



# Mental Health Spectrum™

A resource for psychological wellness



## LOSS 211: *Degrees of Grief*



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

CHIEF EDITOR / WRITER  
ANJUM KHAN, MA, PMP, PMI-ACP

CREATIVE DIRECTOR  
STORM THORNICROFT

## A LETTER FROM THE MENTAL HEALTH SPECTRUM FOUNDER

It hardly feels real that we are coming to the end of the year, and this is the last issue for Volume I. This issue is very special as it marks our first complete volume of the publication. We have also received such wonderful feedback that we have not only grown in distribution, but also launched our phase one website ([www.mentalhealthspectrum.com](http://www.mentalhealthspectrum.com)).

We decided to focus this issue around grief and loss because the pandemic has taken, and continues to take, so much away from many. This year also marks 20 years since 9/11, and a significant loss in my family: the death of our dear brother, Charlee Marcus Thornicroft.

National Children's Grief Awareness Month is observed in November. This issue highlights symptoms of grief and complicated grief, the stages of grief, and discusses other information related to selected populations. We are extremely humbled and grateful to feature: an article on Prolonged Grief Disorder by Dr. Anna Darbonne, a Q & A report on Adam's Place from Kelly Thomas-Boyers, and a shared personal story of grief by Cecelia Broussard. Our thanks also go to the National Resource Center on Psychiatric Advance Directives who allowed us to reprint the article on Psychiatric Advance Directives (PAD).

Grief, loss, and mourning are so deeply personal, yet also a shared experience as the loss impacts everyone connected to that social network. Our wish with this issue is that it may help you find some comfort and hope as we move into 2022.

JACQUI RAGIN, MS, MPH, PHD

*It is during our darkest moments  
that we must focus to see the light.*

ARISTOTLE ONASSIS

Copyright © 2021 Mental Health Spectrum. All Rights Reserved. Mental Health Spectrum™ is a trademark of MHR Media LLC. All artwork, ad designs, and articles are the sole property of MHR Media LLC and may not be duplicated or reproduced without express written permission from the author/publisher. Mental Health Spectrum owns the rights to any original submission accepted for publication in its edited, redesigned, or otherwise altered state as done by the editorial team. Articles reprinted with permission may not be duplicated or reproduced without express written permission from the original author/publisher. **For permission request or questions, contact us by email at [publisher@mhrmedia.com](mailto:publisher@mhrmedia.com) or via our website at [mentalhealthspectrum.com](http://mentalhealthspectrum.com).**

This publication is provided for informational purposes only, and IS NOT, in any capacity, intended to serve as a substitute for the knowledge and skills of qualified mental health professionals. Always consult your physician, psychologist, or other qualified health care provider if you have any questions or concerns regarding any symptoms, medical condition, medication, or thoughts of suicide.

## NOTE FROM: *The Editor*

Amazingly, we wrap up our first volume with this issue. We could not end the year without addressing the on-going global crisis due to the pandemic. For too many, this has been a year of trials and tribulations, loss and grieving, and learning and healing.

Typically, loss and grief are associated with the death of a loved one. And yes, that is one of the hardest losses to bear. But there are other losses—just as significant or more—that impact one's life, like a divorce, job-loss, or life-altering illness or injury. We all may experience varying degrees of grief at some point in our lives. People generally experience one loss at a time and go through the normal process of mourning and grieving. Some people, however, may experience multiple losses in a short period of time, or at once. The emotional and mental impact of this can be detrimental to one's overall well-being—resulting in, possibly, the most difficult period in one's life as the mourning and grieving processes for each event overlap or persist chronically. But who could have imagined that this could happen to millions of people at the same time, creating a global mental health crisis? Yet, that is precisely what COVID-19 did!

In 2020, COVID-19 came at us with such a mighty punch that it hurled our lives right out of normalcy! Across the world, it hit like a tsunami: the rippling effects triggering a universal feeling of colossal loss and grief—transcending across all lifestyles, races, and ages, testing humanity like never before. After almost two years, we are still struggling. And learning (relearning?) that **humanity is stronger with patience, courage, kindness, respect, and most of all, unity.** We need tolerance and understanding in order to heal.

November is a time of thanksgiving, so I would like to end with special thanks to all frontliners who selflessly step up to help, all who effortlessly continue to provide support to others who have lost so much and struggling with grief, and all who, despite their own loss and grief, reach out to help others—**proving that compassion and empathy can make a difference. "Being Human Matters."**

ANJUM KHAN, MA, PMP, PMI-ACP  
*Chief Editor*

## CONTENTS

- 1 SIGNS AND SYMPTOMS OF GRIEF
- 2 HOTLINES
- 3 – 4 MOURNING SICKNESS: PROLONGED GRIEF DISORDER (PGD)
- 4 THE FIVE STAGES OF GRIEF: THE KÜBLER-ROSS MODEL
- 6 – 9 STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS
- 11 – 12 PSYCHIATRIC ADVANCE DIRECTIVE
- 13 – 14 NATIONAL ORGANIZATIONS
- 15 – 16 HOSPITAL LISTING
- 17 MENTAL HEALTH PROFESSIONAL DIRECTORY
- 18 IT'S ALL ABOUT SELF-CARE
- 19 – 25 OUTPATIENT LISTING
- 27 – 28 SPECIAL REPORT: LOSS & GRIEF, Q&A
- 29 SPECIAL FEATURE SHARED EXPERIENCES
- 30 LOCAL SHELTER AND TRANSITIONAL HOUSING
- 31 – 32 GRIEF AND...
- 33 – 34 HELPLINES
- 35 – 36 SUPPORT GROUPS
- Back Cover  
A MATTER OF WORDS

## SIGNS AND SYMPTOMS OF GRIEF

### What is Grief?<sup>1</sup>

Grief is a normal, universal human response to significant loss. It is the “emotional, cognitive, functional, and behavioral reactions” of a bereaved person following loss. Losses are not just about the death of a loved one, but also life changing circumstances/events such as a divorce, illness, traumatic event, job loss, etc. Grief is an individualized process because many factors influence individual responses to loss, such as personality, prior life experiences, cultural practices, and the relational magnitude of the loss. Consequently, there is no specific time limit to normal grief, but the intensity does gradually subside. There are three types of grief: anticipatory grief due to impending loss (e.g., diagnosis of terminal illness), normal grief due to unexpected loss of someone or something important, and prolonged or complicated grief due to a pervasive difficulty in accepting the loss and inability to resolve normal grief.

### Signs and Symptoms of Grief<sup>2</sup>

The following are some common feelings and reactions when experiencing grief. When normal grief symptoms do not fade over time or become worse, that indicates **complicated or prolonged grief and most likely would require professional mental health support to aid recovery.**

NORMAL GRIEF	COMPLICATED OR PROLONGED GRIEF (INCLUDES NORMAL GRIEF + MAY ALSO EXPERIENCE ADDITIONAL SYMPTOMS)	RISK FACTORS FOR COMPLICATED GRIEF
<b>EMOTIONAL:</b> ANGER, ANXIETY, DISBELIEF CONFUSION OR UNABLE TO CONCENTRATE EMPTY, NUMB, OR SAD	<b>UNABATED DIFFICULTY IN ACCEPTING DEATH OR EXCESSIVE AVOIDANCE OF REMINDERS</b> TRAUMATIC DISTRESS, INTENSE SORROW, AND PAIN OVER THE LOSS	<b>HISTORY OF MOOD OR ANXIETY DISORDERS</b> MULTIPLE LOSSES SIMULTANEOUSLY OR WITHIN SHORT SPAN PRIOR LOSSES OR ADVERSE LIFE EVENTS
<b>SOCIAL:</b> DISCONNECTION WITH OTHERS (WITHDRAW SOCIALLY) LOSS OF INTEREST IN ACTIVITIES	<b>PERSISTENT YEARNING FOR, OR FEELING THAT LIFE HOLDS NO MEANING WITHOUT, THE DECEASED</b>	<b>POOR HEALTH OR CONCURRENT LIFE STRESS</b> <b>LACK OF SOCIAL SUPPORT</b>
<b>PHYSICAL:</b> HEADACHE, TREMBLING, SORE MUSCLES, OR DIFFICULTY BREATHING DRY MOUTH, NAUSEA, OR TROUBLE EATING NIGHTMARES OR TROUBLE SLEEPING	<b>INTENSE LONGING FOR AND A PREOCCUPATION WITH MEMORIES OF THE DECEASED</b> EXTREME ANGER NUMBNESS, EMPTINESS, OR TOTAL DETACHMENT	

#### REFERENCES:

1 Mental Health Technology Transfer Center Network (MHTTC). “Grief, Loss, and Bereavement. Fact Sheet #1: Defining Grief.” *MHTTC/SAMHSA*. September 2020. From <https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19-grief-loss-and-bereavement>  
2 Substance Abuse and Mental Health Services Administration (SAMHSA). “Tips for Survivors: Coping with Grief after a Disaster or Traumatic Event.” *SAMHSA/CMHS/DHHS. HHS Publication No. SMA-17-5035*. 2017. From <https://store.samhsa.gov/sites/default/files/d7/priv/sma17-5035.pdf>

## HOTLINES (24/7)

EMERGENCIES	911
American Pregnancy Association	1-800-672-2296
Boys Town National Hotline	800-448-3000
Child Abuse and Neglect Hotline (Nevada)	702-399-0081
ChildHelp National Child Abuse Hotline	1-800-422-4453
Children's Mobile Crisis Response Team	702-486-7865
COPLINE (Officer's Lifeline)	800-267-5463
Crisis Support Services of Nevada	1-800-273-8255
Crisis Text Line (Text TALK or CARE to)	741741 (TALK) or 839863 (CARE)
Disaster Distress Helpline	1-800-985-5990
DOD Safe Helpline (Department of Defense)	877-995-5247
Domestic Violence	1-800-799-7233
Domestic Violence Hotline (SafeNest)	702-646-4981
Domestic Violence Hotline (S.A.F.E House)	702-564-3227
Fire/EMS (First Responders) <a href="https://nffc.org/help">nffc.org/help</a>	1-888-731-3473
Gamblers Anonymous (GA) Southern Nevada Hotline	702-529-0202
Human Trafficking Info & Referral Hotline	1-888-373-7888
National Abortion Federation Hotline	1-800-772-9100
National Center for Missing and Exploited Children	1-800-843-5673
Poison Control	702-732-4989
Rape, Abuse, & Incest National Network (RAINN)	1-800-656-4673
Runaway Hotline	1-800-786-2929
SafeVoice <a href="https://safevoicenv.org">safevoicenv.org</a>	1-833-216-7233
Safe Place Hotline (Youth)	1-866-827-3723
SAGE Hotline (LGBT Elders)	1-877-360-5428
Sexual Assault Hotline	1-800-656-4673
Signs of Hope (Formerly Rape Crisis Center)	702-366-1640
Suicide Prevention Lifeline	1-800-273-8255
Teen Dating Abuse	1-866-331-9474
Temporary Assistance for Domestic Crisis	1-800-621-4673
The Network La-Red (LGBT Domestic Partner Violence)	800-832-1901
Thursday's Child (Children, Teens, & Young Adults)	800-872-5437
Trans Lifeline	1-877-565-8860
Trevor Project Crisis Line (LGBTQ under 25)	1-866-488-7386
UNLV CareLine (Sexual Assault, Violence, Stalking)	702-895-0602
Veteran Crisis Line	1-800-273-8255 (Press 1)
Veteran Crisis Line (Deaf and Hard of Hearing)	1-800-799-4889
WestCare	702-385-3330

# MOURNING SICKNESS: PROLONGED GRIEF DISORDER (PGD)

BY DR. ANNA DARBONNE\*, PsyD

Grief is the worst kind of suffering. It's not just missing a loved one, it is intense psychological anguish, deep yearning, social upheaval, and existential crises all at once. The excruciating nature of grief usually lasts for just the first of three very normal grief phases (acute, early, and integrated). But for some mourners, the unbearable intensity of acute grief remains locked in for years. The hopeful news: with time and support, healing and relief will come.

The natural grief process leads roughly 90% of individuals through insufferable sorrow (acute grief) to a place where emotions feel slightly more manageable. The second phase (early grief) remains painful, but includes oscillations of "normal life." It involves feeling the pain of grief, adjusting to life without the loved one, allowing joy, and feeling connection with self and others. With this emotional work and lapse of time, grief can become integrated. In the third and often longest phase, the individual lives a meaningful life that includes ongoing (albeit revised) relationships with their loved one and their grief. For the remaining 10% of the bereaved, however, the chasm between grief and fully living feels not only uncrossable but undesirable. The thought of a future without their beloved is unfathomable. Their grief is both debilitating and halting. Their experience of grief prevents the normative mourning process and resuming life functions – they feel "stuck" and can't "move on."

These griever's chronically heightened state of mourning frequently includes: single-minded focus on the death and their loved one, inability to accept the loss, guilt, self-blame, bitterness, purposelessness, the perception that life without their loved one is meaningless, withdrawal from social interactions, and an inability to enjoy life. Those with PGD often berate themselves for their perceived part in the loss and punish themselves by withholding the option of healing.

To categorize and support those whose grief appears maladaptive, the latest diagnostic manuals now feature Prolonged Grief Disorder (PGD)<sup>1,2</sup>. Whether grief should be diagnosed and pathologized has long been debated among experts<sup>3</sup>. Some consider that labeling grief as an illness also pathologizes love, a normative and healthy process<sup>4</sup>. Yet substantial research documents that some grief presentations are distinct from standard bereavement<sup>5</sup> and require targeted intervention<sup>6</sup>.

