



FREE

FEBRUARY 2023 • VOLUME 3 • ISSUE 1



Mental Health Spectrum™

A resource for psychological wellness



SUBSTANCE USE: *Addiction – Recovery (Part 2)*

SERVING LAS VEGAS AND SURROUNDING AREAS



WE NEED YOUR HELP!

MENTAL HEALTH SPECTRUM™ (MHS) IS IN CRITICAL NEED OF YOUR FINANCIAL SUPPORT TO CONTINUE OUR EFFORTS IN PROVIDING MHS FOR FREE.

Launched in March 2021, MHS has been actively trying to facilitate free access to a wide array of mental health resources in a timely manner in order to help make a difference. But we are seriously in danger of shutting down due to lack of funding. That's why we are reaching out to you! We are seeking support at any level, from a personal donation to corporate sponsorships that can help with printing and staffing costs.

According to the State of Mental Health in America's annual report, Nevada has ranked 51st overall for the past three years. This ranking indicates a higher prevalence of mental illness and lower rates of access to care.

The purpose of *Mental Health Spectrum™* is to serve as a one-stop free resource tool for mental health issues and help make a difference to improve all matters concerning mental health.

Please join us in this endeavor so that we can make a difference together. We rely solely on donations, advertising and sponsorships. Any support shall be greatly appreciated. **Please go online to support us at mentalhealthspectrum.com to see the optional ways to make a donation.**

***We hope we can count on your help to keep MHS going.
Thank you in advance for your support.***

FOUNDER/PUBLISHER/WRITER JACQUELINE RAGIN, MS, MPH, PHD

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NOTE FROM: *The Editor*

Welcome to Volume 3 of *Mental Health Spectrum!* I am proud and humbled to say that, despite our funding struggles, we are now starting our third year. This issue is the last of the two-part series on Substance Use. It focuses on Stimulants, Inhalants, Hallucinogens, and Cannabinoids. The types of substances used may vary or change, but people often seek drugs as a means of support or coping system when nothing else seems to help or there is fear or shame to seek help.

But what we need to understand is that substance use and misuse impacts everyone directly or indirectly. From loss of income/employment and damage to family/relationships to homelessness. From emotional and mental distress to infectious diseases, heart disease, liver disease, cognitive and behavioral issues, etc., the impact on health and healthcare systems is staggering and intense. Addiction is, in fact, one of the largest health problems in America.

The good news is that substance use disorders and addiction are often treatable. People just need to realize and understand that addiction needs to be viewed as a treatable health problem. It should not be stigmatized as a "faux pas", an embarrassing indiscretion that leads to ostracization. ***Stigma is the greatest obstacle to seeking and receiving appropriate mental health care. We need to foster a culture of connectedness and compassion to battle stigma of any kind.***

On a closing note, I would like to thank our guest contributors for their support of this Issue. I would also like to express heartfelt gratitude to those who have donated to support us. However, in order to continue with this wonderful work, we are in desperate need of funding. I would like to take this opportunity to appeal for more financial support. Without your help, we will not be able to continue providing this free one-of-a-kind resource on mental health that can help make a difference in many lives. As I've mentioned in another note, understanding and improving mental health – and reducing the associated burden and stigma – remains profoundly lagging. ***We need resources like Mental Health Spectrum that aim to help educate and empower people to make better informed choices. Please help us so that we may continue to help others.***

ANJUM KHAN, MA, PMP, PMI-ACP
Chief Editor & Writer

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SUBSTANCE USE: Warning Signs and Symptoms

Problems with substance use can occur to anyone regardless of age, race and socio-economic background. However, problems are more likely to begin early in life because young people are more vulnerable and susceptible.¹ The signs and symptoms can vary depending on the type of substance, but an important sign of any addiction is when one feels unable to stop using even though it's having a negative impact on one's life (physical health, performance at school or work, or relationships).¹ The following are some common warning signs related to misuse or overdose of **Stimulants, Inhalants, Hallucinogens, and Cannabinoids**. If one or more of these signs are present, you are encouraged to reach out for help. Detox and rehab treatment options are available.

SUBSTANCE	EFFECT ON MIND	EFFECT ON BODY
Stimulants	<ul style="list-style-type: none"> • Agitation, hostility, panic, aggression, & suicidal or homicidal tendencies • Paranoia (with hallucinations) • Depression, anxiety, drug craving (for sudden withdrawal) 	<ul style="list-style-type: none"> • Reverses the effects of fatigue • Exhilaration, extended wakefulness, & loss of appetite • Dizziness, tremors, headache, flushed skin, chest pain with palpitations, excessive sweating, vomiting, & abdominal cramps
Overdose Symptoms	<ul style="list-style-type: none"> • High fever, convulsions, & cardiovascular collapse may precede death • Physical exertion increases risk of heart attack/death 	
Inhalants	<ul style="list-style-type: none"> • Brain damage impacting thinking, moving, seeing, & hearing • Cognitive abnormalities can range from mild impairment to severe dementia • Disorientation, inattentiveness • Depression 	<ul style="list-style-type: none"> • Slows down the body's function • Feeling of less inhibition, loss of consciousness • Slurred speech, inability to coordinate movements, euphoria, & dizziness • Loss of appetite, weight loss • Muscle weakness, lack of coordination, irritability, & damage to the nervous system and other organs • Spots or sores around the mouth; red or runny eyes or nose; chemical breath odor
Overdose Symptoms	<ul style="list-style-type: none"> • Repeated inhalations may cause loss of consciousness and/or death 	
Hallucinogens	<ul style="list-style-type: none"> • Sensory effects (i.e. perceptual distortions) • Distortions of thought (time & space) • Weeks or months later may experience flashbacks of the drug experience 	<ul style="list-style-type: none"> • Elevated heart rate, increased blood pressure, & dilated pupils
Overdose Symptoms	<ul style="list-style-type: none"> • A severe overdose of PCP and ketamine can result in: Respiratory depression, coma, convulsions, seizures, and death due to respiratory arrest 	
Cannabinoids	<ul style="list-style-type: none"> • Problems with memory & learning, distorted perception, difficulty in thinking & problem-solving • Loss of coordination, especially psychomotor behavior (driving abilities) • Disinhibition, relaxation, increased sociability, and talkativeness • Enhanced sensory perception, leading to increased appreciation of music, art, and touch 	<ul style="list-style-type: none"> • Dizziness, nausea, tachycardia, facial flushing, dry mouth, and tremor initially • Sedation, bloodshot eyes, increased heart rate, coughing from lung irritation, increased appetite, and decreased blood pressure • Withdrawal signs include: headache, shakiness, sweating, stomach pains and nausea. Restlessness, irritability, sleep difficulties, and decreased appetite • Serious health problems (e.g., bronchitis, emphysema, & suppression of the immune system)

ADAPTED FROM: (1) National Institutes of Health (NIH). "What Are the Signs of Having a Problem With Drugs?" National Institute on Drug Abuse. From <https://nida.nih.gov/research-topics/parents-educators/conversation-starters/what-are-signs-having-problem-drugs>, and (2) Department of Justice (DOJ)/Drug Enforcement Administration (DEA). Drugs of Abuse. A DEA resource guide 2017 edition. From https://www.dea.gov/sites/default/files/drug_of_abuse.pdf#page42

HOTLINES (24/7)

EMERGENCIES	911
SUICIDE AND CRISIS LIFELINE	988
Ayuda en Espanol (Spanish National Suicide Prevention Lifeline)	1-888-628-9454
Boys Town National Hotline yourlifeyourvoice.org	800-448-3000
Child Abuse and Neglect Hotline (Nevada)	702-399-0081
ChildHelp National Child Abuse Hotline childhelphotline.org	1-800-422-4453
Children's Mobile Crisis Response Team knowcrisis.com	702-486-7865
Children of the Night (Street Rescue) childrenofthenight.org	800-551-1300
Combat Trauma ptsdusa.org	877-717-7873
COPLINE (Officer's Lifeline) copline.org	1-800-267-5463
Crisis Support Services of Nevada cssnv.org	1-800-273-8255
Crisis Text Line (Text TALK or CARE to)	741741 (TALK) or 839863 (CARE)
Crisis Text Line EN ESPANOL (442-AYUDAME in WhatsApp or texto)	741741 (AYUDA)
Disaster Distress Helpline (natural or human-caused disaster)	1-800-985-5990
DOD Safe Helpline (Dept. Of Defence/affected by sexual assault)	877-995-5247
Domestic Violence (National Hotline) thehotline.org	1-800-799-7233
Domestic Violence (SafeNest) safenest.org	702-646-4981
Domestic Violence (S.A.F.E House) safehousenv.org	702-564-3227
Fire/EMS (First Responders) nvfc.org/help	1-888-731-3473
Gamblers Anonymous (GA) Southern Nevada Hotline	702-529-0202
Human Trafficking Hotline humantraffickinghotline.org	1-888-373-7888
Military Helpline militaryhelpline.org	888-457-4838
National Center Missing & Exploited Children connect.missingkids.org	1-800-843-5678
Poison Control poison.org	1-800-222-1222
Rape, Abuse, & Incest National Network (RAINN) rainn.org	1-800-656-4673
Runaway Hotline 1800runaway.org	1-800-786-2929
SafeVoice Nevada (students, parents, faculty) safevoicenv.org	1-833-216-7233
Safe Place Hotline (Youth) nationalsafeplace.org	1-866-827-3723
SAGE Hotline (LGBT Elders) sageusa.org	1-877-360-5428
Sexual Assault Hotline rainn.org	1-800-656-4673
Signs of Hope (formerly Rape Crisis Center) sohlv.org	702-366-1640
Teen Dating Abuse lovesrespect.org	1-866-331-9474
The Network La-Red (LGBTQ Domestic Partner Violence) tnlr.org/en	800-832-1901
The Network La-Red (LGBTQ Abuso de Pareja) tnlr.org/es ESPANOL	800-832-1901
Thursday's Child (Children, Teens, & Young Adults)	800-872-5437
Trans Lifeline translifeline.org	1-877-565-8860
Trevor Project Crisis Line (LGBTQ < 25) thetrevorproject.org/get-help	1-866-488-7386
Veteran Crisis Line veteranscrisisline.net	1-800-273-8255 (Press 1)
Veteran Crisis Line (Deaf and Hard of Hearing)	1-800-799-4889
WestCare Nevada Crisis Hotline	702-385-3330

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IN THE SEAT OF POWER: GOVERNMENT AND ADDICTION RECOVERY

BY TREY DELAP,* M.A., E.M.B.A

This piece will focus on the government's role in addiction recovery. Or what role the government should play. But before we can examine the role of government, a couple of stipulations are in order.

First, recovery is the answer to addiction. Preventing addiction is important and does work, but when someone develops an addiction – the focus must shift to a recovery-oriented system of care.

Second, recovery is an “inside job.” Despite the sincerest efforts of loved ones, therapists, Judges, and cops, ultimately, the person with an addictive disorder must become internally motivated to take the recovery journey because there is nothing – no punishment, threat, or abundance of well-meaning love – that can compete with the incredible power of addiction.

Power – that’s the word! Where is the power to “fix” addiction? Who’s got it, and how should it be used? Power is the ability to make something happen – from a light bulb to stripping someone of their civil liberties – power makes it so. The government’s power is derived from its money and legal authority, all of which is sourced from the people they serve.

This past November, we participated in the biennial ritual of a general election whereby the people granted authority to govern by casting votes. The winner will take office and the Nevada Legislature will convene in regular session in Carson City beginning February 6, 2023, for exactly 120 days to make two years’ worth of public laws, taxes, fees, and budgets.

Individual feelings or experiences aside, everyone is paying something towards the system to address some point of the addiction/recovery dichotomy. Further, our voice in the process is not limited to our vote – there is a critical role for citizens during the legislative session to shape the role of government in using its power – money, and authority to address addiction in Nevada.

STATE MONEY

Health Services constitutes Nevada’s largest public expense – representing 45% or \$13 billion of the biennial budget in FY 21 – 23.¹ Of this, only 1.6% - or \$221 million - was spent to “Reduce prevalence of risky & addictive behaviors.”¹ Of those dollars, less than 1% was spent on “Substance Abuse Programs” – \$1.5 million, while \$140 million was spent on “Specialty Courts” and “Youth and Juvenile Correction.”¹

At this point, let’s note that all three branches of government are now exercising power. The Legislature makes the laws enforced by the executive branch (from the Governor to the Police), and the judicial branch decides how laws are applied and runs the “specialty courts” to address cases where substance misuse was a mitigating factor in the commission of a crime. They’ve all got the power and this amount of money to address addiction – or more specifically – substance “abuse” that has come to the attention of the police and courts while a comparatively tiny amount - the 0.7% or \$1.5 million out of \$13 billion - was spent on “Substance Abuse Programs.”¹

It is also important to note that this analysis is based solely on a snapshot of the state’s budget and does not consider the money spent privately to address addiction or its collateral individual and social consequences.

Many people with addictive disorders will encounter “the law” at some point, but others will find recovery in other ways. For example, many working people may have private insurance through jobs or family that can help if treatment is needed and available. And if all they need is treatment – and it’s available – the system may never count them. And this is the point where we must beg off to look at the much broader and more complicated picture of addiction and recovery in Nevada.

The scenario of accessing insurance benefits works only if someone has insurance. Addiction is chronic and gets worse. Later recurrences of use will occur at times when the person is not housed, working, and certainly not insured. At this point, the system will kick in, and in Nevada, choices are limited.

PUBLIC HEALTH AND ADDICTION

For many people affected by addictive disorders, the addiction itself may be the easiest to resolve. Addiction is chronic, complicated, and its ravages are as varied as the lives it affects; that’s why

a community-based recovery-oriented system of care is the best because it considers any relevant particulars applicable to a person seeking recovery in the community they live.

Addressing recovery through the lens of the Social Determinants of Health² and the Eight Dimensions of Wellness³ ensures that those affected have the best chance of becoming internally motivated to sustain their own recovery.^{2,3} Housing and meaningful work are necessary details without which recovery is most imperiled. The most successful public health partnerships incorporating these elements have the most excellent chances for success - most specialty court programs addressing addiction operationalize these essential details. But Nevada’s deficiency in providing services for mental health has been a long-standing problem.

In October 2022, the United States Department of Justice wrote, “For the last five years, Nevada ranked last in the nation in children’s mental health based on prevalence of illness and access to care among children.”⁴ For many advocates for recovery, this fact is well known; ironically, the ire of the federal government is encouraging because it suggests that system changes and funding could force the state to improve.

It shouldn’t take a federal government investigation and potential litigation to compel the state to serve its people better. But addiction is chronic and complex; the longer it lingers, the fewer choices remain. Also, the impact of addiction isn’t appreciated in the early stages of recovery. Many need to hit a “focusing point” or “sufficient bottom” to realize there are choices.

