



Nevada Department of  
Health and Human Services  
DIVISION OF PUBLIC AND BEHAVIORAL HEALTH



# Behavioral Health Resources

for Rural Hospitals

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Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department nor its affiliates.

2022

# How to Use This Tool

**DO NOT HAND OUT ORIGINALS.** The contents of this binder are also available to print out at: [www.nvbh.org/hospitals](http://www.nvbh.org/hospitals)

The purpose of this resource guide is to provide information on behavioral health resources and associated topics for use in the hospital and for discharging patients. The binder is divided into different topics categorized by age and special population. They have been color coded in the Table of Contents for the purpose of delineating:

1

Programs highlighted in **yellow** assist hospitals in assessment and stabilization of adult and youth mental health crisis:

- DPBH Crisis Response programs
- Pediatric Assessment Line (PAL)
- Nevada Pediatric Psychiatry Solutions

2

Programs highlighted in **orange** are resources that can be provided to patients and families during hospitalization or at discharge.

3

**Tabs and Icons** - In the table of contents, as well as throughout the binder, yellow and orange tabs and markers (noted above) will be visible. These are there for your convenience. Please note the yellow tabs or icons refer to the page being a hospital or clinical procedure or resource. Orange tabs and icons will be resources or items to provide to your patient at discharge or as needed.

This binder has a limited number of copies for each resource. Go to [nvbh.org](http://nvbh.org), and select the "Resources" tab and click on "Hospitals" to obtain a full print out of this binder and print outs of each resource found in the binder.



[nvbh.org](http://nvbh.org) <<

Select the "Resources" tab and click on "Hospitals" to obtain a full print out of this binder.



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# Nevada Rural Hospital Partners (NRHP) Crisis Response Program & Emergency Room Consults

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# DPBH Emergency Room Consults— Quick Overview

## What is it?

A partnership between Rural Clinics and Nevada Rural Hospital Partners to help provide quick, quality mental health consultation to rural hospitals. The consultations are done via phone or video using the VSee platform.

## When to use it...

A patient is admitted to the Emergency Department due to mental health symptoms and you would like consultation with a licensed mental health professional to assess if patient is at risk or find out treatment history of a patient.

**Monday through Friday, 8 am to 5 pm**

## How to use it...

1. Visit: <https://nevada.vsee.me>

EMERGENCY ROOM CONSULTS  
 NRHP RURAL HOSPITAL TEAM & RURAL CLINICS SCREENING  
 A waiting room for Rural Nevada Hospital Partners to enter for Emergency Room consultations. Also used for Rural Clinic Screenings. [CLICK TO START](#)

CHILDREN'S MOBILE CRISIS RESPONSE TEAM  
 A waiting room for youth who are scheduled to be assessed by the Children's Mobile Crisis Response Team. [CLICK TO START](#)


RURAL CLINICS IMMEDIATE MENTAL HEALTH CARE TEAM  
 A waiting room for adults who are scheduled to be assessed by Rural Clinics Adult Stabilization Team. [CLICK TO START](#)

2. Click on:

EMERGENCY ROOM CONSULTS  
 NRHP RURAL HOSPITAL TEAM & RURAL CLINICS SCREENING  
 A waiting room for Rural Nevada Hospital Partners to enter for Emergency Room consultations. Also used for Rural Clinic Screenings. [CLICK TO START](#)

3. Complete the brief questionnaire.
4. Wait for the on-call clinician to accept the request.
5. Once the request is accepted, the video assessment will start.

*For more details, see the next page.*



## Why use it?

1. Provides the patient follow up with Case Manager if they are discharged from the ED.
2. Reduces wait times in ERs.
3. Provides consultation by a licensed mental health professional.
4. Rural Clinics can provide hospital with a history of patient's mental health treatment.



# DPBH Detailed Overview

## Program Description

The Division of Public and Behavioral Health, Rural Clinics addresses the behavioral health needs of individuals in rural communities who are seeking services through their local hospital emergency room with a known behavioral health disorder or suspected behavioral health concern. Rural Clinics clinicians provide consultation by conducting telemedicine consultations. The focus of these consultations is to provide treatment history, assess risk (danger to self or others, inability to properly care for self as a result of one's condition), crisis intervention/de-escalation (when telemedicine intervention is deemed suitable), determine level of care, and assistance in linkage and referral to local, community-based resources for mental health, substance use, and social service needs.

## Purpose

To improve transitions and decrease wait time to an appropriate level of care or treatment for patients with behavioral health needs.

## Services Offered

Rural Clinics provide two types of consultation services for the hospitals:

1. **Patient Treatment History:** Hospitals can call to obtain information about a patient's mental health treatment history or medications. If the patient has received services through Northern Nevada Adult Mental Health Services (NNAMHS), Southern Nevada Adult Mental Health Services (SNAMHS) or Rural Clinics and that information will be helpful for the hospital to treat the patient, then the clinician can share the treatment information with hospital staff for continuity of care. The records can be sent directly to the hospital.
2. **Mental Health Consultation:** Clinicians can provide a mental health screening for patients in the hospital to assess for risk to self and others, provide crisis stabilization if needed and assist with linking to community resources.

## Hours of Operation\*

Rural Clinics consultation and follow-up services are offered:

**Monday through Friday**  
**8 am to Noon**  
**1 pm to 5 pm**

*\*excluding State holidays*



# DPBH Program Overview

*Rural Clinics has three special programs to help consumers in rural Nevada who are experiencing a mental health crisis.*



## 1. Emergency Room Consults

This program is a partnership between Rural Clinics and Nevada Rural Hospital Partners (NRHP). Hospitals associated with NRHP can enter this waiting room directly and be connected with a mental health professional to help assess a patient for risk, provide recommendations and offer consultation to Emergency Room Staff.

***Use this program if you are a hospital and need consultation for an ADULT patient who is admitted to the ER due to mental health symptoms.***

## 2. Children's Rural Mobile Crisis Response Team

This program can provide hospitals help in two ways:

1. If the family chooses, the Team can assess a youth who is in the ER due to mental health symptoms and provide recommendations for ER staff
2. If the family chooses, the Team can be contacted at the time of discharge to help stabilize a youth and connect them to community outpatient resources.

***Use this program, by helping the family call the hotline while they are in the ER or getting ready to discharge from the ER.***

## 3. Immediate Mental Health Care Team

This program can help patients who are being discharged from an ER, after being seen for a mental health crisis. If the patient consents and prior to discharge, the Team can connect with the patient to provide stabilization and connect them to community outpatient resources.

***Use this program, by helping the patient call the hotline while they are getting ready to discharge from the ER.***



# DPBH Flowchart

Patient is over the age of 18;  
It is Monday-Friday, 8 am-5 pm

**NO**

Patient is under 18 call  
Mobile Crisis for an  
assessment  
(702) 486-7865  
24/7

YES

Hospital Provider goes to:  
<https://nevada.vsee> to enter waiting room

Hospital completes VSee screening form. Rural Clinics clinician will connect and ask hospital staff a few questions before beginning consultation. If a clinician does not connect through VSee within 15 minutes of hospital entering the waiting room, the hospital will call Carson Rural Clinic for assistance (775) 687-0870.

Provide consultation to hospital *without* meeting with patient to obtain information about treatment history and/or medication history.

OR

Meet *with* patient via VSee, perform screening and consult with hospital; may include obtaining information about treatment history and/or medications history.

AFTER CONSULTATION

Hospital Provider places patient on/continues/certifies legal hold.

OR

Hospital Provider decides against placing patient on legal hold (may decide not to certify or may decertify hold).

Hospital facilitates admission to behavioral health hospital through open beds.

Hospital Provider discharges patient and completes Final Patient Disposition Form and emails form to Rural Clinics (Final Disposition Form can be found on page A6).

Prior to discharge or transport, ANY patient who enters a rural hospital due to mental health symptoms should be given the Mobile Crisis and/or CARE Team number for future use.

Hospital staff refers client to local resources.

AND/  
OR

Rural Clinics clinician refers client to closest Rural Clinic location for coordination of care.

AND/  
OR

If no hospital staff are available, Rural Clinics clinician may provide local resources.

Rural Clinics clinician completes consultation report and returns it to the hospital and pending client approval, client's name is given by the clinician to the Rural Clinics Psychiatric Caseworker, who will provide follow up with patient within 24 hours of being discharged.





# DPBH Emergency Room Consults – VSee Instructions

## Welcome to Nevada Behavioral Health Services



A waiting room for Rural Nevada Hospital Partners to enter for Emergency Room consultations. Also used for Rural Clinic Screenings. [CLICK TO START](#)



A waiting room for youth who are scheduled to be assessed by the Children's Mobile Crisis Response Team. [CLICK TO START](#)



A waiting room for adults who are scheduled to be assessed by Rural Clinics Adult Stabilization Team. [CLICK TO START](#)

### For Computers or Mobile Devices Please Visit:

<https://nevada.vsee.me>

1. Click on the appropriate waiting room.
  - a. **Emergency Room Consults**  
 A waiting room for rural hospital partners to enter for Emergency Room consultations.
2. Enter patient information and check consent box.
3. Clinician will connect via video once you enter the waiting room.

### For Members Using VSEE CARTS:

1. You can still enter the NRHP waiting room by going to the direct link: <https://nevada.vsee.me/u/dpby> but it is recommended that you change the home page to the new landing page of <https://nevada.vsee.me/>
2. Enter patient information and check consent box.
3. Clinician will connect via video once you enter the waiting room.

### Important Notes:

If the patient is under 18, the hospital should call this triage number:

**(702) 486-7865**

to access Mobile Crisis Response Team before using VSee. ***The VSee waiting rooms for Mobile Crisis and the CARE Team are by appointment only.***

Once you have entered the waiting room, if a clinician doesn't connect via VSee within 15-20 minutes please call Rural Clinics Carson for assistance:

**(775) 687-0870**



# Final Patient Disposition Form

*(To be completed by referring facility and emailed to Rural Clinics Clinician)*

Referring Facility: \_\_\_\_\_

Patient Name: \_\_\_\_\_

Date and Time of Final Disposition: \_\_\_\_\_

**While in Referring Facility, client was admitted to:**

- ER only
- Hospital Floor
- N/A or Other (please specify): \_\_\_\_\_
- Length of Stay (hours or days, please specify):  
\_\_\_\_\_

**Disposition:**

- Discharged, patient declined additional referrals  
\_\_\_\_\_
- Discharged, referral to Rural Clinics for Coordination of Care  
\_\_\_\_\_
- Discharged, referral to community provide  
\_\_\_\_\_
- Transfer to psychiatric hospital  
\_\_\_\_\_
- Admit to inpatient for medical treatment  
\_\_\_\_\_
- Other (please specify): \_\_\_\_\_

Name/Title of Reporting Party: \_\_\_\_\_

Date/Time: \_\_\_\_\_



# DPBH Rural Clinics CARE Team

*For rural adult support post discharge and continuous crisis management in the community.*

## RURAL CLINICS IMMEDIATE MENTAL HEALTH



**1-877-283-2437**

Telephone Triage — Open 24/7

Care Team response hours:

9 am to 6 pm, 7 days a week

*Excluding holidays*

***Rural Clinics Immediate Mental Health CARE Team support adults anywhere in rural Nevada who need immediate mental health care.***

### How It Works:

**TELEPHONE TRIAGE:** Crisis staff are available to provide support over the phone and assist in gathering information to determine how to help. If staff are assisting other callers, leave a message and they will call you back within minutes.

**CARE TEAM RESPONSE:** Once crisis staff determine you are safe, then they connect you with a licensed CARE Team clinician. The CARE Team clinician will contact you within minutes. The Clinician will provide immediate mental health help. This is done by video, wherever you are located. If you are not able to connect via video, then services will be done by phone.

**STABILIZATION:** A short-term, mental health intervention. It is designed to assess, manage, monitor, stabilize and support your wellbeing. The CARE Team may develop an individualized safety plan with you to help support you. We also have a crisis case manager who will help you find resources in your community.

**AFTER CARE:** The CARE Team is available to follow up with you to ensure there is a smooth transition to needed supports and services in your community.

### Goals:

- Provide stabilization services to individuals in their home, helping with safety plan and find services in their own communities.
- Reduce costs to individuals by preventing hospitalization, when possible.
- Reduce trauma and remove barriers that can happen when individuals do not know where to get help.
- Help facilitate hospitalization, when needed.
- Facilitate referrals to mental health services in the persons home community.
- Reduce emergency department visits and psychiatric hospitalizations, when appropriate, by providing immediate support and interventions, stabilization and case management.
- Connect individuals with National Alliance on Mental Illness (NAMI) for peer support.

*Services are billed to insurance and will be without charge if a person is unable to pay.*



# Children's Mobile Crisis Response Team

*Community and hospital clinical assessment, intervention, and discharge support for youth and families experiencing crisis.*

Hospital Staff  
Education



**Hotline Telephone**  
**702-486-7865**  
**Available 24/7**

**Mental health response and stabilization for youth and their families seeking immediate support for behavioral health concerns.**

## **WHAT WE DO:**

Mobile Crisis Response Team (MCRT) supports youth and families who want help for any mental health/behavioral health situation or crisis with a child or adolescent in any community in Nevada. Crisis is different and unique for every youth and family, and may include concerns such as suicidal thoughts, self-harming behaviors, anxiety, depressed mood, anger and aggression, bullying, drug and alcohol, sexual identity, or any other presenting concerns for which a youth or family wants a crisis assessment, supports and interventions.

MCRT uses a team approach of a clinician and case manager who will complete an assessment, provide support and crisis interventions, short-term stabilization and case management services. Responses and stabilization services are provided in the families location of choice when possible and may be in community settings, home and/or through phone/video telehealth. In rural Nevada, services are provided via phone/video through telehealth.

**Visit our website at:**  
**KNOWCRISIS.COM**

**PARTNERSHIP WITH DIVISION OF PUBLIC AND BEHAVIORAL HEALTH  
AND DIVISION OF CHILD AND FAMILY SERVICES**





# B

## Community Crisis Support Services

- DPBH Rural Clinics CARE Team ..... B1
- 988/Crisis Support Services of Nevada ..... B2–B3
- Children’s Mobile Crisis Response Team ..... B4
- Nevada Warmline Postvention Program ..... B5
- Nevada Certified Community Behavioral Health Centers..... B6

\*Please note, 988, a national three-digit line connecting individuals to trained suicide prevention lifeline counselors, is live. This line will serve as an alternative to 911 for emotional crisis and other needs.