What may "cause" the development of PGD is unknown. Susceptibility for complicated grief responses is linked to the combination of the relationship with the deceased and the cause of death in conjunction with one's attachment style, personality, previous loss and life experiences, and culture. For example, the death of a child or someone who the griever was dependent on are incredibly destabilizing losses. Deaths that were unexpected, violent, or from disaster can also be particularly world shattering<sup>7</sup>. Furthermore, socially stigmatized losses (like death by suicide or addiction) and disenfranchised losses (like prenatal or military related deaths) add pains of social judgment and ambivalence. For example, research shows that families mourning a loved one's death by suicide receive less support (e.g., less visits, casseroles, condolences) than those grieving deaths for other reasons<sup>8</sup>. As such, lack of a support system and social isolation are additional risk factors. Finally, a personal history of traumatic experiences, major life stressors, and mood or other mental health disorders can also factor into whether PGD develops.

If you identify with any of these descriptions or recognize someone who does, please know that there is hope. Grief does not automatically necessitate professional assistance or attendance in grief groups, but PGD does. Working with a mental health provider who has specialized training in bereavement can help by creating intentional time to mourn, allowing a space to emote without fear of judgment or being a burden, learning coping skills for distress tolerance and emotional regulation (i.e., responding to emotions in a kind, supportive way), challenging beliefs about the loss and grief process, and identifying what would provide meaning to life.

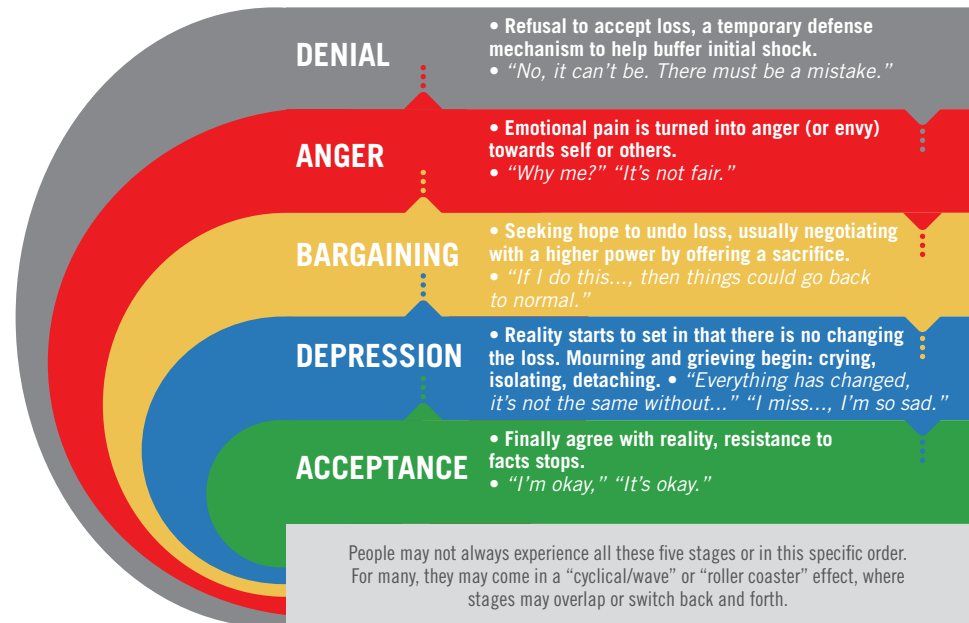
Grief is an adaptive process – it shows us who we love and what we value, motivates us to connect with community, and helps us feel emotions that add vibrancy to life. For the majority of those in mourning, adaptation to the loss occurs and grief becomes integrated into their everyday lives. Grief, by nature, is prolonged. We will grieve our loved ones all our lives. But with time, and, importantly, with clinical assistance for those with PGD, we will be able to remember them with more love than pain. We can even cultivate the type of wonderful life that we had hoped our loved ones would live, which can be an incredibly meaningful way to honor them each day.

\*Dr. Darbonne is a licensed clinical psychologist at her private practice, Bamboo Center for Grief, Growth, and Well-being. She is a certified Grief Educator and Compassionate Bereavement Care provider who gently and humorously companions adult clients as they navigate life and loss transitions.

## REFERENCES:

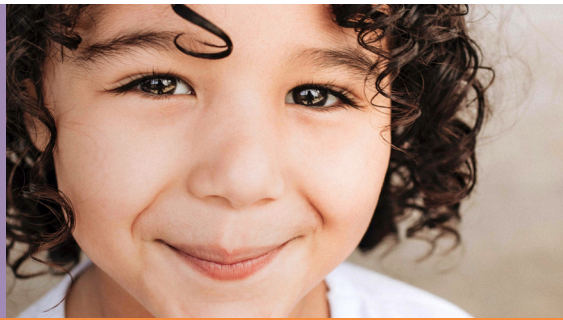
- 1 World Health Organization. *International statistical classification of diseases and related health problems* (10th ed., Clinical Modification). 2019. From <https://icd.who.int/>
- 2 American Psychiatric Association. *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). 2022. From <https://doi.org/10.1176/appi.books.9780890425596>
- 3 Breen LJ, Penman EL, Prigerson HG, Hewitt LY. "Can Grief be a Mental Disorder? An Exploration of Public Opinion." *J Nerv Ment Dis*. 2015. Aug; 203(8):569-73. DOI: 10.1097/NMD.0000000000000331.
- 4 Thieleman K, Cacciatore J. "When a Child Dies: A Critical Analysis of Grief-Related Controversies in DSM-5." *Research on Social Work Practice*. 2014; 24(1):114-122. DOI:10.1177/1049731512474695
- 5 Maciejewski PK, Maercker A, Boelen PA et al. "'Prolonged grief disorder' and 'persistent complex bereavement disorder', but not 'complicated grief', are one and the same diagnostic entity: an analysis of data from the Yale Bereavement Study." *World Psychiatry* 2016; 15:266-75.
- 6 Shear K, Frank E, Houck PR, et al. "Treatment of complicated grief: a randomized controlled trial." *JAMA*. 2005; 293:2601-8.
- 7 Clare Killikelly & Andreas Maercker. "Prolonged grief disorder for ICD-11: the primacy of clinical utility and international applicability." *European Journal of Psychotraumatology*, 8:sup6. 2017. DOI: 10.1080/2008198.2018.1476441
- 8 Feigelman, W., Gorman, B. S., and Jordan, J. R. "Stigmatization and suicide bereavement." *Death Stud*. 2009. 33, 591–608. DOI: 10.1080/07481180902979973

## THE FIVE STAGES OF GRIEF: The Kübler-Ross Model



Adapted from Stages of Grief. By Psych-Mental Health NP. 2021. <https://pmhealthnp.com/pmhnp-topics/stages-of-grief/>





**Supporting children and families experiencing loss through our Camp Cope programs, activities and other resources.**

*Get Involved With Us:*

*Volunteer • Donate • Attend an Event • Become a Community Partner*

840 S Rancho Drive #4-625, LV NV 89106 | 702.202.3891 | [adamsplacelv.org](http://adamsplacelv.org)

501 (c)(3) non-profit - Established in 2010

## Connectedness - Awareness - Resources - Education



### A substance abuse awareness coalition.

CARE Coalition's mission is to increase public awareness of the effects of drug and alcohol abuse by educating and supporting youth, adults, the community at large and drug prevention agencies in Clark County; thus identifying and promoting healthy behaviors and reducing substance abuse in our community.

**Visit our website for more info:**

[www.carecoalitionnv.org](http://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

For membership and meeting information, please check with the organization via phone or website.

### Active Minds – University of Las Vegas Chapter

Raises awareness, promotes positive mental health, educates peers, and encourages students to reach out for help. A registered student organization.  
[activeminds.org/programs/chapter-network](http://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](http://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](http://afsp.org/chapter/nevada)

### Autism Coalition of Nevada (775-329-2268)

Ensures services are available and keeps the public informed of progress. Unites all affected by Autism, advocacy organizations, political affiliates/legislators, and service providers across the country.  
[aconv.org](http://aconv.org)

### Avery Burton Foundation (702-558-9202)

Serves as an educational and community development public charity. The idea was 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](http://averyburtonfoundation.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](http://carecoalitionnv.org)  
Meetings: 2nd Tuesday monthly

### Center for Autism Spectrum Disorders (CASD)

#### University of Nevada Las Vegas

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](http://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](http://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 in Clark County.  
[cccmhc.org](http://cccmhc.org)

### Crisis Support Services of Nevada (CSSNV)

Providing support for over 50 years, 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](http://cssnv.org)

### Depression Bipolar Support Alliance (DBSA) Southern Nevada (702-750-5919)

Independent affiliate of the National DBSA, the largest support organization in the nation, devoted exclusively to mood disorders. Run by individuals with mood disorders and their allies.  
[dbasouthernnv.org](http://dbasouthernnv.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](http://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](http://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.  
[featnv.org](http://featnv.org)

### Foundation for Recovery (FFR)

#### (702-257-8199, [info@forrecovery.org](mailto:info@forrecovery.org))

A peer-led, grassroots statewide Recovery Community Organization (RCO). Dedicated to providing peer recovery support services, advocacy, education and training.  
[forrecovery.org](http://forrecovery.org)

### 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.  
[lhsc.org](http://lhsc.org)

## STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

### **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](http://hendersonequalitycenter.org)

### **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 different forms of trauma informed counseling, education, job assistance, case work, advocacy, resources and referrals.  
[hookersforjesus.net](http://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](http://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](http://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 access and the delivery of quality healthcare.  
[lasvegasheals.org](http://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](http://my.clevelandclinic.org/locations/nevada)

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

The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness, Southern Nevada Chapter.  
[namisouthernnevada.org](http://namisouthernnevada.org)

### **National Association of Social Workers Nevada Chapter (NASW)**

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](http://naswnv.socialworkers.org)

### **Nevada Action Coalition (702-522-7034)**

Serves as the driving force for transforming health care through nursing in Nevada.  
[nvactioncoalition.org](http://nvactioncoalition.org)

### **Nevada Caregivers Coalition**

A statewide group dedicated to supporting and recognizing the efforts of caregivers throughout Nevada.  
[nvcaregiverscoalition.com](http://nvcaregiverscoalition.com)

### **Nevada Care Connection**

Partners with community organizations to serve as Resource Centers. Centers provide one on one assistance to older adults, people with disabilities, caregivers and families. Jewish Family Services Agency serves southeast Clark county including Henderson, Boulder City, and Laughlin. Nevada Senior Services serves the greater Clark county region including Las Vegas, North Las Vegas, and Mesquite.  
[nevadaadrc.com](http://nevadaadrc.com)

### **Nevada Coalition to END Domestic and Sexual Violence (NCEDSV)**

A statewide voice advocating for the prevention and elimination of violence by partnering with communities.  
[ncedsv.org](http://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](http://dcfs.nv.gov/Programs/CWS/CSEC/CSEC)

### **Nevada Coalition for Suicide Prevention (NCSPP)**

Dedicated to partnering and collaborating with local and state individuals and organizations for the development and implementation of evidence-based suicide prevention, intervention, and postvention strategies and programs in the State of Nevada.  
[nvsuicideprevention.org](http://nvsuicideprevention.org)  
**Meetings: 3rd Friday monthly**

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

Information and referral agency whose efforts are focused on addressing the impact of problem gambling on our citizens, business and communities. 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](http://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.  
<https://nvcounseling.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](http://ndalc.org)

### **Nevada Division of Public and Behavioral Health (DPBH) Office of Suicide Prevention Southern Office (702-486-3563)**

Mission is to reduce the rates of suicide and suicidal acts in Nevada through statewide collaboration efforts, to implement and evaluate the state strategy which advances the goals and objectives of the National Strategy for Suicide Prevention. 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](http://suicideprevention.nv.gov)

### **Nevada Hospital Association (775-827-0184, support@nvha.net)**

Advocates for Nevada's hospitals, health systems, communities and patients before legislative and regulatory bodies.  
[nvha.net](http://nvha.net)

### **Nevada Minority Health and Equity Coalition (NMHEC)**

Committed to addressing and advancing minority health outcomes in Nevada and to "moving the needle" on poor health outcomes and statistics that contribute to significant health disparities among underserved groups in Nevada.  
[nmhec.org](http://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](http://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](http://nvpsychology.org)

### **Nevada Public Health Association Southern Nevada (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/page-18052](http://nphaonline.org/page-18052)

### **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.  
[nvscsca.org](http://nvscsca.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](http://healthiernv.org)

### **Nevada Statewide Maternal and Child Health Coalition**

Mission is to provide 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.  
[nvmch.org](http://nvmch.org)

### **Nevada Tobacco Prevention Coalition**

Improves the health of all Nevadans by reducing the burden of tobacco use and nicotine addiction.  
[tobaccofreenv.org](http://tobaccofreenv.org)

### **New Zeal (702-366-0558)**

Dedicated to the total restoration of drug addicts and their families through the gospel and ministry of Jesus Christ.  
[newzeal-lv.org](http://newzeal-lv.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.  
[drugfreeasvegas.org](http://drugfreeasvegas.org)  
**Meetings: 3rd Wednesday monthly at 11:30am**

### **Prevent Child Abuse Nevada (PCA-NV) (702-895-1040)**

Ensures that Nevada's children thrive in safe, stable, and nurturing environments and relationships. Through providing education, advocacy, and awareness, PCA-NV aims to inspire communities to prevent all forms of child maltreatment.  
[nic.unlv.edu/pcanv.html](http://nic.unlv.edu/pcanv.html)

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

TEP is a Right of Passage program advocating 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](http://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](http://ritetrainings.org)

### **S.H.E.R.O Foundation**

Provide resources needed to support, sustain and empower young girls and women under the age of 25 who have been abused, abandoned, and exploited. Accomplishing this mission by bringing other agencies with similar missions together and being a resource center for these organizations.  
[sherofoundation.org](http://sherofoundation.org)

## STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

### 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](http://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](http://solutionsofchange.org)

### Southern Nevada Adult Mental Health Coalition

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)

### Southern Nevada Health District – Office of Chronic Disease Prevention and Health Promotion (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](http://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](mailto:johnsonjes@snhd.org) or Katarina Pulver at [pulver@snhd.org](mailto:pulver@snhd.org). Meetings: Once every quarter

### State of Nevada Association of Addiction Professional (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](http://naadac.org/nevada) and [snaap.net](http://snaap.net)  
Meetings: First Friday monthly

### The Harbor (Mojave: 702-455-6912, Charleston: 702-486-5331, MLK: 702-455-7914, Flamingo: 702-455-7912)

Provides a safe place for the Clark County community by providing services to youth and families to address their immediate needs. [theharborlv.com](http://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](http://thecenterlv.org)

### There is No Hero in Heroin Foundation

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](http://tinhihlasvegas.info)

### 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](http://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](http://vegasstronger.org)

### 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](http://westcare.com)

### Youth MOVE Nevada ([youthmovenv@nvpep.org](http://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](https://www.facebook.com/youthmovenv)

If we have incorrect or missing information, please contact us by email at [publisher@mhrmedia.com](mailto:publisher@mhrmedia.com) or via our website at [www.mentalhealthspectrum.com](http://www.mentalhealthspectrum.com).