Power is authority and money – the federal government has both and can use them over our state to force change. But, like any addiction, the solution is recovery - not coercion, and nothing can make the state want to support recovery until the state is willing to face the harmful effects of its historic negligence.

The power of recovery is awesome – and transformative for those who have experienced it. Looking forward to the next legislative session, advocates have the power to compel those vested with the people’s authority. Additionally, the state has more money through tax revenue and billions of federal grant dollars resulting from the devastation of the pandemic.

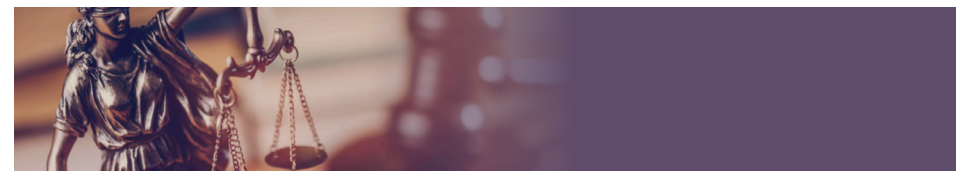
Hope plus action creates opportunity. The 82nd Legislative Session isn’t just about hope – it’s about taking action to invest in a better future. It’s noble to hope that people don’t experience addiction – hope that we can prevent it – hope that this overdose isn’t the last. With abundant resources available to the state, though, it is possible to elevate recovery to improve our system for generations to come. **But that can only happen when the people direct their government to do so.**

Every citizen is invited: – get to know your Legislator; they want to hear from you – give them a person to call who represents the numbers they read and hear. Use your power because every bill the Legislature considers begins with these words: “THE PEOPLE OF NEVADA, REPRESENTED IN SENATE AND ASSEMBLY, DO ENACT AS FOLLOWS.” Be the powerful people of recovery, so addiction is no longer the authority. **For more information on the Nevada Legislature, find your representatives, and see what the state is working on visit: www.leg.state.nv.us.**

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4. United States Department of Justice. 2022. “Investigation of Nevada’s Use of Institutions to Serve Children with Behavioral Health Disabilities.” From <https://www.justice.gov/crt/case-document/file/1540506/download>



Connectedness - Awareness - Resources - Education



A substance misuse and behavioral health awareness coalition.

WE OFFER:

Monthly Coalition Meetings
 Clearing House
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 Detera Drug Disposal Bags
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Visit our website for more info:

www.carecoalitionnv.org

P: 702-463-1415



Sponsored (in part) by SAMHSA and/or the Substance Abuse Prevention Treatment Agency of Nevada (SAPTA)

STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

Active Minds – University of Las Vegas Chapter
 Raises awareness, promotes positive mental health, educates peers, and encourages students to reach out for help.
activeminds.org/programs/chapter-network

Alzheimer's Association – Desert Southwest Chapter (702-248-2770)
 Provides education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, health care professionals and families.
alz.org/dsw

American Foundation for Suicide Prevention (AFSP) Nevada Chapter
 Focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.
afsp.org/chapter/nevada

Autism Coalition of Nevada (775-329-2268)
 Unites all affected by Autism, advocacy organizations, political affiliates/legislators, and service providers across the country.
aconv.org

Avery Burton Foundation (702-558-9202)
 Serves as an educational and community development public charity. Initiated from a challenge faced in many communities of having loved ones who may be silently suffering with issues that are too great for them to handle on their own which in some cases lead to unfortunate outcomes.
averyburtonfoundation.org

Bamboo Bridges (725-222-0041)
 Bridges the multi-ethnic, multilingual, and multi-generational Asian Pacific American community by developing collaborations and building awareness of the issues that APA women confront in their lives, families, and communities.
bamboobridges.org

CARE Coalition (702-463-1415)
 Increases public awareness of the effects of drug and alcohol abuse by education and supporting youth, adults, the community at large and drug prevention agencies in Clark County; thus, identifying and promoting healthy behaviors and reducing abuse in our community.
carecoalitionnv.org Meetings: 2nd Tuesday monthly

Center for Autism Spectrum Disorders (CASD)
 Conducts community-focused research and educational training on individuals with autism spectrum disorders (ASD), their families, and community services providers.
unlv.edu/education/centers/casd

Center for the Application of Substance Abuse Technologies (CASAT) (775-784-6265)
 Helps states, organizations, students, and the existing workforce apply research-based practices to improve prevention, treatment, and recovery services for individuals with addictive behaviors.
casat.org

Clark County Children's Mental Health Consortium
 Since 2001, brings professionals and parents together to focus on bettering the services and resources for children's mental health.
cccmhc.org

Crisis Support Services of Nevada (CSSNV)
 Supports individuals through a hotline, text line and in-person advocacy. Services address suicide, depression, domestic violence, substance abuse, child abuse and elder abuse.
cssnv.org

Depression Bipolar Support Alliance (DBSA) Southern Nevada (702-750-5919)
 Independent affiliate of the National DBSA devoted exclusively to mood disorders. Run by individuals with mood disorders and their allies.
dbsasouthernnv.org

Family and Child Treatment Center of Southern Nevada (FACT) (702-258-5855)
 Dedicated to helping Nevadans heal from the traumas and cycle of abuse, neglect, & violence.
factsnv.org

Family TIES of Nevada (775-823-9500)
 Serves people with disabilities throughout their lifespan, and supports their families and professional who work on their behalf.
familytiesnv.net

FEAT of Southern Nevada (702-368-3328)
 Provides information on therapies, support services, and resources for families and individuals impacted with Autism Spectrum Disorder (ASD) and related disorders.
featsonv.org

Foundation for Recovery (FFR) (702-257-8199)
 A peer-led, grassroots statewide Recovery Community Organization (RCO). Dedicated to providing peer recovery support services, advocacy, education and training.
forrecovery.org

Harm Reduction Center/Trac B Exchange (702-840-6693, tracbexchange@gmail.com)
 Focused on ensuring the health of everyone in Southern Nevada. Trac-B Exchange is the storefront site committed to providing on-site consulting to the community for infectious disease prevention and harm reduction surrounding syringe use and disposal.
harmreductioncenterlv.com

Health Services Coalition (702-474-4418)
 Focuses on purchasing high-quality, cost-effective health care services for its members by working with health care providers and community leaders.
lvhsc.org

Henderson Equality Center (855-955-5428)
 Provides gay, lesbian, bisexual and transgender (LGBT) individuals, their families and supporters with resources and opportunities to promote visibility, understanding, and equality.
hendersonequalitycenter.org



"Southern Nevada's Premier Psychiatric and Mental Health Provider"

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- All admissions and assessments must be scheduled

For a complete list of insurances we accept for Acute & PRTF, please email: admissions@desertwindshospital.com

For more information call ADMISSIONS (702) 202-2711
 For Referrals Email: admissions@desertwindshospital.com
 FAX: (725) 677-0500
 Any questions call Business Development/Marketing:
 Charlotte Watkins (702) 344-3266



STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

Hookers for Jesus (702-623-0958)

Offers transitional support to at-risk women who want to escape the commercial sex industry. Faith-based program that offers counseling, education, job assistance, case work, advocacy, resources and referrals. hookersforjesus.net

Hope Means Nevada

Raises awareness around mental health and teen suicide. Provides access to mental health resources and a community of hope. hopemeansnevada.org

Jean Nidetch Care Center (702-895-4475)

Aims to end various forms of power-based personal violence, serving members of the UNLV, NSC, and CSN communities impacted by sexual violence, relationship violence, family violence, and/or stalking. unlv.edu/carecenter

Las Vegas HEALS (Health, Education, Advocacy, Leadership in Southern Nevada) (702-952-2477)

A membership-based association for healthcare professionals. Fosters strategic alliances in the healthcare community, collaborating on workforce issues, and being a proactive force for legislative initiatives to improve the quality of healthcare. lasvegasheals.org

Lou Ruvo Center for Brain Health (702-483-6000)

Medical Center dedicated solely to the pursuit of more effective treatments for brain diseases and to the provision of state-of-the-art care for patients affected by these diseases and their families. my.clevelandclinic.org/locations/nevada

National Alliance on Mental Illness (NAMI) Southern Nevada Chapter (775-470-5600)

The nation's largest grassroots mental health organization dedicated to building better lives for those affected by mental illness. namisouthernnevada.org

National Association of Social Workers (NASW) Nevada Chapter

Works to enhance the professional growth and development of its members, to create and maintain professional standards, and to advance sound social policies. naswnv.socialworkers.org

Nevada Action Coalition (702-522-7034)

Serves as the driving force for transforming health care through nursing in Nevada. nvactioncoalition.org

Nevada Caregivers Coalition

A statewide group dedicated to supporting and recognizing the efforts of caregivers. nvcaregiverscoalition.com

Nevada Care Connection

Partners with community organizations to provide one on one assistance to older adults, people with disabilities, caregivers and families. *Jewish Family Services Agency* serves southeast Clark county (Henderson, Boulder City, and Laughlin). *Nevada Senior Services* serves the greater Clark county region (Las Vegas, North Las Vegas, and Mesquite). nevadaadrc.com

Nevada Coalition to END Domestic and Sexual Violence

A statewide voice advocating for the prevention and elimination of violence. ncedsv.org

Nevada Coalition to Prevent the Commercial Sexual Exploitation of Children (CSEC)

Established in 2016 by Executive Order, CSEC combats commercial sexual exploitation of children in Nevada with trauma-informed and victim-centered approach. dcfs.nv.gov/Programs/CWS/CSEC/CSEC

Nevada Coalition for Suicide Prevention (NCSP)

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. nvsuicideprevention.org

Nevada Council on Problem Gambling (702-369-9740)

Information and referral agency whose efforts are focused on addressing the impact of problem gambling. Serves as an advocate, an information resource, and a provider of programs and services to meet the needs of individuals and families who are affected by problem gambling. nevadacouncil.org

Nevada Counseling Association (702-638-0772)

Enhances the quality of life by promoting the development of professional mental health providers. Uses the practice of counseling to provide effective interventions that meet the needs of the community in which it serves. nvcounseling.org

Nevada Crisis Intervention Team (CIT)

Mission to decrease stigma and increase understanding of mental illness and substance use issues by supporting and expanding CIT programs in Nevada. nvcit.org

Nevada Disability Advocacy & Law Center (702-257-8150)

Provides services statewide to promote and advocate for the human and legal rights, interests and welfare of Nevadans with disabilities. ndalc.org

Nevada Division of Public and Behavioral Health (DPBH) Office of Suicide Prevention (702-486-8225)

Mission is to reduce the rates of suicide and suicidal acts in Nevada through statewide collaboration efforts. The vision for Nevada's Suicide Prevention Action Plan is to catalyze collaboration action, improve understanding, and increase wellness in communities across Nevada. suicideprevention.nv.gov

Nevada Hospital Association (775-827-0184)

Advocates for Nevada's hospitals, health systems, communities and patients before legislative and regulatory bodies. nvha.net

Nevada Minority Health and Equity Coalition (NMHEC)

Committed to advancing minority health outcomes in Nevada and to "moving the needle" on poor health that contributes to significant health disparities among underserved groups in Nevada. nmhec.org

Nevada PEP (702-388-8899)

Increases 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. nvpep.org

Nevada Psychological Association (NPA) (888-654-0050)

Advances and represents psychology as a science and a profession, as well as to serve the professional needs of its membership and the community. nvpsychology.org

Nevada Public Health Association (775-996-3908)

Serves as the voice for public health in Nevada in order to improve health and achieve equity in health status. nphaonline.org

Nevada School Counselor Association (NvSCA)

Supports school counselors' efforts to help students focus on academic, social/emotional, and career development so they can achieve success in school and are prepared to lead fulfilling lives as responsible members of society. nvsca.org

Nevada State Opioid Response

Nevada STR complements other collaborative efforts by expanding Medication Assisted Treatment (MAT) and reducing opioid related deaths. nvopioidresponse.org

Nevada Statewide Coalition Partnership

Working together to reduce the number of overdose deaths through community, family and prescriber education. Creating a healthier Nevada. healthiernv.org

Nevada Statewide Maternal and Child Health Coalition

Provides leadership in partnership with public and private organizations to improve the physical and mental health, safety and well-being of the maternal and child population in Nevada including children with special healthcare needs. nvnmch.org

Nevada Tobacco Prevention Coalition

Improves the health of all Nevadans by reducing the burden of tobacco use and nicotine addiction. tobaccofreenv.org

New Zeal (702-366-0558)

Dedicated to the total restoration of drug addicts and their families through the gospel and ministry. newzeal-iv.org

PACT Coalition (702-582-7228)

Seeks to empower Southern Nevada with the resources to prevent substance misuse for all ages and promote recovery through culturally competent advocacy, education, stigma reduction, support, and outreach. drugfreelasvegas.org
Meetings: 3rd Wednesday monthly at 11:30am

Prevent Child Abuse Nevada (702-895-1040)

Ensures that Nevada's children thrive in safe, stable, and nurturing environments. Through providing education, advocacy, and awareness, it aims to inspire communities to prevent all forms of child maltreatment. nic.unlv.edu/pcanv.html

reQ therapy bbq for mental health

Provides education on mental health to the community, Service Members, Veterans and Families (SMVF). Works with local and national agencies to provide accurate mental health resources. Brings the community together through BBQ events. reqtherapybbq.com

Rite of Passage/The Embracing Project (ROP/TEP) (702-463-6929)

Advocates peace and healing for youth survivors of violence, sexual exploitation, and trafficking, through the development of specialized programs, trauma-informed care and unconditional support. theembracingproject.org

RITE Renew Interactive Training & Education (702-882-0752)

Works broadly across the community to help affect positive change for vulnerable populations. Committed to the betterment of the community and uplifting those who serve our most vulnerable residents, with a mission to elevate the standards of care. ritetrainings.org

S.H.E.R.O Foundation

Provides resources needed to support, sustain and empower young girls and women under the age of 25 who have been abused, abandoned, and exploited. Brings other agencies with similar missions together. sherofoundation.org

Signs of Hope (702-385-2153)

Focuses on supporting victims in the immediate aftermath and long-term recovery following sexual abuse and assault. Services: 24-hour hotline; information and services available at resource center; support of victims and families as they navigate the court systems. sohiv.org

Solutions of Change (702-848-1696)

Provides free counseling/therapy and crisis intervention services to youth ages up to 18 and their families. Individual, family and group sessions for those who have experienced trauma or other mental health challenges. solutionsofchange.org

Southern Nevada Adult Mental Health Coalition

(Capt. Nita Schmidt 702-671-3955)

A collaboration of community stakeholders designed to further mental health services and coordination throughout Southern Nevada. Initially created by former Sheriff Jerry Keller of the LVMPD in 2000, the coalition continues to bridge partnerships through collaboration, and assists with support or opposition to legislative measures that affect individuals with mental illness.