# DPBH Rural Clinics CARE Team

*For rural adult support post discharge and continuous crisis management in the community.*

## RURAL CLINICS IMMEDIATE MENTAL HEALTH



**1-877-283-2437**

**Telephone Triage — Open 24/7**

**Care Team response hours:**

9 am to 6 pm, 7 days a week

*Excluding holidays*

***Rural Clinics Immediate Mental Health CARE Team support adults anywhere in rural Nevada who need immediate mental health care.***

### How It Works:

**TELEPHONE TRIAGE:** Crisis staff are available to provide support over the phone and assist in gathering information to determine how to help. If staff are assisting other callers, leave a message and they will call you back within minutes.

**CARE TEAM RESPONSE:** Once crisis staff determine you are safe, then they connect you with a licensed CARE Team clinician. The CARE Team clinician will contact you within minutes. The Clinician will provide immediate mental health help. This is done by video, wherever you are located. If you are not able to connect via video, then services will be done by phone.

**STABILIZATION:** A short-term, mental health intervention. It is designed to assess, manage, monitor, stabilize and support your wellbeing. The CARE Team may develop an individualized safety plan with you to help support you. We also have a crisis case manager who will help you find resources in your community.

**AFTER CARE:** The CARE Team is available to follow up with you to ensure there is a smooth transition to needed supports and services in your community.

### Goals:

- Provide stabilization services to individuals in their home, helping with safety plan and find services in their own communities.
- Reduce costs to individuals by preventing hospitalization, when possible.
- Reduce trauma and remove barriers that can happen when individuals do not know where to get help.
- Help facilitate hospitalization, when needed.
- Facilitate referrals to mental health services in the persons home community.
- Reduce emergency department visits and psychiatric hospitalizations, when appropriate, by providing immediate support and interventions, stabilization and case management.
- Connect individuals with National Alliance on Mental Illness (NAMI) for peer support.

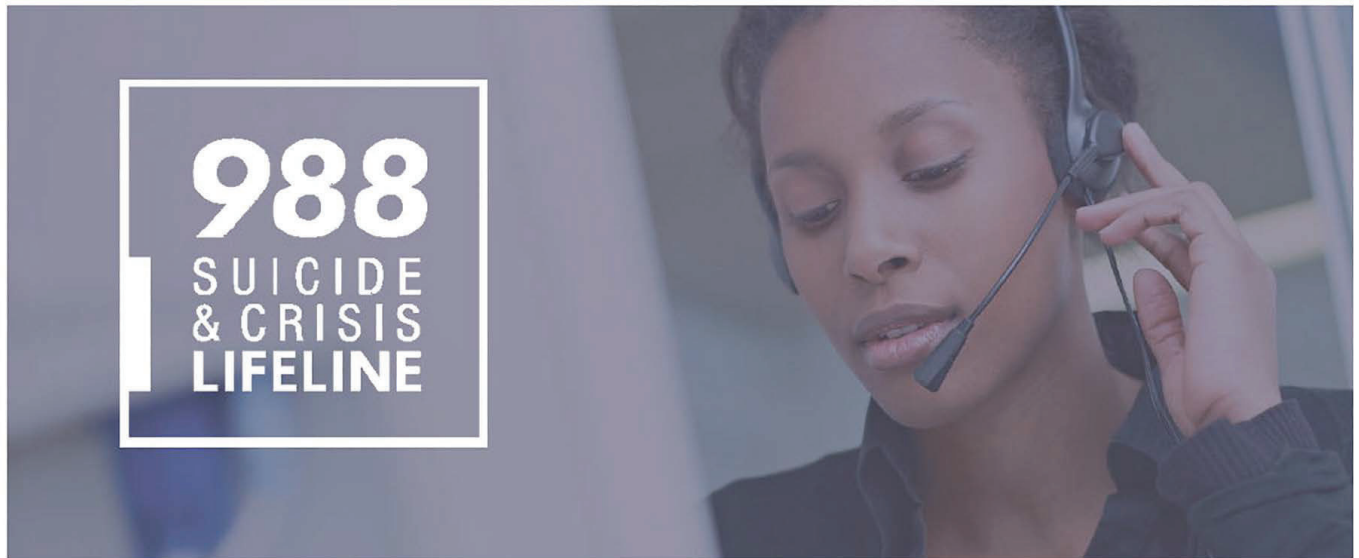
*Services are billed to insurance and will be without charge if a person is unable to pay.*



# Crisis Support Services of Nevada

Give to Patient

*Nevada's Crisis Call Center is available 24/7 to assist individuals in crisis connect to needed sources.*



## Who can contact 988?

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, the [988 Suicide & Crisis Lifeline](#) provides 24/7 connection to confidential support. **There is hope, simply call or text 988 or chat at [988lifeline.org/chat](https://988lifeline.org/chat).**

## When is 988 available?

Confidential and free support is available 24 hours a day, 7 days a week, 365 days a year. Callers can press 1 if they are a Veteran, and 2 if they need a Spanish speaker.

## What happens when I contact 988?

A highly-trained and compassionate person will answer your call, text, or chat and be there for you. They will listen and help navigate your situation with empathy and also provide any relevant resources and support.



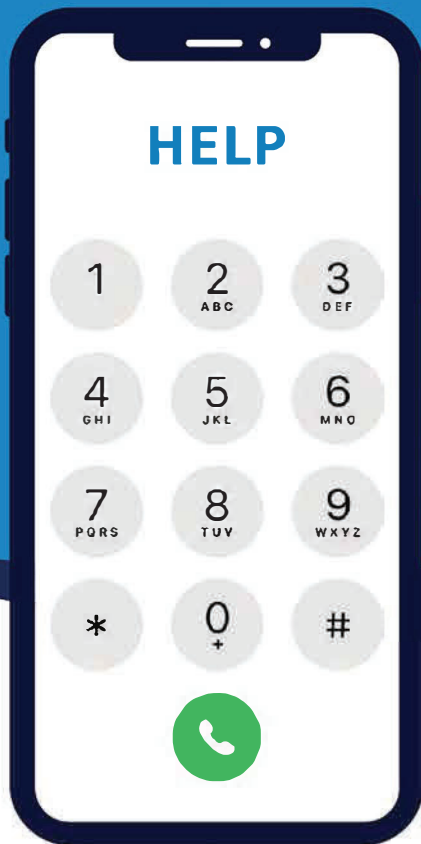
**CRISIS  
SUPPORT  
SERVICES**  
OF NEVADA

The [988 Suicide & Crisis Lifeline](#) in Nevada is operated by Crisis Support Services of Nevada. The staff and volunteers of CSSNV have been supporting Nevadans through crisis since 1966. **To learn more about CSSNV, visit [CSSNV.org](https://CSSNV.org).**

# Crisis Support Services of Nevada

Give to Patient

Nevada's Crisis Call Center is available 24/7 to assist individuals in crisis connect to needed sources.



You are  
**never** alone.

**9-1-1** For police, fire, or medical emergencies in progress where life or property is in immediate danger.

**9-8-8** 24/7 free and confidential support for individuals experiencing a mental health crisis, substance use crisis, or suicidal thoughts.

**2-1-1** Information and referrals regarding health and social services in your area like financial assistance, food pantries, and more.



**CRISIS  
SUPPORT  
SERVICES**  
OF NEVADA

**988** SUICIDE & CRISIS  
LIFELINE



# Children's Mobile Crisis Response Team

*Community and hospital clinical assessment, intervention, and discharge support for youth and families experiencing crisis.*

Give to Patient



**Hotline Telephone**  
**702-486-7865**  
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**Mental health response and stabilization for youth and their families seeking immediate support for behavioral health concerns.**

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# Nevada Warmline Postvention Program



## What Is Nevada Caring Contacts?

- Offers adjustable intervention for preventing suicide attempts and ideations
- Supplements traditional mental health services
- Provides messages of support and valid resources
- Fills the gap between identification and follow-up

## Why Is It Needed in Nevada?

- Repeat ER visits due to stress on crisis systems
- As many as 70% of those that survive suicide attempts never attend their first appointment or maintain treatment
- Risk of another attempt remains high up to 3-6 months after discharge

## How to Make a Referral?

- Connect with the Warmline main phone number or through Open Beds
- Make a referral including when to call and how often
- Set up time and day for initial introduction
- Client receives scheduled calls until the situation has de-escalated

## How Does It Work?

- Providers make a referral directly to the Warmline (or through Open Beds)
- First call from Warmline is within 4 to 24 hours of referral
- Participant and Warmline operator set up scheduled contact times
- Warmline closes the information loop by following up with the source of the referral

## What Is the Warmline?

- Inbound/outbound contact
- Operates year-round
- One-on-one peer support
- Phone, text, and video conference options
- Calls are made or answered by Peer Wellness Operators

## What Is Peer Support?

- Shared lived experience with mental illness and/or suicide attempt
- Supports daily management
- Social and emotional support
- Linkage to clinical care and community resources
- Ongoing support, extended over time
- Person centered approach
- Complement, and supplement care



**For more information or to make a referral:**

(775) 241-4212 or email

[caringcontacts.namiwnv@gmail.com](mailto:caringcontacts.namiwnv@gmail.com)

# Nevada Certified Community Behavioral Health Centers

Hospital Staff  
Education

Give to Patient

*CCBHCs are available 24/7 to provide assessment (in-person or via telehealth) to identify treatment level of care in the community in which they are located.*

## **New Frontier**

1490 Grimes St.  
Fallon, NV 89406  
(775) 423-1412

## **Bridge Counseling Associates**

1640 Alta Dr.  
Las Vegas, NV 89106  
(702) 474-6450

## **Bridge Counseling Associates**

4221 McLeod Dr.  
Las Vegas, NV 89121  
(702) 474-6450

## **Vitality Counseling**

215 Bluffs Ave., Ste. 100-101  
Elko, NV 89801  
(775) 738-4118

## **Vitality Counseling**

119 E. Long St.  
Carson City, NV 89706  
(775) 322-2668

## **Carson City Community Counseling**

205 S. Pratt Ave.  
Carson City, NV 89701  
(775) 882-3945

## **Rural Nevada Counseling**

3595 US-50, Ste. 2  
Silver Springs, NV 89429  
(775) 463-6597

## **Quest Counseling**

3500 Lakeside Ct., Unit 101  
Reno, NV 89509  
(775) 786-6880

## **FirstMed (FQHC)**

400 Shadow Ln., Ste. 106  
Las Vegas, NV 89016  
(702) 731-0909

## **CCBHCs in Development**

### **Silver State Health (FQHC)**

2965 S. Jones Blvd.  
Las Vegas, NV 89146  
(702) 471-0420

### **Northern Nevada Thrive CPLC**

1000 C. St., A-1  
Hawthorne, NV 89415  
(833) 240-9017

### **Thrive CPLC**

1380 US Hwy. 395N  
Gardnerville, NV 89410  
(833) 240-9017

### **Community Outreach Medical Center**

(Applying for FQHC)  
1090 E. Desert Inn Rd., Ste. 200  
Las Vegas, NV 89109  
(702) 657-3873

### **Vitality Counseling**

1135 Terminal Way, Ste. 2088  
Reno, NV 89502  
(775) 322-2668

### **Vitality Counseling**

120 Pike St.  
Dayton, NV 89403  
(775) 241-9442



# Substance Use Resources

- Decision Tree For Substance Use Detox, Treatment, & Harm ..... C1  
Reduction Resources
- Nevada Certified Community Behavioral Health Centers..... C2
- Nevada Substance Use Detox Resource List ..... C3-C5
- Naloxone Distribution Sites in Nevada ..... C6

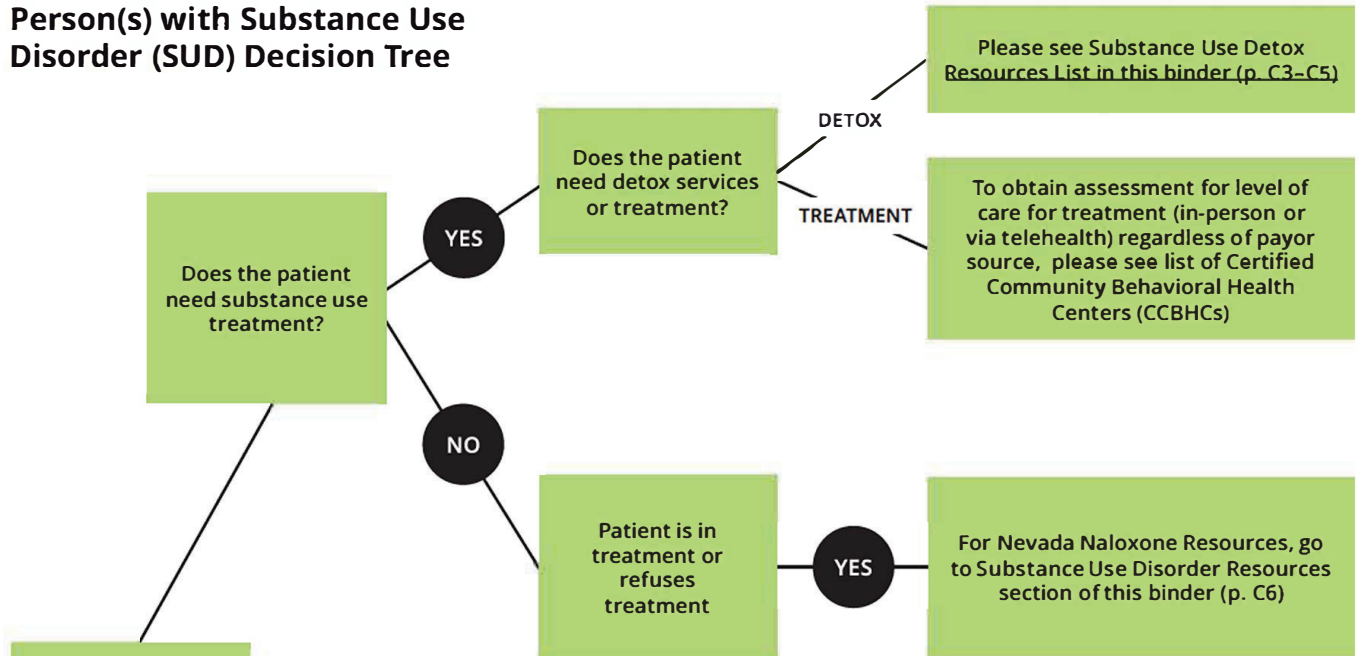


# Decision Tree

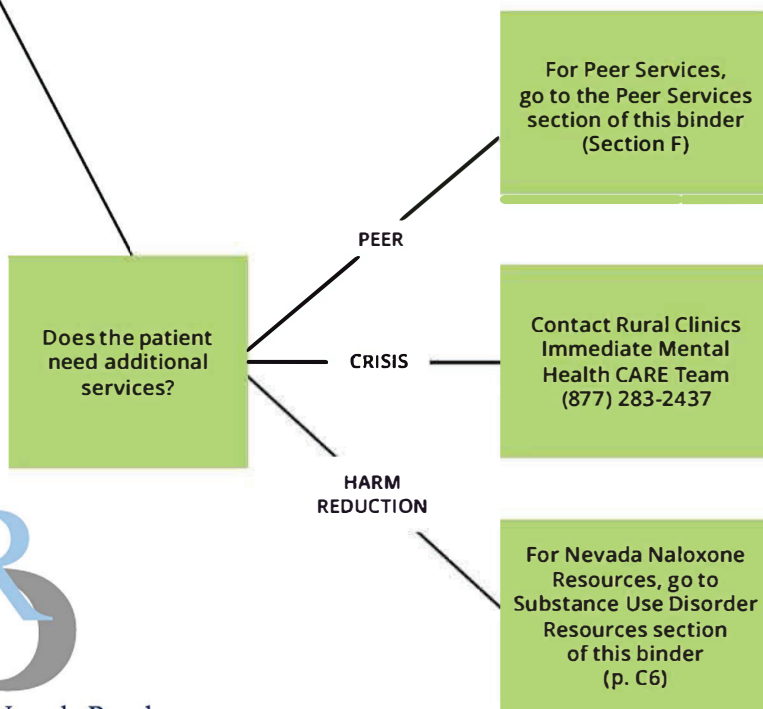
For substance use detox, treatment, and harm reduction resources.