**HOW DO YOU REACH IN?**  
THE MANY SHADES OF *Mental Fitness*

*New Innovative Peer Support App*

24/7 Peer Support  
Live Peer Support Groups  
Wellness Master Classes  
Connection To Local Resources

*www.ReachInNow.com*

**Mental Health Spectrum™**  
A resource for psychological wellness

**JOIN US FOR THE NEXT ISSUE!**

VOLUME 2 ISSUE 1  
SCHOOL-BASED MENTAL HEALTH: K–16  
**COMING FEBRUARY 2022**

If you are interested in advertising or listing in the next or future issues, email [publisher@mhrmedia.com](mailto:publisher@mhrmedia.com), contact us via our website at [mentalhealthspectrum.com](http://mentalhealthspectrum.com), or call 702.886.0656.

MHS full service creative team can process design revisions as well as create fresh, eye-catching marketing materials at custom prices. Contact [designer@mhrmedia.com](mailto:designer@mhrmedia.com) for more information.



# PSYCHIATRIC ADVANCE DIRECTIVE<sup>1</sup>

- A psychiatric advance directive (PAD) is a legal document that documents a person's preferences for future mental health treatment and allows appointment of a health proxy to interpret those preferences during a crisis.
- PADs may be drafted when a person is well enough to consider preferences for future mental health treatment.
- PADs are used when a person becomes unable to make decisions during a mental health crisis.

*Disclaimer: the 10 FAQs are designed to provide a quick and accessible guide to Nevada's statutes say – or do not say – about PADs. The FAQs do not attempt to provide a complete picture of the law in Nevada, nor can they take the place of legal advice. The answers were accurate when written in February 2020.*

## TEN COMMONLY ASKED QUESTIONS ABOUT PAD'S FOR NEVADA

### 1. Can I Write A Legally-Binding Psychiatric Advance Directive (PAD)?

Yes, the Nevada statutes allow you to make a written declaration of instructions, information, and preferences regarding your psychiatric care. Psychiatric care may not be administered without your express and informed consent or, if you are incapable of giving informed consent, the express and informed consent of your legally responsible person (agent) named pursuant to a valid durable power of attorney for health care or your consent expressed in the advance directive for psychiatric care.

### 2. Can I write advance instructions regarding psychiatric medications and/or hospitalization?

The Nevada statutes allows you to write advance instructions for psychoactive medications and specify administration of which medications you explicitly consent or do not consent to. You can also describe in writing instructions regarding admission to and retention in a medical facility for psychiatric care. You can consent to or decline admission to a medical facility for psychiatric care. You can also specify the maximum number of days for which you consent to be admitted to a medical facility for psychiatric care. Additionally, you can specify in writing preferences for a medical facility.

### 3. Does anyone have to approve my advance instructions at the time I make them?

No. However, your form must be attested by two witnesses who are personally known to you and who are present when you sign the advance directive. The two witnesses must declare that you appear to be of sound mind and not under duress, fraud, or undue influence. Neither of the witnesses may be:

- (a) The attending physician or provider of health care.
- (b) An employee of the attending physician or provider of health care.
- (c) An owner or operator of a medical facility in which the principal is a patient or resident or an employer of such an owner or operator.
- (d) A person appointed as an attorney-in-fact by the advance directive.

The form must be certified by notary public. The notary public affirms that you willingly and voluntarily made and executed advance directives and certifies sworn statement of the witnesses.

### 4. Can I appoint an agent to make mental health decisions for me if I become incompetent?

Yes. You may appoint a person as your agent to make treatment decisions for you if you become incapable.

### 5. If I become incompetent, can my agent make decisions for me about medications, and/or hospitalization?

Your agent may consent or refuse medications on your behalf if you become incapable to

make treatment decisions. Your agent may not consent on your behalf to (1) your commitment or placement in a mental health treatment facility; (2) electroconvulsive therapy (ECT); (3) psychosurgery; (4) sterilization; (5) abortion; or (6) aversive interventions. Also, your agent may not consent to any treatment that you have explicitly refused in your written instructions.

### 6. Does my agent have to make decisions as he/she thinks I would make them (known as "substituted judgment"), or does he/she have to make them in my "best interests"?

The statute does not say how your agent must act with regard to non-life-sustaining procedures. However, the more you discuss and document your wishes in conjunction with them, the more likely it is that those wishes will be followed.

### 7. Is there any rule that says that I can only make advanced instructions, only appoint an agent, or that I must do both?

No. You can limit advance directives to written instructions, or only appoint an agent to make treatment decisions on your behalf, or do both.

### 8. Before following my PAD, would my mental health care providers need a court to determine I am not competent to make a certain decision?

No. The instructions you include in advance directives will be followed if two providers of health care determine that you are incapable of making or communicating treatment decisions, one of whom must be a physician or licensed psychologist and the other of whom must be a physician, a licensed psychologist, a psychiatrist or an advance practice registered nurse who has the psychiatric training and experience as defined in Nevada Revised Statutes.

### 9. Does the statute say anything about when my mental health providers may decline to follow my PAD?

Yes. Mental health providers may decline to follow your advance directives if:

- (a) Compliance, in the opinion of the attending physician or other provider, is not consistent with generally accepted standards of care for the provision of psychiatric care for your benefit.
- (b) Compliance is not consistent with the availability of psychiatric care requested.
- (c) Compliance is not consistent with applicable law.
- (d) You are admitted to a mental health facility or hospital pursuant to certain sections of the Nevada Revised Statutes that regulate the process of involuntary commitment to inpatient psychiatric facility, and a course of treatment is required pursuant to those provisions.
- (e) Compliance, in the opinion of the attending physician or other provider, is not consistent with appropriate psychiatric care in case of an emergency endangering your life or health, or the life or health of another person.

In the event that one part of the advance directive is unable to be followed, all other parts of the advance directive must be followed.

### 10. How long does my PAD remain valid?

An advance directive becomes effective upon its proper execution and remains valid for a period of 2 years after the date of its execution unless revoked. You may revoke an advance directive for psychiatric care at any time and in any manner, as long as you are capable of making such a decision. You may exercise this right of revocation in any manner by which you are able to communicate an intent to revoke and by notifying your physician or other provider of health care of the revocation.

You may not revoke advance directives when you are found incapable by two providers of health care, one of whom must be a physician or licensed psychologist and the other of whom must be a physician, a licensed psychologist, a psychiatrist or an advance practice registered nurse who has the psychiatric training and experience as defined in Nevada Revised Statutes.

#### REFERENCE:

<sup>1</sup> Reprinted with permission from National Resource Center on Psychiatric Advance Directives. "Nevada Q and A: Ten Commonly Asked Questions About PAD's for Nevada." *NRC PAD*. 2020. From <https://www.nrc-pad.org/states/nevada-faq>



## NATIONAL ORGANIZATIONS

Active Minds	<a href="http://activeminds.org">activeminds.org</a>
Addiction Policy Forum	<a href="http://addictionpolicy.org">addictionpolicy.org</a>
Alliance of Hope for Suicide Loss Survivors	<a href="http://allianceofhope.org">allianceofhope.org</a>
American Academy of Child and Adolescent Psychiatry	<a href="http://aacap.org">aacap.org</a>
American Association for Marriage and Family Therapy	<a href="http://aamft.org">aamft.org</a>
American Association of Suicidology (AAS)	<a href="http://suicidology.org">suicidology.org</a>
American Autism Association	<a href="http://myautism.org">myautism.org</a>
American Counseling Association (ACA)	<a href="http://counseling.org">counseling.org</a>
American Foundation for Suicide Prevention (AFSP)	<a href="http://afsp.org">afsp.org</a>
American Mental Health Counselors Association (AMHCA)	<a href="http://amhca.org">amhca.org</a>
American Psychiatric Association (APA)	<a href="http://psychiatry.org">psychiatry.org</a>
American Psychological Association (APA)	<a href="http://apa.org">apa.org</a>
American School Counselor Association (ASCA)	<a href="http://schoolcounselor.org">schoolcounselor.org</a>
Anxiety and Depression Association of America (ADAA)	<a href="http://adaa.org">adaa.org</a>
<a href="http://adec.org">Association for Death Education and Counseling</a>	<a href="http://adec.org">adec.org</a>
Black Mental Health Alliance	<a href="http://blackmentalhealth.com">blackmentalhealth.com</a>
Black Mental Wellness	<a href="http://blackmentalwellness.com">blackmentalwellness.com</a>
Bring Change to Mind	<a href="http://bringchange2mind.org">bringchange2mind.org</a>
Borderline Personality Disorder at TARA	<a href="http://tara4bpd.org">tara4bpd.org</a>
Born This Way Foundation	<a href="http://bornthisway.foundation">bornthisway.foundation</a>
Center for Addiction and Mental Health (CAMH)	<a href="http://camh.ca">camh.ca</a>
Centers for Disease Control and Prevention (CDC)	<a href="http://cdc.gov/Mentalhealth/Index.htm">cdc.gov/Mentalhealth/Index.htm</a>
<a href="http://centerforloss.com">Center for Loss &amp; Life Transition</a>	<a href="http://centerforloss.com">centerforloss.com</a>
CHADD (National Resource Center for ADHD)	<a href="http://chadd.org">chadd.org</a>
Child Mind Institute	<a href="http://childmind.org">childmind.org</a>
Children's Safety Network	<a href="http://childrenssafetynetwork.org">childrenssafetynetwork.org</a>
Clinical Social Work Association (CSWA)	<a href="http://clinicalsocialworkassociation.org">clinicalsocialworkassociation.org</a>
Community Anti-Drug Coalitions of America (CADCA)	<a href="http://cadca.org">cadca.org</a>
<a href="http://compassionatefriends.org">Compassionate Friends</a>	<a href="http://compassionatefriends.org">compassionatefriends.org</a>
Depression and Bipolar Support Alliance (DBSA)	<a href="http://dbsalliance.org">dbsalliance.org</a>
<a href="http://dougy.org">Dougy Center</a>	<a href="http://dougy.org">dougy.org</a>
Eye Movement Desensitization & Reprocessing (EMDR)	<a href="http://emdria.org">emdria.org</a>
Families Against Narcotics	<a href="http://familiesagainstnarcotics.org">familiesagainstnarcotics.org</a>
Families for Depression Awareness	<a href="http://familyaware.org">familyaware.org</a>
<a href="http://healgrief.org">Heal Grief</a>	<a href="http://healgrief.org">healgrief.org</a>
Hope Squad	<a href="http://hopesquad.com">hopesquad.com</a>
How Right Now	<a href="http://howrightnow.org">howrightnow.org</a>
International OCD Foundation	<a href="http://iocdf.org">iocdf.org</a>
International Society for Traumatic Stress Studies	<a href="http://istss.org">istss.org</a>
Mental Health America (MHA)	<a href="http://mhanational.org">mhanational.org</a>