Southern Nevada Harm Reduction Alliance (SNHRA) (702-840-6693)

Reduces drug related stigma, overdoses and the harmful effects of drugs within the Southern Nevada Community regardless of their circumstances.

[facebook.com/SoNVHarmReductionAlliance](https://www.facebook.com/SoNVHarmReductionAlliance)

STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

Southern Nevada Health District (702-759-1270)

Addresses chronic disease risk factors including tobacco use, exposure to secondhand smoke, physical inactivity and unhealthy diets. Offers free, evidence-based programs to assist with chronic disease prevention and self-management. Advocated for policies that support healthy lifestyles, healthy communities and the elimination of health disparities. gethealthyclarkcounty.org

Southern Nevada Opioid Advisory Council

Develops a systems-level response to the Southern Nevada substance use crisis through evidence-based strategies and unique community collaborations. For more information contact Jessica Johnson at johnsonjes@snhd.org or Katarina Pulver at pulver@snhd.org. Meetings: Once every quarter

State of Nevada Association of Addiction Professionals (SNAAP)

Dedicated to the development of addiction focus professionals by unifying and empowering them to achieve professional excellence through education ethics in diversity and standards of practices through professional development and research. naadac.org/nevada and snaap.net Meetings: First Friday monthly

The Cupcake Girls (702-879-8195, info@thecupcakegirls.org)

Provides confidential support to those involved in the sex industry, as well as those affected by domestic sex trafficking through resources, advocacy, and aftercare. thecupcakegirls.org

The Harbor (@Charleston (89146): 702-486-5331; @Flamingo (89119): 702-455-7912; @Henderson: 702-455-0112; @MLK (89032): 702-455-7914; @Mojave (89101): 702-455-6912)

Provides a safe place for the Clark County community by providing services to youth and families to address their immediate needs. theharborlv.com

The LGBTQ Center of Southern Nevada

Supports and promotes activities directed at furthering the well-being, positive image, and human rights of the lesbian, gay, bisexual, transgender, intersex, asexual, two-spirit, and queer community, its allies, and low to moderate income residents in Southern Nevada. thecenterlv.org

The Phoenix

Is an innovative nonprofit organization that helps people recover from substance use disorder and heal by leveraging the intrinsic transformative power of social connection and activity. thephoenix.org

The Pride Tree

Creates safe environments where LGBTQ+ youth and allies can explore their own identity. All people have the freedom to be whoever they want and to express their own identity openly and without fear. thepridetreevl.com

There is No Hero in Heroin Foundation (TINHIIH)

Informs the public of the growing epidemic of opiate/heroin substance use disorder in our town and across the US, and to provide resources and solutions to families and heroin addicts alike. tinhihlasvegas.info

UNSHAKEABLE

Mission is guiding women recovering from trauma to return to the workforce and achieve financial independence. unshakeable.org

Vegas Strong Resiliency Center (702-455-2433)

A place of healing and support dedicated to serving as a multi-agency resource and referral center for residents, visitors, and responders affected by the shooting at the Route 91 Harvest Festival. vegasstrongrc.org

Vegas Stronger (702-234-1356)

Focus the Spirit of Las Vegas on reversing devastation caused to the community by the Opioid Epidemic. Vegas Stronger facilitate that restoration to wholeness for individuals, families and society at large by creating awareness and providing access to both state of the art and historically reliable remedies. vegasstronger.org

Veterans & Community Resource Center (702-633-1640)

Provides supportive services to Veterans and the North Las Vegas community. Helping individuals achieve economic success, housing stability, and emotional health and well-being.

WestCare Nevada (702-385-3330)

Provides a wide spectrum of behavioral health services. Dedicated to working in mutual partnerships, to empower and engage those in need, in a process of healing, growth, and change that will benefit them, their families, their coworkers and the community. westcare.com

Young: Equal (contact@youngequal.org)

Creates environments (through creative arts, recreation & social media) that promote self-acceptance, community, and love for the LGBTQ+ community. youngequal.org

Youth MOVE Nevada (youthmovenv@nvpep.org)

A youth inspired organization that works as a diverse collective to engage with youth serving systems. Developing self-advocacy skills, create systems change and remove the stigma placed on mental health using shared experience. facebook.com/youthmovenv

If we have incorrect or missing information, please contact us via email at publisher@mhrmedia.com or via our website at www.mentalhealthspectrum.com.



YOU ARE NOT ALONE

OUR SERVICES

NAMI Southern Nevada is a mental health nonprofit that offers education classes, support groups, and presentations at no cost to the community. If you or a loved one is experiencing mental health challenges, we are here for you. Join us for our virtual or in-person groups. Support available to families, caregivers, and peers.

2820 W. Charleston Blvd, Ste 19, Las Vegas, NV 89102
www.namisouthernnevada.org
 702-890-9729

Community. Connection. Compassion.



RELAPSE PREVENTION:

Recovery requires lifelong and ongoing effort to progress in and maintain recovery

RELAPSE: Often begins long before a person uses a substance. It is the use or continued use of a substance after a period of recovery. It is both an incident and a process.

WARNING SIGNS: Thinking about using or imagining past usage; reassociating with people and places linked to past use; going back to old behaviors that were common during past use; denying need for support or drifting away from recovery.

TRIGGERS: Internal or external cues associated with past substance use. May activate an urge/craving to use that leads to relapse. Individuals need to understand and know their triggers.

RELAPSE PREVENTION PLAN

A way to identify and reduce the risks associated with relapse. Written plans may include:

- Names and contact information of key people in your recovery support system
- Description of your internal triggers (e.g., specific thoughts, emotions, behaviors, attitudes related to substance use) and external triggers (e.g., specific people, places, things, situations) to use substances
- Identify healthy coping skills
- Personalized plan on how you can intervene when relapse triggers are activated (e.g., call your sponsor; go for a walk or a run; meditate)

RELAPSE PREVENTION TOOLS

- HALT:** Ask yourself if you are **Hungry, Angry, Lonely or Tired** (most common triggers)
- SOBER:** Brief meditation - **STOP, OBSERVE, BREATHE, EXPAND, RESPOND**
- Recovery Card: Create a wallet size card that outlines your prevention plan
- Urge Surfing: Ride the craving like a wave
- Grounding Techniques: Use five senses to ground self
- Play the Tape Through: Imagine the entire scenario
- Reach out to your support network
- Recovery groups: AA, NA, SMART Recovery
- Exercise

Source: Adapted from U.S Department of Veterans Affairs. Reducing Relapse Risk. From: <https://www.va.gov/WHOLEHEALTHLIBRARY/tools/reducing-relapse-risk.asp>

SUBSTANCE USE IN WOMEN OF CHILDBEARING AGE

BY RACHEL MACK,* LMSW, LADC – ASSOCIATE DIRECTOR, ROSEMAN UNIVERSITY
OF HEALTH SCIENCES - EMPOWERED PROGRAM

Opioid Use Disorder in Women

Although opioid use disorder and opioid overdose data is diverse as it pertains to race, ethnicity, sex, and age, opioid use disorder in women presents with unique characteristics. Among people with opioid use disorder, women are more likely than men to be diagnosed with anxiety and depressive disorders, childhood trauma is more common in women than men, and women are more likely to suffer from chronic pain.¹ As a result, it is more frequently reported that women with a history of opioid misuse use opioids to cope with negative effect or pain, which presents with a greater risk for ongoing opioid use due to untreated co-occurring disorders.¹ In practice, as a social worker in this community, I commonly see co-occurring disorders of substance use and mental health.

Prenatal Substance Use

Prenatal substance use refers to substance use during pregnancy. Vulnerable times for drug use, drug relapse and drug induced mortality is most common during pregnancy and the postpartum period.² In the United States, drug-induced deaths are the leading cause of death for reproductive age women.² Some might find this statistic surprising, yet the reality is opioid use, and intentional or unintentional overdose, is on the rise, specifically for this target population.

Treatment Options

There are many forms of treatment for substance use disorder, yet there is a continued need for innovative options for women especially during pregnancy and postpartum. Standard care for this specialized population should include a comprehensive treatment program with prenatal care, substance abuse treatment services, pharmacotherapy, and specific interventions to address co-occurring mental health, trauma, and strategies to address social determinates of health.¹ Pharmacotherapy for perinatal opioid use disorder includes buprenorphine or methadone. Significant differences between these two medications prescribed during pregnancy include: lower risk of preterm birth, greater birth weight for infants, and lower risk of treatment for Neonatal Opioid Withdrawal Syndrome (NOWS), which promotes less medication after delivery and a shorter hospital stay for newborns exposed to buprenorphine, compared to methadone.¹ Regardless of the differences, treatment enrollment and compliance can have more positive outcomes for mom and baby verses not being enrolled in treatment.

Recovery through Stabilization to Resilience: The EMPOWERED program

In Southern Nevada, located at Roseman University of Health Sciences, EMPOWERED is a program that is tailored to support this specialized population. EMPOWERED supports pregnant and postpartum individuals who use or have ever used opioids and/or stimulants for any reason. This program is geared towards unleashing the power of expectant and recent mothers to be active in managing their health and partnering in their care to support them with the resources and services they need to become healthy and resilient using a harm reduction approach. Services include care coordination with an individualized care plan, peer support, contingency management, individual and group therapy, parenting classes, and recovery support such as drug-free social and recreational activities. If you or someone you know is pregnant or recently had a baby and taking opioids and/or stimulants, reach out to us online at empoweredmoms.org or call us at 702-802-2851 if you are interested in support; there is hope.

*Rachel Mack has a bachelors in Human Services Counseling with a focus in Family Studies and a master's degree in Social Work. She has extensive experience working with clients experiencing opioid use disorder-specifically pregnant and postpartum women. She has also worked in the outpatient setting as a substance abuse counselor, and in the inpatient setting providing level of care assessments and referrals to individuals seeking treatment for mental health and/or substance abuse.

REFERENCES:

1. Barbosa-Leiker, C., Campbell, A. N. C., et al. (2020). "Opioid use disorder in women and the implications for treatment." *Psychiatric Research and Clinical Practice*, 3(1), 3-54. <https://doi.org/10.1176/appi.prp.20190051>
2. Smid, M.C., Stone, N., et al. (2019). "Pregnancy-associated death in Utah: Contribution of drug-induced deaths." *Obstet Gynecol*, 133(6), 1131-1140. DOI: 10.1097/AOG.0000000000003279

Marijuana Use and Pregnancy

In the US, marijuana is one of the most widely used substances during pregnancy and breastfeeding.^{1,2} While more research is still needed, the emerging data clearly shows that marijuana negatively affects both the mother and the baby – and the impact on the developing fetus, as well as the breastfeeding infant after birth, may be serious negative health outcomes in the long run.^{1,2} **The FDA has not approved 'medical marijuana' and 'medical marijuana' is NOT safer than recreational marijuana.**



Photo Credit: Surendra Basnet from Pexels

POSSIBLE EFFECTS ON MOTHER

- Lung damage (when marijuana is smoked)
- Impaired thinking (increased risk of injury)
- Dizziness (increased fall and fainting risk)
- Increased risk of anemia and other pregnancy complications

POSSIBLE EFFECTS ON FETUS, BABY AND CHILD

- Stillbirth, preterm, lower birth weight
- Symptoms of drug withdrawal in newborn (e.g., diarrhea, trembling, high-pitch crying, seizures)
- Increased risk of sudden infant death syndrome, birth defects (small head circumference), brain and behavioral problems (e.g., attention, memory and problem solving)

Source: Adapted from (1) American Academy of Pediatrics. *Marijuana Use During Pregnancy and Breastfeeding: Implications for Neonatal and Childhood Outcomes*. 2018. From <https://publications.aap.org/pediatrics/issue/142/3> and (2) National Institute of Drug Abuse (NIDA). *Substance Use in Women Research Report*. From <https://nida.nih.gov/publications/research-reports/substance-use-in-women/substance-use-while-pregnant-breastfeeding>

TYPES OF RECOVERY SUPPORT PROGRAMS

Alcoholics Anonymous (AA) aa.org - Meetings facilitated by peers who share their "experience, strength, and hope."

Moderation Management moderation.org - Behavioral change program and national support network for people who are concerned about their drinking and who desire to make positive lifestyle changes.

Secular Organizations for Sobriety/Save Our Selves (SOS) sossobriety.org - Provides a network of independent meetings dedicated to helping individuals achieve and maintain sobriety from alcohol, drug, food addictions and more.

SMART Recovery smartrecovery.org - Evidence-based addiction recovery program.

White Bison whitebison.org - Provides sobriety, recovery, addictions prevention, and wellness/Wellbriety learning resources to the Native American/Alaska Native nation-wide community. Open to non-native people.

Women for Sobriety womenforsobriety.org - Supports women seeking a sober life in recovery from problematic substance use.