Hospital Staff Education

## Person(s) with Substance Use Disorder (SUD) Decision Tree



Patient with substance use



## DEFINITIONS

**CRISIS:** Is an acute emotional upset; it is manifested in an inability to cope emotionally, cognitively, or behaviorally and to solve problems as usual (Hoff, 2009).

*\* It is important to keep in mind, anyone can experience a crisis and holds their own definition of what a crisis is to them personally; and can experience a crisis at different levels.*

**MENTAL HEALTH CRISIS HOLD:** "Mental health crisis hold" means the detention of a person alleged to be a person in a mental health crisis for transport, assessment, evaluation, intervention and treatment pursuant to NRS 433A.160. (Added to NRS by 2021, 3067)

**PEER:** In behavioral health, a peer is usually used to refer to someone who shares the experience of living with a psychiatric disorder and/or addiction. Peers offer their unique lived experience with mental health/addiction conditions to provide support focused on advocacy, education, mentoring, and motivation

**PEER SUPPORT SPECIALIST:** A certified peer recovery and support specialists (PRSS) is an individual with lived experience in recovery from substance use, problem gambling, mental health and/or other co-occurring challenges. Peers use their recovery experience to provide support and hope to individuals working through their own recovery.



Revised August 2022



# Nevada Certified Community Behavioral Health Centers

Hospital Staff  
Education

Give to Patient

*CCBHCs are available 24/7 to provide assessment (in-person or via telehealth) to identify treatment level of care in the community in which they are located.*

## **New Frontier**

1490 Grimes St.  
Fallon, NV 89406  
(775) 423-1412

## **Bridge Counseling Associates**

1640 Alta Dr.  
Las Vegas, NV 89106  
(702) 474-6450

## **Bridge Counseling Associates**

4221 McLeod Dr.  
Las Vegas, NV 89121  
(702) 474-6450

## **Vitality Counseling**

215 Bluffs Ave., Ste. 100-101  
Elko, NV 89801  
(775) 738-4118

## **Vitality Counseling**

119 E. Long St.  
Carson City, NV 89706  
(775) 322-2668

## **Carson City Community Counseling**

205 S. Pratt Ave.  
Carson City, NV 89701  
(775) 882-3945

## **Rural Nevada Counseling**

3595 US-50, Ste. 2  
Silver Springs, NV 89429  
(775) 463-6597

## **Quest Counseling**

3500 Lakeside Ct., Unit 101  
Reno, NV 89509  
(775) 786-6880

## **FirstMed (FQHC)**

400 Shadow Ln., Ste. 106  
Las Vegas, NV 89016  
(702) 731-0909

## **CCBHCs in Development**

### **Silver State Health (FQHC)**

2965 S. Jones Blvd.  
Las Vegas, NV 89146  
(702) 471-0420

### **Northern Nevada Thrive CPLC**

1000 C. St., A-1  
Hawthorne, NV 89415  
(833) 240-9017

### **Thrive CPLC**

1380 US Hwy. 395N  
Gardnerville, NV 89410  
(833) 240-9017

### **Community Outreach Medical Center**

(Applying for FQHC)  
1090 E. Desert Inn Rd., Ste. 200  
Las Vegas, NV 89109  
(702) 657-3873

### **Vitality Counseling**

1135 Terminal Way, Ste. 2088  
Reno, NV 89502  
(775) 322-2668

### **Vitality Counseling**

120 Pike St.  
Dayton, NV 89403  
(775) 241-9442

# Nevada Substance Use Detox Resource List

Hospital Staff  
Education

Give to Patient

***This list does not guarantee availability of services at these locations. Please consider using Open Beds for an up-to-date and comprehensive list of SAPTA certified substance use providers, that allows you to search for specific levels, insurance, and availability. Please note, CCBHCs in development are italicized below.***

## **MEDICAL MODEL DETOX:**

Inpatient model withdrawal management inpatient program. Severity is moderate to high and typically requires medication management. Staffing must be interdisciplinary and include physicians, APRNs, PA and Skilled nursing services 24/7.

### **CARSON TAHOE MALLORY CRISIS CENTER**

775 Fleischmann Wy.  
Carson City, NV  
(775) 445-8889

## **SOCIAL MODEL DETOX:**

Severity is low to moderate and doesn't typically require medication management for withdrawal.

### **DESERT TREATMENT CLINIC**

1546 W. Warm Spring Rd.  
Ste. 130  
Henderson, NV  
(702) 248-0000

### **NEVADA ADDICTION RECOVERY CENTERS**

1701 Green Valley Pkwy. Ste. 5B  
Henderson, NV  
(702) 444-4007

### **ADELSON CLINIC**

3661 S. Maryland Pkwy. Ste. 64  
Las Vegas, NV  
(702) 735-7900

### **DESERT HOPE CENTER**

2465 East Twain Ave.  
Las Vegas, NV  
(702) 784-6262

### **FEARLESS KIND**

4315 Helaman Ave.  
Las Vegas, NV  
(702) 780-0822

### **WESTCARE NEVADA, INC.**

323 N. Maryland Pkwy.  
Las Vegas, NV  
(702) 385-2090

### **VITALITY UNLIMITED - CARSON CITY**

900 E. Long St., 2nd Flr.  
Carson City, NV  
(775) 322-3668

## **LEVEL 1: OPIOID MEDICATION ASSISTED TREATMENT (MAT) & WITHDRAWAL MANAGEMENT:**

**MAT for Suboxone and Naltrexone is utilized in this program and doesn't require the client to come in on a regular basis for dosing due to stable dose and low risk ratings.**

### **ABC THERAPY-HENDERSON**

7 Water St., Ste. B  
Henderson, NV  
(702) 598-2020

### **HENDERSON ASSESSMENT CENTER**

243 Water St.  
Henderson, NV  
(702) 267-1357

### **2D CHANCE**

6600 W. Charleston Blvd.  
Ste. 120  
Las Vegas, NV  
(702) 588-3425

### **ABC THERAPY-LAS VEGAS**

730 N. Eastern Ave.  
Ste. 130  
Las Vegas, NV  
(702) 598-2020

### **ADELSON CLINIC**

3661 S. Maryland  
Parkway., Ste. 64  
Las Vegas, NV  
(702) 735-7900

### **BRIDGE COUNSELING ASSOCIATES- LAS VEGAS**

1640 Alta Dr., #4  
Las Vegas, NV  
(702) 474-6450

### **CLARK COUNTY COURT EDUCATION PROGRAM**

200 Lewis Ave., Ste. 4326  
Las Vegas, NV  
(702) 455-3898

### **GLASS HOUSE COUNSELING AGENCY, LLC**

1850 E. Sahara Ave.  
Ste. 201  
Las Vegas, NV  
(702) 586-8693

### **HEALTHY MINDS**

526 Tonopah, Ste. 200  
Las Vegas, NV  
(702) 359-9419

### **LAS VEGAS MUNICIPAL COURT**

200 Lewis Ave., 4th Flr.  
Las Vegas, NV  
(702) 229-4792

### **LRS SYSTEMS, LTD.**

(formerly Legal Rehab Services)  
1900 E. Sahara Ave.  
Las Vegas, NV  
(702) 732-0214

### **PURPOSE DRIVEN RECOVERY**

2785 E. Desert Inn Rd.  
Ste. 270  
(702) 515-0294

### **PARC AT SANKOFA LLC**

(Perpetual Accountability  
Responsibility Change)  
Las Vegas, NV  
(725) 251-3913

### **SERENITY MENTAL HEALTH-LAS VEGAS**

1901 S. Jones Blvd.  
Las Vegas, NV  
(702) 815 1550

### **SHEKINAH GLORY HOUSE OF REFUGE, INC.**

6002 Smoke Ranch Rd.  
Las Vegas, NV  
(702) 790-2977

**STRONG MINDS ADDICTION & RECOVERY THERAPY (SMART)**  
2675 S. Jones Blvd.  
Unit 102  
Las Vegas, NV  
(702) 480-5809

**THRIVE SOLUTIONS, LLC**  
5510 S. Fort Apache  
Suite 100  
Las Vegas, NV  
(702) 506-5136

**TRAC-B EXCHANGE**  
6114 W. Charleston Blvd.  
Las Vegas, NV  
(702) 840-6693

**VEGAS STRONGER**  
737 N. Main St.  
Las Vegas, NV  
(702) 234-1356

**VEGAS TREATMENT CENTER**  
2121 E. Flamingo Rd.  
Las Vegas, NV  
(818) 441-1049

**VEGAS WELLNESS TREATMENT CENTER**  
862 N. Hyattsville St.  
Las Vegas, NV  
(702) 915-7664

**VOGUE RECOVERY SERVICES**  
4011 McLeod Dr.  
Las Vegas, NV  
(818) 304-0705

**CORE MENTAL HEALTH SERVICES**  
8670 Spring Mountain Rd. Ste. 101  
Las Vegas, NV  
(725) 735-2700

**BATTLE BORN COUNSELING, LLC**  
1801 E. William St.  
Carson City, NV  
(775) 350-4809

**CARSON CITY COMMUNITY COUNSELING CENTER**  
205 S. Pratt St.  
Carson City, NV  
(775) 882-3945

**PARAGON COUNSELING SERVICES**  
844 W. Nye Ln.  
Carson City, NV  
(775) 885-7717

**NEW FRONTIER**  
110 S. Allen St.  
Fallon, NV  
(775) 423-1412

**RURAL NEVADA COUNSELING-SILVER SPRINGS**  
1280 Idaho St.  
Silver Springs, NV  
(775) 463-6597

**RURAL NEVADA COUNSELING-YERINGTON**  
720 S. Main St., Unit C  
Yerington, NV  
(775) 463-6597

**TRAC-B EXCHANGE**  
380 Court St.  
Elko, NV  
(702) 840-6693

**VITALITY UNLIMITED-ELKO**  
1297 Idaho St.  
Elko, NV  
(775) 738-4118

**VITALITY UNLIMITED-ELKO**  
3740 Idaho St.  
Elko, NV  
(775) 738-4118

**SHOSHONE-PAIUTE TRIBES**  
Duck Valley, Hwy. 225  
Owyhee, NV  
(775) 757-2415

**LIVING FREE HEALTH & FITNESS**  
101 N. Union Pacific St.  
Pahrump, NV  
(702) 600-2527

**LIVING FREE HEALTH & FITNESS**  
2050 N. Hwy. 160  
Stes. 600-700  
Pahrump, NV  
(702) 600-2527

**LIVING FREE HEALTH & FITNESS**  
3720 Cathi Ave.  
Pahrump, NV  
(702) 600-2527

**LYNNE J. DAUS EVALUATION CENTER**  
1 South Sierra St., 3rd Fl.  
Reno, NV  
(775) 348-7550

**LYNNE J. DAUS EVALUATION CENTER**  
421 Hill St., Ste. 3  
Reno, NV  
(775) 348-7550

**NORTHERN NEVADA EVALUATION CENTER**  
505 S. Arlington Ave.  
Ste. 108  
Reno, NV  
(775) 329-5006

**RECOVER TOGETHER**  
2303 S. Virginia St.  
Reno, NV  
(713) 497-9709

**RENO-SPARKS TRIBAL HEALTH CENTER**  
1715 Kuenzli St.  
Reno, NV  
(775) 329-5162

**RIDGE HOUSE, INC.**  
Reno, NV  
(775) 322-8941

**ALOHA EVALUATION**  
420 S. Rock Blvd.  
Sparks, NV  
(775) 359-9000

**LEVEL 2: OPIOIDS:**  
Medication Assisted Treatment with Intensive Services: MAT for Suboxone and Naltrexone is utilized in this program and requires more onsite monitoring of MAT such as coming onsite to get their dosage.

