



NV Statewide Maternal and Child Health (MCH) Coalition

Healthy moms and children strengthen Nevada

Stay in the know with the Nevada Statewide Maternal and Child Health (MCH) Coalition. Meet new members of the committees. Learn about the new programs and events that MCH is involved with. Stay connected with what's important.

[Visit our
Website](#)

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TikTok](#)

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Facebook](#)

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Instagram](#)



Upcoming Coalition Meetings

Northern Nevada MCH Meeting

Next meeting is: November 13th, 2025 from
8:30am-10:00am

[Click Here to Join](#)

[Click Here for 2025 Meeting
Dates](#)

[Click Here for 2026 Meeting Dates](#)

Southern Nevada MCH Meeting

Next meeting: November 18th, 2025 from 8:30am-
10:00am



MCH
Southern NV
MCH MEETING

IN-PERSON

18 NOVEMBER 2025

8:30am-10am

DIGNITY HEALTH ST. ROSE DOMINICAN, SAN MARTIN CAMPUS
ALJIAN CONFERENCE CENTER
8280 W WARM SPRINGS RD, LAS VEGAS, NV 89113

Please park in the front of the hospital and take the
elevators or stairs to the bottom floor (basement).

Breakfast sponsorship available, please reach out to the Southern NV MCH Chairs if
interested at (Terrie) terrie.flaherty@uhc.com and (Susie) crutchfield@snhd.org.

[Click Here to Join](#)

Upcoming Events & Trainings

[Click Here to Access
Course](#)

[Click Here to Read](#)

If you missed the Ask the
Pediatrician, check out the recording
on the Nevada Chapter, AAP's
Youtube!

[Click Here to Watch](#)



FREE: ONE-HOUR RECORDED WORKSHOP
EARN 1 LACTATION (L) CERP OR NURSING CREDIT

Sharing Baby's Behavior:
Promotes parent confidence and
breastfeeding duration

Misunderstanding a baby's behavior decreases
breastfeeding duration, lowers parent confidence, and



increases postpartum depression. Explore lactation, pediatric and child development literature used to create this program. Discover innovative and engaging tips and resources to help expectant and new parents understand a baby's behavior and to meet their breastfeeding and parenting goals.

FACULTY:

Jan Tedder BSN, FNP, IBCLC, Founder of HUG Your Baby.
NC Maternal-Child Health Nurse of the Year, American Nurses Assn
Innovative Nurse, & NC Great 100 Nurses

[CLICK HERE to access recorded course.](#)

Free course and resources available for three months.



VETERANS Mental Health

SERVING LAS VEGAS AND SURROUNDING AREAS



PRESENTED BY
Nevada Chapter
OF THE AMERICAN ACADEMY OF PEDIATRICS

HOSTED BY
A+J PATIENT ADVOCACY
AT THE UNIVERSITY OF NEVADA

DOULA CO-OP OF NEVADA

BIRTH DOULA TRAINING & MEDICAID PROVIDER SCHOLARSHIP

SPONSORED BY

Anthem Foundation

WHAT'S INCLUDED IN THE SCHOLARSHIP?

- A \$500 scholarship for tuition fees
- State Certification Fee (\$100)
- One year of membership with DCONV
- Provider enrollment assistance

ELIGIBILITY

- Willing to train as a Birth Doula & become enrolled as a Medicaid provider in Nevada
- Willing to work with a systemically underserved community



45 TOTAL Scholarships Available!

Next cohort begins November 4

APPLY TODAY



doulacoop.org/birth-doula-training-scholarship



AYUDE A MEJORAR LA VIDA DE LAS PERSONAS EMBARAZADAS Y LOS BEBÉS

ENTRÉNATE PARA SER DOULA DE PARTO CERTIFICADA EN EL ESTADO DE NEVADA

¡Adquiere habilidades para mejorar la salud de tu comunidad!

¿Qué es una doula?

Una profesional no médica, capacitada, que brinda apoyo físico, emocional e informativo continuo a las personas embarazadas y a sus familias durante el embarazo, la labor de parto y después del parto.

GRATIS

Detalles del Programa:

Inicio de clases: 10 de Noviembre de 2025 - 6:30pm-9:30pm

Ubicación: Zoom

Costo: GRATIS

Duración de la capacitación: 10 semanas

¡NO SE REQUIERE EXPERIENCIA PREVIA!