NATIONAL ORGANIZATIONS

AARP Brain Health	aarp.org/health/brain-health
Academy for Eating Disorders	aedweb.org
Addiction Policy Forum	addictionpolicy.org
Addiction Technology Transfer Center	attcnetwork.org
Alliance of Hope for Suicide Loss Survivors	allianceofhope.org
Alzheimer's Disease and Related Dementias	nia.nih.gov/health/about-adear-center
American Academy of Child and Adolescent Psychiatry (AACAP)	aacap.org
American Association of Suicidology (AAS)	suicidology.org
American Foundation for Suicide Prevention (AFSP)	afsp.org
American Society of Addiction Medicine	asam.org
Anxiety and Depression Association of America (ADAA)	adaa.org
Association of Recovery Peer Groups	aapg-recovery.com
Black Mental Wellness	blackmentalwellness.com
Bring Change to Mind	bringchange2mind.org
Celebrate Recovery	celebraterecovery.com
Center for Addiction and Mental Health (CAMH)	camh.ca
Centers for Disease Control and Prevention (CDC)	Mental Health cdc.gov/mentalhealth/index.htm
Center for Loss & Life Transition	centerforloss.com
Center for the Study of Traumatic Stress	cstsonline.org
Child Mind Institute	childmind.org
Child Trauma Academy	childtrauma.org
Community Anti-Drug Coalitions of America (CADCA)	cadca.org
Compassionate Friends	compassionatefriends.org
Depression and Bipolar Support Alliance (DBSA)	dbsalliance.org
Faces and Voices of Recovery	facesandvoicesofrecovery.org
Families Against Narcotics	familiesagainstnarcotics.org
Generation Rx	generationrx.org
Heal Grief	healgrief.org
Healthy Brains	healthybrains.org
Hope Squad	hopesquad.com
How Right Now	howrightnow.org
Institute for Research, Education & Training in Addictions	ireta.org
International OCD Foundation	iocdf.org
International Society for Traumatic Stress Studies	istss.org
Mental Health America (MHA)	mhanational.org
Mental Health Foundation	mentalhealthfoundation.org
Mental Illness Research, Education, and Clinical Center (MIRECC)	mirecc.va.gov
Meth Project	methproject.org
National Action Alliance for Suicide Prevention	theactionalliance.org
National Alliance on Mental Illness (NAMI)	nami.org
National Association for Addiction Professionals	naadac.org

NATIONAL ORGANIZATIONS

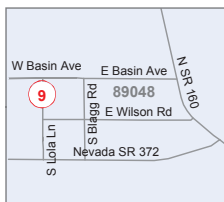
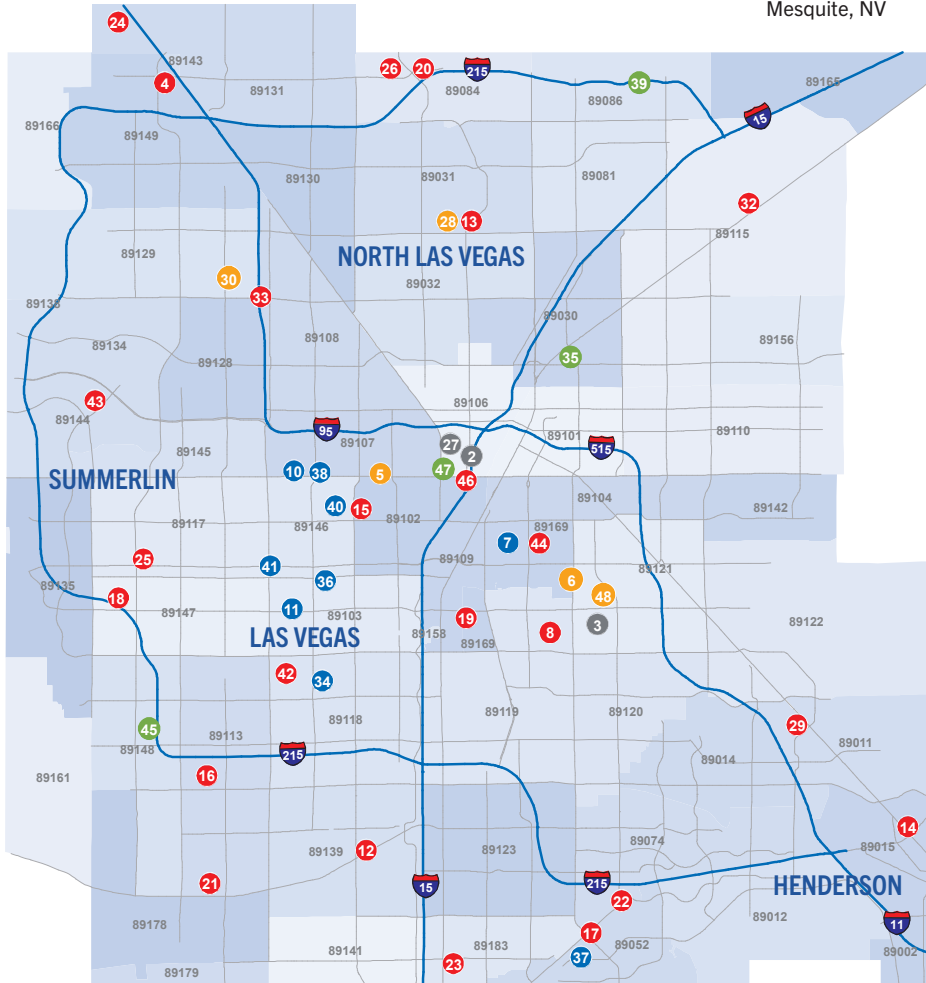
National Association of Addiction Treatment Providers	naatp.org
National Association of Anorexia Nervosa + Associated Disorders (ANAD)	anad.org
National Association of Lesbian, Gay, Bisexual, Transgender Addiction Professionals	nalgap.org
National Center for PTSD	ptsd.va.gov
National Center for School Crisis and Bereavement	schoolcrisiscenter.org
National Center for School Mental Health	schoolmentalhealth.org
National Coalition Against Domestic Violence (NCADV)	ncadv.org
National Council on Alcoholism and Drug Dependence	ncadd.us
National Eating Disorder Association (NEDA)	nationaleatingdisorders.org
National Indigenous Women's Resource Center	niwrc.org
National Institute on Alcohol Abuse and Alcoholism	niaaa.nih.gov
National Institute on Drug Abuse	drugabuse.gov
National Institute of Mental Health (NIMH)	nimh.nih.gov
National Latino Behavioral Health Association	nlbha.org
National TSAC	nationaltasc.org
One Mind	onemind.org
Partnership to End Addiction	drugfree.org
Preventional Technology Transfer Center	pttcnetwork.org
Postvention Alliance	postvention.org
PTSD Alliance	ptsdalliance.org
R.E.A.C.H	reach.gov
Sidran Institute: Traumatic Stress Education and Advocacy	sidran.org
S.A.F.E Alternatives (Self Abuse Finally Ends)	selfinjury.com
Schizophrenia & Related Disorders Alliance of America (SARDAA)	sardaa.org
Shared Hope International	sharedhope.org
SmokeFree	smokefree.gov
Substance Abuse & Mental Health Services Administration (SAMHSA)	samhsa.gov
Suicide Awareness Voices of Education	save.org
Suicide Prevention Resource Center	sprc.org
The Jason Foundation	jasonfoundation.com
The Jed Foundation	jedfoundation.org
The Mental Health Coalition	thementalhealthcoalition.org
The National Child Traumatic Stress Network	nctsn.org
The Network La-Red	tnlr.org
The Sanctuary National Grief Support Network	thesanctuaryforgrief.org
The Trevor Project	thetrevorproject.org
Therapy for Black Girls	therapyforblackgirls.com
Treatment Advocacy Center	treatmentadvocacycenter.org
White Bison	whitebison.org
United States Department of Veterans Affairs – Mental Health	mentalhealth.va.gov
Zero Suicide	zerosuicide.edc.org

HOSPITAL LISTING

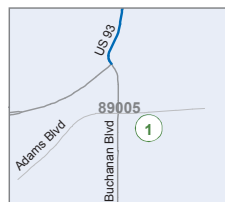
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

- Boulder City Hospital, Geriatric Behavioral Medicine**
901 Adams Blvd, Boulder City, 89005 **702-293-4111**
- Bridge Counseling Associates**
1640 Alta Dr, Suite 4, LV, 89106 **702-474-6450**
- Bridge Counseling Associates**
4221 McLeod Dr, LV, 89121 **702-474-6450**
- Centennial Hills Hospital**
6900 N Durango Dr, NLV, 89149 **702-835-9700**
- Crossroads of Southern Nevada**
2121 W Charleston Blvd, LV, 89102 **702-382-7746**
- Desert Hope Treatment Center**
2465 E Twain Ave, LV, 89121 **702-848-6223**
- Desert Parkway Hospital**
3247 S Maryland Pkwy, LV, 89109 **877-663-7976**
- Desert Springs Free Standing Emergency Department***
2075 E Flamingo Rd, LV, 89119 **702-894-5508**
- Desert View Hospital**
360 S Lola Ln, Pahrump, 89048 **775-751-7500**
- Desert Willow Treatment Center**
6171 W Charleston Blvd, LV, 89146 **702-486-8900**
- Desert Winds Hospital**
5900 W Rochelle Ave, LV, 89103 **702-522-7922**
- Dignity Health St Rose, Blue Diamond**
4855 Blue Diamond Rd, LV, 89139 **702-216-7305**
- Dignity Health St Rose, North LV**
1550 W Craig Rd, NLV, 89032 **702-777-3615**
- Dignity Health St Rose, Rose de Lima**
102 E Lake Mead Pkwy, HEN, 89015 **702-564-2622**
- Dignity Health St Rose, Sahara**
4980 W Sahara Ave, LV, 89102 **702-216-7365**
- Dignity Health St Rose, San Martin**
8280 W Warm Springs Rd, LV, 89113 **702-616-4666**
- Dignity Health St Rose, Siena**
3001 St Rose Pkwy, HEN, 89052 **702-616-5000**
- Dignity Health St Rose, West Flamingo**
9880 W Flamingo Rd, LV, 89147 **702-216-7335**
- Elite Medical Center**
150 E Harmon Ave, LV, 89109 **702-546-0911**
- ER at Aliante**
7207 Aliante Pkwy, NLV, 89084 **702-962-5100**
- ER at Blue Diamond**
9217 S Cimarron Rd, LV, 89178 **702-776-4800**
- ER at Green Valley**
2581 St Rose Pkwy, HEN, 89074 **702-780-2700**
- ER at S Las Vegas Blvd**
10700 Giles St, LV, 89183
- ER at Skye Canyon**
9860 W Skye Canyon Park Dr, LV, 89166 **702-962-0700**
- ER at The Lakes**
3325 S Fort Apache Rd, LV, 89117 **702-962-0500**
- ER at Valley Vista**
7230 N Decatur Blvd, NLV, 89084 **702-534-7200**
- FirstMed Health + Wellness**
400 Shadow Ln, Ste 106, LV, 89106 **702-731-0909**
- Gallus Medical Detox**
1550 W Craig Rd, Ste 330, LV, 89032 **702-857-7164**
- Henderson Hospital**
1050 W Galleria Dr, HEN, 89011 **702-963-7000**
- Landmark Recovery**
3371 N Buffalo Dr, LV, 89129 **844-332-2076**
- Mesa View Regional Hospital**
1299 Bertha Howe Ave, Mesquite, 89027 **702-346-8040**
- Mike O'Callaghan Federal Medical Center**
4700 N LV Blvd, Nellis AFB, 89191 **702-653-2273**
- MountainView Hospital**
3100 N Tenaya Way, LV, 89128 **702-962-5000**
- Nevada State Triage Center**
5530 S Jones Blvd, LV, 89118 **702-909-3440**
- North Vista Hospital, Senior Behavioral Health**
1409 E Lake Mead Blvd, NLV, 89030 **702-649-7711**
- Sana Behavioral Health Hospital**
5975 W Twain Ave, Suite B, LV, 89103 **725-605-0310**
- Seven Hills Behavioral Health Hospital**
3021 W Horizon Ridge Pkwy, LV, 89052 **866-598-6327**
- Southern Nevada Adult Mental Health/Rawson Neal Hospital**
6161 W Charleston Blvd, LV, 89146 **702-486-6000**
- Southern Nevada Veterans Medical Center**
6900 N Pecos Rd, NLV, 89086 **702-791-9000**
- Spring Mountain Sahara**
5460 W Sahara Ave, LV, 89146 **702-216-8900**
- Spring Mountain Treatment Center**
7000 W Spring Mountain Rd, LV, 89117 **702-873-2400**
- Spring Valley Hospital**
5400 S Rainbow Blvd, LV, 89118 **702-853-3000**
- Summerlin Hospital Medical Center**
657 N Town Center Dr, LV, 89144 **702-233-7000**
- Sunrise Hospital + Medical Center**
3186 S Maryland Pkwy, LV, 89109 **702-961-5000**
- The Pavilion at Southern Hills Hospital**
9300 W Sunset Rd, LV, 89148 **702-916-5100**
- University Medical Center (UMC)**
1800 W Charleston Blvd, LV, 89102 **702-383-2000**
- Valley Hospital, Behavioral Health Unit**
620 Shadow Ln, LV, 89106 **702-388-4000**
- Vogue Recovery Center Nevada**
4011 McLeod Dr, LV, 89121 **702-533-4154**

*All inpatient operations to end March 11, 2023.

For Emergencies call 911 for immediate assistance.

It's All About Self-Care

"It is never too late to be what you might have been." – GEORGE ELIOT

CARING FOR OURSELVES SHOULD BE A VITAL ASPECT IN OUR DAILY LIVES. THE FOLLOWING ACTIVITIES ARE KNOWN TO HELP IN RELIEVING STRESS AND BUILDING RESILIENCE. AN EXAMPLE IS OFFERED UNDER EACH CATEGORY, ALONG WITH A FREE SOURCE. YOU ARE ENCOURAGED TO TAKE A FEW MINUTES OUT OF EACH DAY TO DO AT LEAST ONE STRESS RELIEVING ACTIVITY.

LISTENING



SUGGESTED MUSIC:

REGGAE

Example: Slow Down – Skip Marley, H.E.R

Free songs available on youtube.com

SUGGESTED ACTION:

TAI CHI

Improves strength, flexibility, balance and cardiovascular fitness. Reduces stress and anxiety.

Free routines on youtube.com



SUGGESTED SHOW:

SPORTS

Watching sports may enhance your wellbeing and improve connections.

Available on Peacock TV



WATCHING

SUGGESTED READING:

GLOBAL ICONS



Example: The Book of Hope: A Survival Guide for Trying Time – Jane Goodall and Douglas Abrams

Free reading materials available at public libraries (lvccld.org or hendersonlibraries.com)

READING

ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

1. behavioralhealthnv.org
2. betterhelp.com
3. brightside.com
4. emdr.com
5. faithfulcounseling.com
6. findatherapist.com
7. findtreatment.gov
8. findtreatment.samhsa.gov
9. goodtherapy.org
10. APA Psychologist Locator: locator.apa.org
11. musictherapy.org/about/find
12. nvpsychology.org (Find a Psychologist)
13. onlinetherapy.com
14. openpathcollective.org
15. Perinatal: psidirectory.com
16. pridecounseling.com
17. Psychology Today Black & African American: psychologytoday.com/us/therapists/african-american
18. psychologytoday.com/us/therapists
19. regain.us
20. talkspace.com
21. teencounseling.com
22. therapistlocator.net
23. therapyden.com
24. therapyforblackgirls.com
25. treatmentconnection.com
26. Veterans – Make the Connection: maketheconnection.net/resources
27. Vitals (Professional Listing): vitals.com

BEHAVIORALHEALTHNV.ORG

This website is a database of behavioral health providers specializing in substance use disorder and co-occurring mental health disorder treatment services. All agencies listed are Certified by the Division, SAPTA (Substance Abuse Prevention and Treatment Agency). The website is built and maintained by CASAT.

OUTPATIENT LISTING

The following pages contain a directory listing of non-profit and for-profit outpatient providers serving Las Vegas and the surrounding areas. Providers are listed alphabetically. Listing information includes the provider name, website, contact telephone number, zip code (which gives the general area where the provider's physical location/office is), and focus/specialty. For providers that do not have a focus/specialty listed, this information may not have been available at the time. In general, many providers cover a wide range of mental health services and issues.

