



FREE

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SUBSTANCE USE: *Addiction – Recovery (Part 1)*

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VOLUME 3 ISSUE 1 SUBSTANCE USE: ADDICTION – RECOVERY (PART 2) COMING FEBRUARY 2023

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NOTE FROM: *The Editor*

Substance use, especially opioids, has been an epidemic in the US for several decades now. The problem has risen to the top of public health concern again since COVID hit us in 2020. From children to adults, individuals experience events and situations at home, school, or work that impact their lives in some way on a daily basis. For some, these challenges are too difficult to cope with on their own, negatively impacting their health. The COVID pandemic exacerbated such existing challenges and created new ones, triggering a spike in the substance use epidemic as many people turned to substance use to cope with stress, anxiety, depression and other issues arising from the pandemic. From first time use to addiction and relapse, millions of people struggle with substance use. According to the Centers for Disease Control and Prevention, there has been a significant increase in deaths due to drug overdoses since 2019, resulting in an urgent need to highlight and respond to this crisis.

As such, this is the first of a two-part series on Substance Use. The scope of substance use is very wide, indeed. In this Issue, we address: depressants, opioids, steroids, and prescription drugs. We hope to provide education and insight into the impact of substance use, and encouragement to seek, secure, and sustain appropriate treatment and support in order to facilitate recovery and make healthier life choices. Understanding addiction of any kind is an important aspect of treatment, recovery, and healing, as is removing stigma attached to such conditions. I appeal to our readers to actively encourage discouragement of words and actions that endorse stigma of any kind that hinders positive healing journeys for any behavioral and mental health issues.

“We can’t solve problems by using the same kind of thinking we used when we created them.”
– Albert Einstein

On a closing note, I would like to thank our guest contributors for their support of this Issue. Finally, I would also like to extend a warm welcome and thanks to our interns for their valuable support to MHS: Ray Khan and Jaedis Harris.

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

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SUBSTANCE USE: *Warning Signs and Symptoms*

Problems with substance use can occur at any age and to anyone regardless of race and socio-economic background. However, substance use problems are more likely to begin at a younger age because young people are more vulnerable and susceptible.¹ The signs and symptoms of substance misuse can vary depending on the type of substance being used.^{1,2} While those struggling with substance use often tend to hide their problem, friends and family may look for the following more common warning signs related to misuse (or even sudden withdrawal) of depressants, steroids, opioids, and prescription drugs. If one or more of these signs are present, you are encouraged to reach out for help. Treatment options for detoxification and rehabilitation are available.

PHYSICAL	BEHAVIORAL	PSYCHOLOGICAL
Changes in appetite or sleep	Impaired judgment & reduced reaction time	Memory problems, confusion, mental fog, difficulty concentrating
Sudden changes in weight (loss or gain)	Increased hostility or aggression	Periods of depression or apathy, blackouts, paranoia, anxiety, fear
Tremors, slurred speech, drowsiness, runny nose or frequent sniffing	Loss of interest or care about personal hygiene and grooming	Unexplained change in personality, attitudes and thinking patterns
Nausea, constipation, unusual body odor	Decreased social activity, secretive or suspicious behavior	Sudden and rapid mood swings
Slowed breathing, contracted pupils, clumsiness (drunk-like effect)	Decreased home, school, or work productivity or interest	Hallucinations and delusions
Body changes (especially in adolescents):	Problems in relationships or with the law, doing risky behaviors (driving under the influence, unprotected sex, stealing, using dirty needles)	
<ul style="list-style-type: none"> • Males: stunted growth, acne, early sexual development, enlarged male breast • Females: increased body & facial hair, menstrual irregularities, pattern baldness 	In youth: <ul style="list-style-type: none"> • Poor academic performance • Skipping/missing classes • Sudden change in friends and activities • Loss of interest in favorite activities • Problems in school, at home or with friends 	

OVERDOSE SYMPTOMS (particularly for opioids)

Fingernails, skin, or lips turning purple or blue; vomiting, limp body, clammy or pale face, and sudden slowed or stopped breathing. **Immediately call 911 if any of these occur.**

ADAPTED FROM:

1. National Institutes of Health (NIH). "What Are the Signs of Having a Problem With Drugs?" *National Institute on Drug Abuse*. From <https://nida.nih.gov/research-topics/parents-educators/conversation-starters/what-are-signs-having-problem-drugs>.
2. US Department of Health and Human Services (DHSS). "Warning Signs of Substance and Alcohol Use Disorder" From <https://www.ihs.gov/asap/familyfriends/warningsignsdrug/> and
3. Commonwealth of Massachusetts. "Risks Factors & Warning Signs of Prescription Misuse" From <https://www.mass.gov/service-details/risks-factors-warning-signs-of-prescription-misuse>

HOTLINES (24/7)

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

SUBSTANCE USE AND CO-OCCURRING MENTAL DISORDERS

(EXCERPTS FROM THE NATIONAL INSTITUTE OF MENTAL HEALTH¹)

“A substance use disorder (SUD) is a mental disorder that affects a person’s brain and behavior, leading to a person’s inability to control their use of substances such as legal or illegal drugs, alcohol, or medications. Individuals who experience SUD during their lives may also experience a co-occurring mental disorder and vice versa. [Some] co-occurring disorders may include anxiety disorders, depression, attention-deficit hyperactivity disorder (ADHD), bipolar disorder, personality disorders, and schizophrenia.”

Risk factors for SUDs and other mental disorders occurring together

- “Common risk factors can contribute to both SUDs and other mental disorders. Some disorders may run in families. Environmental factors, such as stress or trauma, can cause genetic changes that may contribute to the development of SUD or a mental disorder, through generations.
- Mental disorders can contribute to substance use and SUDs. Some people with a mental disorder may self-medicate by using drugs or alcohol to temporarily relieve symptoms. However, this may make the symptoms worse over time as brain changes in people with mental disorders may enhance the rewarding effects of substances, increasing likelihood of continued use of the substance.
- Substance use and SUDs can contribute to the development of other mental disorders. Substance use may trigger changes in brain structure and function that make a person more likely to develop a mental disorder.”

Diagnosis and Treatment

“SUD and co-occurring mental disorders are best treated together rather than separately. Due to the challenge of overlapping symptoms, a health care provider should use comprehensive assessment tools to evaluate each disorder in order to reduce the chance of a missed diagnosis and provide targeted treatment. It is essential that treatment, which may include behavioral therapies and medications, be tailored to an individual’s specific combination of disorders and symptoms, the person’s age, the misused substance, and the specific mental disorder(s).. [Medications] can be used to manage withdrawal symptoms, prevent relapse, and treat co-occurring conditions. [They] help suppress withdrawal symptoms during detoxification, [which is only the first step] not in itself “treatment”. Patients can use medications to help re-establish normal brain function and decrease cravings.”

Some examples of effective behavioral therapies include the following¹:

Adults	Children and Adolescents
<ul style="list-style-type: none"> • Cognitive Behavioral Therapy (CBT): talk therapy aimed at helping people learn how to cope with difficult situations by challenging irrational thoughts and changing behaviors. • Dialectical Behavior Therapy (DBT): uses concepts of mindfulness or being aware of/ attentive to the current situation and emotional state. Teaches skills that can help control intense emotions, reduce self-destructive behaviors and improve relationships. • Assertive Community Treatment (ACT): community-based mental health care that emphasizes outreach to the community and an individualized treatment approach. • Therapeutic Communities (TC): common form of long-term residential treatment that focuses on helping people develop new and healthier values, attitudes, and behaviors. • Contingency Management (CM): encourage healthy behaviors by offering vouchers or rewards for desired behaviors. 	<ul style="list-style-type: none"> • Brief Strategic Family Therapy (BSFT): targets family interactions thought to maintain or worsen problem behaviors. • Multidimensional Family Therapy (MDFT): works with the whole family to simultaneously address multiple and interacting problem behaviors. • Multisystemic Therapy (MST): targets key factors associated with serious antisocial behavior.

REFERENCE:

1. National Institute of Mental Health (NIMH). March, 2021. *Substance Use and Co-Occurring Mental Disorders*. From <https://www.nimh.nih.gov/health/topics/substance-use-and-mental-health>. Reprinted from public domain.

13 Principles of Effective Drug Addiction Treatment

1. Addiction is a complex, but treatable, disease that affects brain function and behavior.
2. No single treatment is appropriate for everyone.
3. Treatment needs to be readily available.
4. Effective treatment attends to multiple needs of the individual, not just his or her drug abuse.
5. Remaining in treatment for an adequate period of time is critical.
6. Behavioral therapies— individual and/or group counseling—are the most commonly used forms of drug abuse treatment.
7. Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies.
8. An individual’s treatment and services plan must be assessed continually and modified as necessary to ensure it meets his or her changing needs.
9. Many drug-addicted individuals also have other mental disorders.
10. Medically assisted detoxification is only the first stage of addiction treatment and by itself does little to change long-term drug abuse.
11. Treatment does not need to be voluntary to be effective.
12. Drug use during treatment must be monitored continuously, as lapses during treatment do occur.
13. Treatment programs should assess patients for the presence of HIV/AIDS, hepatitis B and C, tuberculosis and other infectious diseases, as well as provide targeted risk-reduction counseling to seek treatment or help patients modify/change behaviors that place them at risk of contracting or spreading infectious diseases.