¡Aplica hoy!



Para más información
eamayafernandez@unlv.edu



LARSON INSTITUTE
School of Public Health



earn-lactation hub
The Nevada Lactation Hub Scholarship Program

UNLV HEALTH



NEVADA DIVISION OF PUBLIC and BEHAVIORAL HEALTH

PARTICIPANT RECRUITMENT FOR THE "ENHANCED" STUDY

Adult Nutrition Cooking Education for Diabetes Prevention in Clark county

We are seeking participants for an exciting research study focused on type 2 diabetes prevention, increasing fruit and vegetable consumption, improving body composition, reducing HbA1c%, managing cardiometabolic risk, and enhancing gut microbiome diversity. Are you interested in being a part of this journey towards a healthier, more vibrant you?

You may qualify to participate if:

Participation involves:

- Attending in-person cooking classes at the UNLV Nutrition Center once per week for 6 weeks
- Blood sugar measurement using Continuous Glucose Monitoring
- Blood fat measurements using Finger-sticks
- HbA1c% measurements
- Body composition assessments

Free Breastfeeding Support Latch Clinic

Tuesday's (English) 9-2pm
Thursday's (English & Spanish) 10:45a-4pm
UNLV Pediatric Clinic~Room 10
FREE to all current patients

Get assistance with

- Milk supply concerns
- Breast/nipple pain
- Pain with latch
- Pumping questions
- General feeding questions
- Baby's weight concerns

Schedule your appointment via email with the Project Coordinator Rikki Jenkins rikki.jenkins@unlv.edu

Walk-ins welcome upon availability

This project is being supported by federal allocation number SLFRP2634 allocated to the State of Nevada by the U.S. Department of the Treasury through a subaward to the University of Nevada, Las Vegas (FSG 2024-00407, PI: Buccini)



- You are 18 or over
- You have pre-diabetes or are at an increased risk for type 2 diabetes
- You have not been diagnosed with type 2 diabetes
- You have not been diagnosed with cardiovascular, or metabolic diseases including uncontrolled high blood pressure

Potential benefits:

- Receiving comprehensive information about lipid levels, glucose control, body composition, and your cardiometabolic health
- Gaining insights into physical activity levels, sleep patterns, dietary quality, and stress
- Produce boxes will be provided each week of the cooking classes
- There will be partial compensation for your travel and time (gift card for \$100 for study completion)

- Blood pressure monitoring
- Gut microbiome composition assessments
- Physical activity measurements using Accelerometer
- Completing questionnaires
- Total hours of participation will be 15.5 hours + 1 follow-up via phone or email

For more information contact:

Keren Morales M.S. student in Nutrition sciences at UNLV at moralk10@unlv.nevada.edu or the Principal Investigator, Dr. Sara Rosenkranz at Sara.Rosenkranz@unlv.edu.

Scan the QR code for more information



Starting
A partir de
Nov. 3

Sierra Tots is designed for children ages 2-4, offering fun and engaging activities that support motor skill development, guided play, and social connections for both parents and kids.

Space is limited. Parents or guardians must stay and participate.

Sierra Tots está diseñado para niños de 2 a 4 años y ofrece actividades divertidas y atractivas que fomentan el desarrollo de las habilidades motoras, el juego guiado y las conexiones sociales tanto para padres como para niños.

El cupo es limitado. Los padres o guardianes deben quedarse y participar.

\$120 for the full 6-week program, per theme
por el programa completo de 6 semanas

Choose Your Theme (3 programs available):
Elija su tema (3 programas disponibles):

Mon./Lun. 9-11 a.m.	Tues./Mar. 9-11 a.m.	Wed./Mié. 9-11 a.m.
Dream Days Días de ensueño	Movement Magic Movimiento mágico	Wild Wednesdays Miércoles salvaje
Fantasy & Imagination Fantasía y Imaginación	Sports & dance Deportes y danza	Animals & nature Animales y naturaleza



Register by scanning the QR code or visit
Inscríbese escaneando el código QR o visitando
[Reno.Gov/ParksAndRec](https://reno.gov/ParksAndRec)

*RecConnect discounts apply, sliding scale discounts available based on income, se aplican descuentos de RecConnect; descuentos de escala móvil disponibles según los ingresos



Family First Friday

5 - 8 P.M.