## NATIONAL ORGANIZATIONS

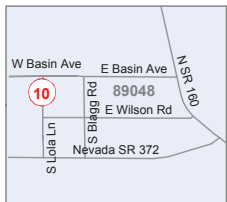
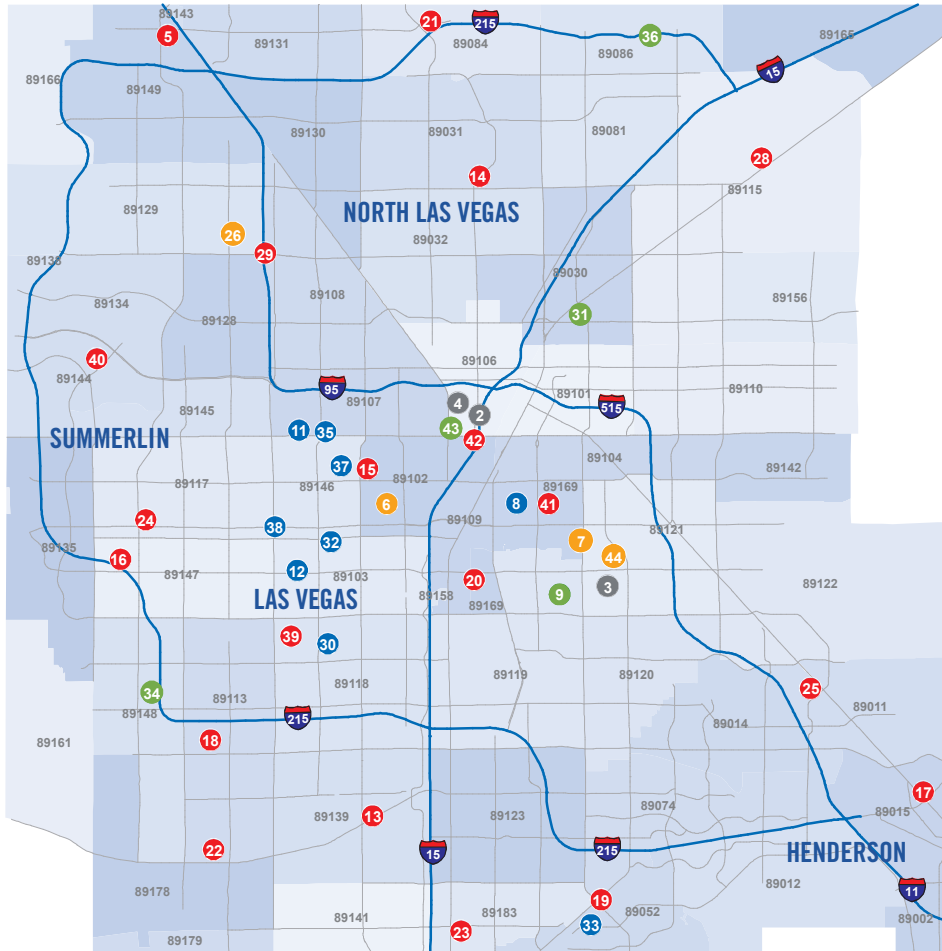
National Academy of Medicine, Clinician Resilience + Well-Being	<a href="http://nam.edu/initiatives/clinician-resilience-and-well-being">nam.edu/initiatives/clinician-resilience-and-well-being</a>
National Action Alliance for Suicide Prevention	<a href="http://theactionalliance.org">theactionalliance.org</a>
<a href="http://childrengrieve.org">National Alliance for Grieving Children (NAGC)</a>	<a href="http://childrengrieve.org">childrengrieve.org</a>
National Alliance on Mental Illness (NAMI)	<a href="http://nami.org">nami.org</a>
National Association for Addiction Professionals	<a href="http://naadac.org">naadac.org</a>
National Association of Anorexia Nervosa + Associated Disorders	<a href="http://anad.org">anad.org</a>
National Association of School Psychologists	<a href="http://nasponline.org">nasponline.org</a>
National Association of Social Workers (NASW)	<a href="http://socialworkers.org">socialworkers.org</a>
National Center on Domestic Violence, Trauma, Mental Health	<a href="http://nationalcenterdvtraumamh.org">nationalcenterdvtraumamh.org</a>
National Center for PTSD	<a href="http://ptsd.va.gov">ptsd.va.gov</a>
<a href="http://schoolcrisiscenter.org">National Center for School Crisis and Bereavement</a>	<a href="http://schoolcrisiscenter.org">schoolcrisiscenter.org</a>
National Coalition Against Domestic Violence (NCADV)	<a href="http://ncadv.org">ncadv.org</a>
National Council for Behavioral Health	<a href="http://thenationalcouncil.org">thenationalcouncil.org</a>
National Eating Disorder Association (NEDA)	<a href="http://nationaleatingdisorders.org">nationaleatingdisorders.org</a>
National Indigenous Women's Resource Center	<a href="http://niwrc.org">niwrc.org</a>
National Institute on Alcohol Abuse and Alcoholism	<a href="http://niaaa.nih.gov">niaaa.nih.gov</a>
National Institute on Drug Abuse	<a href="http://drugabuse.gov">drugabuse.gov</a>
National Institute of Mental Health (NIMH)	<a href="http://nimh.nih.gov/index.shtml">nimh.nih.gov/index.shtml</a>
National Latino Behavioral Health Association	<a href="http://nlbha.org">nlbha.org</a>
National Suicide Prevention Lifeline	<a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a>
One Mind	<a href="http://onemind.org">onemind.org</a>
<a href="http://opentohope.com">Open to Hope</a>	<a href="http://opentohope.com">opentohope.com</a>
Partnership to End Addiction	<a href="http://drugfree.org">drugfree.org</a>
Postvention Alliance	<a href="http://postvention.org">postvention.org</a>
R.E.A.C.H.	<a href="http://reach.gov">reach.gov</a>
S.A.F.E Alternatives (Self Abuse Finally Ends)	<a href="http://selfinjury.com">selfinjury.com</a>
Schizophrenia & Related Disorders Alliance of America	<a href="http://sardaa.org">sardaa.org</a>
Substance Abuse and Mental Health Services Administration	<a href="http://samhsa.gov">samhsa.gov</a>
Suicide Awareness Voices of Education	<a href="http://save.org">save.org</a>
Suicide Prevention Resource Center	<a href="http://sprc.org">sprc.org</a>
The Jason Foundation	<a href="http://jasonfoundation.com">jasonfoundation.com</a>
The Jed Foundation	<a href="http://jedfoundation.org">jedfoundation.org</a>
The Mental Health Coalition	<a href="http://thementalhealthcoalition.org">thementalhealthcoalition.org</a>
The Network La-Red	<a href="http://tnlr.org">tnlr.org</a>
<a href="http://thesanctuaryforgrief.org">The Sanctuary National Grief Support Network</a>	<a href="http://thesanctuaryforgrief.org">thesanctuaryforgrief.org</a>
The Steve Fund	<a href="http://stevefund.org">stevefund.org</a>
The Trevor Project	<a href="http://thetrevorproject.org">thetrevorproject.org</a>
Therapy for Black Girls	<a href="http://therapyforblackgirls.com">therapyforblackgirls.com</a>
United States Department of Veterans Affairs – Mental Health	<a href="http://mentalhealth.va.gov">mentalhealth.va.gov</a>
World Federation for Mental Health (WFMH)	<a href="http://wfmh.global">wfmh.global</a>
Zero Suicide	<a href="http://zerosuicide.edc.org">zerosuicide.edc.org</a>

# HOSPITAL LISTING

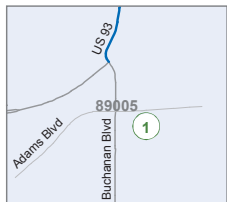
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

- Boulder City Hospital, Geriatric Behavioral Medicine Center** 901 Adams Blvd., Boulder City, 89005 **702-293-4111**
- Bridge Counseling Associates** 1640 Alta Drive, Suite 4, LV, 89106 **702-474-6450**
- Bridge Counseling Associates** 4221 McLeod Drive, LV, 89121 **702-474-6450**
- Building Hope Nevada** FirstMed Health + Wellness 400 Shadow Ln., Suite 106, LV, 89106 **702-731-0909**
- Centennial Hills Hospital** 6900 N Durango Drive, 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 Behavioral Healthcare Hospital** 3247 S Maryland Parkway, LV, 89109 **1-877-663-7976**
- Desert Springs Hospital Medical Center Geropsychiatric Unit** 2075 E Flamingo Rd, LV, 89119 **702-894-5508**
- Desert View Hospital** 360 S Lola Lane, 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, Sahara** 4980 W Sahara Avenue, LV, 89102 **702-216-7365**
- Dignity Health St Rose, West Flamingo** 9880 W Flamingo Road, LV, 89147 **702-216-7335**
- Dignity Health St Rose, Rose de Lima** 102 E Lake Mead Parkway, Henderson, 89015 **702-564-2622**
- Dignity Health St Rose, San Martin** 8280 W Warm Springs Road, LV, 89113 **702-616-4666**
- Dignity Health St Rose, Siena** 3001 St Rose Parkway, Henderson, 89052 **702-616-5000**
- Elite Medical Center** 150 E Harmon Avenue, 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 S LV Blvd.** 10770 S LV Blvd., LV, 89183 **702-962-0800**
- ER at The Lakes** 3325 S Fort Apache Road, LV, 89117 **702-962-0500**
- Henderson Hospital** 1050 W Galleria Drive, Henderson, 89011 **702-963-7000**
- Landmark Recovery** 3371 N Buffalo Drive, LV, 89129 **1-844-332-2076**
- Mesa View Regional Hospital** 1299 Bertha Howe Avenue, 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 Parkway, LV, 89052 **866-598-6327**
- \*The Pavilion at Southern Hills Hospital** 9300 W Sunset Rd., LV, 89148 **702-916-5100**
- 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 Avenue, 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 Drive, LV, 89144 **702-233-7000**
- Sunrise Hospital and Medical Center** 3186 S Maryland Pkwy, LV, 89109 **702-961-5000**
- University Medical Center of Southern Nevada (UMC)** 1800 W Charleston Blvd, LV, 89102 **702-383-2000**
- Valley Hospital Medical Center Behavioral Health Unit** 620 Shadow Lane, LV, 89106 **702-388-4000**
- Vogue Recovery Center Nevada** 4011 McLeod Drive, LV, 89121 **866-458-5010**

\*A late change in name; please note this number will change in next issue on the map.

# MENTAL HEALTH PROFESSIONAL DIRECTORY .....

The following is a directory listing of mental health professionals serving Las Vegas and the surrounding areas. The directory is categorized by type of profession (e.g., Psychiatrist, Psychologist, Social Worker, etc.). Providers are listed alphabetically under their professional category. Please note: not all mental health professionals may be listed in this directory. Some providers may have opted out of being listed or their information may have changed after this directory was published. Below is the legend for the location and age key. The location key provides a guide to the letters that come after the zip code(s), which give the general area where the mental health professional's physical location (office) is.

LOCATION KEY			AGE KEY	
<b>BC</b> = Boulder City <b>C</b> = Central <b>E</b> = East <b>H</b> = Henderson <b>L</b> = The Lakes	<b>M</b> = Mesquite <b>N</b> = North <b>NE</b> = Northeast <b>NW</b> = Northwest <b>P</b> = Pahrump	<b>S</b> = South <b>SE</b> = Southeast <b>SW</b> = Southwest <b>SU</b> = Summerlin <b>V</b> = Virtual	<b>&lt;12</b> = Infants/Children <b>12-17</b> = Teens <b>&lt;17</b> = Minors <b>4-21</b> = Children, Teens, Young Adults <b>12-55</b> = Teens/Adults	<b>6+</b> = Children, Teens, All Adults <b>18-55</b> = Adults <b>&gt;55</b> = Older Adults <b>18+</b> = Adults/Older Adults <b>0-100+</b> = All Ages

## COUNSELOR

**Gaston, LaTonya R. (PhD, LCPCI)**  
702-439-9358  
Location: 89120 (SE)  
Age Group: 18+  
Specialties: PTSD, Grief Counseling, Depression, Anxiety  
Payment: Cash, Sliding Scale  
Language: English

## GRIEF SPECIALIST

**Broussard, Cecelia (CGRS)**  
702-980-8303  
griefrecoverymethod.com/grms/cecilia-broussard  
Location: 89032 (N,V)  
Age Group: 18+  
Specialties: Assisted Living, Faith Based  
Payment: Cash, Sliding Scale  
Language: English

## MARRIAGE AND FAMILY THERAPIST

**McCall, Bianca D. (LMFT, S.M.E.)**  
702-715-1182 • reachinnow.com  
Location: 89102, 89106 (C,N,V)  
Age Group: 12-55  
Specialties: Trauma Recovery, Suicide Prevention, Virtual Groups  
Payment: Cash, Medicaid FFS, (Scholarships available)  
Language: English

## MENTAL HEALTH BEHAVIORAL COACH

**Ostaszewski, Bryan Rev. (BCMHC)**  
702-370-5736 • tuffservices.com  
Location: 89012 (HD)  
Age Group: 18-55  
Specialties: Marital, Premarital, Trauma, PTSD, Suicidal Ideation  
Payment: Sliding Scale, No Insurance  
Language: English

## SOCIAL WORKER

**Andres, Holly (LCSW)**  
702-810-4122  
Location: (V)  
Age Group: 0-100+  
Specialties: Mood Disorders, Trauma, Personality Disorders  
Payment: Cash, Card, Some Insurances  
Language: English

**Ingram, Victor S. (LCSW)**  
775-696-2204  
connexionsmentalhealthservices.com  
Location: 89121, 89144 (E,SU,V)  
Age Group: 12-55  
Specialties: Military, Veterans, First Responders  
Payment: Cash, Medicaid  
Language: English

## PSYCHOLOGIST

**Kampfer, Karen M. (PhD)**  
702-876-1977  
Location: 89123 (SE)  
Age Group: 4-21  
Specialties: Testing/Evaluation, Children/Adolescents  
Payment: Cash, Check, Major Credit Cards  
Language: English

**Kutner, Robert A. (PsyD)**  
213-222-8197 • drrobertkutner.com  
Location: 89031 (N)  
Age Group: 6+  
Specialties: Neuropsychological, ADHD/ASD, Psychoeducational Testing  
Payment: Some Insurances, Self-Pay  
Language: English

# It's All About Self-Care

*"Ain't no shame in holding on to grief...as long as you make room for other things too." - "BUBBLES," THE WIRE*

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:

R & B

Example: One Sweet Day– Boyz II Men and Mariah Carey

Free songs available on stations like YouTube ([www.youtube.com](http://www.youtube.com))

### SUGGESTED SHOW:

COOKING

Example: The Great British Baking Show

Free shows available on PBS ([www.pbs.org](http://www.pbs.org))



WATCHING

### SUGGESTED ACTION:

GARDENING

Learn more about gardening from your local Cooperative Extension.