SOURCE: Reprint Courtesy of National Institute on Drug Abuse (NIDA). *Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition)*. From <https://nida.nih.gov/sites/default/files/675-principles-of-drug-addiction-treatment-a-research-based-guide-third-edition.pdf>.

How to Help a Friend or Family Member

Some things you can do:

- Learn and understand all you can about alcohol, drug misuse and addiction.
- Speak up and talk to the person about your concerns. Offer your support in getting help.
- Express love and concern: don’t wait for your loved one to “hit bottom.”
- Don’t expect the person to stop without any help from treatment and support.
- Provide support to on-going recovery process: once treatment begins, continue to show that you are concerned about his/her successful long-term recovery.

Some things you don’t want to do:

- Don’t preach: Don’t lecture, threaten, bribe, preach or moralize.
- Don’t use emotional appeals that may only increase feelings of guilt or compulsion to drink or use substances.
- Don’t cover up, lie or make excuses for his/her behavior.
- Don’t assume their responsibilities: it just protects them from the consequences of their behavior.
- Don’t argue with the person when he/she is using alcohol or drugs as they cannot have a rational conversation at that point.
- Don’t feel guilty or responsible for their behavior; it’s not your fault.
- Don’t join them in drinking or using.

SOURCE: Courtesy of National Council on Alcoholism and Drug Dependence. *How to Help a Friend or Family Member*. July 2015. From <https://ncadd.us/family-friends/there-is-help/helping-a-family-member-or-friend>

Connectedness - Awareness - Resources - Education



A substance misuse and behavioral health awareness coalition.

WE OFFER:

Monthly Coalition Meetings
 Clearing House
 Pill Take Back Events
 Detera Drug Disposal Bags
 Sponsored by Rali NV

Trainings
 Naloxone
 Fentanyl Testing
 Suicide Prevention
 Mental Health 1st aid

Visit our website for more info:

www.carecoalitionnv.org

P: 702-463-1415



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- Telehealth & Tele-Assessments Available

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

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

springmountaintreatmentcenter.com

STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

Hope Means Nevada

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

Jean Nidetch Care Center (702-895-4475)

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

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

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

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

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

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

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

National Association of Social Workers (NASW) Nevada Chapter

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

Nevada Action Coalition (702-522-7034)

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

Nevada Caregivers Coalition

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

Nevada Care Connection

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

Nevada Coalition to END Domestic and Sexual Violence

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

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

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

Nevada Coalition for Suicide Prevention (NCSPP)

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

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

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

Nevada Counseling Association (702-638-0772)

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

Nevada Crisis Intervention Team (CIT)

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

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

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

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

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

Nevada Hospital Association (775-827-0184)

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

Nevada Minority Health and Equity Coalition (NMHEC)

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

Nevada PEP (702-388-8899)

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

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

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

Nevada Public Health Association (775-996-3908)

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

Nevada School Counselor Association (NvSCA)

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

Nevada State Opioid Response

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

Nevada Statewide Coalition Partnership

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

Nevada Tobacco Prevention Coalition

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

New Zeal (702-366-0558)

Live in Christian homes for men and women with drug related problems. newzeal-iv.org

PACT Coalition (702-582-7228)

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

Prevent Child Abuse Nevada (702-895-1040)

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

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) (702-463-6929)

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

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

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

S.H.E.R.O Foundation

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

Signs of Hope (702-385-2153)

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

Solutions of Change (702-848-1696)

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

Southern Nevada Adult Mental Health Coalition

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

STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

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

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

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

Southern Nevada Health District (702-759-1270)

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

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

Southern Nevada Opioid Advisory Council

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

Meetings: Once every quarter

State of Nevada Association of Addiction Professionals (SNAAP)

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

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

Meetings: First Friday monthly

The Cupcake Girls (802-879-8195, info@thecupcakegirls.org)

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

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

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

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

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

The LGBTQ Center of Southern Nevada

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

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

The Phoenix

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

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

The Pride Tree

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

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

There is No Hero in Heroin Foundation (TINHIIH)

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

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

UNSHAKEABLE

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

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

Vegas Strong Resiliency Center (702-455-2433)

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

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

Vegas Stronger (702-234-1356)

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

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

WestCare Nevada (702-385-3330)

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

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

Young: Equal (contact@youngequal.org)

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

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

Youth MOVE Nevada (youthmovenv@nvpep.org)

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

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

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

MOUD

PROJECT

PACT COALITION
PREVENTION, ADVOCACY, CHOICES, TEAMWORK

The PACT Coalition was given the opportunity through a partnership with Community Anti-Drug Coalitions of America (CADCA) to participate in a year-long project on Medication for Opioid Disorder (MOUD).

The project goals are to educate the community on:

- Available MOUD treatment in Southern Nevada.
- The need for increased MOUD treatment.
- The importance of reducing stigma and discrimination related to MOUD use.



PACT Coalition is now rewriting our community assessment to include data and resources in Southern Nevada for Opioid Use Disorder. We are asking for assistance for current data on how many sites are using MOUD and potential sites. We would like to find out what has been done in Southern Nevada to expand the reach for more professionals to introduce this to their patients and what barriers exist in the community.

FOR MORE INFORMATION

Novlette Mack at
nmack@drugfreeLasvegas.org

OR

Chelsi Cheatom at
ccheatom@drugfreeLasvegas.org

DESERT WINDS HOSPITAL



"Southern Nevada's Premier Psychiatric and Mental Health Provider"

Our Psychiatric Residential Treatment Facility (PRTF) for adolescents 12 to 17 years old is open and accepting patients. We are a Medicaid approved provider.



For more information call main (702) 522-7922
Any questions call marketing - Charlotte (702) 344-3266
www.desertwindshospital.com

HOPE IN HARM REDUCTION: UNDERSTANDING FENTANYL AND OVERDOSE PREVENTION

BY KATARINA PULVER*, HEALTH EDUCATOR II – SOUTHERN NEVADA HEALTH DISTRICT

FENTANYL AND THE FENTANYL OVERDOSE CRISIS

The United States continues to struggle with the opioid epidemic which began around the 1990s with the increased prescribing of opioids for pain. According to the Centers for Disease Control and Prevention (CDC), there have been three distinct waves of the opioid epidemic. The CDC identifies the current 3rd wave of the opioid epidemic through the significant increases in synthetic opioid overdose deaths, particularly overdose deaths involving illicitly manufactured fentanyl.¹

Clark County, NV, has not been immune to this current wave of the opioid epidemic. From 2015-2021, Clark County residents saw a 923% increase in fentanyl deaths (22 to 225 deaths respectively) and a 46% increase in overdose deaths overall (425 to 619 deaths respectively).² This increase in fentanyl overdose deaths has not been experienced equally. Compared to 2020, 2021 showed increases in fentanyl overdose deaths for people who were White, Black, and Hispanic (22.5%, 17.7%, and 10.0% increase respectively).² Additionally, in 2021, males had higher number of fentanyl deaths (141 deaths) than females (84 deaths) in Clark County.²

WHAT IS FENTANYL?

Fentanyl is a synthetic opioid that is 50-100 times more potent than morphine.³ It was introduced into the pharmacological field more than 50 years ago and was reformulated over to last 30 years so that it can be used to treat chronic or breakthrough cancer pain.⁴

In recent years, fentanyl has become illicitly manufactured, predominantly overseas, and is the main contributing factor to the large number of overdose deaths marking the beginning of the 3rd wave of the opioid epidemic mentioned above.¹ Illicitly manufactured fentanyl is dangerous since it is unregulated resulting in unknown composition and potency.⁵ This adulteration of fentanyl in the drug supply results in many people who are purchasing substances on the street (such as cocaine, methamphetamine, heroin, pressed pills, and ecstasy) being unaware that the substance they purchased contains fentanyl. One of the reasons for this is because fentanyl has no odor, taste, or texture, so individuals using illicit substances can't see, smell or taste it. This leads to a very high-risk situation, especially in the cases of people vulnerable to overdose, including someone using a substance for the first time, people using alone, and those who are using substances after a period of abstinence.

HOPE IN HARM REDUCTION

To combat this wave and to mitigate harms associated with future waves of the opioid epidemic, we need an "all hands-on deck" approach that embraces all types of prevention. Primary prevention approaches need to be well-resourced, with adequate funding and capacity, be rooted in scientific evidence and approaches, and embrace cultural humility. It is also imperative that the community understands, embraces, and supports harm reduction programs.

WHAT IS HARM REDUCTION?