You are encouraged to call or check the providers website for additional information, such as services provided, payment methods, and/or insurances accepted, etc. Please note: not all outpatient providers are listed. Some providers may have opted out of being listed, others may not have been aware of this listing or their information may have changed after this directory was published. This list is being provided to consumers in an effort to assist in finding the right mental health professional. **Below is the legend for the focus/specialty.**

FOCUS / SPECIALTY

ABA Applied Behavioral Analysis	ED Eating Disorders	ODD Oppositional Defiant Disorder
ADDICT Addiction	EMDR Eye Movement Desensitization and Reprocessing	OUD Opioid Use Disorder Program
ADHD Attention Deficit Disorder	IOP Intensive Outpatient Treatment	PHP Partial Hospitalization Program
ASD Autism Spectrum Disorder	LGBTQ Lesbian, Gay, Bisexual, Transgender, Queer	PSR Psychosocial Rehabilitation
BST Basic Skills Training	MAT Medication Assisted Treatment	PTSD Post Traumatic Stress Disorder
CBT Cognitive Behavioral Therapy	MFT Marriage and Family Therapy	REBT Rational Emotive Behavioral Therapy
CC Christian Counseling	MM Medication Management	SAT Substance Abuse Treatment
CM Case Management	MOOD Mood Disorders (i.e.depression)	TELE Teletherapy
DBT Dialectical Behavioral Therapy	OCD Obsessive Compulsive Disorder	
DD Developmental Disabilities		
EAP Employee Assistance Program		

NAME + WEB ADDRESS	PHONE	ZIP	FOCUS / SPECIALTY
Aaron Williams Therapy aaronwilliamstherapy.com	702-480-7960	89106	Anxiety, Coaching, Pre-marital
ABC Therapy abctherapy.net	702-598-2020	89101	General
Achievable Behavior Strategies bxtherapy.com	702-565-1894	89147	ABA, ASD
Adelson Clinic for Drug Abuse Treatment adelsoncliniclasvegas.com	702-735-7900	89169	OUD, MAT
Adonai Counseling & Consulting adonaicounseling-consulting.com	725-208-1960	89146	EMDR, Grief/Loss, Relationships
Advanced Psychiatric Associates	702-228-4900	89146	General
Advanced Psychiatry Inc. advancedpsychiatryinc.com	702-763-7811	89032	ADHD, CM, PHP, SAT
Agape Behavioral Center agapebehavioral.org	702-656-5683	89130	BST, PSR
All About You Counseling allaboutyoucounseling.org	702-754-0807	89123	General
Alliance Mental Health Specialists alliancemhs.com	702-485-2100	89103	Telepsychiatry
Andres Counseling Services	702-803-3481	89128	Anxiety, MOOD, Trauma
Apple Grove Treatment Center applegrovetreatmentcenter.com	702-992-0576	89120	BST, PSR, Individual
Applied Behavior Analysis Institute abainstitute.us	702-502-8021	89107	ABA, ASD
Arevalo Counseling & Mentoring	702-970-3535	89074	English & Spanish Services

OUTPATIENT LISTING

Aroma Functional Nutrition Psychiatry afnpsych.com	702-907-7924	89144	Women/Maternal Mental Health
ASPECTS for Behavior aspects4behavior.org	702-825-1010	89130	ABA
Autism & Behavioral Consulting abcservices.co	702-283-6215	89117	ASD
Bamboo Center for Grief, Growth & Well-Being bamboocenter.us	713-322-6266	89128	Grief, Life Transitions
Bamboo Sunrise bamboosunrise.net	702-433-3038	89015	Life Skills, Foster Care
BBS Counseling bbsforensic.com	702-577-7792	89123	Anxiety, MOOD, PTSD
Behavior Essentials behavioressentials.com	702-445-0465		Parent Focused Therapy
Behavioral Health Group bhgrecovery.com	702-796-0660	89121	ADDICT, SAT
Behavioral Healthcare Options bhoptions.com	702-364-1484	89128	Insurance Provider, CM, EAP
Behavioral Health Solutions bhs.health	702-589-4871	89052	Family, MOOD, SAT
Behavioral Learning Solutions bbsolutionsaba.org	702-610-2076	89052	ABA, ASD
Behavioral Services of Nevada behavioralservicesnv.com	702-816-3400	89121	BST, PSR
Beyond Expectation bepsyc.com	702-779-3956	89141	Neurofeedback
Beyond Therapy beyondtherapylv.com	702-673-4745	89129	EMDR, Christian MFT
Bilingual Center for Behavioral Health bcbhlv.com	702-401-0811	89119	Anxiety, MOOD
Boys Town Behavioral Health Clinic boystown.org	702-888-1340	89148 89113	Ages 0-22, ASD
Bridge Counseling Associates bridgecounseling.org	702-474-6450	89106 89121	Trauma, PTSD, Youth, Sexual Abuse, IOP
Bridge Health Services bridgehs.com	702-843-0551	89106	Co-occurring, ODD, PTSD
Browning Neurobehavioral Associates browningnba.com	702-305-0234	89145	Psychotherapy
Cal Psychiatric Services calpsychservices.com	702-629-7490	89109	Psychiatric, Neurological Disorders
Calm Clinic Psychiatry calmclinic.vegas	702-848-2256	89103	ADHD, MM, Work Stress
Campbell Center for Autism campbellcenterforautism.com	702-260-2360	89117	ABA, ASD
Center for Compassionate Care nah.org/what-we-do/center-for-compassionate-care	702-733-0320	89119	Bereavement Services, Spiritual Care
Center for Individual, Couple and Family Counseling unlv.edu/cicfc	702-895-3106	89154	TELE
Central Point Psychiatry	702-380-8200	89146	
Changing Minds Psychiatry changingmindspsych.com	702-405-8088	89074	Psychotherapy, Psychopharmacology
Choices Group choiceslasvegas.com	702-252-8342	89104	Co-Occurring, SAT
Clarity Wellness Center claritywclv.com	702-578-4505	89121	Military, Minorities
Clear View Counseling clearviewcounseling.com	702-254-4883	89101	ADHD, Crisis, MFT, PTSD
Clinical Solutions clinicalsolutionslv.com	702-212-3008	89117	CBT, DBT, MOOD
Collaborative Center Foundation collablv.org	702-329-3208	89113	CM, DD

Collier Counseling and Life Coaching colliercounseling.org	702-860-5249	89015	Couples Counseling, DBT, EMDR, PTSD
Community Counseling Center cccfsn.org	702-369-8700	89104	General
Connexions Mental Health Services connexionsmentalhealthservices.com	725-696-2204	89121	TELE, Military, Veterans, First Responders
Cornwall Counseling cornwallcounseling.com	859-321-4956	89119	REBT
Corridor of Hope Wellness & Consulting corridorofhopevl.com	702-522-9000	89104	Grief, Domestic Violence, LGBTQ
Creative Behavioral Connections cbcautism.com	702-901-5200	89130	ABA, ASD
Crossroads of Southern Nevada crossroadsofsonv.com	702-382-7746	89102	ADDICT, SAT
DCFS-Neighborhood Care, North dcfs.nv.gov/Programs/CMH/Contact_CMHS	702-486-5610	89032	Children Mental Health Services
DCFS-Neighborhood Care, South	702-486-6726	89015	
DCFS-Neighborhood Care, West	702-486-0000	89146	
Desert Hope Outpatient americanaddictioncenters.org	702-286-8394	89121	ADDICT, SAT
Desert Psychiatry desertpsychiatry.com	702-685-3300	89146	Psychiatric Services
Desert Psychological desertpsychological.com	702-650-6508	89120	Testing, Assessment
Desert Regional Center (DRC) adsd.nv.gov	702-486-7850	89103	DD
Desert Rose Counseling desertroselvl.com	702-843-6500	89102	Trauma Recovery
Desert Treatment Clinic deserttreatment.com	702-248-0000	89014	Methadone/Suboxone
Diamond Mental Health diamondmentalhealth.net	702-395-4002	89130	ADDICT, Equine Therapy, Trauma
Dynamic Music Therapy vegasmusictherapy.com	702-257-0792	89102	Music Therapy
Eden Center for Eating Disorders edentreatment.com	877-853-3362	89102	ED, Co-Occurring Disorders
Elements of Motivation elementslv.com	702-331-4874	89117	Home Based Services
Elevating to New Heights	702-485-5838	89120	BST, Crisis, PSR
Empowerment Center of NV facebook.com/empowermentcenterofsouthernnevada	702-636-8729	89032	Crisis Intervention, General
Estra Healthcare Services estrahealth.com	725-502-7699	89102	OCD, Compulsive Gambling
Evergreen Counseling evergreencounselinglv.com	702-248-6290	89146	ODD, Sexual Problems, Trauma
Evolving Minds Therapy evolvingmindstherapy	702-881-1234	Virtual	General, Crisis Services
Focus Mental Health Solutions focusmentalhealth.com	702-790-2701	89102 89052	Psychiatric Services
Forward Impressions forwardimpressionslv.com	702-848-1411	89130	BST, PSR, IOP, Youth
Foundations Counseling Center foundationsnv.com	702-240-8639	89128	Youth, ADHD, ASD, ED
Frontier Medical & Behavioral Center frontiermbc.com	702-750-2438	89031	Psychiatric Services
Glass House Counseling ghca-lv.com	702-586-8693	89104	PSR, Support Groups
Grand Desert Psychiatric Services brainsway.com/find-a-provider	702-202-0099	89146	Deep Transcranial Magnetic Stimulation

OUTPATIENT LISTING

Guevara Counseling Center guevaracounselingcenter.com	702-366-0251	89106	Grief, PTSD, Refugee, Spanish
H.O.P.E. Counseling Services hopecounselingservices.net	702-437-4673	89106 89031	ADHD, MOOD, PTSD, Trauma
Harmony Healthcare harmonyhc.com	702-251-8000	89102	Insurance Provider
Heads Up Guidance and Wellness Centers headsupnevada.org	702-922-7015	89102	
Healing with Grace Counseling Center hwgcounseling.com	702-716-0908	89052	
Healthy Minds healthymindsnv.com	702-622-2491	89106	Co-occurring, SAT
Hello Therapy hellotherapylv.com	702-381-2192	89074	Grief, Trauma, TELE
HELP of Southern Nevada helpsonv.org/behavioral-health-services	702-369-4357		TELE
Higher Ground Counseling Services highergroundcounselingservicesllc.com	702-525-8402	89117	MFT, TELE
High Risk Pregnancy Center hrpregnancy.com	702-664-8279	89106	OUD, MAT (must be pregnant)
Human Behavior Institute (HBI) hbnetwork.com	702-248-8866	89146	Insurance Provider, CM
Ignite Teen Treatment igniteteentreatment.com	866-202-7217	89147	Youth
Innovation Behavioral Health Solutions drsandrargray.com	702-900-2784	89146	EMDR, Neuropsychological Assessment, Trauma
Insight Therapy Solutions insighttherapysolutions.com	702-685-0877	89120	TELE
Integrated Psychological Solutions lvpsych.com	888-320-2271	89146	CBT, ED, EMDR, MOOD
Integrity Counseling integritycounselinglv.com	702-499-4922	89117	BST, CM, PSR, SAT
Jewish Family Services (JFS) jfsalv.org	702-732-0304	89119	Anxiety, MOOD
Kayenta Therapy kayentatherapy.com	702-438-7800	89134	TELE
Landmark Recovery landmarkrecovery.com	725-217-9910	89129	ADDICT, IOP, PHP, SAT
Las Vegas Comprehensive Treatment Center ctcprograms.com/location	844-682-0316	89109	ADDICT, Methadone and Suboxone
Las Vegas Counseling lasvegascounselingcenter.com	702-466-3750	89117	TELE
Las Vegas Grief and Loss Counseling Center griefcounselinglv.com	702-580-4912	89117	Grief
Las Vegas Indian Center lvindiancenter.org	702-647-5842	89106	SAT
Las Vegas Therapy lvmentalhealth.com	702-659-4825	89129	Postpartum, Sexual Issues
Legacy Counseling & Workforce Connections legacycounselingandworkforceconnections	702-763-7443	89146	BF, CBT, IOP, SAT, Telehealth
Legacy Health and Wellness legacyhealthlasvegas.com	702-749-4951	89128	BST, PSR, Crisis Services, Parenting, EMDR
Life Bridge Psychiatry lifebridgekids.com	702-765-4965	89117	Youth
Life Spring Counseling Center lifespringcounselingcenter.org	702-939-5433	89117	Anxiety, MOOD, Premarital, PTSD
LifeQuest lifequestnv.com	702-830-9740	89145	CM, BST, MFT, MM, SAT
Living Free livingfreehealth.org	775-505-1625	89060	ADDICT
Lotus Behavioral Health Services lotusbehavioralhealthservices.com	725-215-0359	89128	MOOD, PTSD, Trauma
Mbrace Counseling mbraceco.com	702-749-6926	89146	BST, PSR, Family Therapy

M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	Psychiatric Services
Mindful Illumination Counseling mindfulilluminationcounseling.com	702-506-4554	89101	ADDICT, Sound Therapy
Mingo Health Solutions mhsbehavioralservices.com	702-848-1696	89120	
Mobile Mental Health Support Services mmhssnv.com	707-888-0036	89146	Anxiety, MOOD, Personality D/S, Relationship
Moderation of the Mind Counseling modofthemind.com	702-272-1879	89117	BST, CM, Crisis, PSR
Mojave Counseling unlvhealth.org/psychiatry-mental-health	702-253-0818 702-968-4000	89146 89014	Children/Adolescents, CM, Adults
Music 4 Life Inc. themusic4life.com	702-889-2881	89146	ADDICT, Anxiety, PTSD
Neubauer Mental Health Services nmhslv.com	702-806-5268	89108	
Nevada Behavioral Health Systems nvbhs.com	702-978-8100		Managed Mental Health & Substance Abuse Services
Nevada Health Centers, Cambridge nevadahealthcenters.org	702-307-5415	89119	ADDICT, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Eastern	800-787-2568	89104	
Nevada Health Centers, Henderson	702-868-0327	89015	
Nevada Health Centers, MLK	702-383-1961	89106	
Nevada Health Centers, North Las Vegas	702-214-5948	89030	
Nevada Mental Health nevadamentalhealth.com	702-440-8430	89106	
Nevada Mental Health Associates nevadamha.com	702-530-5344	89104	Grief, MOOD, PTSD, Sexual Issues, Trauma
Nevada Mercy and Care Inc nevadamercyandcare.org	702-444-0599	89119	Refugee
Nevada State Behavioral Health nvstatebehavioralhealth.com	702-714-1681	89120	MOOD, Trauma, PTSD
Never Give Up Wellness Center nevergiveupbhs.com	702-951-9751	89146	Biofeedback, MFT, MM, Psychiatric Services
New Way Empowerment Center	702-695-4345	89146	Trauma, Life Transitions
Nippon Clinic nipponclinic.vegas	702-994-7267	89119	MOOD, ED, PTSD
Nueva Vida Mental Health nvms.com	702-659-8827	89103	BST, CBT, PSR
Oasis Counseling oasiscounselingtoday.com	702-294-0433	89113	
Open Arms Counseling openarmscounseling.org	702-823-4300	89015	ADDICT, EMDR, MM
Our Little World Treatment Center olwtreatment.com	702-742-3093	89012	ASD
Overton Psychological Services facebook.com/Overtonpsych	702-563-1000	89074	
Pathways Therapy & Wellness Center pathwaystherapynv.com	702-363-7284	89052	Anxiety, MOOD, Trauma, PTSD, Relationships
Perceptions Counseling Center of Southern Nevada pccofsn.com	702-850-8700	89120	Child Therapy, TELE
Pro-Health Therapeutic & Empowerment Services phtes.com	702-490-9009	89169	Co-Occurring, LGBTQ, MM, SAT, TELE