You and your family are invited to join us the first Friday of the month for games, music, refreshments and more!

Event dates:

- October 3, 2025
- November 7, 2025
- December 5, 2025
- January 2, 2026

WEST HENDERSON HOSPITAL
A Member of The Valley Health System
1155 Raiders Way | Henderson, NV 89052
725-235-2000



Discover where **HEALTH HAPPENS** at
[VALLEYHEALTHSYSTEMLV.COM](https://valleyhealthsystemlv.com)

Physicians are independent practitioners who are not employees or agents of West Henderson Hospital. The hospital shall not be liable for actions or omissions provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website: 352/379966-407/2000/11/25

HARVEST OF HEALTH

FREE COMMUNITY RESOURCES, SERVICES, AND FRESH PRODUCE

November 4, 2025
1:00 pm - 3:00 pm
1001 E 9th St # B, Reno, NV 89512

COSECHA DE SALUD

RECURSOS, SERVICIOS Y PRODUCTOS FRESCOS GRATUITOS PARA LA COMUNIDAD

4 de Noviembre de 2025
1:00 pm - 3:00 pm
1001 E 9th St # B, Reno, NV 89512

WHAT'S OUTSIDE

- Fresh fall produce from Soulful Seeds
- Community Resources

WHAT'S INSIDE

- Free Clothing
- Vaccines
- Dental Care
- Wellness Checks

ALL SERVICES ARE FREE AND OPEN TO THE COMMUNITY!

First come, first served while supplies last

NORTHERN NEVADA
Public Health



MOLINA
HEALTHCARE

FOOD BANK
OF NORTHERN NEVADA

¿QUÉ HAY AFUERA?

- Productos frescos de otoño de Soulful Seeds
- Recursos comunitarios

¿QUÉ HAY DENTRO?

- Ropa gratis
- Vacunas
- Cuidado dental
- Revisiones de bienestar

¡TODOS LOS SERVICIOS SON GRATUITOS Y ABIERTOS A LA COMUNIDAD!

Por orden de llegada y hasta agotar existencias

NORTHERN NEVADA
Public Health



MOLINA
HEALTHCARE

FOOD BANK
OF NORTHERN NEVADA

A HOPE MEANS NEVADA ANNUAL EVENT

HOPE IN ACTION



REGISTER NOW



**SATURDAY
NOVEMBER 8, 2025**



10:00AM TO 1:00PM



**UNLV CAMPUS
VALERIE PIDA PLAZA**



Visit Us

www.hopemeansnevada.org



SCAN ME

RURAL NEVADA COMMUNITY HEALTH FAIR

NOVEMBER 8, 2025

11:00AM-3:00 PM

**FISH LAKE COMMUNITY CENTER
HWY 264 AND BLUEBIRD LANE
DYER, NV 89010**

Join us for a community health fair to help build community resilience by connecting people with local assistance and raising awareness about the value of preventive health.

PARTICIPATING VENDORS:

- MANAGED CARE HEALTHPLANS
- OFFICE OF SUICIDE PREVENTION
- NEVADA DIVISION OF PUBLIC AND BEHAVIORAL HEALTH
- COMPANY XCELERATION
- OVERDOSE EDUCATION & NALOXONE INFORMATION
- NYE COMMUNITY COALITION
- NAMI
- AND MORE!

BROUGHT TO YOU BY THE NEVADA OPIOID CENTER OF EXCELLENCE (NOCE)



**Fetal Alcohol Spectrum Disorders: An Overview and
Opportunity for Prevention for Counseling Professionals:
LIVE WEBINAR**

Learning Objectives:

By the end of this presentation, participants will:

- Describe the diagnostic criteria, neurodevelopmental impacts, and common co-occurring conditions associated with Fetal Alcohol Spectrum Disorders (FASDs).
- Identify evidence-based prevention and screening strategies to reduce the risk of alcohol-exposed pregnancies.
- Demonstrate trauma-informed, nonjudgmental approaches to support individuals and families affected by FASDs, while addressing stigma and barriers to care

Cost:

\$30.00 Regular

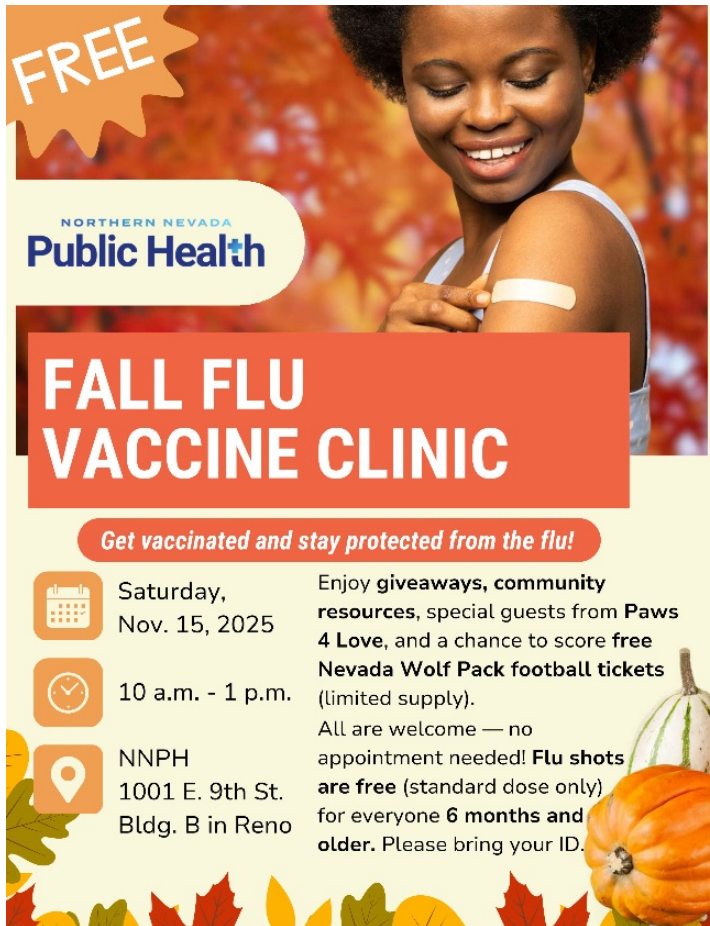
\$24.00 Licensed or Certified Professional

\$15.00 Student/Intern/Retired/Military

November 14, 2025
12:00 PM- 1:30 PM PST
Via Zoom Webinar

Continuing Education Units: 1.5 CEUs*

[Click Here to Register](#)



FREE

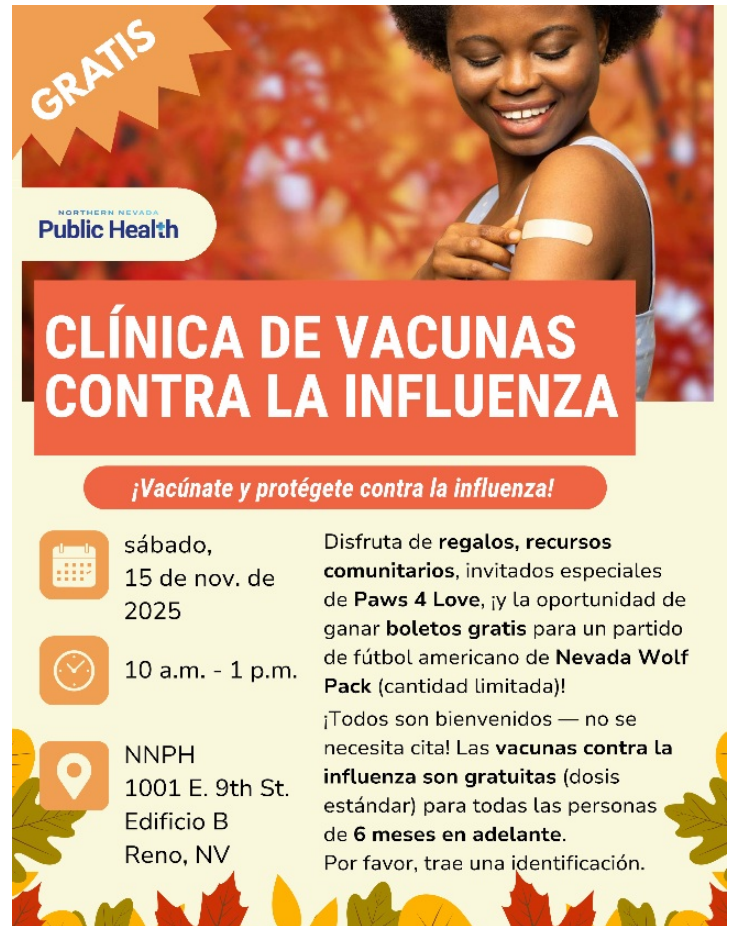
NORTHERN NEVADA
Public Health

FALL FLU VACCINE CLINIC

Get vaccinated and stay protected from the flu!