Harm reduction is a form of secondary and tertiary overdose prevention. At its core, harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use, and affirms that people who use drugs deserve to be healthy and alive while using substances.⁶ It does not make drug use acceptable but rather accepts that people use drugs and meets a person where they're at (but it doesn't leave them there). This approach acts as a bridge that closes the gap between risky use and recovery.

Harm reduction is valuable and necessary because it is low-threshold, person-centered, and easily accessible. With harm reduction, there is a role for everyone in reducing overdose and drug-related harms in the community. Here are some easy steps you can take today to prevent overdose in your community:

1. Get trained in Naloxone (brand name NARCAN)

- Naloxone is an opioid antagonist that rapidly reverses an opioid overdose. Naloxone has no effect on someone who does not have opioids in their system, has no abuse potential, and a person cannot overdose on Naloxone.⁷
- Getting trained in Naloxone is easy and free through the Southern Nevada Health District (SNHD) and after the training you receive an overdose response kit that contains two free doses of NARCAN.

- If you are part of an agency, you can become a Naloxone distribution site. SNHD can train your agency, so that clients you work with can receive this life saving drug from you and your staff at no financial cost to you. **To learn more and schedule a training, reach out to OD@snhd.org.**

2. Reduce drug-related stigma

- Drug-related stigma isolates people who use substances and makes it difficult to reach out for help. One of the fastest steps to reducing overdose in your community is to challenge stigma surrounding substance use within yourself and in your community. This can start with the language you use and hear from others. **For more information on how to combat drug-related stigma, visit shatterproof.org.**

3. Use fentanyl test strips (FTS)

- FTS are a simple, inexpensive tool that people can use to test their substances for fentanyl before they use it. They are incredibly sensitive and accurate and, when used properly, can detect less than a microgram of fentanyl in a sample.⁸ FTS can also recognize many fentanyl analogues that might be present including carfentanil and acetyl fentanyl⁸.
- FTS are available for free and without a prescription at the SNHD pharmacy on 280 S. Decatur or you can **contact L2A@SNHD to learn more.**
- Your agency can become an FTS distribution site at no cost to you. **Contact L2A@snhd.org to learn more.**

* Katarina Pulver is the Health Educator II at the Southern Nevada Health District (SNHD). Katarina is part of the Opioid Stewardship and Chronic Pain Public Health Detailing Team at SNHD. She is skilled in training, program development, community outreach, event planning, and leadership. She developed, coordinated, and administers the Fentanyl Test Strip Program. She also updates and creates trainings surrounding substance use, harm reduction, and health equity.

REFERENCES:

1. Centers for Disease Control and Prevention (CDC). (2021, March 17). *Understanding the Epidemic*. From <https://www.cdc.gov/drugoverdose/epidemic/index.html>
2. Nevada Electronic Death Registry System; Note: Fentanyl overdoses were classified as "T40.4 - Poisoning by, adverse effect of and underdosing of other synthetic narcotics (e.g., Fentanyl, Tramadol)".
3. NIDA. 2021, June 1. *Fentanyl DrugFacts*. From <https://nida.nih.gov/publications/drugfacts/fentanyl>
4. Stanley, T. H. (2014). The Fentanyl Story. *The Journal of Pain*, 15(12), 1215–1226. <https://doi.org/10.1016/j.jpain.2014.08.010>
5. Drug Policy Alliance. (2021, August). *Fact sheet: Fentanyl and Synthetic Opioids*. From <https://drugpolicy.org/sites/default/files/2021-synthetic-opioids-fact-sheet.pdf>
6. National Harm Reduction Coalition. (2021, May 23). *Harm reduction principles*. National Harm Reduction Coalition. From <https://harmreduction.org/about-us/principles-of-harm-reduction/>
7. U.S. Department of Health & Human Services. (2022, April 21). *Naloxone*. SAMHSA. From <https://www.samhsa.gov/medication-assisted-treatment/medications-counseling-related-conditions/naloxone>
8. Sherman, S.G., et al. (2018) *FORECAST Study Summary Report*. Johns Hopkins Bloomberg School of Public Health.

THE TWELVE STEPS – ALCOHOLICS ANONYMOUS (AA) AA.ORG

1. We admitted we were powerless over alcohol — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We're entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

NATIONAL ORGANIZATIONS

AARP Brain Health	aarp.org/health/brain-health
Academy for Eating Disorders	aedweb.org
Addiction Policy Forum	addictionpolicy.org
Addiction Technology Transfer Center	attcnetwork.org
Alliance of Hope for Suicide Loss Survivors	allianceofhope.org
Alzheimer's Association	alz.org
Alzheimer's Disease and Related Dementias	nia.nih.gov/health/about-adear-center
American Academy of Child and Adolescent Psychiatry (AACAP)	aacap.org
American Association of Suicidology (AAS)	suicidology.org
American Foundation for Suicide Prevention (AFSP)	afsp.org
American Society of Addiction Medicine	asam.org
Anxiety and Depression Association of America (ADAA)	adaa.org
Association of Recovery Peer Groups	aapg-recovery.com
Black Mental Wellness	blackmentalwellness.com
Bring Change to Mind	bringchange2mind.org
Center for Addiction and Mental Health (CAMH)	camh.ca
Centers for Disease Control and Prevention (CDC) – Mental Health	cdc.gov/mentalhealth/index.htm
Center for Loss & Life Transition	centerforloss.com
Center for the Study of Traumatic Stress	cstsonline.org
CHADD (National Resource Center for ADHD)	chadd.org
Child Mind Institute	childmind.org
Child Trauma Academy	childtrauma.org
Community Anti-Drug Coalitions of America (CADCA)	cadca.org
Compassionate Friends	compassionatefriends.org
Depression and Bipolar Support Alliance (DBSA)	dbsalliance.org
Families Against Narcotics	familiesagainstnarcotics.org
Family Caregiver Alliance	caregiver.org
Heal Grief	healgrief.org
Healthy Brains	healthybrains.org
Hope Squad	hopesquad.com
How Right Now	howrightnow.org
Institute for Research, Education & Training in Addictions	ireta.org
International OCD Foundation	iocdf.org
International Society for Traumatic Stress Studies	istss.org
Mental Health America (MHA)	mhanational.org
Mental Health Foundation	mentalhealthfoundation.org
Mental Illness Research, Education, and Clinical Center (MIRECC)	mirecc.va.gov
National Action Alliance for Suicide Prevention	theactionalliance.org
National Alliance on Mental Illness (NAMI)	nami.org
National Association of Addiction Treatment Providers	naatp.org
National Council on Alcoholism and Drug Dependence	ncadd.us

NATIONAL ORGANIZATIONS

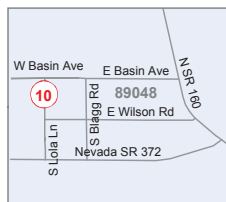
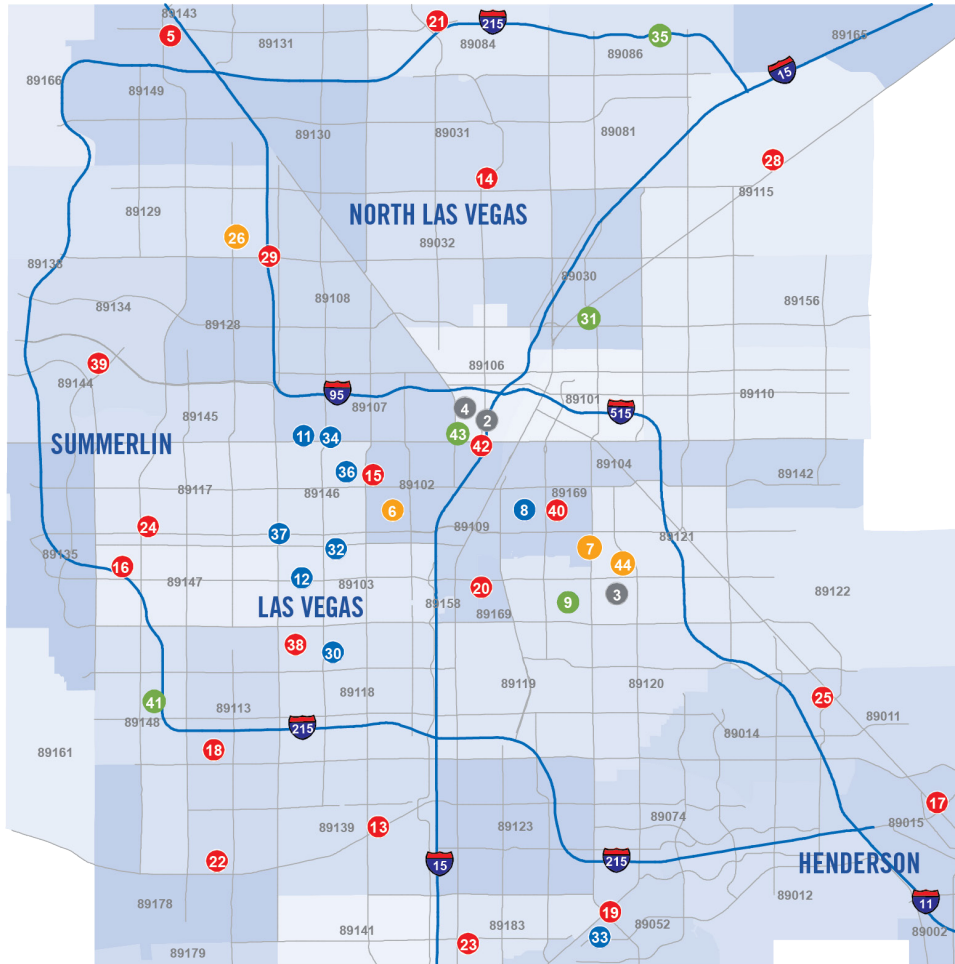
National Association for Addiction Professionals	naadac.org
National Association of Anorexia Nervosa & Associated Disorders (ANAD)	anad.org
National Center for PTSD	ptsd.va.gov
National Center for School Crisis and Bereavement	schoolcrisiscenter.org
National Center for School Mental Health	schoolmentalhealth.org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

