



# Mental Health Spectrum™

A resource for psychological wellness



**DEMENTIA:** *Alzheimer's – Wernicke-Korsakoff*



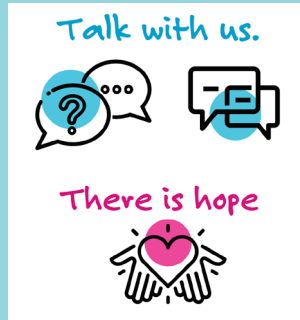
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## NOTE FROM: *The Editor*

This issue addresses the Dementia disorders.  
Much thanks to all guest contributors.

Dementia is a topic that impacts me personally. My mother was diagnosed with Alzheimer's 15 years ago, and watching her mental and physical capacity deteriorate breaks my heart. This is a woman who raised 7 kids. She always made sure her family came first. We were not a well-off family, so to help my dad provide for us, my mother did everything from cultivating a fruit and vegetable garden to raising chickens in the backyard and sewing most of our clothes. She had the smartest of brains: she would see a design on someone's dress and be able to replicate that exactly, or taste a dish at a friend's dinner and make it even better, just from memory. She had a constant quest to seek knowledge. In a culture where girls were often delegated "only home duties," my mother would have been considered quite the tom-boy—she was feisty, independent, and never hesitated to work very hard both inside and outside the home. She had been a teacher and a headmistress before she married. Now, at 83, she is a shell of a person she once was. She forgets to eat, just stares at the food in front of her. Her eyes brighten up as she has a thought to share, and suddenly she has a blank and scared look in her eyes as she realizes that something is wrong, but doesn't know what. Her memory lapses and cognitive decline have turned her into someone who is now totally dependent on my sister and I for care. I am thankful that, for now, the moments when she does not recognize me are few; although I cried the first time she looked at me, confused, and asked, "Who are you?"

*My mom passed away while I was still drafting this note. After much struggle to complete it, I decided to just share the draft and end with a tribute to all who suffer from Alzheimer's: for this disease first robs them of themselves—and thus, we lose them not once, but twice.*

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

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A MATTER OF WORDS

## DEMENTIA: Symptoms by Type

Dementia is an umbrella term used to describe a range of neurological conditions affecting the brain (such as loss of memory, language, problem-solving and other thinking abilities) that are severe enough to interfere with daily life and also get worse over time.<sup>1,2</sup> Although symptoms can vary from person to person, many symptoms can be similar among different types of dementia, and some people have more than one form of dementia—which can make an accurate diagnosis difficult.<sup>1</sup> Doctors may ask for a medical history, complete a physical exam, and order neurological and laboratory tests to help diagnose dementia.<sup>1</sup>

TYPE			
ALZHEIMER'S DISEASE	FRONTOTEMPORAL DEMENTIA	LEWY BODY DEMENTIA	VASCULAR DEMENTIA
SYMPTOMS			
<p><b>Mild</b></p> <ul style="list-style-type: none"> <li>Wandering and getting lost</li> <li>Repeating questions</li> </ul> <p><b>Moderate</b></p> <ul style="list-style-type: none"> <li>Problems recognizing friends and family</li> <li>Impulsive behavior</li> </ul> <p><b>Severe</b></p> <ul style="list-style-type: none"> <li>Cannot communicate</li> </ul>	<p><b>Behavioral and Emotional</b></p> <ul style="list-style-type: none"> <li>Difficulty planning and organizing</li> <li>Impulsive behaviors</li> <li>Emotional flatness or excessive emotions</li> </ul> <p><b>Movement Problems</b></p> <ul style="list-style-type: none"> <li>Shaky hands</li> <li>Problem with balance and walking</li> </ul> <p><b>Language Problems</b></p> <ul style="list-style-type: none"> <li>Difficulty making or understanding speech</li> </ul>	<p><b>Cognitive Decline</b></p> <ul style="list-style-type: none"> <li>Inability to concentrate, pay attention, or stay alert</li> <li>Disorganized or illogical ideas</li> </ul> <p><b>Movement Problems</b></p> <ul style="list-style-type: none"> <li>Muscle rigidity</li> <li>Loss of coordination</li> <li>Reduced facial expression</li> </ul> <p><b>Sleep Disorders</b></p> <ul style="list-style-type: none"> <li>Insomnia</li> <li>Excessive daytime sleepiness</li> </ul> <p><b>Visual Hallucinations</b></p>	<ul style="list-style-type: none"> <li>Forgetting current or past events</li> <li>Misplacing Items</li> <li>Trouble following instructions or learning new information</li> <li>Hallucinations or delusions</li> <li>Poor Judgment</li> </ul>
TYPICAL AGE OF DIAGNOSIS			
Mid 60's and above, with some cases in mid 30s to 60s	Between 45 and 64	50 or older	Over 65

SOURCES: (1) National Institute on Aging (NIA). *Understanding Different Types of Dementia*. From <https://www.nia.nih.gov/health/infographics/understanding-different-types-dementia>. Reprinted with permission from NIA public domain.. (2) Alzheimer's Association. *Alzheimer's and Dementia*. From [https://www.alz.org/alzheimer\\_s\\_dementia](https://www.alz.org/alzheimer_s_dementia)

## HOTLINES (24/7)

EMERGENCIES	911
<b>SUICIDE AND CRISIS LIFELINE</b>	<b>988</b>
Ayuda en Espanol (Spanish National Suicide Prevention Lifeline)	1-888-628-9454
Boys Town National Hotline <a href="http://yourlifeyourvoice.org">yourlifeyourvoice.org</a>	800-448-3000
Child Abuse and Neglect Hotline (Nevada)	702-399-0081
ChildHelp National Child Abuse Hotline <a href="http://childhelphotline.org">childhelphotline.org</a>	1-800-422-4453
Children's Mobile Crisis Response Team <a href="http://knowcrisis.com">knowcrisis.com</a>	702-486-7865
Children of the Night (Street Rescue) <a href="http://childrenofthenight.org">childrenofthenight.org</a>	800-551-1300
Combat Trauma <a href="http://ptsdusa.org">ptsdusa.org</a>	877-717-7873
COPLINE (Officer's Lifeline) <a href="http://copline.org">copline.org</a>	1-800-267-5463
Crisis Support Services of Nevada <a href="http://cssnv.org">cssnv.org</a>	1-800-273-8255
Crisis Text Line (Text TALK or CARE to)	741741 (TALK) or 839863 (CARE)
Crisis Text Line EN ESPANOL (442-AYUDAME in WhatsApp or texto)	741741 (AYUDA)
Disaster Distress Helpline (natural or human-caused disaster)	1-800-985-5990
DOD Safe Helpline (Dept. Of Defence/affected by sexual assault)	877-995-5247
Domestic Violence (National Hotline) <a href="http://thehotline.org">thehotline.org</a>	1-800-799-7233
Domestic Violence (SafeNest) <a href="http://safenest.org">safenest.org</a>	702-646-4981
Domestic Violence (S.A.F.E House) <a href="http://safehousenv.org">safehousenv.org</a>	702-564-3227
Fire/EMS (First Responders) <a href="http://nvfc.org/help">nvfc.org/help</a>	1-888-731-3473
Gamblers Anonymous (GA) Southern Nevada Hotline	702-529-0202
Human Trafficking Hotline <a href="http://humantraffickinghotline.org">humantraffickinghotline.org</a>	1-888-373-7888
Military Helpline <a href="http://militaryhelpline.org">militaryhelpline.org</a>	888-457-4838
National Center Missing & Exploited Children <a href="http://connect.missingkids.org">connect.missingkids.org</a>	1-800-843-5678
Poison Control <a href="http://poison.org">poison.org</a>	1-800-222-1222
Rape, Abuse, & Incest National Network (RAINN) <a href="http://rainn.org">rainn.org</a>	1-800-656-4673
Runaway Hotline <a href="http://1800runaway.org">1800runaway.org</a>	1-800-786-2929
SafeVoice Nevada (students, parents, faculty) <a href="http://safevoicenv.org">safevoicenv.org</a>	1-833-216-7233
Safe Place Hotline (Youth) <a href="http://nationalsafeplace.org">nationalsafeplace.org</a>	1-866-827-3723
SAGE Hotline (LGBT Elders) <a href="http://sageusa.org">sageusa.org</a>	1-877-360-5428
Sexual Assault Hotline <a href="http://rainn.org">rainn.org</a>	1-800-656-4673
Signs of Hope (formerly Rape Crisis Center) <a href="http://sohlv.org">sohlv.org</a>	702-366-1640
Teen Dating Abuse <a href="http://loveisrespect.org">loveisrespect.org</a>	1-866-331-9474
The Network La-Red (LGBTQ Domestic Partner Violence) <a href="http://tnlr.org/en">tnlr.org/en</a>	800-832-1901
The Network La-Red (LGBTQ Abuso de Pareja) <a href="http://tnlr.org/es">tnlr.org/es</a> ESPANOL	800-832-1901
Thursday's Child (Children, Teens, & Young Adults)	800-872-5437
Trans Lifeline <a href="http://translifeline.org">translifeline.org</a>	1-877-565-8860
Trevor Project Crisis Line (LGBTQ < 25) <a href="http://thetrevorproject.org/get-help">thetrevorproject.org/get-help</a>	1-866-488-7386
Veteran Crisis Line <a href="http://veteranscrisisline.net">veteranscrisisline.net</a>	1-800-273-8255 (Press 1)
Veteran Crisis Line (Deaf and Hard of Hearing)	1-800-799-4889
WestCare Nevada Crisis Hotline	702-385-3332

# AN OVERVIEW OF DEMENTIA

BY NICHOLE BAUKNIGHT, M.D. (FAPA, BOARD CERTIFIED PSYCHIATRIST),  
ARTELIA COLEMAN, MA, CPC, AND SIBONEY ZELAYA, PH.D., MPH, MSN-ED, RN

Mrs. Jones is a 75-year-old female who was admitted to the hospital with a primary diagnosis of Impulse Control Disorder and a secondary diagnosis of Vascular Dementia with Delusions. It was reported that Mrs. Jones was agitated, uncontrollable in the hospital, swatting at staff, striking out without warning, appearing paranoid, and becoming startled when approached as well as suspicious. Mrs. Jones' other medical diagnoses included Syncope, Hypertension, Colon Cancer, and Coronary Artery Disease. What's happening to Mrs. Jones? Let's review some basic concepts of dementia.

## What is Dementia?

Dementia is the progressive and abnormal deterioration of memory, and at least one other cognitive function, which affects daily life,<sup>1,2</sup> not due to psychosis, affective disorders or delirium.

## What are the most frequent types of Dementia?

The most common types of dementia include Alzheimer's disease (AD), Vascular, Mixed, Dementia with Lewy Bodies (LBD), Fronto-temporal Lobar Dementias, and others such as Huntington's and Parkinson's.<sup>1,2</sup>

Alzheimer's disease is the most common form of Dementia. Historically, it was differentiated from Vascular Dementia; although, it is becoming increasingly apparent that the two often co-exist. The presence of lacunar infarct and/or white matter changes greatly increases the likelihood of clinical manifestation of AD pathology.

## What are the Dementia diagnosis criteria according to the Diagnostic and Statistical Manual of Mental Disorders (DSM-V)?

DSM-V Diagnostic criteria for dementia is described as a Major Neurocognitive Disorder/ Dementia where significant cognitive decline is either expressed by the individual, by a reliable collateral informant or by the provider's observation.<sup>3</sup>

In addition to memory impairment, one or more of the following functional limitations can be present such as Aphasia (naming, reading, writing); Apraxia (cannot perform certain movements on command: dressing, using scissors); Agnosia (cannot recognize objects: pen, watch); disturbance in executive functioning (SOAP: sequencing, organizing arranging, and planning); thus, causing impairment in occupational or social functioning as well as a decline from the previous level of functioning.<sup>3</sup>

## How common is it?

In the United States, it is estimated that by 2050, 12.7 million people 65 years of age or older will be diagnosed with Alzheimer's dementia (AD).<sup>4</sup> Women as well as aging Black Americans have a higher probability of being affected by AD. Moreover, according to the Alzheimer's Association<sup>4</sup>, 10.7% of those 65 and older have AD and 73% of 75 years old or older are living with AD.