**MISSION TREATMENT CENTER, INC.**  
1536 N. Boulder Hwy.  
Henderson, NV  
(702) 558-8600

**SEVEN HILLS BEHAVIORAL INSTITUTE**  
10625 Jeffreys St.  
Henderson, NV  
(702) 479-2505

**CENTER FOR ADDICTION MEDICINE**  
4445 S. Jones, #3  
Las Vegas, NV  
(702) 873-7800

**CENTER FOR BEHAVIORAL HEALTH - LAS VEGAS**  
2290 McDaniel St., Ste. 1C  
N. Las Vegas, NV  
(702) 796-0660

**CENTER FOR BEHAVIORAL HEALTH-LAS VEGAS**  
3050 East Desert Inn Rd.  
Ste. 116  
Las Vegas, NV  
(702) 796-0660

**CENTER FOR BEHAVIORAL HEALTH-  
LAS VEGAS**

3470 W Cheyenne Rd.  
Ste. 400  
N. Las Vegas, NV  
(702) 796-0660

**CROSSROADS OF  
SOUTHERN NEVADA**

2121 W. Charleston Blvd.  
Las Vegas, NV  
(702) 433-4357

**FIRSTMED HEALTH  
AND WELLNESS**

3343 South Eastern Ave.  
Las Vegas, NV  
(702) 731-0909

**FIRSTMED HEALTH  
AND WELLNESS**

3940 N. Martin L. King Blvd., Ste. 105  
N. Las Vegas, NV  
(702) 731-0909

**FIRSTMED HEALTH  
AND WELLNESS**

400 Shadow Ln.  
Las Vegas, NV USA  
(702) 731-0909

**ICAN FAMILY SERVICES-  
LAS VEGAS**

2901 N. Tenaya Wy.  
Las Vegas, NV  
(516) 697-9430

**LAS VEGAS RECOVERY CENTER**

3371 N. Buffalo Dr.  
Las Vegas, NV  
(800) 790-0091

**MISSION TREATMENT CENTER, INC.**

2887 Maryland Pkwy.  
Las Vegas, NV  
(702) 558-8600

**THE NESTLED RECOVERY**

2860 S. Bronco St.  
Las Vegas, NV  
(917) 439-1355

**LIONHEART RECOVERY CENTER, INC.**

6565 Tomiyasu Ln.  
Las Vegas, NV  
(702) 937-5969

**THE LIFE CHANGE CENTER-  
CARSON CITY**

1201 N. Stewart St., Ste. 120  
Carson City, NV  
(775) 842-7436

**VITALITY UNLIMITED-CARSON CITY**

680 W. Nye Ln.  
Carson City, NV  
(775) 738-4158

**VITALITY UNLIMITED -DAYTON**

120 Pike St.  
Dayton, NV  
(775) 738-4158

**VITALITY UNLIMITED-ELKO**

215 Bluffs Ave., Ste. 200  
Elko, NV  
(775) 738-4158

**CENTER FOR BEHAVIORAL HEALTH-  
RENO**

160 Hubbard Wy., Ste. A Reno, NV  
(702) 796-0660

**THE LIFE CHANGE CENTER-RENO**

130 Vine St.  
Reno, NV  
(775) 499-5534

**WELL CARE SERVICES-RENO**

315 Record St., Ste. 102  
Reno, NV  
(775) 538-6700

**THE LIFE CHANGE CENTER-SPARKS**

1755 Sullivan Ln.  
Sparks, NV  
(775) 842-7436

**CERTIFIED COMMUNITY  
BEHAVIORAL HEALTH  
CLINICS:**

Available for crisis response and stabilization, assessment, substance use, mental health and co-occurring treatment including opioid and alcohol withdrawal. Please note CCBHCs in development are italicized.

**NEW FRONTIER**

110 South Allen St.  
Fallon, NV  
(775) 423-1412

**RURAL NEVADA COUNSELING**

1280 Idaho St.  
Silver Springs  
(775) 463-6597

**VITALITY UNLIMITED-CARSON CITY**

900 E. Long St., 2nd Flr.  
Carson City, NV  
(775) 322-3668

**VITALITY UNLIMITED-DAYTON**

120 Pike St.  
Dayton, NV  
(775) 241-9442

**THRIVE CPLC**

1380 US Hwy. 395 N  
Gardnerville, NV  
(833) 240-9017

**COMMUNITY COUNSELING CENTER**

205 S. Pratt Ave.  
Carson City, NV  
(775) 882-3945

**VITALITY UNLIMITED-ELKO**

1297 Idaho St.  
3740 Idaho St.  
Elko, NV  
(775) 738-4118

**QUEST COUNSELING**

3500 Lakeside Ct.  
Reno, NV  
(775) 786-6880

**VITALITY UNLIMITED**

1135 Terminal Wy.  
Ste. 208B  
Reno, NV  
(775) 322-3668

**BRIDGE COUNSELING**

1640 Alta Dr.  
Las Vegas, NV  
(702) 474-6450

**BRIDGE COUNSELING**

4221 McLeod Dr.  
Las Vegas, NV  
(702) 474-6450

**FIRSTMED (FQHC)**

400 Shadow Ln., Ste. 106  
Las Vegas, NV  
(702) 731-0909

**SILVER STATE HEALTH (FQHC)**

2965 S. Jones Blvd.  
Las Vegas, NV  
(702) 471-0420

**COMMUNITY OUTREACH MEDICAL CENTER**

1090 E. Desert Inn Rd.  
Ste. 200  
Las Vegas, NV  
(702) 657-3873

**THRIVE CPLC**

1000 C St. A-1  
(833) 240-9017  
Hawthorne, NV



# Naloxone Distribution Sites in Nevada

*Sites in Nevada distributing Naloxone at no cost.*

Hospital Staff  
Education

Give to Patient

## Reno/Sparks

**CENTER FOR BEHAVIORAL HEALTH**  
160 Hubbard Wy.  
Reno, NV 89502  
(775) 829-4472

**NORTHERN NV HOPES**  
580 W 5th St.  
Reno, NV 89503  
(775) 786-4673

**CHANGE POINT**  
445 Ralston St.  
Reno, NV 89503  
(775) 997-7519

**NORTHERN NV OUTREACH TEAM**  
(775) 386-2727

**RIDGE HOUSE RENO**  
900 W. 1st St., Ste. 200  
Reno, NV 89503  
(775) 322-8941

**QUEST COUNSELING & CONSULTING**  
3500 Lakeside Ct.  
Ste. 101  
Reno, NV 89509  
(775) 786-6880

**RENO-SPARKS INDIAN COLONY TRIBAL HEALTH CLINIC**  
1715 Kuenzli St.  
Reno, NV 89502  
(775) 329-5162

**JOIN TOGETHER NORTHERN NEVADA**  
505 S. Arlington Ave.  
Ste. 110  
Reno, NV 89509  
(775) 324-7557

**WASHOE COUNTY SHERIFF'S OFFICE**  
911 E. Parr Blvd.  
Reno, NV 89512  
(775) 328-3001

**THE LIFE CHANGE CENTER**  
130 Vine St.  
Reno, NV 89503  
(775) 900-8522

**FOUNDATIONS FOR RECOVERY**  
621 Pyramid Wy.  
Sparks, NV 89431  
(775) 384-9513

**EMPOWERMENT CENTER**  
7400 S. Virginia St.  
Reno, NV 89511  
(775) 853-5441

**THE LIFE CHANGE CENTER**  
1755 Sullivan Ln.  
Sparks, NV 89431  
(775) 355-7734

## Carson City

**THE LIFE CHANGE CENTER**  
1201 N. Stewart St.  
Carson City, NV 89701  
(775) 350-7250

**PARTNERSHIP CARSON CITY**  
1925 N. Carson St.  
Carson City, NV 89701  
(775) 841-4730

## Minden/ Gardnerville

**WASHOE TRIBAL HEALTH CENTER**  
1559 Watasheamu Rd.  
Gardnerville, NV 89460  
(775) 265-4215

**MOXY UP**  
1616 U.S. Hwy 395 N.  
Minden, NV 89423  
(775) 790-7022

**PARTNERSHIP DOUGLAS COUNTY**  
1625 State Route 88,  
Ste. 104  
Minden, NV 89423  
(775) 782-8611 ext. 100

## Hawthorne

**MINERAL COUNTY FIRE & EMS**  
418 Mineral Rd.  
Hawthorne, NV 89415  
(775) 945-2497

**COMMUNITY CHEST**  
751 A St., Ste. 20  
Hawthorne, NV 89415  
(775) 847-9311

## Battle Mountain

**COMMUNITY HEALTH**  
825 N. 2nd St.  
Battle Mountain, NV 89820  
(775) 635-2386

## Fernley

**COMMUNITY CHEST**  
415 US Hwy 95AS  
Bldg. D  
Fernley, NV 89408  
(775) 847-9311

## Dayton

**COMMUNITY CHEST**  
401 Dayton Valley Rd.  
Ste. A  
Dayton, NV 89403  
(775) 847-9311

## Lovelock

**FRONTIER COMMUNITY COALITION**  
1005 W. Broadway  
Lovelock, NV 89419  
(775) 273-2400

## Elko

**PACE COALITION**  
1645 Sewell Dr., Unit 41  
Elko, NV 89801  
(775) 777-3451

## Panaca

**NYE COMMUNITIES COALITION LINCOLN COUNTY OFFICE**  
Panaca Town Center  
1005 Main St.  
Panaca, NV 89042

## Tonopah

**NYE COMMUNITIES COALITION TONOPAH OFFICE**  
1 Frankee St.  
Tonopah, NV 89049

## Las Vegas

**CENTER FOR BEHAVIORAL HEALTH**  
3050 E. Desert Inn  
Ste. 116  
Las Vegas, NV 89121  
(702) 796-0660

**SOUTHERN NEVADA HEALTH DISTRICT**  
280 S. Decatur Blvd.  
Las Vegas, NV 89107  
(702) 759-1000

**FOUNDATIONS FOR RECOVERY**  
4800 Alpine Pl., Ste. 12  
Las Vegas, NV 89107  
(702) 257-8199

**PACT COALITION**  
3110 Polaris Ave., Ste. 6  
Las Vegas, NV 89102  
(702) 582-7228

**VEGAS STRONGER**  
737 N. Main St., Ste. 110  
Las Vegas, NV 89101  
(702) 234-1356

**WESTCARE NEVADA COMMUNITY TRIAGE CENTER**  
323 N. Maryland Pkwy.  
Las Vegas, NV 89108  
(702) 385-3330, Opt. 0

**TRAC-B**  
6114 W. Charleston Blvd.  
Las Vegas, NV 89146  
(702) 840-6693

## N. Las Vegas

**CENTER FOR BEHAVIORAL HEALTH**  
2290 McDaniel St.  
Ste. 1C  
N. Las Vegas, NV 89030  
(702) 399-1600

**CENTER FOR BEHAVIORAL HEALTH**  
3470 W. Cheyenne Rd. Ste. 400  
N. Las Vegas, NV 89032  
(702) 399-1600

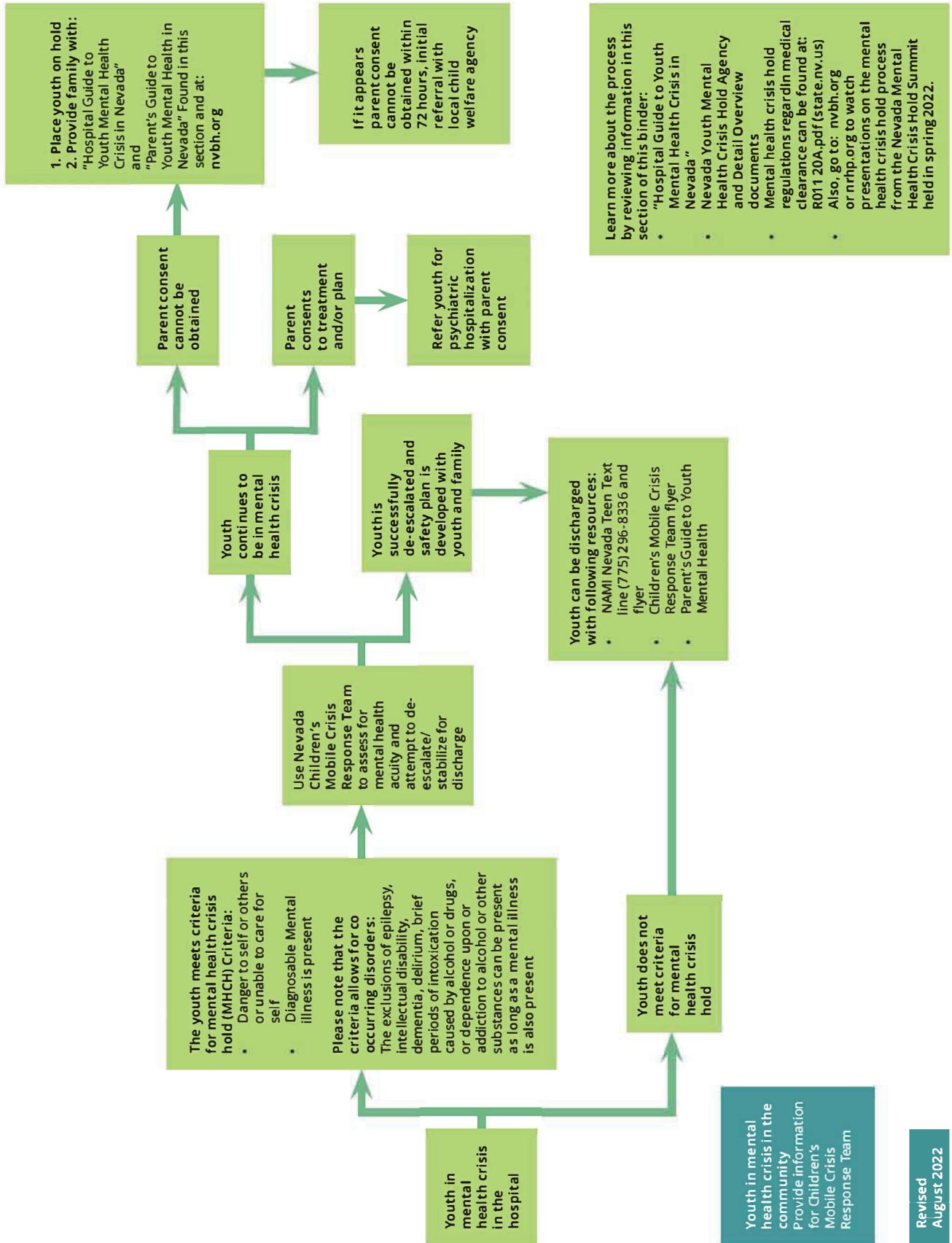




# Youth Mental Health Resources & Crisis Holds

- Hospital Decision Tree for Youth Mental Health Crisis ..... D1
- Children’s Mobile Crisis Response Team (*English*) ..... D2
- Children’s Mobile Crisis Response Team (*Spanish*)..... D3
- Pediatric Mental Health Care Access Program:
  - Nevada Pediatric Psychiatry Solutions.....D4
  - Pediatric Mental Health Care Access Program Fact Sheet .....D5
  - Pediatric Access Line.....D6
- Nevada Pep: Suicide Proofing Your Home (*English*) ..... D7–D8
- Nevada Pep: Suicide Proofing Your Home (*Spanish*) ..... D9–D10
- Parent’s Guide for Youth Mental Health (*English*) ..... D11–D22
- Parent’s Guide for Youth Mental Health (*Spanish*)..... D23–D34
- Hospital Guide to Youth Mental Health Crisis Holds in Nevada (*English*) .....D35–D48
- Hospital Guide to Youth Mental Health Crisis Holds in Nevada (*Spanish*) .....D49–D62
- Overview of Nevada Youth Mental Health Crisis Holds Process ..... D63
- Overview of Nevada Youth Mental Health Crisis Holds Detail ..... D64

# Hospital Decision Tree for Youth Mental Health Crisis



Youth in mental health crisis in the community  
Provide information for Children's Mobile Crisis Response team

Revised August 2022

# Children's Mobile Crisis Response Team

*Community and hospital clinical assessment, intervention, and discharge support for youth and families experiencing crisis.*

Give to Patient



**Hotline Telephone**  
**702-486-7865**  
**Available 24/7**

**Mental health response and stabilization for youth and their families seeking immediate support for behavioral health concerns.**

## **WHAT WE DO:**

Mobile Crisis Response Team (MCRT) supports youth and families who want help for any mental health/behavioral health situation or crisis with a child or adolescent in any community in Nevada. Crisis is different and unique for every youth and family, and may include concerns such as suicidal thoughts, self-harming behaviors, anxiety, depressed mood, anger and aggression, bullying, drug and alcohol, sexual identity, or any other presenting concerns for which a youth or family wants a crisis assessment, supports and interventions.