HOSPITAL LISTING

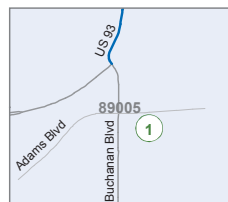
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

- Boulder City Hospital, Geriatric Behavioral Medicine Center** 901 Adams Blvd., Boulder City, 89005 **702-293-4111**
- Bridge Counseling Associates** 1640 Alta Drive, Suite 4, LV, 89106 **702-474-6450**
- Bridge Counseling Associates** 4221 McLeod Drive, LV, 89121 **702-474-6450**
- Building Hope Nevada** FirstMed Health + Wellness 400 Shadow Ln., Suite 106, LV, 89106 **702-731-0909**
- Centennial Hills Hospital** 6900 N Durango Drive, NLV, 89149 **702-835-9700**
- Crossroads of Southern Nevada** 2121 W Charleston Blvd., LV, 89102 **702-382-7746**
- Desert Hope Treatment Center** 2465 E Twain Ave, LV, 89121 **702-848-6223**
- Desert Parkway Hospital** 3247 S Maryland Parkway, LV, 89109 **1-877-663-7976**
- Desert Springs Hospital, Geropsychiatric Unit** 2075 E Flamingo Rd, LV, 89119 **702-894-5508**
- Desert View Hospital** 360 S Lola Lane, Pahrump, 89048 **775-751-7500**
- Desert Willow Treatment Center** 6171 W Charleston Blvd, LV, 89146 **702-486-8900**
- Desert Winds Hospital** 5900 W Rochelle Ave, LV, 89103 **702-522-7922**
- Dignity Health St Rose, Blue Diamond** 4855 Blue Diamond Rd, LV, 89139 **702-216-7305**
- Dignity Health St Rose, North LV** 1550 W Craig Rd, NLV, 89032 **702-777-3615**
- Dignity Health St Rose, Sahara** 4980 W Sahara Avenue, LV, 89102 **702-216-7365**
- Dignity Health St Rose, West Flamingo** 9880 W Flamingo Road, LV, 89147 **702-216-7335**
- Dignity Health St Rose, Rose de Lima** 102 E Lake Mead Parkway, HEN, 89015 **702-564-2622**
- Dignity Health St Rose, San Martin** 8280 W Warm Springs Road, LV, 89113 **702-616-4666**
- Dignity Health St Rose, Siena** 3001 St Rose Parkway, HEN, 89052 **702-616-5000**
- Elite Medical Center** 150 E Harmon Avenue, LV, 89109 **702-546-0911**
- ER at Aliante** 7207 Aliante Pkwy., NLV, 89084 **702-962-5100**
- ER at Blue Diamond** 9217 S Cimarron Rd, LV, 89178 **702-776-4800**
- ER at S LV Blvd.** 10770 S LV Blvd., LV, 89183 **702-962-0800**
- ER at The Lakes** 3325 S Fort Apache Road, LV, 89117 **702-962-0500**
- Henderson Hospital** 1050 W Galleria Drive, HEN, 89011 **702-963-7000**
- Landmark Recovery** 3371 N Buffalo Drive, LV, 89129 **1-844-332-2076**
- Mesa View Regional Hospital** 1299 Bertha Howe Avenue, Mesquite, 89027 **702-346-8040**
- Mike O'Callaghan Federal Medical Center** 4700 N LV Blvd., Nellis AFB, 89191 **702-653-2273**
- MountainView Hospital** 3100 N Tenaya Way, LV, 89128 **702-962-5000**
- Nevada State Triage Center** 5530 S Jones Blvd, LV, 89118 **702-909-3440**
- North Vista Hospital, Senior Behavioral Health** 1409 E Lake Mead Blvd, NLV, 89030 **702-649-7711**
- Sana Behavioral Health Hospital** 5975 W Twain Ave., Suite B, LV, 89103 **725-605-0310**
- Seven Hills Behavioral Health Hospital** 3021 W Horizon Ridge Parkway, LV, 89052 **866-598-6327**
- Southern Nevada Adult Mental Health/Rawson Neal Hospital** 6161 W Charleston Blvd, LV, 89146 **702-486-6000**
- Southern Nevada Veterans Medical Center** 6900 N Pecos Rd., NLV, 89086 **702-791-9000**
- Spring Mountain Sahara** 5460 W Sahara Avenue, LV, 89146 **702-216-8900**
- Spring Mountain Treatment Center** 7000 W Spring Mountain Rd., LV, 89117 **702-873-2400**
- Spring Valley Hospital** 5400 S Rainbow Blvd., LV, 89118 **702-853-3000**
- Summerlin Hospital Medical Center** 657 N Town Center Drive, LV, 89144 **702-233-7000**
- Sunrise Hospital and Medical Center** 3186 S Maryland Pkwy, LV, 89109 **702-961-5000**
- The Pavilion at Southern Hills Hospital** 9300 W Sunset Rd., LV, 89148 **702-916-5100**
- University Medical Center (UMC)** 1800 W Charleston Blvd, LV, 89102 **702-383-2000**
- Valley Hospital, Behavioral Health Unit** 620 Shadow Lane, LV, 89106 **702-388-4000**
- Vogue Recovery Center Nevada** 4011 McLeod Drive, LV, 89121 **702-533-4154**

It's All About Self-Care

"If you can quit for a day, you can quit for a lifetime." – BENJAMIN ALIRE SAENZ


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:
BOND

 Example: No Time to Die – Billie Eilish
Free songs available on stations like vimeo.com

SUGGESTED SHOW:
STAND UP COMEDY

 Example: Bill Regan – I Walked On the Moon
Free shows available on youtube.com

WATCHING

SUGGESTED ACTION:
STRETCHING

 Provides health benefits, improves posture, mobility and stress relief.
Free routines on youtube.com

SUGGESTED READING:
MEMOIR

 Example: Example: Crying in H Mart – Michelle Zauner
Free reading materials available at public libraries (lvccld.org or hendersonlibraries.com)

READING

ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

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

FINDTREATMENT.GOV

Find Treatment is an official website of the United States. The Substance Abuse and Mental Health Services Administration (SAMHSA) collects information on thousands of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness. Searches are run by city or zip code. Information can also be accessed by calling 1-800-662-4357.

OUTPATIENT LISTING

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

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

FOCUS / SPECIALTY

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

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

OUTPATIENT LISTING

Arevalo Counseling & Mentoring	702-970-3535	89074	English & Spanish Services
Aroma Functional Nutrition Psychiatry afnpsych.com	702-907-7924	89144	Women/Maternal Mental Health
Autism & Behavioral Consulting Services 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 bbsforensic.com	702-577-7792	89123	Anxiety, MOOD, PTSD
Behavioral Health Group (BHG) 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 www.blsolutionsaba.org	702-610-2076	89052	ABA, ASD
Behavioral Services of Nevada behavioralservicesnv.com	702-816-3400	89121	BST, PSR
Beyond Expectation bepsyc.com	702-779-3956	89141	Neurofeedback
Beyond Therapy beyondtherapylv.com	702-673-4745	89129	EMDR, Christian MFT
Bilingual Center for Behavioral Health bcbhlv.com	702-401-0811	89119	Anxiety, MOOD
Boys Town Behavioral Health Clinic boystown.org	702-888-1340	89148 89113	Ages 0-22, ASD
Bridge Counseling Associates bridgecounseling.org	702-474-6450	89106 89121	Trauma, PTSD, Youth, Sexual Abuse, IOP
Bridge Health Services bridgehs.com	702-843-0551	89106	Co-occurring, ODD, PTSD
Browning Neurobehavioral Associates browningnba.com	702-305-0234	89145	Psychotherapy
Cal Psychiatric Services calpsychservices.com	702-629-7490	89109	Psychiatric, Neurological Disorders
Calm Clinic Psychiatry calmclinic.vegas	702-848-2256	89103	ADHD, MM, Work Stress
Campbell Center for Autism campbellcenterforautism.com	702-260-2360	89117	ABA, ASD
Center for Compassionate Care nah.org/what-we-do/center-for-compassionate-care	702-733-0320	89119	Bereavement Services, Spiritual Care
Center for Individual, Couple and Family Counseling unlv.edu/cicfc	702-895-3106	89154	TELE
Central Point Psychiatry	702-380-8200	89146	
Changing Minds Psychiatry changingmindspsych.com	702-405-8088	89074	Psychotherapy, Psychopharmacology
Choices Group choiceslasvegas.com	702-252-8342	89104	Co-Occurring, SAT
Clarity Wellness Center claritywclv.com	702-578-4505	89121	Military, Minorities
Clear View Counseling clearviewcounseling.com	702-254-4883	89101	ADHD, Crisis, MFT, MOOD, PTSD
Clinical Solutions clinicalsolutionslv.com	702-212-3008	89117	CBT, DBT, MOOD