Master Garden Program ([extension.unr.edu/master-gardeners/default.aspx](http://extension.unr.edu/master-gardeners/default.aspx))

DOING



### SUGGESTED READING:

FICTION

Example: Garden Spells – Sarah Addison Allen

Free reading materials available at public libraries



## READING

### ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

- [betterhelp.com](http://betterhelp.com) • [findatherapist.com](http://findatherapist.com) • [findtreatment.gov](http://findtreatment.gov)
- [npspsychology.org](http://npspsychology.org) (Find a Psychologist) • [onlinetherapy.com](http://onlinetherapy.com)
- [openpathcollective.org](http://openpathcollective.org) • [psychologytoday.com/us/therapists](http://psychologytoday.com/us/therapists) • [therapistlocator.net](http://therapistlocator.net)
- [therapyden.com](http://therapyden.com) • [therapyforblackgirls.com](http://therapyforblackgirls.com) • [treatmentconnection.com](http://treatmentconnection.com)
- Veterans – Make the Connection: [maketheconnection.net/resources](http://maketheconnection.net/resources)

# 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

<b>ABA</b> Applied Behavioral Analysis	<b>EAP</b> Employee Assistance Program	<b>ODD</b> Oppositional Defiant Disorder
<b>ADDICT</b> Addiction	<b>EMDR</b> Eye Movement Desensitization and Reprocessing	<b>PHP</b> Partial Hospitalization Program
<b>ADHD</b> Attention Deficit Disorder	<b>IOP</b> Intensive Outpatient Treatment	<b>PSR</b> Psychosocial Rehabilitation
<b>ASD</b> Autism Spectrum Disorder	<b>LGBTQ</b> Lesbian, Gay, Bisexual, Transgender, Queer	<b>PTSD</b> Post Traumatic Stress Disorder
<b>BST</b> Basic Skills Training	<b>MFT</b> Marriage and Family Therapy	<b>REBT</b> Rational Emotive Behavioral Therapy
<b>CBT</b> Cognitive Behavioral Therapy	<b>MM</b> Medication Management	<b>SAT</b> Substance Abuse Treatment
<b>CM</b> Case Management	<b>MOOD</b> Mood Disorders (depression, etc.)	
<b>DBT</b> Dialectical Behavioral Therapy		
<b>DD</b> Developmental Disabilities		

Applied Behavior Analysis Institute <a href="http://abainstitute.us">abainstitute.us</a>	702-502-8021	89107	ABA, ASD
Aroma Functional Nutrition Psychiatry <a href="http://afnpsych.com">afnpsych.com</a>	702-907-7924	89144	Women/Maternal Mental Health
Autism & Behavioral Consulting Services <a href="http://abcservices.co">abcservices.co</a>	702-283-6215	89117	ASD
Bamboo Center for Grief, Growth & Well-Being <a href="http://bamboocenter.us">bamboocenter.us</a>	713-322-6266	89128	Grief, Life Transitions
Bamboo Sunrise <a href="http://bamboosunrise.net">bamboosunrise.net</a>	702-433-3038	89015	Life Skills, Foster Care
BBS Counseling <a href="http://bbsforensic.com">bbsforensic.com</a>	702-577-7792	89123	Anxiety, MOOD, PTSD
Behavioral Healthcare Options <a href="http://bhoptions.com">bhoptions.com</a>	702-364-1484	89128	Insurance Provider, CM, EAP
Behavioral Learning Solutions <a href="http://www.blsolutionsaba.org">www.blsolutionsaba.org</a>	702-610-2076	89052	ABA, ASD
Behavioral Services of Nevada <a href="http://behavioralservicesnv.com">behavioralservicesnv.com</a>	702-816-3400	89121	BST, PSR
Beyond Expectation <a href="http://bepsyc.com">bepsyc.com</a>	702-779-3956	89141	Neurofeedback
Beyond Therapy <a href="http://beyondtherapylv.com">beyondtherapylv.com</a>	702-673-4745	89129	EMDR, Christian MFT
Bilingual Center for Behavioral Health <a href="http://bcbhlv.com">bcbhlv.com</a>	702-401-0811	89119	Anxiety, MOOD
Boys Town Behavioral Health Clinic <a href="http://boystown.org">boystown.org</a>	702-888-1340	89148 89113	Ages 0-22, ASD
Bridge Counseling Associates <a href="http://bridgecounseling.org">bridgecounseling.org</a>	702-474-6450	89106 89121	Trauma, PTSD, Youth, Sexual Abuse, IOP
Bridge Health Services <a href="http://bridgehs.com">bridgehs.com</a>	702-843-0551	89106	ADHD, Co-occurring, MOOD, ODD, PTSD
Browning Neurobehavioral Associates <a href="http://browningnba.com">browningnba.com</a>	702-305-0234	89145	Psychotherapy
Cal Psychiatric Services <a href="http://calpsychservices.com">calpsychservices.com</a>	702-629-7490	89109	Psychiatric, Neurological Disorders
Calm Clinic Psychiatry <a href="http://calmclinic.vegas">calmclinic.vegas</a>	702-848-2256	89103	ADHD, MM, Work Stress
Campbell Center for Autism <a href="http://campbellcenterforautism.com">campbellcenterforautism.com</a>	702-260-2360	89117	ABA, ASD
Center for Behavioral Health <a href="http://centerforbehavioralhealth.com">centerforbehavioralhealth.com</a>	702-796-0660	89121	ADDICT, SAT
Center for Individual, Couple and Family Counseling <a href="http://unlv.edu/cicfc">unlv.edu/cicfc</a>	702-895-3106	89154	Teletherapy
Central Point Psychiatry	702-380-8200	89146	
Changing Minds Psychiatry <a href="http://changingmindspsych.com">changingmindspsych.com</a>	702-405-8088	89074	Psychotherapy, Psychopharmacology
Clarity Wellness Center <a href="http://claritywclv.com">claritywclv.com</a>	702-578-4505	89121	Military, Minorities
Clear View Counseling <a href="http://clearviewcounseling.com">clearviewcounseling.com</a>	702-254-4883	89101	ADHD, Crisis, MFT, MOOD, PTSD
Clinical Solutions <a href="http://clinicalsolutionslv.com">clinicalsolutionslv.com</a>	702-212-3008	89117	CBT, DBT, MOOD
Collier Counseling and Life Coaching <a href="http://colliercounseling.org">colliercounseling.org</a>	702-860-5249	89015	Couples Counseling, DBT, EMDR, PTSD

## NAME + WEB ADDRESS

## PHONE

## ZIP

## FOCUS / SPECIALTY

Aaron Williams Therapy <a href="http://aaronwilliamstherapy.com">aaronwilliamstherapy.com</a>	702-480-7960	89106	Anxiety, Coaching, Pre-marital
ABC Therapy <a href="http://abctherapy.net">abctherapy.net</a>	702-598-2020	89101	General
Achievable Behavior Strategies <a href="http://bxtherapy.com">bxtherapy.com</a>	702-565-1894	89147	ABA, ASD
Adonai Counseling & Consulting <a href="http://adonaicounseling-consulting.com">adonaicounseling-consulting.com</a>	725-208-1960	89146	EMDR, Grief/Loss, Relationships
Advanced Psychiatric Associates	702-228-4900	89146	General
Advanced Psychiatric Inc. <a href="http://advancedpsychiatryinc.com">advancedpsychiatryinc.com</a>	702-763-7811	89032	ADHD, CM, PHP, SAT
Agape Behavioral Center <a href="http://agapebehavioral.org">agapebehavioral.org</a>	702-656-5683	89130	BST, PSR
All About You Counseling <a href="http://allaboutyoucounseling.org">allaboutyoucounseling.org</a>	702-754-0807	89123	General
Alliance Mental Health Specialists <a href="http://alliancemhs.com">alliancemhs.com</a>	702-485-2100	89103	Telepsychiatry
Andres Counseling Services	702-803-3481	89128	Anxiety, MOOD, Trauma
Apple Grove Treatment Center <a href="http://applegrovetreatmentcenter.com">applegrovetreatmentcenter.com</a>	702-992-0576	89120	BST, PSR, Individual



## OUTPATIENT LISTING

Community Counseling Center <a href="http://cccofsn.org">cccofsn.org</a>	702-369-8700	89104	General
Connexions Mental Health Services <a href="http://connexionsmentalhealthservices.com">connexionsmentalhealthservices.com</a>	725-696-2204	89121	Telehealth, Military, Veterans, First Responders
Cornwall Counseling <a href="http://cornwallcounseling.com">cornwallcounseling.com</a>	859-321-4956	89119	REBT
Corridor of Hope Wellness & Consulting <a href="http://corridorofhopelv.com">corridorofhopelv.com</a>	702-522-9000	89104	Grief, Domestic Violence, LGBTQ
Creative Behavioral Connections <a href="http://cbcautism.com">cbcautism.com</a>	702-901-5200	89130	ABA, ASD
Crossroads of Southern Nevada <a href="http://crossroadsofsonv.com">crossroadsofsonv.com</a>	702-382-7746	89102	ADDICT, SAT
DCFS-Neighborhood Care, North <a href="http://dcfs.nv.gov/Programs/CMH/Contact_CMHS">dcfs.nv.gov/Programs/CMH/Contact_CMHS</a>	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 <a href="http://americanaddictioncenters.org">americanaddictioncenters.org</a>	702-286-8394	89121	ADDICT, SAT
Desert Psychiatry <a href="http://desertpsychiatry.com">desertpsychiatry.com</a>	702-685-3300	89146	Psychiatric Services
Desert Psychological <a href="http://desertpsychological.com">desertpsychological.com</a>	702-650-6508	89120	Testing, Assessment, Therapy
Desert Regional Center <a href="http://adsd.nv.gov">adsd.nv.gov</a>	702-486-6200	89146	DD
Desert Rose Counseling Group <a href="http://desertroselv.com">desertroselv.com</a>	702-843-6500	89102	Trauma Recovery, Crisis Intervention
Desert Treatment Clinic <a href="http://deserttreatment.com">deserttreatment.com</a>	702-248-0000	89014	ADDICT, Methadone and Suboxone
Diamond Mental Health <a href="http://diamondmentalhealth.net">diamondmentalhealth.net</a>	702-395-4002	89130	ADDICT, Equine Therapy, Trauma
Dynamic Music Therapy <a href="http://vegasmusictherapy.com">vegasmusictherapy.com</a>	702-257-0792	89102	Music Therapy
Eden Center for Eating Disorders <a href="http://edentreatment.com">edentreatment.com</a>	877-853-3362	89102	Eating Disorders, Co-Occuring Disorders
Elements of Motivation <a href="http://elementslv.com">elementslv.com</a>	702-331-4874	89117	Home Based Services
Empowerment Center of NV <a href="http://facebook.com/empowermentcenterofsouthernnevada">facebook.com/empowermentcenterofsouthernnevada</a>	702-636-8729	89032	Crisis Intervention, General
Evergreen Counseling <a href="http://evergreencounselinglv.com">evergreencounselinglv.com</a>	702-248-6290	89146	ODD, Sexual Problems, Trauma
Focus Mental Health Solutions <a href="http://focusmentalhealth.com">focusmentalhealth.com</a>	702-790-2701	89102 89052	Psychiatric Services
Forward Impressions <a href="http://forwardimpressionslv.com">forwardimpressionslv.com</a>	702-848-1411	89130	BST, PSR, IOP, Youth Services
Foundations Counseling Center <a href="http://foundationsnv.com">foundationsnv.com</a>	702-240-8639	89128	Youth, ADHD, ASD, Eating Disorder
Frontier Medical & Behavioral Center <a href="http://frontiermbc.com">frontiermbc.com</a>	702-750-2438	89031	Psychiatric Services
Glass House Counseling Agency <a href="http://ghca-lv.com">ghca-lv.com</a>	702-586-8693	89104	PSR, Support Groups, Therapy
Grand Desert Psychiatric Services <a href="http://brainsway.com/find-a-provider">brainsway.com/find-a-provider</a>	702-202-0099	89146	Deep Transcranial Magnetic Stimulation

Guevara Counseling Center <a href="http://guevaracounselingcenter.com">guevaracounselingcenter.com</a>	702-366-0251	89106	Grief, PTSD, Refugee, Spanish
H.O.P.E. Counseling Services <a href="http://hopecounselingservices.net">hopecounselingservices.net</a>	702-437-4673	89106 89031	ADHD, MOOD, PTSD, Trauma
Harmony Healthcare <a href="http://harmonyhc.com">harmonyhc.com</a>	702-251-8000	89052 89102	Insurance Provider
Heads Up Guidance and Wellness Centers <a href="http://headsupnevada.org">headsupnevada.org</a>	702-922-7015	89102	
Healing with Grace Counseling Center <a href="http://hwgcounseling.com">hwgcounseling.com</a>	702-716-0908	89052	
Healthy Minds <a href="http://healthymindslv.com">healthymindslv.com</a>	702-622-2491	89106	Co-occurring, SAT
Hello Therapy <a href="http://hellotherapylv.com">hellotherapylv.com</a>	702-381-2192	89074	Grief, Trauma, Teletherapy
Higher Ground Counseling Services <a href="http://highergroundcounselingservicesllc.com">highergroundcounselingservicesllc.com</a>	702-525-8402	89117	MFT, Teletherapy
Human Behavior Institute (HBI) <a href="http://hbinetwork.com">hbinetwork.com</a>	702-248-8866	89146	Insurance Provider, CM, Mobile Services
Ignite Teen Treatment <a href="http://igniteteentreatment.com">igniteteentreatment.com</a>	866-202-7217	89147	Youth
Innovation Behavioral Health Solutions <a href="http://drsandrgray.com">drsandrgray.com</a>	702-900-2784	89146	EMDR, Neuropsychological Assessment, Trauma
Insight Therapy Solutions <a href="http://insighttherapysolutions.com">insighttherapysolutions.com</a>	702-685-0877	89120	Teletherapy
Integrated Psychological Solutions <a href="http://lvpsych.com">lvpsych.com</a>	888-320-2271	89146	CBT, Eating Disorders, EMDR, MOOD
Integrity Counseling <a href="http://integritycounselinglv.com">integritycounselinglv.com</a>	702-499-4922	89117	BST, CM, Life Coaching, PSR, SAT
Jewish Family Services (JFS), Counseling and Adoption <a href="http://jfsalv.org">jfsalv.org</a>	702-732-0304	89119	Anxiety, MOOD, Lifestyle Transitioning
Kayenta Therapy <a href="http://kayentatherapy.com">kayentatherapy.com</a>	702-438-7800	89134	Teletherapy
Landmark Recovery <a href="http://landmarkrecovery.com/locations/las-vegas">landmarkrecovery.com/locations/las-vegas</a>	725-217-9910	89129	ADDICT, IOP, PHP, SAT
Las Vegas Comprehensive Treatment Center <a href="http://ctcprograms.com/location">ctcprograms.com/location</a>	844-682-0316	89109	ADDICT, Methadone and Suboxone
Las Vegas Counseling Center <a href="http://lasvegascounselingcenter.com">lasvegascounselingcenter.com</a>	702-466-3750	89117	Teletherapy
Las Vegas Grief and Loss Counseling Center <a href="http://griefcounselinglv.com">griefcounselinglv.com</a>	702-580-4912	89117	Grief
Las Vegas Indian Center <a href="http://lvindiancenter.org">lvindiancenter.org</a>	702-647-5842	89106	SAT
Las Vegas Therapy <a href="http://lvtmentalhealth.com">lvtmentalhealth.com</a>	702-659-4825	89129	Postpartum, Sexual Issues
Legacy Counseling & Workforce Connections <a href="http://legacycounselingandworkforceconnections">legacycounselingandworkforceconnections</a>	702-763-7443	89146	BF, CBT, IOP, SAT, Telehealth
Legacy Health and Wellness <a href="http://legacyhealthlasvegas.com">legacyhealthlasvegas.com</a>	702-749-4951	89128	BST, PSR, Crisis Services, Parenting, EMDR
Life Bridge Psychiatry <a href="http://lifebridgekids.com">lifebridgekids.com</a>	702-765-4965	89117	Youth
Life Spring Counseling Center <a href="http://lifespringcounselingcenter.org">lifespringcounselingcenter.org</a>	702-939-5433	89117	Anxiety, MOOD, Premarital, PTSD
LifeQuest <a href="http://lifequestnv.com">lifequestnv.com</a>	702-830-9740	89145	CM, BST, MFT, MM, SAT

## OUTPATIENT LISTING

Lotus Behavioral Health Services <a href="http://lotusbehavioralhealthservices.com">lotusbehavioralhealthservices.com</a>	725-215-0359	89128	MOOD, PTSD, Trauma
Matters of the Mind <a href="http://mmbbehavior.org">mmbbehavior.org</a>	702-647-6433	89032 89029	ABA, ADDICT, MFT, PSR, SAT, Testing
Mbrace Counseling and Behavioral Services <a href="http://mbraceco.com">mbraceco.com</a>	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
Mingo Health Solutions <a href="http://mhsbehavioralservices.com">mhsbehavioralservices.com</a>	702-848-1696	89120	
Mojave Counseling <a href="http://unlvhealth.org/psychiatry-mental-health">unlvhealth.org/psychiatry-mental-health</a>	702-253-0818	89146	Children/Adolescents
Mojave Counseling <a href="http://unlvmedicine.org/clinic/mojave-counseling">unlvmedicine.org/clinic/mojave-counseling</a>	702-968-4000	89014	CM, Adults
Neubauer Mental Health Services <a href="http://nmhslv.com">nmhslv.com</a>	702-806-5268	89108	
Nevada Behavioral Health Systems <a href="http://nvbhs.com">nvbhs.com</a>	702-978-8100		Managed Mental Health & Substance Abuse Services
Nevada Health Centers, Cambridge <a href="http://nevadahealthcenters.org">nevadahealthcenters.org</a>	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 <a href="http://nevadamentalhealth.com">nevadamentalhealth.com</a>	702-440-8430	89106	
Nevada Mental Health Associates <a href="http://nevadamha.com">nevadamha.com</a>	702-530-5344	89104	Grief, MOOD, PTSD, Sexual Issues, Trauma
Nevada Mercy and Care Inc <a href="http://nevadamercyandcare.org">nevadamercyandcare.org</a>	702-444-0599	89119	Refugee
Nevada State Behavioral Health <a href="http://nvstatebehavioralhealth.com">nvstatebehavioralhealth.com</a>	702-714-1681	89120	MOOD, Trauma, PTSD
Never Give Up Wellness Center <a href="http://nevergiveupbhs.com">nevergiveupbhs.com</a>	702-951-9751	89146	Biofeedback, MFT, MM, Psychiatric Services
New Way Empowerment Center	702-695-4345	89146	CM, Trauma, Life Transitions
Nippon Clinic <a href="http://nipponclinic.vegas">nipponclinic.vegas</a>	702-994-7267	89119	MOOD, Eating Disorder, PTSD
Nueva Vida Mental Health <a href="http://nvms.com">nvms.com</a>	702-659-8827	89103	BST, CBT, PSR
Oasis Counseling <a href="http://oasiscounselingtoday.com">oasiscounselingtoday.com</a>	702-294-0433	89113 89052	
Open Arms Counseling <a href="http://openarmscounseling.org">openarmscounseling.org</a>	702-823-4300	89015	ADDICT, EMDR, MM
Our Little World Treatment Center <a href="http://olwtreatment.com">olwtreatment.com</a>	702-742-3093	89012	ASD
Overton Psychological Services <a href="http://facebook.com/Overtonpsych">facebook.com/Overtonpsych</a>	702-563-1000	89074	
Pathways Therapy & Wellness Center <a href="http://pathwaystherapynv.com">pathwaystherapynv.com</a>	702-363-7284	89052	Anxiety, MOOD, Trauma, PTSD, Relationships

Perceptions Counseling Center of Southern Nevada <a href="http://pccofsn.com">pccofsn.com</a>	702-850-8700	89120	Child Therapy, Teletherapy
Pro-Health Therapeutic & Empowerment Services <a href="http://phtes.com">phtes.com</a>	702-490-9009	89169	Co-Occuring, LGBTQ, MM, SAT, Teletherapy
Puzzle Pieces Autism and Behavioral Services LLC <a href="http://puzzlepiecesnv.com">puzzlepiecesnv.com</a>	702-704-5112	89131	ASD
Red Rock Counseling <a href="http://redrockcounseling.com">redrockcounseling.com</a>	702-389-4500		
Red Rock Psychological Health <a href="http://redrockph.com">redrockph.com</a>	702-898-5311	89119	
Reflections Therapy <a href="http://reflectionstherapylv.com">reflectionstherapylv.com</a>	702-553-2364	89128	Non-Verbal Treatment, Parenting, Trauma
Resolutions Behavioral Health Therapy <a href="http://resolutionsbehavioralhealththerapy.com">resolutionsbehavioralhealththerapy.com</a>	702-462-1813	89146	Anxiety, MOOD, Trauma
Resource Family Services <a href="http://resourcefamilyservices.com">resourcefamilyservices.com</a>	702-331-5608	89119	
Restorative Behavioral Health LLC <a href="http://facebook.com/RestorativeBH">facebook.com/RestorativeBH</a>	702-853-6727	89031	General
SAFY of Nevada Specialized Alternative <a href="http://safy.org/nevada">safy.org/nevada</a>	702-385-5331	89130	Youth, Family
Serenity Counseling and Support Services <a href="http://serenitysupportservices.com">serenitysupportservices.com</a>	702-903-2973	89117	ADHD, Anger Management, Bullying, Parenting, Trauma
Serenity Mental Health <a href="http://serenitymentalhealth.org">serenitymentalhealth.org</a>	702-815-1550 775-751-5211	89146 89048	Anxiety, MOOD
SFS Therapies <a href="http://sfstx.com">sfstx.com</a>	702-979-4268	89128	Speech Therapy (Aphasia, Dysphagia, Dysarthria)
Shining Star Community Services <a href="http://shiningstarlv.com">shiningstarlv.com</a>	702-882-7827	89119	
Sierra Sage Recovery Services <a href="http://sierratreatment.com">sierratreatment.com</a>	702-880-8230	89129	ADDICT, CBT, IOP, SAT
Signs of Hope Counseling Center <a href="http://sohlv.org/counseling">sohlv.org/counseling</a>	702-366-1640	89106	Trauma, PTSD
Silver State Health <a href="http://silverstatehealth.org">silverstatehealth.org</a>	702-471-0420	89119	Anxiety, Behavioral, MOOD, PTSD, Stress
Skills 4 Kids <a href="http://facebook.com/skills4kidLLC">facebook.com/skills4kidLLC</a>	702-538-9476	89117	
Southern Nevada Adult Mental Health Services <a href="http://dpbh.nv.gov/About/Overview/SNAMHS_Overview">dpbh.nv.gov/About/Overview/SNAMHS_Overview</a>	702-486-6000	89146	CM, Mental Health Court, Mobile Crisis, MM
Southern Nevada Pediatric Center <a href="http://southernnevadapediatriccenter.com">southernnevadapediatriccenter.com</a>	702-850-5437	89128	ADHD, Anxiety, MOOD
Southern Nevada Psychological Services <a href="http://snvpsyc.com">snvpsyc.com</a>	702-483-8017	89109	Biofeedback, Cognitive Rehab, Psychotherapy
Southwest Autism & Behavioral Solutions <a href="http://swbehavior.com">swbehavior.com</a>	702-270-3219	89120	ASD
Summit Mental Health <a href="http://summitmentalhealth.org">summitmentalhealth.org</a>	702-727-4459	89102	Anxiety, MOOD, Trauma, PTSD, Relationships
Sunshine Family Support Services <a href="http://sunshinefamilyss.net">sunshinefamilyss.net</a>	702-433-0063	89104	

## OUTPATIENT LISTING

Tancell Care <a href="http://tancell-care.business.site">tancell-care.business.site</a>	702-476-0262	89119	DD
The Hamilton Group <a href="http://hamiltongrouplv.com">hamiltongrouplv.com</a>	702-289-4883	Virtual	Compassionate Counseling, MM
The Healthy Foundations Center <a href="http://healthyfoundations.center">healthyfoundations.center</a>	702-489-2117	89117	BST, PSR
The Parkey Group <a href="http://theparkeygroup.com">theparkeygroup.com</a>	725-230-8526	89145	CBT, Couples, Teletherapy
The Practice, UNLV <a href="http://unlv.edu/thepractice">unlv.edu/thepractice</a>	702-895-1532	89154	CBT, DBT, Psychological & Psychoeducational Testing
Therapeutic Solutions Behavioral Health <a href="http://therapeuticsolutionslv.com">therapeuticsolutionslv.com</a>	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center <a href="http://therapytreatmentcenters.com">therapytreatmentcenters.com</a>	702-423-2625	89102	
Theravada Mental Health <a href="http://theravadawellness.com">theravadawellness.com</a>	702-757-8720	89130 89052	DBT, EMDR
There is Hope <a href="http://thereishopenv.com">thereishopenv.com</a>	702-684-7757	89146	Anger Management, IOP
Thrive Solutions <a href="http://thrivesolutionslv.com">thrivesolutionslv.com</a>	702-602-8504	89148	ADDICT, IOP, MFT, MM
Thriveworks Counseling <a href="http://thriveworks.com">thriveworks.com</a>	702-820-3061	89146	ADDICT, Eating Disorder
TIM Care <a href="http://timcarenv.com">timcarenv.com</a>	702-617-6313	89106 89109	General, SAT, Psychiatric
Touro Center for Autism & Developmental Disabilities <a href="http://tourocadd.org">tourocadd.org</a>	702-777-4808	89014	ASD
Transitional Wellness Center <a href="http://transitionalwellnesscenter.com">transitionalwellnesscenter.com</a>	702-339-0346	89120	
TUFF Services Ministries <a href="http://tuffservices.org">tuffservices.org</a>	800-649-0925	89053	Pastoral Counseling
United Citizens Foundation <a href="http://ucfoundation.com">ucfoundation.com</a>	702-888-6300	89147	School-based, Telehealth
Vegas Cares LLC <a href="http://vegascarellc.com">vegascarellc.com</a>	725-206-5434	89121	General, PSR, BST
Ventana Health Associates	702-360-2800	89134	
Victorious Behavioral Health <a href="http://victoriousbhs.com">victoriousbhs.com</a>	702-723-0125	89119	General, PSR, BST, IOP, Psychiatric Services
We Are Hope <a href="http://wearehopelv.com">wearehopelv.com</a>	702-333-4373	89130	ADDICT, General, Trauma
Well Care Behavioral + Medical Clinic <a href="http://thewellcaregroup.com">thewellcaregroup.com</a>	702-291-7121	89122	BST, CM, PSR
Westcare <a href="http://westcare.com">westcare.com</a>	702-385-3330	89101	SAT
Zia Counseling <a href="http://ziacounseling.com">ziacounseling.com</a>	702-823-9043	89102	Couples, EMDR, MFT



### 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](http://www.tuffservices.org)

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

# KNOW THE FACTS:

## FACT #1



**1 IN 4** Adults in the U.S. has some form of Mental Health or Substance Use Disorder(MH/SUDs) and account for 40% of all adults who smoke tobacco products.

## FACT #2



**80%** of clients in treatment are interested in tobacco cessation, studies find.

## FACT #3



**QUITTING** tobacco during substance use treatment is linked to a 25% increase in long-term recovery.

**Electronic, Fax or Web-based Cessation Referrals. It's FREE. It's easy. It works.**

Let us help you set up your office, clinic, or hospital.  
Contact us at [TobaccoProgram@snhd.org](mailto:TobaccoProgram@snhd.org) or call **702-759-1270** for more information.

Sponsored by the Department of Health and Human Services and brought to you by the Southern Nevada Health District.



[www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)  
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.

