards, and more. As an enrolled member of the Nevada 4-H Program, your children will be invited to participate in all area wide and statewide 4-H activities including, Clark County Fair, Summer Camp, Day Camps, National Science Day, and many more.

Healthy Living

4-H Healthy Living and Agriculture are a variety of workshops and events focused on increasing the knowledge of agriculture, healthy eating habits, social and emotional well-being, and safety. The during or after school program provides developmentally appropriate learning opportunities for children, youth (6-19 years old), and their families. Participants will experience hands-on educational activities, and they will also learn important life skills such as clear communication, critical thinking, and leadership. In an effort to reach a broader audience, the programs can be delivered in English and Spanish.

Contact Information

Nora Luna, 4-H Youth Development Program Manager,
UNR Extension
lunan@unr.edu
702.940-5431

Weblink:

<https://extension.unr.edu/program.aspx?ID=158>

**check with your local UNR Extension office to see if there are similar programs offered

University of Nevada, Reno Extension 4-H Youth Development Summer Overnight Camps

Nevada has been involved in 4-H camping since the first 4-H camp took place on the University of Nevada, Reno campus in 1930. For about 81 years in Nevada, 4-H camping has been a proven and effective method of reaching, teaching and involving youth in leadership skills development. Each year, more than 500 youth participate in 4-H camping programs at Lake Tahoe Nevada 4-H Camp. Other 4-H camping programs take place across the state. Both residential and day 4-H camping programs have a rich history of providing educational programming to thousands of youth annually through hands-on, experiential learning. Every camp offers great adventure, friendship and fun, and all seek to develop the camper's Head, Heart, Hands and Health to make him or her a better person. The leadership skills that are given major emphasis in Nevada's 4-H camping program include (1) Understanding self and character-building skills; (2) Communicating and relating to others; (3) Problem solving and decision making; (4) Managing resources; (5) Working with others; (6) Environmental stewardship. 4-H camping is cooperative group living that focuses on the individual's social, spiritual, mental, and physical development for both boys and girls. Since 4-H camping is educationally focused, it is recognized as a method by which to deliver 4-H programming.

These camps involve trained professional staff, as well as highly skilled adult and teen volunteers in working with and supervising all campers. Nevada offers three week-long camps the Nevada State 4-H camp in Lake Tahoe. Each camp is planned, organized and staffed by Extension 4-H staff and volunteers. Teens are selected and trained to be counselors at each camp.

Contact Information

Kenny Haack-Damon, 4-H Youth Development Camp Educational Coordinator,
UNR Extension
damonk@unr.edu
775-682-9865

Weblink:

<https://extension.unr.edu/4h/program.aspx?ID=142>

Conservation Education

The Conservation Education division of the Nevada Department of Wildlife provides wildlife and conservation-centered educational programming to K-12 classrooms throughout the state. We provide specific classroom programs such as our 'Know Your Nevada' fourth-grade program, 'Nevada Knockout' for all grades, 'Trout in the Classroom' for a variety of grades, and 'National Archery in the Schools' program also for all grades. In addition to these specific programs, our regional educators can also provide regional specific programming featuring specific animals and topics requested by the teacher. We also provide teacher training in the form of Project WILD workshops. Currently, all of our programming is being offered virtually. In addition to classroom and K-12 specific programming, we also offer programming for the general public. We currently have ongoing webinars that anyone can register and attend covering all varieties of wildlife topics from cats to bats and hunting and fishing.

Contact Information:

Julie Watson, Staff Conservation Educator – Wildlife Education Coordinator
Nevada Department of Wildlife
jwatson@ndow.org
815.985.0665

Weblink:

<http://www.ndow.org/>

KIDS University

KIDS University hosts a wide-range of youth camps during the summer and school breaks throughout the year. Choose from themed, weeklong camps designed to incorporate the academic STEAM components — science, technology, engineering, arts and math — with a healthy dose of fun! NOTE: At this time, we are not offering break camps due to the COVID-19 pandemic. There is nothing more important to us than the health and well-being of our KIDS University campers, their families and our community. We look forward to offering camps to your children in the near future.