Collier Counseling and Life Coaching colliercounseling.org	702-860-5249	89015	Couples Counseling, DBT, EMDR, PTSD
Community Counseling Center cccfsn.org	702-369-8700	89104	General
Connexions Mental Health Services connexionsmentalhealthservices.com	725-696-2204	89121	TELE, Military, Veterans, First Responders
Cornwall Counseling cornwallcounseling.com	859-321-4956	89119	REBT
Corridor of Hope Wellness & Consulting corridorofhopelv.com	702-522-9000	89104	Grief, Domestic Violence, LGBTQ
Creative Behavioral Connections cbcautism.com	702-901-5200	89130	ABA, ASD
Crossroads of Southern Nevada crossroadsofsonv.com	702-382-7746	89102	ADDICT, SAT
DCFS-Neighborhood Care, North dcfs.nv.gov/Programs/CMH/Contact_CMHS	702-486-5610	89032	Children Mental Health Services
DCFS-Neighborhood Care, South	702-486-6726	89015	
DCFS-Neighborhood Care, West	702-486-0000	89146	
Desert Hope Outpatient americanaddictioncenters.org	702-286-8394	89121	ADDICT, SAT
Desert Psychiatry desertpsychiatry.com	702-685-3300	89146	Psychiatric Services
Desert Psychological desertpsychological.com	702-650-6508	89120	Testing, Assessment
Desert Regional Center (DRC) adsd.nv.gov	702-486-7850	89103	DD
Desert Rose Counseling desertroselv.com	702-843-6500	89102	Trauma Recovery
Desert Treatment Clinic deserttreatment.com	702-248-0000	89014	Methadone/Suboxone
Diamond Mental Health diamondmentalhealth.net	702-395-4002	89130	ADDICT, Equine Therapy, Trauma
Dynamic Music Therapy vegasmusictherapy.com	702-257-0792	89102	Music Therapy
Eden Center for Eating Disorders edentreatment.com	877-853-3362	89102	ED, Co-Occurring Disorders
Elements of Motivation elementslv.com	702-331-4874	89117	Home Based Services
Elevating to New Heights	702-485-5838	89120	BST, Crisis, PSR
Empowerment Center of NV facebook.com/empowermentcenterofsouthernnevada	702-636-8729	89032	Crisis Intervention, General
Evergreen Counseling evergreencounselinglv.com	702-248-6290	89146	ODD, Sexual Problems, Trauma
Evolving Minds Therapy evolvingmindstherapy	702-881-1234	Virtual	General, Crisis Services
Focus Mental Health Solutions focusmentalhealth.com	702-790-2701	89102 89052	Psychiatric Services
Forward Impressions forwardimpressionslv.com	702-848-1411	89130	BST, PSR, IOP, Youth Services
Foundations Counseling Center foundationsnv.com	702-240-8639	89128	Youth, ADHD, ASD, ED
Frontier Medical & Behavioral Center frontiermbc.com	702-750-2438	89031	Psychiatric Services
Glass House Counseling ghca-lv.com	702-586-8693	89104	PSR, Support Groups
Grand Desert Psychiatric Services brainsway.com/find-a-provider	702-202-0099	89146	Deep Transcranial Magnetic Stimulation

OUTPATIENT LISTING

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

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

OUTPATIENT LISTING

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

Tancell Care tancell-care.business.site	702-476-0262	89119	DD
Tandem Therapy Services tandemtherapyservices.com	702-396-0101	89117	ABA, ASD, Speech Therapy
The Center for Child and Family Development thecenterforchildandfamilydevelopment.com	702-912-5848	89120	Pediatric Neuropsychology
The CEO Within theceowithin.me	702-518-9539		ADHD, Change Management
The Evidence Based Practice of Nevada theebpnv.com	702-508-9181	89074	ADHD, ASD, ED, MOOD, OCD, PTSD
The Hamilton Group hamiltongrouplv.com	702-289-4883	Virtual	MM
The Healthy Foundations Center healthyfoundations.center	702-489-2117	89117	BST, PSR
The Lovaas Center thelovaascenter.com	702-877-2520	89103	ABA, ASD
The Nestled thenestledrecovery.com	702-848-6406	89146	IOP, SAT
The Parkey Group theparkeygroup.com	725-230-8526	89145	CBT, Couples, TELE
The Practice, UNLV unlv.edu/thepractice	702-895-1532	89154	CBT, DBT, Testing
Therapeutic Solutions Behavioral Health therapeuticsolutionslv.com	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center therapytreatmentcenters.com	702-423-2625	89102	Anger Management, MOOD, PTSD, Trauma
Theravada Mental Health theravadawellness.com	702-757-8720	89130 89052	DBT, EMDR
There is Hope thereishopenv.com	702-684-7757	89146	Anger Management, IOP
Thrive Behavioral Health & Trauma Centers tbhandtc.com	702-740-0188	89102	LGBTQ, Trauma
Thrive Solutions thrivesolutionslv.com	702-602-8504	89148	ADDICT, IOP, MFT, MM
Thriveworks Counseling thriveworks.com	702-820-3061	89146	ADDICT, ED
TIM Care timcarenv.com	702-617-6313	89106	General, SAT, Psychiatric
Touro Center for Autism & Developmental Disabilities tourocadd.org	702-777-4808	89014	ASD
Transitional Wellness Center transitionalwellnesscenter.com	702-339-0346	89120	
TREAT horsetherapylv.com	702-768-2326	89139	Equine Assisted Psychotherapy
TUFF Services Ministries tuffservices.org	800-649-0925	89053	Pastoral Counseling
United Citizens Foundation ucfoundation.com	702-888-6300	89147	School-based, TELE
U.S. VETS usvets.org/locations/las-vegas	702-947-4446	89101	Eligible Veterans, SAT
Vegas Cares LLC vegascarellc.com	725-206-5434	89121	General, PSR, BST
Vegas Stronger	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 victoriousbh.com	702-723-0125	89119	BST/PSR, Psychiatric Services
We Are Hope wearehopelv.com	702-333-4373	89130	ADDICT, General, Trauma
Well Care Behavioral + Medical Clinic thewellcaregroup.com	702-291-7121	89122	BST, CM, PSR
Westcare westcare.com	702-385-3330	89101	SAT
Zia Counseling ziacounseling.com	702-823-9043	89102	Couples, EMDR, MFT

SOBER LIVING: PART OF THE RECOVERY JOURNEY CONTINUUM OF CARE

BY DEE HANZY*



Sober living homes are an important part of the continuum of care that are often overlooked when planning a step-down program. Having that extra added security can be the game changer when a client transitions into the community from a residential treatment. Sober living is an independent environment with structure. Often sober living homes will have some rules and guidelines for the participant; however, with less monitoring and more freedom. In a sober living environment, residents will be responsible to pay their monthly rent. Currently, insurance does not pay for sober living, or “housing”. Many times, people in recovery seek out sober living because it is cost effective when they are beginning their journey, which gives them an opportunity to save money while they are working on themselves. Traditionally sober living homes will have a “house manager”. This is a resident of the house who has shown leadership, therefore can help maintain order and accountability in the house while the owner is not on site. Sober living can be the extra support a person in recovery needs to be successful. Sober living homes in Las Vegas range in price and differ in amenities. Anyone seeking sober living can start by taking a tour of their prospects and then deciding which would be the best fit. There are many sober living/transitional homes in Clark County. While all are not listed, a few have been provided below. You are encouraged to do your own research and determine the best fit for yourself.

*Dee Hanzy and her husband Dwight Hanzy purchased Hanzy House in July 2021 with the intention of making it a safe place for men to recover from addiction. While it is housing only, Mr. Hanzy provides the structure that men need to live their best lives. Hanzy House is dedicated to serving those in the community who need and want help stabilizing their lives while they transition into the community on their own.

