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NOTE FROM: *The Editor*

At the heart of humanity is relationships. We all have an inherent need to belong, to be a part of a group, a family, to seek love and affection. The closest relationship is that of a family; be it just of a couple/intimate partner, or also with children, siblings, and parents, that hold the family unit together. This type of family relationship helps grind you and define you, it enriches your life. It is built on mutual trust and respect, love and honor. And when this is shattered, your life is filled with nightmares and horror.

At the crux of domestic violence (DV) is the need to control and dominate: the abuser will use all kinds of tactics to make the victim submit to them. And oftentimes, the victim fails to recognize the initial signs of abuse because the abuser may often start subtly, suggestively, using words and emotions – thereby, building their own groundwork of exercising power – the abuser may not always start with physical violence, and may not always use physical violence.

It is important to understand that DV can happen not just to an intimate partner, but also a child, a sibling, an elder or a relative. In whichever case, having the person you love and trust abuse you in any manner is devastating, and can have very serious negative mental and physical health outcomes if left unaddressed.

In this issue, we highlight the warning signs of abuse, provide an overview of DV, share a personal story, review some facts and figures of DV, address aspects of secondary trauma, and the impact of childhood abuse. Our aim is to inform and educate the readers on this critical issue of DV that impacts millions in the hope that they may be able to help someone they know or themselves if that may be the case.

“The effects of abuse are devastating and far-reaching. Domestic violence speaks many languages, has many colors and lives in many different communities.” — Sandra Papatello

ANJUM KHAN | MA, PMP, PMI-ACP
Chief Editor / Writer

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WARNING SIGNS OF *Abuse*

An abuser may be anyone and may belong to any culture, gender, religion, economic level, and/or background.¹ There is no typical abuser, however, they often display common characteristics; most evident of which is power and control over another (can be child, intimate partner, or elder).² Warning signs of abuse may not appear overnight, but do generally intensify with time.² However, just one or two of the behaviors is a red flag indicating that abuse may be present and should not be overlooked.²

Types Of Abuse With Some Examples³

PHYSICAL
<p>Most easily identified as it involves the use and/or threat of physical violence to maintain power over an individual.</p> <ul style="list-style-type: none"> • Pulling your hair, or punching, slapping, kicking, biting, choking, or smothering you. • Using weapons against you. • Harming your children or pets. • Driving dangerously with you in the car or abandoning you in unfamiliar places. • Trapping you in your home or preventing you from leaving. • Forbidding or preventing you from eating or sleeping or seeking medical help if needed.
EMOTIONAL
<p>Subtle and hard to identify as it is about non-physical behaviors that are meant to control, isolate, or frighten someone.</p> <ul style="list-style-type: none"> • Calling you names, insulting you, or constantly criticizing you. • Isolating you from family, friends, or other people; acting jealous or possessive. • Attempting to control what you wear (clothes, makeup, or hairstyles). • Threatening you, your children, your family, or your pets. • Blaming you for their abusive behaviors.
SEXUAL
<p>Control of the physical and sexual intimacy in a relationship, which involves acting in a way that is non-consensual and forced.</p> <ul style="list-style-type: none"> • Making you dress in a sexual way against your comfort. • Forcing or manipulating you into having sex or performing sexual acts or hurting you during sex. • Involving other people in your sexual activities against your will. • Forcing you to watch or make pornography.
FINANCIAL
<p>Occurs when power and control extends into your financial situation.</p> <ul style="list-style-type: none"> • Providing an allowance and closely monitoring how you spend. • Depositing your paycheck into an account you can't access or preventing access to accounts. • Forcing you to stop, limit, or work certain types of jobs, or getting you fired. • Maxing out your credit cards without permission, not paying bills, or damaging your credit score. • Withdrawing money from your accounts without your permission. • Living in your home but refusing to work or contribute. • Forcing you to provide them with your tax returns or confiscating joint tax returns.
DIGITAL
<p>Using technology and the Internet to bully, harass, stalk, intimidate, or control a partner.</p> <ul style="list-style-type: none"> • Telling you who you can or can't follow on social media. • Sending you negative, insulting, or threatening messages or emails. • Sending, requesting, or pressuring you to send unwanted explicit photos or videos. • Looking through your phone or checking up on your pictures, texts, and phone records. • Using any kind of technology to monitor/track your activities.

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3. National Domestic Violence Hotline. *Type of Abuse*. From www.thehotline.org/resources/types-of-abuse

HOTLINES (24/7)

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

What Does Domestic Violence Look Like?

BY ELIZABETH ABDUR-RAHEEM* | MS, MBA

The Numbers

The statistics about domestic violence (DV) in the United States are genuinely frightening: 1 in 4 women and 1 in 10 men have experienced violence at the hands of an intimate partner.¹ Here in Nevada, the statistics are even more dire. The 2019 National Intimate Partner and Sexual Violence Survey ranked Nevada second in the country for lifetime instances of intimate partner violence (IPV) affecting 43.8% of women and 32.8% of men.² Nevada law enforcement investigated 29,386 DV cases in 2022.³ For example, on a single Thursday day last September, advocates staffing DV hotlines around the state took an average of five calls an hour from victim-survivors requesting help.⁴

A True Story

But what do all these numbers actually mean on a human level? Individual stories of DV are extremely personal and seldom conform to the old stereotype of the “battered wife” who wears sunglasses to keep neighbors from gossiping about her black eye. It may be useful to look at one real life example of DV.

I met Alena (not her real name) when she called a hotline several years ago. Five years before, Alena was about to start graduate school for nursing on a student visa when she met a man offering to save her money by becoming roommates. The relationship became romantic and he promised to help Alena get a green card while taking control of her grant money and encouraging her to take a break from school. Since then, this confident, intelligent woman with dreams of a medical career became quiet and fearful. Having never re-enrolled in school Alena was now illegally in the country. She spent her days cooking and cleaning; unable to leave without permission; suffering incidents of rage; threats of deportation; being left stranded with no money and no phone; and friends were forbidden. After the first year he rarely hit her – there was no need, his control was already cemented. Even though warned by her boyfriend’s father of his abusive nature, she was terrified to reach out for help due to her immigrant status and felt she wasn’t worthy of help. Somehow she found the local DV hotline number, and one day took the risk to call.

More Than Physical

While this is only one example of the complexity of DV, it does illustrate many of the dynamics of abuse. The first thing this example makes glaringly evident is also often the most misunderstood. Physical abuse is not the overriding characteristic of DV. Abusers seek to take power and control over their victims and can do so even without or seldom using physical violence. It is not uncommon for weeks, months or even years to pass in an abusive relationship during which there has been no physical violence. For this reason, the federal government recently expanded its definition of DV in the 2022 reauthorization of the Violence Against Women Act (VAWA). Language stating that DV is a “crime of violence” has been removed and replaced with “the use or attempted use of physical abuse or sexual abuse, or a pattern of any coercive behavior committed, enabled, or solicited to gain or maintain power and control over a victim, including verbal, psychological, economic, or technological abuse that may or may not constitute criminal behavior”.⁵ This is especially important in that it ensures victim-survivors of DV like Alena no longer have to prove arbitrary level of physical injury and suffering to be eligible for federally funded services.

DV is not solely physical abuse, it includes other tactics abusers use to gain and maintain power and control. While physical abuse has a clear prognosis and treatment, other abuses may be far more difficult to counteract. Alena was living in a web of emotional, psychological, technological, and financial abuse, and likely sexual abuse. Emotional abuse is the cutting down of self-worth or self-esteem and an especially effective way of maintaining control. Psychological abuse includes threats of harm to themselves, pets, family, or even that abuser will commit suicide (deportation threat for Alena). Technology used as abusive mechanism includes monitoring of phone/internet. Financial abuse is prevalent in nearly all DV and typically results in life-long consequences as abusers take control of victim’s finances, denying educational and work opportunities. Oftentimes, abusers destroy/ruin victim’s credit scores, and accumulate large amounts of debt. Just as Alena didn’t, many DV victim-survivors do not consider themselves to have experienced sexual abuse, even though being in a relationship is not a form of consent for all sexual activity.

The Children

DV becomes even more complicated when there are children involved. Abusers emotionally manipulate children and use the parental relationship to further emotionally manipulate their

primary victims. Victim-survivors are often conflicted about how to best protect their children citing fear for their children’s safety and mental health as both a primary reason to stay or leave an abusive relationship. Witnessing DV has been identified as one of the 10 primary Adverse Childhood Experiences (ACEs) that can negatively impact a child’s health and wellbeing later in life.⁶ Victim-survivors who have children with their abusers may find it impossible to ever truly leave the relationship as they are often legally obligated to co-parent. Court systems and judges commonly facilitate continuation of the abuse.

Alena’s story is fortunate and uncommon: she called the hotline when her abuser was at work and a rideshare was sent to her on the shelter’s account under a fictitious name. She took her vital documents but left her phone so the abuser could not contact her. Without friends or family nearby there was no one for him to pressure for information. It is rare for a victim-survivor to be able to make this clean break. Abusers who are losing power and control are much more likely to lean into physical violence. Leaving is statistically the most dangerous time in a DV relationship. Victim-survivors face a 75% increase in violence in the two-years immediately after the leave and 75% of DV victims killed are killed when they leave.⁷ It is essential that victims preparing to leave an abusive relationship have support and a safety plan.

Who Else?

For all the ways one example can help illuminate the story of DV there are just as many variables left out. DV occurs across all genders and sexual orientations. The dynamics of DV in the LGBTQIA+ community include the added power to out someone without their consent. DV within historically oppressed and underserved BIPOC communities intersects with the complex relationship between these communities, the police and social service providers. Finally, our national conversation about the rights of gun ownership cannot leave out the deadly consequences when guns are in the hands of abusers. In order to truly combat DV, we, as a society, must be willing to look unflinchingly at the dynamics that create it, the damage caused on an individual and community level, and the resources we are willing to invest in prevention and healing. Perhaps then we will see the frightening statistics start to turn around.

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STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

Active Minds

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

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

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

American Foundation for Suicide Prevention (AFSP) Nevada Chapter

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

Autism Coalition of Nevada (775-329-2268)

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

Avery Burton Foundation (702-558-9202)

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

Bamboo Bridges (725-222-0041)

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

CARE Coalition (702-463-1415)

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

Center for Autism Spectrum Disorders (CASD)

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

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

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

Clark County Children's Mental Health Consortium

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

Crisis Support Services of Nevada (CSSNV)

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

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

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

Emma's House, Inc

Our goal is to empower girls and women through leadership programs that promote healthy self-esteem-building for elementary, middle, and high school girls.
emmashouseinc.org

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

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

Family TIES of Nevada (775-823-9500)

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

FEAT of Southern Nevada (702-368-3328)

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

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

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

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

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

Health Services Coalition (702-474-4418)

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

Henderson Equality Center (855-955-5428)

Provides gay, lesbian, bisexual and transgender (LGBT) individuals, their families and supporters with resources.
hendersonequalitycenter.org

STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

Pink Chair (formerly Hookers for Jesus) (702-623-0958)

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

Hope Means Nevada

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

Jean Nidetch Care Center (702-895-4475)

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

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

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

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

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

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

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

National Association of Social Workers (NASW) Nevada Chapter

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

Nevada Action Coalition (702-522-7034)

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

Nevada Caregivers Coalition

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

Nevada Care Connection

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

Nevada Coalition to END Domestic and Sexual Violence

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

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

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

Nevada Coalition for Suicide Prevention (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

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

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

Nevada Counseling Association (702-638-0772)

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

Nevada Crisis Intervention Team (CIT)

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

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

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

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

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

Nevada Hospital Association (775-827-0184)

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

Nevada Minority Health and Equity Coalition (NMHEC)

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

Nevada Outreach Training Organization (775-751-1118)

Provide several programs such as "No to Abuse" (psycho-social and prevention education programs and services to victims of domestic violence and sexual abuse) and Pahrump Family Resource Center. nevadaoutreach.org

Nevada PEP (702-388-8899)

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

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

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

Nevada Public Health Association (775-996-3908)

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

Nevada School Counselor Association (NvSCA)

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

Nevada State Opioid Response

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

Nevada Statewide Coalition Partnership

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

Nevada Tobacco Control & Smoke-Free Coalition

Mission is to improve the health of all Nevadans by advocating to eliminate exposure to secondhand smoke and vape emissions, expand access to cessation, and reduce commercial tobacco use. nvtobaccoventioncoalition.org

New Zeal (702-366-0558)

Dedicated to the total restoration of drug addicts and their families through the gospel and ministry. 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
Meetings: 3rd Wednesday monthly at 11:30am

Prevent Child Abuse Nevada (702-895-1040)

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

reQ therapy bbq for mental health

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

Rite of Passage/The Embracing Project (ROP/TEP)

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

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

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

RubiesLV (725-251-0258)

Faith-based, sex-industry-survivor-led nonprofit committed to addressing and preventing sex trafficking in Las Vegas—and helping its victims and their families heal together. rubieslv.com

S.H.E.R.O Foundation

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

Signs of Hope (702-385-2153)

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

Solutions of Change (702-848-1696)

Free counseling/therapy and crisis intervention services to youth ages up to 18 and their families. Individual, family and group sessions available. solutionsofchange.org

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

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

STATE AND LOCAL NONPROFIT ORGANIZATIONS / 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

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. Advocates for policies that support healthy communities.
gethealthyclarkcounty.org

Southern Nevada Opioid Advisory Council

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

State of Nevada Association of Addiction Professional (SNAAP)

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

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

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

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

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

The LGBTQ Center of Southern Nevada

Supports and promotes activities directed at furthering the well-being, positive image, and human rights of the lesbian, gay, bisexual, transgender, intersex, asexual, two-spirit, and queer community.
thecenterlv.org

The Phoenix

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

The Pride Tree

Creates safe environments where LGBTQ+ youth and allies can explore their own identity.
thepridetreev.com

There is No Hero in Heroin Foundation (TINH)H

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.
tinhhlasvegas.info

UNSHAKEABLE

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

Vegas Strong Resiliency Center (702-455-2433)

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

Vegas Stronger (702-234-1356)

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

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

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

WestCare Nevada (702-385-3330)

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

Women's Sustainable Recovery (WSR) Coalition

Advocates through a network of providers and resources to help women to sustain recovery and restore their lives.
wsrcoalition.org

Young: Equal (contact@youngequal.org)

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

Youth MOVE Nevada (youthmovenv@nvpep.org)

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

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



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

springmountaintreatmentcenter.com



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

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

Treatment for:

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

THIS IS ME

Youth Peer Support Program

Youth Striving for Mental Empowerment

NO COST FOR PARTICIPANTS

OUR PROGRAM

IMPORTANT DATES

Informationals (open to the public)
Monday, August 7, 2023 (Virtual)
Thursday, August 10, 2023 (In-person)
Tuesday, August 15, 2023 (In-person)
Thursday, August 17, 2023 (Virtual)
All dates 6:00p - 7:00p

Cohort Application Deadline
Sunday, August 20, 2023

Orientation (for accepted students)
Friday, August 18, 2023
• 6:00p - 7:30p (Virtual)

Thursday, August 24, 2023
• 6:00p - 7:30p (In-Person)

Program Dates
August 28 - October 26, 2023

WHO
High school aged teens in Las Vegas and Surrounding counties

WHERE
Virtual and In-person at NAMI SNV Office

WHAT
Wellness workshops, support groups, activities, and discussions opened to teens in the community

<p>Activities</p> <ul style="list-style-type: none"> • Support Groups • Wellness Classes • Discussion Groups • Workshops • Connecting Resources 	<p>Discussions</p> <ul style="list-style-type: none"> • Anger Management • Stress Management • Identity • Healthy Coping • Communication • Goal Attainment
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WHY
To support teens as they navigate the growing pains and growing joys of life, so they can access resources, feel heard, and feel safe to talk about issues that matter to them.

SIGN UP @ WWW.BIT.LY/THIS-IS-ME-INTEREST

NAMI Southern Nevada
2820 W. Charleston Blvd,
Ste 19
Las Vegas, NV 89102

Turbulent Waters: Secondary Traumatic Stress

BY BETH FLORY* | MHRM, SHRM-CP

My partner became pale and started to shake after receiving a dose of pain medication, so we hit the call button on the hospital bed. A few minutes later a nurse arrived with a blood pressure monitor. She applied the cuff and gruffly declared, “I can’t take your blood pressure if you are moving.” My partner replied, “I’m sorry, but I can’t stop moving.” The nurse scowled and repeated condescendingly, “It won’t work if you don’t stop moving!” “I would stop if I could!” This exchange went back and forth several times as we watched in disbelief. It took reminding the charge nurse of my partner’s seizure history to get them to send a rapid response unit.

Imagine you are experiencing considerable pain and uncertainty, and those with whom you are trusting your life greet you with frustration, agitation and despondency. This is only one example of the countless negative interactions we had with the hospital staff over the course of 7 days. Several nurses took the liberty to tell us that they were overworked, hated the hospital, and planned on changing fields. Luckily, my partner didn’t have a seizure, received surgery, and was released. As a loving partner, I was angry, but as the Executive Director of a domestic violence agency, I felt compassion for the hospital staff. I was witnessing the symptoms of vicarious trauma manifest in the workplace and directly impact patients and their families.

According to Charles R. Figley (1995) secondary traumatic stress is “the natural consequent behaviors and emotions resulting from knowing about a traumatizing event experienced by a significant other—the stress resulting from helping or wanting to help a traumatized or suffering person.” Those who work in helping professions, such as nurses, social workers, and domestic violence advocates, experience tragedy, violence and abuse daily through their clientele. Some symptoms I have witnessed from employees include sadness, irritability, anger, substance use, sleep disturbances, anxiety, avoiding clients, isolating, and chronic illness. Not feeling empathy towards patients, often referred to as compassion fatigue, is another common warning sign.

Having worked in social services since 2001, and domestic violence since 2009, I have heard and seen many horrific examples of human suffering. These range from a 5 year old losing his entire family in a car accident, to a mother and daughter being sexually and physically assaulted by an abusive husband and father. I had to face the impact of secondary traumatic stress when I began feeling detached from my work and irritable at home. My heart wanted me to stay in the field, but my mental health was at risk. This led me to obtaining my master’s degree, since my solution was transitioning out of direct services into administration. I could still help victim-survivors from behind the scenes, by strengthening and supporting S.A.F.E. House’s operations and employees.

Changing professions is not the right solution for everyone, and we desperately need compassionate and caring direct service providers. There are many interventions that help combat secondary traumatic stress. As employees, we can spend quality time with loved ones, engage in our favorite hobbies, strengthen professional and personal boundaries, take our vacation days, and attend counseling or support groups. Employers should provide robust paid time off and benefits plans, regular 1:1 supervision, and ongoing professional development; however, that is not enough. In order to achieve sustainable change, employers must also integrate trauma informed practices into the workplace. The Substance Abuse and Mental Health Services Administration (SAMHSA) provides an excellent guidebook titled, *SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach*.

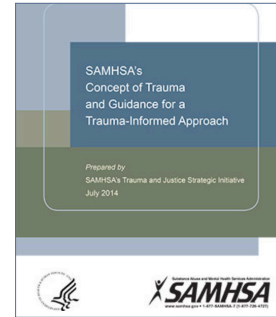
Dr. Rachel Naomi Remen’s words resonate with me, “The expectation that we can be immersed in suffering and loss daily and not be touched by it, is as unrealistic as expecting to be able to walk through water without getting wet.” We cannot avoid stories of suffering, however we can have seaworthy ships, life jackets, and wetsuits before venturing into the ocean.

REFERENCES:

Figley, C. R. (Ed.). (1995). *Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized*. New York: Brunner Mazel.

Remen, R. N. (1994). *Kitchen table wisdom*. New York: Riverhead Books.

*Beth Flory is the Executive Director of S.A.F.E. House, Inc., a comprehensive domestic violence agency located in Henderson, NV. She possesses a Bachelor of Arts in psychology and sociology, a Master’s degree in Human Resource Management, and the Society for Human Resource Management Certified Professional (SHRM-CP) designation. Ms. Flory is also a class of 2022 graduate of Leadership Henderson, a non-profit organization under the Henderson Chamber of Commerce.



SAMHSA’S CONCEPT OF TRAUMA AND GUIDANCE FOR A TRAUMA-INFORMED APPROACH

This manual introduces a concept of trauma and offers a framework for becoming a trauma-informed organization, system, or service sector. The manual provides a definition of trauma and a trauma-informed approach, and offers 6 key principles and 10 implementation domains.

Substance Abuse and Mental Health Services Administration. *SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach*. HHS Publication No. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014.



PREVENTING ELDER ABUSE

The older adult population is growing faster than the younger populations. Many older adults require care and help with daily living activities and are vulnerable to violence and other forms of abuse perpetrated by a caregiver or someone they trust. To prevent elder abuse, the first step is to check in with older loved ones and look for warning signs of mistreatment. Some common signs include:

- Poor nutrition or hygiene (bad body odor is often a sign of poor hygiene)
- Lack of necessary medical aids like glasses or medication that a caretaker should be providing.
- Bruises, burns, or other unexplained injuries, or sores on the body.
- Unpaid rent or utility bills, or increased credit card debt.
- Sudden changes to a will.
- Unusual changes in money management.
- Allowing someone new to access bank accounts.

IF YOU SUSPECT THAT SOMEONE IS A VICTIM OF ELDER ABUSE DON’T IGNORE IT! If you or someone you care about is in a life-threatening situation, CALL 911.

IF YOU SUSPECT THAT SOMETHING ISN’T RIGHT—but nobody seems to be in immediate danger contact:

Your local Adult Protective Services (Clark County 702-486-6930)
The National Center on Elder Abuse at 1-855-500-3537 (ELDR)

SOURCE: From blog.ssa.gov/world-elder-abuse-awareness-day-combating-injustice

“Don’t let someone who doesn’t know your value tell you how much you’re worth.” UNKNOWN

NATIONAL ORGANIZATIONS

Diversity and Multicultural

Behavioral Health Indian Health Services [ihs.gov/communityhealth/behavioralhealth](https://www.ihs.gov/communityhealth/behavioralhealth)
BIPOC Mental Health mhanational.org/bipoc Black Emotional & Mental Health Collective beam.community
Black Mental Health Alliance blackmentalhealth.com Black Mental Wellness blackmentalwellness.com
National Latino Behavioral Health nlbha.org The Network La-Red tnlr.org

General

Academy for Eating Disorders aedweb.org Anxiety and Depression Association of America (ADAA) adaa.org
Bring Change to Mind bringchange2mind.org Depression and Bipolar Support Alliance (DBSA) dbsaalliance.org
Heads Up Guys headsupguys.org Healthy Brains healthybrains.org International OCD Foundation iocdf.org
Mental Health America (MHA) mhanational.org National Alliance on Mental Illness (NAMI) nami.org
National Association of Anorexia Nervosa and Associated Disorders (ANAD) anad.org
National Eating Disorder Association (NEDA) nationaleatingdisorders.org
National Institute of Mental Health (NIMH) nimh.nih.gov
Schizophrenia & Related Disorders Alliance of America (SARDA) sardaa.org
SMIA Advisor smiadviser.org The Jed Foundation jedfoundation.org

Grief

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

Legal and Disability

Bazon Center for Mental Health Law bazelon.org Civil Law Self Help Center civilawselfhelpcenter.org
Family Law Self Help Center familylawselfhelpcenter.org Gender Justice Nevada genderjusticenv.org
Legal Aid Center of Southern Nevada lacsnc.org Nevada Disability Advocacy and Law Center ndalc.org
Nevada Legal Services nevadalegalservices.org Women's Law womenslaw.org

Substance Use

Addiction Technology Transfer Center attcnetwork.org Celebrate Recovery celebraterecovery.com
Center for Addiction and Mental Health (CAMH) camh.ca
Community Anti-Drug Coalitions of America (CADCA) cadca.org
Faces and Voices of Recovery facesandvoicesofrecovery.org Families Against Narcotics familiesagainstanarcotics.org
Generation Rx generationrx.org National Council on Alcoholism and Drug Dependence ncadd.us
National Institute on Alcohol Abuse and Alcoholism niaaa.nih.gov
Partnership to End Addiction drugfree.org Preventational Technology Transfer Center pttcnetwork.org
SmokeFree smokefree.gov Treatment Advocacy Center treatmentadvocacycenter.org

Suicide Prevention and Postvention

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

Trauma and Abuse

End Rape on Campus endrapeoncampus.org End Violence Against Women International evawintl.org
Futures Without Violence futureswithoutviolence.org
International Society on the Prevention of Child Abuse and Neglect ispcan.org
Love is Respect loveisrespect.org National Center for PTSD ptsd.va.gov
National Center for Victims of Crime victimsofcrime.org
National Center on Domestic Violence, Trauma, Mental Health nationalcenterdvtraumamh.org
National Coalition Against Domestic Violence (NCADV) ncadv.org
National Network to End Domestic Violence nnedv.org National Organization for Victim Assistance trynova.org
Nevada Victims of Crime voc.nv.gov Prevent IPV preventipv.org PTSD Alliance ptsdalliance.org
RAINN rainn.org S.A.F.E. Alternatives (Self Abuse Finally Ends) selfinjury.com
Sidran Institute: Traumatic Stress Education & Advocacy sidran.org Shared Hope International sharedhope.org
The National Child Traumatic Stress Network nctsn.org

Veterans

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



Q&A WITH LIZ ORTENBURGER*

MBA | CEO OF SAFENEST



Mental Health Spectrum (MHS): Tell us a little about SafeNest?

Liz Ortenburger (LO): Our mission is to provide comprehensive, collaborative, and innovative services for everyone affected by domestic violence, sexual abuse, and human trafficking while passionately working to end these epidemics. *We do this by working with survivors, perpetrators, and children affected by domestic and sexual violence, in the areas of prevention, protection, and empowerment.*

MHS: Name one major challenge your organization faces and how can the community help?

LO: The immense quantity of domestic and sexual violence in our community overwhelms our justice and social safety nets. The number one thing the community can do is mentor young people at risk of re offending. Men and women need to volunteer and mentor young men and women and be positive role models for young people who desperately need them.

MHS: What would you like the community to know about domestic violence and abuse?

LO: Until we start to focus on the perpetrators of these epidemics, they will continue to be a horrendous problem for our community.

MHS: What type of mental health issues do individuals and families experience in domestic violence and abuse?

LO: We deal with all elements of mental health in survivors and perpetrators. This is a highly traumatized population and the mental illness that accompanies individuals with high Adverse Childhood Experience scores (ACEs).

MHS: Any other thoughts or comments you would like to share regarding the topic of domestic violence, abuse and/or mental health?

LO: SafeNest is heavily invested in work to end domestic and sexual violence, this starts with supporting young people most at risk of repeating the cycle. The correlation between mental health and ACEs is very clear. If we want to end these cycles as a community from CCSD to each one of us, we need to support the mental health of young people.

** Liz Ortenburger has fought for women's and children's rights for two decades. In her current position she directs her energy and passion toward ending the epidemics of domestic and sexual violence. From managing operations, leading strategic partnerships, and implementing innovative programs and services, Liz is dedicated to ensuring that every survivor can move from crisis to confidence. Liz is a PH.D. student studying Public Policy and Administration at Walden University. Before that, she earned her MBA at IESE, in Barcelona, Spain, and her bachelor's degree at California State University, Fresno, where she was a nationally ranked competitor in track and field and captain of the cross-country team.*

IF YOU OR SOMEONE YOU KNOW NEEDS HELP,
CALL OR TEXT OUR 24/7 HOTLINE

702-646-4981

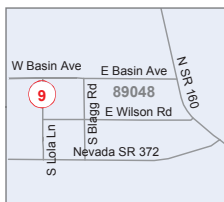
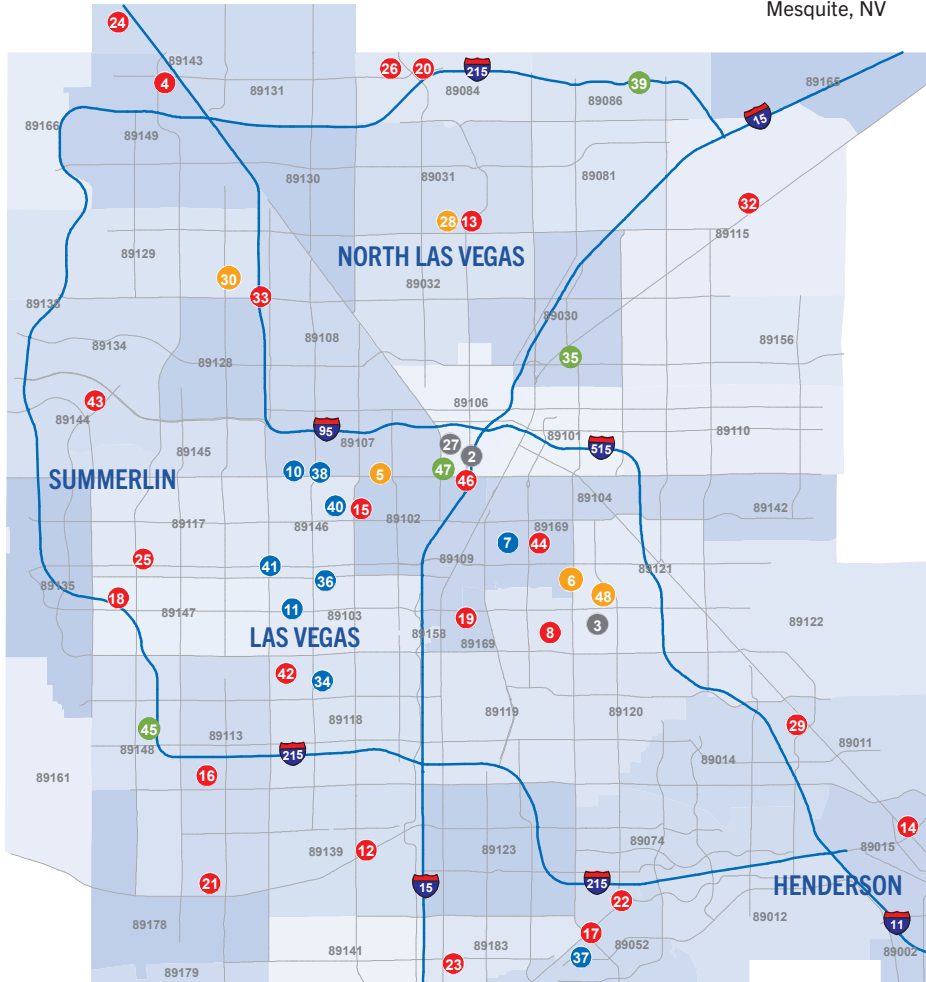
OR CHAT WITH US AT
SAFENEST.ORG

HOSPITAL LISTING

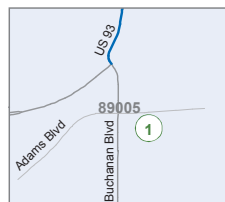
- Hospital
- Hospital with Psychiatric Unit
- Psychiatric Hospital
- Addiction Inpatient Facility
- Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

HOSPITAL LISTING

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

*All inpatient operations to end March 11, 2023.

For Emergencies call 911 for immediate assistance.

It's All About Self-Care

"I am not what happened to me, I am what I choose to become." – CARL JUNG

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:
FADO
Example: Ai Vida – Cristina Branco
Free songs available on youtube.com

SUGGESTED ACTION:
TRAUMA INFORMED YOGA
Approach to the practice that addresses the specific needs and symptoms of trauma survivors.
Free videos on youtube.com

SUGGESTED SHOW:
PLANET
Example: Rivers
Available on pbs.org

SUGGESTED READING:
HISTORICAL FICTION
Example: The Power of One – Bryce Coutnenay
Free reading materials available at public libraries (lvccld.org or hendersonlibraries.com)

WATCHING



READING

ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

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

BetterHelp

BetterHelp matches you to one of thousands of licensed therapists based upon your location, preferences, and therapist availability.

OUTPATIENT LISTING

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

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

FOCUS / SPECIALTY

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

NAME + WEB ADDRESS	PHONE	ZIP	FOCUS / SPECIALTY
A Better Tomorrow abettertomorrowlv.co	725-238-6990		EMDR, Play Therapy, PTSD
Aaron Williams Therapy aaronwilliamstherapy.com	702-480-7960	89106	Anxiety, Coaching, Pre-martial
ABC Therapy abctherapy.net	702-598-2020	89101	General
Achievable Behavior Strategies bxtherapy.com	702-565-1894	89147	ABA, ASD
Adelson Clinic for Drug Abuse Treatment adelsoncliniclasvegas.com	702-735-7900	89169	OUD, MAT
Adonai Counseling & Consulting	725-208-1960	89146	EMDR, Grief/Loss, Relationships
Advanced Psychiatric Associates	702-228-4900	89146	General
Advanced Psychiatry Inc. advancedpsychiatryinc.com	702-763-7811	89032	ADHD, CM, PHP, SAT
Agape Behavioral Center agapebehavioral.org	702-656-5683	89130	BST, PSR
All About You Counseling allaboutyoucounseling.org	702-754-0807	89123	General
Alliance Mental Health Specialists alliancemhs.com	702-485-2100	89103	Telepsychiatry
Andres Counseling Services	702-803-3481	89128	Anxiety, MOOD, Trauma
Apple Grove Treatment Center applegrovetreatmentcenter.com	702-992-0576	89120	BST, PSR, Individual
Applied Behavior Analysis Institute abainstitute.us	702-502-8021	89107	ABA, ASD
Arevalo Counseling & Mentoring	702-970-3535	89074	English & Spanish Services

OUTPATIENT LISTING

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

OUTPATIENT LISTING

Connexions Mental Health Services connexionsmentalhealthservices.com	725-696-2204	89121	TELE, Military, Veterans, First Responders
Cornwall Counseling cornwallcounseling.com	859-321-4956	89119	REBT
Corridor of Hope Wellness & Consulting corridorofhopelv.com	702-522-9000	89104	Grief, Domestic Violence, LGBTQ
Creative Behavioral Connections cbcautism.com	702-901-5200	89130	ABA, ASD
Crossroads of Southern Nevada crossroadsofsonv.com	702-382-7746	89102	ADDICT, SAT
DCFS-Neighborhood Care, North dcfs.nv.gov/Programs/CMH/Contact_CMHS	702-486-5610	89032	Children Mental Health Services
DCFS-Neighborhood Care, South	702-486-6726	89015	
DCFS-Neighborhood Care, West	702-486-0000	89146	
Desert Hope Outpatient americanaddictioncenters.org	702-286-8394	89121	ADDICT, SAT
Desert Psychiatry	702-685-3300	89146	Psychiatric Services
Desert Psychological desertpsychological.com	702-650-6508	89120	Testing, Assessment
Desert Regional Center (DRC) adsd.nv.gov	702-486-7850	89103	DD
Desert Rose Counseling desertroselv.com	702-843-6500	89102	Trauma Recovery
Desert Treatment Clinic deserttreatment.com	702-248-0000	89014	Methadone/Suboxone
Desert Winds Recovery Center desertwindsrecovery.com	702-904-8255	89146	ADDICT, Detox, Sober Living
Diamond Mental Health diamondmentalhealth.net	702-395-4002	89130	ADDICT, Equine Therapy, Trauma
Dynamic Music Therapy vegasmusictherapy.com	702-257-0792	89102	Music Therapy
Eden Center for Eating Disorders edentreatment.com	877-853-3362	89102	ED, Co-Occurring Disorders
Elements of Motivation elementslv.com	702-331-4874	89117	Home Based Services
Elevating to New Heights	702-485-5838	89120	BST, Crisis, PSR
Emma's House Inc emmashouseinc.org		89052	CBT, MFT, TELE, Grief, Trauma
Empowerment Center of NV	702-636-8729	89032	Crisis Intervention, General
Estra Healthcare Services estrahealth.com	725-502-7699	89102	OCD, Compulsive Gambling
Evergreen Counseling evergreencounselinglv.com	702-248-6290	89146	ODD, Sexual Problems, Trauma
Evolving Minds Therapy evolvingmindstherapy.com	702-881-1234	Virtual	General, Crisis Services
Focus Mental Health Solutions focusmentalhealth.com	702-790-2701	89102 89052	Psychiatric Services
Forward Impressions	702-848-1411	89130	BST, PSR, IOP, Youth
Foundations Counseling Center foundationsnv.com	702-240-8639	89128	Youth, ADHD, ASD, ED
Frontier Medical & Behavioral Center frontiermbc.com	702-750-2438	89031	Psychiatric Services
Glass House Counseling ghca-lv.com	702-586-8693	89104	PSR, Support Groups
Grand Desert Psychiatric Services brainway.com/find-a-provider	702-202-0099	89146	Deep Transcranial Magnetic Stimulation
Guevara Counseling Center guevaracounselingcenter.com	702-366-0251	89106	Grief, PTSD, Refugee, Spanish

OUTPATIENT LISTING

H.O.P.E. Counseling Services hopecounselingservices.net	702-437-4673	89106 89031	ADHD, MOOD, PTSD, Trauma
Harmony Healthcare harmonyhc.com	702-251-8000	89102	Insurance Provider
Heads Up Guidance and Wellness Centers headsupnevada.org	702-922-7015	89102	
Healing with Grace Counseling Center hwgcounseling.com	702-716-0908	89052	
Healthy Minds healthymindslv.com	702-622-2491	89106	Co-occurring, SAT
Hello Therapy hellotherapylv.com	702-381-2192	89074	Grief, Trauma, TELE
HELP of Southern Nevada helpsonv.org/behavioral-health-services	702-369-4357		TELE
Higher Ground Counseling Services highergroundcounselingservicesllc.com	702-525-8402	89117	MFT, TELE
High Risk Pregnancy Center hrpregnancy.com	702-664-8279	89106	OULD, MAT (must be pregnant)
Honeybee Behavioral Health myhoneybeetherapy.com	702-550-9035	89118	Abuse, Grief, Family Conflict
Human Behavior Institute (HBI) hbimnetwork.com	702-248-8866	89146	Insurance Provider, CM
Ignite Teen Treatment igniteteeentreatment.com	866-202-7217	89147	Youth
Innovation Behavioral Health Solutions drsandrgray.com	702-900-2784	89146	EMDR, Neuropsychological Assessment, Trauma
Integrated Psychological Solutions lvpsych.com	888-320-2271	89146	CBT, ED, EMDR, MOOD
Integrity Counseling integritycounselinglv.com	702-499-4922	89117	BST, CM, PSR, SAT
Jewish Family Services (JFS) jfsalv.org	702-732-0304	89119	Anxiety, MOOD
Kayenta Therapy kayentatherapy.com	702-438-7800	89134	TELE
Landmark Recovery landmarkrecovery.com	725-217-9910	89129	ADDICT, IOP, PHP, SAT
Las Vegas Counseling lasvegascounselingcenter.com	702-466-3750	89117	TELE
Las Vegas Grief and Loss Counseling Center	702-580-4912	89117	Grief
Las Vegas Indian Center lvindiancenter.org	702-647-5842	89106	SAT
Las Vegas Therapy lvtmentalhealth.com	702-659-4825	89129	Postpartum, Sexual Issues
Legacy Counseling & Workforce Connections legacycounselingandworkforceconnections.com	702-763-7443	89146	BF, CBT, IOP, SAT, Telehealth
Legacy Health and Wellness legacynv.com	702-942-1774	89128	BST, PSR, Crisis Services, Parenting, EMDR
Life Bridge Psychiatry lifebridgekids.com	702-765-4965	89117	Youth
Life Spring Counseling Center lifespringcounselingcenter.org	702-939-5433	89117	Anxiety, MOOD, Premarital, PTSD
LifeQuest lifequestnv.com	702-830-9740	89145	CM, BST, MFT, MM, SAT
Living Free livingfreehealth.org	775-505-1625	89060	ADDICT
Lotus Behavioral Health Services lotusbehavioralhealthservices.com	725-215-0359	89128	MOOD, PTSD, Trauma
Mbrace Counseling	702-749-6926	89146	BST, PSR, Family Therapy
M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	Psychiatric Services
Mindful Illumination Counseling	702-506-4554	89101	ADDICT, Sound Therapy

OUTPATIENT LISTING

Mingo Health Solutions mhsbehavioralservices.com	702-848-1696	89120	
Mobile Mental Health Support Services mmhssnv.com	707-888-0036	89146	Anxiety, MOOD, Personality D/S, Relationship
Moderation of the Mind Counseling modofthemind.com	702-272-1879	89117	BST, CM, Crisis, PSR
Mojave Counseling unlvhealth.org/psychiatry-mental-health	702-253-0818 702-968-4000	89146 89014	Children/Adolescents, CM, Adults
Music 4 Life Inc. themusic4life.com	702-889-2881	89146	ADDICT, Anxiety, PTSD
Neubauer Mental Health Services nmhslv.com	702-806-5268	89108	
Nevada Behavioral Health Systems nvbhs.com	702-978-8100		Managed Mental Health & Substance Abuse Services
Nevada Health Centers, Cambridge nevadahealthcenters.org	702-307-5415	89119	ADDICT, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Eastern	800-787-2568	89104	
Nevada Health Centers, Henderson	702-868-0327	89015	
Nevada Health Centers, MLK	702-383-1961	89106	
Nevada Health Centers, North Las Vegas	702-214-5948	89030	
Nevada Mental Health nevadamentalhealth.com	702-440-8430	89106	
Nevada Mental Health Associates nevadamha.com	702-530-5344	89104	Grief, MOOD, PTSD, Sexual Issues, Trauma
Nevada Mercy and Care Inc nevadamercyandcare.org	702-444-0599	89119	Refugee
Nevada State Behavioral Health	702-714-1681	89120	MOOD, Trauma, PTSD
Never Give Up Wellness Center nevergiveupbhs.com	702-951-9751	89146	Biofeedback, MFT, MM, Psychiatric Services
New Way Empowerment Center	702-695-4345	89146	Trauma, Life Transitions
Nippon Clinic nipponclinic.vegas	702-994-7267	89119	MOOD, ED, PTSD
Nueva Vida Mental Health nvnmhs.com	702-659-8827	89103	BST, CBT, PSR
Oasis Counseling oasiscounselingtoday.com	702-294-0433	89113	
Open Arms Counseling openarmscounseling.org	702-823-4300	89015	ADDICT, EMDR, MM
Our Little World Treatment Center olwtreatment.com	702-742-3093	89012	ASD
Overton Psychological Services facebook.com/Overtonpsych	702-563-1000	89074	
Pathways Therapy & Wellness Center pathwaystherapynv.com	702-363-7284	89052	Anxiety, MOOD, Trauma, PTSD, Relationships
Perceptions Counseling Center of Southern Nevada pccofsn.com	702-850-8700	89120	Child Therapy, TELE
Pro-Health Therapeutic & Empowerment Services phtes.com	702-490-9009	89169	Co-Occuring, LGBTQ, MM, SAT, TELE
Puzzle Pieces Autism & Behavioral Services LLC puzzlepiecesnv.com	702-704-5112	89131	ASD
Red Rock Counseling redrockcounseling.com	702-389-4500		
Red Rock Psychological Health redrockph.com	702-898-5311	89119	
Resolutions Behavioral Health Therapy resolutionsbehavioralhealththerapy.com	702-462-1813	89146	Anxiety, MOOD, Trauma
Resource Family Services resourcefamilyservices.com	702-331-5608	89119	Couples, Family Therapy

OUTPATIENT LISTING

Restorative Behavioral Health LLC myrestorativehealth.com	702-853-6727	89031	General
SAFY of Nevada Specialized Alternative safy.org/nevada	702-385-5331	89130	Youth, Family
Serenity Counseling and Support Services serenitysupportservices.com	702-903-2973	89117	ADHD, Anger Management, Bullying, Parenting, Trauma
Serenity Mental Health serenitymentalhealth.org	702-815-1550 775-751-5211	89146 89048	Anxiety, MOOD
SFS Therapies sfstx.com	702-979-4268	89128	Speech Therapy
Shining Star Community Services shiningstarlv.com	702-882-7827	89119	Family Therapy, Grief
Sierra Sage Recovery Services sierratreatment.com	702-880-8230	89107	ADDICT, CBT, IOP, SAT
Signs of Hope Counseling Center sohvl.org/counseling	702-366-1640	89106	Trauma (Sexual Assault), PTSD
Silver State Health silverstatehealth.org	702-471-0420	89119	Anxiety, MOOD, PTSD
Skills 4 Kids facebook.com/skills4kidLLC	702-538-9476	89117	
Solutions of Change solutionsofchange.org	702-445-6937	89120	General
Southern Nevada Adult Mental Health	702-486-6000	89146	CM, Mobile Crisis, MM
Southern Nevada Community Health Center snchc.org	702-759-1700	89107	General
Southern Nevada Pediatric Center southernnevadapediatriccenter.com	702-850-5437	89128	ADHD, Anxiety, MOOD
Southern Nevada Psychological Services snvpsyc.com	702-483-8017	89109	Biofeedback, Cognitive Rehab, Psychotherapy
Southern NV Care Center lasvegas-clinic.com	702-625-0022	89169	Evaluations, Counseling, Referrals
Southwest Autism & Behavioral Solutions swbehavior.com	702-270-3219	89120	ASD
Strong Minds Addiction & Recovery Therapy strongminds.vegas	702-708-2559	89146	SAT, Sober Living Houses
Summit Mental Health	702-727-4459	89102	MOOD, Trauma, PTSD
Sunshine Family Support Services sunshinefamilyss.net	702-433-0063	89104	TELE
Synergy KTC synergyktc.com	725-222-4582	89113	Ketamine Therapy
Tancell Care tancell-care.business.site	702-476-0262	89119	DD
Tandem Therapy Services tandemtherapyservices.com	702-396-0101	89117	ABA, ASD, Speech Therapy
The Center for Child and Family Development thecenterforchildandfamilydevelopment.com	702-912-5848	89120	Pediatric Neuropsychology
The Evidence Based Practice of Nevada theebpnv.com	702-508-9181	89074	ADHD, ASD, ED, MOOD, OCD, PTSD
The Hamilton Group hamiltongrouplv.com	702-289-4883	Virtual	MM
The Healthy Foundations Center healthyfoundations.center	702-489-2117	89117	BST, PSR
The Lovaas Center thelovaascenter.com	702-877-2520	89103	ABA, ASD
The Nestled thenestledrecovery.com	702-848-6406	89146	IOP, SAT
The Parkey Group theparkeygroup.com	725-230-8526	89145	CBT, Couples, TELE

OUTPATIENT LISTING

The Practice, UNLV unlv.edu/thepractice	702-895-1532	89154	CBT, DBT, Testing
Therapeutic Solutions Behavioral Health therapeuticsolutionslv.com	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center therapytreatmentcenters.com	702-423-2625	89102	Anger Management, MOOD, PTSD, Trauma
Theravada Mental Health theravadawellness.com	702-757-8720	89130 89052	DBT, EMDR
There is Hope thereishopenv.com	702-684-7757	89146	Anger Management, IOP
Thrive Behavioral Health & Trauma Centers tbhandtc.com	702-740-0188	89102	LGBTQ, Trauma
Thrive Solutions thrivesolutionslv.com	702-602-8504	89148	ADDICT, IOP, MFT, MM
Thriveworks Counseling thriveworks.com	702-820-3061	89146	ADDICT, ED
Tilton's Therapy tiltonstherapy.com	702-381-1839		Mobile Therapy
TIM Care	702-617-6313	89106	General, SAT, Psychiatric
Touro Center for Autism & Developmental Disabilities tourocadd.org	702-777-4808	89014	ASD
Transitional Wellness Center transitionalwellnesscenter.com	702-339-0346	89120	
TREAT horsetherapylv.com	702-768-2326	89139	Equine Assisted Psychotherapy
TUFF Services Ministries tuffservices.org	800-649-0925	89053	Pastoral Counseling
United Citizens Foundation ucfoundation.com	702-888-6300	89147	School-based, TELE
U.S. VETS usvets.org/locations/las-vegas	702-947-4446	89101	Eligible Veterans, SAT
Vegas Cares LLC vegascaresllc.com	725-206-5434	89121	General, PSR, BST
Vegas Stronger vegasstronger.org	702-202-6647	89101	SAT
Ventana Health Associates	702-360-2800	89134	
Veridian WellNess veridianwellness.com	702-763-4452	89074	DBT, EMDR, Trauma
Victorious Behavioral Health victoriousbhs.com	702-723-0125	89119	BST/PSR, Psychiatric Services
We Are Hope wearehopelv.com	702-333-4373	89130	ADDICT, General, Trauma
Well Care Behavioral + Medical Clinic thewellcaregroup.com	702-291-7121	89122	BST, CM, PSR
Westcare westcare.com	702-385-3330	89101	SAT
Zia Counseling ziacounseling.com	702-823-9043	89102	Couples, EMDR, MFT



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."

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

DON'T LET THEIR RECOVERY GO UP IN SMOKE

Evidence suggests exposure to secondhand smoke is detrimental to behavioral health and substance use treatment plans. Learn more about smoke-free campus policies for your clinical setting.

Adopting a **comprehensive smoke-free policy** is the only way to reduce or eliminate secondhand smoke exposure for facility staff, clients, and visitors.



If you are interested in learning more about smoke-free campus policies, the Southern Nevada Health District offers free technical assistance. Please contact us at TobaccoProgram@snhd.org or call **702-759-1262**.



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Impact of Childhood Abuse

BY ANJUM KHAN I MA, PMP, PMI-ACP

INTRODUCTION

There is no more important relationship than that of a parent and child. And for a child, the single most important safe place is/should be the home, with family. Strong, loving, positive, and nurturing family relationships are essential to the healthy mental and physical development of a child.^{1,2} Child development involves the biological, psychological, and emotional changes that occur from birth to onset of young adulthood.² In fact, a child's future is largely shaped by the home environment. It is through these family relationships that children develop a strong foundation of self-worth, safety, trust, emotional regulation, capacity to have relationships, and their own individual value and identity.^{1,2,3,4} So when the blocks in this foundation crack and fall, it is like a major earthquake, shaking the ground on which the child stood, the aftereffect trembles causing a ripple effect of such magnitude on mental and physical health that extreme care is required to help the survivor overcome this disaster.

WHAT IS CHILD ABUSE/MALTREATMENT?

At the state level, Nevada's statute on child maltreatment "is a condition or set of interrelated conditions that involve physical abuse, sexual abuse, socio-emotional abuse, and/or various parameters of neglect. Child maltreatment is an act of omission or commission on the part of a parent or caregiver that results in physical, cognitive, emotional, or social harm to a child."⁵ The Nevada Administrative Code (NAC) 432B.180 provides guidelines for risk assessment, which are differentiated by two levels of urgency: (1) impending/foreseeable danger, whereby a situation or behavior in the home is at high risk to result in harm to a child; and (2) present/clear danger, whereby there is immediate and significant risk for grievous harm to a child due to an actively occurring situation/behavior in the home.⁵

The Federal Child Abuse Prevention and Treatment Act (CAPTA) defines child abuse and neglect as "any recent act or failure to act on the part of a parent or caregiver that results in death, serious physical or emotional harm, sexual abuse, or exploitation, or an act or failure to act that presents an imminent risk of serious harm."⁴

CHILD ABUSE STATISTICS

- Child abuse is a global problem, impacting over 300 million children under the age of 4.¹
- One in 5 women and 1 in 13 men report having been sexually abused as a child aged 0-17 years.¹
- In 2019, nearly 3.5 million cases of child victims (aged 0-17) were reported to Child Protective Services (CPS) agencies in the US.⁶
- Since 2015, child fatalities related to abuse and neglect have increased.⁶
- Children younger than age 12 are more likely to be sexually assaulted by a family member.⁶
- Nevada has one of the highest cases of child maltreatment (60%),⁷ with parental substance use as the main cause in 61% of cases of child neglect.⁵
- In Nevada, those children living with a divorced or unwed mother and her boyfriend are 11 times more likely to experience some form of abuse (usually by the boyfriend) compared to those kids living with married parents.⁷
- In 2016, a mother's boyfriend was the suspect of child abuse and neglect in over 50% of cases in Clark County.⁷

Risk Factors: While indisputable evidence to establish direct cause-and-effect relationship of factors that induce child maltreatment is lacking, the following three conditions of parents are associated with increased risk of incidences of child abuse and neglect: poverty, substance use, and poor mental health.⁵

IMPACT OF CHILD ABUSE AND NEGLECT

Child abuse (or adverse childhood experiences – ACE) has both short-term and long-term impact on the victim. There are four significant consequences of ACEs: physical, psychological, behavioral and societal.⁸ In the short-term, there is acute impact with physical injuries from any type of assault. There is also the psychological impact of living in fear. Also, "... a child's reactions to abuse or neglect can have lifelong and even intergenerational impacts. Childhood maltreatment can be linked to later physical, psychological, and behavioral consequences as well as costs to society as a whole. These consequences may be independent of each other, but they also may be interrelated."⁸

Some Long-Term Consequences Of Child Abuse And Neglect

PHYSICAL	PSYCHOLOGICAL	BEHAVIORAL
<ul style="list-style-type: none"> • brain damage due to head trauma • stunted brain development, function, and/or growth in very young children • migraine headaches • diabetes • chronic fatigue syndrome • malnutrition; bowel disease • vision & dental problems • lung disease • heart disease 	<ul style="list-style-type: none"> • diminished brain function & cognitive skills • poor working memory, learning difficulties, self-control, & cognitive flexibility • poor mental & emotional health • increases risk for depression, anxiety, PTSD, & other psychiatric disorders • attachment & social difficulties (trouble forming healthy relationships) • low self-esteem 	<ul style="list-style-type: none"> • substance use • risky sexual behavior in adolescence & adulthood • juvenile delinquency & criminal activities as adults • perpetrate abuse to their own kids in future
SOCIETAL		
<p>While all the above noted consequences directly impact the child experiencing maltreatment, there are both direct and indirect costs to the society such as child welfare, health care, juvenile justice, foster care, and lost productivity at school (often leading to poor or lost productivity also as an adult).</p>		
<p>SOURCE: Child Welfare Information Gateway/Children's Bureau/DHHS. <i>Long-term consequences of child abuse and neglect. Factsheet.</i> 2019. From https://www.childwelfare.gov/pubpdfs/long_term_consequences.pdf</p>		

CONCLUSION and RECOMMENDATION

There is an old proverb that says, "charity begins at home." This is because family is that social unit which is the foundation of society. It is this foundation that enables children to transition healthily through their growing phases to adulthood, to form healthy relationships both at home and outside the home, to develop healthy coping skills to manage stress and effectively function on a daily basis, and to become productive members of society as adults. When a family home fails to provide such a safe, loving, stable, and nurturing environment, children suffer because they are the most vulnerable. **Thus, preventing ACEs is and should be a top priority for society. Providing comprehensive prevention approaches such as increased training of qualified professionals in trauma-informed care, assessment & intervention tools and skills, and promoting protective factors such as: parental resilience, social connections, nurturing & attachment, support when needed, knowledge of parenting & child development, and building social-emotional competence of children are key to facilitating prevention of ACEs.**⁸ Children are the future and their well-being throughout their growing periods plays a crucial role in their success as individuals and adult members of society. We should collectively address this troubling issue of ACEs to foster and encourage positive, loving care and nurturing of children in all homes. Children matter, family matters, and relationships matter.

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SPECIAL FEATURE

SHARED EXPERIENCES

“Trauma may happen to you, but it can never define you.” – MELINDA LONGTIN

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.

Victory Over My Scars (*Shameka’s story)

I remember the day I sat in the hospital bed glancing over at the bruises on my arms. The nurse walked into my room and handed me a pamphlet on “Domestic Violence”. The nurse began to speak to me in a very soft tone about my rights as a Domestic Violence Victim. Domestic Violence Victim? My thoughts tried to convince me that “we” just had a fight. My scars told a vastly different story. The reality of almost losing my unborn child, his child, that I was carrying was my real reality.

Domestic violence victims don’t stay with their partners because they are too weak or timid to leave. I was the strongest person I knew. My heart was not ready to accept the reality of what my mind had to process. Love doesn’t hurt! I’m not responsible for this person’s happiness or in charge of managing their own insecurities. One day I became exhausted and decided to leave. I deserved better and so did my children.

Over the years, I have sat across from clients that mimicked the same “faulty love” story like my own. The warning signs of intimidation, isolation from friends & family, and control are often blaring. The cloudiness of love bombing overshadows the reality of their bruises (internal and external). In the therapy room, I often have to remember that I was once the woman on the other side of the door. I needed to sit without judgment to search deeper than just presenting my clients Reality Therapy. It yielded benefits to eventually help clients identify a goal and movement.

Domestic Violence is not inclusive (exclusive) to one gender, race, or socioeconomic class. Everyone deserves to be “seen” in the therapy room.

- Every person deserves to have a safe space for their voice to be heard.
- Every person deserves to have a place where they are not shamed or guilty for being in this space.
- Every person deserves a place to create a plan for financial and physical safety. A place to identify community support outside of therapy.

My hope is that through reading this cautionary tale the ending of each story will be “Victory Over Your Scars”.

Book recommendations: *From Fatherless to Fearless*, and *Beauty From Ashes-Detroit Raised Me, God Saved Me* available at memegreenpublishing.com/books

**Shameka Green is an International Award-Winning Best-Selling Author, Motivational Speaker, and Licensed Marriage & Family Therapist. Shameka is the founder of Emma’s House Inc., a nonprofit organization that provides self-empowerment programs for minority girls and children of incarcerated parents. Emma’s House Inc. provides therapy services that focus on Minority Mental Health and has received recognition for their work in the community on BET’s Soul Train Awards.*



LOCAL SHELTER AND TRANSITIONAL HOUSING

FAMILIES

Family Promise

702-638-8806 • 1410 S Maryland Pkwy, LV 89104

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

familypromiselv.com

HELP of Southern Nevada

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

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

helpsonv.org

Safe Families for Children, Olive Crest

702-960-1436 • 4285 North Rancho

Dr, Suite 160, LV 89130

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

lasvegas.safe-families.org

S.A.F.E. House

702-564-3227

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

safehousenv.org

MEN

Catholic Charities Shelter for Men

702-387-2282 • 1511 Las Vegas

Blvd North, LV 89101

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

catholiccharities.com

Las Vegas Rescue Mission

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

Single men and fathers with children.

Shelter intake is located off D Street.

vegasrescue.org/emergencysshelter

Salvation Army

702-701-5347 • 35 W Owens Ave, NLV 89030

Day resource center and emergency lodging.

salvationarmyusa.org

WOMEN

Destiny House (Hookers for Jesus)

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

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

hookersforjesus.net

Refuge for Women

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

rfwlasvegas.org

Safe Nest

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

Confidential domestic violence shelter.

Provides legal services, safe housing and long-term counseling.

safenest.org

Shelter of Hope (LV Rescue Mission)

702-382-1766

Single women and mothers with children.

Shelter intake is located off D Street.

vegasrescue.org/emergencysshelter

The Shade Tree for Women

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

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

theshadetree.org

YOUTH

Nevada Partnership for Homeless Youth

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

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

nphy.org

Shannon West Homeless Youth Center

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

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

helpsonv.org/shannon-west-homeless-youth-center

St Jude’s Ranch (SJRC)

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

89005

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

stjudesranch.org

*I am not a product of my circumstances.
I am a product of my decisions.*
STEPHEN R. COVEY

Abuse And...

Family/Domestic Violence (DV)

- Includes child abuse, elder abuse, and intimate partner violence – a common problem in US, affecting 10 million people each year.¹
- Involves a pattern of abusive behavior in any relationship that is used by one person to gain or maintain power and control over another partner or family member;² 1 in 4 women & 1 in 9 men report experiencing DV.¹
- Can be physical, sexual, emotional, economic, psychological, or technological threats or actions, or other forms of behavior that coerce and negatively impact the victim.^{1,2}
- Includes any behaviors that intimidate, manipulate, humiliate, isolate, terrorize, threaten, blame, or harm another.¹
- Mental health problems experienced by survivors include depression and posttraumatic stress disorder.³
- Survivors also are at higher risk for developing chronic negative health outcomes (e.g., digestive and nervous system conditions) and engaging in risky behaviors (e.g., binge drinking).³
- A national public health problem with many individual (physical, mental health, or even death) and societal costs (economic costs related to IPV injuries, lost productivity from work, criminal justice and other costs).^{1,3}

Intimate Partner Violence (IPV)

- Victim has an intimate or romantic relationship with the abuser,¹ includes current/former spouses & dating partners.³
- Several types of abusive/aggressive behaviors can occur together in IPV, including stalking.³
- 1 in 3 women & nearly 1 in 4 men report experiencing severe physical violence during their lifetime.³

Child Abuse

- Involves the emotional, sexual, and/or physical abuse, or neglect (in care, provision, nutrition) of a child under 18 by a parent, custodian, or caregiver that results in actual harm or perceived threat of harm.¹
- Also involves indirect impact - witnessing abuse of one parent/sibling by another and may also result in emotional scarring and potential long-term negative consequences.^{1,2}

Elder Abuse

- A deliberate/intentional/premeditated act by a trusted caregiver/family member that harms or creates a risk of harm (neglect, physical, mental, financial, sexual, or psychological) to an elder person over age 60.^{1,4}
- 1 in 9 Americans aged 60 or older experience elder abuse.⁴

Sexual Violence

- When consent is NOT obtained or freely given during sexual activity; it is a violent attack and a crime.⁴
- Sexual violence is often connected to DV, and can include incest, child molestation, and rape.⁴
- Sexual assault in DV can happen anywhere, anytime (in the home or in a car).⁴

RECOMMENDATIONS AND OPPORTUNITIES

- **Create protective environments:** Improve school climate and safety; modify physical and social environments of neighborhoods; and improve organization policies & workplace programs.³ Engage influential adults and peers through bystander empowerment programs, family-based programs, or other ally prevention programs.³
- **Disrupt the development pathways toward partner violence:** Through implementing early childhood home visitation, preschool enrichment, parenting skill & family relationship programs, and treatment for at risk children, youth, and families.³ Encourage programs that teach safe and healthy relationship skills (e.g., social-emotional).³
- **Strengthen economic supports:** Address household financial security and work-family supports.³
- **Support survivors:** Provide safe and easy access to victim-centered services, housing programs, first responder and civil legal protections, patient-centered approaches, and treatment and support.³

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DID YOU KNOW

Nevada's Domestic Violence Victims Leave Law Updated

This law allows for **employees** who are either victims of domestic violence or family/household members of a victim of domestic violence to take leave under certain conditions. The Nevada Legislature recently passed Assembly Bill 163 (AB 163), which provides certain employment protections for victims of sexual assault including revising Nevada's current domestic violence victim's leave law to include victims of sexuals assault. The new law broadens which individuals can take leave under certain conditions.

For more information: leg.state.nv.us/App/NELIS/REL/82nd2023/Bill/9840/Overview

Victim Information and Notification Everyday (VINE)

VINE is the nation's free, secure, and confidential source for updated custody status and criminal case information. It provides information and notification.

To stay informed, register. **Nevada VINE: 1-888-2NV-VINE (888-268-8463)** – Toll free phone support for callers who need help locating an offender, registering for notification, or accessing victim services in their area. Over 200 languages available via live operator support.

For more information: vinelink.com



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SUPPORT GROUPS

ADDICTION

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

CHILDREN AND YOUTH

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

CRISIS AND TRAUMA

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

GRIEF AND LOSS

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

SUPPORT GROUPS

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

LGBTQ

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

SUICIDE

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

OTHER

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

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

Arms Of Support

A Survivors Of Suicide Attempt Support Group

armsofsupport.org • tuffarmsofpeace@gmail.com

702.209.3425 (T) • 702.370.5736 (Cell) • 702.568.7760 (Fax)

THE MISSION: "Arms of Support" (a free 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 Schedule: Meets every two weeks, Wednesday's from 6:00pm to 7:30pm

Group Facility Location: THE CARE COALITION, 1919 S. Jones Blvd, Suite #A, LV NV 89146

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



HELPLINES

Nevada 211 - Connect to Services [nevada211.org]	211 or 1-866-535-5654
Police NON Emergency Response	311
1in6 - Helpline for Men who were Sexually Abused / Assaulted	1in6.org/helpline
AARP Friendly Voice [aarpcommunityconnections.org/friendly-voices]	888-281-0145
AARP Friendly Voice (Spanish)	888-497-4108
Adult Protective Services (APS) (Report suspected abuse, exploitation vulnerable adults 18+) [APSGethelp.com]	702-486-6930
Al-Anon [al-anon.org]	1-800-344-2666
Alcoholics Anonymous (AA) [aa.org]	702-598-1888
Alzheimer's Association Helpline [alz.org]	1-800-272-3900
American Addiction Centers Resource [centers.org]	1-866-892-4547
American Chronic Pain Association (ACPA) [theacpa.org]	1-800-533-3231
American Pregnancy Association	1-800-672-2296
Care Solace (CCSD students) [caresolace.com/ccsd]	888-515-0595
Cocaine Anonymous [snvca.org or ca.org]	702-941-0950
Codependents Anonymous [coda.org]	602-277-7991
Crystal Meth Anonymous [crystalmeth.org]	855-638-4373
Debtors Anonymous [debtorsanonymous.org]	800-421-2383
Depression & Bipolar Support Alliance (DBSA) [dbsalliance.org]	1-800-826-3632
Eating Disorders [anad.org]	1-888-375-7767
Eldercare Locator [eldercare.acl.gov]	1-800-677-1116
Empower Work (Work issues) [empowerwork.org] TXT HELLO to	510-674-1414
Food Addicts in Recovery Anonymous (FA)	foodaddicts.org
Gamblers Anonymous [gasn.info]	855-222-5542
GriefShare [griefshare.org]	1-800-395-5755
IMAlive (online crisis chat)	imalive.org/online
International OCD Foundation [iocdf.org]	617-973-5801
Lap of Love - Pet loss resource line [lapoflove.com]	855-352-5683
LGBT National Hotline	888-843-4564
LGBT National Senior Hotline	888-234-7243
LGBT National Youth Talkline	800-246-7743
MADD (Impacted by drunk or drugged driving)	877-623-3435
Marijuana Anonymous [marijuana-anonymous.org]	1-800-766-6779
Military OneSource (Military Community) [militaryonesource.mil]	800-342-9647
My Life, My Quit (ages 13-18) TXT "start my quit" to	36072
Narcotics Anonymous [na.org]	888-495-3222
Naseeha (Muslim and Non-Muslim) [naseeha.org]	1-866-627-3342
National Abortion Federation Hotline	1-800-772-9100

HELPLINES

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

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



Sexual assault and domestic violence are difficult things to talk about. Talk about them anyway.

MARISKA HARGITAY



A MATTER OF WORDS

"Someone once asked me how I hold my head up so high after all I have been through. I said it's because no matter what, I am a survivor, not a victim." – Patricia Buckley

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.

.....
NO ONE DESERVES TO EXPERIENCE ABUSE OF ANY KIND
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