



FREE

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Mental Health Spectrum™

A resource for psychological wellness



SCHIZOPHRENIA AND *Other Psychotic Disorders*

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VOLUME 4 ISSUE 4: MINORITY MENTAL HEALTH (PART 2) COMING NOVEMBER 2024

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Front Cover Credit: Freepik.com

NOTE FROM: *The Editor*

This issue delves into the more serious psychiatric illnesses like schizophrenia, psychosis and other psychotic disorders. Unfortunately, despite advances in medicine and mental health treatments, psychotic disorders often tend to be widely misunderstood and stigmatized. In this issue, we highlight signs and symptoms, a Q & A on psychosis, a shared story, and other aspects that can help provide a better understanding of these disorders.

The people who are affected by such illnesses are vulnerable to discrimination because they are mistakenly considered to be always violent and erratic in behavior. The public perception regarding schizophrenia, in particular, has long been one of a disease that is to be feared, a disease that truly makes people “mad.” People with schizophrenia and other psychotic disorders deserve empathy and understanding. They should know that they can live productive lives, especially if early identification and treatment is provided. As with any other mental health condition, family and community support is crucial in helping someone with a mental illness cope and manage their illness.

At this point, I would like to take a moment to let our readers know that unless we get immediate funding support, this may be our last volume. While we continue to receive heartwarming positive feedback, we have not received enough funding support to keep us going. So I would like to take this opportunity to appeal for more financial support. We would especially like to appeal to the more broader organizations to consider giving a yearly/volume sponsorship that would enable us to continue providing this one-of-a-kind resource that can help make a difference in many lives. This is a free resource, and as such we rely completely on sponsorships, donations and advertising for staffing and printing costs. We need resources like *Mental Health Spectrum* that aim to help educate and empower people to make better informed choices. Please help us so that we may continue to help others.

Finally, I would like to express heartfelt gratitude to all the people who helped us going thus far, especially our guest contributors, donors, and sponsors. Our sole purpose is to help others and we hope that we are able to do that for many of our readers. Thank you.

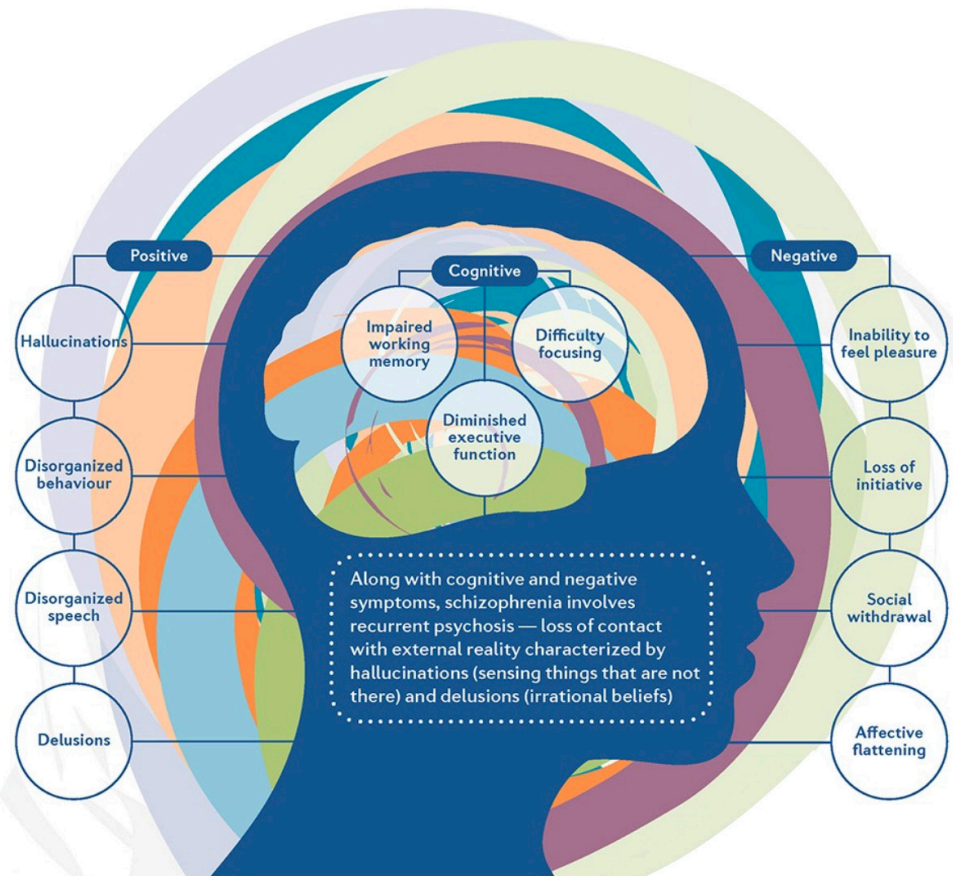
ANJUM KHAN | MA, PMP, PMI-ACP
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A MATTER OF WORDS

Schizophrenia SIGNS AND SYMPTOMS

Schizophrenia is a psychotic disorder that is expressed as a heterogeneous set of positive, negative and cognitive symptoms. Disease onset, in the form of reduced cognitive and social functioning, often begins in adolescence – before the occurrence of psychosis in adulthood. Schizophrenia involves abnormal neurodevelopment arising from a complex interplay between genetic and environmental risk factors. The disorder is thought to be characterized by impaired function and connectivity of specific neural cell populations...[but] the direct causes of the disorder remain poorly understood.



The quality of life of those with schizophrenia can be negatively affected by various factors, such as medical health issues (diabetes and cardiovascular disease) and adverse effects of antipsychotic medications such as weight gain, Parkinsonism, sedation and cardiac abnormalities. Negative stereotypes about schizophrenia contribute to substantial problems with social and internalized stigma.

DIAGNOSIS: Requires assessing symptoms, their duration, response to treatment and their effect on everyday life along with ruling out other conditions, such as unipolar and bipolar affective disorders. Diagnosis of Schizophrenia should only be done by a qualified mental professional.

Adapted and Reprinted with permission under license 5797380806839. Schizophrenia. *Nature Reviews Disease Primers* 1, 15069 (2015). From <https://doi.org/10.1038/nrdp.2015.69>

HOTLINES (24/7)

EMERGENCIES	911
SUICIDE AND CRISIS LIFELINE 988lifeline.org	988
Ayuda en Espanol (Spanish National Suicide Prevention Lifeline)	888-628-9454
Boys Town National Hotline yourlifeyourvoice.org	800-448-3000
Child Abuse and Neglect Hotline (Nevada)	702-399-0081
ChildHelp National Child Abuse Hotline childhelpline.org	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	800-267-5463
Crisis Support Services of Nevada cssnv.org	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)	800-985-5990
DOD Safe Helpline (Dept. Of Defense/affected by sexual assault)	877-995-5247
Domestic Violence (National Hotline) thehotline.org	800-799-7233
Domestic Violence (SafeNest) safenest.org	702-646-4981
Domestic Violence (S.A.F.E House) safehouseenv.org	702-564-3227
Fire/EMS (First Responders) nvfc.org/help	888-731-3473
Gamblers Anonymous (GA) Southern Nevada Hotline	702-529-0202
Human Trafficking Hotline humantraffickinghotline.org	888-373-7888
Maternal Mental Health Hotline (pregnant and new moms)	833-852-6262
Military Helpline militaryhelpline.org	888-457-4838
National Center Missing & Exploited Children missingkids.org	800-843-5678
Poison Control poison.org	800-222-1222
Rape, Abuse, & Incest National Network (RAINN) rainn.org	800-656-4673
Runaway Hotline 1800runaway.org	800-786-2929
SafeVoice Nevada (Students, parents, faculty) safevoicenv.org	833-216-7233
Safe Place Hotline (Youth) nationalsafeplace.org	866-827-3723
SAGE Hotline (LGBT Elders) sageusa.org	877-360-5428
Sexual Assault Hotline rainn.org	800-656-4673
Signs of Hope (Formerly Rape Crisis Center) sohlv.org	702-366-1640
Teen Dating Abuse loveisrespect.org	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	877-565-8860
Trevor Project Crisis Line (LGBTQ < 25) thetrevorproject.org/get-help	866-488-7386
Veteran Crisis Line veteranscrisisline.net	800-273-8255 (Press 1)
Veteran Crisis Line (Deaf and Hard of Hearing)	800-799-4889
WestCare Nevada Crisis Hotline	702-385-3330

Delving Deeper: Psychosis, Schizophrenia, and other Psychotic Disorders

Psychotic disorders are a group of mental health conditions that impact one's sense of reality.¹ Each condition has its own key characteristics, but they also overlap in several ways. Understanding the distinctions between schizophrenia, psychosis, and other psychotic disorders is crucial in mental health discussions.

Psychosis: A Symptom, Not a Diagnosis^{1,2,3}

Psychosis is defined as "a state of mind characterized by a loss of contact with reality."¹ This manifests as hallucinations (sensory experiences that aren't real) and delusions (fixed, false beliefs). Psychosis can be a symptom of various mental health conditions, including schizophrenia, schizoaffective disorder, bipolar disorder with psychosis, and some delusional disorders. Other causes include substance misuse, severe head injuries, traumatic experiences, unusually high levels of stress, brain tumors, and certain medical conditions such as Lyme disease, vitamin B1 and B2 deficiencies, infections of the brain, and more.

Schizophrenia: A Chronic Mental Illness⁴

Schizophrenia is a severe and chronic mental illness characterized by a combination of psychotic symptoms and other disturbances in thinking, behavior, and emotions. These disturbances significantly impact a person's daily life. In addition to psychosis, schizophrenia can involve thought disorder, negative and cognitive symptoms. The exact cause of schizophrenia is unknown, but it's believed to be a complex interplay of genetics, environmental factors (such as poverty and stressful or dangerous surroundings), and brain structure and function.