Men Only

Hanzy House Sober Living	702-619-2784	facebook.com/hanzyhouse
Fresh Start Sober Living in Pahrump	775-537-3099	freshstartpahrump.com
New Start Sober Living	702-559-9298	newstarhousing.org

Women Only

Davis House Sober Living	702-581-3398	thedavisrecoveryhouse.com
Fawn House	702-353-7279	desertfawnhomes.com

Women and Men's Houses

Clean Shot Sober Living	844-511-4663	cleanshotliving.com
Toni's House	702-981-4555	tonishouse.org



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TOBACCO 21: PREVENTING NICOTINE DEPENDENCE AND ADDICTION AMONG NEVADA'S YOUTH

BY SIERRA SPENDLOVE*, HEALTH EDUCATOR, SOUTHERN NEVADA HEALTH DISTRICT TOBACCO CONTROL PROGRAM

The legal sales age for any tobacco product – including cigarettes, cigars, and electronic vapor products – is now 21 nationwide and in Nevada. Nearly 90% of adults who smoke cigarettes daily try smoking by age 18, and 99% try smoking by age 26.¹ Raising the legal sales age from 18 to 21 helps limit access to tobacco products and reduce nicotine addiction by minimizing youth supply. Unfortunately, tobacco retailers are selling tobacco products to youth under 21 at an all-time high, reaching an alarming 41% violation rate in Nevada. This leaves Nevada out of compliance with the federal Synar program requirement of less than 20%. Exceeding this 20% violation rate jeopardizes Nevada's federal block grant funds for substance abuse prevention and treatment - potentially resulting in millions of dollars lost if violation rates continue to exceed 20%.²

In Nevada, current data³ shows:

- **11.1%** of Nevada high school students reported obtaining their own cigarettes by buying them in a store or gas station during the past 30 days.
- **58.6%** of Nevada high school students reported it was “very easy” or “fairly easy” to get electronic vapor products if they wanted some.
- **44.1%** of Nevada high school students reported it was “very easy” or “fairly easy” to get cigarettes if they wanted some.
- **24.1%** of Nevada high school students used electronic vapor products for at least one day during the past 30 days.

Electronic vapor products have remained the most used tobacco product among youth since 2014, using flavorings that can make them more appealing to this population.¹ If current rates of tobacco use continue, it is estimated that 5.6 million individuals currently under the age of 18 will eventually die prematurely from tobacco-related illnesses in the United States.¹

Tobacco use in adolescence can increase the risk for addiction and health risks in adulthood. **Tobacco use can also worsen behavioral health outcomes and symptoms, bringing about concerns such as anxiety, stress, depression, and schizophrenia.**⁴

Overall, complying with Nevada's Tobacco 21 law is crucial to protecting the community's health, especially youth. The Southern Nevada Health District has completed thousands of tobacco retailer assessments to support compliance, and continues to distribute educational materials, free signage, and training information to tobacco retailers.

Get involved by:

- Raising awareness that the legal sales age of tobacco is 21.
- Promoting the Nevada Tobacco Quitline to adults interested in quitting. 1-800-QUIT-NOW (1-800-784-8669) or text QUITNOW to 333888
- Promoting My Life, My Quit to youth ages 13 – 18. 855-891-9989 or text “Start My Quit” to 36072

For more information about Tobacco 21, visit gethealthyclarkcounty.org.

*Sierra Spendlove is a health educator with the Southern Nevada Health District Tobacco Control Program. Sierra's work is focused on the tobacco retail environment, health care provider engagement, tobacco cessation and prevention, and smoke-free policy. She holds dual bachelor's degrees in Social Work and English with a Concentration in Professional Writing, as well as a Master of Social Work degree.

REFERENCES:

- 1 Centers for Disease Control and Prevention. (2022). *Youth and Tobacco Use*. Retrieved from https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm
- 2 Substance Abuse and Mental Health Services Administration. (2020). *2020 Annual Synar Report*. Retrieved from <https://www.samhsa.gov/synar/annual-requirements>
- 3 Nevada Department of Health and Human Services. (2019). *Nevada High School Youth Risk Behavior Survey*. Retrieved from <https://scholarworks.unr.edu/handle/11714/7349>
- 4 National Alliance on Mental Illness. (2022). *Smoking*. Retrieved from <https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Smoking>

SPECIAL REPORT: SUBSTANCE ABUSE

Q&A

WITH MARK DISSELKOEN* SENIOR PROJECT MANAGER, CENTER FOR THE APPLICATION OF SUBSTANCE ABUSE TECHNOLOGIES (CASAT)

MENTAL HEALTH SPECTRUM (MHS): What would you like the community to know about CASAT?

MARK DISSELKOEN (MD): Since 1993, CASAT has provided culturally appropriate, state-of-the-art, research-based training and technology transfer activities, academic courses, and managed large multi-state, multi-organizational projects. As a Center within the School of Public Health at the University of Nevada, Reno, CASAT's primary mission is to improve prevention and treatment services for individuals with addictive behaviors by helping states, organizations, students, and the existing workforce apply research-based practices. This mission is achieved through university-based coursework; online courses and trainings; conferences and institutes; continuing education workshops; product development; web-based and electronic products and databases; and consultation and technical assistance. Of particular note is CASAT's familiarity with successful technology transfer strategies. Housing three federally-funded training and technical assistance projects, CASAT understands how to accelerate the dissemination of research using the most up-to-date technology transfer methods, thereby bridging the gap between science and practice.

MHS: What is CASAT Learning?

MD: CASAT Learning: Continuing Education and Professional Development for Behavioral Health Professionals. CASAT Learning provides a selection of in-person workshops, live webinars, and self-paced, online courses for behavioral health professionals in Nevada. We also serve our community by collaborating with local, state, and national partners on specialized training and statewide conferences.

Our Learning Environments:

Self-Paced Online Courses

Self-Paced Online Courses can consist of multiple lessons made up of varied content, such as reading exercises, skill building, competency testing, videos, presentations, etc., these can be completed at your own pace.

Live Webinars

Events held online at a set time and date. Participants will attend virtually using the webinar platform, Zoom.

In-Person Classes

Instructor led events held at physical locations in Reno and Las Vegas.

MHS: What is the outlook on substance use and mental health in Nevada?

MD: The state of Nevada is supportive in increasing substance use and mental health services through the expansion of Medicaid services through various waivers. Nevada was one of the original seven demonstration states for Certified Community Behavioral Health Centers (CCBHCs). CASAT assists the state in the certification and oversight of these Centers. There are 8 CCBHC's under the current Medicaid Plan and an additional 5 direct funded SAMHSA sites in Nevada. These Centers provide expanded services such as 24-hour mobile crisis, outpatient substance use, co-occurring and mental health treatment, medication management, psychosocial rehabilitation, targeted case management, basic skills training, peer support services and Assertive Community Treatment teams. CCBHC's serve all ages including children, adolescents, and adults. CASAT also works closely with the state in administering the Strategic Opioid Response dollars which includes funding, reimbursement, and contract monitoring.

MHS: If you could give one piece of advice to share with Nevadans regarding substance use, what would that be?

MD: Treatment must be person centered which means providers need to create services that are specialized for individual needs rather than meeting the needs of a programmatic structure. Also, treatment does work and we as a community should support the continued expansion of treatment services in urban, rural and frontier locations statewide.

MHS: If you could give one piece of advice to share with parents regarding substance use, what would that be?

MD: Parents need to educate themselves about the current substances of risk as well as how substance use impacts the developing brain. Talking to their children about these risks in a positive proactive manner is important. Parents need to not be afraid to ask questions and learn from their children about what is going on out there.

MHS: Any other thoughts or comments you would like to share regarding the topic of substance use, mental health, and/or about CASAT?

MD: There is reason to be optimistic about the future related to treatment. Twenty plus years ago, people didn't talk about substance use in an open authentic way. There have been great improvements in reducing stigma but there is still much to do to encourage people to get help.

*Mark Disselkoen is a Senior Project Manager at the Center for the Application of Substance Abuse Technologies (CASAT) at the University of Nevada, Reno. He is an LCSW and LCADC and has worked in the field of substance use and mental health treatment for over 30 years. He oversees certification and training/technical assistance contracts in Nevada and provides trainings for the Mountain Plains ATTC and NIDA Blending Initiatives throughout the west. Trainings include: Co-Occurring Treatment, DSM 5, Medication Assisted Treatment, Promoting Awareness of Motivational Incentives and Treatment Plan MATRS. He is also a Team Leader on the CCBHC/SAMHSA project, and assists with the Strategic Opioid Response project for Nevada.



Recovery is about progression not perfection.

UNKNOWN

GET TO KNOW YOUR RECOVERY TEAM

Excerpt from the Recovery Research Institute

Addiction Counselor: Type of non-medically credentialed addiction treatment provider. Counselors vary across jurisdictions in their titles, level of education, and required training. Include "substance abuse counselors" (SACs), "certified alcohol & substance abuse counselors" (CASACs), & "certified alcohol & drug counselors" (CADCs).