-  **Saturday, Nov. 15, 2025**
-  **10 a.m. - 1 p.m.**
-  **NNPH
1001 E. 9th St.
Bldg. B in Reno**

Enjoy **giveaways, community resources**, special guests from **Paws 4 Love**, and a chance to score **free Nevada Wolf Pack football tickets** (limited supply). All are welcome — no appointment needed! **Flu shots are free** (standard dose only) for everyone **6 months and older**. Please bring your ID.



GRATIS

NORTHERN NEVADA
Public Health

CLÍNICA DE VACUNAS CONTRA LA INFLUENZA

¡Vacúnate y protégete contra la influenza!

-  **sábado, 15 de nov. de 2025**
-  **10 a.m. - 1 p.m.**
-  **NNPH
1001 E. 9th St.
Edificio B
Reno, NV**

Disfruta de **regalos, recursos comunitarios**, invitados especiales de **Paws 4 Love**, ¡y la oportunidad de ganar **boletos gratis** para un partido de fútbol americano de **Nevada Wolf Pack** (cantidad limitada)! ¡Todos son bienvenidos — no se necesita cita! Las **vacunas contra la influenza son gratuitas** (dosis estándar) para todas las personas de **6 meses en adelante**. Por favor, trae una identificación.

Monthly Observances



Day of the Dead (Dia De Los Muertos) is a two day



World Children's Day was first established in 1954 as Universal Children's Day and is celebrated on 20 November each year to promote international togetherness, awareness among children worldwide, and improving children's welfare.

World Children's Day also marks the anniversary of the date that the UN General Assembly adopted both the

holiday that reunites the living and dead. Families create ofrendas (Offerings) to honor their departed family members that have passed. These altars are decorated with bright yellow marigold flowers, photos of the departed, and the favorite foods and drinks of the one being honored. The offerings are believed to encourage visits from the land of the dead as the departed souls hear their prayers, smell their foods and join in the celebrations!

Declaration and the Convention on children's rights.

World Children's Day offers each of us an inspirational entry-point to advocate, promote and celebrate children's rights, translating into dialogues and actions that will build a better world for children.



Happy Veterans Day! To all who have served, thank you for your courage, sacrifice, and unwavering dedication to our country. We are forever grateful.



Thanksgiving Day is an annual national holiday in the United States and Canada celebrating the harvest and other blessings of the past year. It's a great time to be thankful and appreciate who you have and what you have. It is a time for families to meet, socialize and enjoy each other's company, sometimes the only opportunity in a year.



This month-long observance recognizes the rich histories, diverse cultures, and enduring contributions of Native peoples. It also honors the military service of Indigenous people and the challenges they have faced throughout history, such as the lasting impacts of federal boarding school policies.

Important Updates & Resources

[IMPORTANT UPDATE TO NEVADA MANAGED CARE PLANS](#)

[Read the Full Announcement Here](#)



Managed Care Health Plans: Questions & Answers

Last updated on October 7, 2025

1. What is changing in 2025-2026?

Managed Care health plans will now be statewide.

For rural Nevadans, this means that in October 2025, you will get a letter that Managed Care health plans CareSource and SilverSummit will be available in your area. In December, you will receive a letter informing you which plan you were assigned. The plan will take effect on January 1, 2026. You have 90 days to switch to a different plan. Ask your doctors, providers, and pharmacies which plan(s) they are with and review the free extra benefits from each plan to help you pick. Use the QR code at the right to view benefits. You can continue to use the same providers for up to 6 months, regardless of which plan you are with.



Free extra benefits

For urban Nevadans, it means you will have new health plan options. For this reason, Open Enrollment will run from October 1 to December 26th. Ask your doctors, providers, and pharmacies which plan(s) they are with and review the free extra benefits from each plan to help you pick.



Update your address

Don't miss the letters! You can update your address with the QR code.