OUTPATIENT LISTING

Puzzle Pieces Autism & Behavioral Services LLC puzzlepiecesnv.com	702-704-5112	89131	ASD
Red Rock Counseling redrockcounseling.com	702-389-4500		
Red Rock Psychological Health redrockph.com	702-898-5311	89119	
Reflections Therapy reflectionstherapylv.com	702-553-2364	89128	Non-Verbal Treatment
Renewing Life Center renewinglife.net	702-434-7290	89120	ADDICT, CBT, EMDR, MFT, PTSD
Resolutions Behavioral Health Therapy resolutionsbehavioralhealththerapy.com	702-462-1813	89146	Anxiety, MOOD, Trauma
Resource Family Services resourcefamilyservices.com	702-331-5608	89119	Couples, Family Therapy
Restorative Behavioral Health LLC facebook.com/RestorativeBH	702-853-6727	89031	General
SAFY of Nevada Specialized Alternative safy.org/nevada	702-385-5331	89130	Youth, Family
Serenity Counseling and Support Services serenitysupportservices.com	702-903-2973	89117	ADHD, Anger Management, Bullying, Parenting, Trauma
Serenity Mental Health serenitymentalhealth.org	702-815-1550 775-751-5211	89146 89048	Anxiety, MOOD
SFS Therapies sfstx.com	702-979-4268	89128	Speech Therapy
Shining Star Community Services shiningstarlv.com	702-882-7827	89119	Family Therapy, Grief
Sierra Sage Recovery Services sierratreatment.com	702-880-8230	89107	ADDICT, CBT, IOP, SAT
Signs of Hope Counseling Center sohlv.org/counseling	702-366-1640	89106	Trauma (Sexual Assault), PTSD
Silver State Health silverstatehealth.org	702-471-0420	89119	Anxiety, MOOD, PTSD
Skills 4 Kids facebook.com/skills4kidLLC	702-538-9476	89117	
Solutions of Change solutionsofchange.org	702-445-6937	89120	General
Southern Nevada Adult Mental Health	702-486-6000	89146	CM, Mobile Crisis, MM
Southern Nevada Community Health Center snchc.org	702-759-1700	89107	General
Southern Nevada Pediatric Center southernnevadapediaticcenter.com	702-850-5437	89128	ADHD, Anxiety, MOOD
Southern Nevada Psychological Services snvpsyc.com	702-483-8017	89109	Biofeedback, Cognitive Rehab, Psychotherapy
Southern NV Care Center lasvegas-clinic.com	702-625-0022	89169	Evaluations, Counseling, Referrals
Southwest Autism & Behavioral Solutions swbehavior.com	702-270-3219	89120	ASD
Strong Minds Addiction & Recovery Therapy strongminds.vegas	702-708-2559	89146	SAT, Sober Living Houses
Summit Mental Health summitmentalhealth.org	702-727-4459	89102	MOOD, Trauma, PTSD
Sunshine Family Support Services sunshinefamilyss.net	702-433-0063	89104	TELE
Synergy KTC synergyktc.com	725-222-4582	89113	Ketamine Therapy
Tancell Care tancell-care.business.site	702-476-0262	89119	DD

Tandem Therapy Services tandemtherapyservices.com	702-396-0101	89117	ABA, ASD, Speech Therapy
The Center for Child and Family Development thecenterforchildandfamilydevelopment.com	702-912-5848	89120	Pediatric Neuropsychology
The CEO Within theceowithin.me	702-518-9539		ADHD, Change Management
The Evidence Based Practice of Nevada theebpnv.com	702-508-9181	89074	ADHD, ASD, ED, MOOD, OCD, PTSD
The Hamilton Group hamiltongrouplv.com	702-289-4883	Virtual	MM
The Healthy Foundations Center healthyfoundations.center	702-489-2117	89117	BST, PSR
The Lovaas Center thelovaascenter.com	702-877-2520	89103	ABA, ASD
The Nestled thenestledrecovery.com	702-848-6406	89146	IOP, SAT
The Parkey Group theparkeygroup.com	725-230-8526	89145	CBT, Couples, TELE
The Practice, UNLV unlv.edu/thepractice	702-895-1532	89154	CBT, DBT, Testing
Therapeutic Solutions Behavioral Health therapeuticsolutionslv.com	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center therapytreatmentcenters.com	702-423-2625	89102	Anger Management, MOOD, PTSD, Trauma
Theravada Mental Health theravadawellness.com	702-757-8720	89130 89052	DBT, EMDR
There is Hope thereishopenv.com	702-684-7757	89146	Anger Management, IOP
Thrive Behavioral Health & Trauma Centers tbhandtc.com	702-740-0188	89102	LGBTQ, Trauma
Thrive Solutions thrivesolutionslv.com	702-602-8504	89148	ADDICT, IOP, MFT, MM
Thriveworks Counseling thriveworks.com	702-820-3061	89146	ADDICT, ED
TIM Care timcarenv.com	702-617-6313	89106	General, SAT, Psychiatric
Touro Cenrter for Autism & Developmental Disabilities tourocadd.org	702-777-4808	89014	ASD
Transitional Wellness Center transitionalwellnesscenter.com	702-339-0346	89120	
TREAT horsetherapylv.com	702-768-2326	89139	Equine Assisted Psychotherapy
TUFF Services Ministries tuffservices.org	800-649-0925	89053	Pastoral Counseling
United Citizens Foundation ucfoundation.com	702-888-6300	89147	School-based, TELE
U.S. VETS usvets.org/locations/las-vegas	702-947-4446	89101	Eligible Veterans, SAT
Vegas Cares LLC vegascarellc.com	725-206-5434	89121	General, PSR, BST
Vegas Stronger vegastronger.org	702-202-6647	89101	SAT
Ventana Health Associates	702-360-2800	89134	
Veridian Wellness veridianwellness.com	702-763-4452	89074	DBT, EMDR, Trauma
Victorious Behavioral Health victoriousbh.com	702-723-0125	89119	BST/PSR, Psychiatric Services
We Are Hope wearehopelv.com	702-333-4373	89130	ADDICT, General, Trauma
Well Care Behavioral + Medical Clinic thewellcaregroup.com	702-291-7121	89122	BST, CM, PSR
Westcare westcare.com	702-385-3330	89101	SAT
Zia Counseling ziacounseling.com	702-823-9043	89102	Couples, EMDR, MFT

INTENSIVE OUTPATIENT PROGRAM: PART OF THE RECOVERY JOURNEY CONTINUUM OF CARE

BY SAMANTHA F. ANDAYA*

Intensive Outpatient (IOP) programs provide individual and group therapy to treat people with behavioral health disorders. IOPs provide services to patients about two to four hours per day, several times a week. This intense form of treatment is continued for about four to eight weeks, with the intention of treating a mental health disorder, eating disorder, dual diagnosis, or substance use disorder (SUD). IOPs for a SUD may require abstinence from all substances, including alcohol, which may be enforced through weekly drug testing.

This type of therapy is best for those at risk of hospitalization due to a behavioral health disorder; it is also a continuation of treatment for individuals who have completed an inpatient residential program or inpatient acute care. Of the five stages of substance use (curiosity, social use, habitual use, substance abuse, and addiction) those at the stages of habitual use and substance abuse are the types of patient who might seek care at an IOP. Someone struggling to get 24 hours of sobriety while also dealing with tolerance issues and withdrawals has an addiction, and would first need to detox, followed by inpatient residential, then further care from an IOP. An IOP maintains some structure like inpatient residential, while allowing more freedom for an individual to integrate back into their regular life. An IOP for substance use is meant for someone who may not need care 24/7, yet needs intensive help to stay sober.

It's important to find an IOP that meets your behavioral health needs, scheduling needs, and overall approach to wellness. The Nestled Outpatient offers evening and weekend tracks so that anyone with a SUD can seek recovery. At The Nestled Outpatient, every Saturday is family day, where clients bring a loved one to support them on their journey to recovery.

*Samantha F. Andaya is a journalist and PR specialist at The Nestled Outpatient. The Nestled Outpatient offers a step-down level of care for those struggling with addiction or addiction and mental health. Their unique philosophy includes holistic treatment, trauma informed care, and education of the eight dimensions of wellness. The Nestled Outpatient program is an eight-week program, providing care three times per week, including yoga, mindfulness classes, and sound baths.

There are a number of Intensive Outpatient Programs (IOPs) in Clark County, while all are not listed, a few have been provided below. You are encouraged to do your research and see which one may be the best fit for you.

Intensive Outpatient Programs (IOPs)

Crossroads of Southern NV	702-382-7746	crossroadsofsonv.com
Desert Hope	702-825-8781	deserthopetreatment.com
Desert Parkway Hospital	877-663-7976	desertparkway.com/programs
Landmark Recovery	888-448-0302	landmarkrecovery.com
Seven Hills Hospital	702-646-5000	sevenhillsbi.com/programs/adult/iop
Spring Mountain Treatment Center	702-873-2400	springmountaintreatmentcenter.com
The Nestled Outpatient	702-299-6406	thenestledrecovery.com/intensive-outpatient



A DIGITAL PLATFORM FOR THE SOBER COMMUNITY THAT
CELEBRATES THE SOBER LIFESTYLE.

App may be downloaded for free from Google Play or App Store.



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ERNEST A. FITZGERALD



Q&A: Substance Use - Part 1

WITH DIANE ANDERSON* EXECUTIVE DIRECTOR, CARE COALITION

MENTAL HEALTH SPECTRUM (MHS): What would you like the community to know about CARE Coalition?

DIANE ANDERSON (DA): CARE Coalition is a grassroots organization providing education, and resources throughout Clark County including our rural areas. Our mission is to increase public awareness of the effects of drugs and alcohol by supporting youth and adults, while promoting healthy behaviors and reducing substance misuse and behavioral health challenges in the community. We meet people where they are and provide assistance according to their needs.

MHS: Describe and address the top two substance abuse issues or challenges?

DA: Choosing two is tough but I would say meth and fentanyl are the two substances at this moment, however, alcohol is still the #1 drug of choice for many. Our biggest challenge at this time from our coalition perspective is keeping our children safe from the unknown predators lurking online, at our schools, in the parks, etc., and educating youth about the dangers they may encounter.

MHS: What kind of issues/challenges could be best addressed through legislative policies (in order to facilitate prevention activities)? (Name only 1 or 2 most critical issues)

DA: Public Health and Regional Disparities

MHS: How can we get the community more actively involved in prevention activities?

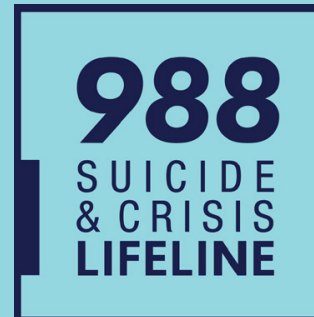
DA: First, I think it's important to understand that community can mean different things to different people. However, the common denominators in any community would be to first find out if the community is ready for change. Assess the "community" and its capacity by going to the community to find out what their needs are not - what we think they may be, programming needs to fit the community, be hands on to learn about the culture of the particular community, involve key stakeholders, maintain program fidelity, follow through and make sure there are adequate resources. If you work towards the goals of the community and involve everyone in the process, and then evaluate and assess data, then the community will start to see a change and are more apt to stay involved.

MHS: If you could give one piece of advice to share with parents regarding substance use, what would that be?

DA: It's never too soon to start talking with your kids about substance misuse, keep the conversation going, they do hear you!

* Diane has worked in the prevention field for over twenty years and has been with CARE since 2006.

If you or someone you know needs support now,
call or text 988 or chat 988lifeline.org



CANNABIS AND THE VAPING EPIDEMIC

BY MEKALE HOLMES*, HEALTH EDUCATOR, SOUTHERN NEVADA HEALTH DISTRICT
TOBACCO CONTROL PROGRAM

In 2019, 48.2 million people used cannabis at least once, making it the most commonly used illicit drug in the United States.¹ Cannabis, also known as marijuana, is a dried plant that can be smoked, vaped, or ingested. It contains over 100 chemicals, including THC (tetrahydrocannabinol) which gives mind-altering and body impairment effects.¹ The effects of cannabis depend on the amount, frequency, and mode of use; if it is mixed with other substances; previous experience; biology; and gender.¹

In 2017, recreational cannabis became legal in Nevada for consumers 21 years of age and older. It is illegal for anyone under 21 to purchase, possess, use, or receive recreational cannabis in Nevada. Although Nevada allows recreational use, cannabis is federally illegal and classified as a Schedule I controlled substance.¹

Current data² shows:

- **15.6%** of Nevada high school students used marijuana during the past 30 days.
- **35%** of Nevada high school students who used in the last 30 days reported using cannabis 20 or more times during the past 30 days.
- **49.2%** of Nevada high school students who usually use cannabis reported smoking as method use.
- **18.9%** of Nevada high school students who usually use cannabis reported vaping as method use.

Electronic vaping products can heat cannabis concentrates or dry herbs to create an aerosol. Cannabis concentrates contain elevated THC levels, and **may have more intense psychological and physical effects** than smoking the cannabis plant.¹

Cannabis can affect mental health by increasing symptoms of anxiety and depression, while also affecting parts of the brain responsible for memory, learning, attention, decision making, coordination, and reaction time.¹ Cannabis use may also increase risk of stroke, heart disease, and other vascular diseases.¹ Additionally, a recent study³ found that cannabis smokers had higher rates of a certain emphysema than tobacco smokers. Secondhand cannabis smoke contains many of the same toxic, cancer-causing chemicals found in tobacco smoke, often in higher amounts. Secondhand smoke exposure should be avoided, especially indoors.