MCRT uses a team approach of a clinician and case manager who will complete an assessment, provide support and crisis interventions, short-term stabilization and case management services. Responses and stabilization services are provided in the families location of choice when possible and may be in community settings, home and/or through phone/video telehealth. In rural Nevada, services are provided via phone/video through telehealth.

**Visit our website at:**  
**KNOWCRISIS.COM**

**PARTNERSHIP WITH DIVISION OF PUBLIC AND BEHAVIORAL HEALTH  
AND DIVISION OF CHILD AND FAMILY SERVICES**



# Children's Mobile Crisis Response Team

*Community and hospital clinical assessment, intervention, and discharge support for youth and families experiencing crisis.*

Give to Patient



**Línea directa 702-486-7865**  
**Disponibilidad 24/7**

**La respuesta y estabilización de salud mental para jóvenes y sus familiares quienes buscan una ayuda inmediata en las preocupaciones de la salud conductual.**

## **LO QUE HACEMOS:**

Equipo móvil de respuesta a crisis para niños (MCRT por sus siglas en inglés) le ayuda a jóvenes y familias que necesitan ayuda para cualquier situación de salud mental o de comportamiento o en crisis con su hijo/a o adolescente en cualquier comunidad en Nevada. La crisis se presenta diferentemente y únicamente en cada joven y familia, y podría incluir preocupaciones, tales como pensamientos suicidas, comportamiento con daño autoinfligido, ansiedad, sentimiento de depresión, ira y agresión, acoso, consumo de drogas y alcohol, identidad sexual, o cualquier otra preocupación que se le presente, lo cual el/la joven o familiar quiere que se haga una evaluación de crisis, apoyo e intervención.

El MCRT usa una metodología en equipo formada por un trabajador social y un profesional de la salud quienes desarrollarán una evaluación, darán apoyo e intervenciones de crisis, estabilización a corto plazo y servicios de administración del caso. Los servicios de atención y de estabilización se darán en la ubicación que escoja la familia, lo cual podría ser en instalaciones comunitarias, en la casa, y/o por telemedicina sea teléfono o video. En la zona rural de Nevada, los servicios se darán por teléfono.

**Visite nuestra página web:**  
**KNOWCRISIS.COM**

EN ASOCIACIÓN CON LA DIVISIÓN DE SALUD PÚBLICA Y CONDUCTUAL  
Y LA DIVISIÓN DE SERVICIOS PARA NIÑOS Y FAMILIAS





# Nevada Pediatric Psychiatry Solutions

State program providing psychiatric consultation for youth in hospital and clinic settings.

Give to Patient

## Program Goals

- Build collaborative mental health care partnerships in the pediatric primary care setting include:
- Integration of mental health services into the primary care setting.
  - Promotion of optimal social and emotional development and emotional wellness.
  - Early identification of mental health problems and interventions.
  - Implementation of therapeutic and psychopharmacologic services.
  - Improved care coordination among families, pediatric primary care providers, and child and adolescent psychiatrists.
  - Improved care coordination among community mental health clinicians, pediatric primary care providers, and child and adolescent psychiatrists.
  - Increased pediatric primary care providers' comfort, knowledge, and abilities in diagnosing and responding to mental health problems.



"There is no health without mental health."

## State of Nevada

DIVISION OF CHILD AND FAMILY SERVICES  
Pediatric Mental Health Care Access

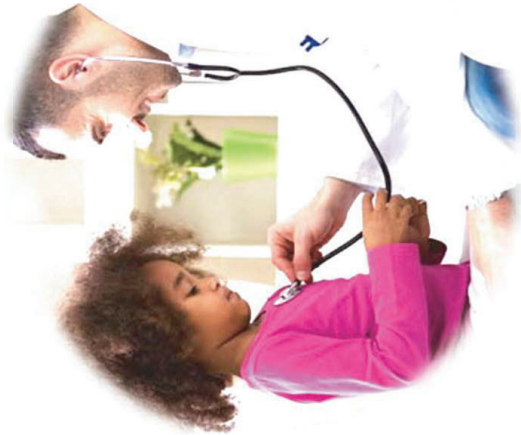


## HRSA

Health Resources & Services Administration

This program is supported by Health Resources & Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$2,198,584 with 0% financed with non-governmental sources. The contents are those of the authors and do not necessarily represent the official views of HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](http://HRSA.gov)

## Nevada Pediatric Psychiatry Solutions



Helping Nevada's Pediatric Primary Care Providers support children and adolescents' behavioral health needs.

Provider Info Line  
775-688-6524  
[NVPediatrics@dchfs.nv.gov](mailto:NVPediatrics@dchfs.nv.gov)



# Pediatric Mental Health Care Access Program Fact Sheet

Give to Patient



## Pediatric Mental Health Care Access Program Fact Sheet

### PROGRAM PURPOSE

The Pediatric Mental Health Care Access (PMHCA) Program promotes behavioral health integration into pediatric primary care using telehealth. Statewide or regional networks of pediatric mental health teams provide tele-consultation, training, technical assistance, and care coordination for pediatric primary care providers to diagnose, treat and refer children with behavioral health conditions. The overarching goal of the program is to use telehealth modalities to provide timely detection, assessment, treatment, and referral of children and adolescents with behavioral health conditions, using evidence-based practices and methods such as web-based education and training sessions.

The PMHCA Program has the following priorities:

- Increase the availability and accessibility of statewide or regional networks of pediatric mental health teams composed of child and adolescent psychiatrists, licensed mental health professionals, and care coordinators through telehealth consultation and referral to pediatric primary care providers who care for children and adolescents with behavioral health conditions.
- Conduct training and provide technical assistance to primary care providers to enable them to conduct early identification, diagnosis, and treatment for children with behavioral health conditions.
- Provide information to pediatric providers about and assist pediatric providers in accessing pediatric behavioral clinicians.
- Improve access to treatment and referral services for children and adolescents with identified behavioral health conditions through telehealth, especially those living in rural and other underserved areas.

### PROGRAM IMPACT

States will demonstrate increased access to pediatric mental health care resulting from telehealth efforts to achieve the following measures:

- Number of primary care providers enrolled.
- Number of primary care providers who receive teleconsultation on behavioral health conditions.
- Number of children and adolescents seen by primary care providers who enrolled in a pediatric mental health care access program and who received a screening for a behavioral health condition.
- Percentage of children and adolescents who screened positive for a behavioral health condition and received treatment from primary care providers enrolled in a pediatric mental health care access program or a referral to a behavioral clinician.

Awardees will report on these measures annually.



Photo Credit: © FatCamera / iStock

Program Contact:  
Madhavi Reddy, (301) 443-0754, [mreddy@hrsa.gov](mailto:mreddy@hrsa.gov),  
Cara de la Cruz, (301) 443-0764, [cdelacruz@hrsa.gov](mailto:cdelacruz@hrsa.gov),  
Kelly Dawson, (301) 945-3331, [kdawson@hrsa.gov](mailto:kdawson@hrsa.gov)



## PEDIATRIC ACCESS LINE

Half of all chronic mental illness begins by age 14. The importance of early detection and intervention is vital to the overall health of children. Yet, there is a shortage of child psychiatrists across Nevada, specifically in our rural and frontier regions.

UNLV School of Medicine's Child Psychiatry Fellowship training program has partnered with the Center for Community Solutions and Chicanos por la Causa to make the PAL program accessible to our clinician partners.



### PHONE CONSULTATION

Call us at **702-553-4528**

PAL allows PCP to speak on the phone with Child & Adolescent Psychiatrists, just like a "curbside consultation"



### REFERRALS & RESOURCES

Care Coordination for community mental health and supportive services. The PAL Care Coordinator will facilitate the free consultation, make applicable referrals and recommendations.



### PROFESSIONAL COLLABORATION

Specifically designed to support pediatricians and family medicine providers

### When would I call PAL?

- When you have questions about a new or existing case
- When you need help with locating resources or referrals for a patient
- When starting a new medication or making changes to a treatment plan
- When you have tried treatments before and nothing seems to help

### What information do I need to have on hand before I call?

- Demographic information
- Patient name, date of birth, ethnicity, sex, school grade, parents or guardians contact information ( phone number and email)
- Presenting concern or diagnosis

### What happens when I call?

- Your call is answered by a Care Coordinator.
- If you're not already enrolled, we will assist you with quick enrollment.
- We will gather some basic patient information.
- If your call requires a consultation with our psychiatrist, we'll confirm your contact information and you will receive a return call within 30 minutes



**702-553-4528**  
**www.center4cs.org**



@Pal\_line



www.FACEBOOK.COM/PAL.PROGRAMLASVEGAS



# SUICIDE-PROOFING Your home

The parent's guide to  
keeping families safe



## FURTHER INFORMATION

Visit [suicideproof.org](http://suicideproof.org)

### WEB RESOURCES

To find out more about suicide prevention efforts in Nevada and nationally, please visit:

[afsp.org](http://afsp.org) [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)  
[nvsuicideprevention.org](http://nvsuicideprevention.org) [sprc.org](http://sprc.org) [reachout.com](http://reachout.com)  
[meansmatter.org](http://meansmatter.org) [Suicideprevention.nv.gov](http://Suicideprevention.nv.gov)

### PARTNERS

Nevada Office of Suicide Prevention  
 Nevada Executive Committee to Review  
 the Death of Children

Washoe County Social Services  
 Nevada Children's Mental Health Consortia  
 And special thanks to the Rhode Island  
 Department of Health as a fellow SAMHSA  
 grantee for sharing their materials.

Compliments of Nevada PEP  
 1-800-216-5188  
[www.nvpep.org](http://www.nvpep.org)



## ONE PARENT'S STORY

I have kept guns in my home over the last 40 years for hunting and protection of my home and my family.

I taught my daughters how to use those guns for their protection. I taught them how to load and unload, how to target shoot for fun. I thought I was teaching gun safety! Was I wrong?

My teenage daughter used one of those guns to kill herself—a gun that I taught her how to use for protection and to be used for fun.

I kept that gun in my nightstand drawer. If only I would have known then that an undiagnosed mental illness would have her thinking about using that gun, I would have locked it away, or given it to someone else for safekeeping.

Even great parents miss the signs that their child may be at risk. A lot of parents believe that someone who wants to die will find a way—but that's not true—most people who live through a suicide attempt do not go on to die by suicide.

With guns, most people don't get a second chance, one easy way to lessen the chance that your child will die by suicide is to make sure your gun is not accessible to them—store your gun outside your home, give it away or at least make sure it is stored securely.





## Is your home SUICIDE-PROOF?

Even if you think your child is not at risk for suicide, why take chances? These simple steps can help you suicide-proof your home and possibly save a teen's life.



### MEDICATIONS

**Lock and limit.**

Fact: Teens who attempt suicide use medications more than any other method.



### SUPPORT

**Listen and ask.**

Fact: Millions of kids and teens seriously consider attempting suicide every year.



### FIREARMS

**Remove. Lock.**

Fact: Firearms are used in close to half of teen suicide deaths.

## HOW TO SUICIDE-PROOF

### Remove Firearms For Now

- Ask a trusted friend or family member to keep it temporarily.
- Your local police precinct or shooting club might offer temporary storage.
- At the very least, lock them securely away from ammunition.

### Limit Medications

- Don't keep lethal doses on hand. A pharmacist can advise you on safe quantities.
- Consider locking up medications.
- Dispose of any medications you no longer need.

### Provide Support

- The warning signs of suicide are not always obvious.
- Pay attention to your teen's moods and behavior.
- If you notice significant changes, ask them if they're thinking about suicide.

HELP IS AVAILABLE if you're concerned that someone you care about is at risk of suicide.



suicideproof.org

**NATIONAL SUICIDE PREVENTION LIFELINE:**

24/7 free and confidential.  
1-800-273-TALK (8255)

**IN CASE OF EMERGENCY:**

Call 911 or visit your local emergency room.



# SUICIDE-PROOFING su hogar

Guía para que  
los padres mantengan  
segura a su familia



## PARA MÁS INFORMACIÓN

Visit [suicideproof.org](http://suicideproof.org)

## RECURSOS EN LA RED

Para obtener más información sobre los esfuerzos de prevenir suicidios en Rhode Island y en todo el país, por favor visite:

- [afsp.org](http://afsp.org)
- [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
- [nvsuicideprevention.org](http://nvsuicideprevention.org)
- [sprc.org](http://sprc.org)
- [reachout.com](http://reachout.com)
- [meansmatter.org](http://meansmatter.org)
- [Suicideprevention.nv.gov](http://Suicideprevention.nv.gov)

## SOCIOS

- Nevada Office of Suicide Prevention
- Nevada Executive Committee to Review the Death of Children
- Washoe County Social Services
- Nevada Children's Mental Health Consortium
- Children's Cabinet
- Washoe County School District
- Y un agradecimiento especial al Departamento de Salud de Rhode Island como un socio subvencionado de SAMHSA por compartir sus materiales.
- Cortesía de Nevada PEP
- 1-800-216-5188
- [www.nvpep.org](http://www.nvpep.org)

## LA HISTORIA DE UN PADRE

He tenido armas de fuego en mi hogar durante los últimos 40 años para cazar y también proteger mi hogar y mi familia.