Contact Information:

Crystal Adams, Director,
UNR Extended Studies
kidsu@unr.edu
775.682.7554

Weblink:

<https://kidsuniversity.unr.edu/>

UNR Museum of Natural History

We are a teaching and research collection of plants and animals from the Great Basin. During normal (non-Covid) times, we are open to the public from 9:00-4:00 for visits to our displays, and classes, and the public can arrange for guided tours and hands-on activities with our scientist staff and students.

These events are free, and we have multiple options for visitors to engage in activities that support Next Generation Science Standards for different grades. We also host periodic public events (Day at the Museum, etc.) that are open to all ages.

Contact Information:

Elizabeth Leger, Director/Professor
UNR College of Science, Department of Biology
leizabeth@unr.edu
775.784.7582

Weblink:

<http://www.naturalhistory.unr.edu/>

Little Cooks and Little Books

For many children, academic difficulties begin before they start school. In a national survey, teachers reported that 35 percent of kindergarten children were not ready for school. Poor academic skills in the early years place children at risk, often leading to grade retention, school failure and dropout, delinquency and running away, as well as unemployment and underemployment in adulthood. Children gain critical school readiness skills by engaging in real-life, meaningful activities. Cooking with parents is one educational activity that can help to increase children's abilities in math, science, reading, language, motor development and social skills in a meaningful and appealing way. Extension's Little Books & Little Cooks Program, which began in 2012, offers Nevada's Clark, Washoe and Lincoln County preschool children and their parents the chance to cook and read stories together. Extension provides the books, recipes and cooking instructions. This 7-week series is designed to promote healthy dietary patterns among preschool aged children through parent-child interaction and combining literacy with hands-on cooking activities. The program aims to increase parent knowledge on nutrition and assist in positive family interaction.

Contact Information

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Let's Discover STEM

Let's Discover STEM (Descubramos STEM) is a family engagement program aimed at getting Spanish speaking parents and young children together around simple, fun Science, Technology, Engineering and Math (STEM) activities. Interest, knowledge and skills in STEM begin before kindergarten. Early exposure to STEM, wither in school or at home, supports children's overall academic growth. The overall goal of the program is to increase young children's interest, knowledge and engagement in STEM activities and to empower parents/caregivers to be positive forces for their child. Based on family engagement and ecological frameworks focusing on children, families, schools and community, Let's Discover STEM focuses on STEM enhancement and parent engagement for families with preschoolers and kindergarteners.

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5. PARENT EDUCATION

S.I.E.R.R.A. Families

Our program offers free (grant-funded) services for parents and families with a child between the ages of 0 and 10 years. Our program is designed for parents who have children with mild to moderate behavior problems that are disrupting family functioning. Additionally, we can help parents who are struggling with their own stress or mental health and such concerns are impacting their ability to parent. Our services aim to teach parents the skills they need to manage their own stress and emotions, in addition to skills to help them in their role as a parent. Parents will learn positive communication and behavior management skills to improve their relationships with their children. Our program is appropriate for all types of caregivers - biological parents, adoptive parents, resource parents, grandparents or other extended family members in caregiving roles. We can work with single parents, or multiple parents, as needed.

Contact Information:

Rory Newlands, Staff Therapist, S.I.E.R.R.A. Families
775.682.8609

Weblink:

<https://drbenuto.wixsite.com/website-2>

Family Storyteller

The Family Storyteller is a family literacy program aimed at getting parents and children involved in literacy and language activities. The program encourages and teaches parents to play a vital role in the literacy development of their children. The Family Storyteller is designed for families with preschoolers and beginning readers. It helps all families but is specifically designed for parents who may have limited language skills and few children's books at home. The program includes six sessions during which parents and children: • discuss key parent/child reading techniques • watch a video • practice reading • receive a free book • learn about extender activities which enhance the value of the reading • receive materials to complete the extender activities at home
Workshops and materials available in English or Spanish

Contact Information:

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weigeld@unr.edu
775-784-4848

Weblink:

<https://extension.unr.edu/program.aspx?ID=41>

6. HEALTH & WELLNESS RESOURCES

Positive Behavior Interventions and Support (PBIS)

The Nevada PBIS Technical Assistance Center partners with school districts, community organizations, or other programs and institutions to provide training and/or technical assistance related to positive behavior interventions and supports for contextually-relevant implementation.