Other Psychotic Disorders^{3,5}

Several other mental health conditions involve psychotic symptoms but differ from schizophrenia in specific ways:

Schizoaffective Disorder	Is a chronic mental illness that combines symptoms of schizophrenia (delusions, hallucinations) with a mood disorder (depression, bipolar disorder). This overlap often leads to misdiagnosis of depression or bipolar disorder initially in some individuals.
Schizophreniform Disorder	Short-term condition that presents symptoms very similar to schizophrenia. The duration of symptoms falls between 1 and 6 months.
Brief Psychotic Disorder	Temporary episode of psychosis lasting less than a month, often triggered by severe stress or emotional trauma. People with antisocial personality disorder or paranoid personality disorder are more likely to experience this.
Delusional Disorder	Characterized by the presence of one or more persistent delusions and no other psychotic symptoms lasting at least 1 month or longer.
Schizotypal Personality Disorder	Marked by a consistent pattern of intense discomfort with and decline in close relationships and social interactions. May have distorted views of reality, superstitions, and unusual behaviors.

Similarities and Differences

All these conditions share the core feature of psychosis, including hallucinations and delusions. Both schizophrenia and other psychotic disorders can significantly disrupt a person's social life, work, and overall functioning. While schizophrenia encompasses a broader range of symptoms beyond just psychosis, other psychotic disorders may have additional or less pronounced features compared to schizophrenia. Furthermore, schizophrenia is a chronic illness, but some psychotic disorders are temporary or episodic. Lastly, schizophrenia has a complex genetic and environmental basis, while other psychotic disorders may have specific triggers or be linked to other mental health conditions.

REFERENCES:

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (5th ed.)*. Arlington, VA.
- National Institute of Mental Health. (2019, June). *Psychosis*. From <https://bit.ly/3RSFZMJ>
- Cleveland Clinic. (2022). *Psychosis*. From <https://my.clevelandclinic.org/health/symptoms/23012-psychosis>

First Episode Psychosis: A Critical Stage for Intervention

First episode psychosis (FEP) is a critical juncture in the life course of an individual experiencing a psychotic illness for the first time. Characterized by an onset of symptoms like hallucinations, delusions, and disorganized thinking or speech,¹ FEP can be a frightening and disruptive experience. Early psychosis is not always sudden; it usually happens gradually and can last for months.¹ Seeking professional help as soon as possible is crucial for proper diagnosis and intervention; early intervention offers the best chance for recovery and long-term management.¹

Symptoms of FEP can vary but often include a combination of **positive symptoms** that involve a distortion of reality and **negative symptoms** that include a decrease in normal emotional and behavioral functioning, such as a lack of motivation, social withdrawal, or blunted affect (reduced emotional expression).² **Disorganized thinking and speech** involves incoherent speech patterns, rapid shifts in thought, or difficulty forming logical connections. The onset of FEP typically occurs in late adolescence or early adulthood between the ages of 15 and 25.³ It's important to note that not everyone who experiences these symptoms will develop a full-blown psychotic disorder.

Importance of Early Intervention^{3,4}

The time between the first appearance of psychotic symptoms and the initiation of treatment is known as duration of untreated psychosis (DUP). One to two years is the average time of DUP. Increased DUP has been associated with poor outcomes in terms of number of symptoms, overall functioning and quality of life. DUP has far reaching implications in the course and outcomes of psychosis. The brain continues to develop throughout adolescence and young adulthood. Early intervention may help minimize the negative impact of psychosis on brain development.

Early intervention in FEP is vital for many reasons: a) early detection and reduced DUP; b) less severe symptoms, fewer suicides and deaths; c) better prognosis with lower risk of progression to more advanced levels of psychosis; d) higher rates of recovery; e) fewer relapses (which are common in untreated psychosis) and hospitalizations; and f) improved quality of life and a higher chance of maintaining employment and social relationships; lower costs.

Coordinated Specialty Care (CSC)⁵

CSC is a multi-component, evidence-based, early intervention approach for individuals experiencing FEP. Key components include **cognitive and behavioral psychotherapy** (help reduce symptoms and improve functioning), **medication management** (manage symptoms and improve functioning), **family education and support** (outreach to help family support system), **service coordination and case management** (support access to needed medical, social, and educational services), and **supported employment and education** (achieve and maintain educational or vocational functioning). Along with the five core components CSC requires training, small caseloads, a team leader, team meetings, assertive outreach for individual engagement, and community-based care to be considered in compliance with the evidence base. CSC programs may offer peer support, crisis intervention, recreational therapy groups, and substance use services.

Early intervention has been shown to improve outcomes for individuals experiencing FEP. With early intervention and appropriate treatment, individuals with FEP can recover and live fulfilling lives.

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- Fusar-Poli, P., McGorry, P. D., & Kane, J. M. (2017). *Improving outcomes of first-episode psychosis: An overview*. From pubmed.ncbi.nlm.nih.gov/28941089/
- National Institute of Mental Health. (2023, April 26). *Schizophrenia*. From www.nimh.nih.gov/health/topics/schizophrenia
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- Center for Financing Reform and Innovation. (2023). *Coordinated specialty care for first episode psychosis: Costs and financing strategies*. From store.samhsa.gov/sites/default/files/pep23-01-00-003.pdf

RESOURCE: Schizophrenia & Psychosis Action Alliance – Caregiver Toolkit (sczaction.org/caregiver-resources). Caring for someone with schizophrenia is a profound journey of resilience and love. This toolkit can help caregivers navigate the complex landscape of this serious brain disease and provide support for family members, loved ones and professionals caring for those with schizophrenia.

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Clearing House
Pill Take Back Events
Deterra Drug Disposal Bags
 Sponsored by Rali NV

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Naloxone
Fentanyl Testing
Suicide Prevention
Mental Health 1st aid

Visit our website for more info:

www.carecoalitionnv.org

P: 702-463-1415



@CARECOALITIONNV

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

YOUTH PEER SUPPORT

EVERY WEDNESDAY | 6-7:30PM

Join us for an evening filled with connection, socialization, and crafts for youth. Perfect for teens who are needing extra support for their mental wellness or those who have family members living with mental health challenges. Parents and caregivers can attend support groups while youth engage in wellness activities:

- Arts and crafts
- Discussion groups
- Stress management
- Healthy coping
- Healthy relationships
- Communication
- Goal setting



2820 W. Charleston Blvd., Ste 19
 Las Vegas, NV 89102
youth@namisouthernnevada.org
www.namisouthernnevada.org
 702-890-9729

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

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 (702-248-2770)

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

Unites all affected by Autism, advocacy organizations, political affiliates/legislators, and service providers across the country.
aconv.org (775-329-2268)

Avery Burton Foundation

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 (702-558-9202)

Bamboo Bridges

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 (725-222-0041)

CARE Coalition

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 (702-463-1415)
 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)

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 (775-784-6265)

Children's Advocacy Alliance

Builds consensus around priorities and leverages our collective strength toward real changes in policy and practice to ensure that every child has a chance to thrive. Advocating in the areas of Health, Child Welfare and Equitable Access, School Readiness and Early Childhood System, and Economic Well-Being.
caanv.org (702-228-1869)

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.
ccmhc.org

Community Partners for Better Health

An organization that exists to empower individuals, organizations, and the entire community by imparting knowledge and providing the essential tools to enhance health and enrich lives. Committed to dismantling health disparities, fostering an equitable health landscape where everyone has the chance to thrive.
communitypartnersforbetterhealth.com

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

Independent affiliate of the National DBSA devoted exclusively to mood disorders. Run by individuals with mood disorders and their allies.
dbasouthernnv.org (702-750-5919)

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)

Dedicated to helping Nevadans heal from the traumas and cycle of abuse, neglect, & violence.
factsnv.org (702-258-5855)

Family TIES of Nevada

Serves people with disabilities throughout their lifespan, and supports their families and professional who work on their behalf.
familytiesnv.net (775-823-9500)

FEAT of Southern Nevada

Provides information on therapies, support services, and resources for families and individuals impacted with Autism Spectrum Disorder (ASD) and related disorders.
featsonv.org (702-368-3328)

Foundation for Recovery (FFR)

A peer-led, grassroots statewide Recovery Community Organization (RCO). Dedicated to providing peer recovery support services, advocacy, education and training.
forrecovery.org (702-257-8199)

Harm Reduction Center/Trac B Exchange

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 (702-840-6693)
tracbexchange@gmail.com

Health Services Coalition

Focuses on purchasing high-quality, cost-effective health care services for its members by working with health care providers and community leaders.
lvhsc.org (702-474-4418)

Heart 2 Give

Non profit that raises awareness for mental health and suicide prevention. Provides emotional support for those in need.
heart2give.us

Henderson Equality Center

Provides gay, lesbian, bisexual and transgender (LGBT) individuals, their families and supporters with resources.
hendersonequalitycenter.org (855-955-5428)

STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

Hope Means Nevada

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

Jean Nidetch Care Center

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 (702-895-4475)

Las Vegas HEALS (Health, Education, Advocacy, Leadership in Southern Nevada)

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 (702-952-2477)

Lou Ruvo Center for Brain Health

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
 (702-483-6000)

National Alliance on Mental Illness (NAMI) Southern Nevada Chapter

The nation's largest grassroots mental health organization dedicated to building better lives for those affected by mental illness.
namisouthernnevada.org (775-470-5600)

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

Serves as the driving force for transforming health care through nursing in Nevada.
nvactioncoalition.org (702-522-7034)

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

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 (702-369-9740)

Nevada Counseling Association

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 (702-638-0772)

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

Provides services statewide to promote and advocate for the human and legal rights, interests and welfare of Nevadans with disabilities.
ndalc.org (702-257-8150)

Nevada Division of Public and Behavioral Health (DPBH) Office of Suicide Prevention

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 (702-486-8225)

Nevada Hospital Association

Advocates for Nevada's hospitals, health systems, communities and patients before legislative and regulatory bodies.
nvha.net (775-827-0184)

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

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 (775-751-1118)

Nevada PEP

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 (702-388-8899)

Nevada Primary Care Association

Federally designated Primary Care Association for the State of Nevada. NVPACA is dedicated to assisting health centers and other community health providers with the implementation of solid business practices and community-responsive programs in an effort to improve service delivery effectiveness and efficiency.
npca.org (775-887-0417)

Nevada Psychiatric Association (NPA)

NPA is a member-based organization and a district branch of the American Psychiatric Association. Committed to promoting mental health, the NPA works tirelessly to advance the field of psychiatry, improve patient access to mental health services, and foster collaboration among professionals in the industry. With a strong emphasis on advocacy, education, and community outreach, the NPA strives to enhance mental well-being for all Nevadans and create a brighter future for the state's mental health landscape.
nvpsychiatry.org (702-623-4319)

Nevada Psychological Association (NPA)

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 (888-654-0050)

Nevada Public Health Association

Serves as the voice for public health in Nevada in order to improve health and achieve equity in health status.
nphaonline.org (775-996-3908)

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

Nevada Voluntary Organizations Active in Disaster (VOAD)

Brings together non-profit organizations, private sector, and government agencies in the state of Nevada to foster more effective preparation for and response to disasters, for the benefit of residents throughout the state.
nvoad@gmail.com (702-370-5736)

New Zeal

Dedicated to the total restoration of drug addicts and their families through the gospel and ministry.
newzeal-iv.org (702-366-0558)

PACT Coalition

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 (702-582-7228)
 Meetings: 3rd Wednesday monthly at 11:30am

Pink Chair (formerly Hookers for Jesus)

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 (702-623-0958)

Prevent Child Abuse Nevada

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 (702-895-1040)

Real Autism Difference

The mission of the organization is to make a positive impact in the lives of children with autism and families by building a community, sharing resources and knowledge, and offering programs.
radlv.org (702-463-6723)

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

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.
rite Trainings.org (702-882-0752)

RubiesLV

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 (725-251-0258)

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

Shine A Light Foundation

Non profit that provides homeless outreach and placement services with a focus on individuals who live in the underground flood channels of Las Vegas. Providing instant Placement with Access to Treatment and Housing (IPATH).
shinealightlv.com (725-258-5222)

Signs of Hope

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.
sohvl.org (702-385-2153)

Solutions of Change

Free counseling/therapy and crisis intervention services to youth ages up to 18 and their families. Individual, family and group sessions available.
solutionsofchange.org (702-848-1696)

Southern Nevada Adult Mental Health Coalition

A collaboration of community stakeholders designed to further mental health services and coordination throughout Southern Nevada. Initially created by former Sheriff Jerry Keller of the LVMPD in 2000, the coalition continues to bridge partnerships through collaboration, and assists with support or opposition to legislative measures that affect individuals with mental illness.
 (Capt. Nita Schmidt 702-671-3955)

You can't stop the waves, but you can learn to surf. JON KABAT-ZINN

Southern Nevada Harm Reduction Alliance (SNHRA)
Reduces drug related stigma, overdoses and the harmful effects of drugs within the Southern Nevada Community regardless of their circumstances.
[facebook.com/SoNVHarmReductionAlliance](https://www.facebook.com/SoNVHarmReductionAlliance)
(702-840-6693)

Southern Nevada Health District
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](https://www.gethealthyclarkcounty.org) (702-759-1270)

Southern Nevada Human Trafficking Taskforce (SNHTTF)
Mission of SNHTTF is to ensure the protection of victims, prosecution of offenders, and prevention of all forms of human trafficking through effective coordinated partnership through a trauma informed and victim centered lens. To leave non-emergent tips or concerns, leave voicemail/email on Vice Tip line at 702-828-3455 or VICE@LVMPD.com
[facebook.com/LVMPDhumantrafficking](https://www.facebook.com/LVMPDhumantrafficking)
SNHTTF@LVMPD.com

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

The Garden Foundation
Non-profit serving those with disabilities. Supporting and enhancing the lives of people with disabilities by providing a place of education, inspiration, independence and inclusion.
thegardenfoundationlv.org

The Harbor
Provides a safe place for the Clark County community by providing services to youth and families to address their immediate needs.
theharborlv.com
[@Charleston (89146): 702-486-5331; @Flamingo (89119): 702-455-7912; @Henderson: 702-455-0112; @MLK (89032): 702-455-7914; @Mojave (89101): 702-455-6912]

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.
thepridetreevlv.com

There is No Hero in Heroin Foundation (TINHIIH)
Informs the public of the growing epidemic of opiate/heroin substance use disorder in our town and across the US, and to provide resources and solutions to families and heroin addicts alike.
tinhiihlasvegas.info

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

Vegas Strong Resiliency Center
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 (702-455-2433)

Vegas Stronger
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 (702-234-1356)

Veterans & Community Resource Center
Provides supportive services to Veterans and the North Las Vegas community. Helping individuals achieve economic success, housing stability, and emotional health and well-being.
(702-633-1640)

WestCare Nevada
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 (702-385-3330)

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

IN A MENTAL HEALTH CRISIS?

DO NOT DELAY IN SEEKING HELP.



If you or someone you care about is struggling with their mental health, you are not alone. Spring Mountain offers a wide spectrum of services for children, adolescents, adults and seniors, who are experiencing psychiatric or behavioral issues that are disruptive to their daily lives.

- ▶ **Inpatient Hospitalization**
 - Children ages 5–11
 - Adolescents ages 12–17
 - Adults ages 18–55
 - Senior adults ages 55+
- ▶ **Direct Admissions and Walk-Ins Welcome 24/7**
- ▶ **Initial Assessments Free 24/7**
- ▶ **Board Certified Psychiatrists on Staff**
- ▶ **Alcohol and Drug Detox Program**
- ▶ **Mobile Crisis Team**
- ▶ **Intensive Outpatient Programs**
 - Adult Mental Health Group Therapy
 - Co-Occurring Group Therapy
 - Adolescent Group Therapy


SPRING MOUNTAIN
INSPIRING HOPE
springmountaintreatmentcenter.com



Our Admissions Specialists are available 24 hours a day, seven days a week to provide no-cost mental health assessment.
702-322-1919
Click QR code to schedule an appointment

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

The Shadow After Birth: Understanding and Addressing Postpartum Psychosis

The elation of childbirth can be quickly overshadowed by the unexpected darkness of postpartum psychosis that appears shortly after giving birth. Characterized by a sudden onset of delusions, hallucinations, and disorganized thinking, postpartum psychosis can be a terrifying experience for both the mother and those around her.^{1,2} Despite its relative rarity (affecting about 2.6 per 1000 females just after giving birth), early identification and intervention are crucial for ensuring the well-being of both mother and infant.¹ Postpartum psychosis is an extreme form of mental illness – it is considered a psychiatric emergency and requires immediate medical attention.¹

Causes and Risk Factors^{1,2}

The exact cause of postpartum psychosis remains unknown, but it's believed to be triggered by a complex interplay of factors. Several factors can increase the risk of developing postpartum psychosis, these include: **History of mental illness:** A personal or family history of bipolar disorder, schizoaffective disorder, or schizophrenia significantly increases the risk. **Sleep deprivation:** Lack of sleep after childbirth can be a major contributor, especially for women with a predisposition to mood disorders. **Hormonal fluctuations:** Rapidly declining estrogen levels after birth might play a role. **First-time pregnancy:** Women experiencing their first pregnancy are more susceptible, particularly if they have a family history of mental illness.

Symptoms to Watch Out For^{1,2}

Postpartum psychosis disrupts a woman's sense of reality. Symptoms can appear suddenly and include: **Hallucinations:** Seeing, hearing, smelling, or feeling things that aren't there. **Delusions:** Firmly held beliefs that are untrue for example, a mother may believe her baby is possessed by a demon. **Confusion and disorientation:** Difficulty thinking clearly and staying grounded in reality. **Moodswings:** Extreme highs (mania) or lows (depression). **Paranoia:** Unfounded suspicions and mistrust of others. **Sleep disturbances:** Difficulty falling asleep or staying asleep. **Changes in appetite:** Significant increase or decrease in appetite. **Withdrawal from social interaction:** Loss of interest in previously enjoyed activities. **Suicidal or homicidal thoughts:** In severe cases, women may consider harming themselves or their newborn.

Treatment and Support^{1,2}

Early intervention is essential, and each treatment plan is individualized on the severity of symptoms. Treatment typically involves a combination of medication and therapy. Medications may include antipsychotics, mood stabilizers and/or antidepressants to manage symptoms. In severe cases electroconvulsive therapy (ECT) can be effective. Psychotherapy such as individual therapy may help the mother understand her illness, develop coping skills, and manage stress. Additionally, support groups provide connection with other women who have experienced postpartum psychosis and may provide valuable support and understanding. With proper treatment and support, most women who experience postpartum psychosis can recover and go on to lead healthy and fulfilling lives.

Prevention Strategies^{1,2}

While there's no guaranteed way to prevent postpartum psychosis, certain strategies can help reduce the risk. **Regular mental health screenings:** During pregnancy and after childbirth, screenings can help identify women at risk. **Maintaining mental health treatment:** Women with a history of mental illness should continue treatment throughout pregnancy and postpartum. **Building a strong support system:** Having a network of supportive family and friends can be invaluable. **Prioritizing sleep:** Getting adequate sleep is crucial for mental well-being.

Postpartum psychosis is a serious but treatable condition. If you are a new mother experiencing unusual thoughts, feelings, or behaviors, please seek immediate help from a healthcare professional.

REFERENCES:

1. Raza, S.K, & Raza, S. (2023, June). *Postpartum Psychosis*. From [ncbi.nlm.nih.gov/books/NBK544304](https://www.ncbi.nlm.nih.gov/books/NBK544304)
2. Michalczuk J, Miłosz A, Soroka E. (2023). *Postpartum Psychosis: A Review of Risk Factors, Clinical Picture, Management, Prevention, and Psychosocial Determinants*. From www.ncbi.nlm.nih.gov/pmc/articles/PMC10759251

Shedding Light on Schizophrenia: Exploring Recent Advances

Schizophrenia, a chronic and complex neuropathological mental disorder,¹ has long been shrouded in mystery. Understood to be an imbalance of neurotransmitters,² the exact cause remains elusive. Advancements in research are shedding light on its intricate mechanisms and paving the way for more effective treatments.

Delving Deeper: Unveiling the Neurobiology^{1,2}

Schizophrenia therapy traditionally has focused on decreasing signaling of dopamine as schizophrenia was understood through the "dopamine hypothesis," where an overactive dopamine system was implicated. However, recent research suggests a more nuanced picture. Studies highlight the role of glutamate dysfunction in cognitive impairments associated with schizophrenia. Other investigations have explored the potential contribution of neuroinflammation to the disease process. These findings are opening avenues for exploring novel therapeutic targets beyond dopamine, potentially leading to more comprehensive treatment strategies.

Illuminating the Genetic Landscape³

Genetic predisposition plays a significant role in schizophrenia. Two large scale international studies have been collecting data for several years looking at the breakdown in communication at the junction between neurons (synapses) and identifying which genes matter. They identified "extremely rare protein-disrupting mutations in 10 genes that strongly increase an individual's risk of developing schizophrenia."³ These studies are continuously refining the understanding of the genetic architecture of the illness. Understanding genetic risk variants is providing valuable insights into the underlying biological pathways. This growing knowledge base paves the way for "developing therapies that treat the root cause of this devastating"³ illness.

The Dawn of Precision Medicine⁴

The field of schizophrenia treatment is witnessing a shift towards precision medicine to develop prediction models for diagnostic, prognostic, and treatment selection procedures. This approach aims to tailor treatment plans based on a patient's specific genetic, neurobiological, and clinical profile. Studies have shown promising predictive ability; however, due to several limitations, making robust overall conclusions cannot be made at this time.

Beyond Medication: Exploring Broader Treatment Horizons⁵

While medication remains a cornerstone of schizophrenia management, other therapeutic avenues are gaining traction. Cognitive behavioral therapy (CBT) in conjunction with drug treatment has been shown to be more effective than conventional treatments alone.

The Road Ahead: A Future Filled with Hope

The future of schizophrenia research is brimming with promise. Continued exploration of the neurobiology, genetics, and personalized treatment approaches holds the potential for significantly improving the lives of individuals living with schizophrenia. By harnessing the power of recent advancements, we can move towards a future where schizophrenia is more than a manageable condition, allowing individuals to thrive and reach their full potential.

REFERENCES:

1. Miyake, A., Kurokawa, H., & Jarskog, L. F. (2023). *Glutamate N-methyl-D-aspartate receptor hypofunction in schizophrenia: Pathophysiology and therapeutic implications*. From: www.ncbi.nlm.nih.gov/pmc/articles/PMC6881463/
2. Jones, K. R., Buckholtz, J. W., & Davis, J. M. (2024). *Advancing the understanding of neuroinflammation in schizophrenia: A translational perspective*. From www.ncbi.nlm.nih.gov/pmc/articles/PMC10042983/
3. Singh, T.J., Neale, B.M., Daly, M.J., and the Schizophrenia Exome Meta-Analysis (SCHEMA) Consortium. (April 6, 2022). *Rare coding variants in 10 genes confer substantial risk for schizophrenia*. From <https://bit.ly/3yNc95q>
4. Del Fabro, et al. (2023). *Machine learning methods to predict outcomes of pharmacological treatment in psychosis*. From <https://doi.org/10.1038/s41398-023-02371-z>
5. Kantrowitz, J. T., Correll, C. U., Jain, R., & Cutler, A. J. (2023). *New Developments in the Treatment of Schizophrenia: An Expert Roundtable*. From <https://doi.org/10.1093/ijnp/pyad011>

NATIONAL ORGANIZATIONS

Schizophrenia and Psychosis

Early Assessment and Support Alliance easacommunity.org
Early Psychosis Intervention Network nationalepinet.org Hope for Schizophrenia hopeforschizophrenia.com
Schizophrenia and Psychosis Action Alliance sczaction.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) dbsalliance.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 Eating Disorder Association (NEDA) nationaleatingdisorders.org
Schizophrenia & Related Disorders Alliance of America sardaa.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

Human Trafficking

3strandsglobalfoundation 3strandsglobalfoundation.org
National Center for Missing and Exploited Children missingkids.org Polaris Project polarisproject.org
Shared Hope International sharedhope.org

Legal and Disability

Bazon Center for Mental Health Law bazelon.org Civil Law Self Help Center civillawselfhelpcenter.org
Family Law Self Help Center familylawselfhelpcenter.org Gender Justice Nevada genderjusticenv.org
Legal Aid Center of Southern Nevada lacs.nv.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
Faces and Voices of Recovery facesandvoicesofrecovery.org Families Against Narcotics familiesagainstnarcotics.org
Generation Rx generationrx.org National Council on Alcoholism and Drug Dependence ncadd.us
Partnership to End Addiction drugfree.org Preventional Technology Transfer Center ptcnetwork.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

Love is Respect loveisrespect.org National Center for PTSD ptsd.va.gov
National Coalition Against Domestic Violence (NCADV) ncadv.org
National Network to End Domestic Violence nnedv.org National Organization for Victim Assistance trynova.org
Prevent IPV preventipv.org PTSD Alliance ptsdalliance.org
RAINN rann.org S.A.F.E. Alternatives (Self Abuse Finally Ends) selfinjury.com
Sidran Institute: Traumatic Stress Education & Advocacy sidran.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 ON PSYCHOSIS

WITH DAVID STOEHLING* | LCSW

DIRECTOR OF FIRST EPISODE PSYCHOSIS PROGRAM,
UNLV MOJAVE MENTAL HEALTH COUNSELING

Mental Health Spectrum (MHS): Tell us a little about the First Episode Psychosis program?

David Stoebling (DS): The First Episode Psychosis (FEP) program at UNLV Health Mojave Counseling began development in January 2020 and started serving clients in May 2020. The program is designed to provide individuals with 24 months of mental health treatment after experiencing their first episode of psychosis. The FEP program follows an evidence-based, nationally recognized model that focuses on coordinated specialty care that includes psychiatry, case management, therapy, and supported employment and education services.

MHS: What do you feel are some best practices when working with these patients?

DS: Patience is the best practice when working with an individual with psychosis. Typically, this population can have low or no insight towards their diagnosis and symptoms that can impede their engagement in treatment. The FEP team provides treatment, education, and support to assist with understanding their mental health and accessing treatment. Family education and engagement is also critically important.

MHS: What are the biggest misconceptions surrounding patients with psychotic disorders?

DS: One of the biggest misconceptions surrounding individuals with psychosis is that they are “crazy”. This is not a clinical term and can deter individuals from establishing and remaining in treatment for psychosis due to stigma. Stigma towards mental health in general, and specifically psychosis, continues to create obstacles for individuals seeking treatment.

MHS: What advice would you give patients with a psychotic disorder in sustaining the best quality of life?

DS: First, having a psychotic disorder is not your fault and is a medical condition that requires treatment. It is no different than receiving treatment for other medical conditions such as a seizure disorder, diabetes, or hypertension. Second, listen to the supportive people in your life. They may tell you that they are observing odd or bizarre speech and behaviors by you and that you may need a mental health evaluation. Limited insight by the individual with psychosis can reduce their acknowledgement for needing treatment to address their symptoms of psychosis. The supports in your life are not trying to bully or put you down, they just want you to be the best version of yourself. Third, treatment is effective in reducing symptoms of psychosis. With reduction, you can return to your life goals that may include employment, academic, or both. Give yourself a chance to feel better and recapture time that may have been taken by the presentation of your first episode of psychosis.

MHS: Any other thoughts or comments you would like to share regarding this topic and/or mental health in general?

DS: Experiencing psychosis is very difficult and can disrupt your life and goals. However, early treatment for psychosis can get you back on track with what you wish to accomplish in your life. Please contact a mental health provider if you or a loved one is experiencing psychosis and would like to know more about treatment.

***David is the director of the First Episode Psychosis (FEP) program through UNLV Health Mojave Counseling. David has been a licensed clinical social worker since 2013 and the FEP program director since 2020.**

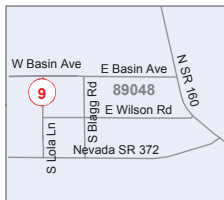
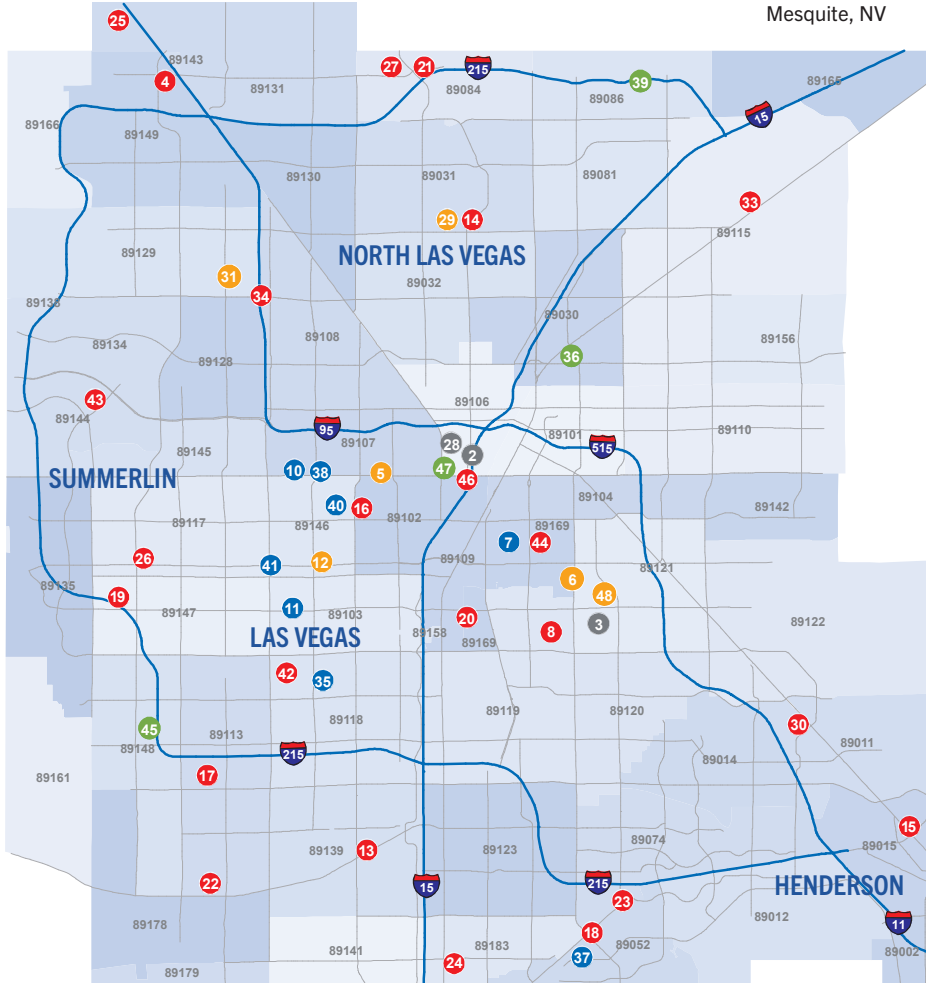
The FEP program provides a specialized treatment model for individuals who have experienced their first episode of psychosis. The FEP program provides the following services: Psychiatric Medication Management; Therapy; Family Education therapy; Individual Resiliency Training (IRT) therapy; Case Management; Support Employment and Education (SEE). **Eligibility requirements can be found on the FEP website: unlv.edu/medicine/fep. If you are interested in discussing a potential referral or want to learn more about the FEP program, please call (702) 968-4032.**

HOSPITAL LISTING

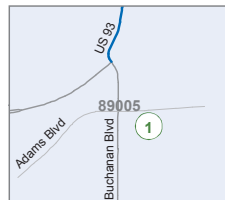
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

HOSPITAL LISTING

- Boulder City Hospital, Geriatric Behavioral Medicine** 901 Adams Blvd, Boulder City, 89005 702-293-4111
- Bridge Counseling Associates** 1640 Alta Dr, Suite 4, LV, 89106 702-474-6450
- Bridge Counseling Associates** 4221 McLeod Dr, LV, 89121 702-474-6450
- Centennial Hills Hospital** 6900 N Durango Dr, NLV, 89149 702-835-9700
- Crossroads of Southern Nevada** 2121 W Charleston Blvd, LV, 89102 702-382-7746
- Desert Hope Treatment Center** 2465 E Twain Ave, LV, 89121 702-848-6223
- Desert Parkway Hospital** 3247 S Maryland Pkwy, LV, 89109 877-663-7976
- Desert Springs Free Standing Emergency Department** 2075 E Flamingo Rd, LV, 89119 702-894-5508
- Desert View Hospital** 360 S Lola Ln, Pahrump, 89048 775-751-7500
- Desert Willow Treatment Center** 6171 W Charleston Blvd, LV, 89146 702-486-8900
- Desert Winds Hospital** 5900 W Rochelle Ave, LV, 89103 702-522-7922
- Desert Winds Recovery Center** 633 Palmyra Ave, LV, 89146 702-904-8255
- Dignity Health St Rose, Blue Diamond** 4855 Blue Diamond Rd, LV, 89139 702-216-7305
- Dignity Health St Rose, North LV** 1550 W Craig Rd, NLV, 89032 702-777-3615
- Dignity Health St Rose, Rose de Lima** 102 E Lake Mead Pkwy, HEN, 89015 702-564-2622
- Dignity Health St Rose, Sahara** 4980 W Sahara Ave, LV, 89102 702-216-7365
- Dignity Health St Rose, San Martin** 8280 W Warm Springs Rd, LV, 89113 702-616-4666
- Dignity Health St Rose, Siena** 3001 St Rose Pkwy, HEN, 89052 702-616-5000
- Dignity Health St Rose, West Flamingo** 9880 W Flamingo Rd, LV, 89147 702-216-7335
- Elite Medical Center** 150 E Harmon Ave, LV, 89109 702-546-0911
- ER at Aliante** 7207 Aliante Pkwy, NLV, 89084 702-962-5100
- ER at Blue Diamond** 9217 S Cimarron Rd, LV, 89178 702-776-4800
- ER at Green Valley** 2581 St Rose Pkwy, HEN, 89074 702-780-2700
- ER at S Las Vegas Blvd** 10700 Giles St, LV, 89183
- ER at Skye Canyon** 9860 W Skye Canyon Park Dr, LV, 89166 702-962-0700
- ER at The Lakes** 3325 S Fort Apache Rd, LV, 89117 702-962-0500
- ER at Valley Vista** 7230 N Decatur Blvd, NLV, 89084 702-534-7200
- FirstMed Health + Wellness 400 Shadow Ln, Ste 106, LV, 89106 702-731-0909
- Gallus Medical Detox** 1550 W Craig Rd, Ste 330, LV, 89032 702-857-7164
- Henderson Hospital** 1050 W Galleria Dr, HEN, 89011 702-963-7000
- Landmark Recovery** 3371 N Buffalo Dr, LV, 89129 844-332-2076
- Mesa View Regional Hospital** 1299 Bertha Howe Ave, Mesquite, 89027 702-346-8040
- Mike O'Callaghan Federal Medical Center** 4700 N LV Blvd, Nellis AFB, 89191 702-653-2273
- MountainView Hospital** 3100 N Tenaya Way, LV, 89128 702-962-5000
- Nevada State Triage Center** 5530 S Jones Blvd, LV, 89118 702-909-3440
- North Vista Hospital, Senior Behavioral Health** 1409 E Lake Mead Blvd, NLV, 89030 702-649-7711
- Seven Hills Behavioral Health Hospital** 3021 W Horizon Ridge Pkwy, LV, 89052 866-598-6327
- Southern Nevada Adult Mental Health/Rawson Neal Hospital** 6161 W Charleston Blvd, LV, 89146 702-486-6000
- Southern Nevada Veterans Medical Center** 6900 N Pecos Rd, NLV, 89086 702-791-9000
- Spring Mountain Sahara** 5460 W Sahara Ave, LV, 89146 702-216-8900
- Spring Mountain Treatment Center** 7000 W Spring Mountain Rd, LV, 89117 702-873-2400
- Spring Valley Hospital** 5400 S Rainbow Blvd, LV, 89118 702-853-3000
- Summerlin Hospital Medical Center** 657 N Town Center Dr, LV, 89144 702-233-7000
- Sunrise Hospital + Medical Center** 3186 S Maryland Pkwy, LV, 89109 702-961-5000
- The Pavilion at Southern Hills Hospital** 9300 W Sunset Rd, LV, 89148 702-916-5100
- University Medical Center (UMC)** 1800 W Charleston Blvd, LV, 89102 702-383-2000
- Valley Hospital, Behavioral Health Unit** 620 Shadow Ln, LV, 89106 702-388-4000
- Vogue Recovery Center Nevada** 4011 McLeod Dr, LV, 89121 702-533-4154

For emergencies, call 911 for immediate assistance.

It's All About Self-Care

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:
PIANO

Example: Breathmaker, SYML
Free songs available on youtube.com

SUGGESTED SHOW:
TALK SHOWS

Many options such as The Late Show with Stephen Colbert or David Letterman
Available on youtube.com

WATCHING

SUGGESTED ACTION:
WALKING

Walking can be done almost anywhere and has many benefits including improving low energy, social withdrawal and cognitive issues.

DOING

SUGGESTED READING:
POETRY

Example: Poems, Emily Dickerson
Free reading material available at public libraries (lvclld.org or hendersonlibraries.com or City of North LV: bit.ly/3WGFdw)

READING

“Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity.” – MELODY BEATTIE

ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

1. asiansdotherapy.com
2. asianmhc.org
3. behavioralhealthnv.org
4. betterhelp.com
5. brightside.com
6. emdr.com
7. faithfulcounseling.com
8. findatherapist.com
9. findtreatment.gov
10. goodtherapy.org
11. hbinetwork.com/providers
12. innopsych.com
13. insighttherapysolutions.com
14. locator.apa.org
15. maketheconnection.net/resources
16. musictherapy.org/about/find
17. nvpsychology.org
18. onlinetherapy.com
19. openpathcollective.org
20. psidirectory.com
21. pridecounseling.com
22. psychologytoday.com/us/therapists/african-american
23. psychologytoday.com/us/therapists
24. regain.us
25. talkspace.com
26. teencounseling.com
27. therapistlocator.net
28. therapyden.com
29. therapyforblackgirls.com
30. treatmentconnection.com
31. twloha.com/find-help
32. vitals.com

TWLOHA (twloha.com/find-help)

TWLOHA is a movement of people that have been where you are and want to make care accessible. They are a bridge to help. TWLOHA assists with locating free or reduced-cost counseling and other mental health resources in the community.

OUTPATIENT LISTING

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

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

FOCUS / SPECIALTY

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

NAME + WEB ADDRESS	PHONE	ZIP	FOCUS / SPECIALTY
ABC Therapy abctherapy.net	702-598-2020	89101	DV, EAP, Problem Gambling
Access Possibilities accesspossibilities.com	909-233-4242	89123	Access Bars, PTSD, Trauma
Achievable Behavior Strategies bxtherapy.com	702-565-1894	89147	ABA, ASD
Ackerman Center grantagift.com	702-998-9505	89106	ABA, ASD, Neuropsychology
Adelson Clinic for Drug Abuse Treatment adelsoncliniclasvegas.com	702-735-7900	89169	OUD, MAT
Advanced Psychiatric Associates	702-228-4900	89146	General
Advanced Psychiatry Inc. advancedpsychiatryinc.com	702-763-7811	89032	ADHD, CM, PHP, SAT
All About You Counseling allaboutyoucounseling.org	702-754-0807	89123	General
Alliance Mental Health alliancemhs.com	702-485-2100	89103	Telepsychiatry
Aloha Care Therapy alohacaretherapy.com	702-935-0025	89146	ADDICT, Grief, Sexual Identity
American Grace Wellness Center	702-444-0235	89052	OCD, PTSD
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
Aroma Functional Nutrition Psychiatry afnpsych.com	702-907-7924	89144	Women/Maternal Mental Health

OUTPATIENT LISTING

ASPECTS for Behavior aspects4behavior.org	702-825-1010	89130	ABA
Autism & Behavioral Consulting abcservices.co	702-283-6215	89117	ASD
Bamboo Center for Grief, Growth & Well-Being bamboocenter.us	713-322-6266	89128	Grief, Life Transitions
Bamboo Sunrise bamboosunrise.net	702-433-3038	89015	Life Skills, Foster Care
BBS Counseling	702-577-7792	89123	Anxiety, MOOD, PTSD
Behavior Essentials behavioressentials.com	702-445-0465		Parent Focused Therapy
Behavioral Health Group bhgrecovery.com	702-796-0660	89121	ADDICT, SAT
Behavioral Healthcare Options bhoptions.com	702-364-1484	89128	Insurance Provider, CM, EAP
Behavioral Health Solutions bhs.health	702-589-4871	89052	Family, MOOD, SAT
Behavioral Learning Solutions bhsolutionsaba.org	702-610-2076	89052	ABA, ASD
Behavioral Services of Nevada behavioralservicesnv.com	702-816-3400	89121	BST, PSR
Beyond Expectation bepsyc.com	702-779-3956	89141	Neurofeedback
Beyond Therapy beyondtherapylv.com	702-673-4745	89129	EMDR, Christian MFT
Bilingual Center for Behavioral Health bcbhlv.com	702-401-0811	89119	Anxiety, MOOD
Boys Town Behavioral Health Clinic boystown.org	702-888-1340	89148 89113	Ages 0-22, ASD
Brainwaves & Counseling brainwaves-counseling.now.site/home	702-728-5858	89123	Neurofeedback
Bridge Counseling Associates bridgecounseling.org	702-474-6450	89106 89121	Trauma, PTSD, Youth, Sexual Abuse, IOP, Problem Gambling
Bridge Health Services bridgehs.com	702-843-0551	89106	Co-occurring, ODD, PTSD
Brighter Tomorrow brightertomorrowtherapy.com	725-238-6990	89120	Human Trafficking, PTSD
Browning Neurobehavioral Associates browningnba.com	702-305-0234	89145	Psychotherapy
Building & Advancing Minds buildingadvancingminds.com	702-530-2749	89032	CBT, life skills
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, 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
Charlie Health charliehealth.com	866-491-5196		Virtual IOP (Ages 11-34)
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

OUTPATIENT LISTING

Collier Counseling and Life Coaching colliercounseling.org	702-860-5249	89015	Couples Counseling, DBT, EMDR, PTSD
Community Counseling Center cccfn.org	702-369-8700	89104	General
Connexions Mental Health Services connexionsmentalhealthservices.com	725-696-2204	89121	TELE, Military, Veterans, First Responders
Core Mental Health Service corementalhealthservices.com	725-735-2700	89134, 89027	Medical Family Therapy, PTSD
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	702-486-6200	89103	DD
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
Earth's Edge Wellness earthsedgewellness.com	702-582-9474		Faith Crisis, Sex Therapy, Sleep Therapy
Eating Disorder Institute lasvegaseatingdisorders.com	702-503-5592		ED, DBT, Nutrition 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
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
Foundations Counseling Center foundationsnv.com	702-240-8639	89128	Youth, ADHD, ASD, ED
Freedom Behavioral Health	702-485-1300	89119	Gambling, SAT
Frontier Medical & Behavioral Center frontiermbc.com	702-750-2438	89031	Psychiatric Services

OUTPATIENT LISTING

Glass House Counseling ghca-lv.com	702-586-8693	89104	PSR, Support Groups
Grace from Grief gracefromgrief.com	702-339-4100	89134	Grief, Spiritual Counseling
H.O.P.E. Counseling Services hopecounselingservices.net	702-437-4673	89106 89031	ADHD, MOOD, PTSD, Trauma
Halo Mental Health halomentalhealth.com	702-805-2069	89106	Psychiatric
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
High Risk Pregnancy Center hrpregnancy.com	702-382-3200	89106	ODU, MAT (must be pregnant)
Honeybee Behavioral Health myhoneybeetherapy.com	702-550-9035	89118	Abuse, Grief, Family Conflict
Hope Medical Center hopemedicalcenter.org	702-425-8511	89104	Mind Body Therapies
Horizon Behavioral Health horizonbehavioralmedicine.com	702-463-4788	89052	Psychiatric Services
House of Yogini y3houseofyogini.com			Mind Body Wellness
Human Behavior Institute (HBI) hbinetwork.com	702-248-8866	89146	Insurance Provider, CM
Ignite Teen Treatment igniteteentreatment.com	866-202-7217	89147	Youth
Innovation Behavioral Health Solutions drsandrgray.com	702-900-2784	89146	EMDR, Neuropsychological Assessment, Trauma
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
International Problem Gambling Center gamblingproblems.org	702-363-0290	89146	Problem Gambling
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
Lake Mead Wellness Center lakemeadwellnesscenter.org	702-900-5040	89015	Abuse, Parenting, Trauma
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

OUTPATIENT LISTING

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
LV Comprehensive Treatment Center	888-660-9506	89109	Opioid Use Disorder Programs
Maternal Minds Counseling maternalmindscounseling.com	702-456-4262	89128, 89015	Maternal Mental Health
Meadows Behavioral Health meadowsbh.com	866-412-1891	89148	ADDICT, ED, IOP
Medens Health medenshealth.com	702-659-5400	89103	Neuropsychological testing
Mental Health Counseling & Consulting	702-400-6413	89123	Problem Gambling
M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	Psychiatric Services
Mindful Illumination Counseling	702-506-4554	89101	ADDICT, Sound Therapy
Mingo Health Solutions mhsbehavioralservices.com	702-848-1696	89120	
Miracle Minds Therapy miraclemindstherapy.org	702-888-6300	89147	School-based, TELE
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	CBT, Mindfulness, MOOD, Rogerian
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
No Limits Counseling nolimitscounseling.com	702-600-5251	89144	Couples, MOOD, Teens, TELE
Nueva Vida Mental Health nvms.com	702-659-8827	89103	BST, CBT, PSR
Oasis Counseling oasiscounselingtoday.com	702-294-0433	89113	

OUTPATIENT LISTING

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
Peak Mental Health peakmentalhealth.org	702-323-4634	89105	EMDR, Trauma, Workshops
Perceptions Counseling Center of Southern Nevada pccofsn.com	702-850-8700	89120	Child Therapy, TELE
Progressive Psychiatric Services progressivepsychlv.com	702-899-1208	89146	ADDICT, CBT, MM
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
Radical Elevation radicalelevation.com	702-608-1488	89110	ADHD, PTSD, SAT, Trauma
Red Rock Counseling redrockcounseling.com	702-389-4500		
Red Rock Psychological Health redrockph.com	702-898-5311	89119	
Renewing Health and Wellness renewinghealthandwellness.com	702-766-1898	89119	ADHD, Mood, OCD
Resolutions Behavioral Health Therapy resolutionsbehavioralhealththerapy.com	702-462-1813	89146	Anxiety, MOOD, Trauma
Resource Family Services resourcefamilyservices.com	702-331-5608	89119	Couples, Family Therapy
Restorative Behavioral Health LLC myrestorativehealth.com	702-853-6727	89031	General
SAFY of Nevada Specialized Alternative safy.org/nevada	702-385-5331	89130	Youth, Family
Season of Change seasonofchangepllc.com		TELE	Christian Centered Therapy
Serenity Counseling and Support Services serenitysupportservices.com	702-903-2973	89117	ADHD, Anger Management, Bullying, Parenting, Trauma
Serenity Mental Health serenitymentalhealth.org	702-815-1550 775-751-5211	89146 89048	Anxiety, MOOD
SFS Therapies sfstx.com	702-979-4268	89128	Speech Therapy
Shining Star Community Services shiningstarlv.com	702-882-7827	89119	Family Therapy, Grief
Sierra Sage Recovery Services sierratreatment.com	702-880-8230	89107	ADDICT, CBT, IOP, SAT
Signs of Hope Counseling Center sohlv.org/counseling	702-366-1640	89106	Trauma (Sexual Assault), PTSD
Silver State Health silverstatehealth.org	702-471-0420	89119	Anxiety, MOOD, PTSD
Skills 4 Kids facebook.com/skills4kidLLC	702-538-9476	89117	
Solutions of Change solutionsofchange.org	702-445-6937	89120	General
Southern Nevada Adult Mental Health	702-486-6000	89146	CM, Mobile Crisis, MM
Southern Nevada Community Health Center snchc.org	702-759-1700	89107	General
Southern Nevada Pediatric Center southernnevadapediatriccenter.com	702-850-5437	89128	ADHD, Anxiety, MOOD

OUTPATIENT LISTING

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
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 Meadows Outpatient Center meadowsoutpatient.com	866-681-3457	89148	ADDICT, Women's Intimacy Issues
The Nestled thenestledrecovery.com	702-299-6406	89146	IOP, SAT
The Novum Health Support Center (SilverSummit Members)	702-605-5858	89502	BH Services, Crisis Assessments
The Parkey Group theparkeygroup.com	725-230-8526	89145	CBT, Couples, TELE
The Peaceful Mind Counseling Center thepeacefulmindcounseling.com	702-766-9063	89129	ED, MOOD
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
Thrive Solutions thrivesolutionslv.com	702-602-8504	89148	ADDICT, IOP, MFT, MM
Thrive Wellness Reno thrivehere.com	775-525-8103		Virtual IOP
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
TREAT horsetherapylv.com	702-768-2326	89139	Equine Assisted Psychotherapy
Tribe Sin City triberecoveryhomes.com	702-899-1924	89030	IOP, PHP, SAT, Trauma Based Therapy
TUFF Services Ministries tuffservices.org	800-649-0925	89053	Pastoral Counseling
U.S. VETS usvets.org/locations/las-vegas	702-947-4446	89101	Eligible Veterans, SAT

OUTPATIENT LISTING

Vegas Cares LLC vegascarellc.com	725-206-5434	89121	General, PSR, BST
Vegas Stronger vegastronger.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
Virtue Recovery Center virtuerecoverycenter.com/nevada	866-806-0960	89149 89113	ADDICT, ED, SAT
Visions Health and Wellness visionshw1.com	702-527-6337	89108	Neurofeedback, SAT, Trauma
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
Wongu Health Center wongu.edu/wongu-health-center	702-852-1280	89123	Breathing Techniques, Psychiatry
Zia Counseling ziacounseling.com	702-823-9043	89102	Couples, EMDR, MFT



FOUNDATION FOR RECOVERY

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- Benefit, Employment, & GED Assistance
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702.257.8199 | forrecovery.org



PASTORAL COUNSELING AND LIFE COACH

Rev. Bryan Ostaszewski
(Certified Interfaith Counselor, Ordained Minister & Chaplain)

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

Call **1.800.649.0925** for a free consultation • www.tuffservices.org

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

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.
safehouseenv.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



Mental illness is nothing to be ashamed of, but stigma and bias shame us all.

BILL CLINTON

Photo Credit: Liza Summer from Pexels

The Delicate Intersection: Schizophrenia and Suicide Risk

Schizophrenia is linked to a heightened risk of suicide, making it a critical area of concern for mental health professionals. Suicide risk formulation and management are essential skills for clinical practice. Suicide risk is a person's current risk compared to their risk at baseline or another point in time.

Approximately 5% of individuals with schizophrenia die by suicide and between 25-50% attempt suicide in their lifetime.¹ Suicide may occur **at any time** during the progression of the illness; however, data shows that individuals are at increased risk during the first 10 years of the illness.¹ Patients also appear to be at higher risk in the years directly following a diagnosis, but also within the first few weeks or months after a hospital discharge. This increased risk can be attributed to several factors, including:

- **The severity of symptoms:** The presence and intensity of psychotic symptoms, such as hallucinations and delusions, can create immense distress and hopelessness, leading to suicidal thoughts and behaviors.
- **Depression:** Depression is a common comorbidity with schizophrenia significantly increases suicide risk.
- **Social isolation:** Social withdrawal and isolation further fuels feelings of loneliness and despair.
- **Substance use:** Drugs/alcohol can worsen symptoms, increase impulsiveness contributing to suicidal behavior.
- **Cognitive issues:** Difficulties with planning, decision-making, and impulse control can increase the risk of acting on suicidal thoughts.
- **Other factors:** Previous attempts, greater lethality of attempts, and fewer provisions for being rescued.

Studies also show that there are demographic and psychosocial factors that increase the risk of suicide in individuals with schizophrenia. These "include younger age, being male, being unmarried, living alone, being unemployed, being intelligent, being well-educated, good premorbid adjustment or functioning, having high personal expectations and hopes, having an understanding that life's expectations and hopes are not likely to be met, having had recent (i.e., within past 3 months life events, having poor work functioning, and having access to lethal means, such as firearms."³

Preventing Suicide in Individuals with Schizophrenia

Given the elevated risk, early intervention and comprehensive treatment are crucial for preventing suicide in individuals with schizophrenia. However, "suicide prevention in patients with schizophrenia is a complex task."³ Some key strategies include:

- **Effective management of symptoms:** Medications and therapy can play a vital role in reducing the severity of psychotic symptoms and improving overall well-being.
- **Treatment compliance:** It cannot be understated enough the importance for patients to comply with treatment.
- **Addressing depression and other co-occurring conditions:** Treating depression and substance misuse alongside schizophrenia can significantly improve mood and decrease suicide risk.
- **Building social support networks:** Connecting individuals with supportive family, friends, and mental health professionals can provide a sense of belonging and help them cope with challenges.
- **Suicide risk assessment and intervention:** Regular assessments for suicidal ideation and the development of safety plans are essential to intervene before a crisis occurs.

Importance of Public Awareness

Understanding and knowing the link between schizophrenia and suicide risk is crucial in addressing this public health problem. The provision of and compliance with comprehensive treatment is the only reliable protective factor for suicide in patients with schizophrenia.³ Mental health professionals must recognize patients at risk and deliver the best possible therapy for psychotic symptoms, managing comorbid depression, and substance misuse.³

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2. Kasckow, J., Felmet, K., & Zisook, S. (2011). *Managing suicide risk in patients with schizophrenia*. From <https://doi.org/10.2165/11586450-000000000-00000>
3. Sher, L. & Kahn, R.S. (2019). *Suicide in schizophrenia: An educational overview*. From www.mdpi.com/1648-9144/55/7/361

SUICIDE RISK IN SCHIZOPHRENIA

Patients with schizophrenia have an elevated risk of suicide.¹ Approximately five to thirteen percent of patients with schizophrenia die by suicide.¹ It is important to recognize the risk factors for these individuals and provide the appropriate education, support and intervention.¹

Demographic Factors¹

Young Age: Younger patients with schizophrenia are at higher risk.

Male Gender: Men tend to have a higher suicide risk.

Unmarried Status: Being unmarried or lacking social support increases vulnerability.

White Ethnicity: Some studies suggest that white individuals with schizophrenia have a higher risk.

Protective Factors¹

Treatment Adherence: Regular treatment and medication adherence reduce risk.

Social Support: Strong social networks provide protective effects.

Coping Skills: Effective coping mechanisms mitigate suicide risk.

Clinical Factors¹

Post-Psychotic Depression: Depression following a psychotic episode is a significant risk factor.

Substance Abuse: Co-occurring substance use disorders elevate suicide risk.

Previous Suicide Attempts: A history of suicide attempts is a strong predictor.

Hopelessness: Feelings of hopelessness contribute to suicidal ideation.

Insight into Illness: Lack of insight into their condition can hinder seeking help.

Psychosocial Factors¹

Social Isolation: Loneliness and lack of social connections increase risk.

Hospitalization: Frequent hospitalizations may exacerbate distress.

Deteriorating Health: Decline from high premorbid functioning can lead to despair.

Each individual's situation is unique, and a comprehensive assessment by qualified mental health professionals is crucial for accurate risk evaluation and prevention.

FOR MENTAL HEALTH EMERGENCIES CALL 988.

REFERENCE:

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SPECIAL FEATURE

SHARED EXPERIENCES

"Being able to be your true self is one of the strongest components of good mental health."
— LAUREN FOGEL MERSY

Through the Storm: Surviving Postpartum Psychosis (Anonymous)

Just like you, I am many things. I am a daughter, a sister, a wife, a mother, and a terrible singer. I am also a survivor of perinatal (postpartum) psychosis. While I never anticipated adding that last descriptor to my list, it has come to define me as significantly as all the others. I experienced severe postpartum depression, with psychotic features, following the birth of my firstborn son almost 6 years ago. Despite my professional background as a psychologist, the experience caught me completely off guard and proved that perinatal psychosis is indeed involuntary and indiscriminate.

I have always been a very high achieving individual. I was working full-time when I had my son. In fact, my water broke while walking into the office; however, rather than leaving immediately, I proceeded to finish a scheduled phone meeting, holding my breath and gripping my arm rests through now fast-coming contractions.

I entered motherhood just as much a perfectionist, and it destroyed me. I had always wanted to be a mom, and I finally was, yet I wholeheartedly believed that I was failing at it. I truly felt that I was failing my son. How could I, a professional working with children and adolescents, not be doing this right? I was ashamed to reach out, ashamed to ask for help, and ashamed to admit that I was suffering.

Despite experiencing numerous symptoms of postpartum depression, neither I, nor my family and friends, recognized it for what it was. Everyone around me knew that I was struggling, but they just chalked it up to being a first-time mom. I felt that because I was not ignoring my newborn or sleeping all day, that I couldn't possibly be experiencing depression. Little did I realize that my constant and overwhelming anxiety, desperate clutch to an obsessional eat-wake-sleep routine, and refusal to let anyone else care for my baby, was much more than just the baby blues. I hardly ate, I couldn't sleep, and I cried at the drop of a hat. Small decisions felt entirely overwhelming.

As my son got older and began to fall into a more consistent pattern of sleeping and eating, I started to feel a bit more like myself. I went back to work, and I relished it, yet I remained stressed out and sleep deprived. At around 6 months postpartum, racing and anxious thoughts continued to escalate, and at a rapid pace. I became convinced that my son was suffering from disrupted attachment because I let him fuss before falling asleep for naps. I was obsessed with trying to determine whether he was displaying symptoms and how to fix it. Endless google searches and list writing about his behaviors became more important than sleeping. I couldn't shut my brain off or calm the thoughts down. Within 24-hours of the idea taking hold, I found myself in an inpatient facility.

While in the hospital, I continued to deteriorate. I became convinced that staff were spying on me and listening to my conversations with family. I believed that the police were trying to send messages to me through the television, and that they were going to arrest my father and my husband. Thankfully, I did agree to the medication regime suggested by my treating psychiatrist, even though the idea of taking an antipsychotic was unnerving. Slowly, the world started to make a bit more sense. The endlessly racing thoughts stopped, sleep came, and my family's support held fast.

I am one of the lucky ones. I received help and understanding during what was by far the darkest and scariest time in my life. I still get to raise and embrace my loving son. Many birthing individuals experiencing perinatal psychosis do not get the same. Instead, they are met with misdiagnosis, stigma, and shame. Postpartum Support International (PSI) is working to change this. They offer peer support and provider training to help raise awareness of perinatal psychosis and create hope for those suffering.

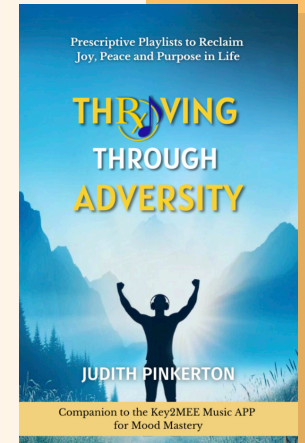


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Visit: clarkcountythrive.crediblemind.com



Photo Credit: Andrea Piacquadio from Pexels

Schizophrenia & Other Psychotic Disorders And ...

CO-OCCURRING SUBSTANCE USE^{1,2}

- Studies consistently show significantly higher rates of substance use disorders in people with psychotic disorders, including those experiencing a first episode. Prevalence in this early stage can range from 30% to 70%.
- Integrated treatment approaches that address both substance use and psychosis simultaneously have been shown to be more effective for individuals with co-occurring disorders.
- Alcohol and drugs like stimulants, cannabis, and hallucinogens can mimic psychosis symptoms, hindering diagnosis. Routine screening for substance use is crucial to avoid missing co-occurring disorders.
- People with First Episode Psychosis (FEP) who abuse substances are at a much greater risk of relapse, experiencing more severe positive symptoms, requiring longer hospital stays, and engaging in violent behavior.

FIRST EPISODE PSYCHOSIS²

- Is the first time a person shows signs of losing touch with reality and is often a sign of a serious mental health condition (and sometimes also a physical condition).
- Research shows that 3 in 100 people experience psychosis, with more than 100,000 adolescents experiencing it each year in the US.
- A wide range of influences, including demographics, biological markers, psychological state, cultural background, and the specific illness itself, have been shown to variably affect disease course and treatment response.
- The longer psychosis goes untreated, the worse the outcome. Early intervention and shorter duration of untreated psychosis (DUP) lead to significantly better clinical and functional recovery.
- The first two years following FEP carry the highest risk of suicide, particularly in the period leading up to and following treatment initiation. Suicides during this early course also tend to be more lethal.

OTHER PSYCHOTIC DISORDERS³

- **Schizoaffective disorder** often begins between ages 16 and 30, affecting females more, and can be easily mistaken for other conditions because it involves both psychotic symptoms and mood episodes (mania or depression).
- **Schizophreniform disorder:** A temporary psychosis lasting for less than 6 months, but has symptoms like hallucinations and delusions, similar to schizophrenia. About one person in 1,000 develops schizophreniform disorder during their lifetime. While it affects both men and women, it often strikes men at a younger age, between ages 18 and 24. In women, it usually happens between ages 24 and 35.
- **Brief psychotic disorder:** Is an episode of psychosis that appears abruptly and lasts less than a month. It is more common in women than men, and usually happens in the 20s or 30s. People with this condition typically experience a complete recovery afterward. There are three main types:
 - **Stress-Induced:** This type follows a significant stressor like a traumatic event or the loss of a loved one.
 - **Unknown Cause:** Sometimes, there's no clear trigger for the episode.
 - **Postpartum Onset:** This type specifically affects women within about four weeks of giving birth.
- **Delusional disorder** centers on unshakable false beliefs. These beliefs, called delusions, are often about real-life situations that could conceivably be true, such as being stalked, poisoned, or having a hidden illness. Unlike schizophrenia, these delusions are the primary symptom, and hallucinations are usually not present. The delusions must persist for at least a month to be diagnosed. Common types of delusions include:
 - **Grandiose delusions:** A person believes they possess extraordinary talents, have made a significant discovery, are an important figure with immense power or knowledge, or have a special connection with a deity.
 - **Delusional jealousy:** A person harbors a belief that their romantic/sexual partner is cheating on them.
 - **Paranoid or persecutory delusions:** A person feels they are being targeted, harassed, or conspired against. They might believe someone is trying to harm them, obstruct their goals, or spread lies about them.
 - **Somatic delusions:** A person has a persistent belief about their body that is not true. They might believe they have a serious illness, a missing body part, or strange sensations within their body.
- **Shared psychotic disorder** (also called *folie à deux*), though uncommon, involves a healthy person gradually adopting the delusions of someone close to them who has a psychotic illness like schizophrenia.

- **Psychotic disorder due to another medical condition:** Sometimes, hallucinations, delusions, or other psychotic symptoms can arise due to an underlying medical condition that affects the brain. This could include a head injury, brain tumor, or even certain neurological disorders.
- **Paraphrenia** is a mental health condition that shares some similarities with schizophrenia and delusional disorder. However, it's not included as a formal diagnosis in the widely used DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition). Paraphrenia typically appears later in life, during a person's senior years, and may be linked to underlying neurological issues.

SUICIDE⁴

- Mood and psychotic disorder are the most frequent psychiatric illnesses associated with suicide.
- While males with schizophrenia are more likely to die by suicide than females, the gender gap is smaller compared to the general population or other mental health conditions.
- Early identification of suicide risk factors is crucial for improving treatment and reducing suicide rates in patients with schizophrenia.

RECOMMENDATIONS AND OPPORTUNITIES

For Patients

Know your warning signs: Educate yourself on warning signs and make a plan to deal with symptoms as they arise. Seek treatment as early as possible.

Compliance: It is extremely important to follow your treatment plan. Even when you feel better you should never stop taking your medications as prescribed without speaking to your prescribing physician.

Join a support group: Connect with other persons with schizophrenia to share stories and advice with other individuals that know what you are going through.

For Families

Stay educated: Learn as much as you can about the illness and advances in treatment. Most importantly, learn to listen and empathize. If there is a known history of mental health conditions in the family, educate yourself on the warning signs and symptoms.

Find a support group: Stay connected and meet other families to help prevent burnout and maintain support.

For Professionals

Continuous Education: It is important to stay up to date on new advances in the treatment of schizophrenia. Mental health professionals should educate themselves about suicidology and other related topics.

Provide comprehensive treatment and educate: Include family interventions as part of the treatment plan. These interventions lessen rates of readmission and relapse as well as enhance patient's social and vocational performance. After discharge from hospitalization, it's crucial to educate families of individuals with schizophrenia about signs of suicidality (thoughts, intent, plans).

The key to accurate diagnosis and successful treatment of any mental health condition is knowing the signs and symptoms and seeking help early. Although psychotic disorders are more serious conditions, most people can lead healthy productive lives with the right treatment plans.

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1. Substance Abuse and Mental Health Services Administration. (2019). *First-Episode Psychosis and Co-Occurring Substance Use Disorders*. From <https://store.samhsa.gov/sites/default/files/pep19-pl-guide-3.pdf>
2. Prakash J, Chatterjee K, Srivastava K, Chauhan VS. (2021). *First-episode psychosis: How long does it last? A review of evolution and trajectory*. From www.ncbi.nlm.nih.gov/pmc/articles/PMC8709526/
3. WebMD. (2022). *What is a psychotic disorder?* From www.webmd.com/schizophrenia/mental-health-psychotic-disorders
4. Sher, L. & Kahn, R.S. (2019). *Suicide in schizophrenia: An Educational Overview*. From www.mdpi.com/1648-9144/55/7/361

MYTHS ABOUT SCHIZOPHRENIA

Myth No. 1: People with schizophrenia aren't smart. Although people with the condition have more trouble on tests of mental skills such as attention, learning, and memory, it doesn't mean they're not intelligent. Some smart people in history had schizophrenia, e.g., the famous artist, Vincent van Gogh.

Myth No. 2: Most people with schizophrenia are violent or dangerous. False representations in movies and TV shows have fed this myth. That's not the case in real life; in fact, people with schizophrenia are more likely to be victims of violence.

Myth No. 3: If you have schizophrenia, you belong in a mental hospital. There are fewer people that need to be placed in long-term mental health facilities. The level of care depends on the severity of symptoms. Many people with schizophrenia live independently, while some live with their family.

SOURCE: www.webmd.com/schizophrenia/schizophrenia-myths-and-facts

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
Nar-anon (families & friends of addicts) nar-anon.org	800-477-6291
Narcotics Anonymous (NA) na.org	702-369-3362
Narcotics Anonymous Region 51 region51na.org	888-495-3222
Overeaters Anonymous (OA) oa.org	702-593-2945
Pills Anonymous pillsanonymous.org	
Sex Addictions Anonymous saa-recovery.org	1-800-477-8191
Sex and Love Addicts Anonymous (S.L.A.A.) slaafws.org	1-800-477-8191
SMART Recovery smartrecovery.org or smartinhenderson@gmail.com	
Southern Nevada Codependents Anonymous sonvcoda.org	702-706-2632
The Meeting Space/The Recovery Store themeetingspace.com	702-726-9218

CHILDREN AND YOUTH

Alternative Peer Group (Drop-in center for teens) apglv.org	702-445-7318
Changes Parent Support Network cpsn.org	801-709-3993
Parenting Project (free parenting classes)	702-455-5295
Solutions of Change solutionsofchange.org	702-343-3610

CRISIS AND TRAUMA

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

GRIEF AND LOSS

Adams Place adamsplacelv.org	702-202-3891
Aviant Hospice	702-605-9959
Bereavement Adult Support Group	702-671-1111
Bereavement Support (Dignity Health)	702-616-4912
CompassionCare Hospice	702-636-0200
Concerns of Police Survivors (COPS) concernsofpolicesurvivors.org	702-501-8083
Divorce/Separated Support Group	702-735-5544
Grief Loss & Family Support Group	702-735-5544
Griefshare griefshare.org	1-800-395-5755
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 survivingsuicidlosslv.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)	702-637-0094
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

armsosupport.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
Afghan Behavioral Health Support (Dari, Pashto, & English)	800-615-6514
Al-Anon [al-anon.org]	800-344-2666
Alcoholics Anonymous (AA) [aa.org]	702-598-1888
Alzheimer's Association Helpline [alz.org]	800-272-3900
American Addiction Centers Resource [centers.org]	866-892-4547
American Chronic Pain Association (ACPA) [theacpa.org]	800-533-3231
American Pregnancy Association	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]	800-826-3632
Drug Free Workplace Helpline	800-967-5752
Eating Disorders [anad.org]	888-375-7767
Eldercare Locator [eldercare.acl.gov]	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]	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]	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
NAMI Teen and Young Adult TXT FRIEND to 62640	800-950-6264
Narcotics Anonymous [na.org]	888-495-3222

HELPLINES

Naseeha (Muslim and Non-Muslim) [naseeha.org]	866-627-3342
National Abortion Federation Hotline	800-772-9100
National Alliance on Mental Illness (NAMI) Helpline [nami.org/help]	800-950-6264
National Alliance on Mental Illness (NAMI) Warmline	775-241-4212
National Eating Disorders Information + Treatment Helpline	800-931-2237
National Resource Center on ADHD	866-200-8098
National Teen Dating Violence Abuse Helpline	866-331-9474
Nicotine Anonymous [nicotine-anonymous.org]	877-879-6422
Nevada Health Connection [treatmentConnection.com]	800-450-9530
Nevada Teen Peer Support Text Line (ages 14-24)	TXT 775-296-8336
Office on Women's Health (Resource line)	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]	888-409-0141
Poison Center (Nevada)	702-732-4989
Postpartum Support International (PSI) [postpartum.net]	800-944-4773
Problem Gamblers Helpline	800-522-4700
SAMHSA's Helpline [samhsa.gov/find-help/national-helpline]	800-662-4357
Schizophrenia & Pyschosis Action Alliance [sczaction.org]	800-493-2094
Schizophrenia and Action Alliance [sczaction.org/helpline]	800-493-2094
Self Abuse Finally Ends (S.A.F.E) Alternatives [selfinjury.com]	800-366-8288
Sex Addicts Anonymous [saa-recovery.org]	800-477-8191
Sidran Institute - Trauma or Dissociation [sidran.org]	410-825-8888
Stop It Now! (Abuse helpline)	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	800-400-0900
Teen Line (TXT 839863)	800-852-8336
The StrongHearts Native Helpline [strongheartshelpline.org]	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]	800-233-4357
UNLV Careline (Sexual Assult, Violence, Stalking)	702-895-0602
Vet Center Call Center [vetcenter.va.gov/media/Call-Center-PSA.asp]	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.

A MATTER OF WORDS

“Living with schizophrenia requires immense courage and resilience, as we navigate a world that may not always understand or accept us. But let us remember that our experiences and perspectives are valid, and that our journey has the potential to inspire and empower others.” – DR. RAMEEZ SHAIKH

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.

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I BELIEVE THE BEST WAY TO MANAGE OUR THOUGHTS IS TO FIRST EDUCATE OURSELVES. WE NEED TO FULLY UNDERSTAND HOW A MENTAL ILLNESS CAN FEEL TO SOMEONE BEFORE WE THOUGHTFULLY TALK ABOUT IT.

KATI MORTON

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