Worldwide, the World Health Organization (WHO)<sup>5</sup>, reports that over 55 million people are living with some type of dementia. Further, about 10 million cases of dementia are diagnosed yearly in the world.<sup>5</sup> By 2050, it is expected that 139 million will be affected by some type of dementia globally.<sup>5</sup>

## What is the projected prevalence of Dementia?

There will be a disproportionate increase in the number of cases of dementia among the older population. Nevertheless, the WHO points out that dementia is "not an inevitable" result of biological aging."<sup>5</sup>

## What are some of the associated symptoms of dementia?

Agitation, delusions, depression, anxiety, insomnia, and hallucinations are reported.<sup>6</sup> Other symptoms may include gradual memory loss, personality changes, language disturbance, problems caring for themselves, repeating questions, and getting lost or wandering.<sup>6</sup>

## Can Dementia be prevented?

Without a doubt, with the aging of the population, the number of people with dementia will increase since the largest growth will be in the very old and prevalence is higher in this group.<sup>7</sup>

The U.S. Department of Health and Human Services (HHS), Alzheimer's.gov reports that there is no "effective treatment or proven prevention"<sup>7</sup> for AD or other types of dementia. However, maintaining

a healthy lifestyle including physical and mental activity as well as social interaction might help but, again, there is no conclusive evidence for prevention.<sup>7</sup> There are some medications that are being used to slow the progression of dementia. However, they are not curative.

\*Dr. Bauknight-Boles was recently named a Senior Behavioral Health Medical Director at Health Plan of Nevada. An Army National Guard veteran, she has 22 years of work experience as a double board-certified child and adolescent and adult psychiatrist in all levels of mental health care with a wide variety of age groups and populations, and in both the public and private sectors.

\*\*Artelia Coleman is a Licensed Clinical Professional Counselor with 25 years' experience in mental health care. Her expertise is in crisis intervention, suicide prevention and intervention, training development and presentation. Artelia currently works for a Managed Care Organization in the Behavioral Health Department.

\*\*\*Dr. Zelaya holds a Ph.D. doctoral degree in Public Health, with a specialization in Social and Behavioral Health. She also holds two masters' degrees: Public Health (MPH), with Social and Behavioral Health concentration and Nursing Education (MSN-Ed), as well as a Gerontology Academic Certificate (GAC). Dr. Zelaya's interest in higher education is to overcome cultural barriers and stereotypes of the Hispanic female norm.

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6. NIH. National Institute on Aging. *What is Dementia? Symptoms, types, and diagnosis*. <https://www.nia.nih.gov/health/what-is-dementia>
7. U.S. Department of Health and Human Services (HHS): *Alzheimers.gov. Can I prevent dementia?* <https://www.alzheimers.gov/life-with-dementia/can-i-prevent-dementia>

## WERNICKE-KORSAKOFF SYNDROME\*

Wernicke encephalopathy and Korsakoff syndrome are different stages of the same disease process that impacts the brain, with Korsakoff developing after Wernicke symptoms go away. Both are due to brain damage caused by vitamin B1 (thiamine) deficiency.

### Causes

Lack of vitamin B1 is common in people who have alcohol use disorder, as well as in people whose bodies do not absorb food properly (malabsorption—which can sometimes occur with a chronic illness or after weight-loss/ bariatric surgery). Other conditions that may cause vitamin B1 deficiency include:

- HIV/AIDS
- Cancers that have spread throughout the body
- Extreme nausea and vomiting during pregnancy
- Heart failure (when treated with long-term diuretic therapy)
- Long periods of intravenous (IV) therapy without receiving thiamine supplements
- Long-term dialysis
- Very high thyroid hormone levels

### Type of brain damage

Wernicke encephalopathy causes brain damage in lower parts of the brain called the thalamus and hypothalamus. Korsakoff syndrome results from permanent damage to areas of the brain involved with memory.

### Signs & Symptoms

#### Wernicke encephalopathy:

- Confusion and loss of mental activity that can progress to coma and death
- Loss of muscle coordination (causing leg tremors)
- Vision changes such as abnormal eye movements (back and forth movements), double vision, eyelid drooping
- Alcohol withdrawal

#### Korsakoff:

- Inability to form new memories
- Loss of memory (can be severe)
- Making up stories (confabulation)
- Hallucinations (seeing or hearing things that are not real)

### Treatment and Outcomes

This disease can be life threatening without any treatment. With the correct treatment, it is possible to control some symptoms, and even slow or stop the progression of this disorder. Treatment plans may include hospitalization to monitor, control and provide special care. Should you or anyone you know experience any of these symptoms, please contact your health care provider or go to the emergency room.

\*SOURCE: Courtesy of MedlinePlus, National Library of Medicine – public domain.



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

STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

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

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

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

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

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

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

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

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

**Clark County Children's Mental Health Consortium**  
 Since 2001, brings professionals and parents together to focus on bettering the services and resources for children's mental health.  
[cccmhc.org](http://cccmhc.org)

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

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

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

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

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

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

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

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

**Hookers for Jesus (702-623-0958)**  
 Offers transitional support to at-risk women who want to escape the commercial sex industry. Faith-based program that offers different forms of trauma informed counseling, education, job assistance, case work, advocacy, resources and referrals.  
[hookersforjesus.net](http://hookersforjesus.net)

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 Any questions call marketing - Charlotte (702) 344-3266  
[www.desertwindshospital.com](http://www.desertwindshospital.com)

**Alzheimer's Nevada** .....

Nonprofit created to build awareness, educate and support people living with Alzheimer's, their caregivers and family members.  
[alzheimersnevada@gmail.com](mailto:alzheimersnevada@gmail.com) • [alzheimersnevada.org](http://alzheimersnevada.org)

Photo Credit: Esther Ann from Unsplash

## STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

### Hope Means Nevada

Raises awareness around mental health and teen suicide. Provides access to mental health resources and a community of hope. [hopemeansnevada.org](http://hopemeansnevada.org)

### Jean Nidetch Care Center (702-895-4475)

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

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

A membership-based association for healthcare professionals. Fosters strategic alliances in the healthcare community, collaborating on workforce issues, and being a proactive force for legislative initiatives to improve access and the delivery of quality healthcare. [lasvegasheals.org](http://lasvegasheals.org)

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

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

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

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

### National Association of Social Workers (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](http://naswnv.socialworkers.org)

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

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

### Nevada Caregivers Coalition

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

### Nevada Care Connection

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

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

A statewide voice advocating for the prevention and elimination of violence. [ncedsv.org](http://ncedsv.org)

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

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

### Nevada Coalition for Suicide Prevention (NCSP)

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

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

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

### Nevada Counseling Association (702-638-0772)

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

### Nevada Crisis Intervention Team (CIT)

Mission to decrease stigma and increase understanding of mental illness and substance use issues (known as behavioral health issues) by supporting and expanding CIT programs in Nevada. [nvcit.org](http://nvcit.org)

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

Provides services statewide to promote and advocate for the human and legal rights, interests and welfare of Nevadans with disabilities. [ndalc.org](http://ndalc.org)

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

Mission is to reduce the rates of suicide and suicidal acts in Nevada through statewide collaboration efforts, to implement and evaluate the state strategy which advances the goals and objectives of the National Strategy for Suicide Prevention. The vision for Nevada's Suicide Prevention Action Plan is to catalyze collaboration action, improve understanding, and increase wellness in communities across Nevada. [suicideprevention.nv.gov](http://suicideprevention.nv.gov)

### Nevada Hospital Association (775-827-0184)

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

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

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

### Nevada PEP (702-388-8899)

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

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

Advances and represents psychology as a science and a profession, as well as to serve the professional needs of its membership and the community. [nvpsychology.org](http://nvpsychology.org)

### Nevada Public Health Association Southern Nevada (775-996-3908)

Serves as the voice for public health in Nevada in order to improve health and achieve equity in health status. [nphaonline.org](http://nphaonline.org)

### Nevada School Counselor Association (NvSCA)

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

### Nevada Statewide Coalition Partnership

Working together to reduce the number of overdose deaths through community, family and prescriber education. Creating a healthier Nevada. [healthiernv.org](http://healthiernv.org)

### Nevada Statewide Maternal and Child Health Coalition

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

### Nevada Tobacco Prevention Coalition

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

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

Live in Christian homes for men and women with drug related problems. [newzeal-iv.org](http://newzeal-iv.org)

### PACT Coalition (702-582-7228)

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

### Prevent Child Abuse Nevada (702-895-1040)

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

### reQ therapy bbq for mental health

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

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

Advocates peace and healing for youth survivors of violence, sexual exploitation, and trafficking, through the development of specialized programs, trauma-informed care and unconditional support. [theembracingproject.org](http://theembracingproject.org)

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

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

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

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

### Solutions of Change (702-848-1696)

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

### Southern Nevada Adult Mental Health Coalition

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



## STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

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

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

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

### Southern Nevada Health District (702-759-1270)

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

[gethealthyclarkcounty.org](https://www.gethealthyclarkcounty.org)

### Southern Nevada Opioid Advisory Council

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

Meetings: Once every quarter

### State of Nevada Association of Addiction Professionals (SNAAP)

Dedicated to the development of addiction focus professionals by unifying and empowering them to achieve professional excellence through education ethics in diversity and standards of practices through professional development and research.

[naadac.org/nevada](https://naadac.org/nevada) and [snaap.net](https://snaap.net)

Meetings: First Friday monthly

### The Cupcake Girls (702-879-8195, [info@thecupcakegirls.org](mailto: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](https://www.thecupcakegirls.org)

### The Harbor (@Charleston (89146): 702-486-5331;

@Flamingo (89119): 702-455-7912; @Henderson:

702-455-0112; @MLK (89032): 702-455-7914;

@Mojave (89101): 702-455-6912)

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

[theharborlv.com](https://www.theharborlv.com)

### The LGBTQ Center of Southern Nevada

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

[thecenterlv.org](https://www.thecenterlv.org)

### The Phoenix

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

[thephoenix.org](https://www.thephoenix.org)

### The Pride Tree

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

[thepridetreelv.com](https://www.thepridetreelv.com)

### There is No Hero in Heroin Foundation (TINHIIH)

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

[tinhiihasvegas.info](https://www.tinhiihasvegas.info)

### UNSHAKEABLE

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

[unshakeable.org](https://www.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](https://www.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](https://www.vegasstronger.org)

### WestCare Nevada (702-385-3330)

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

[westcare.com](https://www.westcare.com)

### Young: Equal ([contact@youngequal.org](mailto:contact@youngequal.org))

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

[youngequal.org](https://www.youngequal.org)

### Youth MOVE Nevada ([youthmovenv@nvpep.org](mailto:youthmovenv@nvpep.org))

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

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

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



**Find Help. Find Hope.**  
**You are not alone.**



**NAMI Southern Nevada** is a mental health nonprofit with a network of over 600 affiliates across the nation. As a peer-led organization, our programs are led by families and individuals with lived experience at no cost to the community.

### We offer:

- 6-8 Week education classes
- Weekly support groups
- Mental health presentations



For more information, visit  
[www.NAMISouthernNevada.org](http://www.NAMISouthernNevada.org)  
HelpLine 702-890-9729



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

[springmountaintreatmentcenter.com](http://springmountaintreatmentcenter.com)



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

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

### Treatment for:

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

# DEMENTIA AND NEVADA'S MENTAL HEALTH CRISIS HOLD PROCESS

BY KIM S. DONOHUE\*, REGIONAL BEHAVIORAL HEALTH COORDINATOR, NEVADA RURAL HOSPITAL PARTNERS\

Nevada has one of the fastest growing aging populations across the nation.<sup>1</sup> In 2020, the Alzheimer's Association reported Nevada is home to more than 49,000 who are living with Alzheimer's Disease. This number is estimated to grow by 31% by 2025 to over 64,000 Nevadans.<sup>2</sup> This positions Nevada as the third fastest rate of growth, placing us just behind Vermont and Arizona.<sup>2</sup> During recent Nevada legislative sessions, the language, process, and procedures of Nevada's Mental Health Crisis Holds became more concise and the documents became more readily accessible by physicians, hospital staff, family members, and community members across the state and beyond. In March 2022, Nevada held a Statewide Summit focused on issues surrounding mental health crisis holds and the involuntary court ordered admission process.

## UNDERSTANDING DEMENTIA

Understanding the terms and definitions of any disease is always an important starting point. In reviewing evidenced-based papers, and interacting with medical professionals, you start to see the words Alzheimer's and Dementia used interchangeably, which can cause confusion. Dementia is caused when brain cells are damaged and cannot communicate properly to one another; these symptoms cause varying levels of disconnect and progressively get worse with time.<sup>2,3</sup> Dementia can be seen as an umbrella term for symptoms like a decline in memory, reasoning, or other day-to-day thinking skills.<sup>2</sup> Speaking from personal experience, my grandmother was diagnosed with Lewy Bodies Disease, one of the most common causes of dementia, and our family experienced life changing situations. Having a grasp of the disease and understanding how to navigate the "continuum of the disease" or known by my family as the "cliffs and valleys;" can help provide a more proactive, supportive, and positive approach for the patient and the surrounding support network.

## INDIVIDUALS WITH DEMENTIA CAN EXPERIENCE:<sup>2</sup>

- Memory loss.
- Confusion with time or place, forgetting where they are or how they ended up in a specific location.
- Decreased or poor judgement; one loses the ability to pay attention, and can have loss of personal grooming/hygiene etiquette.
- Changes in mood or personality, individuals can easily get upset and have mood changes ranging from mild to aggressive.

## WHY IS THIS IMPORTANT?

Symptoms a dementia patient can experience could also be mistaken for someone who might be experiencing a mental health crisis, or having a mental illness, a substance use disorder (SUD) and/or under the influence of drugs or alcohol; requiring one to be placed on a mental health crisis hold or placing a dementia patient on a Mental Health Crisis Hold.

## 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.<sup>4</sup> It is important to understand each state across the nation might refer to a Mental Health Crisis Hold differently; however, recent Nevada Legislation legally changed this to be exactly what it is, a Mental Health Crisis Hold.<sup>5</sup>

The criteria for Mental Health Crisis per Nevada Revised Statutes 433A.115 list 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."<sup>4,5</sup> As you can see, this can cause some confusion amongst the general population.

## WHEN CAN A MENTAL HEALTH CRISIS HOLD START?

- When someone is a danger to themselves.
- When someone is a danger to others. OR
- When someone is unable to care for their basic needs due to mental health symptoms.<sup>4,6</sup>

An individual with dementia or demonstrating symptoms of dementia held under a Mental Health Crisis Hold would be identified in The Mental Health Crisis Hold Process, which involves six steps:

- (1) the individual is assessed to be at risk of harming self or others due to mental illness.
- (2) the individual placed on Mental Health Crisis Hold is placed in a community or healthcare facility and the 72-hour hold begins
- (3) the individual receives a medical assessment to ensure there is no medical condition that requires immediate treatment
- (4) an evaluation from a medical professional to certify the crisis is due to a mental illness
- (5) the individual while under detainment at any time, may be accepted and transported to an inpatient psychiatric facility; and finally
- (6) if 72 hours is anticipated to run out, and the individual is assessed to be a danger to self or others, the hospital provider may petition for court ordered admission. The Court must schedule a hearing within six business days.

It is important to point out "An individual on a hold can be released at any point during the process if they are assessed **to no longer be a danger to self or others due to mental illness.**"<sup>6</sup> This process 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: [nvbh.org/involuntary-hold](http://nvbh.org/involuntary-hold)**

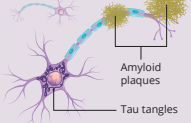
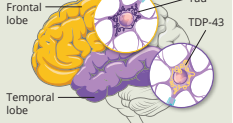
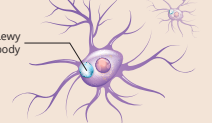
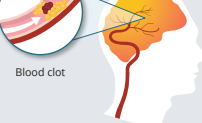
\*Kim S. Donohue, has a B.S., Community Health Sciences, Public Health.

## REFERENCES:

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2. Alzheimer's Association. (2022, July 7). *2022 Alzheimer's Disease Facts and Figures, Special Report, More Than Normal Aging: Understanding Mild Cognitive Impairment*. From <https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf>
3. Durante, Charles. (2022, July 8). *Nevada Dementia Care Specialists Proposal*. [PowerPoint Slides]. Pdf.
4. Nevada Department of Health and Human Services, Division of Public and Behavioral Health. (2022, May 25). *Nevada Adult Mental Health Crisis Hold Explanation* (English). [Video] YouTube. From [https://www.youtube.com/watch?v=e-H\\_Pc1gzdl](https://www.youtube.com/watch?v=e-H_Pc1gzdl)
5. Nevada Regional Behavioral Health Policy Boards. (2022, July 7). *Adult Mental Health Crisis Hold Packet*. From <https://dpbh.nv.gov/uploadedFiles/dpbhngov/content/Resources/Mental-Health-Crisis-Hold-Packet-Adult-2020.pdf>
6. Nevada Regional Behavioral Health Policy Boards. (2022, July 7). *Navigating Your Way Through A Mental Health Crisis Hold In Nevada*. From [https://nvbh.org/wp-content/uploads/2021/10/NV\\_MentalHealthCrisisInfoPrint3-6.pdf](https://nvbh.org/wp-content/uploads/2021/10/NV_MentalHealthCrisisInfoPrint3-6.pdf)

## CHANGES IN THE BRAIN BY TYPE OF DEMENTIA\*

As we age, it is normal to lose some neurons in the brain and have some memory relapses.<sup>1</sup> However, people with dementia suffer significant loss of neurons.<sup>1</sup> There are several causes, which reflect specific changes\* in the brain and associated problems.<sup>1</sup> There is currently no cure for these types of dementia, but some treatment options are available. Talk to a doctor experienced with dementia care to find what options may work best for you or your loved one.

Alzheimer's Disease	Frontotemporal Dementia	Lewy Body Dementia	Vascular Dementia
What Is Happening in the Brain?			
Abnormal deposits of proteins form amyloid plaques and tau tangles throughout the brain.	Abnormal amounts or forms of tau and TDP-43 proteins accumulate inside neurons in the frontal and temporal lobes.	Abnormal deposits of the alpha-synuclein protein, called "Lewy bodies," affect the brain's chemical messengers.	Conditions, such as blood clots, disrupt blood flow in the brain.
			

\*These changes are just one piece of a complex puzzle that scientists are studying to understand causes of these forms of dementia and others.

\*SOURCE: (1) National Institute on Aging (NIA). *Understanding Different Types of Dementia*. From <https://www.nia.nih.gov/health/infographics/understanding-different-types-dementia>. Reprinted with permission from NIA public domain.



## NATIONAL ORGANIZATIONS

AARP Brain Health	<a href="http://aarp.org/health/brain-health">aarp.org/health/brain-health</a>
Academy for Eating Disorders	<a href="http://aedweb.org">aedweb.org</a>
Addiction Policy Forum	<a href="http://addictionpolicy.org">addictionpolicy.org</a>
Alliance of Hope for Suicide Loss Survivors	<a href="http://allianceofhope.org">allianceofhope.org</a>
Alzheimer's Association	<a href="http://alz.org">alz.org</a>
Alzheimer's Disease and Related Dementias	<a href="http://nia.nih.gov/health/about-adear-center">nia.nih.gov/health/about-adear-center</a>
Alzheimer's Foundation	<a href="http://alzfdn.org">alzfdn.org</a>
Alzheimer's International	<a href="http://alzint.org">alzint.org</a>
Alzheimer's.gov	<a href="http://alzheimers.gov">alzheimers.gov</a>
American Academy of Child and Adolescent Psychiatry (AACAP)	<a href="http://aacap.org">aacap.org</a>
American Association of Suicidology (AAS)	<a href="http://suicidology.org">suicidology.org</a>
American Autism Association	<a href="http://myautism.org">myautism.org</a>
American Foundation for Suicide Prevention (AFSP)	<a href="http://afsp.org">afsp.org</a>
Anxiety and Depression Association of America (ADAA)	<a href="http://adaa.org">adaa.org</a>
Black Mental Wellness	<a href="http://blackmentalwellness.com">blackmentalwellness.com</a>
Bring Change to Mind	<a href="http://bringchange2mind.org">bringchange2mind.org</a>
Center for Addiction and Mental Health (CAMH)	<a href="http://camh.ca">camh.ca</a>
Centers for Disease Control and Prevention (CDC) – Mental Health	<a href="http://cdc.gov/mentalhealth">cdc.gov/mentalhealth</a>
Center for Loss & Life Transition	<a href="http://centerforloss.com">centerforloss.com</a>
Center for the Study of Traumatic Stress	<a href="http://cstsonline.org">cstsonline.org</a>
CHADD (National Resource Center for ADHD)	<a href="http://chadd.org">chadd.org</a>
Child Mind Institute	<a href="http://childmind.org">childmind.org</a>
Child Trauma Academy	<a href="http://childtrauma.org">childtrauma.org</a>
Community Anti-Drug Coalitions of America (CADCA)	<a href="http://cadca.org">cadca.org</a>
Compassionate Friends	<a href="http://compassionatefriends.org">compassionatefriends.org</a>
Dementia Friendly America	<a href="http://dfamerica.org">dfamerica.org</a>
Depression and Bipolar Support Alliance (DBSA)	<a href="http://dbsalliance.org">dbsalliance.org</a>
Eye Movement Desensitization & Reprocessing (EMDR)	<a href="http://emdria.org">emdria.org</a>
Families Against Narcotics	<a href="http://familiesagainstnarcotics.org">familiesagainstnarcotics.org</a>
Family Caregiver Alliance	<a href="http://caregiver.org">caregiver.org</a>
Heal Grief	<a href="http://healgrief.org">healgrief.org</a>
Healthy Brains	<a href="http://healthybrains.org">healthybrains.org</a>
Hope Squad	<a href="http://hopesquad.com">hopesquad.com</a>
How Right Now	<a href="http://howrightnow.org">howrightnow.org</a>
International OCD Foundation	<a href="http://iocdf.org">iocdf.org</a>
International Society for Traumatic Stress Studies	<a href="http://istss.org">istss.org</a>
Mental Health America (MHA)	<a href="http://mhanational.org">mhanational.org</a>
Mental Health Foundation	<a href="http://mentalhealthfoundation.org">mentalhealthfoundation.org</a>
Mental Illness Research, Education, and Clinical Center (MIRECC)	<a href="http://mirecc.va.gov">mirecc.va.gov</a>
National Action Alliance for Suicide Prevention	<a href="http://theactionalliance.org">theactionalliance.org</a>
National Alliance on Mental Illness (NAMI)	<a href="http://nami.org">nami.org</a>

## NATIONAL ORGANIZATIONS

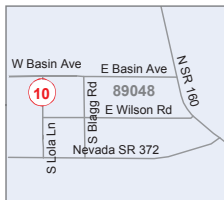
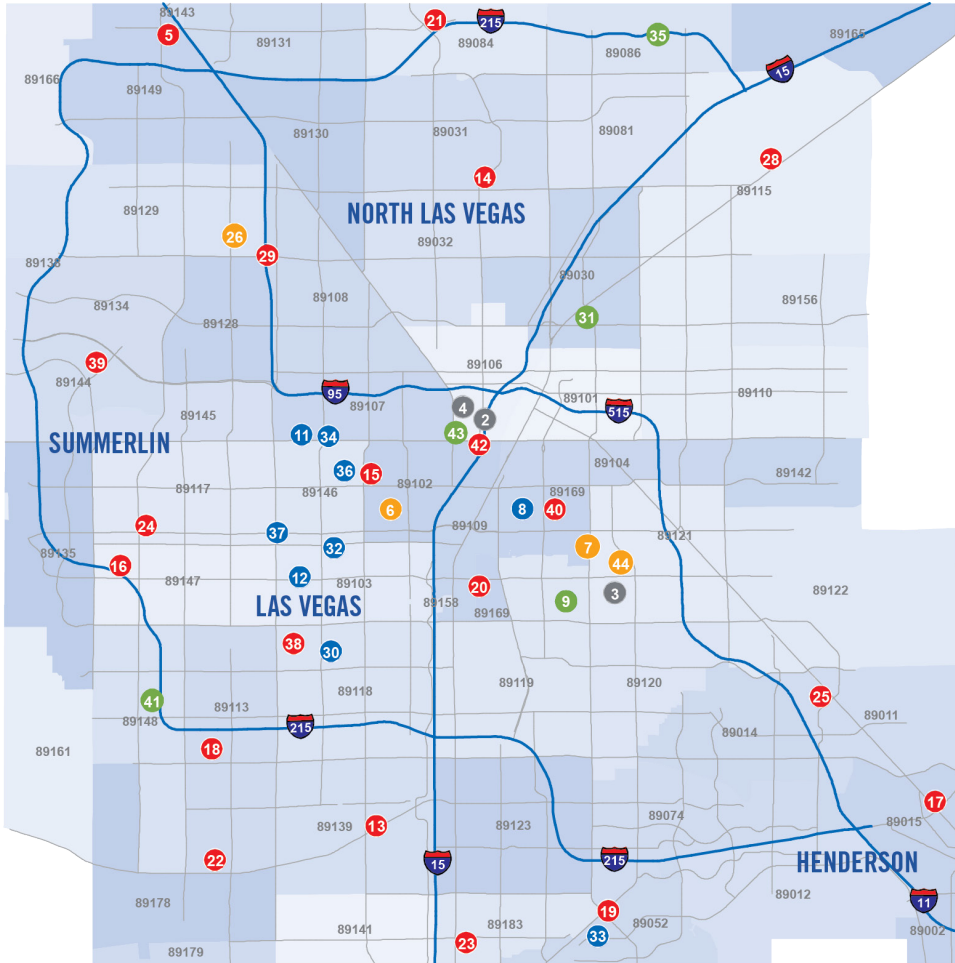
National Association for Addiction Professionals	<a href="http://naadac.org">naadac.org</a>
National Association of Anorexia Nervosa and Associated Disorders	<a href="http://anad.org">anad.org</a>
National Center for PTSD	<a href="http://ptsd.va.gov">ptsd.va.gov</a>
National Center for School Crisis and Bereavement	<a href="http://schoolcrisiscenter.org">schoolcrisiscenter.org</a>
National Center for School Mental Health	<a href="http://schoolmentalhealth.org">schoolmentalhealth.org</a>
National Coalition Against Domestic Violence (NCADV)	<a href="http://ncadv.org">ncadv.org</a>
National Eating Disorder Association (NEDA)	<a href="http://nationaleatingdisorders.org">nationaleatingdisorders.org</a>
National Indigenous Women's Resource Center	<a href="http://niwrc.org">niwrc.org</a>
National Institute on Aging	<a href="http://nia.nih.gov">nia.nih.gov</a>
National Institute on Alcohol Abuse and Alcoholism	<a href="http://niaaa.nih.gov">niaaa.nih.gov</a>
National Institute on Drug Abuse	<a href="http://drugabuse.gov">drugabuse.gov</a>
National Institute of Mental Health (NIMH)	<a href="http://nimh.nih.gov">nimh.nih.gov</a>
National Latino Behavioral Health Association	<a href="http://nlbha.org">nlbha.org</a>
One Mind	<a href="http://onemind.org">onemind.org</a>
Partnership to End Addiction	<a href="http://drugfree.org">drugfree.org</a>
Postvention Alliance	<a href="http://postvention.org">postvention.org</a>
PTSD Alliance	<a href="http://ptsdalliance.org">ptsdalliance.org</a>
PTSD Foundation of America	<a href="http://ptsdusa.org">ptsdusa.org</a>
R.E.A.C.H	<a href="http://reach.gov">reach.gov</a>
Sidran Institute: Traumatic Stress Education and Advocacy	<a href="http://sidran.org">sidran.org</a>
S.A.F.E Alternatives (Self Abuse Finally Ends)	<a href="http://selfinjury.com">selfinjury.com</a>
Schizophrenia & Related Disorders Alliance of America (SARDAA)	<a href="http://sardaa.org">sardaa.org</a>
Shared Hope International	<a href="http://sharedhope.org">sharedhope.org</a>
Substance Abuse and Mental Health Services Administration	<a href="http://samhsa.gov">samhsa.gov</a>
Suicide Awareness Voices of Education	<a href="http://save.org">save.org</a>
Suicide Prevention Resource Center	<a href="http://sprc.org">sprc.org</a>
The Jason Foundation	<a href="http://jasonfoundation.com">jasonfoundation.com</a>
The Jed Foundation	<a href="http://jedfoundation.org">jedfoundation.org</a>
The Mental Health Coalition	<a href="http://thementalhealthcoalition.org">thementalhealthcoalition.org</a>
The National Child Traumatic Stress Network	<a href="http://nctsn.org">nctsn.org</a>
The Network La-Red	<a href="http://tnlr.org">tnlr.org</a>
The Sanctuary National Grief Support Network	<a href="http://thesanctuaryforgrief.org">thesanctuaryforgrief.org</a>
The Steve Fund	<a href="http://stevefund.org">stevefund.org</a>
The Trevor Project	<a href="http://thetrevorproject.org">thetrevorproject.org</a>
Therapy for Black Girls	<a href="http://therapyforblackgirls.com">therapyforblackgirls.com</a>
World Federation for Mental Health (WFMH)	<a href="http://wfmh.global">wfmh.global</a>
Wounded Warrior Project	<a href="http://woundedwarriorproject.org">woundedwarriorproject.org</a>
United States Department of Veterans Affairs – Mental Health	<a href="http://mentalhealth.va.gov">mentalhealth.va.gov</a>
UNLV Center for Brain Health	<a href="http://unlv.edu/brainhealth">unlv.edu/brainhealth</a>
Youth.Gov	<a href="http://youth.gov">youth.gov</a>
Zero Suicide	<a href="http://zerosuicide.edc.org">zerosuicide.edc.org</a>

# HOSPITAL LISTING

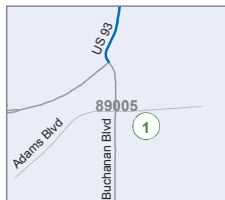
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

- Boulder City Hospital, Geriatric Behavioral Medicine Center** 901 Adams Blvd., Boulder City, 89005 **702-293-4111**
- Bridge Counseling Associates** 1640 Alta Drive, Suite 4, LV, 89106 **702-474-6450**
- Bridge Counseling Associates** 4221 McLeod Drive, LV, 89121 **702-474-6450**
- Building Hope Nevada** FirstMed Health + Wellness 400 Shadow Ln., Suite 106, LV, 89106 **702-731-0909**
- Centennial Hills Hospital** 6900 N Durango Drive, NLV, 89149 **702-835-9700**
- Crossroads of Southern Nevada** 2121 W Charleston Blvd., LV, 89102 **702-382-7746**
- Desert Hope Treatment Center** 2465 E Twain Ave, LV, 89121 **702-848-6223**
- Desert Parkway Behavioral Healthcare Hospital** 3247 S Maryland Parkway, LV, 89109 **1-877-663-7976**
- Desert Springs Hospital Medical Center Geropsychiatric Unit** 2075 E Flamingo Rd, LV, 89119 **702-894-5508**
- Desert View Hospital** 360 S Lola Lane, Pahrump, 89048 **775-751-7500**
- Desert Willow Treatment Center** 6171 W Charleston Blvd, LV, 89146 **702-486-8900**
- Desert Winds Hospital** 5900 W Rochelle Ave, LV, 89103 **702-522-7922**
- Dignity Health St Rose, Blue Diamond** 4855 Blue Diamond Rd, LV, 89139 **702-216-7305**
- Dignity Health St Rose, North LV** 1550 W Craig Rd, NLV, 89032 **702-777-3615**
- Dignity Health St Rose, Sahara** 4980 W Sahara Avenue, LV, 89102 **702-216-7365**
- Dignity Health St Rose, West Flamingo** 9880 W Flamingo Road, LV, 89147 **702-216-7335**
- Dignity Health St Rose, Rose de Lima** 102 E Lake Mead Parkway, Henderson, 89015 **702-564-2622**
- Dignity Health St Rose, San Martin** 8280 W Warm Springs Road, LV, 89113 **702-616-4666**
- Dignity Health St Rose, Siena** 3001 St Rose Parkway, Henderson, 89052 **702-616-5000**
- Elite Medical Center** 150 E Harmon Avenue, LV, 89109 **702-546-0911**
- ER at Aliante** 7207 Aliante Pkwy., NLV, 89084 **702-962-5100**
- ER at Blue Diamond** 9217 S Cimarron Rd, LV, 89178 **702-776-4800**
- ER at S LV Blvd.** 10770 S LV Blvd., LV, 89183 **702-962-0800**
- ER at The Lakes** 3325 S Fort Apache Road, LV, 89117 **702-962-0500**
- Henderson Hospital** 1050 W Galleria Drive, Henderson, 89011 **702-963-7000**
- Landmark Recovery** 3371 N Buffalo Drive, LV, 89129 **1-844-332-2076**
- Mesa View Regional Hospital** 1299 Bertha Howe Avenue, Mesquite, 89027 **702-346-8040**
- Mike O'Callaghan Federal Medical Center** 4700 N LV Blvd., Nellis AFB, 89191 **702-653-2273**
- MountainView Hospital** 3100 N Tenaya Way, LV, 89128 **702-962-5000**
- Nevada State Triage Center** 5530 S Jones Blvd, LV, 89118 **702-909-3440**
- North Vista Hospital, Senior Behavioral Health** 1409 E Lake Mead Blvd, NLV, 89030 **702-649-7711**
- Sana Behavioral Health Hospital** 5975 W Twain Ave., Suite B, LV, 89103 **725-605-0310**
- Seven Hills Behavioral Health Hospital** 3021 W Horizon Ridge Parkway, LV, 89052 **866-598-6327**
- Southern Nevada Adult Mental Health/Rawson Neal Hospital** 6161 W Charleston Blvd, LV, 89146 **702-486-6000**
- Southern Nevada Veterans Medical Center** 6900 N Pecos Rd., NLV, 89086 **702-791-9000**
- Spring Mountain Sahara** 5460 W Sahara Avenue, LV, 89146 **702-216-8900**
- Spring Mountain Treatment Center** 7000 W Spring Mountain Rd., LV, 89117 **702-873-2400**
- Spring Valley Hospital** 5400 S Rainbow Blvd., LV, 89118 **702-853-3000**
- Summerlin Hospital Medical Center** 657 N Town Center Drive, LV, 89144 **702-233-7000**
- Sunrise Hospital and Medical Center** 3186 S Maryland Pkwy, LV, 89109 **702-961-5000**
- The Pavilion at Southern Hills Hospital** 9300 W Sunset Rd., LV, 89148 **702-916-5100**
- University Medical Center of Southern Nevada (UMC)** 1800 W Charleston Blvd, LV, 89102 **702-383-2000**
- Valley Hospital Medical Center Behavioral Health Unit** 620 Shadow Lane, LV, 89106 **702-388-4000**
- Vogue Recovery Center Nevada** 4011 McLeod Drive, LV, 89121 **866-458-5010**

# It's All About Self-Care

“An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.” – UNKNOWN

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

## LISTENING

**SUGGESTED MUSIC:**  
JAZZ  
**Example: Smile – Nat King Cole**  
Free songs available on stations like vimeo.com

**SUGGESTED SHOW:**  
TV FAMILY DRAMA  
**Example: This is Us**  
Free shows available on Peacock (peacocktv.com)

WATCHING

**SUGGESTED ACTION:**  
GAMES  
Playing cards has many benefits like relaxation and easing loneliness.  
Free bridge community on bridgebase.com

**SUGGESTED READING:**  
SENTIMENTAL  
**Example: Major Pettigrew's Last Stand – Helen Simonson**  
Free reading materials available at public libraries (lvccld.org or hendersonlibraries.com)

## READING

### ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

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

#### TREATMENTCONNECTION.COM

Treatment Connection is a free online portal that allows patients and providers to look for mental health and substance use treatment programs and availability across the State in near real time. Users take a survey to help determine treatment needs and/or anonymously search for mental health and substance use treatment providers based on their own timeline and requirements (e.g., zip code). Provided through the Nevada Department of Health and Human Services, Division of Public and Behavioral Health, the Nevada Health Connection is supported by the OpenBeds platform—a tool used by providers to find appropriate level of care and make or accept digital referrals.

## OUTPATIENT LISTING

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

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

### FOCUS / SPECIALTY

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

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



## OUTPATIENT LISTING

Arevalo Counseling & Mentoring	702-970-3535	89074	English & Spanish Services
Aroma Functional Nutrition Psychiatry <i>afnpsych.com</i>	702-907-7924	89144	Women/Maternal Mental Health
Autism & Behavioral Consulting Services <i>abcservices.co</i>	702-283-6215	89117	ASD
Bamboo Center for Grief, Growth & Well-Being <i>bamboocenter.us</i>	713-322-6266	89128	Grief, Life Transitions
Bamboo Sunrise <i>bamboosunrise.net</i>	702-433-3038	89015	Life Skills, Foster Care
BBS Counseling <i>bbsforensic.com</i>	702-577-7792	89123	Anxiety, MOOD, PTSD
Behavioral Healthcare Options <i>bhoptions.com</i>	702-364-1484	89128	Insurance Provider, CM, EAP
Behavioral Health Solutions <i>bhs.health</i>	702-589-4871	89052	Family, MOOD, SAT
Behavioral Learning Solutions <i>www.blolutionsaba.org</i>	702-610-2076	89052	ABA, ASD
Behavioral Services of Nevada <i>behavioralservicesnv.com</i>	702-816-3400	89121	BST, PSR
Beyond Expectation <i>bepsyc.com</i>	702-779-3956	89141	Neurofeedback
Beyond Therapy <i>beyondtherapylv.com</i>	702-673-4745	89129	EMDR, Christian MFT
Bilingual Center for Behavioral Health <i>bcbhlv.com</i>	702-401-0811	89119	Anxiety, MOOD
Boys Town Behavioral Health Clinic <i>boystown.org</i>	702-888-1340	89148 89113	Ages 0-22, ASD
Bridge Counseling Associates <i>bridgecounseling.org</i>	702-474-6450	89106 89121	Trauma, PTSD, Youth, Sexual Abuse, IOP
Bridge Health Services <i>bridgehs.com</i>	702-843-0551	89106	Co-occurring, ODD, PTSD
Browning Neurobehavioral Associates <i>browningnba.com</i>	702-305-0234	89145	Psychotherapy
Cal Psychiatric Services <i>calpsychservices.com</i>	702-629-7490	89109	Psychiatric, Neurological Disorders
Calm Clinic Psychiatry <i>calmclinic.vegas</i>	702-848-2256	89103	ADHD, MM, Work Stress
Campbell Center for Autism <i>campbellcenterforautism.com</i>	702-260-2360	89117	ABA, ASD
Center for Behavioral Health <i>centerforbehavioralhealth.com</i>	702-796-0660	89121	ADDICT, SAT
Center for Compassionate Care <i>nah.org/what-we-do/center-for-compassionate-care</i>	702-733-0320	89119	Bereavement Services, Spiritual Care
Center for Individual, Couple and Family Counseling <i>unlv.edu/cicfc</i>	702-895-3106	89154	TELE
Central Point Psychiatry	702-380-8200	89146	
Changing Minds Psychiatry <i>changingmindspsych.com</i>	702-405-8088	89074	Psychotherapy, Psychopharmacology
Choices Group <i>choiceslasvegas.com</i>	702-252-8342	89104	Co-Occurring, SAT
Clarity Wellness Center <i>claritywclv.com</i>	702-578-4505	89121	Military, Minorities
Clear View Counseling <i>clearviewcounseling.com</i>	702-254-4883	89101	ADHD, Crisis, MFT, MOOD, PTSD
Clinical Solutions <i>clinicalsolutionslv.com</i>	702-212-3008	89117	CBT, DBT, MOOD

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

## OUTPATIENT LISTING

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

LifeQuest <i>lifequestnv.com</i>	702-830-9740	89145	CM, BST, MFT, MM, SAT
Living Free <i>livingfreehealth.org</i>	775-505-1625	89060	ADDICT
Lotus Behavioral Health Services <i>lotusbehavioralhealthservices.com</i>	725-215-0359	89128	MOOD, PTSD, Trauma
Mbrace Counseling and Behavioral Services <i>mbraceco.com</i>	702-749-6926	89146	BST, PSR, Family Therapy
M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	Psychiatric Services
Mindful Illumination Counseling <i>mindfulilluminationcounseling.com</i>	702-506-4554	89101	ADDICT, Sound Therapy
Mingo Health Solutions <i>mhsbehavioralservices.com</i>	702-848-1696	89120	
Mobile Mental Health Support Services <i>mmhssnv.com</i>	707-888-0036	89146	Anxiety, MOOD, Personality D/S, Relationship
Mojave Counseling <i>unlvhealth.org/psychiatry-mental-health</i>	702-253-0818 702-968-4000	89146 89014	Children/Adolescents, CM, Adults
Music 4 Life Inc. <i>themusic4life.com</i>	702-889-2881	89146	ADDICT, Anxiety, PTSD
Neubauer Mental Health Services <i>nmhslv.com</i>	702-806-5268	89108	
Nevada Behavioral Health Systems <i>nvbhs.com</i>	702-978-8100		Managed Mental Health & Substance Abuse Services
Nevada Health Centers, Cambridge <i>nevadahealthcenters.org</i>	702-307-5415	89119	ADDICT, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Eastern	800-787-2568	89104	
Nevada Health Centers, Henderson	702-868-0327	89015	
Nevada Health Centers, MLK	702-383-1961	89106	
Nevada Health Centers, North Las Vegas	702-214-5948	89030	
Nevada Mental Health <i>nevadamentalhealth.com</i>	702-440-8430	89106	
Nevada Mental Health Associates <i>nevadamha.com</i>	702-530-5344	89104	Grief, MOOD, PTSD, Sexual Issues, Trauma
Nevada Mercy and Care Inc <i>nevadamercyandcare.org</i>	702-444-0599	89119	Refugee
Nevada State Behavioral Health <i>nvstatebehavioralhealth.com</i>	702-714-1681	89120	MOOD, Trauma, PTSD
Never Give Up Wellness Center <i>nevergiveupbhs.com</i>	702-951-9751	89146	Biofeedback, MFT, MM, Psychiatric Services
New Way Empowerment Center	702-695-4345	89146	Trauma, Life Transitions
Nippon Clinic <i>nipponclinic.vegas</i>	702-994-7267	89119	MOOD, ED, PTSD
Nueva Vida Mental Health <i>nvms.com</i>	702-659-8827	89103	BST, CBT, PSR
Oasis Counseling <i>oasiscounselingtoday.com</i>	702-294-0433	89113	
Open Arms Counseling <i>openarmscounseling.org</i>	702-823-4300	89015	ADDICT, EMDR, MM
Our Little World Treatment Center <i>olwtreatment.com</i>	702-742-3093	89012	ASD
Overton Psychological Services <i>facebook.com/Overtonpsych</i>	702-563-1000	89074	
Pathways Therapy & Wellness Center <i>pathwaystherapynv.com</i>	702-363-7284	89052	Anxiety, MOOD, Trauma, PTSD, Relationships

## OUTPATIENT LISTING

Perceptions Counseling Center of Southern Nevada <i>pccofsn.com</i>	702-850-8700	89120	Child Therapy, TELE
Pro-Health Therapeutic & Empowerment Services <i>phtes.com</i>	702-490-9009	89169	Co-Occuring, LGBTQ, MM, SAT, TELE
Puzzle Pieces Autism and Behavioral Services LLC <i>puzzlepiecesnv.com</i>	702-704-5112	89131	ASD
Red Rock Counseling <i>redrockcounseling.com</i>	702-389-4500		
Red Rock Psychological Health <i>redrockph.com</i>	702-898-5311	89119	
Reflections Therapy <i>reflectionstherapylv.com</i>	702-553-2364	89128	Non-Verbal Treatment
Renewing Life Center <i>renewinglife.net</i>	702-434-7290	89120	ADDICT, CC, CBT, EAP, EMDR, MFT, MOOD, PTSD
Resolutions Behavioral Health Therapy <i>resolutionsbehavioralhealththerapy.com</i>	702-462-1813	89146	Anxiety, MOOD, Trauma
Resource Family Services <i>resourcefamilyservices.com</i>	702-331-5608	89119	Couples, Family Therapy
Restorative Behavioral Health LLC <i>facebook.com/RestorativeBH</i>	702-853-6727	89031	General
SAFY of Nevada Specialized Alternative <i>safy.org/nevada</i>	702-385-5331	89130	Youth, Family
Serenity Counseling and Support Services <i>serenitysupportservices.com</i>	702-903-2973	89117	ADHD, Anger Management, Bullying, Parenting, Trauma
Serenity Mental Health <i>serenitymentalhealth.org</i>	702-815-1550 775-751-5211	89146 89048	Anxiety, MOOD
SFS Therapies <i>sfstx.com</i>	702-979-4268	89128	Speech Therapy
Shining Star Community Services <i>shiningstarlv.com</i>	702-882-7827	89119	Family Therapy, Grief
Sierra Sage Recovery Services <i>sierratreatment.com</i>	702-880-8230	89107	ADDICT, CBT, IOP, SAT
Signs of Hope Counseling Center <i>sohlv.org/counseling</i>	702-366-1640	89106	Trauma, PTSD
Silver State Health <i>silverstatehealth.org</i>	702-471-0420	89119	Anxiety, MOOD, PTSD
Skills 4 Kids <i>facebook.com/skills4kidLLC</i>	702-538-9476	89117	
Southern Nevada Adult Mental Health	702-486-6000	89146	CM, Mobile Crisis, MM
Southern Nevada Community Health Center <i>snchc.org</i>	702-759-1700	89107	
Southern Nevada Pediatric Center <i>southernnevadapediaticcenter.com</i>	702-850-5437	89128	ADHD, Anxiety, MOOD
Southern Nevada Psychological Services <i>snvpsyc.com</i>	702-483-8017	89109	Biofeedback, Cognitive Rehab, Psychotherapy
Southwest Autism & Behavioral Solutions <i>swbehavior.com</i>	702-270-3219	89120	ASD
Strong Minds Addiction & Recovery Therapy <i>strongminds.vegas</i>	702-708-2559	89146	SAT, Sober Living Houses
Summit Mental Health <i>summitmentalhealth.org</i>	702-727-4459	89102	Anxiety, MOOD, Trauma, PTSD, Relationships
Sunshine Family Support Services <i>sunshinefamilyss.net</i>	702-433-0063	89104	TELE
Synergy KTC <i>synergyktc.com</i>	725-222-4582	89113	Ketamine Therapy

Tancell Care <i>tancell-care.business.site</i>	702-476-0262	89119	DD
Tandem Therapy Services <i>tandemtherapyservices.com</i>	702-396-0101	89117	ABA, ASD, Speech Therapy
The Center for Child and Family Development <i>thecenterforchildandfamilydevelopment.com</i>	702-912-5848	89120	Pediatric Neuropsychology
The CEO Within <i>theceowithin.me</i>	702-518-9539		ADHD, Change Management
The Evidence Based Practice of Nevada <i>theebpnv.com</i>	702-508-9181	89074	ADHD, ASD, ED, MOOD, OCD, PTSD
The Hamilton Group <i>hamiltongrouplv.com</i>	702-289-4883	Virtual	MM
The Healthy Foundations Center <i>healthyfoundations.center</i>	702-489-2117	89117	BST, PSR
The Lovaas Center <i>thelovaascenter.com</i>	702-877-2520	89103	ABA, ASD
The Parkey Group <i>theparkeygroup.com</i>	725-230-8526	89145	CBT, Couples, TELE
The Practice, UNLV <i>unlv.edu/thepractice</i>	702-895-1532	89154	CBT, DBT, Psychological & Psychoeducational Testing
Therapeutic Solutions Behavioral Health <i>therapeuticsolutionslv.com</i>	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center <i>therapytreatmentcenters.com</i>	702-423-2625	89102	Anger Management, MOOD, PTSD, Trauma
Theravada Mental Health <i>theravadawellness.com</i>	702-757-8720	89130 89052	DBT, EMDR
There is Hope <i>thereishopenv.com</i>	702-684-7757	89146	Anger Management, IOP
Thrive Behavioral Health & Trauma Centers <i>tbandtc.com</i>	702-740-0188	89102	LGBTQ, Trauma
Thrive Solutions <i>thrivesolutionslv.com</i>	702-602-8504	89148	ADDICT, IOP, MFT, MM
Thriveworks Counseling <i>thriveworks.com</i>	702-820-3061	89146	ADDICT, ED
TIM Care <i>timcarenv.com</i>	702-617-6313	89106	General, SAT, Psychiatric
Touro Cenrter for Autism & Developmental Disabilities <i>tourocadd.org</i>	702-777-4808	89014	ASD
Transitional Wellness Center <i>transitionalwellnesscenter.com</i>	702-339-0346	89120	
TREAT <i>horsetherapylv.com</i>	702-768-2326	89139	Equine Assisted Psychotherapy
TUFF Services Ministries <i>tuffservices.org</i>	800-649-0925	89053	Pastoral Counseling
United Citizens Foundation <i>ucfoundation.com</i>	702-888-6300	89147	School-based, TELE
U.S. VETS <i>usvets.org/locations/las-vegas</i>	702-947-4446	89101	Eligible Veterans, SAT
Vegas Cares LLC <i>vegascarellc.com</i>	725-206-5434	89121	General, PSR, BST
Ventana Health Associates	702-360-2800	89134	
Veridian Wellness <i>veridianwellness.com</i>	702-763-4452	89074	DBT, EMDR, Trauma
Victorious Behavioral Health <i>victoriousbhs.com</i>	702-723-0125	89119	General, PSR, BST, IOP, Psychiatric Services
We Are Hope <i>wearehopelv.com</i>	702-333-4373	89130	ADDICT, General, Trauma
Well Care Behavioral + Medical Clinic <i>thewellcaregroup.com</i>	702-291-7121	89122	BST, CM, PSR
Westcare <i>westcare.com</i>	702-385-3330	89101	SAT
Zia Counseling <i>ziacounseling.com</i>	702-823-9043	89102	Couples, EMDR, MFT





## PASTORAL COUNSELING AND LIFE COACH

**Rev. Bryan Ostaszewski**

*(Certified Interfaith Counselor, Ordained Minister & Chaplain)*

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

Call 1.800.649.0925 for a free consultation • [www.tuffservices.org](http://www.tuffservices.org)

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

## IN THE SPOTLIGHT

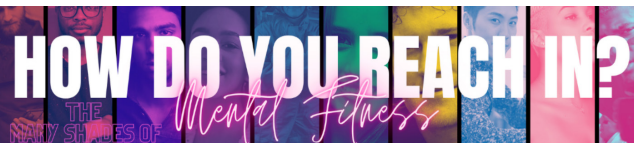
### *Nevada Care Connection*

Nevada Care Connection offers one on one assistance through their Resource Centers. Empowering people to make informed decisions and exercise control over their long-term care needs.

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



Photo Credit: Kampus Production from Pexels



*New Innovative Peer Support App*

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



[www.ReachInNow.com](http://www.ReachInNow.com)

## Agitation in the Elderly with Dementia

Agitation in dementia patients may be caused by: *Pain, Hunger, Fear, Boredom, Delirium, Medication Side Effect, Psychiatric Symptoms, Unmet ADL Needs, and Environment*. It is important to check on each of these conditions in order to correctly address the underlying cause of agitation. Below are some basic facts on four common conditions impacting the elderly (and especially those with dementia) that can trigger agitation<sup>1</sup>:

### FACT SHEET ON DEPRESSION

1. Depression is not a normal part of aging.
2. Depression is a biological brain disorder, but is treatable.
3. Suicide is one of the 10 leading causes of death in the elderly.
4. 30 – 40% of all seriously medically ill elderly persons suffer from depression.
5. 70 – 90% of depressed elderly will improve with medication and other therapy.
6. Many medications such as antihypertensives cause or worsen depression.
7. 7 – 12% of all people over the age of 65 become depressed.

### FACT SHEET ON PSYCHOSIS

1. Hallucinations and delusions are common in dementia.
2. Hallucinations are when a person hears voices/sounds, and/or sees people/things, that are not there.
3. Auditory or visual impairment worsens hallucinations.
4. Delusions are fixed false beliefs with no basis in fact.
5. Delusions frequently cause the elderly to accuse family or caregivers of misconduct.
6. Anti psychotic medications improve hallucinations and delusions.
7. Arguing or reasoning with psychotic individuals doesn't help; ignore hallucinations or delusions, distract the patient, and focus on pleasant topics.
8. Treatment is required when the psychosis produces distress, functional decline, and risk to patient or caregiver.

### FACT SHEET ON DELIRIUM

1. Delirium is temporary confusion or intellectual impairment from medical problems.
2. Delirium is reversible and common in the elderly.
3. Delirium is frequently caused by medications (e.g., sleeping pills, antihistamines, or cold preparations).
4. Major problems like strokes, pneumonia or major surgery can cause delirium.
5. Minor problems like fecal impaction and bladder infection can cause delirium.
6. Delirious elderly can become hostile or agitated; and often develop psychiatric symptoms.
7. Delirious elderly get better when appropriately treated.
8. Delirious patients frequently do not get better because the delirium is unrecognized.
9. Elderly who remain delirious have a higher risk for serious complications.

### FACT SHEET ON HYDRATION

1. Dehydration is the lack of sufficient fluid.
2. Poor fluid intake produces confusion, agitation, infections, and causes irregular bowels or rectal impaction.
3. Poor fluid intake results in hospitalization of older persons.
4. Alzheimer's patients need about 6 medium-sized glasses of water per day.
5. Any food or liquid that includes water helps with hydration, e.g., jello, pudding, milk, etc.
6. Patients with mild to moderate dementia forget where water is located.
7. Moderate to severely demented patients forget how to pour a cup and drink from a straw.
8. Severely demented patients may choke on liquids.

SOURCE: (1) Courtesy of "MANAGING BEHAVIORAL SYMPTOMS OF RESIDENTS WITH DEMENTIA IN THE LONG-TERM CARE SETTING" *Dementia Education & Training Program*. 1-800-457-5679

## SPECIAL REPORT: DEMENTIA DISORDERS

### Q&A

WITH DR. DYLAN WINT\* DIRECTOR, CLEVELAND CLINIC LOU RUVO CENTER FOR BRAIN HEALTH

#### **MENTAL HEALTH SPECTRUM (MHS): What would you like the community to know about the Cleveland Clinic Lou Ruvo Center for Brain Health (the Center)?**

**DYLAN WINT, MD (DW):** Our primary focus at the Lou Ruvo Center for Brain Health is to care for patients with degenerative brain diseases. Besides programs in research and education, our priority is ensuring that those living with these diseases are receiving the best care possible and the people that care for them have the support they need.

Readers might be particularly interested to know that degenerative diseases can sometimes look like mental health problems in older adults.

#### **MHS: What are some community outreach and education programs that have been implemented at the Center, related to mental health?**

**DW:** Our Community Outreach & Education team has participated in several programs at various mental health facilities, addressing topics like: the mental health challenges faced by people living with neurodegenerative conditions, how some mental health conditions can mimic neurodegenerative conditions, and the intimate relationship between cognitive function and emotional health.

In our free brain health education platform, [HealthyBrains.org](https://HealthyBrains.org), there is a lot on the importance of maintaining mental health. If you have a mental health condition, don't ignore it. Delayed psychiatric treatment can increase the risk for some degenerative conditions. [HealthyBrains.org](https://HealthyBrains.org) also stresses the importance of maintaining good emotional health through habits like regular exercise, proper leisure and sleep, social engagement, and community involvement. I strongly believe optimal cognitive health requires good mental health, and vice versa.

#### **MHS: What is the Nevada exploratory Alzheimer's Disease Research Center (NveADRC)?**

**DW:** Alzheimer's Disease Research Centers are funded by the National Institute on Aging (NIA) to learn more about how and why Alzheimer's

develops with age. They provide evaluation, education, and support for those living with Alzheimer's, while collecting information on brain health and diseases in a community-based population. In 2020, the NIA awarded a grant to our Center to establish The NveADRC to better understand disparities faced by individuals with dementia in rural settings. The Center recognized that people in the rural southwest were not being addressed by the ADRC network. Alzheimer's has a bigger and more negative impact in rural communities, which often lack specialized care. We believe that people in rural Nevada, Utah, and Arizona deserve the same opportunities for care, support, and research participation that are available to those in California, Florida, or New York.

#### **MHS: If you could give one piece of advice to share with Nevadans regarding dementia and mental health, what would that be?**

**DW:** Mental health and cognitive health go hand in hand. For example, the longer someone suffers with untreated depression in mid-life, the more likely they are to develop Alzheimer's when they're older. Further, having Alzheimer's doubles the likelihood of developing mental health symptoms. Hallucinations, delusions, anxiety, and depression occur in at least 30% of cases, even in very early stages of Alzheimer's. And, psychiatric and mental health symptoms in Alzheimer's are associated with faster progression, more functional decline, and placement into nursing homes. Mental health cannot be separated from cognitive health.

#### **MHS: If you could give one piece of advice to share with caregivers, what would that be?**

**DW:** Caregivers of those with Alzheimer's and other dementias have higher rates of depression, insomnia, and anxiety. Caregiving is a job they do all day, every day, with no vacation, and sometimes no gratitude. My biggest piece of advice for caregivers is to take time to monitor and preserve your own mental health.

Unlike most other diseases, some of the complications of Alzheimer's and other dementias impact the caregiver rather than

the patient. At the Center, we focus on caring for the patient AND their caregiver for this very reason. We offer free programs on family support, therapeutic and educational programming, and engagement activities. For more information, visit [ClevelandClinic.org/nevadaevents](https://ClevelandClinic.org/nevadaevents)

#### **MHS: Any other thoughts or comments you would like to share regarding the topic of dementia, mental health, caregiving, and/or about the Center?**

**DW:** Relieving suffering to improve quality of life is our central mission. The goal of an evaluation at the Center is not simply finding a diagnostic "label." We seek to understand the current status of their brain and detect risks to the future status of their brain so that we can intervene to maximize quality of life now and in the future. The diagnosis, education, and treatments we provide are all in service of our mission to make lives better. We don't want people to be afraid of coming here because they might get bad news – we are here to figure out how to make things better.

Finally, I am encouraged by the increasing recognition of the burden of mental health issues in people living with neurological diseases. This will also help others. Studies have repeatedly shown that people with devastating neurological diseases and their loved ones are more distressed by behavioral and emotional symptoms than they are by the paralysis of stroke, tremor, and rigidity of Parkinson's disease or the memory loss of Alzheimer's. We can no longer marginalize or minimize emotional and behavioral conditions. Mental health is essential to living a fulfilled and functional life.

\*Dr. Wint was the Director of Education at the Center before becoming the Center Director. Aside from patient care, Dr. Wint also supervises the education of students, residents, and fellows, and leads the professional and continuing medical education, and community and caregiver education programs.

### SILVER ALERT

Persons with cognitive disorders that affect learning, memory, perception and problem solving, have the tendency to wander as the disease progresses. Silver alerts are community response systems that let the public know when an elderly person is reported missing.

The Nevada Silver Alert is designed to exchange information between allied law enforcement and public safety agencies, radio, television and cable broadcasters and state and private entities to facilitate the safe return of Missing Endangered Older Persons.

#### **THE FOLLOWING SIX CRITERIA MUST ALL BE MET TO ACTIVATE A NEVADA SILVER ALERT:**

1. The missing person must be 60 years of age or older, AND whereabouts are unknown.
2. The missing person is placed in danger of serious physical harm or death due to EITHER having a diagnosed medical or mental condition, OR, is missing under suspicious or unexplained circumstances.
3. The missing person's domicile is in Nevada.
4. An investigation by the local law enforcement department has taken place verifying that the disappearance is due to his/her impaired mental condition, and alternative reasons for the older person's disappearance have been ruled out.
5. The Silver Alert activation request has been made within 72 hours of the older citizen's disappearance.
6. There is sufficient information available to disseminate to the public that could assist in locating the missing person.

Adapted from [dem.nv.gov/media/Public\\_Alerts](https://dem.nv.gov/media/Public_Alerts)

**TIP:** Be prepared in advance. It is always better to prevent wandering. For more information go to [lostnmissing.org/what-is-a-silver-alert](https://lostnmissing.org/what-is-a-silver-alert)

# SHARED EXPERIENCES

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." – MAYA ANGELOU*

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

## DEMENTIA CAREGIVER CRISIS (RUAN'S STORY)

My mother was diagnosed with Alzheimer's 10 years ago. The disease played a significant role in her deteriorating health. At first, she could still walk and feed herself. As she developed other health conditions, both her physical and cognitive health started declining rapidly and she became a total-care patient. She lived with my sister, who worked full time. I was a single parent, struggling to raise my child as I suffer from lupus and fibromyalgia. We have other siblings, but none wanted to contribute in any form to our mom's care. During weekdays, when my child was in school, I would go to mom. After work and weekends, my sister would take care of her. Between our respective jobs and families, we both were on a 24/7 clock. As our jobs, families, and own health started getting impacted by this, we looked into home health agencies. A nursing home was not an option, and we could only use insurance approved agencies. And that is when our nightmare really began.

For the past 6 years, we had a revolving door of home health aides. The problem was, these personal care aides (PCAs) were either not trained at all in handling dementia patients, or were not willing to do any work other than being a "sitting companion" because of poor pay (usually those who had training and experience). Contrary to their advertisements, the agencies don't match a PCA to the patient needs. Our experience was consistently that a PCA would show up without any information about the patient. Once we showed the approved Plan of Care (POC), the PCA would either immediately refuse the job or quit after a short period. We soon realized that many PCAs' training only involved watching videos for a few hours. They didn't understand that a dementia patient will often repeat questions, forget to eat, or get easily agitated and even say mean things...many PCAs would say "your mother is not sick, she is mean—or she is crazy." The POC listed the activities of daily living (ADLs) that my mom needed help with, like toileting, dressing and feeding; but the aides didn't know how to or refused to do many ADLs, claiming this was "too much work", even though the agencies promote themselves as providing aides who do ALL basic ADLs. In fact, we've caught PCAs sleeping while mom was left in shower or toilet, calling for help. Once, an aide was cooking food for her family using all our supplies, while she had left mom sitting on the toilet, ignoring her calls for help. Many would not help feed mom, instead would just leave the food in front of her, and then when mom would just stare at the food for five minutes, they would take away the food and say she refused to eat. Such reports back to the agency were ignored—instead, they would just send another person, and again, it was the same problems. Also, many had difficulty communicating in English.

The situation became critical as we would have weeks or months with no help—apparently suddenly there was a shortage of qualified aides. I was forced to quit my work and move in with my sister. After almost a year of no consistent and reliable help, finally, the agency admitted they had no aide willing to work with a total care dementia patient. We changed agencies again. Here, only a 19-year-old was available—and we experienced similar problems. On her second week, she came into the home with no mask, but was obviously sick. She claimed she just had a head cold. A few days later, all of us got sick with COVID and mom had to be hospitalized. After 15 days, mom was discharged, but died two hours later (that is another story).

I have spoken to many friends in different states, read many other personal stories—it is the same crisis for all: most PCAs lack training/education, are not monitored by the agency, and don't care much about dementia patients' wellbeing mostly because they receive poor salary. My hope is that absolute attention is given to this national crisis, because while I have already lost my mom, there are millions of seniors out there who will or are in need of caregivers.

## LOCAL SHELTER AND TRANSITIONAL HOUSING

### FAMILIES

#### FAMILY PROMISE

702-638-8806

1410 S Maryland Parkway, LV 89104

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

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

#### HELP OF SOUTHERN NEVADA

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

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

[helpsonv.org](http://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](http://lasvegas.safe-families.org)

#### S.A.F.E. HOUSE

702-564-3227

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

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

### MEN

#### CATHOLIC CHARITIES SHELTER FOR MEN

702-387-2282

1511 Las Vegas Blvd North, Las Vegas 89101

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

[catholiccharities.com](http://catholiccharities.com)

#### LAS VEGAS RESCUE MISSION

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

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

[vegasrescue.org/emergencyshelter](http://vegasrescue.org/emergencyshelter)

#### SALVATION ARMY

702-701-5347 • 35 W Owens, NLV 89030

Day resource center and emergency lodging.

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

### WOMEN

#### DESTINY HOUSE (HOOKERS FOR JESUS)

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

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

[hookersforjesus.net](http://hookersforjesus.net)

#### REFUGE FOR WOMEN

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

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

#### SAFE NEST

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

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

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

#### SHELTER OF HOPE (LV RESCUE MISSION)

702-382-1766

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

[vegasrescue.org/emergencyshelter](http://vegasrescue.org/emergencyshelter)

#### THE SHADE TREE FOR WOMEN

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

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

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

### YOUTH

#### NEVADA PARTNERSHIP FOR HOMELESS YOUTH

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

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

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

#### SHANNON WEST HOMELESS YOUTH CENTER

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

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

[helpsonv.org/programs-youth.php](http://helpsonv.org/programs-youth.php)

#### ST JUDE'S RANCH (SJRC)

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

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

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

*There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.* ROSALYN CARTER



# DEMENTIA *and...*

## Alzheimer's Disease (AD)

- Most common type (up to 80%) of all dementia cases.<sup>1,2,3</sup>
- More than 6 million Americans (about 1 in 9 aged 65+) have AD; by 2050, this is expected to double.<sup>3</sup>
- 1 in 3 senior deaths are due to AD; COVID-19 has increased dementia deaths by 17%.<sup>3</sup>
- Risk is double in women, but men have a shorter life span after diagnosis; almost 2/3 with AD are women.<sup>1</sup>

## Frontotemporal Dementia (FTD)

- Rare, has an earlier age of onset than other dementias (60% are aged 45-64 years).<sup>1,2</sup>
- More common in males than females, but there is no difference between gender for duration of survival.<sup>1,2</sup>
- Symptoms are often difficult to diagnose and misunderstood (family may label it as misbehavior).<sup>2</sup>

## Lewy Body Dementia (LBD)

- Third most common form of dementia; has extensive overlap with Parkinson's.<sup>1</sup>
- Early LBD symptoms may be confused with other brain diseases or psychiatric disorders.<sup>2</sup>
- Average life span from time of diagnosis is five to eight years (for some, range can be 2-20 years).<sup>2</sup>
- At least thrice more common in males than females; males also experience more rapid cognitive decline.<sup>1</sup>

## Parkinson disease (PD) dementia

- Decline in thinking and reasoning skills develops in some people a year after a PD diagnosis.<sup>3</sup>
- PD is a movement disorder that is more common in males; severe cognitive decline also more in males.<sup>1</sup>
- Depression, anxiety, insomnia and cognitive decline significantly impact both quality of life and life expectancy.<sup>1</sup>

## Vascular Dementia

- Accounts for 10-20% of dementia cases; is caused most often by a stroke.<sup>1</sup>
- Risk factors for stroke are more common in males, but the impact severity is greater in females.<sup>1</sup>
- High blood pressure, obesity, diabetes are the more common risk factors of stroke.<sup>1</sup>
- Type 2 diabetes increases the risk for developing dementia by 60%, with 19% greater risk for women.<sup>1</sup>

## Wernicke-Korsakoff Syndrome

- Chronic memory disorder due to severe Vitamin B-1 deficiency; less common than other dementias, but may be underdiagnosed because there is no specific test to confirm/identify disorder.<sup>3</sup>
- Wernicke, which usually presents before Korsakoff, can be fatal and is a medical emergency.<sup>3</sup>

## OTHER CONDITIONS (that can cause dementia or similar symptoms)

- Creutzfeldt-Jakob disease, Huntington's disease, Chronic traumatic encephalopathy (caused by traumatic brain injury), HIV-associated dementia (rare).<sup>2</sup>
- Mild cognitive impairment (MCI): subtle cognitive changes mostly noticed by others; often mistaken for normal aging and difficult to diagnose. Almost 15% of people living with MCI develop dementia (usually within five years for 1/3 of those affected).<sup>3</sup>

## CAREGIVING

- Dementia caregivers (especially family) experience more loss and difficulties in emotional, financial, and physical health than other types of caregivers.<sup>3</sup>
- 83% of help to seniors with dementia is provided by family and friends; more than 11 million Americans are unpaid caregivers; and 70% of total lifetime cost of dementia care is borne by families.<sup>3</sup>

- Almost 2/3 of caregivers are women, 1/3 are daughters, and about 30% are age 65 or older.<sup>3</sup>
- About 1/4 dementia caregivers are "sandwiched" between caring for an aging parent AND at least one child.<sup>3</sup>

## OPPORTUNITIES

- **Promote, increase, and build geriatric specialized care teams:** There is a significant shortage of geriatric specialization on dementia care. Teams may include primary doctors, nurses, mental health professionals, neurologists, physical/speech/occupational therapists, and social workers.<sup>3</sup>
- **Increase awareness of, education, training, and monitoring for caregivers:** There is a significant lack of proper training and monitoring of caregivers of dementia patients, especially for (paid) home health aides.<sup>3</sup>
- **Promote healthy aging early and ways to maintain cognitive health:** Because as yet, there is no cure.<sup>1,2,3</sup>
- **Participate and/or monitor dementia related research:** New research may inform future treatments and the effectiveness in targeting modifiable risk factors; it is important that everyone becomes involved at any level.<sup>3</sup>

## REFERENCES:

1. Podcasy, J. L. & Epperson, C. N. *Considering sex and gender in Alzheimer disease and other dementias*. From <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5286729/>
2. National Institute on Aging (NIA). "What is Dementia? Symptoms, Types, and Diagnosis". *National Institute of Health (NIH)*. July 02, 2021 From <https://www.nia.nih.gov/health/what-is-dementia>
3. Alzheimer's Association. *Alzheimer's and Dementia*. From [https://www.alz.org/alzheimer\\_s\\_dementia](https://www.alz.org/alzheimer_s_dementia)

## Key Messages from THE LANCET COMMISSION 2020 Report on Dementia<sup>1</sup>:

- Dementia is on the rise because of population aging and higher frequency of modifiable risk factors.
- New research evidence shows that modifying 12 risk factors might prevent or delay up to 40% of dementias.
- These 12 modifiable risk factors are: less education, hypertension, hearing impairment, smoking, obesity, depression, physical inactivity, diabetes, infrequent social contact, excessive alcohol consumption, head injury, and air pollution.
- Many risk factors are subject to socio-economic inequalities often found in vulnerable populations, especially in Black, Asian, and minority ethnic groups.
- Actions to address these factors require health intervention programs and policies at both the public and individual levels because they will involve not only health promotion, but also societal action to improve circumstances (e.g., creating environments like parks that facilitate physical activity).
- Policy strategies should target high-risk groups to improve social, cognitive, and physical activity.

## Key recommendations for those with dementia:

- Provide holistic post-diagnostic care, which includes physical and mental health, social care, and support, as most people with dementia have other illnesses and might struggle to look after their health.
- Provide specific multicomponent interventions that manage and decrease neuropsychiatric symptoms. Psychotropic drugs may not always be effective, and even may have severe adverse effects.
- Provide specific interventions for family caregivers as this has shown to have long-lasting effects on depression and anxiety symptoms, increase quality of life, are cost-effective and might save money.

## Recommended specific actions for risk factors across the life course:

- Maintain a normal range of blood pressure (especially from around age 40 years).
- Use hearing aids for hearing loss and reduce hearing loss by protection of ears from excessive noise exposure.
- Reduce exposure to air pollution and second-hand tobacco smoke.
- Prevent head injury.
- Limit alcohol use; Stop smoking.
- Provide all children with primary and secondary education.
- Reduce obesity and the linked conditions (e.g., diabetes).
- Sustain (daily) regular physical activity as much as possible, especially from midlife onwards.
- Address other contributing risk factors for dementia through lifestyle interventions that will improve general health (e.g., sleep, nutrition).

SOURCE: (1) Livingston, G., Huntley, J., et al. (2020). "Dementia prevention, intervention, and care: 2020 report of the Lancet Commission." *Lancet (London, England)*; 396(10248), 413-446. [https://doi.org/10.1016/S0140-6736\(20\)30367-6](https://doi.org/10.1016/S0140-6736(20)30367-6)

## HELPLINES

Nevada 211 - Connect to Services ( <a href="http://nevada211.org">nevada211.org</a> )	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 ( <a href="http://aarpcommunityconnections.org/friendly-voices">aarpcommunityconnections.org/friendly-voices</a> )	888-281-0145
AARP Friendly Voice (Spanish)	888-497-4108
Adult Protective Services (APS) (Report suspected abuse, exploitation vulnerable adults 18+)	702-486-6930
Al-Anon ( <a href="http://al-anon.org">al-anon.org</a> )	1-800-344-2666
Alcoholics Anonymous (AA) ( <a href="http://aa.org">aa.org</a> )	702-598-1888
Alzheimer's Association Helpline ( <a href="http://alz.org">alz.org</a> )	1-800-272-3900
American Addiction Centers Resource ( <a href="http://centers.org">centers.org</a> )	1-866-892-4547
American Chronic Pain Association (ACPA) ( <a href="http://theacpa.org">theacpa.org</a> )	1-800-533-3231
American Pregnancy Association	1-800-672-2296
Care Solace (CCSD students) ( <a href="http://caresolace.com/ccsd">caresolace.com/ccsd</a> )	888-515-0595
Cocaine Anonymous ( <a href="http://snvca.org">snvca.org</a> or <a href="http://ca.org">ca.org</a> )	702-941-0950
Codependents Anonymous ( <a href="http://coda.org">coda.org</a> )	602-277-7991
Crystal Meth Anonymous ( <a href="http://crystalmeth.org">crystalmeth.org</a> )	855-638-4373
Debtors Anonymous ( <a href="http://debtorsanonymous.org">debtorsanonymous.org</a> )	800-421-2383
Depression & Bipolar Support Alliance (DBSA) ( <a href="http://dbsalliance.org">dbsalliance.org</a> )	1-800-826-3632
Eating Disorders ( <a href="http://anad.org">anad.org</a> )	1-888-375-7767
Eldercare Locator ( <a href="http://eldercare.acl.gov">eldercare.acl.gov</a> )	1-800-677-1116
Empower Work (Work issues) ( <a href="http://empowerwork.org">empowerwork.org</a> )	TXT HELLO to 510-674-1414
Food Addicts in Recovery Anonymous (FA)	foodaddicts.org
Gamblers Anonymous ( <a href="http://gasn.info">gasn.info</a> )	855-222-5542
GriefShare ( <a href="http://griefshare.org">griefshare.org</a> )	1-800-395-5755
IMAlive (online crisis chat)	imalive.org/online
International OCD Foundation ( <a href="http://iocdf.org">iocdf.org</a> )	617-973-5801
Lap of Love - Pet loss resource line ( <a href="http://lapoflove.com">lapoflove.com</a> )	855-352-5683
LGBT Helpline	888-340-4528
LGBT National Hotline	888-843-4564
LGBT National Senior Hotline	888-234-7243
LGBT National Youth Talkline	800-246-7743
LGBT Peer Listening	800-399-7337
MADD (Impacted by drunk or drugged driving)	877-623-3435
Marijuana Anonymous ( <a href="http://marijuana-anonymous.org">marijuana-anonymous.org</a> )	1-800-766-6779
Military OneSource (Military Community) ( <a href="http://militaryOneSource.mil">militaryOneSource.mil</a> )	800-342-9647
My Life, My Quit (ages 13-18) TXT "start my quit" to	36072
Narcotics Anonymous ( <a href="http://na.org">na.org</a> )	888-495-3222

## HELPLINES

National Abortion Federation Hotline	1-800-772-9100
National Alliance on Mental Illness (NAMI) Helpline ( <a href="http://nami.org/help">nami.org/help</a> )	1-800-950-6264
National Alliance on Mental Illness (NAMI) Warmline	775-241-4212
National Eating Disorders Information + Treatment Helpline	1-800-931-2237
National Resource Center on ADHD	1-866-200-8098
National Teen Dating Violence Abuse Helpline	1-866-331-9474
Nicotine Anonymous ( <a href="http://nicotine-anonymous.org">nicotine-anonymous.org</a> )	415-908-6702
Nevada Health Connection ( <a href="http://treatmentConnection.com">treatmentConnection.com</a> )	1-800-450-9530, TXT 839863
Nevada Teen Peer Support Text Line (ages 14-24)	TXT 775-296-8336
Office on Women's Health (Resource line)	1-800-994-9662
Overeaters Anonymous ( <a href="http://oa.org">oa.org</a> )	505-891-2664
Partnership to End Addiction (Concerned Parents) ( <a href="http://drugfree.org">drugfree.org</a> )	TXT CONNECT to 55753
Physician Support Line ( <a href="http://physiciansupportline.com">physiciansupportline.com</a> )	1-888-409-0141
Poison Center (Nevada)	702-732-4989
Postpartum Support International (PSI) ( <a href="http://postpartum.net">postpartum.net</a> )	1-800-944-4773
Problem Gamblers Helpline	1-800-522-4700
SAMHSA's National Helpline ( <a href="http://samhsa.gov/find-help/national-helpline">samhsa.gov/find-help/national-helpline</a> )	1-800-662-4357
Schizophrenia & Pyschosis Action Alliance ( <a href="http://sczaction.org">sczaction.org</a> )	1-800-493-2094
Self Abuse Finally Ends (S.A.F.E) Alternatives ( <a href="http://selfinjury.com">selfinjury.com</a> )	1-800-366-8288
Sex Addicts Anonymous ( <a href="http://saa-recovery.org">saa-recovery.org</a> )	1-800-477-8191
Sidran Institute - Trauma or Dissociation ( <a href="http://sidran.com">sidran.com</a> )	410-825-8888
Stop It Now! (Abuse helpline)	1-888-773-8368
Survivors of Incest Anonymous ( <a href="http://siawso.org">siawso.org</a> )	877-742-9761
TARA for Borderline Personality Disorder ( <a href="http://tara4bpd.org">tara4bpd.org</a> )	888-482-7227
Teen Help Inc	1-800-400-0900
Teen Line (TXT 839863)	1-800-852-8336
The StrongHearts Native Helpline ( <a href="http://strongheartshelpline.org">strongheartshelpline.org</a> )	1-844-762-8483
Tobacco (Nevada) Quit Line ( <a href="http://nevada.quitlogix.org">nevada.quitlogix.org</a> )	800-784-8669
Tragedy Assistance Program for Survivors (Military) ( <a href="http://taps.org">taps.org</a> )	800-959-8277
True Path Wellness Helpline (Addiction)	866-601-3539
United Way 211 ( <a href="http://211.org">211.org</a> )	1-800-233-4357
UNLV Careline (Sexual Assult, Violence, Stalking)	702-895-0602
Vet Center Call Center ( <a href="http://vetcenter.va.gov/media/Call-Center-PSA.asp">vetcenter.va.gov/media/Call-Center-PSA.asp</a> )	1-877-927-8387
Vets Information and Referral, PTSD Crisis Intervention	888-777-4443
West Care (Detoxification)	702-383-4044

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

## SUPPORT GROUPS

### ADDICTION

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

### CHILDREN AND YOUTH

Alternative Peer Group (Drop-in center for teens) <i>apglv.org</i>	725-206-5204
Parenting Project (free parenting classes)	702-455-5295
Solutions of Change <i>solutionsofchange.org</i>	702-343-3610
Turning Point Nevada (Substance Use)	702-743-7384

### CRISIS AND TRAUMA

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

### GRIEF AND LOSS

Adams Place <i>adamspacelv.org</i>	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) <i>concernsofpolicesurvivors.org</i>	702-501-8083
Divorce/Separated Support Group	702-735-5544
Grief Loss & Family Support Group	702-735-5544
Griefshare <i>griefshare.org</i>	1-800-395-5755
Grief Recovery After a Substance Passing (GRASP)	302-492-7717
Grief Recovery (death, divorce, career and other losses)	702-980-8303
Nathan Adelson Hospice <i>nah.org</i>	702-796-3157

## SUPPORT GROUPS

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

### LGBTQ

Henderson Equality Center <i>hendersonequalitycenter.org</i>	855-955-5428
The Center <i>thecenterlv.org</i>	702-733-9800

### SUICIDE

Arms of Support (Survivors of Suicide Attempt)	702-209-3425
Suicide Bereavement Support Group	702-735-5544
Survivors of Suicide Loss Support Group	702-807-8133

### OTHER

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

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



## THE MISSION: (A SURVIVORS OF SUICIDE ATTEMPT, SUPPORT GROUP) THIS IS A FREE SUPPORT GROUP

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

**GROUP FACILITY LOCATION:**  
THE CARE COALITION  
1919 S. JONES BOULEVARD,  
SUITE #A  
LAS VEGAS, NV 89146

**GROUP SCHEDULE:**  
MEETS EVERY TWO WEEKS  
WEDNESDAY'S - 6:00P-7:30PM

MAIN: (702) 209-3425  
CELL: (702) 370-5736  
FAX: (702) 568-7760

## THE CORE VALUES ARE TO:

- Build community connectedness
- Engage and support family and friends
- Provide timely access to care and support
- Promote choice and collaboration in care
- Connect persons to peer/mentor support
- Inspire hope and help people find meaning and purpose in life
- Preserve dignity and counter stigma, shame, and discrimination
- Respect and support cultural, ethnic, and spiritual beliefs and traditions

EMAIL: [TUFFARMSOFPEACE@GMAIL.COM](mailto:TUFFARMSOFPEACE@GMAIL.COM)

[WWW.ARMSOFSUPPORT.ORG](http://WWW.ARMSOFSUPPORT.ORG)



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







# A MATTER OF WORDS

*“Kindness is a language we can all understand. Even the blind can see it. And the deaf can hear it.” – MOTHER TERESA*

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

.....

MEMORY LOSS IS STRANGE. IT'S LIKE SHOWING UP FOR A MOVIE AFTER IT'S STARTED. I'M SURE I'VE MISSED SOMETHING. I DON'T KNOW IF IT'S IMPORTANT OR NOT. SO I DO THE BEST I CAN TO LOSE MYSELF IN THE STORY AND HOPE THE GAPS DON'T MATTER. LATER, I CAN LOOK IT UP, OR SOMEONE WILL REMIND ME, OR MAYBE IT'S PERFECTLY FINE TO NOT KNOW.

ELIZABETH LANGSTON, *WISHING FOR YOU*

.....

Photo Credit: Eva Bronzini from Pexels

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