



College of
Southern Nevada

Investing in Our Future. Students First.



**MENTAL HEALTH
360 CONFERENCE**

KNOWLEDGE, SELF-CARE & TRANSFORMATION

APRIL 14, 2023

Conference Charge

MENTAL HEALTH 360 CONFERENCE: *Knowledge, Self-Care & Transformation*

This conference brings together leading mental health researchers, clinicians, faculty, students, and advocates to share practical advice and raise awareness on the warning signs and treatment options that can support individuals living with mental health afflictions.

Conference Welcome

The College of Southern Nevada is pleased to host the Mental Health 360 Conference. The state of one's mental health is the summation of one's emotional well-being, mental well-being, psychological well-being and social well-being. Our mental health impacts our cognition, perceptions and behaviors and affects our thoughts, feelings and actions accordingly. As a result, striving toward a positive mental health outlook should be our aim.

Students with poor mental health are more likely to drop out of school, as demonstrated in a 2021 research by The Hunt Institute, an independent, nonprofit entity that advocates for improving education policy. Through today's conference, we hope to raise positive mental health awareness among students, faculty, staff, and community members. We appreciate your participation and hope you will use this resource guide to educate yourself and others about this very critical topic.



Dr. Flecia Thomas
Interim Vice President for Student Affairs

Conference Funding Source

Funding for this conference was made possible (in part) by the Substance Abuse and Mental Health Services Administration (SAMHSA). The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the U.S. Department of Health and Human Services, nor does the mention of trade names, commercial practice or organizations imply endorsement by the U.S. Government.

On behalf of the College of Southern Nevada (CSN), this conference resource kit was developed and produced by Anjum Khan, MA, PMP, PMI-ACP and Jacqui Ragin, PhD, MPH, with design credit to Storm Thorncroft (all staff team of Mental Health Spectrum).

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A Note To Readers

This conference resource kit was prepared for students, parents, faculty, and advocates to help build mental health literacy and raise awareness of the importance of mental health issues in college students. Mental health literacy entails the knowledge, attitudes, and beliefs that affect how an individual approaches, understands, and accepts information to recognize, manage, and prevent mental health issues.

Gaining admission into college to pursue a higher academic education is an exciting and important achievement filled with emotions. There is a feeling of pride for getting into college, a feeling of giddy (or even nervous) excitement for the anticipated new experiences (more so in new students), and also a feeling of wariness or prudence (especially for non-traditional students). This is because students have to navigate a vast landscape of a variety of issues such as academic achievement, leaving home, meeting new people, making new relationships, private vs. communal spaces in dorms, work-school-home balance, changes in campus protocols/guidelines regarding COVID-19, etc. Trying to find a balance between studies and all these other issues can become very challenging for some.

Mental health is connected in various ways to academic, intellectual, social, and personal development and satisfaction. Considering that diagnoses of mental disorders begin to increase dramatically during the 18-25-year span, it is imperative that young people have the relevant knowledge and coping skills to be able to help themselves and others if need be. This resource has five theme tracks: student needs, crisis & trauma, diversity in mental health, diagnosis & treatment, and legal concerns. The purpose of these components is to help: (1) understand factors affecting mental health during college, (2) understand how to improve and maintain good mental health as a student, and (3) understand the basics about mental health, mental disorders, and their treatments. Recognizing signs and symptoms, knowing when and where to get help, and having the resilience and coping skills to facilitate self-care are all essential to enhancing help-seeking efficacy in college students and making them more proactive in taking care of their overall health. It is my hope that this resource may help better prepare students for success not just through college, but always.

Anjum Khan, MA, PMP, PMI-ACP
Chief Editor/Writer, Mental Health Spectrum

Contents

1	ACKNOWLEDGEMENTS
2	CONFERENCE SCHEDULE
3	HOTLINES
4 - 6	TRACK 1: STUDENT NEEDS
7 - 10	STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS
11	SELF CARE
12 - 14	TRACK 2: CRISIS AND TRAUMA
15 - 16	HOSPITAL MAP
17	NATIONAL ORGANIZATIONS
18 - 20	TRACK 3: DIVERSITY IN MENTAL HEALTH
21 - 27	OUTPATIENT LISTING
28 - 30	TRACK 4: DIAGNOSIS AND TREATMENT
31	NAMI COMMON WARNING SIGNS OF MENTAL ILLNESS
32 - 33	SUPPORT GROUPS
34 - 36	TRACK 5: LEGAL CONCERNS IN COLLEGE
37	SHELTER LISTING
38 - 39	HELPLINES
40	ACKNOWLEDGEMENT: CONFERENCE VENDORS
BACK COVER	CONFERENCE SPONSORS

Acknowledgements

KEYNOTE SPEAKER

Sheldon A. Jacobs, PsyD, LMFT

Dr. Jacobs has been providing individual, couples, and family therapy for the past 17 years. Dr. Jacobs is an approved State of Nevada secondary clinical supervisor, as well as an American Association of Marriage and Family Therapy (AAMFT) Clinical Fellow, serving on the State of Nevada Board of Examiners for Marriage and Family Therapists and Clinical Professional Counselors. He also works on the Hope Means Nevada Board, and NAMI Board of Directors (at both National and Southern Nevada - making him the first Nevadan to ever serve on the national board). He founded and chairs the Increasing Diversity in Mental Health Coalition that comprises mental health professionals that address the shortage of minority mental health providers in Southern Nevada. Dr. Jacobs has published several professional journal articles and released his highly anticipated memoir in November 2020, titled "48: An Experiential Memoir on Homelessness" to raise awareness for homelessness and mental health. When Dr. Jacobs is not practicing, he is usually giving back to his community.



CONFERENCE PLANNING COMMITTEE

CSN would like to thank the conference's planning committee for its role in bringing the community at large together to raise greater awareness about mental health.

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Conference Schedule

8:00 AM – 8:30 AM

Breakfast/Networking (Horn Lobby)

8:30 AM – 9:00 AM

Conference Welcome (Horn Theater)

Dr. Flecia Thomas | *Interim Vice President for CSN's Division of Student Affairs*

Dr. Federico Zaragoza | *CSN President*

9:00 AM – 10:00 AM

Keynote Speaker (Horn Theater)

Dr. Sheldon Jacobs | *Licensed Marriage Family Therapist "State of Mental Health in Nevada"*

10:01 AM – 10:14 AM

Break

10:15 AM – 11:15 AM

Breakout Sessions

NLV-H211 NLV-H207 NLV-H202 NLV-H144 NLV-H138

11:30 AM – 12:30 PM

Breakout Sessions

NLV-H211 NLV-H207 NLV-H202 NLV-H144 NLV-H138

12:30 PM – 1:30 PM

Lunch/Legal Issues Panel (June Whitley Student Lounge)

1:30 PM – 2:00 PM

Vendor Visitations (Horn Lobby)

2:15 PM – 3:15 PM

Breakout Sessions

NLV-H211 NLV-H207 NLV-H202 NLV-H144 NLV-H138

3:16 PM – 3:29 PM

Break

3:30 PM – 4:00 PM

Closing Remarks (Horn Theater)

4:01 PM – 5:00 PM

Reception

Co-sponsored by the CSN Student Chapter of Active Minds*

*Active Minds is a nonprofit organization dedicated to promoting mental health, especially among young adults, via peer-to-peer dialogue and interactions. Alison Malmon founded Active Minds in 2003 as a nonprofit with a nationwide outreach, following her older brother's suicide three years earlier. CSN maintains a student club chapter of Active Minds.

HOTLINES (24/7)

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

Track 1: Student Needs by Anjum Khan, MA, PMP, PMI-ACP

1.1 Introduction

College is like a transit stop in life's journey. It is a place where people of different ages and from various walks of life meet and share many experiences – and learn things academically, socially, and intellectually that help shape their future. College is, thus, also the most challenging period of life as it usually includes new experiences and (increased) responsibilities. All this contributes to a complex set of factors that may potentially affect their mental health. In fact, in the past decade, there has been an increase in the decline of mental health in college students.^{1,2} Understanding some of the concerns, factors, and needs of college students may help in improving their mental health and opportunities for success through college and beyond.

1.2 The State Of College Students: 2020-2022 (undergraduate)

- Suicide is the 2nd leading cause of death in youth and young adults (aged 18-24 years)
 - Nearly 73% of students with a mental health condition experienced a health crisis on campus
 - Almost 75% of students report moderate to severe psychological distress
 - 64% of college dropouts give a mental health-related reason for leaving
 - 50% of dropouts leave without accessing college support system first
- 41% of students experienced depression overall
 - 34% experienced any anxiety
 - 67% of 18-24-year-olds with anxiety or depression do not seek treatment
 - 13% of students had suicidal ideation
 - 23% had non-suicidal self-injury
 - 27% have a current need for help
 - 40% of students have a lifetime diagnosis of mental disorders
 - 43% of students lacked companionship
 - 45% of students felt left out

Percentage (%) of Students Reporting Negative Impact on Academic Performance (key issues):

- 63% of students with anxiety or depression
- 57% of students experiencing stress
- 45% of students who lost a family or friend
- 64% of students who experienced (any) assault
- 50% of students with PTSD
- 50% of students with sleep problems

Impact of COVID-19, as of 2022:

- 76% females and 81% non-binary students felt more pandemic-related stress and anxiety compared to 55% male students
- Social distancing and isolation during the pandemic increased feelings of loneliness and mental health challenges, creating struggles to re-adjust as students transition back to colleges with in-person campus programs and accommodations

SOURCE: Data is from (1) The Healthy Minds Study. 2021 Winter/Spring Data Report. From healthymindsnetwork.org/wp-content/uploads/2022/01/HMS_nationalwinter2021_update1.5.21.pdf, (2) ActiveMinds. Statistics. From www.activeminds.org/about-mental-health/statistics (3) American College Health Association Survey. From www.acha.org/documents/ncha/III_SPRING_2022_UNDERGRAD_REFERENCE_GROUP_EXECUTIVE_SUMMARY.pdf, & (4) TimelyMD. Summary of TimelyMD January 2022 Back to School Survey. From timely.md/college-students-more-concerned-about-covid-19-than-ever

This snapshot of recent key research findings shows a staggering picture of the state of college students' mental health. Students today are riding a rollercoaster of challenges: from coursework to COVID-related campus adjustments, from personal identity and relationships to social media and socio-economic strains—the scope of challenges is wide and varied, affecting individuals in different ways. One reason is that the college student population comprises different demographic characteristics, who go through different experiences which influences how they perceive and react to situations.^{1,3} Another reason is that many students are not well-equipped with resilience and coping skills before entering college, which contributes to their increased struggles with handling the challenges of college life.^{1,2,3}

1.3 Types Of College Students And Challenges

The two major student groups are traditional and non-traditional students (within these are also sub-categories). Nearly 74% of college students are non-traditional.⁴

TRADITIONAL. Students enroll in college immediately after high school, attend classes on a full-time basis during regular academic year, and complete a bachelor's degree in four or five years (depending on their program). They are often aged 18 as they first join college and 22 or 23 at graduation, usually financially dependent on their parents, and without any dependents of their own. **CHALLENGES include:** first time being away from home, having to make new friends, and being responsible for their own upkeep on campus.

NON-TRADITIONAL. Students who do not spend the immediate 4-5 years after high school in college. Rather, they may: (1) start off as traditional students, but then change their status to part-time or take a leave of absence for a year or more before resuming college; (2) enroll as part-time because they are working full-time to support themselves (and/or their family); (3) do not enroll in college straight after high school; and (4) are commuter students who do not live on or near campus. **The reasons for going the non-traditional path may vary, but some common reasons are due to issues related to personal health, family, and finance.** These students are usually older in age compared to traditional students and are more likely to be financially independent from parents. This often is a challenge when trying to connect with traditional students as their experiences are quite different. **Other CHALLENGES include:** struggling to cope with work, school, and home responsibilities (especially if they have families with young children or are caregivers of sick or elderly family members); and facing discrimination from fellow traditional students due to the mistaken negative notions that those who didn't make it straight out of high school are lazy or failed the first time.

NON-NATIVE ENGLISH SPEAKERS. Students do not speak English as their first language. **CHALLENGES include:** cultural and language barriers, along with traditional student challenges.

FIRST GENERATION. Students are the first in their family to attend college to get a higher education. They do not have a parent, sibling, or close relative who graduated from college. **CHALLENGES include:** not receiving (or lacking) proper guidance and/or support to prepare for college education (not a family priority).

DISABILITY. Students with disability needs often are enrolled with special reasonable accommodations. **CHALLENGES include:** connecting with other students, adjusting to campus landscape/environment, and even inadvertent discrimination (if their disability is not obvious).

SOURCE: Adapted from "What is a nontraditional student?" from www.bestcolleges.com/blog/what-is-a-nontraditional-student/

1.4 Importance Of Mental Health In Students: A Growing Need

One thing all college students have in common is that the underlying decision to attend college is to pursue a higher academic achievement in order to gain better career opportunities for a more prosperous future. But mental health problems can interfere with their studies. Research consistently shows that depression and anxiety are associated with poor academic performance and dropping out of college.^{1,3,5,6} Mental health problems can also negatively affect students' physical health and relationships with family, friends, and others that may have long-term consequences on their overall health and opportunities for employment^{4,5} - because this stage of life plays a crucial role in the growth and development of skills and a sense of self-worth and identity that helps define them in the long-term (especially youth and young adults).^{5,6} This type of growth is essential to be able to function effectively and productively at work and home for the rest of their adult years.^{5,6} And having good mental health is key to achieving this goal. Thus, the need to focus on student mental health is absolutely essential.

TIPS

TIPS to achieve academic success. (1) **Be engaged in learning.** Pay attention during class and be open to seeking help (e.g., tutoring, study groups). (2) **Don't be scared of setbacks.** One bad grade is not the end of college. Don't give up. (3) **Have self-determination.** Set priorities and be willing to work hard - improvement is possible with repeated efforts. (4) **Communicate and stay connected.** Keep a balance with friends and other social activities so that you can relate and connect to fellow classmates, friends, and even professors.

1.5 Conclusion, Recommendations And Opportunities

Understanding and addressing critical needs of students can help mitigate or prevent mental health issues that impact their studies. Resilience is a key factor in handling challenges. It is the psychological strength that enables one to cope with problems, recover from setbacks, and be able to successfully move on.⁵ Thus, promoting resilience to bolster mental health is vital for student success.

THREE KEY SIGNS OF RESILIENCE

1 Having a survivor attitude	<ul style="list-style-type: none">• focus on positive thoughts• keep going until you pass the hurdle• don't see yourself as a victim but a survivor• know when & where to seek support if needed
2 Having effective emotional intelligence	<ul style="list-style-type: none">• have the skills to manage & regulate your emotions• be aware of your emotions & recognize stress is temporary• have a sense of confidence & control
3 Having good coping skills	<ul style="list-style-type: none">• view the situation objectively & rationally• try to come up with solutions• use problem-solving skills & good communication skills

SOURCE: Adapted from "What is resilience?" VeryWellMind. 2022. From www.verywellmind.com/what-is-resilience-2795059

TIPS

TIPS for healthy coping mechanisms. *Resilience is a skill set that can be worked on.* (1) **Seek support.** You don't need to become seriously overwhelmed before seeking help. Counseling services may help you with resilience building skills and tools to deal with various challenges. Finding ways to cope with challenges during college will help you form healthy habits that can strengthen your coping mechanisms throughout life. (2) **Make an effort to add positive thoughts and activities that boost morale and motivate you to persevere through challenges.** (3) **Make selfcare a daily routine** (see page 11).

Campus mental health services should consider the different needs/circumstances of both traditional vs. non-traditional students. They also need resources that: **(1) Help improve student academic performance.** Provide support services to help students with course selections, time management and study skills;^{5,6} **(2) Support student mental health well-being.** Promote and facilitate student-led support activities like walking/tai chi clubs that help build social connections and target boosting both physical and meditative activities;^{5,6} and **(3) Promote & increase mental health services (virtually + on campus).** Implement more accessible and formal structures for mental health screening and suicide prevention.^{2,5,6}

REFERENCES

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Active Minds – University of Las Vegas Chapter

Raises awareness, promotes positive mental health, educates peers, and encourages students to reach out for help.
activeminds.org/programs/chapter-network

Alzheimer’s Association – Desert Southwest Chapter (702-248-2770)

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

American Foundation for Suicide Prevention (AFSP) Nevada Chapter

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

Autism Coalition of Nevada (775-329-2268)

Unites all affected by Autism, advocacy organizations, political affiliates/legislators, and service providers across the country.
aconv.org

Avery Burton Foundation (702-558-9202)

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

Bamboo Bridges (725-222-0041)

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

CARE Coalition (702-463-1415)

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

Center for Autism Spectrum Disorders (CASD)

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

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

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

Clark County Children’s Mental Health Consortium

Since 2001, brings professionals and parents together to focus on bettering the services and resources for children’s mental health.
cccmhc.org

Crisis Support Services of Nevada (CSSNV)

Supports individuals through a hotline, text line and in-person advocacy. Services address suicide, depression, domestic violence, substance abuse, child abuse and elder abuse.
cssnv.org

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

Independent affiliate of the National DBSA devoted exclusively to mood disorders. Run by individuals with mood disorders and their allies.
dbsasouthernnv.org

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

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

Family TIES of Nevada (775-823-9500)

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

FEAT of Southern Nevada (702-368-3328)

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

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

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

Harm Reduction Center/Trac B Exchange (702-840-6693, tracbexchange@gmail.com)

Focused on ensuring the health of everyone in Southern Nevada. Trac-B Exchange is the storefront site committed to providing on-site consulting to the community for infectious disease prevention and harm reduction surrounding syringe use and disposal.
harmreductioncenterlv.com

Health Services Coalition (702-474-4418)

Focuses on purchasing high-quality, cost-effective health care services for its members by working with health care providers and community leaders.
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

Hookers for Jesus (702-623-0958)

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

Hope Means Nevada

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

Jean Nidetch Care Center (702-895-4475)

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

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

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

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

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

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

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

National Association of Social Workers (NASW) Nevada Chapter

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

Nevada Action Coalition (702-522-7034)

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

Nevada Caregivers Coalition

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

Nevada Care Connection

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

Nevada Coalition to END Domestic and Sexual Violence

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

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

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

Nevada Coalition for Suicide Prevention (NCSPP)

Dedicated to partnering and collaborating with local and state individuals and organizations for the development and implementation of evidence-based suicide prevention, intervention, and postvention strategies and programs.
nvsuicideprevention.org

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

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

Nevada Counseling Association (702-638-0772)

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

Nevada Crisis Intervention Team (CIT)

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

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

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

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

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

STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

Nevada Hospital Association (775-827-0184)

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

Nevada Minority Health and Equity Coalition (NMHEC)

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

Nevada PEP (702-388-8899)

Increases the opportunities for home, community and school success for children with disabilities, including those who are at risk or who have serious emotional disturbances, their families and their service providers, through education, encouragement and empowerment activities.
nvpep.org

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

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

Nevada Public Health Association (775-996-3908)

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

Nevada School Counselor Association (NvSCA)

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

Nevada State Opioid Response

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

Nevada Statewide Coalition Partnership

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

Nevada Statewide Maternal and Child Health Coalition

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

Nevada Tobacco Prevention Coalition

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

New Zeal (702-366-0558)

Dedicated to the total restoration of drug addicts and their families through the gospel and ministry.
newzeal-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 (702-895-1040)

Ensures that Nevada's children thrive in safe, stable, and nurturing environments. Through providing education, advocacy, and awareness, it aims to inspire communities to prevent all forms of child maltreatment.
preventchildabusenevada.org

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)

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

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

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

S.H.E.R.O Foundation

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

Signs of Hope (702-385-2153)

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

Solutions of Change (702-848-1696)

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

Southern Nevada Adult Mental Health Coalition (Capt. Nita Schmidt 702-671-3955)

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

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

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

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 Professional (SNAAP)

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

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

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

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

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

The LGBTQ Center of Southern Nevada

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

The Phoenix

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

The Pride Tree

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

There is No Hero in Heroin Foundation (TINHIF)

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.
tinhiilasvegas.info

UNSHAKEABLE

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

Vegas Strong Resiliency Center (702-455-2433)

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

Vegas Stronger (702-234-1356)

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

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

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

WestCare Nevada (702-385-3330)

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

Young: Equal (contact@youngequal.org)

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

Youth MOVE Nevada (youthmovenv@nvpep.org)

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

SELF-CARE – TAKE CARE OF YOURSELF

Self-care is about taking the time to care for yourself every day in order to help improve both your physical and mental health, build resiliency, and enable you to better cope with challenges. **Each act of self-care, no matter how small, can have a positive impact and help you live a better quality of life.** So please take a few minutes each day to take care of yourself because it matters.

Six ways to maintain good physical and mental health:

Exercise regularly. It's good for the brain and the body. It reduces stress, increases energy levels and boosts the mood. Examples: walking, swimming, biking, dancing, yoga, tai chi. Aim for 30 minutes daily. Whenever possible, exercise outside - nature is healing.

Stay hydrated and eat healthy. Drinking plenty of water and eating nutritionally dense and a well-balanced diet is known to improve mental and physical health. For more focus and energy: limit/avoid caffeine, sugar and processed foods; increase more fruits and vegetables (apples, bananas, berries, oranges, & leafy greens), and drink at least 8 glasses of water a day.

Get enough sleep. Sleep helps to improve emotional regulation, promotes a healthy immune system, and helps keep stress in check. Aim to get 8 hours of sleep. Limit/stop exposure to blue light from screens at least 90 minutes before bed. To improve sleep, try meditation before.

Set goals, routines, and priorities. Get organized. Setting prioritized goals and maintaining regular time for eating, sleeping, exercising, studying, and also personal hygiene, can help you manage your time better and reduce stress. Be realistic, don't over-schedule yourself.

Relax, learn, explore and be mindful. Research shows that keeping your mind and body active by learning/watching something new, reading a book, writing a journal, doing meditative/relaxing actions, practicing gratitude, etc., can help improve self-confidence, resiliency, and focus on positivity. These skills are necessary to build and strengthen your coping abilities.

Stay connected, talk to someone. Social interactions can help reduce the feelings of loneliness. Stay in contact with and reach out to friends and family who can provide emotional support. **Seek professional help if you start to feel overwhelmed.**

SOURCE: Adapted from National Institute of Mental Health. "Caring for Your Mental Health." From <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

Online locators for therapy and therapists provide a convenient way to find and select a therapist. Consumers should be aware that each site is run independently and not all available options may be found on one particular site. Therapists typically have to pay to be placed on the site. You are advised to do your research to find the best qualified mental health professional that suits your needs.

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

Track 2: Crisis and Trauma by Anjum Khan, MA, PMP, PMI-ACP

2.1 Introduction

College life is filled with academic ambition, excitement, anxiety—and a world of unknowns—for which many students are not prepared. For some, the challenges can become so overwhelming that they fracture one's sense of stability and security. If the situation is not resolved in a healthy and timely manner, then a person may be at risk of developing serious health complications and/or progressing into a state of crisis.^{1,2,3}

2.2. Stress

What is stress? "Stress is a physical and emotional reaction that people experience as they encounter challenges in life."¹ It is the mind and body's natural coping mechanism in response to external causes or stressors.¹ Stressors can be external (e.g., a final exam) or internal (e.g., an illness). **Different life experiences can trigger different types of stress.**

2.3 Traumatic Events And Trauma

What is a traumatic event? The CDC defines a traumatic event as: "An event...that causes...severe stress reactions...marked by a sense of horror, helplessness, serious injury, or the threat of serious injury or death."⁴

Traumatic events are usually unexpected and break through normal coping mechanisms. They can affect people directly (personal experience) or indirectly (watching the news).⁴ Traumatic events cause trauma.

What is trauma? SAMHSA defines trauma as: "...a result of...an event...or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being."⁵ **Trauma can happen to anyone, at any age.** From violent assaults to bullying and emotional abuse, from natural disasters to accidents and wars, trauma can result from such experiences—and shatter one's sense of safety, control, and self-worth.

What is Post-Traumatic Stress Disorder (PTSD)? PTSD is a mental health problem that can develop when stress reactions, after experiencing a traumatic event, persist and hinder recovery.^{4,5} A period (usually 3 months) of shock and recovery is normal after the event. But for some people, the symptoms continue and cause some form of physical, psychological, and/or social health impairment that impacts a person's ability to function normally.^{4,5}

What are the symptoms of PTSD? Symptoms typically appear within 3 months of the incident, but can also emerge later or come and go for many years.^{4,5} The following 4 categories of symptoms must be evident at the same time: (1) re-living, e.g., having flashbacks, (2) avoidance, e.g., staying away from things that are reminders, (3) arousal, e.g., being easily startled, and (4) cognitive/mood, e.g., depression.^{4,5} For the diagnostic criteria, symptoms must: last more than 1 month, interfere with daily life, and not be related to medication, substance use, or other illness.^{4,5} It is important to seek help from a mental health professional who specializes or has experience in PTSD.

HOW DOES STRESS AFFECT YOU?^{2,3}

Too much stress or for too long can harm your brain and body. It can affect you:

- Ability to pay attention or concentrate, interfering with studies
- Sleeping and/or eating habits
- Physical health: causing issues like headaches, dizziness, stomach problems, high blood pressure
- Mood and emotions: resulting in irritability, anxiety, depression

STRESSORS THAT MAY AFFECT MENTAL HEALTH IN COLLEGE³

- **Academic pressures:** grades, choosing a major
- **Relationships:** making new friends/roommates
- **Financial stress:** worrying about loans, jobs & scholarships to pay for college
- **Balancing social life:** struggling with need to fit in & coping with excessive social activities; includes drug & alcohol use
- **Homesickness:** missing family support/old friends
- **Sleep:** not enough sleep
- **Time management:** struggling to cope
- **Traumatic events:** violent crime, rape, assault, bullying

2.4 Crisis

What is a crisis? A crisis is “An event or situation that arises suddenly or reaches a tipping point in its severity that has the effect of significantly disrupting lives and threatening the status quo, and...may also have long-term, harmful consequences on individuals.”⁶ A crisis creates instability with feeling a sense of loss of control and inability to cope.

What is a mental health crisis? “A mental health crisis is any situation in which a person’s behavior puts them at risk of hurting themselves or others and/or prevents them from being able to care for themselves or function effectively in the community.”³ **Continuous stress without relief can lead to a mental health crisis** - a situation in which one’s usual coping mechanisms fail, and one is unable to return to a normal functioning emotional state.⁸

Risk of suicide. While there is no one specific cause for suicide, there is a very high risk when stressors trigger such overwhelming feelings that precipitate a full-blown mental health crisis.⁸ **RISK FACTORS include:** prior suicide attempts, substance use, mood disorders, and access to lethal means.^{7,8} **PROTECTIVE FACTORS include:** effective mental health care, problem-solving skills, and connectedness with individuals, family, and community.^{7,8} **Suicide is very often preventable.**⁸ However, many college students do not seek professional help during a mental health crisis.⁸ **Help is available—seek help immediately if you are in a crisis.**

Impact of the digital world and social media.

The internet and social media play a significant role in fueling the mental health crisis, especially in young adults. The use of smartphones and gaming devices is increasingly fostering a culture of isolation, creating a social dilemma of lack of personal connectedness and social awareness.^{2,6,9} With social media, many young people feel an existential crisis as they start questioning their self-identity and image when they compare themselves to what is shared online (often false or unrealistic content) by others.^{2,6,9} This results in a vulnerability that can be easily influenced, manipulated, and exploited by people/situations presented online. Research shows that the human brain is not fully developed and matured until the age of 25 and that it “...is structurally and functionally vulnerable to environmental stress, risky behavior...”^{2,6,9} **This also means that students are at risk for all three types of crises mentioned earlier.** With over 90% of youth aged 15-24 connected online daily,⁹ awareness of the harmful effects of the internet is important so that people can make more responsible content and choices that promote a safer and healthier digitalized environment and interaction.

TYPES OF CRISES COLLEGE STUDENTS MAY FACE:^{6,8}

- **Developmental crises:** result from normal life changes such as leaving home, not feeling prepared for college life—and usually can be successfully transitioned through.
- **Existential crises:** related to inner conflicts like life purpose, direction, and spirituality; for example, unsure of which major to choose/career goals or the meaning of life or self-identity.
- **Situational crises:** unexpected traumatic events like accidents, violent assaults (rape), bullying, and isolation (due to COVID).

College students may be more vulnerable if they experience new trauma AND have unaddressed (past or on-going) issues - especially related to adverse childhood events, intimate partner violence, domestic violence, assaults.

WARNING SIGNS OF A MENTAL HEALTH CRISIS

Although signs may differ or not be obvious in some individuals, it is important to know the following common warning signs:⁹

- Trouble with daily tasks—brushing teeth, bathing, and changing clothes (results in poor personal hygiene)
- Sudden extreme changes in mood—rapid swings of feeling happy and depressed
- Increased agitation—usually includes reckless behavior
- Abusive behavior—to self and others, includes substance use and self-harm
- Isolation—from friends, family, and school
- Psychosis—losing touch with reality, confused; Paranoia

2.5 Leave Of Absence

A student may request a leave of absence based on mental health issues that significantly interfere with his or her ability to succeed in college. A leave of absence is a temporary period away from classes (a few weeks, a semester, or longer) to focus on recovery and be able to function effectively. This allows students to resume enrollment once recovered and have a chance to continue their studies for their chosen career prospect. **Learn more about the process from the link below.**

Adapted from “Taking a Leave of Absence: A guide for college students.” From https://www.bu.edu/files/2021/04/LG_BU_AbsenceGUIDE_StudentManualV2.pdf

2.6 Conclusion And Recommendations

People often experience mental health difficulties due to their struggle to cope with certain stressors of life, which affects their ability to function normally and effectively. Understanding that unaddressed or unresolved, and especially chronic, stress can lead to a mental health crisis is an important part in helping students reach out for treatment to start their healing journey (early). Learning healthy coping skills builds resilience to handle stressors. Take care of yourself (see a guide on page 11).

REFERENCES:

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3. Centers for Disease Control and Prevention (CDC). *Coping with a Traumatic Event.* From www.cdc.gov/masstrauma/factsheets/public-coping.pdf
4. “Behind the Term: Trauma.” NREPP SAMHSA’s National Registry of Evidence-based Programs and Practices. 2016. ref. no. 283–12–3702 from calswec.berkeley.edu/sites/default/files/4-3_behind_the_term_trauma.pdf
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6. Cherry, Kendra. “Psychological Crisis Types and Causes.” *VeryWellMind.* Jan.23, 2020. From www.verywellmind.com/what-is-a-crisis-2795061
7. CDC. *Suicide Prevention. Fast Facts.* May 22, 2021. From www.cdc.gov/suicide/facts/index.html
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9. Helsper, E. and S. Smirnova. “Youth inequalities in digital interactions and well-being”, in Burns, T. and F. Gottschalk (eds.), *Educating 21st Century Children: Emotional Well-being in the Digital Age*, (2019), OECD Publishing, Paris, <https://doi.org/10.1787/d0dd54a9-en>

2.7 Understanding Sexual Violence And Consent For Sexual Activity

What is sexual violence*? A crime, referring to such acts as sexual abuse, sexual assault, rape (including those committed by intimate partner). College students have a high risk of being sexually assaulted on campus, especially females (at least 1 in 4). Male students in the 18-24-year-old age group are 5 times more likely than non-students to be victims of sexual violence. **If you have been a victim of sexual violence, it is important to (1) Get to a safe place and seek help; (2) Document what happened; and (3) seek medical attention as soon as possible.**

What is consent? Consent is having a free, clear, and mutual agreement between participants who want to engage in sex. **Consent CANNOT be given by individuals who are underage, incapacitated by drugs or alcohol, asleep, or visibly upset. Engaging in sexual activity with an employee or student also means that consent cannot be freely given due to unequal power.** Consent is NOT: Refusing to acknowledge “no”; Using intimidation; Assuming certain clothes, flirting, or kissing is an invitation or that it can be done again because of previous activity. **Always seek VERBAL confirmation. Sex without consent is a crime.**

SOURCES: *Understanding Sexual Assault on College Campuses.* From www.bestcolleges.com/resources/sexual-assault-on-campus. and *What consent looks like.* From www.rainn.org (*See State law database at apps.rainn.org/policy)

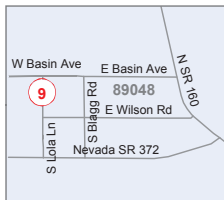
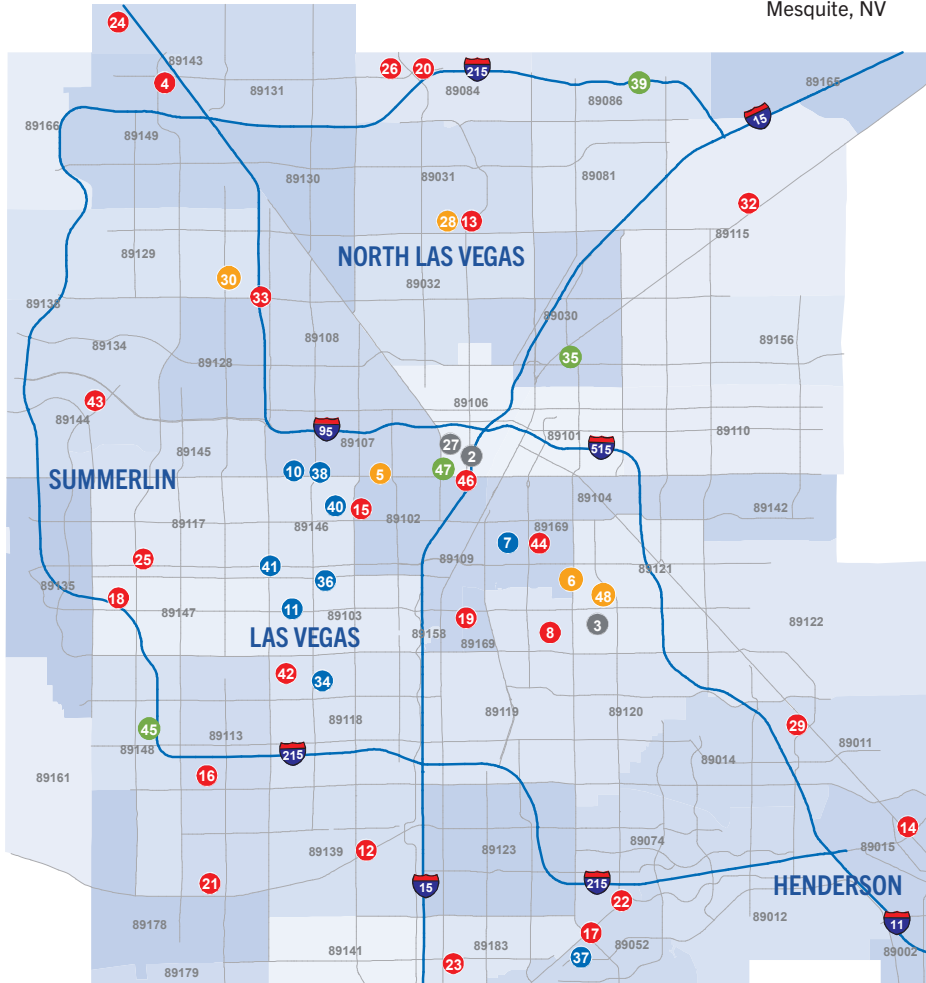
IF YOU FEEL YOU OR SOMEONE YOU KNOW IS IN A CRISIS, DIAL 988 -THE SUICIDE AND CRISIS LIFELINE - FOR IMMEDIATE HELP.

HOSPITAL LISTING

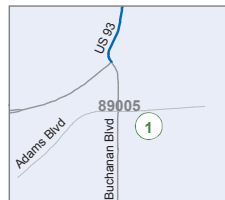
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

HOSPITAL LISTING

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

*All inpatient operations to end March 11, 2023.

For Emergencies call 911 for immediate assistance.

NATIONAL ORGANIZATIONS

Diversity and Multicultural

Asians Do Therapy asiansdotherapy.com Asian Mental Health Collective asianmhc.org
Behavioral Health Indian Health Services ihs.gov/communityhealth/behavioralhealth
BIPOC Mental Health mhanational.org/bipoc Black Emotional & Mental Health Collective beam.community
Black Mental Health Alliance blackmentalhealth.com Black Mental Wellness blackmentalwellness.com
Mental Health Technology Transfer Network mhttcnetwork.org National Asian American Pacific Islander
Mental Health Association naapimha.org National Indigenous Women's Resource niwrc.org
National Latino Behavioral Health nlbha.org The Network La-Red tnr.org
The Trevor Project thetrevorproject.org We Are Native wernative.org

General

Academy for Eating Disorders aedweb.org Active Minds activeminds.org
Anxiety and Depression Association of America adaa.org Bring Change to Mind bringchange2mind.org
Centers for Disease Control and Prevention (CDC) - Mental Health cdc.gov/mentalhealth/index.htm
Depression and Bipolar Support Alliance dbsalliance.org Heads Up Guys headsupguys.org
Healthy Brains healthybrains.org How Right Now howrightnow.org
International OCD Foundation iocdf.org Mental Health America (MHA) mhanational.org
National Alliance on Mental Illness (NAMI) nami.org
National Association of Anorexia Nervosa and Associated Disorders anad.org
National Eating Disorder Association nationaleatingdisorders.org
National Institute of Mental Health nimh.nih.gov
Schizophrenia & Related Disorders Alliance of America sardaa.org SMIAdvisor smiadviser.org
The Mental Health Coalition thementalhealthcoalition.org The Jed Foundation jedfoundation.org

Grief

Alliance of Hope for Suicide Loss Survivors allianceofhope.org
Center for Loss & Life Transition centerforloss.com Compassionate Friends compassionatefriends.org
Heal Grief healgrief.org The Sanctuary National Grief Support Network thesanctuaryforgrief.org

Legal and Disability

American with Disabilities Act (ADA) ada.gov Bazelon Center for Mental Health Law bazelon.org
Civil Law Self Help Center civilawselfhelpcenter.org Family Law Self Help Center familylawselfhelpcenter.org
Know Your IX knowyourix.org The Kennedy Forum thekennedyforum.org Legal Aid Center of SN lacsni.org
Nevada Disability Advocacy & Law Center ndalc.org Nevada Legal Services nevadalegalservices.org

Substance Use

Addiction Policy Forum addictionpolicy.org Addiction Technology Transfer Center attcnetwork.org
Celebrate Recovery celebraterecovery.com Center for Addiction & Mental Health (CAMH) camh.ca
Community Anti-Drug Coalitions of America cadca.org
Faces & Voices of Recovery facesandvoicesofrecovery.org
Families Against Narcotics familiesagainstnarcotics.org Generation Rx generationrx.org
Meth Project methproject.org
National Institute on Drug Abuse drugabuse.gov
National Institute on Alcohol Abuse & Alcoholism niaaa.nih.gov
National TSAC nationaltasc.org Partnership to End Addiction drugfree.org
Prevention Technology Transfer Center pttcnetwork.org SmokeFree smokefree.gov
Substance Abuse and Mental Health Services Administration (SAMHSA) samhsa.gov
Treatment Advocacy Center treatmentadvocacycenter.org White Bison whitebison.org

Suicide Prevention and Postvention

American Association of Suicidology suicidology.org American Foundation for Suicide Prevention afsp.org
National Action Alliance for Suicide Prevention theactionalliance.org Postvention Alliance postvention.org
Suicide Awareness Voices of Education save.org Suicide Prevention Resource Center sprc.org
The Speedy Foundation thespeedyfoundation.org ULifeline ulifeline.org

Trauma and Abuse

End Rape on Campus endrapeoncampus.org National Center for PTSD ptsd.va.gov
National Coalition Against Domestic Violence ncadv.org Nevada Victims of Crime voc.nv.gov
PTSD Alliance ptsdalliance.org RAINN rainn.org S.A.F.E Alternatives (Self Abuse Finally Ends) selfinjury.com
Sidran Institute: Traumatic Stress Education & Advocacy sidran.org Shared Hope International sharedhope.org

Veterans

Make the Connection maketheconnection.net Military One Source militaryonesource.mil R.E.A.C.H reach.gov
U.S. Department of Veterans Affairs - Mental Health mentalhealth.va.gov

Track 3: Diversity in Mental Health

by Anjum Khan, MA, PMP, PMI-ACP and Jacqui Ragin, PhD, MPH

3.1 Introduction

While mental health affects everyone regardless of race, age, gender, religion, or socio-economic status, there are certain demographic groups that experience poor mental health and mental illness with more intensity or frequency than others.

3.2 Cultural Diversity

What is culture? Culture is the set of **shared** values, knowledge, and characteristics of a particular group of people, which includes their language, norms and belief systems, religion, ethnic identity, and social habits or patterns (behaviors, cuisine) "...all of which contribute to a person's view of themselves."¹

So what is diversity? Diversity is about all the types of demographic characteristics that denote **human differences**, such as age, race, ethnicity, nationality, language, socioeconomic status, sex, gender identity, sexual orientation, religion, and disability.² Diversity in mental health is about the various aspects of these cultural and demographic differences that may impact the emotional, social, and psychological well-being of a person.

3.3 Culturally Competent Care

What is culturally competent care? Health care and services that incorporate understanding of the essential role that culture plays in a person's life and health; as well as supporting the person's goals which are aligned to their particular cultural set of values, experiences and personal beliefs.¹ *For tips on how to find a culturally competent MHP, go to nami.org/Your-Journey/Living-with-a-Mental-Health-Condition/Finding-a-Mental-Health-Professional/Finding-Mental-Health-Care-that-Fits-Your-Cultural-Background*

Barriers To Accessing Mental Health Care

Three main factors affect how individuals may seek or receive mental health care: **Access to Care:** insurance barriers (uninsured, underinsured); financial barriers (affordability); physical access (proximity to services); **Stigma, Mistrust, and Cultural Attitudes:** social stigma, religious affiliation and spirituality, systemic racism; **Finding Appropriate Therapists:** Lack of sensitivity to cultural diversity; microaggressive comments or actions; overdiagnosis of clients.

SOURCE: Adapted from "Mental Health Care in BIPOC Communities." From psychology.org/resources/mental-healthcare-bipoc-communities/

3.4 Diversity And...

Asian American and Pacific Islanders (AAPI)

- Are a diverse group with Chinese, Japanese, Filipino, Vietnamese, Korean, Hawaiian, South Asian (all Indian sub-continent), and/or other Asian and Pacific Islander origins.³
- Have the lowest rates for seeking help and least likely to receive mental health treatment due to stigma and lack of culturally relevant and integrated care.³ Mental illness is considered a weakness or shameful.³
- Tend to restrain in expressing negative feelings to maintain self-esteem and interpersonal harmony; and often report somatic or physical manifestations instead of psychological symptoms.³
- Second-generation AAPI immigrants often struggle to balance familial ties and traditional cultural values with the pressure to assimilate into mainstream American society - resulting in a cultural identity dilemma.³

Black/African Americans

- The experience of being black in America varies greatly (depending on socio-economic status, location, family history of poverty, racism, multi-generational trauma, etc.).⁴
- Black adults are more likely than white adults to report persistent symptoms of emotional distress (e.g., feeling sad or low, struggling to make an effort).⁴
- Black adults living below the poverty line are at least 2x likely to report serious psychological distress than those with more financial security.⁴
- Male Blacks tend to talk less or avoid seeking professional support, increasing risk for mental illness or suicide.^{2,3}

Hispanic/Latinx

- Are a diverse group from Central and South America, but with some shared cultural factors that connect individuals, including being bilingual (with the majority speaking Spanish as a first language).⁴
- Rely on family as a primary system of support and need to feel connected (often prefer primary care providers to MHPs, and want to include family members in any therapeutic process).⁴
- Stigma prevents them from seeking treatment as talking about mental health is often taboo, and there is fear of being labeled as “locos” (crazy) or bringing shame on the family.⁴

Indigenous/Native

- Have lived in the U.S. for centuries prior to colonization by European settlers (a fact often ignored).
- Are a very diverse group, but all continue to endure many burdens like economic and political marginalization, educational disparities, discrimination and mental health challenges causing multi-generational trauma.^{4,5}
- Have strong family bonds and rely heavily on extended family support systems.⁴
- Are disproportionately affected by suicide: have highest rates compared to general population.⁴ Females showed the largest increase in suicide rates since 1999 (higher risk due to more violence, trauma, poverty, and limited access to mental health care).^{3,4}
Additional risk factors: a history of interpersonal violence/abuse; unemployment, unwillingness to seek help; alcohol misuse/abuse; perceived discrimination; isolation on reservations, feeling cut off from other people; and local epidemic of suicide.^{3,4}

Sexual Orientation/LGBT+

- Stressors (e.g., discrimination, stigma, harassment) are directly associated with suicidal behavior and indirectly with risk factors for suicide.⁵
- **Suicide risk:** highest during the teens and early 20s. Youth (15-24) attempt suicide more frequently than straight peers.⁵
- **Protective factors** for youth (ages 15-24) that can make a difference: family acceptance, connection to friends and others who care about them, sense of safety, and access to care.⁵

Veterans

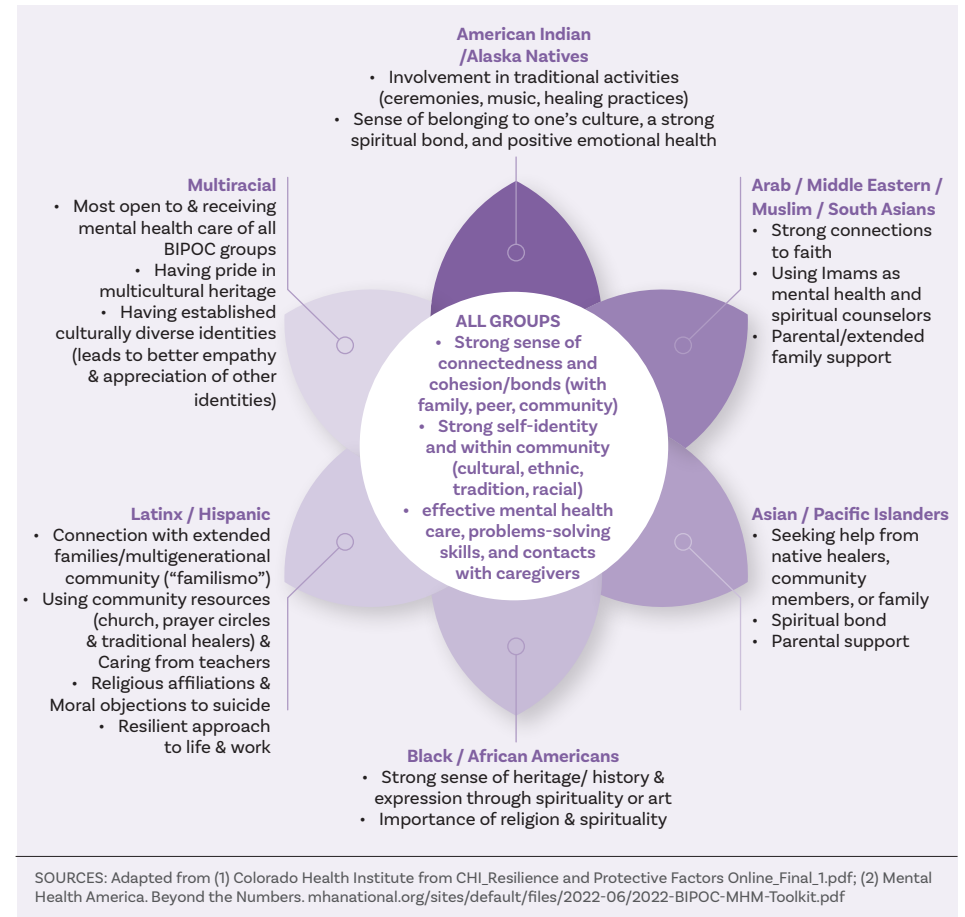
- Have higher than average rates of suicide; with about 67% of deaths by suicide from use of firearms.⁷
- May possess service-related **risk factors** (e.g., injury); 1 to 3 combat veterans suffer from PTSD.⁷

3.5 Opportunities And Recommendations

- **Promote connectedness.** Family, social, and community/peer support is a key protective factor.
- **Educate & train on-campus college counselors in cultural humility:** MHPs should be aware of and know how to relate to students from diverse backgrounds, as well as recognize unique needs for those with disabilities and underserved populations.¹⁰
- **Develop targeted mental health & emotional well-being resources on campus:** Counseling centers must meet the growing needs of college students across all demographics. Identify, target, and match specific individual/community cultures/values/needs to be more effective—not everyone has the same risk factors, from financial hardships to loneliness, disability, and fear of discrimination, college students can experience various situations.¹⁰
- **Promote safe reporting & messaging to help reduce stigma/contagion effect.** Stigma is a barrier to care in many cultures.
- **Provide & promote suicide prevention programs.** Suicide is often preventable.

“Protective factors can build resilience and safeguard mental health...[and]...are critical to ensuring positive outcomes for youth and encourage resilience-building throughout critical formative years...”⁹ Mental health stressors can be triggered or exacerbated by the lack of certain protective factors, e.g., lack of connectedness increases isolation.⁹ There are specific protective factors that are significant to non-white racial and ethnic groups, as shown next.

3.6 Protective Factors For Black, Indigenous, People Of Color (BIPOC) Communities



3.7 Conclusion

The following quote from the National Alliance on Mental Illness (NAMI) best sums up this section: “It is essential for culture and identity to be a part of the conversation as we discuss both mental health and mental health care.”⁴

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3. National Alliance on Mental Illness (NAMI). *Identity and Cultural Dimensions*. From nami.org/Your-Journey/Identity-and-Cultural-Dimensions
4. Indian Health Service (IHS). “Suicide Prevention and Care Program” *IHS/USDHHS*. From www.ihs.gov/suicideprevention
5. Administration for Children & Families (ACF). “Trauma.” *U.S. DHHS*. From www.acf.hhs.gov/trauma-toolkit/trauma-concept
6. The Trevor Project. “2022 National Survey on LGBTQ Youth Mental Health Survey”. From www.thetrevorproject.org/survey-2022
7. U.S. Dept. of Veteran Affairs. “Mental Health.” From www.research.va.gov/topics/mental_health.cfm
8. Colorado Health Institute. *Resilience & Protective Factors*. From CHI_Resilience and Protective Factors Online_Final_1.pdf
9. Mantra Health. *Why Diverse Mental Health Care is a Necessity on College Campuses*. June 2022. From mantrahealth.com/post/why-diverse-mental-health-care-is-a-necessity-on
10. Higher Education Today. *College Students of Color: Confronting the Complexities of Diversity, Culture, and Mental Health*. 2018. From higheredtoday.org/2018/04/02/college-students-color-confronting-complexities-diversity-culture-mental-health

OUTPATIENT LISTING

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

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

FOCUS / SPECIALTY

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

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

OUTPATIENT LISTING

Aroma Functional Nutrition Psychiatry afnpsych.com	702-907-7924	89144	Women/Maternal Mental Health
ASPECTS for Behavior aspects4behavior.org	702-825-1010	89130	ABA
Autism & Behavioral Consulting abcservices.co	702-283-6215	89117	ASD
Bamboo Center for Grief,Growth & Well-Being bamboocenter.us	713-322-6266	89128	Grief, Life Transitions
Bamboo Sunrise bamboosunrise.net	702-433-3038	89015	Life Skills, Foster Care
BBS Counseling	702-577-7792	89123	Anxiety,MOOD, PTSD
Behavior Essentials behavioressentials.com	702-445-0465		Parent Focused Therapy
Behavioral Health Group bhgrecovery.com	702-796-0660	89121	ADDICT, SAT
Behavioral Healthcare Options bhoptions.com	702-364-1484	89128	Insurance Provider, CM, EAP
Behavioral Health Solutions bhs.health	702-589-4871	89052	Family, MOOD, SAT
Behavioral Learning Solutions bhsolutionsaba.org	702-610-2076	89052	ABA, ASD
Behavioral Services of Nevada behavioralservicesnv.com	702-816-3400	89121	BST, PSR
Beyond Expectation bepsyc.com	702-779-3956	89141	Neurofeedback
Beyond Therapy beyondtherapylv.com	702-673-4745	89129	EMDR, Christian MFT
Bilingual Center for Behavioral Health bcbhlv.com	702-401-0811	89119	Anxiety, MOOD
Boys Town Behavioral Health Clinic boystown.org	702-888-1340	89148 89113	Ages 0-22, ASD
Bridge Counseling Associates bridgecounseling.org	702-474-6450	89106 89121	Trauma, PTSD, Youth, Sexual Abuse, IOP
Bridge Health Services bridgehs.com	702-843-0551	89106	Co-occurring, ODD, PTSD
Browning Neurobehavioral Associates browningnba.com	702-305-0234	89145	Psychotherapy
Cal Psychiatric Services calpsychservices.com	702-629-7490	89109	Psychiatric, Neurological Disorders
Calm Clinic Psychiatry calmclinic.vegas	702-848-2256	89103	ADHD, MM, Work Stress
Campbell Center for Autism campbellcenterforautism.com	702-260-2360	89117	ABA, ASD
Center for Compassionate Care	702-733-0320	89119	Bereavement Services, Spiritual Care
Center for Individual, Couple and Family Counseling unlv.edu/cicfc	702-895-3106	89154	TELE
Central Point Psychiatry	702-380-8200	89146	
Changing Minds Psychiatry changingmindspsych.com	702-405-8088	89074	Psychotherapy, Psychopharmacology
Choices Group choiceslasvegas.com	702-252-8342	89104	Co-Occurring, SAT
Clarity Wellness Center claritywclv.com	702-578-4505	89121	Military, Minorities
Clear View Counseling clearviewcounseling.com	702-254-4883	89101	ADHD, Crisis, MFT, PTSD
Clinical Solutions clinicalsolutionslv.com	702-212-3008	89117	CBT, DBT, MOOD
Collaborative Center Foundation collablv.org	702-329-3208	89113	CM, DD
Collier Counseling and Life Coaching colliercounseling.org	702-860-5249	89015	Couples Counseling, DBT, EMDR, PTSD
Community Counseling Center cccfn.org	702-369-8700	89104	General

OUTPATIENT LISTING

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

OUTPATIENT LISTING

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 healthymindslvl.com	702-622-2491	89106	Co-occurring, SAT
Hello Therapy hellotherapyvl.com	702-381-2192	89074	Grief, Trauma, TELE
HELP of Southern Nevada helpsonv.org/behavioral-health-services	702-369-4357		TELE
Higher Ground Counseling Services highergroundcounselingservicesllc.com	702-525-8402	89117	MFT, TELE
High Risk Pregnancy Center hrpregnancy.com	702-664-8279	89106	ODD, MAT (must be pregnant)
Honeybee Behavioral Health myhoneybeetherapy.com	702-550-9035	89118	Abuse, Grief, Family Conflict
Human Behavior Institute (HBI) hbinetwork.com	702-248-8866	89146	Insurance Provider, CM
Ignite Teen Treatment igniteteentreatment.com	866-202-7217	89147	Youth
Innovation Behavioral Health Solutions drsandrgray.com	702-900-2784	89146	EMDR, Neuropsychological Assessment, Trauma
Insight Therapy Solutions insighttherapysolutions.com	702-685-0877	89120	TELE
Integrated Psychological Solutions lvpsych.com	888-320-2271	89146	CBT, ED, EMDR, MOOD
Integrity Counseling integritycounselinglv.com	702-499-4922	89117	BST, CM, PSR, SAT
Jewish Family Services (JFS) jfsalvl.org	702-732-0304	89119	Anxiety, MOOD
Kayenta Therapy kayentatherapy.com	702-438-7800	89134	TELE
Landmark Recovery landmarkrecovery.com	725-217-9910	89129	ADDICT, IOP, PHP, SAT
Las Vegas Counseling lasvegascounselingcenter.com	702-466-3750	89117	TELE
Las Vegas Grief and Loss Counseling Center	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.com	702-763-7443	89146	BF, CBT, IOP, SAT, Telehealth
Legacy Health and Wellness legacynv.com	702-942-1774	89128	BST, PSR, Crisis Services, Parenting, EMDR
Life Bridge Psychiatry lifebridgekids.com	702-765-4965	89117	Youth
Life Spring Counseling Center lifespringcounselingcenter.org	702-939-5433	89117	Anxiety, MOOD, Premarital, PTSD
LifeQuest lifequestnv.com	702-830-9740	89145	CM, BST, MFT, MM, SAT
Living Free livingfreehealth.org	775-505-1625	89060	ADDICT
Lotus Behavioral Health Services lotusbehavioralhealthservices.com	725-215-0359	89128	MOOD, PTSD, Trauma
Mbrace Counseling	702-749-6926	89146	BST, PSR, Family Therapy
M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	Psychiatric Services
Mindful Illumination Counseling	702-506-4554	89101	ADDICT, Sound Therapy
Mingo Health Solutions mhsbehavioralservices.com	702-848-1696	89120	

OUTPATIENT LISTING

Mobile Mental Health Support Services mmhssnv.com	707-888-0036	89146	Anxiety, MOOD, Personality D/S, Relationship
Moderation of the Mind Counseling modofthemind.com	702-272-1879	89117	BST, CM, Crisis, PSR
Mojave Counseling unlvhealth.org/psychiatry-mental-health	702-253-0818 702-968-4000	89146 89014	Children/Adolescents, CM, Adults
Music 4 Life Inc. themusic4life.com	702-889-2881	89146	ADDICT, Anxiety, PTSD
Neubauer Mental Health Services nmhslv.com	702-806-5268	89108	
Nevada Behavioral Health Systems nvbhs.com	702-978-8100		Managed Mental Health & Substance Abuse Services
Nevada Health Centers, Cambridge nevadahealthcenters.org	702-307-5415	89119	ADDICT, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Eastern	800-787-2568	89104	
Nevada Health Centers, Henderson	702-868-0327	89015	
Nevada Health Centers, MLK	702-383-1961	89106	
Nevada Health Centers, North Las Vegas	702-214-5948	89030	
Nevada Mental Health nevadamenthalhealth.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	702-714-1681	89120	MOOD, Trauma, PTSD
Never Give Up Wellness Center nevergiveupbhs.com	702-951-9751	89146	Biofeedback, MFT, MM, Psychiatric Services
New Way Empowerment Center	702-695-4345	89146	Trauma, Life Transitions
Nippon Clinic nipponclinic.vegas	702-994-7267	89119	MOOD,ED,PTSD
Nueva Vida Mental Health nvbhs.com	702-659-8827	89103	BST, CBT, PSR
Oasis Counseling oasiscounselingtoday.com	702-294-0433	89113	
Open Arms Counseling openarmscounseling.org	702-823-4300	89015	ADDICT, EMDR, MM
Our Little World Treatment Center olwtreatment.com	702-742-3093	89012	ASD
Overton Psychological Services facebook.com/Overtonpsych	702-563-1000	89074	
Pathways Therapy & Wellness Center pathwaystherapynv.com	702-363-7284	89052	Anxiety, MOOD, Trauma, PTSD, Relationships
Perceptions Counseling Center of Southern Nevada pccofsn.com	702-850-8700	89120	Child Therapy, TELE
Pro-Health Therapeutic & Empowerment Services phtes.com	702-490-9009	89169	Co-Occuring, LGBTQ, MM, SAT, TELE
Puzzle Pieces Autism & Behavioral Services LLC puzzlepiecesnv.com	702-704-5112	89131	ASD
Red Rock Counseling redrockcounseling.com	702-389-4500		
Red Rock Psychological Health redrockph.com	702-898-5311	89119	
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

OUTPATIENT LISTING

Restorative Behavioral Health LLC myrestorativehealth.com	702-853-6727	89031	General
SAFY of Nevada Specialized Alternative safy.org/nevada	702-385-5331	89130	Youth, Family
Serenity Counseling and Support Services serenitysupportservices.com	702-903-2973	89117	ADHD, Anger Management, Bullying, Parenting, Trauma
Serenity Mental Health serenitymentalhealth.org	702-815-1550 775-751-5211	89146 89048	Anxiety, MOOD
SFS Therapies sfstx.com	702-979-4268	89128	Speech Therapy
Shining Star Community Services shiningstarlv.com	702-882-7827	89119	Family Therapy, Grief
Sierra Sage Recovery Services sierratreatment.com	702-880-8230	89107	ADDICT, CBT, IOP, SAT
Signs of Hope Counseling Center sohlv.org/counseling	702-366-1640	89106	Trauma (Sexual Assault), PTSD
Silver State Health silverstatehealth.org	702-471-0420	89119	Anxiety, MOOD, PTSD
Skills 4 Kids facebook.com/skills4kidLLC	702-538-9476	89117	
Solutions of Change solutionsofchange.org	702-445-6937	89120	General
Southern Nevada Adult Mental Health	702-486-6000	89146	CM, Mobile Crisis, MM
Southern Nevada Community Health Center snhc.org	702-759-1700	89107	General
Southern Nevada Pediatric Center southernnevadapediaticcenter.com	702-850-5437	89128	ADHD, Anxiety, MOOD
Southern Nevada Psychological Services snvpsyc.com	702-483-8017	89109	Biofeedback, Cognitive Rehab, Psychotherapy
Southern NV Care Center lasvegas-clinic.com	702-625-0022	89169	Evaluations, Counseling, Referrals
Southwest Autism & Behavioral Solutions swbehavior.com	702-270-3219	89120	ASD
Strong Minds Addiction & Recovery Therapy strongminds.vegas	702-708-2559	89146	SAT, Sober Living Houses
Summit Mental Health	702-727-4459	89102	MOOD, Trauma, PTSD
Sunshine Family Support Services sunshinefamilyss.net	702-433-0063	89104	TELE
Synergy KTC synergyktc.com	725-222-4582	89113	Ketamine Therapy
Tancell Care tancell-care.business.site	702-476-0262	89119	DD
Tandem Therapy Services tandemtherapyservices.com	702-396-0101	89117	ABA, ASD, Speech Therapy
The Center for Child and Family Development thecenterforchildandfamilydevelopment.com	702-912-5848	89120	Pediatric Neuropsychology
The Evidence Based Practice of Nevada theebpnv.com	702-508-9181	89074	ADHD, ASD, ED, MOOD, OCD, PTSD
The Hamilton Group hamiltongrouplv.com	702-289-4883	Virtual	MM

OUTPATIENT LISTING

The Practice, UNLV unlv.edu/thepractice	702-895-1532	89154	CBT, DBT, Testing
Therapeutic Solutions Behavioral Health therapeuticsolutionslv.com	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center therapytreatmentcenters.com	702-423-2625	89102	Anger Management, MOOD, PTSD, Trauma
Theravada Mental Health theravadawellness.com	702-757-8720	89130 89052	DBT, EMDR
There is Hope thereishopenv.com	702-684-7757	89146	Anger Management, IOP
Thrive Behavioral Health & Trauma Centers tbhandtc.com	702-740-0188	89102	LGBTQ, Trauma
Thrive Solutions thrivesolutionslv.com	702-602-8504	89148	ADDICT, IOP, MFT, MM
Thriveworks Counseling thriveworks.com	702-820-3061	89146	ADDICT, ED
TIM Care	702-617-6313	89106	General, SAT, Psychiatric
Touro Center for Autism & Developmental Disabilities tourocadd.org	702-777-4808	89014	ASD
Transitional Wellness Center transitionalwellnesscenter.com	702-339-0346	89120	
TREAT horsetherapylv.com	702-768-2326	89139	Equine Assisted Psychotherapy
TUFF Services Ministries tuffservices.org	800-649-0925	89053	Pastoral Counseling
United Citizens Foundation ucfoundation.com	702-888-6300	89147	School-based, TELE
U.S. VETS usvets.org/locations/las-vegas	702-947-4446	89101	Eligible Veterans, SAT
Vegas Cares LLC vegascarellc.com	725-206-5434	89121	General, PSR, BST
Vegas Stronger vegasstronger.org	702-202-6647	89101	SAT
Ventana Health Associates	702-360-2800	89134	
Veridian Wellness veridianwellness.com	702-763-4452	89074	DBT, EMDR, Trauma
Victorious Behavioral Health victoriousbhs.com	702-723-0125	89119	BST/PSR, Psychiatric Services
We Are Hope wearehopelv.com	702-333-4373	89130	ADDICT, General, Trauma
Well Care Behavioral + Medical Clinic thewellcaregroup.com	702-291-7121	89122	BST, CM, PSR
Westcare westcare.com	702-385-3330	89101	SAT
Zia Counseling ziacounseling.com	702-823-9043	89102	Couples, EMDR, MFT

TIPS

TIPS for Parents/Guardians. HAVE CONVERSATIONS ABOUT LEGAL ISSUES THAT YOUNG STUDENTS NEED TO BE AWARE OF (E.G., DRUGS, UNDERAGE DRINKING, TRACKING PAYMENTS DUE LIKE RENT, MEALS, TUITION, ETC.)

Track 4: Diagnosis and Treatment by Anjum Khan, MA, PMP, PMI-ACP

4.1 Introduction

Being healthy is not just about the physical body, it is a total well-being that includes both the body and the mind. According to the World Health Organization (WHO), “health is a state of complete physical, mental and social well-being and not merely the absence of disease.”¹

What is mental health? The WHO states that, “Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.”¹ It is an important part of our overall well-being because it affects our daily life, physical health, relationships, ability to handle stress, and how we make choices.^{1,2} **Regardless of age, gender, and income, mental health affects everyone—and it can also change over time,** depending on certain factors (e.g., loss of a loved one or income).² Poor mental health is not the same as mental illness/disorder but may lead to one.

4.2 Mental Illness

What is mental illness? The American Psychiatric Association (APA) defines mental illness (or disorders) as, “...health conditions involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.”³ Mental illnesses are common, impair normal functioning, and often lead to disability.^{1,2} In fact, every 5th person meets the diagnostic criteria for some mental illness.^{1,2} **Some common mental health problems seen amongst college students are depression, anxiety disorders, suicide, and eating disorders.**⁴ Depression and suicide rates, in particular, are rising among youth and young adults.⁴

What are the signs and symptoms? Because mental health issues can vary in individuals, the signs and symptoms can also be different. The 10 most common warning signs and symptoms of mental health illness are shown on page 32. **It is important to know and be aware of signs of mental health issues.**

What causes mental illness? There is no one specific cause of mental illness. Various factors can contribute to the risk of mental illness, such as: chemical imbalances in the brain, genetics, substance use, poor nutrition, lack of support systems, brain injury, extreme stress, isolation, traumatic life events, abuse, poor mental health, and poor physical health.^{1,2,3}

4.3 Diagnosis And Treatment

How is mental illness diagnosed? There are no specific tests that will diagnose a mental health illness/disorder. Because **it is important to get an accurate diagnosis to receive the right treatment,** the diagnosis process may involve more than one healthcare provider, and may include:^{5,6}

- A physical exam by a doctor (usually your primary care provider - PCP) to eliminate any physical problem.
- Lab tests, usually blood work, to check for any biological/hormonal or drug problem.
- A psychological evaluation by a qualified mental health professional (QMHP - usually a psychiatrist or psychologist); may include questionnaires, interviews, and medical history (also family).

The *Diagnostic and Statistical Manual of Mental Disorders (DSM)* defines and classifies mental disorders. For more information, visit www.mayoclinic.org/diseases-conditions/mental-illness/diagnosis-treatment/drc-20374974

CONSEQUENCES OF POOR MENTAL HEALTH

- (1) increased risk of suicide, substance abuse, eating disorders, truancy, delinquent and promiscuous behaviors in youth and young adults, and
- (2) 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}

WHAT YOU CAN DO

Make a list of ALL the symptoms you are having	For example, recurring headaches, unexplained frequent stomach upset like diarrhea or vomiting, feeling depressed, etc.
Know the warning signs and note what is happening with you	Include when they first started or how often you have them, how they are affecting you, and any triggers that you are aware of.
Make a list of questions or concerns you have	Take a family member or friend with you, if possible. Be prepared for your doctor's visit.

IT IS IMPORTANT TO SEE A QMHP IF YOU FEEL OVERWHELMED AND/OR RECOGNIZE SOME OF THE SIGNS AND SYMPTOMS. PROFESSIONAL EVALUATION AND TREATMENT IS A KEY PART OF MANAGING MENTAL HEALTH ISSUES.

Are mental health conditions treatable? Treatment is not a “one size fits all” - it depends on an individual's diagnosis and severity of symptoms. Effective treatment may include any one, or a combination of, the following⁶:

1. **Medication:** prescribed to mainly target chemical imbalances in the brain to reduce symptoms and/or improve cognitive functioning; categories include antidepressants, anti-anxiety medications, antipsychotic medications, and mood-stabilizing medications.
2. **Psychotherapy:** purpose is to gain coping skills by “talking” with a QMHP to understand feelings and behaviors (e.g., dialectical behavior therapy-DBT);
3. **Social/peer support group:** healing and learning through connecting/sharing with family and peers.
4. **Hospital or residential:** for brief periods of intensive treatment.
5. **Alternative/complementary therapy:** old practices with known health benefits (e.g., acupuncture, herbal remedies).
6. **Self-help plans:** focus on lifestyle changes like eating healthy and engaging in regular exercises that target both physical and mental health (e.g., walking, swimming, yoga, tai chi, writing a journal, being mindful).

These treatment options can help one manage one's symptoms and assist with recovery. **Therapy strategies may include understanding and learning: (1) how to identify triggers or signs of stress, (2) coping tools to manage/reduce stress and build resilience, and (3) when and where to seek support.**

Co-occurring health conditions. In some cases, individuals with certain other health conditions (e.g., diabetes, SUDs) may also be diagnosed with a co-occurring mental health illness like depression, anxiety or PTSD^{4,6}. MHPs should consider all health issues to provide a more comprehensive and effective treatment approach.^{4,6} “SUD and co-occurring mental disorders are best treated together ...It is essential that treatment...be tailored to an individual's specific combination of disorders and symptoms, ... the misused substance, and the specific mental disorder(s).”⁷ For more information, visit nimh.nih.gov/health/topics/substance-use-and-mental-health.

Impact of Stigma. Mental health stigma is a serious barrier to seeking diagnosis and treatment.⁸ Stigma can: **CHANGE** both how people feel about themselves and how others see them; **AFFECT** people at any time (while they are ill, in treatment, healing, and even in long term recovery or sobriety); **ISOLATE** individuals and **VIOLATE** their basic human rights.⁸ **Factors that contribute to stigma:** fear, misunderstanding, and ignorance perpetuates **discrimination (negative behaviors) and prejudice (negative attitudes)** against persons with mental illness.⁸ The media's tendency to ridicule (with disparaging language) mental health and substance use problems also negatively influences society and individuals⁷—creating feelings of shame/inadequacy in a person.

What you can do. Getting help early increases the chances of making a full recovery and even prevents progression into more serious illness. Do not let stigma be an obstacle to seeking mental health care. Be aware that there is no shame in having mental health problems and help is available.

4.4. Conclusion And Recommendations

Achieving academic skills and advancement is correlated with good overall health, and in particular, with healthy cognitive abilities. Studies show that early age onset of poor mental health and any mental illness has a serious and longer lasting impact on an individual.^{2,3,4} Early identification, intervention, and treatment are crucial to preventing serious long-term ramifications. Effective treatment and support are available.

Protective factors for college students. Support from family and friends plays an important (protective) role in recovery and mitigating on-going or relapse issues. **Early and successful recovery is possible** if one: (1) seeks treatment immediately, (2) engages in stress-reducing activities such as exercise and meditation, (3) maintains a routine for daily activities - especially sleep, (4) avoids using alcohol or drugs, and (5) learns more about mental health.^{4,5,6} Being aware of and acknowledging that you may have a mental health concern is as important as realizing that you can get help.

Learn more about mental health so you may **know the signs** and when to seek help. Self-care is an important tool in managing your overall health (see page 11). Remember, **good mental health is key for individual success and well-being.**

REFERENCES:

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2. Centers for Disease Control and Prevention (CDC). *About Mental Health*. 28 June 2021. From www.cdc.gov/mentalhealth/learn/index.htm
3. American Psychiatric Association (APA). *What is Mental Illness?* From www.psychiatry.org/patients-families/what-is-mental-illness
4. Nahal S., B. Gere, et al. “College Students Mental Health Challenges: Concerns and Considerations in the COVID-19 Pandemic.” 2021. *Journal of College Student Psychotherapy*, DOI: 10.1080/87568225.2021.1890298
5. Conrad, Rachel C, and Michelle Riba. “Current Opportunities Within College Mental Health.” *Academic Psychiatry: the Journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*. 2021. From www.ncbi.nlm.nih.gov/pmc/articles/PMC8370048
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7. National Institute of Mental Health (NIMH). March, 2021. *Substance Use and Co-Occurring Mental Disorders*. From www.nimh.nih.gov/health/topics/substance-use-and-mental-health. Excerpt reprinted from public domain.
8. VeryWellMind. *What is stigma?* 2022. From www.verywellmind.com/mental-illness-and-stigma-2337677

*A GUIDE TO SOME EVIDENCE-BASED EFFECTIVE THERAPY FOR PTSD

Trauma-Focused Psychotherapy directly targets memories, thoughts, or feelings about the traumatic event.^{1,2} Examples: (1) Cognitive Behavioral Therapy (CBT): focuses on changing the patterns of behaviors, thoughts and feelings that lead to difficulties in functioning. (2) Cognitive Processing Therapy (CPT): focuses on building skills that help you to understand the trauma, and to modify and challenge disturbing/disruptive beliefs and thoughts about the trauma.

Non-Trauma Focused Treatment reduces symptoms without directly targeting trauma-related thoughts, memories and feelings.² Example: Present-Centered Therapy (PCT): teaches problems-solving strategies that focus on current life issues and improving relationships.

SOURCES: (1) American Psychological Association (APA) at <https://www.apa.org/ptsd-guideline/treatments>; (2) Willison, S. K. at <https://www.anxiety.org/trauma-focused-treatments-for-post-traumatic-stress-disorder-ptsd>

Showing compassion and empathy not just to self, but also to others can help build a sense of connection that can make a big difference in someone's life.

ANJUM KHAN

4.5 Signs And Symptoms

Common WARNING
SIGNS of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- ! Feeling very sad or withdrawn for more than two weeks
- ! Trying to harm or end one's life or making plans to do so
- ! Severe, out-of-control, risk-taking behavior that causes harm to self or others
- ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- ! Significant weight loss or gain



- ! Seeing, hearing or believing things that aren't real*
- ! Excessive use of alcohol or drugs
- ! Drastic changes in mood, behavior, personality or sleeping habits
- ! Extreme difficulty concentrating or staying still
- ! Intense worries or fears that get in the way of daily activities

*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual.

WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?

? If you notice any of these symptoms, it's important to ask questions

♥ Try to understand what they're experiencing and how their daily life is impacted

🔗 Making this connection is often the first step to getting treatment

KNOWLEDGE IS POWER

🗣️+
Talk with a health care professional

💻
Learn more about mental illness

👥
Take a mental health education class

📞
Call the NAMI HelpLine at 800-950-NAMI (6264)

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

[NAMI HelpLine 800-950-NAMI \(6264\)](http://nami.org/mhstats)
[f NAMI](https://www.facebook.com/nami)
[t NAMICommunicate](https://twitter.com/NAMICommunicate)
[i NAMICommunicate](https://www.instagram.com/namiconnected)
www.nami.org



50% of all lifetime mental illness begins by age **14**

75% by age **24**



SOURCE: Reprinted with permission from National Alliance on Mental Illness (NAMI). www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Warning-Signs-FINAL.pdf

4.6 Some Common Qualified Mental Health Professionals (QMHPs): A Quick Guide

Psychiatrists (MD, DO) Provide both medical & psychiatric evaluations, diagnosis & treatment/therapy; prescribe & monitor medications.

Psychiatric or Mental Health Nurse Practitioners (APN, MSN or PhD) Provide assessment, diagnosis & therapy; may prescribe/monitor medications.

Psychologists (PsyD or PhD) Evaluate a person's mental health; provide therapy & counseling; can't prescribe medication.

Counselor/Therapists (MS, MA, or MFT) Provide counseling, therapy, assessments, & resources; can't prescribe medication.

Social Workers (LCSW) Provide help for domestic violence, assessment, therapy; can't prescribe medication

NOTE: Finding the right QMHP may require research and some patience. You can always change providers if you are not satisfied.

SUPPORT GROUPS

ADDICTION

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

CHILDREN AND YOUTH

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

CRISIS AND TRAUMA

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

GRIEF AND LOSS

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

SUPPORT GROUPS

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

LGBTQ

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

SUICIDE

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

OTHER

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

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

988
SUICIDE
& CRISIS
LIFELINE

Talk with us.



There is hope



Track 5: Legal Concerns In College

by Anjum Khan, MA, PMP, PMI-ACP and Jacqui Ragin, PhD, MPH

Several rules and regulations change after high school and once a student turns 18 – especially with regards to records, privacy, and disability in Institutes of Higher Education (IHE). This section presents some key legal concerns students and parents may have about colleges/universities or should be aware of.

5.1 Student Rights And Responsibilities

Colleges and universities strive to provide an environment that fosters intellectual and personal growth and development to cultivate higher academic achievement. To ensure a spirit of community, safety, and effective campus management, each campus sets forth a Student Code of Conduct (SCC) that highlights the school's regulations and procedures about students' rights and responsibilities, including student privacy rights. Students are responsible to understand and uphold these codes—for example, academic honesty, responsible and safe behaviors—any violation of which may result in disciplinary actions, which may include legal actions. The Office for Student Affairs is generally responsible for publishing and administering the SCC. For more information on the rules of conduct and procedures for students in the Nevada System of Higher Education, go to https://at.csn.edu/sites/default/files/documents/student_conduct_code_policy_1.pdf

5.2 Student Academic And Mental Health Rights

Q & A: CONFIDENTIALITY AND PRIVACY

All students have the right to confidentiality and privacy.

What are my rights to privacy? Students and their parents have certain legal rights under various laws such as Family Educational and Privacy Act (FERPA), Health Insurance Portability and Accountability Act (HIPAA), Individuals with Disabilities Education Act (IDEA), Section 504 of the Rehabilitation Act, and Americans with Disabilities Act (ADA). These rights pertain to college admissions and accommodations, and privacy and access to academic and health records (see source links below for more information).

Is my session with a therapist confidential? Therapists are ethically bound to NOT share what is said during your therapy unless you specifically authorize it. Your information may be released, however, if the therapist believes there is a safety risk where you are unable to care for yourself or might harm yourself or others. A therapist may also share your information with insurers. At the start of your treatment, ask your therapist about the limits of confidentiality, who can be notified without your permission, and how you will be notified if your information is being released.

Will my parents/legal guardians or professors find out if I seek treatment? Your diagnosis and treatment information cannot be released to parents/legal guardians or faculty without your written authorization—except in the case of protecting your safety and the safety of others. However, your parents/legal guardians may know that you are seeing a therapist if they receive insurance statements/bills related to your care. School officials (disability service coordinators or school administrators) may also have your information if it was shared in the school application process, as part of a request for accommodation, or during an emergency. This information may be shared with other school officials if determined that those individuals have a legitimate educational interest, as defined by law.

If your rights have been violated, you may file a complaint with any of the following:

1. The School (check with CSN officials how this may be accomplished)
2. The Office of Civil Rights (OCR) at the Federal Department of Education by contacting 202.453.6020, (800) 877-8339, email OCR.DC@ed.gov or [OCR www2.ed.gov/about/offices/list/ocr](http://OCR.www2.ed.gov/about/offices/list/ocr)
3. The U.S. Department of Justice (DOJ) www.ada.gov/file-a-complaint.

SOURCES: Adapted from (1) The Jed Foundation. *Student Mental Health and the Law: A Resource for Institutions of Higher Education*. 2008. <https://jedfoundation.org/wp-content/uploads/2021/07/student-mental-health-and-the-law-jed-NEW.pdf> and (2) Bazelon Center for Mental Health Law. *Campus Mental Health Know Your Rights: A guide for students who want to seek help for mental illness or emotional distress*. 2008. <https://www.bazelon.org/wp-content/uploads/2017/01/YourMind-YourRights.pdf>

DISABILITY AND ACCOMMODATIONS

The Americans with Disabilities Act (ADA) requires IHEs to make provisions for equal access opportunities to students with disabilities. Note that new college/university students will not have access to their high school counselors and Individualized Education Plans (IEP). Students with disabilities will need to request an accommodation plan from the college's disability services office. As a new college student, it is important to have the necessary resources to maintain treatment plans. For more information, visit CSN's DRC www.csn.edu/disability-resource-center

Disability rights. A student who meets one or more of the following criteria is protected under disability law:¹

- Has a "physical or mental impairment that substantially limits one or more major life activities" (e.g., learning, caring for oneself, walking, seeing, hearing, speaking, and working)
- Has a record of having had this type of impairment
- Is regarded as having this type of impairment

The laws that protect the rights of disabled students define students with mental health conditions as students with disabilities. A student with a disability must notify the appropriate office (usually the Disability Resource Center) to be considered for reasonable accommodations.

What are reasonable accommodations? Reasonable accommodations are modifications or adjustments to an IHE's rules, policies, or practices that are designed to provide a student with a disability with an equal opportunity and access to meet academic and technical standards (such as extended time for testing).

What are unreasonable accommodations? An IHE is not required to make any such modification that would fundamentally alter the essential nature of its operations, programs and academic requirements.

How to request accommodations? (1) Register with the Disability Resource Office; (2) Provide proof of your disability (medical report, letter from doctor, psychiatric evaluation); (3) Schedule an appointment with disability services; (4) Notify instructors/professors of disability; and (5) Remind instructors/professors (if necessary).

SOURCES: Adapted from (1) The Jed Foundation. *Student Mental Health and the Law: A Resource for Institutions of Higher Education*. 2008. <https://jedfoundation.org/wp-content/uploads/2021/07/student-mental-health-and-the-law-jed-NEW.pdf> and (2) U.S. Department of Education. *Students with Disabilities Preparing for Postsecondary Education*. <https://www2.ed.gov/about/offices/list/ocr/transition.html>

5.3 Legal Tools

Living will, medical power of attorney, and advance directives are legal tools used to facilitate and support advance care planning for medical care in case of unexpected circumstances-these are legal documents that let you decide how you want to be cared for in the future. Students and parents are encouraged to learn more.

PSYCHIATRIC ADVANCE DIRECTIVE (PAD) is a medical legal document that allows individuals with mental illnesses to make a written declaration of psychiatric treatment decisions to be used in case of a future mental health crisis where they are unable to make decisions themselves. This includes:

- State and advocate their desired care on their own behalf
- Instruct healthcare providers on their preference for psychiatric care, including medications and hospitalization
- Designate someone else to interpret & communicate their stated wishes on their behalf; the proxy may also be instructed to make decisions on their behalf if needed

To create a PAD, speak with your mental health provider, consult an attorney, or reach out to a community agency. The document is valid for two years from the date it is executed, unless it is revoked. For more information and to get a copy of Nevada's PAD, visit: www.nrc-pad.org/states/nevada-forms

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

5.4 Legal Hold

NEVADA'S MENTAL HEALTH CRISIS HOLD PROCESS By Kim S. Donohue, Nevada Rural Hospital Partner (excerpts from original post in *Mental Health Spectrum*, Vol 2: Issue 3)

What is a Mental Health Crisis Hold in Nevada?

L2K, Legal 2000, and a Legal Hold, are all names used in and across Nevada for a person who is at risk for harming themselves or others or cannot care for themselves and is at risk of serious injury, illness, or death; and can be held unwillingly for medical treatment for up to 72 hours.¹The criteria for Mental Health Crisis per Nevada Revised Statutes NRS 433A.0175 is:

"a person in a mental health crisis, DOES NOT INCLUDE any person in whom that capacity is diminished by epilepsy, intellectual disability, dementia, delirium, brief periods of intoxication caused by alcohol or drugs or dependence upon or addiction to alcohol or drugs unless a mental illness that can be diagnosed is also present which contributes to the diminished capacity of the person."¹

Who can place a Mental Health Crisis Hold?

Authorized Law Enforcement and/or Healthcare/Medical professional (Physician, Registered Nurse, Nurse Practitioner, Physician Assistant, Psychologist/Therapist, Social Worker/Clinical Counselor).¹

What is the Mental Health Crisis Hold Process?

An individual held under a Mental Health Crisis Hold would be identified in The Mental Health Crisis Hold Process, which involves six steps.¹ This is designed to keep the safety and well-being of all - the person in crisis, their family, and the community. You may find more information on mental health crisis holds at: <https://nvbh.org/involuntary-hold>.

REFERENCE:

1. Statewide Mental Health Workgroup/Nevada Regional Behavioral Health Policy Boards. *Navigating Your Way Through A Mental Health Crisis Hold In Nevada*. (2020, June). From https://nvbh.org/wp-content/uploads/2021/10/NV_MentalHealthCrisisInfoPrint3-6.pdf

MENTAL HEALTH CRISIS HOLD PROCESS		YOUR LEGAL RIGHTS AND THE COURT PROCESS - PER NEVADA LAW NRS 433A.240, NRS 433A.270, NRS 433A.290
STEP 1	The individual is assessed to be at risk of harming self or others due to mental illness.	1. You have the right to a hearing and the right to be present at that hearing.
STEP 2	The individual placed on hold is placed in a community or healthcare facility and the 72-hour hold begins.	2. You have the right to an attorney; if you cannot afford to hire one, the court will appoint one.
STEP 3	The individual receives a medical assessment to ensure there is no medical condition that requires immediate treatment.	3. Before the hearing, the court shall provide a team of mental health providers - one who must be a physician - to examine & evaluate you to see if you meet criteria for inpatient mental health hospitalization.
STEP 4	An evaluation from a medical professional to certify that the crisis is due to mental illness.	4. At the hearing, the district attorney represents the state and shall present evidence in support of the petition for an involuntary court ordered admission.
STEP 5	The individual while under detainment at any time, may be accepted and transported to an inpatient psychiatric facility.	5. During the hearing, the court shall hear and consider all relevant testimony, including your perspective and the mental health examining personnel's
STEP 6	If 72 hours is anticipated to run out, and the individual is still assessed to be a danger to self or others, the hospital provider may petition for court ordered admission, extending admission till court hearing. The Court must schedule a hearing within six business days.	

AN INDIVIDUAL ON HOLD CAN BE RELEASED AT ANY POINT DURING THIS PROCESS IF THEY ARE ASSESSED TO NO LONGER BE A DANGER TO SELF OR OTHERS DUE TO MENTAL ILLNESS.

SOURCE: Adapted from Statewide Mental Health Workgroup. *Navigating Your Way Through A Mental Health Crisis Hold In Nevada*. June 2020. From https://nvbh.org/wp-content/uploads/2021/10/NV_MentalHealthCrisisInfoPrint3-6.pdf

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.
safehouseenv.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 3pm to 7am 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/emergencysHELTER

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.
rfwlasvegas.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/emergencysHELTER

THE SHADE TREE FOR WOMEN

702-385-0072 | Hotline: 1-855-385-0072
Provides safe shelter to homeless and abused women & children in crisis.
theshadetree.org

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/shannon-west-homeless-youth-center

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

HELPLINES

Nevada 211 - Connect to Services (nevada211.org)	211 or 1-866-535-5654
Police NON Emergency Response	311
Tin6 - Helpline for Men who were Sexually Abused / Assaulted	tin6.org/helpline
AARP Friendly Voice (aarpcommunityconnections.org/friendly-voices)	888-281-0145
AARP Friendly Voice (Spanish)	888-497-4108
Adult Protective Services (APS) (Report suspected abuse, exploitation vulnerable adults 18+) (APSGethelp.com)	702-486-6930
Al-Anon (al-anon.org)	1-800-344-2666
Alcoholics Anonymous (AA) (aa.org)	702-598-1888
Alzheimer's Association Helpline (alz.org)	1-800-272-3900
American Addiction Centers Resource (centers.org)	1-866-892-4547
American Chronic Pain Association (ACPA) (theacpa.org)	1-800-533-3231
American Pregnancy Association	1-800-672-2296
Care Solace (CCSD students) (caresolace.com/ccsd)	888-515-0595
Cocaine Anonymous (snvca.org or ca.org)	702-941-0950
Codependents Anonymous (coda.org)	602-277-7991
Crystal Meth Anonymous (crystalmeth.org)	855-638-4373
Debtors Anonymous (debtorsanonymous.org)	800-421-2383
Depression & Bipolar Support Alliance (DBSA) (dbsalliance.org)	1-800-826-3632
Eating Disorders (anad.org)	1-888-375-7767
Eldercare Locator (eldercare.acl.gov)	1-800-677-1116
Empower Work (Work issues) (empowerwork.org) TXT HELLO to	510-674-1414
Food Addicts in Recovery Anonymous (FA)	foodaddicts.org
Gamblers Anonymous (gasn.info)	855-222-5542
GriefShare (griefshare.org)	1-800-395-5755
IMAlive (online crisis chat)	imalive.org/online
International OCD Foundation (iocdf.org)	617-973-5801
Lap of Love - Pet loss resource line (lapoflove.com)	855-352-5683
LGBT National Hotline	888-843-4564
LGBT National Senior Hotline	888-234-7243
LGBT National Youth Talkline	800-246-7743
MADD (Impacted by drunk or drugged driving)	877-623-3435
Marijuana Anonymous (marijuana-anonymous.org)	1-800-766-6779
Military OneSource (Military Community) (militaryonesource.mil)	800-342-9647
My Life, My Quit (ages 13-18) TXT "start my quit" to	36072
Narcotics Anonymous (na.org)	888-495-3222
National Abortion Federation Hotline	1-800-772-9100
National Alliance on Mental Illness (NAMI) Helpline (nami.org/help)	1-800-950-6264

 One of the biggest factors that inhibits communication on sensitive topics is lack of communication itself. Stigma plays a huge role in bolstering silence.

RAY KHAN

HELPLINES

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

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



Recovery is about progression not perfection.

UNKNOWN



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