Vaping cannabis can also increase risk of E-Cigarette or Vaping Use-Associated Lung Injury (EVALI). EVALI has caused over 2,800 hospitalizations and 68 deaths nationwide.⁴ This illness primarily affects young adults, often from obtaining cannabis products from informal sources.

Overall:

- Using THC-vaping products is not recommended, especially ones obtained from friends, online, or unlawful sellers.
- Youth, young adults, and pregnant women should never use nicotine or THC-containing products.
- Vitamin E acetate should not be added to any electronic vaping products.

It is crucial to keep cannabis out of reach of anyone under 21, as poisoning can occur in children who mistakenly ingest cannabis. People who use cannabis should also be aware of Marijuana Use Disorder and Cannabis Hyperemesis Syndrome (CHS). Nevada residents and visitors can utilize Cannabis Facts Nevada as a credible source to reduce health risks, address and prevent youth use, and avoid legal complications associated with cannabis use. **Learn more at cannabisfactsnevada.org.**

Cessation resources:

- Marijuana Anonymous: marijuana-anonymous.org/
- SAMHSA's Helpline: 1-800-622-HELP(4357)

*Mekale Holmes holds a bachelor's degree in Health Education and Behavioral Studies, a Master's degree in Mental Health and Wellness with a concentration in Prevention, and is a certified Health Educator and Peer Recovery Support Specialist. Her work focuses on tobacco flavoring awareness, cannabis education, and tobacco cessation and prevention for African Americans in Clark County.

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Q&A: Substance Use—Part 2

WITH JAMIE ROSS* EXECUTIVE DIRECTOR, PACT COALITION

MENTAL HEALTH SPECTRUM (MHS): What would you like the community to know about PACT Coalition?

JAMIE ROSS (JR): PACT Coalition is a substance misuse prevention, nonprofit, that works to address substance use issues by using the Strategic Prevention Framework (SPF) community-based process. PACT aims to reduce substance misuse across the lifespan by increasing protective factors and reducing associated risks. PACT engages in collaboration with community partners and members to address policy, system and environmental change. This is achieved by strengthening community, as the Coalition acts as a neutral convening table that brings together key stakeholders and decision makers to address emergent issues and bring about systemic change. PACT also seeks to engage community partners in furthering education and support in order to increase community understanding on the importance of prevention. PACT also acts as a pass-through agency for large state and federal grants, administering sub-awards to local agencies to provide direct, evidence-based prevention programming. By partnering and providing support to agencies who may not have a primary focus in substance misuse prevention, PACT is able to leverage resources and increase prevention capacity across the county.

MHS: What is the outlook on substance use and mental health in Nevada?

JR: There is a lot of funding that is coming to Nevada and PACT hopes to advocate for this funding to be used to improve services and resources in the state. We have seen an increase in the need for more resources for mental health and substance use with rising rates of overdose deaths, suicides and incidence of mental health issues for all ages.

MHS: What aspects of substance use prevention are not being addressed, what strategies can we use to counter this?

JR: We all need to come together and work to have more prevention education, strengthening partnerships and improving information systems to better address drug use. These strategies will help to reduce drug use and build a better infrastructure in our community.

MHS: What kind of legislative policies can facilitate prevention activities in schools (especially elementary and middle)?

JR: Legislative policies that make it easy and free for staff to be trained in more prevention skills and how to apply these skills using evidenced based practices. Additional professional staff in schools trained in best practices in prevention, not relying on overburdened staff to be experts in this field. Preventing mental and/or substance misuse and related issues is critical to behavioral health.

MHS: What's on the horizon for lobbying and getting policies that address substance use in school districts?

JR: As most nonprofits do not lobby, we do continue to advocate for more funding to educate our community and policy makers on strategies that work to minimize substance use. Another focus is to address the systemic inequities that disproportionately affect the already most at risk, to ensure future policies do not disadvantage any group.

** Jamie Ross began her work in the field of substance abuse prevention at a young age and has been involved with prevention for the past 20 years. Jamie is also the co-chair of the Southern Nevada Opioid Advisory Committee (SNOAC) and was appointed to sit on the Advisory Committee for a Resilient Nevada.*

SPECIAL FEATURE

SHARED EXPERIENCES

“The only way to fail is to quit.” – DALAI LAMA

THE MENTAL HEALTH CHALLENGES THAT MANY INDIVIDUALS EXPERIENCE AT SOME POINT IN THEIR LIVES IMPACTS THEIR LIFE JOURNEY IN VARIOUS WAYS. OFTENTIMES, PEOPLE ATTEST THAT SHARING PERSONAL STORIES HELPED THEIR HEALING PROCESS, OR BY READING SOMEONE ELSE'S, THEY GAINED HOPE THAT THERE IS A PATHWAY TOWARDS HEALING. SHARING STORIES ALSO HELPS BREAK MENTAL HEALTH STIGMA AND ENCOURAGES OTHERS TO DO THE SAME. AS SUCH, WE SHARE ANOTHER PERSONAL STORY BELOW.

TWO LIVES IN ONE LIFETIME. (DEE HANZY'S STORY)

When I was growing up, my life was normal, and my parents were “normal” parents, but I was NOT normal. I always felt anxious and insecure and that’s not supposed to happen when you’re a kid. Kids shouldn’t even know what anxiety feels like. Not to blame anyone, but that was just my makeup. I never really felt like I fit in, and that had a lot to do with how I would interact with other people. When I got old enough, I started going to the wrong places with the wrong people and nothing good ever comes of that. In addition, NO ONE ever plans to ruin their life but with drug addiction, it’s predictable. Looking back now, it was inevitable that I would find my way to altering my reality.

In 2004 I had two choices, go to treatment or go to prison. Of course, I chose treatment. That was almost 18 years ago, and I remember it like it was yesterday. I gave up so many times in my head, but my spirit wouldn’t let me lay down. My drug of choice is Meth and it started as uncharted territory, meaning I had never dabbled in heavy drug activity. I had my experience with alcohol, however the life I was leading, led me to people who used cocaine and meth. We are who we hang out with. I never intended to burn my life to the ground, but it was a result of my addiction choices. I went from living indoors to living outdoors. I began to rack up quite an arrest record, which ultimately, would be a blessing. My children were collateral damage and fortunately I got arrested and sent to treatment while they were very young. This gave me an opportunity to change my life and theirs. The seedy underbelly of that lifestyle almost killed me. I didn’t believe there was another way to live. I was haunted by misery. I had to keep going, after all I had three beautiful kids depending on me. Now they are grown, and I am much older, hopefully wiser.

Through the past 18 years I was able to achieve my bachelor’s degree in Human Services and my master’s degree in Business Administration. While this may not seem like an extraordinary feat to some, it means the world to me and to others who are just like me. My genuine intention is to help other people realize just how amazing they are. I get to help other people every single day and that is my contribution to this world, having been given the gift of life once again.



PASTORAL COUNSELING AND LIFE COACH

Rev. Bryan Ostaszewski

(Certified Interfaith Counselor, Ordained Minister & Chaplain)

“By understanding the process and path of brokenness, you begin to heal. If you can understand the why of your wounds, then the how of coming out of your pain will begin to make sense.”

Call 1.800.649.0925 for a free consultation • www.tuffservices.org

Addiction, Alcohol / Drug Abuse, Anger Management, Anxiety, Behavioral issues, Career Counseling, Coping Skills, Depression, Divorce, Domestic Abuse, Trauma, PTSD, Suicidal Ideation.

LOCAL SHELTER AND TRANSITIONAL HOUSING

FAMILIES

FAMILY PROMISE

702-638-8806

1410 S Maryland Parkway, LV 89104

Provides short term transitional shelter, bridge housing, case management and essential needs to displaced families.

familypromiselv.com

HELP OF SOUTHERN NEVADA

702-369-4357 • 1640 E Flamingo Rd., LV 89119

Provides housing and intensive case management to formally homeless and chronically homeless individuals and families who have a documented disability.

helpsonv.org

SAFE FAMILIES FOR CHILDREN, OLIVE CREST

702-960-1436

4285 North Rancho Drive, Suite 160, LV 89130

Parents with children ages birth to 18 experiencing a temporary crisis, can arrange for their children to stay with host family while focusing on resolving crisis situations and work to bring stability back to their home. Alternative to the state welfare system.

lasvegas.safe-families.org

S.A.F.E. HOUSE

702-564-3227

Emergency shelter for those seeking refuge from interpersonal violence/domestic violence. Services are available for singles, individuals from the LGBTQIA2+ community, women, men and their children.

safehousenv.org

MEN

CATHOLIC CHARITIES SHELTER FOR MEN

702-387-2282

1511 Las Vegas Blvd North, Las Vegas 89101

Provides year-round emergency night shelter for adult homeless men from 3:00pm to 7:00am daily.

catholiccharities.com

LAS VEGAS RESCUE MISSION

702-382-1766 • 480 W Bonanza Rd., LV 89106

Single men and fathers with children. Shelter intake is located off D Street.

vegasrescue.org/emergencysshelter

SALVATION ARMY

702-701-5347 • 35 W Owens, NLV 89030

Day resource center and emergency lodging.

salvationarmyusa.org

WOMEN

DESTINY HOUSE (HOOKERS FOR JESUS)

702-623-0958 | Hotline: 702-883-5155

A nine to twenty-four month, no charge, transitional estate for sex trafficking victims and commercially exploited women.

hookersforjesus.net

REFUGE FOR WOMEN

National faith-based organization providing a residential healing and recovery program for survivors of trafficking and sexual exploitation. Non-emergency housing must apply online.

rflasvegas.org

SAFE NEST

702-877-0133 | Hotline: 702-646-4981

Confidential domestic violence shelter. Provides legal services, safe housing and long-term counseling.

safenest.org

SHELTER OF HOPE (LV RESCUE MISSION)

702-382-1766

Single women and mothers with children. Shelter intake is located off D Street.

vegasrescue.org/emergencysshelter

THE SHADE TREE FOR WOMEN

702-385-0072 | Hotline: 1-855-385-0072

Provides safe shelter to homeless and abused women & children in crisis.

theshadetree.org

YOUTH

NEVADA PARTNERSHIP FOR HOMELESS YOUTH

702- 383-1332 • 4981 Shirley Street, LV 89119

Serves young persons, ages 12-20 with nowhere to sleep, unstable housing situations, couch surfing with friends or feeling unsafe. Offers emergency shelter, drop in center and independent living.

nphy.org

SHANNON WEST HOMELESS YOUTH CENTER

702-526-4990 • 1650 E Flamingo Rd., LV 89119

Provides services for homeless and at-risk youth, onsite emergency shelter. Certified to provide residential substance abuse treatment and Level I outpatient substance abuse and co-occurring treatment.

helpsonv.org/programs-youth.php

ST JUDE'S RANCH (SJRC)

702-294-7100 • 200 Wilson Cir., Boulder City 89005

Provides transitional housing and services for homeless 18-24 year olds.

stjudesranch.org

Recovery is not ONE and DONE. It is a lifelong journey that takes place one day, one step at a time.

ANONYMOUS

SUBSTANCE USE *and...*

Cannabinoids

- Commonly known as Marijuana; contains mind-altering chemicals like THC (produces the high) and CBD.^{1,2,3}
- Marijuana is the most used addictive drug after tobacco and alcohol – 1 out of 10 who use become addicted.^{1,2,3}
- More widespread use among young people (more than 11.8 million young adults used marijuana in 2018).¹
- Teens are vaping THC more often; nearly 4% of 12th graders vape THC daily.^{1,2}
- Marijuana usage is increasingly linked to high risk of motor vehicle crashes.¹
- Medical marijuana is not safer than recreational marijuana—both are illegal under federal law.¹
- FDA approved drugs containing cannabinoids are Epidiolex, Marinol, Syndros, and Cesamet (used to treat specific illnesses such as Dravet syndrome, a rare and severe form of epilepsy).¹
- Illegal synthetic forms - called “Spice” and “K2” - are often sprayed on dried plant materials for smoking.^{2,3}
- Marijuana use during pregnancy may seriously affect both mother and fetus (and baby after birth).¹
- Edible forms take longer to produce a high, leading people to consume more—resulting in serious harm.^{1,2}
- Accidental exposure to cannabis can lead to emergency room treatment; with severe symptoms and a longer hospital stay more likely in children than adults.¹
- Treatment for marijuana use disorder is only through effective behavioral support - no medications are currently available.^{1,2}

Inhalants

- Are invisible substances often found in common household products that produce volatile chemical vapors that have mind-altering effects when inhaled (e.g., glue, lighter fluid, cleaning fluid, hair sprays, whipped cream aerosol, room odorizer, and paint).^{3,4}
- Solvents (liquids that become gas at room temperature), Aerosol sprays, Gases, and Nitrites (prescribed medicine for chest pains) are all inhalants—and are often legal.^{3,4}
- Are breathed in through the mouth or nose by sniffing, snorting, bagging (inhaling fumes of a substance that is in a bag), and huffing (inhaling from balloons or inhalant soaked rag stuffed in one’s mouth).³
- Only substance used more by younger teens and kids than older teens;⁴ the common first drug for young children (1 in 5 have used inhalants).³
- Common street names are Gluey, Huff, Rush, and Whippets.³
- Immediate effects are similar to anesthetic or alcohol use: a slowdown of body functions (e.g., slurred speech).³ Long term health effects include liver, kidney, bone marrow and/or brain damage; delayed behavioral development; hearing loss; and loss of coordination and limb spasms.^{3,4,5}

Hallucinogens

- Are among the oldest known group of drugs used to alter human perception and mood, they are found in plants and fungi or are synthetically produced.³
- Categorized into two groups: (1) classic hallucinogens include LSD, peyote, and psilocybin; and (2) dissociative drugs like PCP, Ketamine, Dextromethorphan (DXM).⁴ None are legal nor used in any medicines.³
- They may be swallowed as tablet, pill or liquid; consumed raw or dried; brewed into tea; snorted; injected; inhaled, vaporized, or smoked; and/or absorbed.^{3,4}
- Common street names are Acid, XTC, STP, X, Shrooms, Special K, Cubes, Doses, Blotter, and Blotter Acid.³
- Ecstasy tablets (MDMA) are sold in attractive colors and shapes; LSD is sold as colorful designed impregnated paper.³ Both are most commonly abused by high school students.³
- Long term effects associated with using classic hallucinogens: persistent psychosis and Hallucinogen Persisting Perception Disorder (HPPD); and seen more often in people who have a history of a mental illness.⁴
- Long term effects of dissociative drugs include: seizures, psychotic symptoms, trouble breathing, speech problems, memory loss, anxiety, depression and suicidal thoughts.⁴