Yo enseñe a mis hijas cómo utilizar esas armas para su protección. Las enseñe cómo cargar y descargar, cómo apuntar y disparar por diversión. ¡Pensé que les estaba enseñando seguridad con las armas! ¿Estaba equivocado?

Mi hija adolescente uso una de esas armas para matarse, un arma que yo le enseñe a usar para su protección y para ser utilizada por diversión.

Guardaba el arma en un cajón de mi mesa de noche. Si yo hubiera sabido en ese momento entonces que una enfermedad mental, no diagnosticada, la mantenía pensando en usar esa arma, yo hubiera mantenido las armas bajo llave, o dado a otra persona para guardarla.

Hasta los mejores padres pueden no ver las señales de que sus hijos pueden estar en riesgo. Muchos padres creen que alguien que quiere morir encontrará la manera de hacerlo – pero eso no es cierto – la mayoría del las personas que sobreviven un intento de suicidio no morirán por suicidio.

Con armas de fuego, la mayoría de las personas no tienen una segunda oportunidad, una de las maneras más fáciles de reducir la posibilidad de que su hijo muera por suicidio es asegurar que su arma no esté accesible, para ellos. Guarde su arma fuera de su hogar, deshágase de ella o por lo menos asegúrese que estén almacenada en un lugar seguro.





## ¿Está su hogar preparado para evitar que OCURRA UN SUICIDIO?

Aunque crea que su hijo no corre riesgo de suicidarse, ¿por qué arriesgarse? Estos simples pasos pueden ayudarle a preparar su hogar para evitar que ocurra un suicidio y posiblemente le salve la vida a un adolescente.



### MEDICATIONS

**Guárdelos bajo llave y límitelos.**

Hecho: los adolescentes que tratan de suicidarse usan medicamentos más que cualquier otro método.



### APOYO

**Escuche y pregunte.**

Hecho: cada año, millones niños y adolescentes consideran seriamente tratar de suicidarse.



### ARMAS DE FUEGO

**Retírelas y guárdelas bajo llave**

Hecho: casi la mitad de muertes por suicidio entre adolescentes son ocasionadas con un arma de fuego.



**HAY AYUDA DISPONIBLE si le preocupa que algún ser querido corra el riesgo de suicidarse.**

**VISITE [suicideproof.org](http://suicideproof.org)**

**LÍNEA NACIONAL PARA LA PREVENCIÓN DEL SUICIDIO:**

24/7 gratuito y confidencial.  
1-800-273-TALK (8255)

**EN CASO DE EMERGENCIA:**

Llame al 911 o diríjase a la sala de emergencia local.

## QUÉ HACER PARA QUE SU HOGAR ESTÉ PREPARADO PARA EVITAR UN SUICIDIO

**Para Empezar, Retire Todas Las Armas De Fuego**

- Pídale a un amigo de confianza o familiar que las guarde temporalmente.
- Comuníquese con su precinto local de policía o el club local de tiro los cuales pudieran proporcionar un lugar para guardarlas temporalmente.
- Por lo menos, guárdelas bajo llave, lejos de las municiones.

**Límite Los Medicamentos**

- No mantenga dosis letales a mano. Un farmacéutico puede indicarle qué cantidades son seguras de tener.
- Considere guardar los medicamentos bajo llave.
- Deseche los medicamentos que ya no necesita.

**Provea Apoyo**

- Las señales de advertencia de un suicidio no siempre son obvias.
- Ponga atención al temperamento y comportamiento de su adolescente.
- Si nota cambios importantes, pregúntele si está pensando suicidarse.

# Parent's Guide to Youth Mental Health in Nevada



# Parent's Guide to Youth Mental Health in Nevada (ENGLISH)

Hospital Staff  
Education

Give to Patient

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## The Purpose for This Document

The purpose of this document is to provide information for families whose youth are experiencing behavioral and/or mental health concerns.

Youth mental health is a widespread concern across the nation. For instance:

- Symptoms of depression and anxiety have doubled during the pandemic. 25% of youth are experiencing depressive symptoms and 20% are experiencing anxiety symptoms, according to U.S. Surgeon General Vivek Murthy.
- In youth with mental health conditions such as attention deficit hyperactivity disorder, there appears to also be increases in negative emotions or behaviors such as impulsivity and irritability.
- In early 2021, emergency department visits in the United States for suspected suicide attempts were 51% higher for adolescent girls and 4% higher for adolescent boys compared with the same time-period in early 2019, according to research cited in the advisory.
- In 2016, of the 7.7 million children with treatable mental health disorder, about half did not receive adequate treatment.

**There is hope.**



## How You Can Support Your Youth's Mental Health

Excerpt from "Protecting Youth Mental Health: The U.S. Surgeon General's Advisory 2021"

### Be the best role model you can be for young people by taking care of your own mental and physical health.

Young people often learn behaviors and habits from what they see around them. You can model good habits by talking to children about the importance of mental health, seeking help when you need it, and showing positive ways you deal with stress so children learn from you. Additional ways to take care of your own mental health include taking breaks, getting enough sleep, exercising, eating balanced meals, maintaining regular routines, obtaining health insurance coverage, staying connected with family and friends, and taking time to unplug from technology or social media.

### Help children and youth develop strong, safe, and stable relationships with you and other supportive adults.

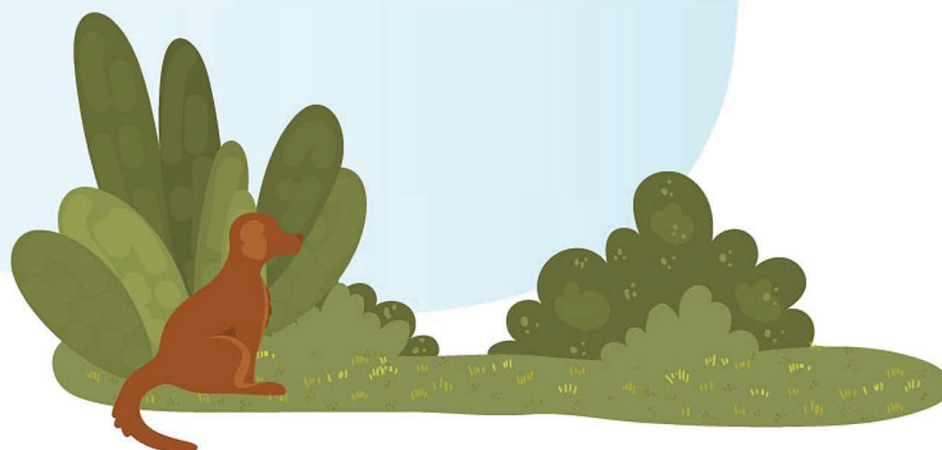
Research shows that the most important thing a youth needs to be resilient is a stable and committed relationship with a supportive adult. Spend time with children on activities that are meaningful to them, show them love and acceptance, praise them for the things they do well, listen to them, and communicate openly about their feelings. Encourage children to ask for help and connect them with other adults who can serve as mentors

### Encourage children and youth to build healthy social relationships with peers.

This can be done through self-directed play and structured activities such as school, after school programs, sports, and volunteering. Since peers can play a major role (both positive and negative) in children's development, it's important to help children learn how to deal with peer pressure. Have open conversations with your youth about their values and teach them to be confident and comfortable in expressing their needs and boundaries.

### Do your best to provide children and youth with a supportive, stable, and predictable home and neighborhood environment.

A lot may be outside of your control, and there will be trial and error as you figure out what works best for your youth. That said, try to help children stick to a regular and predictable daily schedule, such as regular dinnertime and bedtime. Be thoughtful about whether and how to discuss stressful topics such as financial and marital problems. It's also important to minimize children's exposure to violence, which puts them at risk of mental health and substance use challenges.



## How You Can Support Your Youth's Mental Health

### Try to minimize negative influences and behaviors in young people's lives.

Talk to children early about the risks of alcohol and other drugs, both short-term (such as car crashes and other accidents) and long-term (such as reduced cognitive abilities). The earlier a youth or adolescent begins using substances, the greater their chances of developing substance use problems. Mental health and substance use problems can also occur at the same time. For example, some young people struggling with stress or difficult feelings turn to alcohol or drug use. And alcohol and other drugs can also affect mental health, for example by altering mood or energy levels.

### Ensure children and youth have regular check-ups with a pediatrician, family doctor, or other health care professional.

Health care professionals can help you monitor your children's health, give you advice on how to prevent problems, and diagnose and treat physical and mental illnesses. Obtaining health insurance coverage for your children can help. To learn more about enrolling in Medicaid, the Children's Health Insurance Program (CHIP), or a Marketplace plan, go to [HealthCare.gov](http://HealthCare.gov) or [InsureKidsNow.gov](http://InsureKidsNow.gov).

### Look out for warning signs of distress, and seek help when needed. Signs of distress in children can show up in a number of ways, such as irritability, anger, withdrawal, and other changes in their thoughts, appearance, performance at school, sleeping or eating patterns, or other behaviors.

If you notice concerning changes in your youth, let them know you're there and ready to support them however they need. Don't be afraid to ask for help by talking to a doctor, nurse, or other professional or looking into other available resources in your community. For example, schools often have counseling services and additional accommodations (e.g., for students enrolled in special education programs).

### Minimize children's access to means of self-harm, including firearms and prescription medications.

Dispose of unused or expired prescriptions and keep medications out of reach for children and youth. If you choose to keep firearms in the home, ensure that they are stored safely: unloaded and locked up (e.g., in a lock box or safe). Having firearms in the home increases the likelihood of firearm-related death. In fact, firearms are by far the most lethal means of suicide: 90% of attempted suicides with a firearm result in death, compared to less than 10% of attempted suicides overall.

## How You Can Support Your Youth's Mental Health

### Be attentive to how children and youth spend time online.

Digital technology can help young people connect with friends and family, learn about current events, express themselves, and access telehealth and other resources. At the same time, children can have negative experiences online, such as being bullied, finding harmful information, and negatively comparing themselves to others.

### Be a voice for mental health in your community.

There are many ways to do this, from talking openly with friends and family about the importance of mental health, to going to school board meetings or a town hall, to volunteering with an advocacy group, to promoting greater funding and awareness of mental health programs in schools and local organizations, such as churches, libraries, parks and recreation, or sports teams.





## How You Can Support Your Youth When They Experience Mental Health Concerns

You may have a youth who you are concerned about. Here are some options that may help:

### Immediate Crisis Resources

*If your youth is experiencing immediate or crisis needs.*



#### Children's Mobile Crisis Response Team (MCRT)

MCRT supports youth and families who want help for any mental health/behavioral health situation or crisis with a youth or adolescent in any community in Nevada. [www.knowcrisis.com](http://www.knowcrisis.com); 702-486-7865



#### Crisis Hotline: Crisis Support Services of Nevada

The Crisis Hotline is for individuals in Nevada who are in need of an empathetic ear, a caring heart and a helping hand to anyone in need. Help is available through

hotline, text line and in-person advocacy services.

[www.cssnv.org](http://www.cssnv.org); 1-800-273-8255



#### SafeVoice

This anonymous reporting system can be used to report threats to the safety or well-being of students. You can make a report in both English and Spanish by using any of the following options:

- Through the SafeVoice Nevada app, available from the Apple Store or Google Play
- **Online at:** [www.safevoicenv.org](http://www.safevoicenv.org)
- **Or call:** 1-833-216-SAFE (7233)

### Trained Peer Support and Advocacy Services

*If you face barriers or struggles to access mental health support that your family needs.*

#### Youth M.O.V.E Nevada

Youth M.O.V.E. Nevada (YMNV) is a chapter of Youth M.O.V.E. (Motivating Others through Voices of Experience) National. YMNV is a youth driven organization dedicated to improving services and systems that support positive growth and development by uniting the voices of individuals who have lived experience in various systems including mental health, juvenile justice, education, and child welfare. YMNV works as a diverse collective to unite the voices and causes of youth while raising awareness around youth issues. YMNV holds peer to peer meetings each month and advocates for youth rights and voice in mental health and/or other systems that serve them, for the purpose of empowering youth to be equal partner in the process of change.

**Statewide toll-free** 1-800-216-5188

**Southern Nevada** 702-388-8899

**Northern Nevada** 775-418-9950

**For more information go to:** [www.nvpep.org](http://www.nvpep.org)



#### National Alliance on Mental Illness (NAMI) NAMI Warmline

The NAMI Warmline is a non-crisis, peer support line. Peer Wellness Operators support individuals impacted by mental health concerns through a shared lived experience. The

Nevada Warmline's hours of operation are 8 am to 10 pm, Monday through Friday and 8 am to 9 pm, Saturday and Sunday.

**Call 775-241-4212 to speak to a Peer Wellness Operator.**

**For more information go to:** [naminevada.org](http://naminevada.org)



#### Nevada PEP (Parents Empowering Parents)

Nevada PEP offers family peer support services to families of children with behavioral health care needs. Family Specialists are family members who have lived experience raising children with behavioral health care needs. With compassion and understanding, our Family Specialists can help you find information, support, and resources. We can assist you to advocate for your youth and family to access support and services to help at home, in the community and at school.

**Statewide toll-free** 1-800-216-5188

**Southern Nevada** 702-388-8899

**Northern Nevada** 775-448-9950

**For more information go to:** [www.nvpep.org](http://www.nvpep.org)



# Parent's Guide to Youth Mental Health in Nevada (ENGLISH)

Hospital Staff Education

Give to Patient

## How You Can Support Your Youth When They Experience Mental Health Concerns

You may have a youth who you are concerned about. Here are some options that may help:

### How to Find Mental Health Resources if You May Need Them for Your Youth:



Talk to a social worker or a counselor at your youth's school.

Contact your insurance company for list of covered providers who work with children and youth.



#### Nevada 211 Youth

[www.nevada211.org/youth-services/](http://www.nevada211.org/youth-services/)  
Find a mental health professional at Nevada 211.

Nevada 211 is a free and easy way to locate and get connected to thousands of resources near you, including assistance with food, utilities, housing, mental health providers, and health care, plus much, much more.