Addiction Medicine Physician: A board certified physician in some specialty who has undergone specialized training in addiction diagnosis, treatment & management, but who does not typically provide addiction-specific psychotherapy or counseling.

Addiction Psychiatrist: A physician who is board certified as a psychiatrist with specialized training in addiction diagnosis, treatment & management. Addiction psychiatrists can provide therapy, although most emphasize medications & work in collaboration with social workers, psychologists, or counselors who provide psychotherapies.

Addiction Psychologist: An addiction treatment clinician who has obtained a doctoral degree in psychology & specializes in the treatment of addiction. Devoted to identifying & treating substance use disorders (SUDs) in patients using assessment & psychotherapy. Many are experts in treating co-occurring disorders such as depression & PTSD. Work is carried out in a variety of settings including hospitals, residential & outpatient treatment centers, as individual, group, or family therapy.

Recovery Coach: Typically a non-clinical peer support specialist or "peer mentor" operating within a community organization or a clinical organization & in either a paid or volunteer capacity. Recovery coaches are most often in recovery themselves & therefore offer the lived experience of active addiction & successful recovery.

Sponsor: A volunteer who is currently practicing the 12 step program of recovery espoused by Alcoholics Anonymous (AA) or other 12-step mutual help organizations. Helps newer members by providing support, encouragement & guidance to promote sustained long-term recovery.

For more information go to recoveryanswers.org

SHARED EXPERIENCES

“It’s your road, and yours alone. Others may walk it with you, but no one can walk it for you.” – RUMI

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

FROM ADDICTION TO RECOVERY (JACKLYN’S JOURNEY)

The first traumatic childhood experience I can remember is coming home from school in the first grade and being told that my father had passed away. At first, I did not quite understand what that meant, just that I was moving back to St. Louis, Missouri, to live with my mother. I had no memory of my mother at that time. I was a daddy’s girl and had very fond memories of him, still do. My brother and I got on a plane to Missouri to live with my mother. I later learned throughout my recovery journey that this would start a very dysfunctional and traumatizing childhood.

My mother was diagnosed with bipolar and manic depression; she did not take medication, instead she self-medicated with speed and weed. At a young age, I was introduced to meth as I watched my mother use it. Throughout my teen years, I was a runaway who was addicted to alcohol and drugs. I spent many years trying to mask the pain of my childhood by suppressing it with substances - this is something I wouldn’t discover until later in life when I entered a treatment facility. At 16, I had a daughter and was clean for 2 1/2 years, but set off the cycle again after one drink. I found myself moving from state to state trying to outrun my problem. By the time I was 27 years old, I was in Las Vegas, NV, homeless and separated from any family. I was arrested and sentenced to probation and treatment.

This is where my story begins to make sense. In that treatment center, I became aware of what alcoholism and addiction is and how there are others who feel, think and drink/use just like I did. *I always thought I was alone and that no one would understand me, boy was I wrong.* I was working with a counselor and was able to identify my core issues—which included but were not limited to abandonment and PTSD. After graduating from treatment, I went into a sober living home where I was welcomed and given a chance at a new life. I took that opportunity and ran with it. By the first summer, my daughter came and spent the summer with me in the sober living. The owner helped me understand that I needed to work at fixing that relationship—you see, when I was in my active addiction, I had left my daughter with her father so that I could “find myself”.

Over the course of the last 12 years I have immersed myself in Alcoholics Anonymous (AA) meetings and giving back to others in our community. I have a beautiful relationship with my daughter, I get to lead by example to her and many others today. I have been given the opportunity to be an all-around better person today. I recently graduated with my bachelors in social sciences to help me further my career in the treatment/detox center where I work. I have been employed by a treatment center for 10 years now.

I believe the most important thing I can say today is that I am okay with being me today. I have a feeling of peace and serenity. I do not need any material things or substances to make me feel free. I receive freedom on a daily basis because I continue to stay connected to God and to AA. **My name is Jacklyn, I am a mother, sister and practicing certified drug and alcohol counselor in long term recovery.**

LOCAL SHELTER AND TRANSITIONAL HOUSING

FAMILIES

FAMILY PROMISE

702-638-8806

1410 S Maryland Parkway, LV 89104

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

familypromiselv.com

HELP OF SOUTHERN NEVADA

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

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

helpsonv.org

SAFE FAMILIES FOR CHILDREN, OLIVE CREST

702-960-1436

4285 North Rancho Drive, Suite 160, LV 89130

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

lasvegas.safe-families.org

S.A.F.E. HOUSE

702-564-3227

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

safehousesnv.org

MEN

CATHOLIC CHARITIES SHELTER FOR MEN

702-387-2282

1511 Las Vegas Blvd North, Las Vegas 89101

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

catholiccharities.com

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, 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.

rflwasvegas.org

SAFE NEST

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

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

safenest.org

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 Street, LV 89119

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

nphy.org

SHANNON WEST HOMELESS YOUTH CENTER

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

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

helpsonv.org/programs-youth.php

ST JUDE’S RANCH (SJRC)

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

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

stjudesranch.org

“God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

REINHOLD NEIBUHR

SUBSTANCE USE *and...*

Depressants

- Are substances that reduce brain stimulation or depress nervous system activity to produce a relaxing effect.¹ There are 2 types: (1) Barbiturates (e.g., Butalbital, Pentothal, Seconal, and Nembutal) and (2) Benzodiazepines (e.g., Valium, Xanax, Halcion, Ativan and Klonopin).^{1,2}
- Street names are: Downers, R2, Tranks, Nerve Pills, Liquid X, Benzos, Barbs, Reds, Roofies.¹
- Tend to be in the form of syrups, pills, and injectable liquids.¹
- Prescription dose effects include: sleep, relief of anxiety and muscle spasms, and prevent or stop seizures.^{1,2}
- Some drugs like Rophies are misused to facilitate sexual assaults.¹
- Most depressants are legal for medical use; however, Rohypnol (Roophies) and Quaaludes (Ludes) are not.¹

Opioids

- Are sometimes called narcotics, and prescription opioids are primarily used to relieve pain (e.g., oxycodone, hydrocodone, fentanyl, and tramadol).^{2,3}
- Some street names are: Smack, Horse, Brown Sugar, Oxy, Junk and Sippin Syrup.²
- Tend to be in the form of tablets, capsules, powder, injectable or oral liquid, lollipops, chuncks.^{2,3}
- Instead of using prescription opioids, people may start using (illegal) heroin as it is cheaper.^{2,3}
- In 2020, almost 75% of drug overdose deaths were due to opioids; of which 82% involved synthetic opioids.³

Steroids

- Anabolic Steroids are synthetic drugs that imitate the natural male hormone, testosterone, and are used mostly by males to build muscle, increase strength/confidence/energy, or improve athletic performance.²
- Street names include: Arnolds, Juice, Roids, Pumpers, and Stackers.²
- Are not usually given via prescription; tend to be illegal but available online, in gyms and schools (from coaches or teammates).²
- Can be taken orally in pill form, applied to the skin using gel/creams, or injected in liquid form.²
- Are not typically associated with overdoses, but misuse or long-term use can lead to kidney impairment, liver damage, and cardiovascular problems - increasing risk of stroke and heart attack.²

Prescription Drugs

- Fastest-growing drug problem in the US, especially amongst teenagers (risking harm to still developing brain and body).⁴
- Stimulants, opioids, and depressants are the most commonly misused prescription drugs.^{1,2,3,4}

SPECIAL GROUPS

Adolescents/Youth

- Most substance use problems tend to begin in adolescence or young adulthood, impacting youth health and well-being.^{4,5}
- Teen health risks include: mental health problems, stunted growth and brain development, hormonal problems, overdose death, HIV or other sexually transmitted disease due to unsafe behaviors.^{4,5}
- Older teens are more likely to misuse prescription medications.^{4,5}
- Reasons for teen substance use include: peer pressure (wanting to fit in or experimenting), to escape issues (euphoric feeling from drugs), belief that drugs will help improve their performance (academics and/or sports).⁴
- Girls with SUD have mood disorders or have experienced physical or sexual abuse.⁴
- Boys with SUD have conduct, learning, and behavioral problems (tend to be disruptive at school, home and/or community).⁴

Women

- Tend to misuse drugs to: control weight, cope with pain, self-treat mental health problems and other issues like menstrual cycles, fertility, and menopause.⁶
- Domestic violence victims are at increased risk for substance use; also, divorce, death of spouse or child.⁶
- Women abusing opioids while pregnant risk miscarriage, stillbirth, or seizures which can affect the fetus; babies born may already be addicted and experiencing withdrawal.⁶
- Tend to avoid seeking help for fear of legal or social issues (loss of child custody / spouse / job).⁶