Stimulants

- Stimulants affect both the mind and the body by causing rapid reactions. Smoking, snorting, or injecting stimulants produces a sudden sensation known as a “rush” or a “flash.”³
- Tend to come in the form of pills, injectable liquids, powder, and rocks.³
- Prescribed or legal stimulants are: amphetamines (Adderall and Dexedrine), methylphenidate (Concerta and Ritalin), and diet aids (Bontril, Preludin, Fastin, Adipex P, Ionamin, and Meridia).³

- FDA has only one approved meth product: Desoxy, 5 mg used for medical treatment of ADHD and obesity.³
- Illegal stimulants are methamphetamine (meth, ice, speed, tina, batu, crystal, crank), cocaine (coke, crack, flake, snow), and methcathinone.³
- Crack (cocaine base) can be smoked alone or combined with heroin (speedballing), marijuana or tobacco.³
- From 2018-2019, cocaine linked overdose deaths increased by 9%;⁴ in 2019, nearly 1 in 5 overdose deaths were linked to cocaine, with the highest death rate amongst non-Hispanic blacks.⁵
- In 2020, 2.5 million Americans aged 12 or older had a reported use of methamphetamine in the past year; from 2015-2018, 53% of adult users met diagnostic criteria for methamphetamine use disorder.⁵
- Long term meth use has many negative consequences such as severe dental problems, violent behavior, intense itching leading to skin sores, paranoia, hallucinations, and changes to brain structure and function.^{3,5}

Homelessness

- Substance abuse is both a cause (loss of job and relationships due to addiction) and result of homelessness (coping tool to face problems).⁶
- Difficult to stay clean due to being close to substances.⁶
- Struggle with surviving on the streets overshadows caring about personal hygiene and health.⁶
- Homeless people often suffer from co-occurring mental illnesses and SUD, and go through a cycle of jails, emergency rooms, violence, victimization, and the streets.⁶
- 11% of adult homeless are military veterans.⁷
- Homeless youth are more likely to abuse drugs while older adults are more likely to abuse alcohol.⁶
- Substance abuse treatment is not enough for homeless; they also need supportive housing opportunities that offer services such as mental health treatment, physical health care, education and employment opportunities, peer support, and daily living and money management skills training.⁶

Veterans

- Male veterans aged 18-25 have a higher prevalence of SUD than civilians.⁷
- Veterans have a higher rate of SUD due to combat effects like trauma and pain when they leave service.⁷
- Alcohol use disorders are the most prevalent form of SUDs among active male military personnel.⁷
- Veterans diagnosed with SUD are also likely to have co-occurring psychiatric and medical conditions such as seizures, HIV, liver disease, schizophrenia, anxiety, depression, PTSD, and bipolar disorder.⁷

OPPORTUNITIES

- **Take action, advocate, and become involved:** Ask candidates and elected officials about their position on substance use/addiction and how they are prioritizing the issue. Find out how the money is being spent and are the programs that work being adequately funded. Advocate for comprehensive, holistic, systemic change, including training and education for parents and counselors. Join a coalition, be part of the solution.
- **Meet individuals where they are. Support and implement HARM REDUCTION strategies:** Engaging in substance use and associated high-risk behaviors significantly increases the risk of getting or passing on viral infections such as HIV/AIDS and Hepatitis (HBV/HCV).^{4,5} Harm reduction strategies are interventions aimed to help people avoid such negative effects of drug use. Strategies may include needle exchange, providing sterile syringes, distributing Naloxone, providing vaccinations, testing, offering accessibility to SUD treatment. Harm reduction means helping people with respect in their recovery – wherever they are on the spectrum.^{4,5}
- **Speak up and talk:** Most Americans with SUDs began using before age 18, the earlier someone starts using a substance the greater the chance of developing an SUD, and the more severe their illness is likely to be.⁴ Having facts and being informed makes conversations with your children, friends, family, and colleagues comfortable. Conversations should be taking place early and often. Prevention activities work.

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SUPPORT GROUPS

ADDICTION

Al-Anon for Families/Alateen al-anon.org	702-615-9494
Alcoholics Anonymous (AA) aa.org	702-598-1888
Cocaine Anonymous (CA) snvca.org or ca.org	702-941-0950
Compulsive Eaters Anonymous (CEA) ceahow.org	702-389-9077
Crystal Meth Anonymous (CMA) crystalmeth.org	855-638-4373
Gambler's Anonymous (Gam-Anon) gasn.info	702-529-0202
Groups (Opioid Recovery) <i>accepts insurance & Medicaid</i> joingroups.com	775-238-4471
Heroin Anonymous heroinanonymous.org	
Marijuana Anonymous marijuana-anonymous.org	800-766-6779
Narcotics Anonymous (NA) na.org	702-369-3362
Narcotics Anonymous Region 51 region51na.org	888-495-3222
Overeaters Anonymous (OA) oa.org	702-593-2945
Pills Anonymous pillsanonymous.org	
Sex Addictions Anonymous saa-recovery.org	1-800-477-8191
Sex and Love Addicts Anonymous (S.L.A.A.) slaafws.org	1-800-477-8191
SMART Recovery smartrecovery.org or smartinhenderson@gmail.com	
Southern Nevada Codependents Anonymous sonvcoda.org	702-706-2632
The Meeting Space/The Recovery Store themeetingspace.com	702-726-9218

CHILDREN AND YOUTH

Alternative Peer Group (Drop-in center for teens) apglv.org	702-445-7318
Parenting Project (free parenting classes)	702-455-5295
Solutions of Change solutionsofchange.org	702-343-3610
Turning Point Nevada (Substance Use)	702-743-7384

CRISIS AND TRAUMA

Hands of Comfort Foundation	702-683-6373
Ladies of Destiny (Trafficking Victims) hookersforjesus.net	702-623-0958
Signs of Hope Groups sohvlv.org	702-366-1640

GRIEF AND LOSS

Adams Place adamsplacelv.org	702-202-3891
Aviant Hospice	702-605-9959
Bereavement Adult Support Group	702-671-1111
Bereavement Support (Dignity Health)	702-616-4912
CompassionCare Hospice	702-636-0200
Concerns of Police Survivors (COPS) concernsofpolicesurvivors.org	702-501-8083
Divorce/Separated Support Group	702-735-5544
Grief Loss & Family Support Group	702-735-5544
Griefshare griefshare.org	1-800-395-5755
Grief Recovery After a Substance Passing (GRASP)	302-492-7717

SUPPORT GROUPS

Grief Recovery (death, divorce, career and other losses)	702-980-8303
Nathan Adelson Hospice nah.org	702-796-3157
Pet Loss Family Support Group	702-735-5544
Southern Hills / Compassionate Care and Grief Support	702-916-7776
Suicide and Murder Victims Support Group	702-735-5544
The Compassionate Friends compassionatefriends.org	877-969-0010
Tragedy Assistance Program for Survivors (TAPS) Military Survivor	800-959-8277

LGBTQ

Henderson Equality Center hendersonequalitycenter.org	855-955-5428
The Center thecenterlv.org	702-733-9800

SUICIDE

Arms of Support (Survivors of Suicide Attempt)	702-209-3425
Southern Nevada Surviving Suicide Loss survivingsuicidelosslv.com	
Suicide Bereavement Support Group	702-735-5544
Survivors of Suicide Loss Support Group	702-807-8133

OTHER

ADHDOutLoud	702-518-9539 ext 7
Alzheimer's Associaton alz.org	702-248-2770
Cleveland Clinic Caregiver Support and Programs	702-483-6000
Depression and Bipolar Support Alliance (DBSA)	702-750-5919
Dignity Health Womens Center (Support Groups) dignityhealth.org	702-616-4900
Give Me a Break (GAB) - Respite	702-219-0394
National Organization Parents of Murdered Children pomc.com	513-721-5683
Nevada Senior Services adulthoodcarelv.org	702-648-3425

If we have omitted your group or have incorrect or missing information listed, please contact us by email at publisher@mhrmedia.com or via our website at mentalhealthspectrum.com.

Arms Of Support

A Survivors Of Suicide Attempt Support Group

armsofsupport.org • tuffarmsofpeace@gmail.com
702.209.3425 (T) • 702.370.5736 (Cell) • 702.568.7760 (Fax)

THE MISSION: "Arms of Support" (a free Survivors of Suicide Attempt Support Group) created by Tuff Services Ministries, offers suicide attempt survivors a safe, non-judgmental place to talk about their common experience of having survived a suicide attempt. Members are encouraged to share their stories of recovery to support each other and learn new ways to cope with suicidal thoughts. Through peer support, trained and certified guided facilitation, we seek to encourage a supportive community to foster the development of effective coping skills and create hope for the future.

Group Schedule: Meets every two weeks, Wednesday's from 6:00pm to 7:30pm
Group Facility Location: THE CARE COALITION, 1919 S. Jones Blvd, Suite #A, LV NV 89146

*SPONSORED (IN PART) BY SAMHSA AND/OR THE SUBSTANCE ABUSE PREVENTION AND TREATMENT AGENCY OF NEVADA (SAPTA) *



HELPLINES

Nevada 211 - Connect to Services (nevada211.org)	211 or 1-866-535-5654
Police NON Emergency Response	311
1in6 - Helpline for Men who were Sexually Abused / Assaulted	1in6.org/helpline
AARP Friendly Voice (aarpcommunityconnections.org/friendly-voices)	888-281-0145
AARP Friendly Voice (Spanish)	888-497-4108
Adult Protective Services (APS) (Report suspected abuse, exploitation vulnerable adults 18+) (APSGethelp.com)	702-486-6930
Al-Anon (al-anon.org)	1-800-344-2666
Alcoholics Anonymous (AA) (aa.org)	702-598-1888
Alzheimer's Association Helpline (alz.org)	1-800-272-3900
American Addiction Centers Resource (centers.org)	1-866-892-4547
American Chronic Pain Association (ACPA) (theacpa.org)	1-800-533-3231
American Pregnancy Association	1-800-672-2296
Care Solace (CCSD students) (caresolace.com/ccsd)	888-515-0595
Cocaine Anonymous (snvca.org or ca.org)	702-941-0950
Codependents Anonymous (coda.org)	602-277-7991
Crystal Meth Anonymous (crystalmeth.org)	855-638-4373
Debtors Anonymous (debtorsanonymous.org)	800-421-2383
Depression & Bipolar Support Alliance (DBSA) (dbsalliance.org)	1-800-826-3632
Eating Disorders (anad.org)	1-888-375-7767
Eldercare Locator (eldercare.acl.gov)	1-800-677-1116
Empower Work (Work issues) (empowerwork.org) TXT HELLO to	510-674-1414
Food Addicts in Recovery Anonymous (FA)	foodaddicts.org
Gamblers Anonymous (gasn.info)	855-222-5542
GriefShare (griefshare.org)	1-800-395-5755
IMAlive (online crisis chat)	imalive.org/online
International OCD Foundation (iocdf.org)	617-973-5801
Lap of Love - Pet loss resource line (lapoflove.com)	855-352-5683
LGBT National Hotline	888-843-4564
LGBT National Senior Hotline	888-234-7243
LGBT National Youth Talkline	800-246-7743
MADD (Impacted by drunk or drugged driving)	877-623-3435
Marijuana Anonymous (marijuana-anonymous.org)	1-800-766-6779
Military OneSource (Military Community) (militaryOneSource.mil)	800-342-9647
My Life, My Quit (ages 13-18) TXT "start my quit" to	36072
Narcotics Anonymous (na.org)	888-495-3222
National Abortion Federation Hotline	1-800-772-9100
National Alliance on Mental Illness (NAMI) Helpline (nami.org/help)	1-800-950-6264

HELPLINES

National Alliance on Mental Illness (NAMI) Warmline	775-241-4212
National Eating Disorders Information + Treatment Helpline	1-800-931-2237
National Resource Center on ADHD	1-866-200-8098
National Teen Dating Violence Abuse Helpline	1-866-331-9474
Nicotine Anonymous (nicotine-anonymous.org)	1-877-879-6422
Nevada Health Connection (treatmentConnection.com)	1-800-450-9530
Nevada Teen Peer Support Text Line (ages 14-24)	TXT 775-296-8336
Office on Women's Health (Resource line)	1-800-994-9662
Overeaters Anonymous (oa.org)	505-891-2664
Partnership to End Addiction (Concerned Parents) (drugfree.org)	TXT CONNECT to 55753
Physician Support Line (physiciansupportline.com)	1-888-409-0141
Poison Center (Nevada)	702-732-4989
Postpartum Support International (PSI) (postpartum.net)	1-800-944-4773
Problem Gamblers Helpline	1-800-522-4700
SAMHSA's Helpline (samhsa.gov/find-help/national-helpline)	1-800-662-4357
Schizophrenia & Pyschosis Action Alliance (sczaction.org)	1-800-493-2094
Self Abuse Finally Ends (S.A.F.E) Alternatives (selfinjury.com)	1-800-366-8288
Sex Addicts Anonymous (saa-recovery.org)	1-800-477-8191
Sidran Institute - Trauma or Dissociation (sidran.com)	410-825-8888
Stop It Now! (Abuse helpline)	1-888-773-8368
Survivors of Incest Anonymous (siawso.org)	877-742-9761
TARA for Borderline Personality Disorder (tara4bpd.org)	888-482-7227
Teen Help Inc	1-800-400-0900
Teen Line (TXT 839863)	1-800-852-8336
The StrongHearts Native Helpline (strongheartshelpline.org)	1-844-762-8483
Tobacco (Nevada) Quit Line (nevada.quitlogix.org)	800-784-8669
Tragedy Assistance Program for Survivors (Military) (taps.org)	800-959-8277
True Path Wellness Helpline (Addiction)	866-601-3539
United Way 211 (211.org)	1-800-233-4357
UNLV Careline (Sexual Assault, Violence, Stalking)	702-895-0602
Vet Center Call Center (vetcenter.va.gov/media/Call-Center-PSA.asp)	1-877-927-8387
Vets Information and Referral, PTSD Crisis Intervention	888-777-4443
West Care (Detoxification)	702-383-4044

A **HELPLINE** may not be staffed 24/7 and may not provide immediate assistance.
For Emergencies call 911 for immediate assistance.



Recovery is about progression not perfection.

UNKNOWN



A MATTER OF WORDS

“Recovery emerges from hope. Recovery is based on respect.” – SAMHSA

Much of the stigmatization attached to mental health problems is due to the negative connotations in the words and language being used when dealing with this topic. In each MHS issue, we will highlight certain word definitions, quotes and excerpts that show how, in a matter of words, it is possible to make a positive impact—and help make a difference.

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RECOVERY IS HOLISTIC. IT IS SUPPORTED BY PEERS AND ALLIES, AND THROUGH RELATIONSHIPS AND SOCIAL NETWORKS. RECOVERY INVOLVES INDIVIDUAL, FAMILY, AND COMMUNITY STRENGTHS AND RESPONSIBILITIES.

SAMHSA

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