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 Thornicroft (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

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**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.

- Brian Akins (CSN)  
- Dr. Daniel Alvarado (CSN)  
- Liliana Arellano (CSN)  
- Kathy Eghoian (CSN)  
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- Kathleen Wild (UNLV Health–Mojave Counseling)  
- Dr. Vena Wilson (Honey Bee Behavioral Health)  
- Michelle Word (CSN)  
- Dr. Jonathan Wright (CSN)

**Conference Schedule**

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<tr>
<th>Time</th>
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<th>Location</th>
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<tbody>
<tr>
<td>8:00 AM – 8:30 AM</td>
<td>Breakfast/Networking (Horn Lobby)</td>
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</tbody>
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| 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                                       |                                   |
| 12:30 PM – 1:30 PM   | Lunch/Legal Issues Panel (June Whitley Student Lounge) |                                   |
| 1:30 PM – 2:00 PM    | Vendor Visitations (Horn Lobby)              |                                   |
| 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.
**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 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 anxiety or 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 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


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 influence how they perceive and react to situations.1,2 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
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 non-traditional 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 intervene with their studies. Research consistently shows that depression and anxiety are associated with poor academic performance and dropping out of college.2,3,4 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.5,6 – 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).3,4 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.3,4 And having good mental health is key to achieving this goal. Thus, the need to focus on student mental health is absolutely essential.

REFERENCES


3. From apa.org/monitor/2022/10/student-mental-health-campus-care


5. Muniz, H. “What is a non-traditional student?” From www.bestcolleges.com/blog/what-is-a-nontraditional-student/


### STATE AND LOCAL NONPROFIT ORGANIZATIONS | COALITIONS

**Active Minds** - University of Las Vegas Chapter

Raises awareness for the importance of providing mental health, educates peers, and encourages students to reach out for help. active.minds.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 the community, including those living with the disease, caregivers, health care professionals and families. alz.org/dsw

**American Foundation for Suicide Prevention (AFSP) Nevada Chapter**

(702-598-9202)

Committed to focusing 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, advocating for the rights of those on the autism spectrum, and supporting families, professionals, and community services providers across the country. aconv.org

**Avery Burton Foundation**

(702-598-9202)

Serves as a community and social 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 in which 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)

Focuses on increasing 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

**Center for Autism Spectrum Disorders (CSD)**

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

**Center for the Application of Substance Abuse Technologies (CAST)**

(702-786-5265)

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 website. 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. dbssouthernnevada.org

**Family and Child Treatment Center of Southern Nevada (FACT)**

(702-258-5855)

Dedicated to helping Nevadaans heal from the trauma and cycle of abuse, neglect, & violence. factsvn.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. familytiesnev.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. Sipsosial/ harmreductioncenterlv.com

**Health Services Coalition**

(702-474-4418)

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

**Henderson Equality Center (855-955-5428)**

Provides gay, lesbian, bisexual and transgender (LGBT) individuals, their families and supporters with resources and opportunities to promote visibility, understanding, and equality. hendersonequalitycenter.org

**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 Center (702-895-4475)**

Aims to end the problem of personal, voluntary, serving the members of the UNLV, NSC, and CNS 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 Coalition to END Domestic and Sexual Violence**

Nevada Coalition for Suicide Prevention (NCSP)

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

**Nevada Council on Problem Gambling**

(702-369-9740)

Information and referral agency whose efforts are focused on addressing the impact of problem gambling. Services include 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. nevadacongaulc.org

**Nevada Counseling Association**

(702-638-0772)

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

**Nevada Crisis Intervention Team (CIT)**

Mission is to decrease stigma and increase understanding of mental illness and substance use issues by supporting and expanding CIT programs in Nevada. nvicit.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 Pubic 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. suicidedevelopment.nv.gov
Nevada Hospital Association (775-827-0184) Advocates for Nevada’s hospitals, health systems, communities and patients before legislative and regulatory bodies. nhva.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. npvpep.org