2. What plans are available where I live?

Everywhere in Nevada:

CareSource (833) 230-2058

SilverSummit Healthplan: (844) 366-2880

In urban Clark County only:

Anthem Blue Cross and Blue Shield: (844) 396-2329

CareSource (833) 230-2058

Health Plan of Nevada: (800) 962-8074
Molina Healthcare of Nevada: (833) 685-2102
SilverSummit Healthplan: (844) 366-2880

In urban Washoe County only:

Anthem Blue Cross and Blue Shield: (844) 396-2329
CareSource (833) 230-2058
Molina Healthcare of Nevada: (833) 685-2102
SilverSummit Healthplan: (844) 366-2880

[Thank you to our sponsors and volunteers!](#)

Huge thanks to our amazing partners for making Northern NV's New Mama Kit Packing Party a massive success! □ Shoutout to UNR_SHAPE, Northern Nevada HOPES, Renown Health, The Children's Cabinet, NPH WIC, The Empowerment Center, Molina Healthcare, and High Risk Pregnancy Center. Together, we packed 154 New Mama Kits! ♥





Food Assistance Announcements and Resources:

- [RTC donates 3,000 bus passes to help families reach food banks during SNAP shortfall DoorDash Launches Emergency](#)
- [Food Response As SNAP Funding Cliff Threatens To Impact 40 Million Americans](#)
- [CCSS Community Food Pantry List](#)
- [Northern Nevada Food Bank and Catholic Charities Expand Food Resources](#)

Perinatal Mental Health Trainings for All

Perinatal Mental Health Disorders

PMHD is the most common complication of childbirth, affecting 15-20% of pregnant women and women with young children and up to 10% of men with young children.

nmch.org/pmhd



Perinatal Mental Health Disorders, including postpartum depression, are the most common medical complication associated with pregnancy and childbirth. PMHDs present a widespread public health problem that may have serious consequences for mothers, infants, and families. Join us for one of our trainings if you'd like to learn more!

Please click the date below to register for a training.

Upcoming sessions:

[November 14th 10-11am](#)

[December 10th 10-11am](#)

Cribs 4 Kids Parent Safe Sleep Workshop



Please contact us if you do not have a safe sleep environment prepared for your child. You may also sign up for a scheduled safe sleep workshop below.

2nd Wednesdays of the Month

4th Wednesdays of the Month

Become a Cribs 4 Kids Partner: If you are an organization

For larger group training sessions, please email Kairirenae.pangelinan@commonspirit.org.

Become a crib provider if you are an organization and would like to provide cribs to your clients, please contact Kairi at Kairirenae.Pangelinan@commonspirit.org.

[Breastfeeding Support](#)

Learn about breastfeeding before the baby arrives! There are many health benefits of breastfeeding for both you and baby, and resources you may want to familiarize yourself with before giving birth.

Visit Nevada Breastfeeding Coalition Website

Learn about Breastfeeding Consults

Breastfeeding Support Through WIC



Visit NV Breastfeeds Website

[Northern Nevada Postpartum Support & Therapists](#) Call for More Information

- Thrive Wellness of Reno - 775-525-8103
- Megan Kornbluth - 530-580-8848
- Quest Counseling - 775-786-6880
- Amber Creek - 775-575-2144
- Desert Bloom Wellness - Caitlyn Wallace - 775-453-4149

[Free community classes in Southern Nevada](#) Dignity Health Community Outreach is offering online and in-person fitness, wellness, and children's classes.

- Free Birthing Center Tours
- STEM Starts
- New Mommy Mixer
- Sing & Sign: Food Time
- Mommy Care Club
- Zumbini
- Baby Basics

Click Here for Days and Locations

MCH Initiatives

Learn More Here

[Nevada 2-1-1](#): Locate resources and services statewide

[Go Before You Show](#): Prenatal campaign to ensure a safe and healthy pregnancy

[Sober Moms, Healthy Babies](#): Receive top priority admission at state-funded substance abuse treatment centers.

[Tobacco Quitline](#): Free, convenient, safe, and secure way to quit smoking.

[Count the Kicks](#): Easy, free, and reliable way for expectant parents to monitor their baby's well-being in the third trimester in addition to regular prenatal visits

[Safe Sleep](#): The Safe Sleep program ensures that every baby living in Nevada has a safe sleep environment.

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NV Statewide MCH Coalition | 9880 W. Flamingo Rd. Suite 220 | Las Vegas, NV 89147 US

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