- **ONLINE AT:** [nevada211.org](http://nevada211.org)
- **DIAL:** 211
- **OR CALL:** 1-866-535-5654
- **TEXT YOUR ZIP CODE TO:** 898211

### Need Additional Information about Behavioral Health Providers?



**Behavioral Health Nevada:** Find and access quality behavioral healthcare providers in Nevada.  
[www.behavioralhealthnv.org](http://www.behavioralhealthnv.org)

### Disability Resources

*If you need more information about your rights and how to advocate for them.*



#### Nevada Disability Center

The Nevada Disability Advocacy & Law Center (NDALC) is a private, statewide non-profit organization that serves as Nevada's federally-mandated protection and advocacy system for human, legal, and service rights for individuals with disabilities.

#### LAS VEGAS

2820 West Charleston Boulevard, #11  
Las Vegas, NV 89102

**PHONE:** 702-257-8150  
**TOLL-FREE:** 1-888-349-3843  
**NEVADA RELAY:** 711  
**FAX:** 702-257-8170  
[www.lasvegas@ndalc.org](mailto:www.lasvegas@ndalc.org)

#### RENO

1875 Plumas Street, #1, Reno, NV 89509

**PHONE:** 775-333-7878  
**TOLL-FREE:** 1-800-992-5715  
**NEVADA RELAY:** 711  
**FAX:** 775-786-2520  
[www.reno@ndalc.org](mailto:www.reno@ndalc.org)

#### Nevada Legal Services

530 South 6th Street  
Las Vegas, NV 89101  
702-386-0404

#### Legal Aid of Southern Nevada

725 East Charleston Boulevard  
Las Vegas, NV 89104  
702-386-1070

# Parent's Guide to Youth Mental Health in Nevada (ENGLISH)

Hospital Staff  
Education

Give to Patient

## CHILDREN'S MOBILE CRISIS RESPONSE TEAM

**Hotline Telephone**  
**702-486-7865**  
**Available 24/7**

**Mental health response and stabilization for youth and their families seeking immediate support for behavioral health concerns.**

### WHAT WE DO:

Children's Mobile Crisis Response Team (MCRT) supports youth and families who want help for any mental health/behavioral health situation or crisis with a youth or adolescent in any community in Nevada. Crisis is different and unique for every youth and family, and may include concerns such as suicidal thoughts, self-harming behaviors, anxiety, depressed mood, anger and aggression, bullying, drug and alcohol, or any other presenting concerns for which a youth or family wants a crisis assessment, supports and interventions.

MCRT uses a team approach of a clinician and case manager who will complete an assessment, provide support and crisis interventions, short-term stabilization, and case management services. Responses and stabilization services are provided in the family's location of choice when possible and may be in community settings, home and/or through phone/video telehealth. In rural Nevada, services are provided via phone/video through telehealth.

**Visit our website at:**  
**KNOWCRISIS.COM**



PARTNERSHIP WITH DIVISION OF PUBLIC AND BEHAVIORAL HEALTH  
AND DIVISION OF CHILD AND FAMILY SERVICES



LAST UPDATED 2022 | 9

## Frequently Asked Questions

Below are commonly asked questions that you may have. For more information on youth and mental health go to National Institute of Mental Health's website on youth and mental health: [www.nimh.nih.gov/health/publications/children-and-mental-health](http://www.nimh.nih.gov/health/publications/children-and-mental-health)

### 1) I'm worried about my youth's school performance, withdrawal from friends and activities, sleeping problems, or excessive fears or worries...what should I do?

Talk to your youth's doctor or health care provider. Ask questions and learn everything you can about the behavior that worry you. Keep in mind that every youth is different. Even normal development varies from youth to youth. Ask if your youth needs further evaluation by a specialist with experience in youth behavioral problems. Specialists may include psychiatrists, psychologists, therapists, social workers, psychiatric nurses. You can work with your youth's doctor and make decisions that feel right for you, your youth, and your family. For more information go to: [www.aacap.org](http://www.aacap.org)



### 2) Is it my fault that my youth is experiencing mental health issues?

Things like anxiety, depression, autism, ADHD, and learning disorders are thought to have biological causes. Parenting isn't to blame. But parents play a central role by providing support and care that is crucial to their youth's recovery.

### 3) What if I'm worried about my youth using medications to treat their mental health symptoms?

There is information about medications to treat youth mental health here: [www.parentsmedguide.org](http://www.parentsmedguide.org)



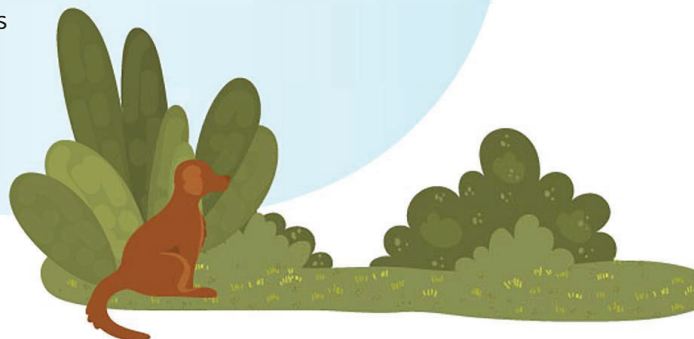
### 4) Is my youth seeking attention when they are self-harming or cutting?

Engaging in self-harm is an outward indicator of mental health distress being experienced by your youth or teen. Suicide is the second leading cause of death for kids and teens. Help is just a phone call away... call Nevada's Children's Mobile Crisis Response Team at 702-486-7865.

### 5) What are common suicide warning signs that parents and school personnel should be aware of?

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has recently increased in frequency or intensity, and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or kill oneself
- Looking for ways to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated, or behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings





## Frequently Asked Questions

# FAQ

### 6) Will talking about suicide or asking my youth if they feel suicidal encourage suicide attempts?

Talking about suicide provides the opportunity for communication. Fears shared are more likely to diminish. The first step in encouraging a person with thoughts of suicide to live comes from talking about those feelings. A simple inquiry about whether or not the person is intending to end their life can start

the conversation. However, talking about suicide should be carefully managed. For more information go to:



[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

### 7) What are some safety concerns I should consider?

- If you suspect your youth may be having thoughts of harming self or others, suicidal thoughts, or suicidal ideation, it is important to make your home safer to reduce the risk of harm.
- For more information go to: <https://nvpep.org/wp-content/uploads/2020/06/Suicide-Proofing-Your-Home-trifold.pdf>
- For more information on gun safes and locks go to Nevada Office of Suicide Prevention at: <https://suicideprevention.nv.gov/SP/RALMP/>





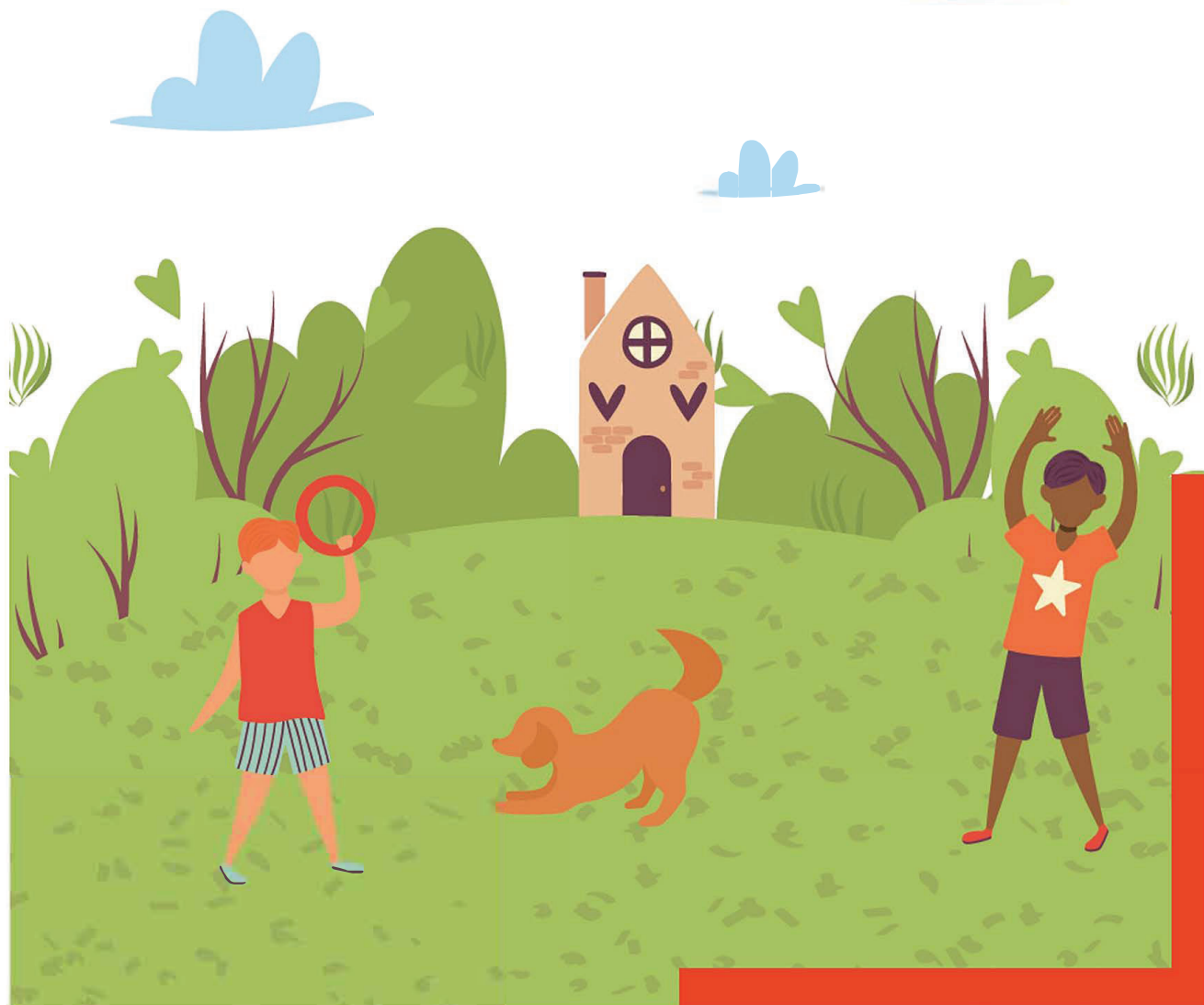
# Parent's Guide to Youth Mental Health in Nevada (ENGLISH)

Hospital Staff Education

Give to Patient



# Guia para los padres de jóvenes sobre la salud mental en Nevada



# Parent's Guide to Youth Mental Health in Nevada (SPANISH)

Hospital Staff  
Education

Give to Patient

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## El propósito de este document

El propósito de este documento es el de dar información a los familiares de aquellos jóvenes que están pasando por preocupaciones de salud mental y/o de comportamiento.

La salud mental en los jóvenes es una preocupación amplia en todo el país. Por ejemplo:

- Los síntomas de depresión y ansiedad se han duplicado durante la pandemia. 25% de los jóvenes han sentido síntomas depresivos mientras 20% han sentido síntomas de ansiedad, según el Cirujano General de Los Estados Unidos Vivek Murthy.
- En los jóvenes con enfermedades de salud mental tales como el trastorno por déficit de atención con hiperactividad, al parecer también aumenta los comportamientos o sentimientos negativos como son la impulsividad y la irritabilidad.
- A principios del 2021, las visitas a las salas de emergencias en los Estado Unidos por sospecha de intento de suicidio subieron 51% en las niñas adolescentes y 4% en los niños adolescentes a comparación del mismo periodo de tiempo a principios del 2019, según los estudios citados en por el Comité Consultivo.
- En el 2016, de los 7.7 millones de niños con trastornos mentales tratables, alrededor de la mitad no recibió un tratamiento adecuado.

**Hay esperanza.**



## ¿Cómo puede usted ayudarle a su hijo/a con la salud mental?

Pasaje de "PROTEGIENDO LA SALUD MENTAL DE LOS JÓVENES: The U.S. Surgeon General's Advisory 2021"

### Sea el mejor modelo que usted pueda ser para los jóvenes al cuidarse de su propia salud física y mental

Los jóvenes con frecuencia aprenden comportamientos y hábitos que van viendo a sus alrededores. Usted puede dar un ejemplo con buenos hábitos al hablar con los niños sobre la importancia de la salud mental, buscando ayuda cuando se necesite, y demostrando formas positivas para lidiar con el estrés para que los niños aprendan de usted. Otras maneras de cuidarse de la salud mental incluyen el tomar descansos, el dormir lo suficiente, el hacer ejercicio, el alimentarse balanceadamente, el mantener rutinas comunes, el obtener cobertura de seguro médico, el continuar la comunicación con los familiares y las amistades, y el tomar tiempo para desconectarse de la tecnología o las redes sociales.

### Ayúdele a los niños y jóvenes a desarrollar vínculos fuertes, seguros y estables con usted y otros adultos de apoyo.

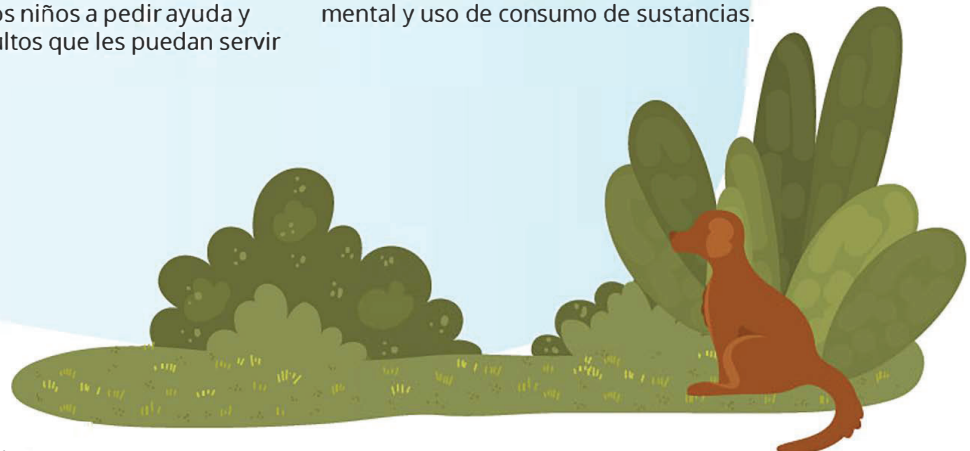
Estudios investigativos demuestran que lo más importante que un joven necesita para ser fuerte es una amistad estable y dedicada con un adulto de apoyo. Pase tiempo con los niños en actividades que sean significativas para ellos, dándoles cariño y aceptación, elogiándolos por las cosas que hagan bien, escuchándolos, y comunicándose abiertamente de sus sentimientos. Motive a los niños a pedir ayuda y conectándolos con otros adultos que les puedan servir como mentores.