Nevada Psychological Association (NPA) (702-366-0558) Advocates for the science and profession of psychology as a science and a profession, as well as to serve the professional needs of its membership and the community. npvpsychology.org

Nevada Public Health Association (775-996-3908) Advocates peace and healing for youth and their families. Individual, family and group sessions for those who have experienced trauma or other mental health challenges. solutionsofchange.org

New Zealand (702-366-0558) Dedicated to the total restoration of drug addicts and their families through the gospel and ministry. newzeal-lv.com

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. drugfreezhi.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 school and community 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. reqtherapyybbq.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 trauma-informed care and unconditional support. theembracingproject.org

RITE Renew Interactive Training & Education (702-882-0752) Works to bring 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 financial assistance 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

Southern Nevada Adult Mental Health Coalition (Capn. Nita Schmitty) (702-671-3958) 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. gethealthycarlc.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: One every quarter

State of Nevada Association of Addiction Professionals (SNAAP) Dedicated to the development of addiction focus professional by unifying and empowering to achieve professional excellence through education ethics in diversity and standards of practices through professional development and research. naadac.org/nevada and snap.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 (89011) 702-455-0112; @ MLK (89020) 702-455-7914; @ Mojave (89101) 702-455-6992) 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, 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 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 who they want and express their own identity openly and without fear. thepridetree.com

There is No Hero in Heroin Foundation (TINHH) informs the public of the growing epidemic of opioid/heroin substance use disorder in our town and across the US, and to provide resources and solutions to families and heroin addicts alike. tinhhlasvegas.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

Young MOVE Nevada (youthmovenv@npep.org) A youth inspired organization that works as a diverse collective to engage with youth serving systems. Developing self-advocacy skills, creates system change and remove the stigma placed on mental health using shared experience. facebook.com/youthmoven
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:

1. 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.

2. 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.

3. 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.

4. 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.

5. 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.

6. 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

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

2.2. Stress

What is stress? “Stress is a physical and emotional reaction that people experience as they encounter challenges in life.” 3 It is the mind and body’s natural coping mechanism in response to external causes or stressors. 4 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.” 5 Traumatic events are usually unexpected and break through normal coping mechanisms. They can affect people directly (personal experience) or indirectly (watching the news). 6 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.” 7 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.8, 9 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.8, 9

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. 10 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.10 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.10 It is important to seek help from a mental health professional who specializes in or has experience in PTSD.

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.


26. Vitals (Professional Listing): vitals.com
**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.” 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.” 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.

**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. Risk FACTORS include: prior suicide attempts, substance use, mood disorders, and access to lethal means. PROTECTIVE FACTORS include: effective mental health care, problem-solving skills, and connectedness with individuals, family, and community. Suicide is very often preventable. However, many college students do not seek professional help during a mental health crisis. 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. With social media, many young people feel an existential crisis as they start questioning their self-identity and image when they compare 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.

**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.

**REFERENCES:**
4. “Behind the Term: Trauma.” NREPP SAMHSA’s National Registry of Evidence-based Programs and Practices. 2016. ref. no. 283–12-3762 from calit2.berkeley.edu/sites/default/files/4_3_behind_the_term_trauma.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:**
4. “Behind the Term: Trauma.” NREPP SAMHSA’s National Registry of Evidence-based Programs and Practices. 2016. ref. no. 283–12-3762 from calit2.berkeley.edu/sites/default/files/4_3_behind_the_term_trauma.pdf

**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.

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

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.”

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. 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. 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

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; over/under-diagnosis of clients.

Source: Adapted from “Mental Health Care in BIPOC Communities” From psychology.org/resources/mental-healthcare-bi poc-communities/
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).2
- Stigma 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.3,5
- 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/LGBTQ+
- Stressors (e.g., discrimination, stigma, harassment) are directly associated with suicidal behavior and indirectly with risk factors for suicide.1
- Suicide risk: highest during the teens and early 20s. Youth (15-24) attempt suicide more frequently than straight peers.6
- 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.6

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.8

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/valves.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.

