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FEBRUARY 2022 • VOLUME 2 • ISSUE 1



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SCHOOL-BASED MENTAL HEALTH: K-16

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NOTE FROM: *The Editor*

Welcome to Volume 2 of *Mental Health Spectrum!* It seems like just yesterday that I joined our wonderful team to launch the very first issue, and now we are starting our second year of publication. First, on behalf of the team, I express heartfelt gratitude to all who have given inspiring positive feedback, and to those who have donated to help us continue this work.

This first issue focuses on school-based mental health (K-16). We highlight: signs and symptoms of mental health problems by school-age groups, key facts and messages on selected populations, and warning signs of child sex trafficking. Our feature articles address: eating disorders, the digital world and social media, mental health crisis, and a Q & A on Nevada's school safety and learning environment. Much thanks to all contributors.

In the fall of 2021, a *National Emergency in Child and Adolescent Mental Health* was declared collectively by three major children's health associations; followed by an Advisory by the U.S. Surgeon General on *Protecting Youth Mental Health*. It is important to continue highlighting this urgent matter as COVID-19 steamrolls into its third year with no signs of slowing down, fanning the flames to existing challenges and creating new ones. We need to remember that the average student generally spends the first 24 years of life primarily in a school environment (preschool to college). Thus, schools are in a unique position to serve as a surrogate parent/family/home for most of our growing years. From what we learn to the types of relationships we have with teachers and peers, these experiences have lifelong impact. As such, the period from childhood to early adulthood is critical: we learn and grow, not just academically but also emotionally, socially, and behaviorally. We develop skills and a sense of self-worth and identity that help define us as adults. How we feel, think, react, behave, socialize, function as adults are heavily dependent on our school-based experiences. This schooling period helps shape the lives of countless children and youth—in effect, shaping the future. A future that is in jeopardy unless we address the mental health crisis in all levels of schooling.

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

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MENTAL HEALTH: *Warning Signs By School-Age*

Regardless of school-age, there are often some unusual changes in an individual's behavior and/or mood that may present cause for concern. The following is a compilation of the general warning signs and symptoms by (school level) age-groups. Many signs and symptoms are similar for most ages, especially for adolescents and young adults. Having such knowledge increases the likelihood of noticing disturbing changes in someone (or even in oneself), and increases the potential for early intervention—not just to seek and receive appropriate treatment, but also to help prevent or delay onset of a major mental illness.^{1,2,3}



AGES 5–10 ^{1,2,3} (ELEMENTARY, K–5TH GRADE)	AGES 11–13 ^{1,2,3} (MIDDLE, 6TH–8TH GRADE)	
<ul style="list-style-type: none"> Drop in school performance (poor grades despite trying hard) Losing interest in studies Changes in sleeping and/or eating habits (including persistent nightmares) Excessive worry or anxiety (e.g., refusing to go to bed or school or leave home, overly agitated) Hyperactivity and/or onset of new or unusual behaviors Persistent disobedience or aggression Frequent temper tantrums *Self-harm (banging head against wall) Competing to seek more attention from parents and teachers Increased conflict with peers or parents 	<ul style="list-style-type: none"> Pronounced drop in school performance (poor grades despite trying hard) Losing interest in studies Changes in sleeping and/or eating habit (noticeable increase or decrease) Substance use (smoking, drugs and/or alcohol) Difficulty in concentrating and learning (leading to failure in school) Unable to cope with problems and daily activities Excessive complaints of physical ailments (with no distinct cause) Prolonged sadness, negativity, irritability, and/or anger 	<ul style="list-style-type: none"> Severe mood swings (including frequent outbursts of anger, thoughts of death, or feeling “high”) Difficulty managing responsibilities - at home and/or at school *Self-harm (cutting, scratching or pulling out hair) Missing school, defying authority, and/or participating in vandalism/theft Intense fear and/or severe anxiety or worry (e.g., refusing to go to sleep or school or participate in normal activities or socializing) Increased conflict with peers or parents Changes in dressing style (e.g., wearing long pants and sleeves in summer to hide self-injury signs)
AGES 14–18 ^{1,2,3} (HIGH, 9TH–12TH GRADE) & AGES 19–24 ^{1,2,3} (YOUNG ADULT/COLLEGE)		
<ul style="list-style-type: none"> Confused thinking, problems concentrating and learning (affecting school performance) Pronounced drop in school performance (poor grades despite trying hard) Prolonged sadness, feeling low energy/unmotivated Significant changes in eating and/or sleeping habits Excessive complaints of physical ailments with no distinct cause (e.g., headaches, stomach aches) 	<ul style="list-style-type: none"> Extreme mood swings (feeling high and low) Excessive fears, worries and anxieties (especially about weight gain or personal appearance, mostly in adolescents) Social withdrawal, including feeling disconnected or difficulty understanding/relating to other people Strong feelings of anger or irritability Difficulty perceiving reality/ Strange thoughts (delusions) Seeing or hearing things that aren't there (hallucinations) 	<ul style="list-style-type: none"> Growing inability to cope with daily problems, activities, and stress/losing interest in school and other responsibilities Suicidal thoughts and/or other out-of-control, risk-taking behaviors that can cause harm to self or others. *Self-harm (cutting, pulling out hair, biting, burning or picking skin). Substance use (smoking, drugs and/or alcohol) Sexually acting out

* Self-harm includes a spectrum of behaviors and may look different depending on age. Behaviors may be a one-time incident or may become repetitive and persistent.

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2. National Alliance on Mental Illness (NAMI). *Mental Health Facts: Children & Teens*. 2016. From <https://www.nami.org/nami/media/nami-media/infographics/children-mh-facts-nami.pdf>
3. Substance Abuse and Mental Health Services Administration (SAMHSA). *Warning Signs and Risk Factors for Emotional Distress*. From <https://www.samhsa.gov/find-help/disaster-distress-helpline/warning-signs-risk-factors>

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) nvfc.org/help	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 safevoicenv.org	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

EATING DISORDERS (ED): RESIDENTIAL TREATMENT AND PARENTAL CONCERNS

BY JULIA KANNARD*, CPC, DBH

PROGRAM DIRECTOR ADOLESCENT RESIDENTIAL SERVICES, EDEN CENTER FOR EATING DISORDERS

Many people who are struggling with eating disorders feel like their lives are out of control. But “It’s usually not about the food,” as we say in the ED field. A child struggling with an eating disorder may present physical health concerns, such as purging, bingeing, etc.; however, there are almost always co-occurring mental health concerns that drive many eating disorders, including depression, anxiety, and PTSD.¹ From a parent’s perspective, you’re on the outside looking in at your child’s struggles and probably thinking “why won’t they just eat” or “my child says they’re eating but I can see them wasting away before my eyes” or “I want to say something but I’m afraid of how my child will respond.” All parties involved are struggling with how the ED affects aspects of their lives: parents trying to understand their child’s experiences and how to help, and a child’s misperceptions about current control.²

While recent research indicates that there is a genetic component that increases a person’s vulnerability to developing an eating disorder, the co-occurring mental health issues need to be addressed, too. Comprehensive ED treatment looks at the entirety of issues together: physical & emotional health, genetic predispositions, and environmental influences.³ It is hard to expect a treatment facility to adequately help your child heal from an eating disorder if they are not equipped to provide such complete treatment. There are different interventions to consider when searching for the most appropriate treatment for your child. Family Based Therapy (FBT) has been proven to be an “effective intervention and is considered by some to be the treatment of choice for adolescents with AN who are medically stable and fit for outpatient treatment.”⁴ If your child does not seem to be an appropriate candidate for FBT, then residential ED treatment may be considered.

As a parent, one of the most terrifying experiences you’ll face is when your child enters a residential setting. Countless parents have shared similar concerns with me: their child is removed from home and school, and placed somewhere new where their child will have limited access to friends, family, and other identified supports. As a parent you go from having your child around 24/7 to having limited contact, concerned how they’re doing in the course of treatment, and to the fundamental issue: CHANGE IS JUST PLAIN SCARY. As the child entering a residential treatment, this can be an equally scary experience: *I’m away from my home and my family—in a new place with unfamiliar people, I don’t know if I want recovery, treatment is scary.*

As scary or out of control residential treatment may seem, consider these points:

1. At first, people often utilize ED as a way to manage some aspects of their lives that are causing pain and struggle. The ED serves a function and a purpose for persons who feel like they are in control of their eating disorder and its presence in their lives. However, many people experience a loss of control as their ED progresses and end up feeling like it now controls them. They end up sitting on the sidelines and watching their own life pass them by.
2. Residential treatment means that 24/7 structure and support is in place, which can seem contradictory to taking back control of one’s livelihood. But what if the person entering treatment chooses to harness control by making some treatment choices, e.g., “What will I have for snacks? Maybe I can use a strategy that I learned in group to soothe myself instead of engaging in self-harming behaviors?”
3. When your child enters residential ED treatment, trusting that strangers will make informed and compassionate decisions - just as you would if your child were home - can be a difficult adjustment. You may not be with your child 24/7, but that doesn’t mean that you should be in the dark about what is happening with your child throughout the week. Talk about your family’s needs and what will help you be in the loop about your child’s treatment and progress.
4. As a parent, you are the expert in your child, and the treatment team is the expert in eating disorders. I coined this as “the joining of the experts” to wrap around your child. Use those parent spidey senses to help inform the treatment team on what you’ve observed in the progression of your child’s eating disorder, and to help us learn more about who your child is so we can best support both your child and family.
5. Ultimately the goal of residential treatment is to equip you and your child with the skills and tools needed to maintain progress as your child continues treatment at home once they leave. Please allow us the time to help you with what you need to feel confident and competent as you take responsibility for implementing that structure and support that is helping your child’s fight against the eating disorder.

I know that the prospect of residential treatment is scary. The thought of an eating disorder further digging its claws into your child is far scarier. Help is out there for both you and your child. I invite you to explore the options that give children the best chance at regaining control and being an active participant in their own lives, rather than still sitting on the sidelines because of a parasitic ED.

*Dr. Kannard has worked extensively with clients struggling with eating disorders, substance use, and general mental health concerns. She has a BA in Psychology, MA in Clinical Mental Health Counseling, and DBH in Behavioral Health.

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- 2 National Eating Disorders Association. *Eating Disorder Myths*. 2021. From <https://www.nationaleatingdisorders.org/toolkit/parent-toolkit/eating-disorder-myths>
- 3 Himmerich, H. et al. *Genetic risk factors for eating disorders: an update and insights into pathophysiology*. 2019. From <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6378634/>
- 4 Rienecke, R. D. *Family-based treatment of eating disorders in adolescents: current insights*. 2017. From <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5459462/>

Types of Eating Disorders* (by MHS staff writers)

Eating disorders (ED) are severe disruptions to normal eating behaviors, and can affect a person’s physical and mental health. They are serious, biologically influenced medical illnesses. These disorders can affect people of all ages, races, body weights, and genders. They often appear during the teen years or young adulthood, but may also develop during childhood or later in life (40 years and older). Below are the main characteristics of the more common types of ED.

ANOREXIA NERVOSA

- Weight loss; lack of appropriate weight gain in growing children; unwilling to maintain an appropriate body weight (distorted self-image).
- Due to self-imposed extreme restrictions on type & amount of food eaten.
- May also have episodes of binge-eating, and purging or using laxatives.
- Extremely high risk of fatality due to starvation and related medical conditions.

RUMINATION DISORDER

- Repeated regurgitation of food (re-chewed, re-swallowed, or spit out) for at least 1 month & not occurring as part of other ED (e.g., BED).

PICA

- At least 1 month of persistent eating of “non-food/nutritional” items (e.g., hair, dirt, paper, chalk, paint chips).
- Often occurs with impaired functioning associated with other mental health disorders (e.g., cognitive disability, autism, schizophrenia).

BULIMIA NERVOSA

- Cycle of binge eating followed by compensatory behaviors (forced vomiting, excessive exercise or use of laxatives) designed to prevent weight gain.
- May actually maintain normal weight or be overweight.
- Likely to suffer severe dehydration, electrolyte imbalance, acid reflux disorder, chronic sore throat, dental issues.

BINGE EATING DISORDER (BED)

- Loss of control on eating; recurrent episodes of rapidly eating large quantities of food in short time.
- Often obese or overweight due to no purging or any other compensatory actions.
- Eat alone or in secret; eating even if full.
- Feel shame, distress, or guilt afterwards.

UNSPECIFIED FEEDING OR EATING DISORDER (UFED)

- Having symptoms of an ED that cause clinically significant distress or impairment in social, occupational, or other important areas of functions.
- But do not meet the full criteria of any ED diagnostic class.

AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER (ARFID)

- Also known as Selective Eating Disorder; dramatic weight loss due to restricting type & amount of food eaten; lack of interest in food (“picky eating”).
- Do not have issues with body image or weight gain.
- Most common in middle childhood; affects proper child growth/development.
- Earlier onset than other ED; often suffer from upset stomach or other abdominal issues with no known cause.

ORTHOREXIA

- Obsession/fixation with proper/healthy eating; restricting food to only ‘safe’, ‘pure’ or ‘healthy’ ingredients; damages their own well-being; distressed if can’t find healthy foods.
- May possibly be associated with obsessive-compulsive disorder; compulsively checking ingredients/nutrition labels; obsessively following ‘healthy lifestyles.’

*Sources: National Institutes of Mental Health (NIMH) at <https://www.nimh.nih.gov/health/publications/eating-disorders> and National Eating Disorders Association (NEDA) at <https://www.nationaleatingdisorders.org/information-eating-disorder>

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

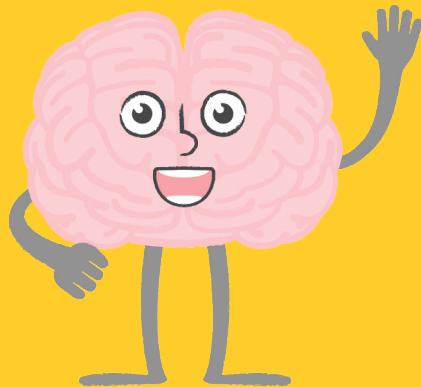
P: 702-463-1415



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

It's Real: Teens and Mental Health

AFSP's state-wide Nevada chapter is proud to introduce It's Real: Teens and Mental Health, a program for young people that raises awareness about mental health issues, how to start a conversation about mental health, the importance of self-care, and how to reach out for help.



With your help, we bring together people from all backgrounds to deliver or learn about our innovative prevention programs and reach out to those who have lost someone to suicide.

Learn more at afsp.org/nevada.



**American
Foundation
for Suicide
Prevention**

Nevada

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

Alzheimer's Association

Desert Southwest Chapter (702-248-2770)

Provides education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, health care professionals and families.
alz.org/dsw

American Foundation for Suicide Prevention (AFSP) Nevada Chapter

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

Autism Coalition of Nevada (775-329-2268)

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

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

CARE Coalition (702-463-1415)

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

Center for Autism Spectrum Disorders (CASD) 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

Center for the Application of Substance Abuse Technologies (CASAT) (775-784-6265)

Helps states, organizations, students, and the existing workforce apply research-based practices to improve prevention, treatment, and recovery services for individuals with addictive behaviors.
casat.org

Clark County Children's Mental Health Consortium

Since 2001, brings professionals and parents together to focus on bettering the services and resources for children's mental health in Clark County.
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

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.
dbsasouthernnv.org

Family and Child Treatment Center of Southern Nevada (FACT) (702-258-5855)

Dedicated to helping Nevadans heal from the traumas and cycle of abuse, neglect, & violence.
factsnv.org

Family TIES of Nevada (775-823-9500)

Serves people with disabilities throughout their lifespan, and supports their families and professional who work on their behalf.
familytiesnv.net

FEAT of Southern Nevada (702-368-3328)

Provides information on therapies, support services, and resources for families and individuals impacted with Autism Spectrum Disorder (ASD) and related disorders.
featsonv.org

Foundation for Recovery (FFR) (702-257-8199, 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

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

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

STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

- Hookers for Jesus (702-623-0958)**
Offers transitional support to at-risk women who want to escape the commercial sex industry. Faith-based program that offers different forms of trauma informed counseling, education, job assistance, case work, advocacy, resources and referrals.
hookersforjesus.net
- Hope Means Nevada**
Raises awareness around mental health and teen suicide. Provides access to mental health resources and a community of hope.
hopemeansnevada.org
- Jean Nidetch Care Center (702-895-4475)**
Aims to end various forms of power-based personal violence, serving members of the UNLV, NSC, and CSN communities impacted by sexual violence, relationship violence, family violence, and/or stalking.
unlv.edu/carecenter
- Las Vegas HEALS (Health, Education, Advocacy, Leadership in Southern Nevada) (702-952-2477)**
A membership-based association for healthcare professionals. Fosters strategic alliances in the healthcare community, collaborating on workforce issues, and being a proactive force for legislative initiatives to improve access and the delivery of quality healthcare.
lasvegashelps.org
- Lou Ruvo Center for Brain Health (702-483-6000)**
Medical Center dedicated solely to the pursuit of more effective treatments for brain diseases and to the provision of state-of-the-art care for patients affected by these diseases and their families.
my.clevelandclinic.org/locations/nevada
- National Alliance on Mental Illness (NAMI) Southern Nevada (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
- 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
- Nevada Action Coalition (702-522-7034)**
Serves as the driving force for transforming health care through nursing in Nevada.
nvactioncoalition.org
- Nevada Caregivers Coalition**
A statewide group dedicated to supporting and recognizing the efforts of caregivers throughout Nevada.
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
- 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
- Nevada Coalition to Prevent the Commercial Sexual Exploitation of Children (CSEC)**
Established in 2016 by Executive Order, CSEC combats commercial sexual exploitation of children in Nevada with trauma-informed and victim-centered approach.
dcfs.nv.gov/Programs/CWS/CSEC/CSEC
- Nevada Coalition for Suicide Prevention (NCSP)**
Dedicated to partnering and collaborating with local and state individuals and organizations for the development and implementation of evidence-based suicide prevention, intervention, and postvention strategies and programs in the State of Nevada.
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
- 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
- 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
- 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
- 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
- Nevada PEP (702-388-8899)**
Increases the opportunities for home, community and school success for children with disabilities, including those who are at risk or who have serious emotional disturbances, their families and their service providers, through education, encouragement and empowerment activities.
nvpep.org
- Nevada Psychological Association (NPA) (888-654-0050)**
Advances and represents psychology as a science and a profession, as well as to serve the professional needs of its membership and the community.
nvpsychology.org
- Nevada Public Health Association 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
- 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
- Nevada Statewide Coalition Partnership**
Working together to reduce the number of overdose deaths through community, family and prescriber education. Creating a healthier Nevada.
healthiernv.org
- Nevada Statewide Maternal and Child Health Coalition**
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.
nvnmch.org
- Nevada Tobacco Prevention Coalition**
Improves the health of all Nevadans by reducing the burden of tobacco use and nicotine addiction.
tobaccofreenv.org
- New Zeal (702-366-0558)**
Dedicated to the total restoration of drug addicts and their families through the gospel and ministry of Jesus Christ.
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.
drugfreelasvegas.org
Meetings: 3rd Wednesday monthly at 11:30am
- Prevent Child Abuse Nevada (PCANV) (702-895-1040)**
Ensures that Nevada's children thrive in safe, stable, and nurturing environments and relationships. Through providing education, advocacy, and awareness, PCANV aims to inspire communities to prevent all forms of child maltreatment.
nic.unlv.edu/pcanv.html
- reQ therapy bbq For Mental Health**
Provides education on mental health to the community, Service Members, Veterans and Families (SMVF). Works with local and national agencies to provide accurate mental health resources. Brings the community together through BBQ events.
reqtherapybbq.com
- Rite of Passage/The Embracing Project (ROP/TEP) (702-463-6929)**
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
- RITE Renew Interactive Training & Education (702-882-0752)**
Works broadly across the community to help affect positive change for vulnerable populations. Committed to the betterment of the community and uplifting those who serve our most vulnerable residents, with a mission to elevate the standards of care.
ritetrainings.org
- S.H.E.R.O Foundation**
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
- 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.
sohvlv.org

STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

Solutions of Change (702-848-1696)

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

Southern Nevada Adult Mental Health Coalition

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 (702-759-1270)

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

Southern Nevada Opioid Advisory Council

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

State of Nevada Association of Addiction Professionals (SNAAP)

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

The 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

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

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

Vegas Strong Resiliency Center (702-455-2433)

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

Vegas Stronger (702-234-1356)

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

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

Youth MOVE Nevada (youthmovenv@nvpep.org)

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

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

*You're braver than you believe,
and stronger than you seem,
and smarter than you think.*

A.A. MILNE



Healthier Futures
START HERE



**We are here for you. If you or a loved one is struggling,
call 702-322-1919 for a no-cost assessment
24 hours a day, seven days a week.**

springmountaintreatmentcenter.com



If you or someone you care about is struggling with their mental health, know that you are not alone. Spring Mountain Specializes in behavioral health for children, teens, adults and older adults

- Inpatient and Outpatient Programs
- Telehealth & Tele-Assessments Available

Treatment for:

- Depression & anxiety
- Substance use (detoxification)
- Co-Occurring Issues
- Other mental health conditions



New Innovative Peer Support App

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



www.ReachInNow.com

THE DIGITAL WORLD: A SILENT PANDEMIC

BY ANJUM KHAN, MA, PMP, PMI-ACP

Long before COVID-19, the world was struck by another pandemic that affects people's social, emotional, and physical well-being: *The Digital World*. A result of rapid advancement in technology and globalization, the digital world has been a silent pandemic for the past two decades and defines how we live today. Everything, from the workplace environment to schools and homes, has been "infiltrated and transformed"¹ by the Internet and digital technologies. The greatest impact has been on children and youth: from their upbringing to their schooling and playgrounds, the "i-kids"¹ experience growing, learning, and lifestyles never known before. And this has brought many challenges, fueling a mental health crisis.

1. GROWING: Child Development and Upbringing

By far the most significant challenge is how children are growing up. Children go through cognitive, emotional, physical, and social developmental milestones which allow them to function productively as they reach adulthood (e.g., talking, walking, etc.).² To attain these foundational growing blocks, children have certain needs that must be met. However, the majority of i-kids are exposed to some form of digital technology from birth, often replacing traditional forms of upbringing that facilitate meeting these needs (e.g., simply playing outside).^{1,2,3} From mini-tv's in cars to smartphones and other devices that entertain and engage everyone (including babies and preschoolers), the i-kids are literally growing up in a digital world. This has serious consequences on child development. Reports are showing a correlation between increased 'screen-time' and increased levels of: (1) psychological disorders (e.g., stress, mood and anxiety issues); (2) poor physical health (e.g., lack of sleep, poor dietary habits, obesity, diabetes, and cardiovascular disease); (3) impaired cognitive and personality development (e.g., difficulty learning and focusing, narcissism); and (4) risk in privacy and safety (e.g., identity theft, cyberbullying, child abuse, exposure to sexual exploitation, trafficking, and other illegal content).^{1,2,3,4}

2. LEARNING: Cognitive and Academic Impact

Education plays an important role in society, contributing to many circumstances as an adult (e.g., socioeconomic status). Achieving academic skills is correlated with healthy cognitive abilities.^{1,2} However, increased time in front of a screen is leading to poor academic performance. There is an increase in cognitive developmental issues that is affecting children's ability to learn, remember, and focus, such as: attention deficit hyperactivity disorder (ADHD); lack of proper levels of imagination, creativity, and reasoning (especially in children); and inability to differentiate between the real world and digital world.^{1,2,3}

3. LIFESTYLES: Child Safety and Social Media

The digital environment, particularly Social Media, has intensified many traditional real-world safety issues and introduced some unprecedented challenges.² According to UNICEF, "smartphones are fueling a 'bedroom culture' ..." wherein, children, and especially adolescents and youth, prefer to be 'left alone' when using their devices. This fosters isolation and inability to handle face-to-face relationships, creating a social dilemma.² Rather than connecting outside to play or do other extracurricular activities, i-kids text each other or go online for gaming or social media sessions. So much personal information is willingly or unwittingly shared online that child privacy and safety, once largely taken for granted when inside your home, is no longer guaranteed. Access to personal data, webcam views into the bedroom, child abuse and exploitation, and exposure to sexual and other illegal content—and even suicidal ideation, are all a very critical risk.^{2,4} Bullying may not stop in the school; it is highly likely to follow a child into his/her home—and be even more harsh and humiliating through social media.^{2,4} Considering that 1 in 3 internet users around the world are children and adolescents under 18, and 71% of youth (ages 15-24) are all connected online,² safety and privacy for children and youth are a grave challenge.

ADDRESSING SOCIAL MEDIA CHALLENGES IN NEVADA: NOSP'S RESPONSE AND RECOMMENDATIONS

By Richard Egan, Nevada Office of Suicide Prevention (NOSP)

Based on reports from the Centers of Disease Control and Prevention (CDC) and other studies about the negative impact of social media on mental health, NOSP started Connectiveness Matters Program in 2019. It addresses balancing human contact with on-line presence. NOSP is increasing education and training, and using awareness messages, in order to address the role of social media on mental health and suicidal ideation. The CDC report highlights Connectedness as a key protective factor in improving mental health and preventing suicide.⁵ NOSP's goal is to reduce suicides through collaborative initiatives which promote healthy living. Remember social media can have positive aspects also: being able to stay connected with family/friends, collaborating with others who have similar interests, finding support groups, being able to share other passions, and exploring/expressing oneself creatively. When you have the unbalanced effect, it can interfere with sleep, family, school, work, and activities. We need a well-balanced mental state. Some recommendations to achieve this include:

- **Stay Connected:** Have strong, positive relationships with others (family, friends, community), and frequent social contact for balance. This helps prevent social isolation, loneliness, and suicidal thoughts. In youth, connectedness fosters feelings of belonging, sense of identity and personal worth, and offers support systems.⁵
- **Create Family Rules And Guidelines:** Place computer/device in a shared space to ease monitoring (especially for younger children); limit time online (enforce breaks), set online behavior expectations (e.g., respect others online, verify facts before sharing, unfollow/report harmful posts/sites), balance in-person interaction (e.g., encourage other activities outside of social media).⁴
- **Put Children First In Digital Policies:** Policies need to ensure that platform providers are also liable to help ensure safe and secure digital environments, and support law enforcement. A recent testimony in Congress highlighted the lack of safeguards in Facebook and other social media platforms, which are not only contributing to negative effects on users' mental health (particularly children and youth), but also influencing cultural and socio-political conflict.⁶

We all need to work together to ensure a safe and healthy environment (real and digital) for our children and youth.

For more information about NOSP go to <http://suicideprevention.nv.gov/>

CONCLUSION

Digitalized connectivity is increasingly becoming a sharp double-edged sword. On one hand, it offers a wider platform of learning and educational opportunities (especially to poor and disabled children); on the other hand, it also provides increased risk to child development, safety, privacy, and well-being. For years, the attitude towards the harmful impact of the Internet and digital technology to society, especially children, has been like that of a doctor prescribing a medication and saying, 'there are some negative side effects, but the benefits outweigh them...' But just as patients taking drugs with harmful side effects are monitored, we need to monitor the use of the internet and digital environment that our children today spend almost all their time in. ***"The best security is an adult Being There, Being Aware and Being the Parent. The more knowledgeable you are as a parent about what your computer, or your child, is doing, the better able you are to create a safe and secure environment..."***⁴

REFERENCES:

1. Burns, T. and F. Gottschalk (eds.). "Educating 21st Century Children: Emotional Well-being in the Digital Age". 2019. *Educational Research and Innovation*, OECD Publishing, Paris. From <https://doi.org/10.1787/b7f33425-en>
2. United Nations Children's Fund (UNICEF). "Children in a Digital World." *The State of the World's Children 2017 Summary Report*. From <https://www.unicef.org/media/48601/file>
3. Penn State Psych 424 Blog. "Experiencing the Problems of the Digital Age." From <https://sites.psu.edu/aspsy/2018/10/21/experiencing-the-problems-of-the-digital-age/>
4. Settles, Doris. *Understanding i-Kids*. 2011. Pelican Publishing Company: Gretna.
5. CDC. "Preventing Suicide through Connectedness." From https://www.cdc.gov/violenceprevention/pdf/asap_suicide_issue3-a.pdf
6. "Facebook whistleblower tells Congress social network is 'accountable to no one'." Oct 5, 2021. From <https://www.nbcnews.com>

NATIONAL ORGANIZATIONS

AAKOMA Project	aakomaproject.org
Academy for Eating Disorders	aedweb.org
Active Minds	activeminds.org
Addiction Policy Forum	addictionpolicy.org
Alliance of Hope for Suicide Loss Survivors	allianceofhope.org
American Academy of Child and Adolescent Psychiatry	aacap.org
American Association for Marriage and Family Therapy	aamft.org
American Association of Suicidology (AAS)	suicidology.org
American Autism Association	myautism.org
American Counseling Association (ACA)	counseling.org
American Foundation for Suicide Prevention (AFSP)	afsp.org
American Mental Health Counselors Association (AMHCA)	amhca.org
American School Counselor Association (ASCA)	schoolcounselor.org
Anxiety and Depression Association of America (ADAA)	adaa.org
Association for Death Education and Counseling	adec.org
Black Mental Health Alliance	blackmentalhealth.com
Black Mental Wellness	blackmentalwellness.com
Bring Change to Mind	bringchange2mind.org
Born This Way Foundation	bornthisway.foundation
Center for Addiction and Mental Health (CAMH)	camh.ca
Centers for Disease Control and Prevention (CDC)	cdc.gov/MentalHealth/Index.htm
Center for Loss & Life Transition	centerforloss.com
CHADD (National Resource Center for ADHD)	chadd.org
Child Mind Institute	childmind.org
Child Trauma Academy	childtrauma.org
Children's Safety Network	childrensafetynetwork.org
Community Anti-Drug Coalitions of America (CADCA)	cadca.org
Compassionate Friends	compassionatefriends.org
Depression and Bipolar Support Alliance (DBSA)	dbsalliance.org
Dougy Center	dougy.org
Families Against Narcotics	familiesagainstnarcotics.org
Families for Depression Awareness	familyaware.org
Heal Grief	healgrief.org
Hope Squad	hopesquad.com
How Right Now	howrightnow.org
International OCD Foundation	iocdf.org
International Society for Traumatic Stress Studies	istss.org
Mental Health America (MHA)	mhanational.org
National Action Alliance for Suicide Prevention	theactionalliance.org
National Alliance for Grieving Children (NAGC)	childrengrieve.org
National Alliance on Mental Illness (NAMI)	nami.org
National Association for Addiction Professionals	naadac.org

NATIONAL ORGANIZATIONS

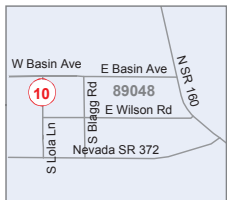
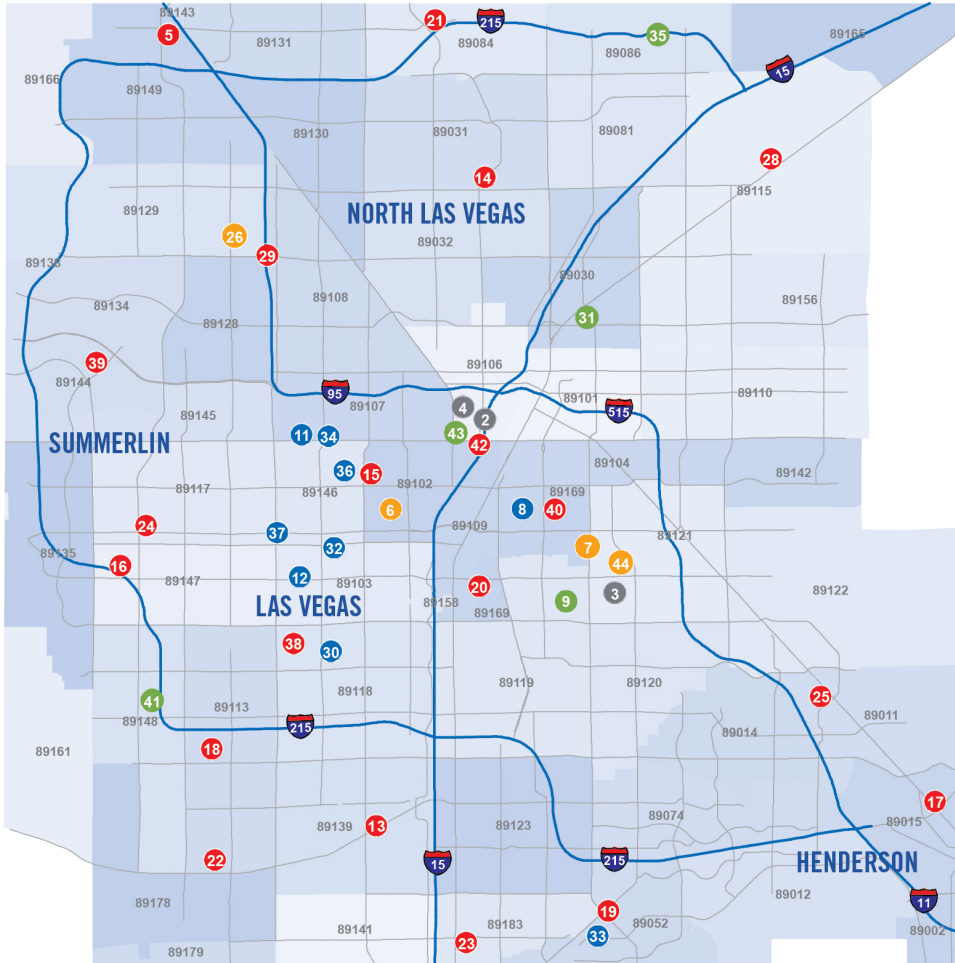
National Association of Anorexia Nervosa + Associated Disorders	anad.org
National Association of School Psychologists	nasponline.org
National Association of Social Workers (NASW)	socialworkers.org
National Center on Domestic Violence, Trauma, Mental Health	nationalcenterdvtraumamh.org
National Center for PTSD	ptsd.va.gov
National Center for School Crisis and Bereavement	schoolcrisiscenter.org
National Center for School Mental Health	schoolmentalhealth.org
National Coalition Against Domestic Violence (NCADV)	ncadv.org
National Council for Behavioral Health	thenationalcouncil.org
National Council for Mental Wellbeing	thenationalcouncil.org
National Eating Disorder Association (NEDA)	nationaleatingdisorders.org
National Indigenous Women's Resource Center	niwrc.org
National Institute on Alcohol Abuse and Alcoholism	niaaa.nih.gov
National Institute on Drug Abuse	drugabuse.gov
National Institute of Mental Health (NIMH)	nimh.nih.gov/index.shtml
National Latino Behavioral Health Association	nlbha.org
NBA Mind Health	mindhealthnba.com
One Mind	onemind.org
Open to Hope	opentohope.com
Partnership to End Addiction	drugfree.org
Postvention Alliance	postvention.org
Project Heal	theprojectheal.org
R.E.A.C.H.	reach.gov
S.A.F.E Alternatives (Self Abuse Finally Ends)	selfinjury.com
Schizophrenia & Related Disorders Alliance of America	sardaa.org
Shared Hope International	sharedhope.org
Substance Abuse and Mental Health Services Administration	samhsa.gov
Suicide Awareness Voices of Education	save.org
Suicide Prevention Resource Center	sprc.org
The Jason Foundation	jasonfoundation.com
The Jed Foundation	jedfoundation.org
The Mental Health Coalition	thementalhealthcoalition.org
The National Child Traumatic Stress Network	nctsn.org
The Network La-Red	tnlr.org
The Sanctuary National Grief Support Network	thesanctuaryforgrief.org
The Steve Fund	stevefund.org
The Trevor Project	thetrevorproject.org
Therapy for Black Girls	therapyforblackgirls.com
United States Department of Veterans Affairs – Mental Health	mentalhealth.va.gov
World Federation for Mental Health (WFMH)	wfmh.global
Youth.Gov	youth.gov
Zero Suicide	zerosuicide.edc.org

HOSPITAL LISTING

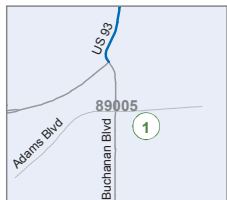
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

- Boulder City Hospital, Geriatric Behavioral Medicine 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 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**
- 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**
- The Pavilion at Southern Hills Hospital** 9300 W Sunset Rd., LV, 89148 **702-916-5100**
- 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**

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

"Education is the most powerful weapon which you can use to change the world." - NELSON MANDELA

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:

INDIE ROCK

Example: Thank U - Alanis Morissette

Free songs available on stations like www.audacy.com

SUGGESTED SHOW:

ANIME CARTOON

Example: Toradora

Free shows available on Tubi (www.tubitv.com)



WATCHING

SUGGESTED ACTION:

VOLUNTEER

Research opportunities and sign up to volunteer at nevadavolunteers.org or engage.youth.gov



DOING

SUGGESTED READING:

YOUNG ADULT



Example: Girl, Serpent, Thorn - Melissa Bashardoust

Free reading materials available at public libraries

READING

ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

- betterhelp.com • brightside.com • emdr.com
- faithfulcounseling.com • findatherapist.com • findtreatment.gov
- nvpsychology.org (Find a Psychologist) • onlinetherapy.com
- openpathcollective.org • pridecounseling.com • psychologytoday.com/us/therapists
- regain.us • talkspace.com • teencounseling.com • therapistlocator.net
- therapyden.com • therapyforblackgirls.com • treatmentconnection.com
- Veterans – Make the Connection: 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

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

Apple Grove Treatment Center applegrovetreatmentcenter.com	702-992-0576	89120	BST, PSR, Individual
Applied Behavior Analysis Institute abainstitute.us	702-502-8021	89107	ABA, ASD
Aroma Functional Nutrition Psychiatry afnpsych.com	702-907-7924	89144	Women/Maternal Mental Health
Autism & Behavioral Consulting Services abcservices.co	702-283-6215	89117	ASD
Bamboo Center for Grief, Growth & Well-Being bamboocenter.us	713-322-6266	89128	Grief, Life Transitions
Bamboo Sunrise bamboosunrise.net	702-433-3038	89015	Life Skills, Foster Care
BBS Counseling bbsforensic.com	702-577-7792	89123	Anxiety, MOOD, PTSD
Behavioral Healthcare Options bhoptions.com	702-364-1484	89128	Insurance Provider, CM, EAP
Behavioral Learning Solutions www.blsolutionsaba.org	702-610-2076	89052	ABA, ASD
Behavioral Services of Nevada behavioralservicesnv.com	702-816-3400	89121	BST, PSR
Beyond Expectation bepsyc.com	702-779-3956	89141	Neurofeedback
Beyond Therapy beyondtherapylv.com	702-673-4745	89129	EMDR, Christian MFT
Bilingual Center for Behavioral Health bcbhlv.com	702-401-0811	89119	Anxiety, MOOD
Boys Town Behavioral Health Clinic boystown.org	702-888-1340	89148 89113	Ages 0-22, ASD
Bridge Counseling Associates bridgecounseling.org	702-474-6450	89106 89121	Trauma, PTSD, Youth, Sexual Abuse, IOP
Bridge Health Services bridgehs.com	702-843-0551	89106	Co-occurring, ODD, PTSD
Browning Neurobehavioral Associates browningnba.com	702-305-0234	89145	Psychotherapy
Cal Psychiatric Services calpsychservices.com	702-629-7490	89109	Psychiatric, Neurological Disorders
Calm Clinic Psychiatry calmclinic.vegas	702-848-2256	89103	ADHD, MM, Work Stress
Campbell Center for Autism campbellcenterforautism.com	702-260-2360	89117	ABA, ASD
Center for Behavioral Health centerforbehavioralhealth.com	702-796-0660	89121	ADDICT, SAT
Center for Compassionate Care nah.org/what-we-do/center-for-compassionate-care	702-733-0320	89119	Bereavement Services, Spiritual Care
Center for Individual, Couple and Family Counseling unlv.edu/cicfc	702-895-3106	89154	Teletherapy
Central Point Psychiatry	702-380-8200	89146	
Changing Minds Psychiatry changingmindspsych.com	702-405-8088	89074	Psychotherapy, Psychopharmacology
Choices Group choiceslasvegas.com	702-252-8342	89104	Co-Occurring, SAT
Clarity Wellness Center claritywclv.com	702-578-4505	89121	Military, Minorities
Clear View Counseling clearviewcounseling.com	702-254-4883	89101	ADHD, Crisis, MFT, MOOD, PTSD

NAME + WEB ADDRESS

PHONE

ZIP

FOCUS / SPECIALTY

Aaron Williams Therapy aaronwilliamstherapy.com	702-480-7960	89106	Anxiety, Coaching, Pre-marital
ABC Therapy abctherapy.net	702-598-2020	89101	General
Achievable Behavior Strategies bxtherapy.com	702-565-1894	89147	ABA, ASD
Adelson Clinic for Drug Abuse Treatment adelsoncliniclasvegas.com	702-735-7900	89169	OUD, MAT
Adonai Counseling & Consulting adonaicounseling-consulting.com	725-208-1960	89146	EMDR, Grief/Loss, Relationships
Advanced Psychiatric Associates	702-228-4900	89146	General
Advanced Psychiatric Inc. advancedpsychiatryinc.com	702-763-7811	89032	ADHD, CM, PHP, SAT
Agape Behavioral Center agapebehavioral.org	702-656-5683	89130	BST, PSR
All About You Counseling allaboutyoucounseling.org	702-754-0807	89123	General
Alliance Mental Health Specialists alliancemhs.com	702-485-2100	89103	Telepsychiatry
Andres Counseling Services	702-803-3481	89128	Anxiety, MOOD, Trauma

OUTPATIENT LISTING

Clinical Solutions clinicalsolutionslv.com	702-212-3008	89117	CBT, DBT, MOOD
Collier Counseling and Life Coaching colliercounseling.org	702-860-5249	89015	Couples Counseling, DBT, EMDR, PTSD
Community Counseling Center cccofsn.org	702-369-8700	89104	General
Connexions Mental Health Services connexionsmentalhealthservices.com	725-696-2204	89121	Telehealth, Military, Veterans, First Responders
Cornwall Counseling cornwallcounseling.com	859-321-4956	89119	REBT
Corridor of Hope Wellness & Consulting corridorofhopelv.com	702-522-9000	89104	Grief, Domestic Violence, LGBTQ
Creative Behavioral Connections cbcautism.com	702-901-5200	89130	ABA, ASD
Crossroads of Southern Nevada crossroadsofsonv.com	702-382-7746	89102	ADDICT, SAT
DCFS-Neighborhood Care, North dcfs.nv.gov/Programs/CMH/Contact_CMHS	702-486-5610	89032	Children Mental Health Services
DCFS-Neighborhood Care, South	702-486-6726	89015	
DCFS-Neighborhood Care, West	702-486-0000	89146	
Desert Hope Outpatient americanaddictioncenters.org	702-286-8394	89121	ADDICT, SAT
Desert Psychiatry desertpsychiatry.com	702-685-3300	89146	Psychiatric Services
Desert Psychological desertpsychological.com	702-650-6508	89120	Testing, Assessment
Desert Regional Center (DRC) adsv.nv.gov	702-486-7850	89103	DD
Desert Rose Counseling desertroselv.com	702-843-6500	89102	Trauma Recovery
Desert Treatment Clinic deserttreatment.com	702-248-0000	89014	ADDICT, Methadone and Suboxone
Diamond Mental Health diamondmentalhealth.net	702-395-4002	89130	ADDICT, Equine Therapy, Trauma
Dynamic Music Therapy vegasmusictherapy.com	702-257-0792	89102	Music Therapy
Eden Center for Eating Disorders edentreatment.com	877-853-3362	89102	Eating Disorders, Co-Occurring Disorders
Elements of Motivation elementslv.com	702-331-4874	89117	Home Based Services
Empowerment Center of NV facebook.com/empowermentcenterofsouthernnevada	702-636-8729	89032	Crisis Intervention, General
Evergreen Counseling evergreencounselinglv.com	702-248-6290	89146	ODD, Sexual Problems, Trauma
Focus Mental Health Solutions focusmentalhealth.com	702-790-2701	89102 89052	Psychiatric Services
Forward Impressions forwardimpressionslv.com	702-848-1411	89130	BST, PSR, IOP, Youth Services
Foundations Counseling Center foundationsnv.com	702-240-8639	89128	Youth, ADHD, ASD, Eating Disorder
Frontier Medical & Behavioral Center frontiermbc.com	702-750-2438	89031	Psychiatric Services
Glass House Counseling ghca-lv.com	702-586-8693	89104	PSR, Support Groups

Grand Desert Psychiatric Services brainsway.com/find-a-provider	702-202-0099	89146	Deep Transcranial Magnetic Stimulation
Guevara Counseling Center guevaracounselingcenter.com	702-366-0251	89106	Grief, PTSD, Refugee, Spanish
H.O.P.E. Counseling Services hopecounselingservices.net	702-437-4673	89106 89031	ADHD, MOOD, PTSD, Trauma
Harmony Healthcare harmonyhc.com	702-251-8000	89102	Insurance Provider
Heads Up Guidance and Wellness Centers headsupnevada.org	702-922-7015	89102	
Healing with Grace Counseling Center hwgcounseling.com	702-716-0908	89052	
Healthy Minds healthymindslv.com	702-622-2491	89106	Co-occurring, SAT
Hello Therapy hellotherapylv.com	702-381-2192	89074	Grief, Trauma, Teletherapy
Higher Ground Counseling Services highergroundcounselingservicesllc.com	702-525-8402	89117	MFT, Teletherapy
Human Behavior Institute (HBI) hbinetwork.com	702-248-8866	89146	Insurance Provider, CM, Mobile Services
Ignite Teen Treatment igniteteentreatment.com	866-202-7217	89147	Youth
Innovation Behavioral Health Solutions drsandragray.com	702-900-2784	89146	EMDR, Neuropsychological Assessment, Trauma
Insight Therapy Solutions insighttherapyolutions.com	702-685-0877	89120	Teletherapy
Integrated Psychological Solutions lpsych.com	888-320-2271	89146	CBT, Eating Disorders, EMDR, MOOD
Integrity Counseling integritycounselinglv.com	702-499-4922	89117	BST, CM, Life Coaching, PSR, SAT
Jewish Family Services (JFS), Counseling and Adoption jfsalv.org	702-732-0304	89119	Anxiety, MOOD, Lifestyle Transitioning
Kayenta Therapy kayentatherapy.com	702-438-7800	89134	Teletherapy
Landmark Recovery landmarkrecovery.com/locations/las-vegas	725-217-9910	89129	ADDICT, IOP, PHP, SAT
Las Vegas Comprehensive Treatment Center ctcprograms.com/location	844-682-0316	89109	ADDICT, Methadone and Suboxone
Las Vegas Counseling Center lasvegascounselingcenter.com	702-466-3750	89117	Teletherapy
Las Vegas Grief and Loss Counseling Center griefcounselinglv.com	702-580-4912	89117	Grief
Las Vegas Indian Center lvindiancenter.org	702-647-5842	89106	SAT
Las Vegas Therapy lvtmentalhealth.com	702-659-4825	89129	Postpartum, Sexual Issues
Legacy Counseling & Workforce Connections legacycounselingandworkforceconnections	702-763-7443	89146	BF, CBT, IOP, SAT, Telehealth
Legacy Health and Wellness legacyhealthlasvegas.com	702-749-4951	89128	BST, PSR, Crisis Services, Parenting, EMDR
Life Bridge Psychiatry lifebridgekids.com	702-765-4965	89117	Youth
Life Spring Counseling Center lifespringcounselingcenter.org	702-939-5433	89117	Anxiety, MOOD, Premarital, PTSD

OUTPATIENT LISTING

LifeQuest lifequestnv.com	702-830-9740	89145	CM, BST, MFT, MM, SAT
Lotus Behavioral Health Services lotusbehavioralhealthservices.com	725-215-0359	89128	MOOD, PTSD, Trauma
Mbrace Counseling and Behavioral Services mbraceco.com	702-749-6926	89146	BST, PSR, Family Therapy
M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	Psychiatric Services
Mingo Health Solutions mhsbehavioralservices.com	702-848-1696	89120	
Mobile Mental Health Support Services mmhssnv.com	707-888-0036	89146	Anxiety, MOOD, Personality D/S, Relationship
Mojave Counseling univhealth.org/psychiatry-mental-health	702-253-0818 702-968-4000	89146 89014	Children/Adolescents, CM, Adults
Neubauer Mental Health Services nmhslv.com	702-806-5268	89108	
Nevada Behavioral Health Systems nvbhs.com	702-978-8100		Managed Mental Health & Substance Abuse Services
Nevada Health Centers, Cambridge nevadahealthcenters.org	702-307-5415	89119	ADDICT, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Eastern	800-787-2568	89104	
Nevada Health Centers, Henderson	702-868-0327	89015	
Nevada Health Centers, MLK	702-383-1961	89106	
Nevada Health Centers, North Las Vegas	702-214-5948	89030	
Nevada Mental Health nevadamentalhealth.com	702-440-8430	89106	
Nevada Mental Health Associates nevadamha.com	702-530-5344	89104	Grief, MOOD, PTSD, Sexual Issues, Trauma
Nevada Mercy and Care Inc nevadamercyandcare.org	702-444-0599	89119	Refugee
Nevada State Behavioral Health nvstatebehavioralhealth.com	702-714-1681	89120	MOOD, Trauma, PTSD
Never Give Up Wellness Center nevergiveupbhs.com	702-951-9751	89146	Biofeedback, MFT, MM, Psychiatric Services
New Way Empowerment Center	702-695-4345	89146	CM, Trauma, Life Transitions
Nippon Clinic nipponclinic.vegas	702-994-7267	89119	MOOD, Eating Disorder, PTSD
Nueva Vida Mental Health nvms.com	702-659-8827	89103	BST, CBT, PSR
Oasis Counseling oasiscounselingtoday.com	702-294-0433	89113 89052	
Open Arms Counseling openarmscounseling.org	702-823-4300	89015	ADDICT, EMDR, MM
Our Little World Treatment Center olwtreatment.com	702-742-3093	89012	ASD
Overton Psychological Services facebook.com/Overtonpsych	702-563-1000	89074	
Pathways Therapy & Wellness Center pathwaystherapynv.com	702-363-7284	89052	Anxiety, MOOD, Trauma, PTSD, Relationships
Perceptions Counseling Center of Southern Nevada pccofsn.com	702-850-8700	89120	Child Therapy, Teletherapy

Pro-Health Therapeutic & Empowerment Services phtes.com	702-490-9009	89169	Co-Occuring, LGBTQ, MM, SAT, Teletherapy
Puzzle Pieces Autism and Behavioral Services LLC puzzlepiecesnv.com	702-704-5112	89131	ASD
Red Rock Counseling redrockcounseling.com	702-389-4500		
Red Rock Psychological Health redrockph.com	702-898-5311	89119	
Reflections Therapy reflectionstherapylv.com	702-553-2364	89128	Non-Verbal Treatment
Resolutions Behavioral Health Therapy resolutionsbehavioralhealththerapy.com	702-462-1813	89146	Anxiety, MOOD, Trauma
Resource Family Services resourcefamilyservices.com	702-331-5608	89119	Couples, Family Therapy
Restorative Behavioral Health LLC facebook.com/RestorativeBH	702-853-6727	89031	General
SAFY of Nevada Specialized Alternative safy.org/nevada	702-385-5331	89130	Youth, Family
Serenity Counseling and Support Services serenitysupportservices.com	702-903-2973	89117	ADHD, Anger Management, Bullying, Parenting, Trauma
Serenity Mental Health serenitymentalhealth.org	702-815-1550 775-751-5211	89146 89048	Anxiety, MOOD
SFS Therapies sfstx.com	702-979-4268	89128	Speech Therapy
Shining Star Community Services shiningstarlv.com	702-882-7827	89119	Family Therapy, Grief
Sierra Sage Recovery Services sierratreatment.com	702-880-8230	89107	ADDICT, CBT, IOP, SAT
Signs of Hope Counseling Center sohvlv.org/counseling	702-366-1640	89106	Trauma, PTSD
Silver State Health silverstatehealth.org	702-471-0420	89119	Anxiety, Behavioral, MOOD, PTSD, Stress
Skills 4 Kids facebook.com/skills4kidLLC	702-538-9476	89117	
Southern Nevada Adult Mental Health Services dpbh.nv.gov/About/Overview/SNAMHS_Overview	702-486-6000	89146	CM, Mental Health Court, Mobile Crisis, MM
Southern Nevada Pediatric Center southernnevadapediatriccenter.com	702-850-5437	89128	ADHD, Anxiety, MOOD
Southern Nevada Psychological Services snvpsyc.com	702-483-8017	89109	Biofeedback, Cognitive Rehab, Psychotherapy
Southwest Autism & Behavioral Solutions swbehavior.com	702-270-3219	89120	ASD
Summit Mental Health summitmentalhealth.org	702-727-4459	89102	Anxiety, MOOD, Trauma, PTSD, Relationships
Sunshine Family Support Services sunshinefamilyss.net	702-433-0063	89104	Telehealth
Tancell Care tancell-care.business.site	702-476-0262	89119	DD
Tandem Therapy Services tandemtherapyservices.com	702-396-0101	89117	ABA, ASD, Speech Therapy
The Hamilton Group hamiltongrouplv.com	702-289-4883	Virtual	MM

OUTPATIENT LISTING

The Healthy Foundations Center <i>healthyfoundations.center</i>	702-489-2117	89117	BST, PSR
The Lovaas Center <i>thelovaascenter.com</i>	702-877-2520	89103	ABA, ASD
The Parkey Group <i>theparkeygroup.com</i>	725-230-8526	89145	CBT, Couples, Teletherapy
The Practice, UNLV <i>unlv.edu/thepractice</i>	702-895-1532	89154	CBT, DBT, Psychological & Psychoeducational Testing
Therapeutic Solutions Behavioral Health <i>therapeuticsolutionslv.com</i>	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center <i>therapytreatmentcenters.com</i>	702-423-2625	89102	Anger Management, MOOD, PTSD, Trauma
Theravada Mental Health <i>theravadawellness.com</i>	702-757-8720	89130 89052	DBT, EMDR
There is Hope <i>thereishopenv.com</i>	702-684-7757	89146	Anger Management, IOP
Thrive Solutions <i>thrivesolutionslv.com</i>	702-602-8504	89148	ADDICT, IOP, MFT, MM
Thriveworks Counseling <i>thriveworks.com</i>	702-820-3061	89146	ADDICT, Eating Disorder
TIM Care <i>timcarenv.com</i>	702-617-6313	89106 89109	General, SAT, Psychiatric
Touro Center for Autism & Developmental Disabilities <i>tourocadd.org</i>	702-777-4808	89014	ASD
Transitional Wellness Center <i>transitionalwellnesscenter.com</i>	702-339-0346	89120	
TUFF Services Ministries <i>tuffservices.org</i>	800-649-0925	89053	Pastoral Counseling
United Citizens Foundation <i>ucfoundation.com</i>	702-888-6300	89147	School-based, Telehealth
U.S. VETS <i>usvets.org/locations/las-vegas</i>	702-947-4446	89101	Eligible Veterans, SAT
Vegas Cares LLC <i>vegascarellc.com</i>	725-206-5434	89121	General, PSR, BST
Ventana Health Associates	702-360-2800	89134	
Victorious Behavioral Health <i>victoriousbhs.com</i>	702-723-0125	89119	General, PSR, BST, IOP, Psychiatric Services
We Are Hope <i>wearehopelv.com</i>	702-333-4373	89130	ADDICT, General, Trauma
Well Care Behavioral + Medical Clinic <i>thewellcaregroup.com</i>	702-291-7121	89122	BST, CM, PSR
Westcare <i>westcare.com</i>	702-385-3330	89101	SAT
Zia Counseling <i>ziacounseling.com</i>	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

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

CHILD SEX TRAFFICKING WARNING SIGNS

Educators • Medical Professionals • Community Members



POTENTIAL WARNING SIGNS THAT A CHILD MAY BE BEING GROOMED OR TRAFFICKED:

- Signs of physical abuse such as burns, marks, bruises or cuts
- Unexplained absence from school; truancy
- Sudden inappropriate dress or sexualized behavior
- Overly tired in class or unable to keep up with studies
- Withdrawn, depressed, or distracted
- Bragging about making or having lots of money
- Displays expensive clothes, accessories, shoes, or new tattoo (often used by pimps as a way to brand victims)
- Older boyfriend, new friends with a different lifestyle or gang affiliations/involvement
- Disjointed family connections, running away, living with friends or experiencing homelessness
- Interacting and sharing personal information with sometimes significantly older people online
- Constant cover-up for abuser, self-shaming/blaming
- Risk-taking behaviors, poor boundaries

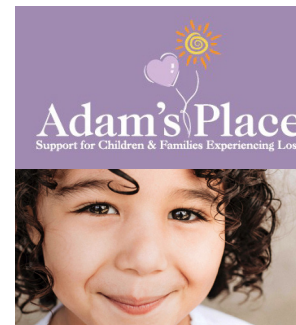
PIMPS/TRAFFICKERS OFTEN EXHIBIT THE FOLLOWING BEHAVIOR OR CHARACTERISTICS:

- Jealous, controlling or violent
- Significantly older than female companions
- Promise things that seem to be too good to be true
- Is vague about his/her profession
- Takes time to learn a child's hopes and dreams and exploits their weaknesses
- Encourage victims to engage in illegal activities to achieve their goals and dreams
- May not become sexual or forceful until trust is built
- Encourages inappropriate sexual behavior
- Pushy or demanding about sex
- Expresses financial difficulties to make victim feel obligated
- Accompanies and translates for, or speaks for, victim at school or medical appointments
- Befriends a child online through social media, gaming or apps that provide private communications

TO REPORT A TIP OR CONNECT WITH ANTI-TRAFFICKING SERVICES IN YOUR AREA, CONTACT:

National Center for Missing & Exploited Children
1-800-843-5678

National Human Trafficking Hotline
1-888-373-7888



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

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Attend an Event • Become a Community Partner

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702.202.3891 | adamspacelv.org 501 (c)(3) non-profit - Established in 2010

SPECIAL REPORT: SCHOOL-BASED MENTAL HEALTH (K–16)

Q&A

WITH CHRISTY MCGILL* DIRECTOR, OFFICE OF SAFE AND RESPECTFUL LEARNING ENVIRONMENT

MENTAL HEALTH SPECTRUM (MHS): What is the Office of Safe and Respectful Learning Environment (OSRLE)?

CHRISTY MCGILL (CM): The OSRLE was established in 2015. Today, it supports four major tasks in Nevada’s district and charter schools: 1) School Safety, 2) Social & Emotional Learning, 3) School-based health, and 4) Multi-Tiered Systems of Support.

MHS: What services/programs do you offer for K-16? What, if any, is the difference between college and K-12 programs & services?

CM: Note—Nevada Department of Education (NDE) has no jurisdiction in higher education. OSRLE focuses on system supports so that districts can implement services that meet the Nevada Revised Statutes and school needs. For example, our office, the Department of Public Safety (DPS) and School Multi-Disciplinary teams, have co-implemented SafeVoice. This anonymous reporting system can be used to report threats to the safety or well-being of students 24/7 to live dispatchers (in English & Spanish), via any of the following options: the SafeVoice Nevada app (available from Apple Store or Google Play), at safevoicenv.org, or by calling 1-833-216-SAFE (7233). This collective impact project is a powerful strategy: DPS mans the lines 24/7, local law enforcement helps with 24/7 response, school teams ensure support to students, and NDE provides resources and technical assistance. NDE is currently working to bring Nevada Mobile Crisis into the team.

MHS: What do you believe is the most critical issue that needs to be addressed for school-based mental health?

CM: Schools excel at providing behavioral health supports for tier 1 (universal & preventive strategies) and tier 2 (identifying students that need more intense support in tier 3). During the pandemic, some schools struggled with this because of the digital learning environment, and saw an increase

in demand from students & staff for more critical services in tier 3. Schools tried to meet that need while also figuring out how to reengage students & staff through social and emotional learning. This has been a very difficult balance for schools and districts. It is currently critical for schools to re-establish those tier 1 strategies, like a sense of belonging for staff and students, and to provide support in crisis.

MHS: What are some of the challenges for school-based mental health across K-16?

CM: 1) Community providers and hospitals are overwhelmed currently—so schools are welcoming back their staff & students with unmet behavioral health needs. 2) Schools are struggling to meet those needs onsite while also trying to re-engage staff & students in positive healing ways.

MHS: Please share an example of a successful screening and/or intervention program for K-16?

CM: The vision and auditory screening performed by the school nurses have a long history of success in our schools. Schools are using screeners with more frequency and some even have moved to a universal screener. Before Clark County School District implemented their social emotional screener from Panorama during the pandemic, the most common tool used was Signs of Suicide (SOS). In this program, students are educated on the signs of depression and suicide in others, as well as in themselves. Students are then taught to ACT—Acknowledge (the signs of suicide), Care (about the suicidal person and offer help), and finally Tell (a responsible adult). The screening portion of the program includes completion of the Columbia Depression Scale. By scoring this screening instrument themselves, students can assess any suicidal thoughts they may be experiencing, which may encourage them to seek help. Some Nevada schools have also used the Columbia Teen Screen as well.

MHS: Please share an example of a key evidence-based and/or successful plan/program/service for K-16?

CM: The above are evidence-based suicide prevention programs and screening in schools. NDE works with the University of Nevada, Reno’s technical assistance center for Positive Behavioral Interventions and Supports to support districts in implementing Multi-Tiered Systems of Support as an evidence-based service delivery and data-based decision-making model for intervention systems across school behavioral health.

MHS: What are some of the risk factors for mental health issues in K-16 students?

CM: **Hyperactivity (parent rating), low academic performance, peer delinquency, and availability of drugs in the neighborhood can predict violence and behavioral health concerns. Focusing on student assets or social and emotional skills can improve student outcomes. (**based on research from <https://www.sciencedirect.com/science/article/abs/pii/S1054139X99000658>).

MHS: If you could give one piece of advice to share with parents regarding their children’s mental health, what would that be?

CM: Nothing is more important than the positive relationships between students, school staff, and parents or guardians; communicate often and be kind to each other—parenting and teaching are both very difficult jobs.

MHS: If you could give one piece of advice to share with school staff regarding student’s mental health, what would that be?

CM: Establishing positive relationships between school staff & students is the foundation for learning and contributes to both staff & student wellbeing.

MHS: Any other thoughts or comments you would like to share regarding the topic of school-based mental health?

CM: I express sincere gratitude for school staff & students who learned and work together to overcome all the barriers to learning over the last two years.

*Christy McGill has over 18 years of experience in community organizing, community positive change, and grass roots initiatives that used collective impact strategies. Currently, Christy provides all guidance, direction and oversight of the OSRLEs projects throughout the 17 Nevada school districts and 120 charter schools.

Excerpts from the U.S. Department of Education report* on mental health needs for children and students.

“Schools are the most common setting in which children and adolescents receive mental health services and supports. Shifting to a more integrated and effective approach to providing social-emotional, and behavioral support requires making changes to many of the standard approaches to prevention and intervention in schools...

Universal mental health promotion for all students and staff in the school community is foundational to any implementation framework. This includes positive school climate, positive discipline practices, teacher and school staff well-being, mental health literacy, positive behaviors and relationships and social-emotional learning. Social-emotional and behavioral health and well-being skills are skills that should be taught by all staff across all school settings and embedded in daily practices.”

“To increase the capacity of states, districts, schools, programs, and institutions of higher education to provide social, emotional, and behavioral health support and to improve outcomes for children and students, U.S. Department of Education recommend the following:

- Prioritize wellness for each and every child, student, educator, and provider.
- Enhance mental health literacy and reduce stigma and other barriers to access.
- Implement a continuum of evidence-based prevention practices.
- Establish an integrated framework of educational, social, emotional, and behavioral health support for all.
- Leverage policy and funding.
- Enhance workforce capacity.
- Use data for decision making to promote equitable implementation and outcomes.”

*U.S. Department of Education, Office of Special Education and Rehabilitative Services. *Supporting Child and Student Social, Emotional, Behavioral, and Mental Health Needs*. Washington, DC, 2021. Excerpts reprinted from authorized public domain at <https://www2.ed.gov/documents/students/supporting-child-student-social-emotional-behavioral-mental-health.pdf>

SPECIAL ALERT

MENTAL HEALTH CRISIS

IN CHILDREN, ADOLESCENTS, AND YOUNG ADULTS (K-16)

BY ANJUM KHAN, MA, PMP, PMI-ACP

Ever since the COVID pandemic began, one thing has become evidently clear: mental health is just as—if not more—important than physical health. For everyone. Especially younger generations. Consider that 1 in 5 individuals between the ages of 2 and 24 meet a diagnostic criteria for some mental, emotional, developmental, or behavioral disorder.^{1,2} Further, half of all lifetime mental illness cases show on-set symptoms by age 14, and three-quarters of all cases are diagnosed by the age of 24—at the peak of youth.^{1,3} In fact, college aged young adults (18-25 years old) have the highest prevalence of any mental illness compared to adults from age 26 and older.^{1,3} In most cases, anxiety and depression are leading causes of disability and missed opportunities, especially dropping out of school or college (73% of college students experience some form of mental health crisis).^{1,2,3} And most concerning of all: suicide is the 2nd leading cause of death for persons aged 10-24, with almost all (90%) cases showing some underlying mental illness – many of whom never sought treatment.^{1,2,3} There can be no doubt that **this is a critical alert to a mental health crisis in children and youth**. Astonishingly, this data is from 2019, before COVID struck. It is the latter's traumatic impact on mental health that has underscored these findings—prompting an emergency alert nationally in 2021 by some major pediatric health associations, state governors, and the US Surgeon General.^{2,4}

A common misperception is that mental health only matters in adulthood. But, “Mental health includes our emotional, psychological, and social well-being...[and] ...is important at every stage of life, from childhood and adolescents through adulthood...[because] it affects how we think, feel, act, ... relate to others, and make healthy choices.”⁴ From birth, we go through the processes of cognitive, emotional, social, and physical growth and development.^{2,4} Successful learning and developing skills at one stage provides a sense of meaningful accomplishment that propels us into the next stage of growth. When this is hindered or blocked in any way, it negatively impacts our life journey. The consequences of poor mental health include: (1) impaired cognitive, behavioral, and physical health development in younger children; (2) increased risk of suicide, substance abuse, eating disorders, truancy, delinquent and promiscuous behaviors in adolescents and youth; and (3) increased risk of developing mental illness and disability, leading to poor academic performance, poor daily functioning and loss of meaningful and productive contribution to community, family, and self, at any age.^{1,2,3,4,5} Mental health conditions can develop due to biological (i.e., genes, brain chemistry) and/or environmental (e.g., adverse childhood experiences, exposure to alcohol, drugs, abuse, violence, digital world, birth complications) factors.^{2,4,5} Studies show that early age onset of any mental illness has serious and longer lasting impact on an individual.⁵ Early identification, intervention, and treatment are crucial to prevent serious long-term ramifications.⁵

“Mental health is treatable and often preventable,”² however, too many persons struggling with mental health issues never seek help. Barriers like stigma and lack or limited access or awareness of available care and treatment foster a culture of ignorance surrounding mental health that further impede avenues to proper care and support systems for total well-being. Schools and colleges are in a position to offer opportunities to jumpstart the crisis mitigation for all students. Creating safe protective relationships and environments that promote and elevate mental health awareness, treatment access and availability, must be an immediate and urgent priority.^{2,3,4} Colleges are in a more precarious position as the student youth population is generally considered as ‘adult’, thereby parents/families may not be as directly involved or available as those for students in K-12. Thus, college counseling services and educators need more aggressive training and programs to identify warning signs, know when and how to approach student or counselor in order to facilitate interventions/treatment options.³ In our life journeys, our youth are the future; they are also the most vulnerable populations, and need careful and immediate attention.

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LOCAL SHELTER AND TRANSITIONAL HOUSING

FAMILIES

FAMILY PROMISE

702-638-8806

1410 S Maryland Parkway, LV 89104

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

familypromiselv.com

HELP OF SOUTHERN NEVADA

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

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

helpsonv.org

SAFE FAMILIES FOR CHILDREN, OLIVE CREST

702-960-1436

4285 North Rancho Drive, Suite 160, LV 89130

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

lasvegas.safe-families.org

S.A.F.E. HOUSE

702-564-3227

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

safehousenv.org

MEN

CATHOLIC CHARITIES SHELTER FOR MEN

702-387-2282

1511 Las Vegas Blvd North, Las Vegas 89101

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

catholiccharities.com

LAS VEGAS RESCUE MISSION

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

Single men and fathers with children.

Shelter intake is located off D Street.

vegasrescue.org/emergencysshelter

SALVATION ARMY

702-701-5347 • 35 W Owens, NLV 89030

Day resource center and emergency lodging.

salvationarmyusa.org

WOMEN

DESTINY HOUSE (HOOKERS FOR JESUS)

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

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

hookersforjesus.net

REFUGE FOR WOMEN

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

rflwlasvegas.org

SAFE NEST

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

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

safenest.org

SHELTER OF HOPE (LV RESCUE MISSION)

702-382-1766

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

vegasrescue.org/emergencysshelter

THE SHADE TREE FOR WOMEN

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

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

theshadetree.org

YOUTH

NEVADA PARTNERSHIP FOR HOMELESS YOUTH

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

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

nphy.org

SHANNON WEST HOMELESS YOUTH CENTER

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

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

helpsonv.org/programs-youth.php

ST JUDE'S RANCH (SJRC)

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

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

stjudesranch.org

Teachers open the door, but
you must enter by yourself.

ZEN PROVERB

MENTAL HEALTH *and...*

Across Preschool–College (Ages 2–24)

- 1 in 5 individuals between the ages of 2 and 24 meet the criteria for some mental, emotional, developmental, or behavioral disorder.^{1,2}
- 1 in 6 students aged 6-17 have a diagnosed mental health disorder – and are three times more likely to repeat a grade (because only about 50% receive treatment).^{1,2}
- For ages 2-17, ADHD, behavior problems, anxiety, and depression are the most commonly diagnosed mental disorders (some may occur together).¹
- 70% of youth in the juvenile justice system have a diagnosable mental health condition.²
- For ages 5-17, ER visits related to mental health have significantly increased since the COVID pandemic began.²
- 11.2% of overdose deaths annually are aged 15-24 years.³
- Teenagers in Nevada are 22.98% more likely to have used drugs in the last month than the average teen.³
- 50% of teenagers abuse drugs at least once; 16.65% of 12-17-year-olds report using marijuana in the last year.³
- Teenagers and college-aged young adults are more impulsive and at higher risk for developing gambling disorders than adults.⁴
- Youth aged 12-18 are likely to have physical complaints or be less interested in schoolwork, chores, or other responsibilities when under stress.¹
- For ages 10-24, suicide is the 2nd leading cause of death (90% due to an underlying mental illness).^{1,2}

Early Elementary, Pre-K–5th grade (Ages 2–10)

- Mental, behavioral, and developmental disorders usually begin in early childhood (ages 2-8).^{1,2}
- Boys are more likely than girls to develop a mental health disorder.^{1,2}

Middle, 6–8th grade (Ages 11–13)

- Drug use among 8th graders increased 61% between 2016 and 2020.³
- Starting in middle school (continued through high school), almost 1 in 5 students are bullied at school.^{5,6,7}

High, 9–12th grades (Ages 14–18)

- By age 14, 50% of all lifetime mental illness cases begin.²
- Students with some mental health issue are twice more likely to drop out of school than peers.^{1,2}
- Have increased risk for substance abuse, sexual behavior and experiencing violence.^{5,7}
- In 2019: 1 in 5 students seriously considered attempting suicide²; more than 1 in 3 experienced feelings of sadness or hopelessness, and unable to participate in regular activities – a 40% increase from 2009, with almost 50% of females and 70% of same sex partners reporting this.^{1,5}
- In 2019: 9% of students missed school due to feeling unsafe at or near school; 20% had been bullied at school; 16% experienced electronic bullying in past year – with females twice more likely than males.⁵
- 62% of 12th graders have abused alcohol; in 2019, 15% of high school students had ever used some illicit drugs; 14% misused prescription opioids at least once.³
- A child enters sex trafficking on average by ages 14-16.⁸

Young Adult/College (Ages 19–24)

- By age 24, 75% of all lifetime mental illness cases begin. Young adults (aged 18-25) had the highest prevalence of any mental illness compared to adults aged 26+ years in the past year.^{2,3,5}
- 64% of students drop out of college due to mental health problems (half of dropouts never accessed mental health services); 37% have depression & 11.3% have serious suicidal thoughts annually (with male students 4x more likely to commit suicide than females).^{2,5,9}
- 43% of students use illicit drugs; compared to average 18-25-year-olds, those in Nevada are 11% more likely to use drugs.³

- 6% of students have a serious gambling problem that can result in psychological difficulties, unmanageable debt, and failing grades. They are also more likely to use tobacco, drink heavily & drive under the influence, use marijuana or other illegal drugs, and have a low GPA.⁴

Special Groups (Disabilities, Racial Minorities, LGBTQ, Low Income, Rural Areas, Homeless)

- **Most vulnerable** youth groups for mental health issues are females, underprivileged, racial and sexual minorities, especially for suicide (and in high school).^{2,3,5}
- **At risk** for increased discrimination and negative attitudes (especially racial and LGBTQ).³
- **LGBTQ** youth are four times more likely to attempt suicide than straight peers (over 40% have serious suicidal thoughts annually); and are more likely to be bullied at school.^{2,3}
- **Homeless** adolescents & youth experience more hunger, instability, extreme emotional stress, victimization/bullying, trafficking, and separation from family and other support networks than other peers.^{3,5,7}
- **Homeless** high school students are more likely to have feelings of sadness and hopelessness, and resort to self-harm and attempt suicide more often than their peers.⁷
- **Disabilities**, such as Autism, in children can also develop mental health conditions like ADHD, depression and anxiety.¹⁰
- **COVID-19 impact** has been felt most heavily and negatively by youth in already most vulnerable groups: disabilities, racial minorities, LGBTQ, low-income, rural areas, immigrant households, in child welfare or juvenile justice systems, and homeless.^{2,5,7}

OPPORTUNITIES

1. **Student health & development:** schools & colleges play a crucial role in providing both academic learning & a source of services for students needing mental health support.^{4,9} Positive development & resiliency in children, adolescents, and youth requires proper social, emotional, psychological, cognitive, and physical development.^{1,2,5,6}
2. **Normalize mental health:** school & college environments should create a sense of safety and positive connection for all students. Schools can teach and reinforce positive behaviors & decision-making skills, encourage good physical health & participation in extracurricular activities, and helping others.^{5,6,7} All learning institutes can help remove barriers such as stigma, transportation, fees, etc., that often hinder most vulnerable groups from accessing & participating in activities that help promote positive behaviors & connections.
3. **Increase awareness** of and access to existing counseling services and mental health supports in schools & colleges.^{5,9}
4. **Make mental health screening routine in schools & colleges:** all educators should know how to identify problems and intervene early/appropriately (especially during critical periods). They should be aware of warning signs, recognize at risk conditions/persons, and be able to talk to student or consult with school/college counselor, nurse or administrator (or parents), if any signs are observed.^{2,5,6,7,9}
5. **Increase school-based mental supports & services (including colleges):** focus on promoting mental wellness, preventing mental health problems (identify gaps, guide positive conversations, develop policies), providing treatment & early intervention strategies, and providing training to all levels of educators.^{1,5,6,7,9}

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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 (al-anon.org)	1-800-344-2666
Alcohol and Drug Treatment Referral (Spencer Recovery)	800-454-8966
Alcoholics Anonymous (AA) (aa.org)	702-598-1888
Alzheimer's Association Helpline (alz.org)	1-800-272-3900
American Addiction Centers Resource (centers.org)	1-866-892-4547
American Chronic Pain Association (ACPA) (theacpa.org)	1-800-533-3231
Care Solace (CCSD students) (caresolace.com/ccsd)	888-515-0595
Cocaine Anonymous (snvca.org or ca.org)	702-941-0950
Codependents Anonymous (coda.org)	602-277-7991
Crystal Meth Anonymous (crystalmeth.org)	855-638-4373
Debtors Anonymous (debtorsanonymous.org)	800-421-2383
Depression & Bipolar Support Alliance (DBSA) (dbsalliance.org)	1-800-826-3632
Eating Disorders (anad.org)	1-888-375-7767
Ecstasy Addiction	1-800-468-6933
Eldercare Locator (eldercare.acl.gov)	1-800-677-1116
Food Addicts in Recovery Anonymous (FA)	foodaddicts.org
Gamblers Anonymous (gasn.info)	855-222-5542
GriefShare (griefshare.org)	1-800-395-5755
ICAN Hopeline (inpatient detox)	833-828-6329
IMALive (online crisis chat)	imalive.org/online
International OCD Foundation (iocdf.org)	617-973-5801
Lap of Love - Pet loss resource line (lapoflove.com)	855-352-5683
LGBT 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 (marijuana-anonymous.org)	1-800-766-6779
Military OneSource (Military Community) (militaryOneSource.mil)	800-342-9647
Narcotics Anonymous (na.org)	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

HELPLINES

National Resource Center on ADHD	1-866-200-8098
National Teen Dating Violence Abuse Helpline	1-866-331-9474
Nicotine Anonymous (nicotine-anonymous.org)	415-908-6702
Nevada Health Connection (treatmentConnection.com)	1-800-450-9530, TEXT 839863
Office on Women's Health (Resource line)	1-800-994-9662
Overeaters Anonymous (oa.org)	505-891-2664
Partnership to End Addiction (Parents concerned about child's substance use)	Text CONNECT to 55753
Physician Support Line (Psychiatrists supporting physicians and medical students)	1-888-409-0141
Poison Center (Nevada)	702-732-4989
Postpartum Support International (PSI) (postpartum.net)	1-800-944-4773
Problem Gamblers Helpline	1-800-522-4700
SAMHSA's National Helpline samhsa.gov/find-help/national-helpline	1-800-662-4357
Schizophrenia & Pyschosis Action Alliance (sczaction.org)	1-800-493-2094
Self Abuse Finally Ends (S.A.F.E) Alternatives (selfinjury.com)	1-800-366-8288
Sex Addicts Anonymous (saa-recovery.org)	1-800-477-8191
Sidran Institute - Trauma or Dissociation (sidran.com)	410-825-8888
Stop It Now! (Abuse helpline)	1-888-773-8368
Survivors of Incest Anonymous (siawso.org)	877-742-9761
Teen Help Inc	1-800-400-0900
Teen Line (TEXT 839863)	1-800-852-8336
The StrongHearts Native Helpline (American Indians & Alaska Natives) (strongheartshelpline.org)	1-844-762-8483
Tobacco (Nevada) Quit Line (nevada.quitlogix.org)	800-784-8669
Tragedy Assistance Program for Survivors (TAPS) Military Survivors Support (taps.org)	800-959-8277
Treatment and Research Advancements for Borderline Personality Disorder (TARA) (tara4bpd.org)	888-482-7227
True Path Wellness Helpline (Addiction)	866-601-3539
United Way 211 (211.org)	1-800-233-4357
Vet Center Call Center (vetcenter.va.gov/media/Call-Center-PSA.asp)	1-877-927-8387
Vets Information and Referral, PTSD Crisis Intervention	888-777-4443
West Care (Detoxification)	702-383-4044

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

*There comes a point where we need to stop just pulling people out the river.
We need to go upstream and find out why they're falling in.*

DESMOND TUTU

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 <i>al-anon.org</i>	702-615-9494
Alcoholics Anonymous (AA) <i>aa.org</i>	702-598-1888
Cocaine Anonymous (CA) <i>snvca.org</i> or <i>ca.org</i>	702-941-0950
Compulsive Eaters Anonymous (CEA) <i>ceahow.org</i>	702-389-9077
Crystal Meth Anonymous (CMA) <i>crystalmeth.org</i>	855-638-4373
Gambler's Anonymous (Gam-Anon) <i>gasn.info</i>	702-529-0202
Heroin Anonymous <i>heroinanonymous.org</i>	702-324-7383
Marijuana Anonymous <i>marijuana-anonymous.org</i>	1-800-766-6779
Narcotics Anonymous (NA) <i>na.org</i>	702-369-3362
Overeaters Anonymous (OA) <i>oa.org</i>	702-593-2945
Pills Anonymous <i>pillsanonymous.org</i>	
Sex Addictions Anonymous <i>saa-recovery.org</i>	1-800-477-8191
Sex and Love Addicts Anonymous (S.L.A.A.) <i>slaafws.org</i>	1-800-477-8191
SMART Recovery <i>smartrecovery.org</i> or <i>smartinhenderson@gmail.com</i>	
The Meeting Space/The Recovery Store <i>themeetingspace.com</i>	702-726-9218

CHILDREN AND YOUTH

Alternative Peer Group (Drop-in center for teens) <i>apglv.org</i>	725-206-5204
Parenting Project (free parenting classes)	702-455-5295
Solutions of Change <i>solutionsofchange.org</i>	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) <i>hookersforjesus.net</i>	702-623-0958
Signs of Hope Groups <i>sohlv.org</i>	702-366-1640

GRIEF AND LOSS

Adams Place <i>adamsplacelv.org</i>	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) <i>concernsofpolicesurvivors.org</i>	702-501-8083
Divorce/Separated Support Group	702-735-5544
Grief Loss & Family Support Group	702-735-5544
Griefshare <i>griefshare.org</i>	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 <i>nah.org</i>	702-796-3157

SUPPORT GROUPS

Nevada Senior Services *adultdaycarelv.org* 702-648-3425

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 <i>compassionatefriends.org</i>	877-969-0010
Tragedy Assistance Program for Survivors (TAPS) Military Survivor	800-959-8277

LGBTQ

Henderson Equality Center <i>hendersonequalitycenter.org</i>	855-955-5428
The Center <i>thecenterlv.org</i>	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 <i>alz.org</i>	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) <i>dignityhealth.org</i>	702-616-4900
Give Me a Break (GAB) - Respite	702-219-0394
National Organization Parents of Murdered Children <i>pomc.com</i>	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 or via our website at mentalhealthspectrum.com.

IN THE SPOTLIGHT

Bridge Counseling Services


Bridge Counseling Associates, founded in 1971, is the oldest nonprofit organization providing individual and family counseling in Southern Nevada. Bridge works with individuals, families, courts, and various community service programs to help individuals remain independent and families stay together. Bridge's highly trained professionals include licensed marriage and family therapists, clinical professional counselors and licensed substance abuse counselors who can address co-occurring mental health and addiction needs.

Bridge recently opened the doors to its **Child and Youth Community Treatment Center.**

Online: bridgecounseling.org



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A MATTER OF WORDS

“If we can share our story with someone who responds with empathy and understanding, shame can’t survive.” - BRENÉ BROWN

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.

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A CHILD’S MENTAL HEALTH IS JUST AS IMPORTANT
AS THEIR PHYSICAL HEALTH AND DESERVES
THE SAME QUALITY OF SUPPORT.

CATHERINE, DUCHESS OF CAMBRIDGE

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Photo Credit: Pixabay from Pexels

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