Older Adults

- As of 2018, nearly 1 million older adults live with SUD.⁷
- Are at risk for greater negative health consequences from SUD as drug misuse can cause or exacerbate conditions like mood swings, lung/heart problems, and memory, coordination and impaired judgement issues; and also cause injuries due to falls and car accidents.⁷
- Are more likely to be prescribed opioid pain medicines for chronic health conditions resulting in pain.⁷
- Are at higher risk for unintentional misuse of medicines due to old-age or other cognitive related decline.⁷
- Adults 55 and older who are seeking treatment for opioid disorder have increased by 54% since 2015; the number of seniors using heroin has also doubled.⁷

OPPORTUNITIES

- **Increase awareness of, education, training, and screening for substance use (include parents, teachers, counselors, and healthcare providers):** special address on (1) how to screen by age groups; (2) impact on the developing brain and body of adolescents; (3) impact on the fetus during pregnancy; (4) impact on physical and mental/cognitive function (especially with co-occurring other medical conditions) for older adults; and (5) treatment options that include Medication-assisted treatment (MAT) and counseling.^{2,4,5,6,7}
- **Increase education and training on safe medication prescription usage, storage and disposal:** Include Pharmacists who can monitor prescription registries and help identify over-prescriptions or misuse.⁴ Provide information on safe storage and disposal at the time of picking up a prescription. Educate communities on storing prescription medications in a safe place and safely disposing unused or expired drugs. Reducing access to children, teens, pets and older adults may prevent misuse, poisoning, and/or accidental overdose.⁴
- **Promote, increase, and build mental health awareness across communities:** Substance use is most often used as a tool to cope with other mental health issues. Raise awareness of the signs and symptoms of mental health issues that may lead to SUD. Encourage regular screening for mental health issues.

REFERENCES:

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4. Substance Use and Mental Health Services Administration (SAMHSA). *Rise in Prescription Drug Misuse and Abuse Impacting Teens*. April 13, 2022. From <https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/rise-prescription-drug-misuse-abuse-impacting-teens>
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6. National Institute on Drug Abuse (NIDA). *Substance Use in Women DrugFacts*. From <https://nida.nih.gov/publications/drugfacts/substance-use-in-women>
7. NIDA. *Substance Use in Older Adults DrugFacts*. From <https://nida.nih.gov/publications/drugfacts/substance-use-in-older-adults-drugfacts>



samhsa.gov/talk-they-hear-you

SAMHSA's national substance use prevention campaign "Talk. They Hear You." aims to reduce underage drinking and other substance use among youths under the age of 21. The campaign helps parents, caregivers, educators, and community members get informed, be prepared, and take action by providing information and resources they need to address these issues with youth EARLY and OFTEN.

HELPLINES

Nevada 211 - Connect to Services (nevada211.org)	211 or 1-866-535-5654
Police NON Emergency Response	311
1in6 - Helpline for Men who were Sexually Abused / Assaulted	1in6.org/helpline
AARP Friendly Voice (aarpcommunityconnections.org/friendly-voices)	888-281-0145
AARP Friendly Voice (Spanish)	888-497-4108
Adult Protective Services (APS) (Report suspected abuse, exploitation vulnerable adults 18+) (APSGethelp.com)	702-486-6930
Al-Anon (al-anon.org)	1-800-344-2666
Alcoholics Anonymous (AA) (aa.org)	702-598-1888
Alzheimer's Association Helpline (alz.org)	1-800-272-3900
American Addiction Centers Resource (centers.org)	1-866-892-4547
American Chronic Pain Association (ACPA) (theacpa.org)	1-800-533-3231
American Pregnancy Association	1-800-672-2296
Care Solace (CCSD students) (caresolace.com/ccsd)	888-515-0595
Cocaine Anonymous (snvca.org or ca.org)	702-941-0950
Codependents Anonymous (coda.org)	602-277-7991
Crystal Meth Anonymous (crystalmeth.org)	855-638-4373
Debtors Anonymous (debtorsanonymous.org)	800-421-2383
Depression & Bipolar Support Alliance (DBSA) (dbsalliance.org)	1-800-826-3632
Eating Disorders (anad.org)	1-888-375-7767
Eldercare Locator (eldercare.acl.gov)	1-800-677-1116
Empower Work (Work issues) (empowerwork.org) TXT HELLO to	510-674-1414
Food Addicts in Recovery Anonymous (FA)	foodaddicts.org
Gamblers Anonymous (gasn.info)	855-222-5542
GriefShare (griefshare.org)	1-800-395-5755
IMAlive (online crisis chat)	imalive.org/online
International OCD Foundation (iocdf.org)	617-973-5801
Lap of Love - Pet loss resource line (lapoflove.com)	855-352-5683
LGBT National Hotline	888-843-4564
LGBT National Senior Hotline	888-234-7243
LGBT National Youth Talkline	800-246-7743
MADD (Impacted by drunk or drugged driving)	877-623-3435
Marijuana Anonymous (marijuana-anonymous.org)	1-800-766-6779
Military OneSource (Military Community) (militaryOneSource.mil)	800-342-9647
My Life, My Quit (ages 13-18) TXT "start my quit" to	36072
Narcotics Anonymous (na.org)	888-495-3222
National Abortion Federation Hotline	1-800-772-9100
National Alliance on Mental Illness (NAMI) Helpline (nami.org/help)	1-800-950-6264

HELPLINES

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

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



It always seems impossible until it's done.

NELSON MANDELA

SUPPORT GROUPS

ADDICTION

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

CHILDREN AND YOUTH

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

CRISIS AND TRAUMA

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

GRIEF AND LOSS

Adams Place <i>adamsplacelv.org</i>	702-202-3891
Aviant Hospice	702-605-9959
Bereavement Adult Support Group	702-671-1111
Bereavement Support (Dignity Health)	702-616-4912
CompassionCare Hospice	702-636-0200
Concerns of Police Survivors (COPS) <i>concernsofpolicesurvivors.org</i>	702-501-8083
Divorce/Separated Support Group	702-735-5544
Grief Loss & Family Support Group	702-735-5544
Griefshare <i>griefshare.org</i>	1-800-395-5755
Grief Recovery After a Substance Passing (GRASP)	302-492-7717
Grief Recovery (death, divorce, career and other losses)	702-980-8303
Nathan Adelson Hospice <i>nah.org</i>	702-796-3157

SUPPORT GROUPS

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

LGBTQ

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

SUICIDE

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

OTHER

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

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



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

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

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

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

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

THE CORE VALUES ARE TO:

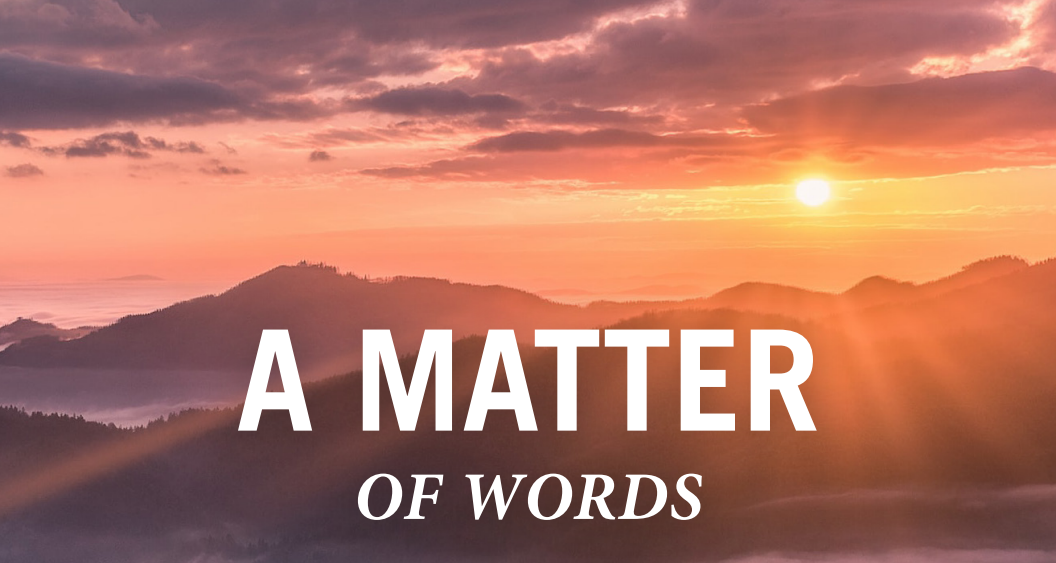
- Build community connectedness
- Engage and support family and friends
- Provide timely access to care and support
- Promote choice and collaboration in care
- Connect persons to peer/mentor support
- Inspire hope and help people find meaning and purpose in life
- Preserve dignity and counter stigma,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

EMAIL: TUFFARMSOFPEACE@GMAIL.COM WWW.ARMSSOFSUPPORT.ORG



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





A MATTER OF WORDS

“The only person you are destined to become is the person you decide to be.” – RALPH WALDO EMERSON

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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PREVENTION WORKS. TREATMENT IS EFFECTIVE.
PEOPLE CAN AND DO RECOVER.

DRUGFREE.ORG

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Photo Credit: Tadej Skofic from Unsplash

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