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

American Indian /Alaska Natives
- Involvement in traditional activities (ceremonies, music, healing practices)
- Sense of belonging to one’s culture, a strong spiritual bond, and positive emotional health

Arab / Middle Eastern / Muslim / South Asians
- Strong connections to faith
- Using Imams as mental health and spiritual counselors
- Parental/extended family support

Asian / Pacific Islanders
- Seeking help from native healers, community members, or family
- Spiritual bond
- Parental support

Latinx / Hispanic
- Connection with extended families/multigenerational community (“familismo”)
- Using community resources (church, prayer circles & traditional healers) & Caring from teachers
- Religious affiliations & Moral objections to suicide
- Resilient approach to life & work

Black / African Americans
- Strong sense of heritage/history & expression through spirituality or art
- Importance of religion & spirituality

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.”9

**REFERENCES:**
1. Gopalkrishnan, N. “Cultural Diversity and Mental Health: Considerations for Policy and Practice.” From www.ncbi.nlm.nih.gov/pmc/articles/PMC6018386
4. Indian Health Service (IHS). “Suicide Prevention and Care Program.” HS/OD/HHS. From www.ods.hhs.gov/suicideprevention
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 insurance 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
ADDICT Addiction
ADHD Attention Deficit Disorder
ASD Autism Spectrum Disorder
BST Basic Skills Training
CBBT Cognitive Behavioral Therapy
CC Christian Counseling
CM Case Management
DBT Dialectical Behavioral Therapy
DD Developmental Disabilities
EAP Employee Assistance Program
ED Eating Disorders
EMDR Eye Movement Desensitization and Reprocessing
IOP Intensive Outpatient Treatment
LGBTQ Lesbian, Gay, Bisexual, Transgender, Queer
MAT Medication Assisted Treatment
MFT Marriage and Family Therapy
MM Medication Management
MOOD Mood Disorders (i.e. depression)
ODD Oppositional Defiant Disorder
OOD Opioid Use Disorder
PHP Partial Hospitalization Program
PSR Psychosocial Rehabilitation
PTSD Post Traumatic Stress Disorder
REBT Rational Emotive Behavioral Therapy
SAT Substance Abuse Treatment
TELE Teletherapy

**NAME + WEB ADDRESS**

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<td>Aaron Williams Therapy</td>
<td>702-480-7960</td>
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<td>ABC Therapy abctherapy.net</td>
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<td>Achievable Behavior Strategies bxtherapy.com</td>
<td>702-565-1894</td>
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<td>Adelson Clinic for Drug Abuse Treatment edelsonclinicasvegas.com</td>
<td>702-735-7900</td>
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<td>Adonal Counseling &amp; Consulting</td>
<td>725-208-1960</td>
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<td>EMDR, Grief/Loss, Relationships</td>
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<td>Advanced Psychiatric Associates</td>
<td>702-228-4900</td>
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<tr>
<td>Advanced Psychiatric Inc. advancedpsychiatryinc.com</td>
<td>702-763-7811</td>
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<td>Aroma Functional Nutrition Psychiatry afnpsych.com</td>
<td>702-907-7924</td>
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<td>ASPECTS for Behavior <a href="mailto:aspects@behavior.org">aspects@behavior.org</a></td>
<td>702-825-1010</td>
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<td>Autism &amp; Behavioral Consulting abcservices.co</td>
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<td>Bamboo Center for Grief, Growth &amp; Well-Being bamboomcenter.us</td>
<td>713-322-6266</td>
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<td>Bamboo Sunrise bamboosunrise.net</td>
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<td>Behavioral Health Solutions bhs.health</td>
<td>702-589-4871</td>
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<td>Behavioral Services of Nevada behavioralservicesnv.com</td>
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<td>Beyond Expectation bepsyc.com</td>
<td>702-779-3956</td>
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<td>702-673-4745</td>
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<td>Bridge Counseling Associates bridgecounseling.org</td>
<td>702-474-6450</td>
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<td>Bridge Health Services bridgehhs.com</td>
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<td>Browning Neurobehavorial Associates browningnba.com</td>
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<td>Calm Clinic Psychiatry calmclinical.vegas</td>
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<td>Changing Minds Psychiatry changingmindspsych.com</td>
<td>702-405-8088</td>
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<td>Choices Group choiceslasvegas.com</td>
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<td>Clinical Solutions clinicalsolutionsnv.com</td>
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**OUTPATIENT LISTING**

Aroma Functional Nutrition Psychiatry afnpsych.com
ASPECTS for Behavior aspects@behavior.org
Autism & Behavioral Consulting abcservices.co
Bamboo Center for Grief, Growth & Well-Being bamboomcenter.us
Bamboo Sunrise bamboosunrise.net
BBS Counseling
Behavior Essentials behavioressentials.com
Behavioral Health Group bhgrecovery.com
Behavioral Healthcare Options bhoptions.com
Behavioral Health Solutions bhs.health
Behavioral Learning Solutions bisolutionsaba.org
Behavioral Services of Nevada behavioralservicesnv.com
Beyond Expectation bepsyc.com
Beyond Therapy beyondtherapylv.com
Bilingual Counseling for Behavioral Health bcbhiv.com
Boys Town Behavioral Health Clinic boystown.org
Bridge Counseling Associates bridgecounseling.org
Bridge Health Services bridgehhs.com
Browning Neurobehavorial Associates browningnba.com
Cal Psychiatric Services calpsychservices.com
Calm Clinic Psychiatry calmclinical.vegas
Campbell Center for Autism campbellcenterforautism.com
Center for Compassionate Care
Center for Individual, Couple and Family Counseling unlv.edu/cicfc
Central Point Psychiatry
Changing Minds Psychiatry changingmindspsych.com
Choices Group choiceslasvegas.com
Clarity Wellness Center claritywclv.com
Clear View Counseling clearviewcounseling.com
Clinical Solutions clinicalsolutionsnv.com
Collaborative Center Foundation collablv.org
Collier Counseling and Life Coaching colliercounseling.org
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<td>Pro-Health Therapeutic &amp; Empowerment Services</td>
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<td>Resolutions Behavioral Health Therapy</td>
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<td>Resource Family Services</td>
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<th>OUTPATIENT LISTING</th>
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<td>Restorative Behavioral Health LLC</td>
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<td>Serenity Counseling and Support Services</td>
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<td>Sierra Sage Recovery Services</td>
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<td>Signs of Hope Counseling Center</td>
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<td>The Evidence Based Practice of Nevada</td>
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<td>The Hamilton Group</td>
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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.” Mental illnesses are common, impair normal functioning, and often lead to disability. In fact, every 5th person meets the diagnostic criteria for some mental illness. Some common mental health problems seen amongst college students are depression, anxiety disorders, suicide, and eating disorders. Depression and suicide rates, in particular, are rising among youth and young adults.

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.

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: 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
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 following:

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.**1,4,6** 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 misuse of 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 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 individuals—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.

**REFERENCES:**
3. American Psychiatric Association (APA). What is Mental Illness? From www.psychiatry.org/patients-families/what-is-mental-illness

**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.**

**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** 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:**
3. American Psychiatric Association (APA). What is Mental Illness? From www.psychiatry.org/patients-families/what-is-mental-illness

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

**Trauma-Focused Psychotherapy** directly targets memories, thoughts, or feelings about the traumatic event.**12** 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.

**REFERENCES:**

### 4.5 Signs And Symptoms

**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

*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.*

**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)

50% of all lifetime mental illness begins by age 14

75% by age 24

### 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 or 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.

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### SUPPORT GROUPS

**ADDITION**

- Al-Anon for Families/Alateen al-anon.org 702-615-9494
- Alcoholics Anonymous (AA) aa.org 702-598-1888
- Cocaine Anonymous (CA) snvca.org or ca.org 702-941-0950
- Compulsive Eaters Anonymous (CEA) ceahow.org 702-389-9077
- Crystal Meth Anonymous (CMA) crystalmeth.org 855-638-4373
- Gambler’s Anonymous (Gam-Anon) gason.info 702-529-2020
- 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 smartihenderson@gmail.com
- Southern Nevada Codependents Anonymous sonvcoda.org 702-706-2632
- The Meeting Space/The Recovery Store themetingspace.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 sohlv.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 1-800-395-5717
- Grief Recovery After a Substance Passing (GRASP) 302-492-7717

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

988 Suicide & Crisis Lifeline

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 hendersonqualitycenter.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 survivingsuicideloss.lv.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 Association 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

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.

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 202-377-6999 or email OCR.ed.gov or OCR www2.ed.gov/about/offices/list/ocr

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:

- 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).

5.3 Legal Tools

Living will, medical power of attorney, and advance directives are legal tools used to facilitate treatment plans. For more information, visit CSN’s DRC www.csn.edu/disability-resource-center

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.1 The criteria for Mental Health Crisis per Nevada Revised Statutes NRS 433A.075 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.”

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).3

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:

MENTAL HEALTH CRISIS HOLD PROCESS

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

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.
familypromise.lv.com

HELP OF SOUTHERN NEVADA
702-369-4357 1640 E Flamingo Rd., LV 89119
Provides housing and intensive case management to formally homeless and chronically homeless individuals and families who have a documented disability.
helpsonv.org

SAFE FAMILIES FOR CHILDREN, OLIVE CREST
702-960-1436
4285 North Rancho Drive, Suite 160, LV 89130
Parents with children ages birth to 18 experiencing a temporary crisis, can arrange for their children to stay with host family while focusing on resolving crisis situations and work to bring stability back to their home. Alternative to the state welfare system.
lasvegas.safe-families.org

S.A.F.E. HOUSE
702-564-3227
Emergency shelter for those seeking refuge from interpersonal violence/domestic violence. Services are available for singles, individuals from the LGBTQIA2+ community, women, men and their children.
safehousenv.org

SHELTER FOR 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, NV 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 twelve-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.
niphy.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

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

Nevada 211 - Connect to Services (nevada211.org) 211 or 1-866-535-5654

Police NON Emergency Response 311

1in6 - Helpline for Men who were Sexually Abused / Assaulted 1in6.org/helpline

AARP Friendly Voice (aarpcommunityconnections.org/friendly-voices) 888-281-0145

AARP Friendly Voice (Spanish) 888-497-4108

Adult Protective Services (APS) (Report suspected abuse, exploitation vulnerable adults 18+) (APSGethelp.com) 702-486-6930

Al-Anon (al-anon.org) 1-800-344-2666

Alcoholics Anonymous (AA) (aa.org) 702-598-1888

Alzheimer’s Association Helpline (alz.org) 1-800-272-3900

American Addiction Centers Resource (centers.org) 1-866-892-4547

American Chronic Pain Association (ACPA) (theacpa.org) 1-800-533-3231

American Pregnancy Association 1-800-672-2296

Care Solace (CCSD students) (caresolace.com/ccsd) 888-515-0595

Cocaine Anonymous (snvc.ca or ca.org) 702-941-0950

Codpendents Anonymous (cosa.org) 602-277-7991

Crystal Meth Anonymous (crystalmeth.org) 855-638-4373

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

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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- Foundation for Recovery
- Mobile Crisis Response Team
- Nevada Center on Problem Gambling
- Nevada Partnership for Homeless Youth
- POWER by UNLV PRACTICE
- Spring Mountain Treatment Center
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