### Motive a los niños y jóvenes a construir vínculos sociales saludables con los amigos.

Esto se puede lograr a través de juegos autodirigidos y actividades estructuradas como la escuela, los programas extracurriculares, los deportes, y el voluntariado. Como los amigos tienen un papel importante (tanto positivo como negativo) en el desarrollo de los niños, es muy importante enseñarles a los niños a cómo lidiar con la presión que ponen los compañeros. Tenga conversaciones abiertas con su hijo/a sobre sus valores y enseñarles a ser seguros de sí mismo y cómodos de expresar sus necesidades y sus límites.

### Haga lo mejor para darle a los niños y jóvenes un hogar y un vecindario de ambiente predecible, estable y solidario.

Mucho podría estar fuera de su alcance, y habrá un periodo de ensayo y error mientras usted averigua qué es lo que mejor funciona para su hijo/a. Trate de ayudarles a los niños a mantenerse en un horario normal y predecible a diario, tal como una hora fija para cenar y acostarse a dormir. Sea comprensivo a la hora de tocar temas estresantes como las finanzas y los problemas maritales. También es importante minimizarles a los niños la exposición a la violencia, lo cual los pone a riesgo de contraer problemas de salud mental y uso de consumo de sustancias.



## ¿Cómo puede usted apoyar con la salud mental de su hijo/a?

### Trate de minimizar las malas influencias y los comportamientos negativos en la vida del joven.

Hable con los niños temprano sobre los riesgos del alcohol y otras drogas, a corto plazo (como los accidentes automovilísticos entre otros) y a largo plazo (como la reducción de las habilidades cognitivas). Entre más temprano un joven o adolescente empiece a consumir sustancias, más aumentan las probabilidades de desarrollar problemas de consumo de sustancias. La salud mental y el problema de consumo de sustancias puede también ocurrir al mismo tiempo. Por ejemplo, algunos jóvenes batallan con el estrés o con sentimientos difíciles que los lleva al consumo de drogas o alcohol. Y el alcohol y otras drogas pueden también afectar la salud mental, por ejemplo, alterando el ánimo o los niveles de energía.

### Asegúrese que los niños y jóvenes tengan una consulta general con un pediatra, doctor de familia u otro profesional de la salud.

Los profesionales de la salud le pueden ayudar a monitorear la salud de los niños, aconsejarle de cómo prevenir problemas, diagnosticar y tratar las enfermedades físicas y mentales. El obtener cobertura de seguro médico para sus hijos puede ayudar. Para aprender más sobre como inscribirse a Medicaid, al programa para seguro médico para niños (CHIP), o un plan del mercado, vaya al [HealthCare.gov](http://HealthCare.gov) o [InsureKidsNow.gov](http://InsureKidsNow.gov).

Esté pendiente de las señales de advertencia relacionadas con el sufrimiento, y busque ayuda cuando sea necesario. Las señales de sufrimiento en los niños se pueden presentar de varias formas, como la irritabilidad, el enfado, los síntomas de abstinencia, y otros cambios en el pensamiento, en la apariencia, en el rendimiento académico, y en los patrones de alimentación y del sueño o en otros comportamientos.

Si usted nota cambios preocupantes en su hijo/a, hágales saber que usted está listo/a para ayudarles en lo que necesiten. No le de miedo o pena pedirles ayuda a los doctores, enfermeros u otros profesionales o averiguar qué tipos de recursos hay disponibles en su comunidad. Por ejemplo, las escuelas a menudo prestan servicios de consejería y de adaptaciones suplementarias (ej. Para estudiantes matriculados en programas de educación especial).

### Minimice el acceso que tienen los niños para ocasionar un daño autoinfligido, incluyendo el acceso a las armas de fuego y a los medicamentos recetados.

Bote los medicamentos recetados que ya no use o que se hayan vencido y mantenga los medicamentos fuera del alcance de los niños y jóvenes. Si Usted decide en mantener armas de fuego dentro de la casa, asegúrese de que estén seguramente guardadas: descargadas y con llave (ej. En una caja fuerte). El poseer armas de fuego dentro de la casa aumenta la probabilidad de muertes asociadas con armas de fuego. De hecho, las armas de fuego se consideran la forma más mortal de suicidio: 90% de los intentos de suicidio con armas de fuego resultan en muertes, a comparación de menos del 10% de los intentos de suicidios generales.

## ¿Cómo puede usted apoyar con la salud mental de su hijo/a?

### Póngale atención a los niños y jóvenes cuando pasan tiempo por internet.

La tecnología digital le puede ayudar a los jóvenes a conectarse con los amigos y familiares, a aprender sobre los eventos actuales, a expresarse a sí mismos, y a tener acceso a la telemedicina y otros recursos. Al mismo tiempo, los niños pueden tener experiencias negativas por el internet, como es el ciberacoso, el encontrar información dañina, y el compararse negativamente con otras personas negativamente.

### Sea una voz para la salud mental en su comunidad.

Existen muchas formas de hacer esto, desde hablar abiertamente con amigos y familiares sobre la importancia de la salud mental, hasta asistir a las reuniones del consejo escolar o a las asambleas públicas, hasta hacer de voluntario con un grupo de consejería, hasta promover mejor financiación y concientización de los programas de salud mental en las escuelas y las organizaciones locales, como son las iglesias, bibliotecas, parques y centros recreativos, o equipos deportivos.





# Parent's Guide to Youth Mental Health in Nevada (SPANISH)

Hospital Staff  
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## ¿Cómo puede usted ayudarle a su hijo/a cuando esté pasando preocupaciones de salud mental?

*Puede que usted tenga un/a joven que le preocupe. Aquí tenemos algunas opciones que le podrán ayudarle:*

### Recursos de crisis inmediata

*Si su hijo/a está pasando por una crisis inmediata o de necesidad.*



#### Equipo móvil de respuesta a crisis para niños (MCRT por sus siglas en inglés)

El MCRT le ayuda a jóvenes y familias que necesitan ayuda para cualquier situación de salud mental o de comportamiento o en crisis con su hijo/a o adolescente en cualquier comunidad en Nevada. [www.knowcrisis.com](http://www.knowcrisis.com); 702-486-7865



#### Línea directa de Crisis: Servicios de Apoyo de Crisis de Nevada

La línea directa de crisis es para las personas en Nevada quienes necesitan de un oído comprensivo, un corazón atento, y una mano en momentos difíciles. La ayuda está disponible a través de una línea directa, línea de texto y servicio de abogacía presenciales. [www.cssnv.org](http://www.cssnv.org); 1-800-273-8255



#### SafeVoice

Este sistema anónimo de denuncias podrá ser usado para denunciar amenazas contra la seguridad o bienestar de los estudiantes. Usted podrá colocar una denuncia en Inglés y en español usando una de las siguientes opciones:

- A través de la aplicación SafeVoice Nevada, disponibles en las tiendas de aplicaciones Apple Store o Google Play
- **Por internet:** [www.safevoicenv.org](http://www.safevoicenv.org)
- **O llamar al:** 1-833-216-SAFE (7233)

### Servicios de abogacía y apoyo por colegas capacitados

*Si usted se enfrenta a barreras o dificultades para tener acceso al apoyo de salud mental que su familia necesita.*

#### Youth M.O.V.E. Nevada

La sede de Nevada Youth M.O.V.E. (YMNV) es una división de la organización nacional Youth M.O.V.E. (Motivando a Otros a través de Voces y Experiencias). YMNV es una organización motivada por jóvenes dedicada a mejorar los servicios y sistemas apoyan un crecimiento y desarrollo positivo al unir las voces de las personas que ya han vivido experiencias en varias áreas, incluyendo salud mental, justicia juvenil, educación, y bienestar infantil. YMNV trabaja como una colectiva diversa uniendo las voces y las causas de jóvenes mientras eleva la concientización de los problemas de los jóvenes. YMNV sostiene reuniones de ayuda mutua mensualmente y defiende los derechos de los jóvenes y las voces en la salud mental y/u otros sistemas que les sirvan, con el propósito de empoderar jóvenes a ser compañeros iguales en el proceso del cambio.

**Línea gratuita** 1-800-216-5188  
**Sur de Nevada** 702-388-8899  
**Norte de Nevada** 775-418-9950  
**Para más información visite:** [www.nvpep.org](http://www.nvpep.org)



#### LA Alianza Nacional Sobre Enfermedades Mentales (NAMI por sus siglas en inglés)

La línea directa NAMI es una línea de apoyo mutuo para momentos que no sean de crisis. Los Colegas Operadores del Bienestar están ahí para apoyar a las personas impactadas por preocupaciones

de salud mental por medio de relatos sobre experiencias vividas. La línea directa de en Nevada opera entre las horas de las 8 am y las 10 pm, de lunes a viernes y de 8 am to 9 pm, los sábados y domingos. **Llame al 775-241-4212 para hablar con un colega operador de bienestar.**

**Para más información visite:** [www.naminevada.org](http://www.naminevada.org)



#### Nevada PEP (Padres empoderando padres)

Nevada PEP ofrece servicios de ayuda a familias de niños con necesidades de cuidados de la salud del comportamiento.

Las familias especialistas son miembros de familias que han vivido experiencias al criar niños con necesidades de cuidados de la salud del comportamiento. Con compasión y entendimiento, nuestras familias especialistas le podrán ayudar a buscar información, apoyo, y recursos. Le podemos prestar asistencia de abogacía para tener acceso y apoyo a servicios de ayuda en casa, en la comunidad y en la escuela.

**Línea gratuita** 1-800-216-5188  
**Sur de Nevada** 702-388-8899  
**Norte de Nevada** 775-418-9950  
**Para más información visite:** [www.nvpep.org](http://www.nvpep.org)



## ¿Cómo le podría usted ayudar a su hijo/a cuando haya inquietudes sobre la salud mental?

*Puede que usted tenga a un joven que le preocupa. Aquí tiene algunas opciones que le ayudarán:*

### ¿Cómo encontrar los recursos de salud mental si los llega a necesitar para su joven?



Hable con un trabajador social o consejero de la escuela de su hijo/a.

Comuníquese con la compañía del seguro médico para que le den una lista de los proveedores que ellos cubren y que trabajan con niños y jóvenes.



**Nevada 211 Youth**  
[www.nevada211.org/youth-services/](http://www.nevada211.org/youth-services/)  
Encuentre un profesional de salud mental en Nevada 211.

Nevada 211 es una manera gratuita y fácil de localizar y conectarse con miles de recursos que tenga cerca a usted, incluyendo ayuda con alimentos, servicios, hogar, proveedores de salud mental, cuidados de salud y muchísimo más.

- **POR INTERNET:** nevada211.org
- **MARQUE:** 211
- **O LLAME AL:** 1-866-535-5654
- **ENVÍE UN TEXTO CON SU CÓDIGO POSTAL AL:** 898211

### ¿Necesita información adicional sobre los proveedores de salud del comportamiento?



**Salud del comportamiento en Nevada:**  
Encuentre y tenga acceso a proveedores de calidad en el campo de la medicina conductual en Nevada.  
[www.behavioralhealthnv.org](http://www.behavioralhealthnv.org)

### Recursos de discapacidad

*Si necesita más información sobre sus derechos y como abogar por ellos.*



**El Centro de Discapacidad de Nevada**  
El Centro Legal y de Abogacía para Discapacitados de Nevada (NDALC por sus siglas en inglés) es una organización sin ánimo de lucro estatal y privada que funciona como un sistema de abogacía y de protección de derechos humanos, legales y de servicios para personas con discapacidades en Nevada exigido por el gobierno federal.

**LAS VEGAS**  
2820 West Charleston Blvd., #11  
Las Vegas, NV 89102  
**TELÉFONO:** 702-257-8150  
**LÍNEA GRATUITA:** 1-888-349-3843  
**RETRANSMISIÓN EN NEVADA:** 711  
**FAX:** 702-257-8170  
[www.lasvegas@ndalc.org](http://www.lasvegas@ndalc.org)

**RENO**  
1875 Plumas Street, #1, Reno, NV 89509  
**TELÉFONO:** 775-333-7878  
**LÍNEA GRATUITA:** 1-800-992-5715  
**RETRANSMISIÓN EN NEVADA:** 711  
**FAX:** 775-786-2520

# Parent's Guide to Youth Mental Health in Nevada (SPANISH)

Hospital Staff  
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## CHILDREN'S MOBILE CRISIS RESPONSE TEAM

**Línea directa**  
**702-486-7865**  
**Disponibilidad 24/7**

**La respuesta y estabilización de salud mental para jóvenes y sus familiares quienes buscan una ayuda inmediata en las preocupaciones de la salud conductual.**

### **LO QUE HACEMOS:**

Equipo móvil de respuesta a crisis para niños (MCRT por sus siglas en inglés) le ayuda a jóvenes y familias que necesitan ayuda para cualquier situación de salud mental o de comportamiento o en crisis con su hijo/a o adolescente en cualquier comunidad en Nevada. La crisis se presenta diferentemente y únicamente en cada joven y familia, y podría incluir preocupaciones, tales como pensamientos suicidas, comportamiento con daño autoinfligido, ansiedad, sentimiento de depresión, ira y agresión, acoso, consumo de drogas y alcohol, o cualquier otra preocupación que se le presente, lo cual el/la joven o familiar quiere que se haga una evaluación de crisis, apoyo e intervención.

El MCRT usa una metodología en equipo formada por un trabajador social y un profesional de la salud quienes desarrollarán una evaluación, darán apoyo e intervenciones de crisis, estabilización a corto plazo y servicios de administración del caso. Los servicios de atención y de estabilización se darán en la ubicación que escoja la familia, lo cual podría ser en instalaciones comunitarias, en la casa, y/o por telemedicina sea teléfono o video. En la zona rural de Nevada, los servicios se darán por teléfono o video a través de la telemedicina.

**Visite nuestra página web:**  
**KNOWCRISIS.COM**



EN ASOCIACIÓN CON LA DIVISIÓN DE SALUD PÚBLICA Y CONDUCTUAL  
Y LA DIVISIÓN DE SERVICIOS PARA NIÑOS Y FAMILIAS



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## