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May 2015 Newsletter

PCA-NV NEWS

14th Annual Nevada State Child Abuse Prevention and Safety Conference

NEVADA'S FUTURE: Safe, Stable, and Healthy Families

When: June 5, 2015
9AM-4:30PM
Where: Innevation Center
6597 Edmond St.
Las Vegas, NV 89118
Registration Fee: $25

Very Limited Space Still Available!

Click here to view the conference webpage and register

This year's conference includes 2 tracks:
Children's Week at the Legislature Summary

The third biennial Children's Week at the Nevada Legislature was held Monday, March 9 through Thursday, March 12 at the Nevada Legislature in Carson City, Nev. The week-long celebration was hosted by the Nevada Institute for Children's Research and Policy (NICRP) and the Children's Advocacy Alliance (CAA). The week was broken down to four major themes guiding each day's presentations and activities. Monday was early childhood education day, Tuesday was children's physical health day, Wednesday was children's mental and behavioral health day, and Thursday was child safety day.

Click here to view a full summary of the week’s events.

Sports-related Injuries in Track One - Well Being: Mental/ Behavioral Health & Disabilities

Track Two - Family Support: Prevention Skills & Strategies

This is the only statewide conference devoted to the prevention of child maltreatment and unintentional injuries to children

Children's Mental Health Day
Thursday, May 7th

This year, National Children’s Mental Health Awareness Day will address the needs of children, youth, and young adults with mental health or mental health and substance use challenges and their families. A national event will take place on May 7, 2015, at the Lansburgh Theatre in Washington, DC. The national event will highlight strategies for integrating behavioral health with primary health care, child welfare, and education.

Click here for mental health resources and materials for early childhood and young adult resources.

Go to SAMHSA.com for more information about National Children's Mental Health Awareness Day and ways to get involved.

FUN IDEAS FOR FAMILIES

Mother's Day - Sunday, May 10th

Don't forget to tell a mother in your life how much you appreciate them. This can be as simple as a hug or a short note. Consider skipping the expensive gifts this year and opt for something hand-made.
Youth: What coaches, parents, and athletes need to know

Sports-related brain injuries can unfortunately happen in countless ways. A football player can sustain a traumatic brain injury (TBI) in a head-to-head collision. A cheerleader can fall on her head during a "basket toss." A skier can smash into a tree. A skateboarder can lose control and fall against a curb.

In the last several years, sports and concussion have received a lot more attention and scrutiny - so much so, that rules in certain games are changing, and laws are being implemented to keep athletes of all ages and skills safe. But coaches, parents, and athletes need to learn about brain injury to prevent injury and make the best decisions if an injury does occur.

Here is some basic must-know information:

- An athlete can sustain a concussion or brain injury without necessarily losing consciousness.
- A concussion can have serious and long-term health effects, and even a seemingly mild "ding" or bump on the head can be serious.
- A concussion changes how the brain normally functions - in the short or long-term, depending on the severity of the injury and the time taken to recover.

There are two main ways to help athletes stay safe and healthy.

Prevention

First, do all you can to make sure brain injuries don't happen:

Northern Nevada Event: "Something in the Wind" Festival hosted by Carson Valley Arts Council

When: May 16 & 17
Where: Dangberg Home Ranch Historic Park
1450 Highway 88
Gardnerville, NV

Mark your calendar for the free, two all-day festival which will include an Artisan Marketplace, kite flying demonstrations and kite making, special presentations on birds, kinetic art, children's hands-on art,

Remember: Small acts of kindness are contagious!

Plan A Mother's Day Picnic

Give mom a well-deserved break and plan a picnic in 5 easy steps. Step 1. Choose the right food. Easy to make, carry, but is still interesting and fun.
Step 2. Choose the right location. Maybe her favorite place to experience nature.
Step 3. Choose the right utensils. Eco-friendly and disposable are the best for easy clean up.
Step 4. Choose the right picnic blanket. One you don't mind getting dirty.
Step 5. Have a good time. After eating take a walk and enjoy the fresh air and some quality time with mom.
• Wear a helmet. There are specialized helmets for almost every sport. Make sure all helmets are properly fitted and maintained and are worn correctly and consistently.
• Follow safety rules for each sport.
• Never let children in or near water without adult supervision.
• Be familiar with your equipment like your bike or ATV. Make sure it is in good working order and adheres to safety standards.
• Be familiar with terrain before biking, horseback riding, waterskiing, swimming, or rock climbing.

**Take action**

• If an athlete has sustained a concussion - recently or ever - it’s crucial for the athlete, teammates, coaches, and parents to take the appropriate steps.
• **Know the signs and symptoms of concussion.**
• Seek medical attention, even if you think the brain injury is "mild." A healthcare professional will be able to decide when it is safe to return to sports.
• Do not return to play with a known or suspected concussion until evaluated and given permission by an appropriate healthcare professional. (Second concussions that occur before you have recovered [second impact syndrome] can be very serious.)
• Tell your coach or child’s coach about any recent concussions.

**Sports bring risks, but they also come with myriad benefits like fitness, good health, confidence, friendship, and wind energy, music and all things "Nevada Wind."

"Something in the Wind" is presented by [Dangberg Home Ranch Historic Park](http://www.dangberg.org) and [Carson Valley Arts Council](http://www.carsonvalleyarts.org).

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**POLICY UPDATES**

**Updates from the Nevada Legislature**

- **SB 257 - Passed out of Senate on 4/20/15**

  AN ACT relating to public welfare; revising the amount and type of training that an employee of a child care facility is required to complete; setting forth certain requirements relating to services performed by an independent contractor at a child care facility; revising provisions concerning the frequency and timing of certain background investigations required to be conducted by the Division of Public and Behavioral Health of the Department of Health and Human Services; and providing other matters properly relating thereto.

- **SB 394 - Passed out of Senate on 4/20/15**

  AN ACT relating to children; revising provisions relating to guardians ad litem for a child in certain circumstances; requiring the instruction of pupils in personal safety; and providing other matters properly relating thereto.

To continue to follow these bills or others, you can view the [legislative tracking list](http://www.nelis.state.nv.us) or you can track up to 10 bills for free on the NELIS system provided by the state which can be access [here](http://www.nelis.state.nv.us).

**Federal Legislation**

**U.S. Senate Passes MIECHV Legislation**

We are happy to report that in April, the U.S. Senate passed legislation to permanently repeal the sustainable growth rate (SGR). In Nevada, both Senator Heller and Senator Reid votes yes on this piece of legislation. The bill includes a two-year extension of the Maternal Infant and Early Childhood Home Visiting program (MIECHV) program!! It includes level funding of $800 million total! The bill also provides a two-year extension of the Children's Health Insurance Program (CHIP), the Personal Responsibility Education Program (PREP) and the Community Health Centers (CHCs), among others. The vote was 92-8 and the bill is now headed to President Obama to be signed into law. Together these programs will provide critical investments in the health of women, children, and families.
team sportsmanship. They just need to be played safely.

Brainline.org

FREE INFANT CPR CLASS

FREE ONLINE CPR CLASSES through infantcpr.com.

Great for grandparents, aunts and uncles, babysitters, and of course, parents!

Contact the PCANV office by phone or email to sign up

*Please note, this is a skills class ONLY and does not count for accredited CPR Certification.

PCA NV Resources

Prevent Child Abuse Nevada has resources available to parents, educators and our partners.

These resources are available digitally via our website at www.preventchildabusenevada.org.

For more information or to request hard copies (subject to availability) you may contact us at 702-895-5053 or by emailing us at preventchildabusenevada@unlv.edu.

Prevent Child Abuse Nevada
Nevada Institute for Children's Research and Policy
University of Las Vegas, Nevada
4505 S. Maryland Parkway, Box 453030
Las Vegas, NV 89154-3030
Phone: 702.895.5053 Fax: 702.895.2657
preventchildabusenevada.org