Contact Information:

Ashley Greenwald, Director of Nevada PBIS TA Center
UNR, The Nevada Positive Behavior Support Technical Assistance Center (PBISTA)
agreenwald@unr.edu
775-784-4921

Weblink:

<https://www.unr.edu/nced/projects/nvpbista/school/pbis>

7. DISABILITY RESOURCES

Downing Counseling Clinic

The Downing Counseling Clinic is named in memory of Dr. Jerry Downing, a former Counselor Education faculty member, and is dedicated to serving the University and the Community. The Downing Counseling Clinic is a training center for graduate counseling students. The clinic is a part of the Counseling and Educational Psychology Program at the University of Nevada, Reno. All sessions are conducted by graduate students who are supervised by licensed counselors. Due to the clinic being a training clinic all sessions will be recorded to provide the counselor- interns feedback on their clinical skill development. The Clinic follows federal and state statues and the ethical standards set by the American Counseling Association and the American Association of Marriage and Family Therapists.

Contact Information:

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Weblink:

<https://www.unr.edu/education/centers-and-student-resources/centers/downing-clinic>

Healthy Home Life (HHL)

Healthy Home Life (HHL) is parent education training workshop funded by Children's Trust Fund for the Prevention of Child Abuse and Neglect. HHL's mission is to improve the quality of life of children and families. Families and caregivers will learn to use preventative strategies to create more nurturing, positive home environments and build cooperative behavior with their child(ren). HHL provides trainings directly to communities with historically little to no access to services, including Lander, Pershing, Humboldt, and Elko counties.

Contact Information:

Janice Lee, Co-Coordinator, Nevada Center for Excellence in Disabilities (NCED); Nevada Positive Behavior Support Technical Assistance Center (PBISTA)
janicelee@unr.edu
775.-682-9065

Weblink:

<https://www.unr.edu/nced/projects/nvpbista/community/healthy-home-life>

Nevada Assistive Technology Resource Center

The NATRC is a statewide project of the Nevada Center for Excellence in Disabilities (NCED), at the University of Nevada, Reno. As part of the Nevada Assistive Technology Collaborative the NATRC offers a variety of services and supports to anyone interested in exploring the world of assistive technology. Assistive technology (AT) is any item, piece of equipment, software program, or product system that is used to increase, maintain, or improve the functional capabilities of persons with disabilities. It might help with speaking, writing, hearing, remembering, learning, walking and mobility, driving, and many other activities of daily living.

Contact Information:

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Weblink:

<https://www.unr.edu/nced/projects/nced-natrc>

Nevada Dual Sensory Impairment Project

The purpose of the Nevada Dual Sensory Impairment Project is to enhance the educational services provided to children and youth, birth through 21 years, with vision and hearing impairments. The project provides statewide technical assistance to support parents, service providers, and other service agencies in meeting the educational needs of children who have dual sensory impairments.

Contact Information:

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Chevonne Sutter, Project Coordinator
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Weblink:

<https://www.unr.edu/ndsip>

Sibshops and the Nevada Sibling Network

The Nevada Center for Excellence in Disabilities believes kids who have a brother or sister with an intellectual/developmental disability, can have a powerful, positive impact on their siblings' experiences if provided with the right support. That is why we support young sibs and Sibshops and are in the process of creating an adult sibling network for our state. The Nevada Sibling Network will be a part of the National Sibling Leadership Network. Sibshops are recreation-based peer-support workshops for kids, ages 8-13, who have a brother or sister with an intellectual or developmental disability, special health care needs or mental health concerns. Young sibs will make friends, receive information and support, and have fun at our quarterly Sibshops! We hold some Sibshops virtually and some in person! Dates for 2021 are February 26, April 30, July 13, and November 19.

Contact Information:

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775.233.9547

Weblink:

<https://www.unr.edu/nced/projects/nced-nsn>

Path to Independence

The Path To Independence is an inclusive, two-year, non-degree certificate program offering a college experience to students with intellectual disabilities. A collaborative effort of UNR's Nevada Center for Excellence in Disabilities (NCED), the University of Nevada Reno Extended Studies Department, (UNR EXS), Sierra Regional Center (SRC), the Bureau of Vocational Rehabilitation (BVR), Lyon County School District and Washoe County School District. Each student and their invited guests participate in Person Centered Planning (PCP) each semester. The results of the plan determines the level and direction of academic involvement. The STAR (Students Transitioning to Adult Roles) planning process is used, which includes the areas of Academic Enrichment, Independent Living, Self-Determination, Campus & Community Engagement, and Career Development & Employment.

Contact Information:

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775.682.9057

Weblink:

<https://www.unr.edu/nced/projects/nced-p2i>

Positive Behavior Support of Nevada Family Services

PBS-Nevada is a community-based service that provides services to families and caregivers of individuals with disabilities and/or challenging behaviors. The mission of PBS-Nevada is to enhance proactive life skills, independence, and the quality of life of individuals with disabilities or those who engage in challenging behavior by helping families and caregivers learn to build and implement a preventative behavior support plan within a nurturing, positive environment. PBS-Nevada trainings and consultative services are offered in English and Spanish.

Contact Information:

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Weblink:

<https://www.unr.edu/nced/projects/nvpbista/family/nced-pbsnevada>

Nevada Pyramid Model Partnership (formerly Nevada TACSEI Pyramid Model Partnership)

In 2010, Nevada formed a collaborative cross-agency partnership to build Nevada’s capacity to develop, implement and sustain a comprehensive system of training and technical assistance for supporting social emotional competence and addressing challenging behaviors in young children at-risk for, or with, identified developmental delays or disabilities. A primary goal of this partnership was to enhance the ability of the early care and education (ECE) workforce to address the social, emotional and behavioral needs of all young children birth to 5-years. This was done by embedding Pyramid Model training and technical assistance into existing Nevada ECE professional development initiatives. The Pyramid Model is a tiered framework of evidence-based practices for teaching and supporting positive social emotional skills for young children, such as recognizing emotions in self and others, learning rules and expectations, self-regulation skills, and positive social interactions with peers. Research confirms a strong link between social emotional competence in young children and later school success. It also shows the negative consequences of untreated behavior problems including risk for school failure, delinquency in adolescence, and adult incarceration.

Contact Information:

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Weblink:

<https://www.unr.edu/nced/projects/nvpbista/family/nced-pbsnevada>

8. OTHER

Nevada School District Websites for Parent & Family Support

District	Enrollment	Resources
Clark	330,000	Reconnecting with our students website https://ccsd.net/schools/back-to-school/index.php
Washoe	67,000	Family Wellness Support newsletter emailed to families
Elko	10,000	Parent Resources website https://ecsdnv.net/cms/One.aspx?portalId=138734&pageId=33004828
Lyon	9,000	Parent newsletters on website: https://www.lyoncsd.org/parents-b5d469ec
Carson City	8,000	Uses Parent Square for parent communication (social media app) Community Resources web page: http://www.carsoncityschools.com/cms/One.aspx?portalId=801611&pageId=1255335 Partnership Carson City web page: https://pcccarson.org/?page_id_34
Douglas	6,700	Parent and Student Resources web page: https://www.dcsd.k12.nv.us/pf4/cms2/view_page?d=x&group_id=1545467686017&vdid=i21d22ra9sn
Nye	5,300	Family Engagement & Public Resources web page: https://www.nye.k12.nv.us/o/ncsd/page/family-engagement-public-resources Parent engagement live feed: https://www.nye.k12.nv.us/live-feed
Humboldt	3,500	Link to the Humboldt County library: https://www.hcnv.us/351/Library Family Engagement page: https://www.hcsdnv.com/o/hcsd/page/family-engagement--32
Churchill	3,400	Family Resources page: https://www.churchillcsd.com/parent-resources-5e338631
White Pine	1,600	Parent Resources page: http://www.whitepine.k12.nv.us/?DivisionID=16622&ToggleSideNav=ShowAll
Lander	1,000	Parent Resources page: http://www.lander.k12.nv.us/parent-resources.html
Lincoln	1,000	Website: https://lcsdnv.com/
Pershing	650	Parents page: https://www.pershing.k12.nv.us/Content/2
Mineral	580	Website: http://www.mineral.k12.nv.us/ (outdated)
Storey	460	Website: http://www.storey.k12.nv.us/
Eureka	320	Parents page: https://www.eureka.k12.nv.us/parents (some good resources)
Esmeralda	100	Website: http://www.esmeraldacountyschools.com/