## SPECIAL REPORT: LOSS & GRIEF

# Q&A

WITH KELLY THOMAS-BOYERS\* PRESIDENT & CO-FOUNDER, ADAM'S PLACE

**MENTAL HEALTH SPECTRUM (MHS):** What is Adam's Place? (How did it come about?)

**KELLY THOMAS-BOYERS (KTB):** Adam's Place is a 501(c)(3) local non-profit that provides support for children and families experiencing loss. The organization was established in memory of Adam Gregory Thomas. Adam was a 21-year-old college senior at the University of Nevada, Reno, when he sustained life-ending injuries from a car crash in March of 2007. Adam left behind his father, George Thomas, mother, Kelly Thomas-Boyers, and younger brother, Alec Thomas.

Kelly returned to the University of Nevada, Reno, in May 2007 in support of memorial activities and the Adam Thomas Legislative Intern Scholarship. It was there that she found a brochure for the Solace Tree Program, a grieving support center for children, teens, and adults in Reno. The idea of a place for her younger son, Alec, to go and work through his grief made a great impact on her. Kelly set out to find a similar program in Las Vegas upon her return, but couldn't find one.

After intensive research, guidance from Emilio Parga, the executive director of Solace Tree in Reno, and many talks with social workers, doctors, nurses, and school counselors, Kelly launched Adam's Place in Southern Nevada with the help of a grant that Emilio applied for. Adam's Place opened its doors in 2010 and has been serving the Southern Nevada community ever since.

**MHS:** What services does Adams Place offer?

**KTB:** Adam's Place provides support for children & families experiencing loss through our Camp Cope program, activities, and resources. Camp Cope is an evidence-based social-emotional learning program for youth ages 3-18 years old where they are taught a variety of coping skills, participate

in activities and offer peer support. These services have always been offered at no charge to kids & teens. Our nonprofit also provides parenting skills classes for adults. Trained volunteer facilitators lead and encourage group members to express the many feelings that are a part of the grieving process. In a safe and confidential home life setting, group members discuss and share activities with others who share similar life changing experiences. Other programs include: Junior Camp Cope, Adult Parenting Skills Programs, In-School Camp Cope Programs, Music U Mentors, Quarterly Healthy Coping Workshops, Quarterly Family Connections Events, Spring Well Corporate Training, Guest Speakers and On-Site Support Group Facilitation and Training. We provide Camp Cope virtually and in person to families in our community.

**MHS:** Can you describe one example of a success story?

**KTB:** Every family that comes to us we see as a success story. They are taking the steps to find support for their children and teens during some of the hardest times of their lives. One of those children is 12-year-old Kellee Carpenter who lost her father unexpectedly 2 years ago. Kellee took part in Camp Cope in School at Lied Stem Academy where she got to work with Adam's Place volunteers and other children who were also experiencing loss. Kellee's mother, Linda Carpenter, had this to say about her daughter's experience. "Kellee really enjoyed being in Camp Cope in School. The program has helped her a lot in coping with the loss of her father. The activities and knowing that others are also experiencing similar loss and hearing how others cope has made it easier for her to understand and not be embarrassed and angry."

**MHS:** What are some of the challenges your organization faces?

**KTB:** Like many nonprofits across the country, sustaining our funding is always a challenge. We are always working hard to find ways to raise money so our programs remain free of charge for any family who needs our help and support. Also, we are always looking for volunteers who understand our mission and want to put in the time and energy to help those who are experiencing loss.

**MHS:** If you could give one piece of advice to share with the community regarding loss and grief, what would that be?

**KTB:** Don't be afraid to ask for help. Many families are so overwhelmed by a loss of loved ones, they may not know that resources are available in the community to offer support.

**MHS:** How do you think the community could reduce the stigma of mental health that often prevents people from seeking appropriate help?

**KTB:** We think it's all about relationships and building trust, especially in communities of color where mental health is still a taboo subject. The more we can do to reach out to different communities to show that this is a universal issue that affects people of all different backgrounds and ages, the more we can do our work effectively.

**MHS:** Any other thoughts or comments you would like to share regarding the topic of loss, grief and mental health, and or about Adams Place?

**KTB:** November is Children's Grief Awareness Month and we are sponsoring our 2nd Annual "Build Strong Hearts" 5K Family Fun Run on Saturday November 13th. It is one of several events we are hosting during the month of November. In addition, we are training schools throughout Clark County on the Camp Cope Program. Camp Cope is a peer support group with specific themes, goals, and objectives for children, teens, guardians, and families experiencing grief. We hope many will start their own Camp Cope Program at their school. For more information about Adams's Place please check out [adamsplacelvl.org](http://adamsplacelvl.org).

## HELPING SOMEONE WHO IS GRIEVING\*\*

### DO:

Acknowledge loss: say the name of deceased and/or something to show that you recognize the grief.

Ask about how things are/ how they are coping.

Let them cry and share their feelings.

Let them ask why to seek meaning and answers.

Let them remember on significant days.

### DON'T:

Avoid mentioning the name of the deceased or other loss

Minimize the loss: don't try to "cheer them up".

Tell them to stop thinking about it, or suppress their anger or guilt.

Avoid any contact or communication if you think you can't help. Just sitting together, quietly, or holding a hand or shoulder, or listening can be enough.

Avoid celebrations: allow them to remember on anniversaries or special days.

\*\*Source: "Stuck for words- Fact sheet 3." From <https://www.mygriefassist.com.au/factsheets/>©Doris Zagdanski, 2013

\*Kelly Thomas-Boyers, MBA, is the co-founder and board president of Adam's Place. She has over 25 years of business and healthcare experience. Mother to Adam and Alec, Kelly advocated and continues to advocate for seatbelt laws. Her unwavering passion is to connect and help families with grief.



# SHARED EXPERIENCES

*"We never get over great losses; we absorb them, and they carve us into different, often kinder, creatures." - GAIL CALDWELL*

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 OWN HEALING PROCESS, OR BY READING SOMEONE ELSE'S, THEY GAINED HOPE THAT THERE IS A PATHWAY TOWARDS HEALING. AS SUCH, WE SHARE ANOTHER PERSONAL STORY IN THIS ISSUE.

## MY GRIEF JOURNEY (CECELIA'S STORY)

I experienced a very traumatic loss in 1996 and I could not understand how I would ever recover from such a very painful loss. I searched for answers, but still was unsure what I wanted to know about this emotional pain and how to move forward in life. The grief impacted the lives of my family and children. My family did not understand grief, and we chose a journey of healing with what was comfortable and familiar. We were not open to avenues that may have helped with our recovery and healing. Trying to support each other the best we knew how seemed to add more grief and pain to our hurting hearts because we had not faced this level of trauma before.

As the years progressed, I set out to connect with mother nature and found so much tranquility and awareness connecting with trees, water, birds and sunshine. This place is where I allowed all of my sadness to be. I stopped searching for answers. I surrendered my agenda, and established a connection with my grief. I was not aware that I was creating a path to unlock my emotional healing journey.

I realized helping others impacted by grief and loss was my natural talent and gift. I discovered the Grief Recovery Institute, and after I got certified as a Grief Recovery Specialist, I felt an overwhelming feeling of liberation from my grief experiences. On the journey to receiving my certification, I was dealing with cumulative losses and grief. I continued to press forward, knowing someone else is searching to feel better about grief. When things felt too hard and I wanted to stop the work, I reminded myself the gift and tools were not only for me, but also for others.

During a very painful period of grief, I self-published a book on grief. The goal of the book was to create a guide and tool to help the griever navigate the grief journey. I discovered in order to feel better and recover from the emotional pain, one must have a guide, principles and take action daily to heal. My inspiration was driven by mother nature's wisdom.

I have met so many people in my journey. What's so exciting is total strangers will open up and share about their loss after I have shared my personal loss. I have learned that grief is normal and grief is a personalized journey. I have learned that incorrect tools and mis-information hinders healing and recovery. The journey can be very lonely and a painful experience so it's critical to have the correct support system and the right tools in place.

I have learned to exist in my grief and trust the journey because the healing is in the journey. The reward of witnessing others break free from emotional pain, grief and loss is such a joy. My passion is to strive to support even more individuals and impact communities, raising awareness and providing educational tools.

*My name is Cecelia Broussard, a Certified Grief Recovery Specialist, Trauma Practitioner, Author, Coach, Educator, Community Advocate, and Mentor.*

## STRATEGIES TO LESSEN GRIEF:

**Seek Social Support:** connect with others who have experienced similar losses or talk with someone who gives you a sense of comfort or trust so that you can be open and also honest with yourself.

**Adjust Internal Dialogue:** focus on positive feelings, thoughts, and healing by being kind to yourself, understand that grieving is difficult, and people can grieve differently (therefore, adjust beliefs and thoughts that matter to your particular needs and situation).

## REFERENCE:

1 PTSD: National Center for PTSD. "Grief: Taking Care of Yourself After a Loss." *U.S. Department of Veteran Affairs*. April 16, 2020. From: [https://www.ptsd.va.gov/understand/related/related\\_problems\\_grief.asp](https://www.ptsd.va.gov/understand/related/related_problems_grief.asp)

## LOCAL SHELTER AND TRANSITIONAL HOUSING

Please contact the agency for more information

### 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](http://familypromiselv.com)

#### 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](http://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](http://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](http://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/emergencysHELTER](http://vegasrescue.org/emergencysHELTER)

#### SALVATION ARMY

702-701-5347 • 35 W Owens, NLV 89030

Day resource center and emergency lodging.

[salvationarmyusa.org](http://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](http://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.

[rflwasvegas.org](http://rflwasvegas.org)

#### SAFENEST

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

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

[safenest.org](http://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/emergencysHELTER](http://vegasrescue.org/emergencysHELTER)

#### 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](http://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](http://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](http://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](http://stjudesranch.org)

*Walk on, walk on with  
hope in your heart and  
you'll never walk alone.*

RODGERS AND HAMMERSTEIN,  
CAROUSEL

# GRIEF *and...*

## AGE GROUP

### Children<sup>1,2</sup>

1. React differently to death: preschoolers tend to believe that death is temporary (influenced by cartoons); early schoolers aged 5–9 accept permanency of death with reluctance.
2. Grief may add to behavioral issues (e.g., random/dramatic mood changes); connecting to other children who have also experienced grief is important.
3. May exhibit feelings of sadness for a very long time; some may never “get over” the loss, especially over a parent.
4. Should not be overly protected from the truth; patience and open conversations are necessary for their emotional wellbeing and acceptance.

### Teens<sup>2,3</sup>

1. Grief may vary, sometimes similar to children or to adults, or a combination.
2. Significant behavioral changes may include: disrupted sleep patterns, increased isolation, more irritable or frustrated, withdrawn from usual activities, or excessive use of technology.

### Seniors<sup>4</sup>

1. Grief tends to be more severe and devastating, impacting physical health/immune system, especially for those not in their own home, but in assisted living facilities.
2. Require prolonged care and monitoring for signs of grief and distress; 4-6 weeks post funeral is the most critical period, so adult children are recommended to continue regular visits.

## CHRONIC ILLNESS/INJURY<sup>5,6</sup>

1. Commonly results in multiple, serious losses at once, especially loss of: self (the person that used to be), good health, planned future (goals/set life purpose), job (source of income), lifestyle and independence (ability to perform regular activities normally).
2. Impacts mental health due to loss of self-esteem, self-efficacy, and hope (especially for debilitating or terminal diagnosis).
3. Perpetuates grief, especially during flare-up of symptoms; the stages of grief may overlap, linger, or be hidden, increasing risk for chronic complicated grief.

## COVID-19<sup>3</sup>

1. Multiple losses due to the pandemic may likely trigger prolonged or complicated grief for many.
2. Pandemic related losses may include loss of: life, good health, job/income, social support system, and normalcy (lifestyle changes).
3. The normal process of mourning and grieving is hindered due to COVID-related restrictions.
4. Traditional funeral gatherings and services, and support systems with family and friends, are also restricted due to social distancing.
5. Death by COVID-19 is being stigmatized, impacting surviving family members—it is important for people to be informed of the correct facts about this disease.

## CULTURE & RELIGION<sup>3,7</sup>

1. African Americans tend to talk less or avoid seeking professional support, increasing risk for complicated grief. Their grieving process is markedly impacted by history of poverty, racism, and oppression.
2. Hispanic and Latino/a/x rely on family as a primary system of support and need to feel

connected. They expect health care providers to include surviving members in any therapeutic process. Stigma influences their tendency to seek help from general health care providers rather than mental health providers.

3. Asian-American/Pacific Islanders tend to restrain in expressing negative feelings to maintain self-esteem and interpersonal harmony. They often report somatic or physical manifestations of grief instead of psychological symptoms.
4. Native Americans rely heavily on extended family support systems. They tend to view grief and mourning as necessary and natural, but prefer privacy during ceremonies and burials.
5. Religious beliefs and practices influence mourning: most cultures and races have a tendency to rely on religious coping methods or spiritual connections.

## PETS<sup>8,9</sup>

1. Grieving the death of a pet is normal as humans form special bonds with their pets.
2. The loss of a pet is as devastating and significant to pet owners as that of any other family member; and society often does not recognize this emotional pain, impacting the process of mourning a pet.
3. Acute grief for loss of a pet may last up to 2 months, while persistent grief may last up to 12 months.
4. Children and seniors may struggle more with coping with pet loss.
5. There are pet-loss support groups and hotlines to help with the grieving process.
6. If a home had other pets that interacted often, the surviving pets may exhibit behavioral issues like refusing to eat or drink, or whimpering excessively; monitoring surviving pets is as important as monitoring children.

## OPPORTUNITIES<sup>2,3,4,6,7,8</sup>

- Recognize that the grieving process varies in individuals; but prolonged or complicated grief can happen to anyone and is of most concern.
- Promote healthy coping and acceptance of grief, particularly for children, teens, seniors, and minority groups.
- Understand “cultural humility”: recognize when to involve support systems like family members or trained/ordained religious service providers (e.g., clergy, imam, priest, rabbi, etc.).
- Recognize and promote grief counseling for special needs (e.g., children, chronic illness, pet owners).

## REFERENCES:

- 1 American Academy of Child & Adolescent Psychiatry. “Grief and Children” June 2018. From [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Children-And-Grief-008.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Grief-008.aspx)
- 2 Mental Health Technology Transfer Center Network (MHTTC). “Grief, Loss, and Bereavement. Fact Sheet #2: Responses to Grief Across the Lifespan.” September 2020. *MHTTC/SAMHSA*. From <https://mhttcnetwork.org/centers/global-mhttc/product/grief-fact-sheet-4-cultural-responsiveness>
- 3 Centers for Disease Control and Prevention (CDC). “Grief and Loss.” July 22, 2021. From <https://www.cdc.gov/mentalhealth/stress-coping/grief-loss/index.html>
- 4 Office on Aging. “Grief and Older People.” *Knoxville-Knox County Community Action Committee*. From <https://www.knoxseniors.org/grief/>
- 5 Campbell, Bruce. “Grieving Your Losses.” *ME/CFS & Fibromyalgia Self-Help*. From <http://www.cfsselfhelp.org/library/grieving-your-losses>
- 6 Absenger, Werner. “Mindfulness and the Stages of Grief in Chronic Disease.” *MindBodyMed/Absenger Cancer Education Foundation*. April 29, 2015. From <http://amacf.org/mindfulness-stages-of-grief-in-chronic-disease/>
- 7 MHTTC. “Grief, Loss, and Bereavement. Fact Sheet #4: Cultural Responsiveness.” September 2020. *MHTTC/SAMHSA*. From <https://mhttcnetwork.org/centers/global-mhttc/product/grief-fact-sheet-4-cultural-responsiveness>
- 8 Winch, Guy. “Why We Need to Take Pet Loss Seriously.” *Mental Health. Scientific American*. May 22, 2018. From <https://www.scientificamerican.com/article/why-we-need-to-take-pet-loss-seriously/#>
- 9 The Humane Society of the United States. “Coping with the death of your pet.” From <https://www.humanesociety.org/resources/coping-death-your-pet>

## HELPLINES

Nevada 211 - Connect to Services	211 or 1-866-535-5654
Police NON Emergency Response	311
1in6 - Helpline for Men who were Sexually Abused / Assaulted	1in6.org/helpline
Adult Protective Services (APS)	702-486-6930
Al-Anon ( <a href="http://al-anon.org">al-anon.org</a> )	1-800-344-2666
Alcohol and Drug Treatment Referral (Spencer Recovery)	800-454-8966
Alcoholics Anonymous (AA) ( <a href="http://aa.org">aa.org</a> )	702-598-1888
Alzheimer's Association Helpline ( <a href="http://alz.org">alz.org</a> )	1-800-272-3900
American Addiction Centers Resource ( <a href="http://centers.org">centers.org</a> )	1-866-892-4547
American Chronic Pain Association (ACPA)	1-800-533-3231
Cocaine Anonymous ( <a href="http://snvca.org">snvca.org</a> or <a href="http://ca.org">ca.org</a> )	702-941-0950
Codependents Anonymous ( <a href="http://coda.org">coda.org</a> )	602-277-7991
Crystal Meth Anonymous ( <a href="http://crystalmeth.org">crystalmeth.org</a> )	855-638-4373
Debtors Anonymous ( <a href="http://debtorsanonymous.org">debtorsanonymous.org</a> )	800-421-2383
Depression & Bipolar Support Alliance (DBSA) ( <a href="http://dbsalliance.org">dbsalliance.org</a> )	1-800-826-3632
Eating Disorders	1-888-375-7767
Ecstasy Addiction	1-800-468-6933
Eldercare Locator ( <a href="http://eldercare.acl.gov">eldercare.acl.gov</a> )	1-800-677-1116
Food Addicts in Recovery Anonymous (FA)	foodaddicts.org
Gamblers Anonymous ( <a href="http://gasn.info">gasn.info</a> )	855-222-5542
GriefShare ( <a href="http://griefshare.org">griefshare.org</a> )	1-800-395-5755
ICAN Hopeline (inpatient detox)	833-828-6329
IMAlive (online crisis chat)	imalive.org/online
International OCD Foundation ( <a href="http://iocdf.org">iocdf.org</a> )	617-973-5801
Lap of Love - Pet loss resource line ( <a href="http://lapoflove.com">lapoflove.com</a> )	855-352-5683
LGBT Helpline	888-340-4528
LGBT National Hotline	888-843-4564
LGBT National Senior Hotline	888-234-7243
LGBT National Youth Talkline	800-246-7743
LGBT Peer Listening	800-399-7337
MADD (Impacted by drunk or drugged driving)	877-623-3435
Marijuana Anonymous ( <a href="http://marijuana-anonymous.org">marijuana-anonymous.org</a> )	1-800-766-6779
Narcotics Anonymous ( <a href="http://na.org">na.org</a> )	888-495-3222
National Alliance on Mental Illness (NAMI) Helpline	1-800-950-6264
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

## HELPLINES

Nicotine Anonymous ( <a href="http://nicotine-anonymous.org">nicotine-anonymous.org</a> )	415-908-6702
Nevada Health Connection ( <a href="http://treatmentconnection.com">treatmentconnection.com</a> )	1-800-450-9530, TEXT 839863
Office on Women's Health (Resource line)	1-800-994-9662
Overeaters Anonymous ( <a href="http://oa.org">oa.org</a> )	505-891-2664
Partnership to End Addiction (Parents concerned about child's substance use)	Text CONNECT to 55753
Physican Support Line (Psychiatrists supporting physicans and medical students)	1-888-409-0141
Poison Center (Nevada)	702-732-4989
Postpartum Support International (PSI) ( <a href="http://postpartum.net">postpartum.net</a> )	1-800-944-4773
Problem Gamblers Helpline	1-800-522-4700
SAMHSA's National Helpline	1-800-662-4357
Schizophrenia & Pyschosis Action Alliance ( <a href="http://sczaction.org">sczaction.org</a> )	1-800-493-2094
Self Abuse Finally Ends (S.A.F.E) Alternatives ( <a href="http://selfinjury.com">selfinjury.com</a> )	1-800-366-8288
Sex Addicts Anonymous ( <a href="http://saa-recovery.org">saa-recovery.org</a> )	1-800-477-8191
Sidran Institute - Trauma or Dissociation ( <a href="http://sidran.com">sidran.com</a> )	410-825-8888
Stop It Now! (Abuse helpline)	1-888-773-8368
Survivors of Incest Anonymous ( <a href="http://siawso.org">siawso.org</a> )	877-742-9761
Teen Help Inc	1-800-400-0900
Teen Line	1-800-852-8336
The StrongHearts Native Helpline (American Indians & Alaska Natives) ( <a href="http://strongheartshelpline.org">strongheartshelpline.org</a> )	1-844-762-8483
Tobacco (Nevada) Quit Line ( <a href="http://nevada.quitlogix.org">nevada.quitlogix.org</a> )	800-784-8669
Tragedy Assistance Program for Survivors (TAPS) Military Survivors Support ( <a href="http://taps.org">taps.org</a> )	800-959-8277
Treatment and Research Advancements for Borderline Personality Disorder (TARA) ( <a href="http://tara4bpd.org">tara4bpd.org</a> )	888-482-7227
True Path Wellness Helpline (Addiction)	866-601-3539
United Way 211	1-800-233-4357
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.



*There is no grief like the  
grief that does not speak.*

HENRY WADSWORTH LONGFELLOW

## SUPPORT GROUPS

For information or to register for a group, please use contact information or check website. Not all groups need registration. Due to COVID-19, groups may have been cancelled.

### ADDICTION

Al-Anon for Families/Alateen <a href="http://al-anon.org">al-anon.org</a>	702-615-9494
Alcoholics Anonymous (AA) <a href="http://aa.org">aa.org</a>	702-598-1888
Cocaine Anonymous (CA) <a href="http://snvca.org">snvca.org</a> or <a href="http://ca.org">ca.org</a>	702-941-0950
Compulsive Eaters Anonymous (CEA) <a href="http://ceahow.org">ceahow.org</a>	702-389-9077
Crystal Meth Anonymous (CMA) <a href="http://crystalmeth.org">crystalmeth.org</a>	855-638-4373
Gambler's Anonymous (Gam-Anon) <a href="http://gasn.info">gasn.info</a>	702-529-0202
Heroin Anonymous <a href="http://heroinanonymous.org">heroinanonymous.org</a>	702-324-7383
Marijuana Anonymous <a href="http://marijuana-anonymous.org">marijuana-anonymous.org</a>	1-800-766-6779
Narcotics Anonymous (NA) <a href="http://na.org">na.org</a>	702-369-3362
Overeaters Anonymous (OA) <a href="http://oa.org">oa.org</a>	702-593-2945
Sex Addictions Anonymous <a href="http://saa-recovery.org">saa-recovery.org</a>	1-800-477-8191
SMART Recovery <a href="http://smartrecovery.org">smartrecovery.org</a> Thursdays 6:30pm - 7:30pm	smartrecovery.zoom.us/j/2229029094
Sex and Love Addicts Anonymous (S.L.A.A.) <a href="http://slaafws.org">slaafws.org</a>	1-800-477-8191
The Meeting Space/The Recovery Store <a href="http://themeetingspace.com">themeetingspace.com</a>	702-726-9218

### CHILDREN AND YOUTH

Parenting Project (free parenting classes)	702-455-5295
Solutions of Change - WTF (coping skills & trauma resources, ages 12-17) <a href="http://solutionsofchange.org">solutionsofchange.org</a>	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)	702-623-0958
Rape Crisis Center Groups	702-366-1640

### GRIEF AND LOSS

Adams Place <a href="http://adamsplacelv.org">adamsplacelv.org</a>	702-202-3891
Aviant Hospice	702-605-9959
Bereavement Adult Support Group	702-671-1111
CompassionCare Hospice	702-636-0200
Concerns of Police Survivors (COPS) <a href="http://concernsofpolicesurvivors.org">concernsofpolicesurvivors.org</a>	702-501-8083
Divorce/Separated Support Group	702-735-5544
Grief Loss & Family Support Group	702-735-5544
Griefshare <a href="http://griefshare.org">griefshare.org</a>	1-800-395-5755
Grief Recovery After a Substance Passing (GRASP)	302-492-7717
Grief Recovery (death, divorce, career and other losses)	702-980-8303
Nathan Adelson Hospice	702-796-3157
Nevada Senior Services <a href="http://adultdaycarelv.org">adultdaycarelv.org</a>	702-648-3425

## SUPPORT GROUPS

### GRIEF AND LOSS (continued)

Pet Loss Family Support Group	702-735-5544
Southern Hills and Medical Center / Compassionate Care and Grief Support - Tuesday 5:30-6:30	702-916-7776
Suicide and Murder Victims Support Group	702-735-5544
The Compassionate Friends <a href="http://compassionatefriends.org">compassionatefriends.org</a>	877-969-0010
Tragedy Assistance Program for Survivors (TAPS) Military Survivor	800-959-8277

### LGBTQ

Henderson Equality Center <a href="http://hendersonequalitycenter.org">hendersonequalitycenter.org</a>	855-955-5428
The Center <a href="http://thecenterlv.org">thecenterlv.org</a>	702-733-9800

### SUICIDE

Arms of Support	800-649-0925
Suicide Bereavement Support Group	702-735-5544
Survivors of Suicide Loss Support Group	702-807-8133

### OTHER

Alzheimer's Associaton <a href="http://alz.org">alz.org</a>	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) <a href="http://dignityhealth.org">dignityhealth.org</a>	702-616-4900
Give Me a Break (GAB) - Respite	702-219-0394
National Organization Parents of Murdered Children <a href="http://pomc.com">pomc.com</a>	513-721-5683

If we have omitted your group or have incorrect or missing information listed, please contact us by email at [publisher@mhrmedia.com](mailto:publisher@mhrmedia.com) or via our website at [mentalhealthspectrum.com](http://mentalhealthspectrum.com).

## IN THE SPOTLIGHT

### National Alliance for Children's Grief (NACG)

NACG is a nonprofit organization that raises awareness about the needs of children and teens who are grieving a death, and provides education and resources for anyone who supports them. NACG educates, advocates, and raises awareness about childhood bereavement. NACG's vision is for no child to have to grieve alone. All bereaved children, no matter where they live or their circumstances, should have the support and resources they need to positively adapt to a loss in their lives.

Online: [childrengrieve.org](http://childrengrieve.org)



Photo Credit: Katya Wolf from Pexels





# A MATTER OF WORDS

*“It takes strength to make your way through grief, to grab hold of life and let it pull you forward.” - PATTI DAVIS*

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

.....

THERE ARE THREE NEEDS OF THE GRIEVER: TO FIND  
THE WORDS FOR THE LOSS, TO SAY THE WORDS ALOUD  
AND TO KNOW THE WORDS HAVE BEEN HEARD.

VICTORIA ALEXANDER

.....

Photo Credit: Mathew Thomas from Pexels

All listings in this issue are current as of October 1, 2021. Listings in this publication do not necessarily constitute an endorsement of that service or product. Before selecting anything, you are encouraged to verify all licenses, public files, and/or reviews of the organizations and individuals presented in this publication through licensing boards, Federal and State oversight organizations, and/or other reputable sources of such information. Never disregard professional medical advice or delay seeking it because of something you have read in this publication.

Although this publication has made every effort to ensure the information presented is from reliable sources, the author/s and publisher make no guarantees of accuracy or completeness as things may have changed from the time the information was obtained and published. This publication will not be liable for any errors or omissions in any content presented herein. Articles, listings, other website links, and paid advertisements in this publication do not necessarily constitute an endorsement of that content, service, or product. You are entirely responsible for any decision or action you take regarding any service or product mentioned in this publication.

*Mental Health Spectrum* reserves the right to refuse any advertising or listing.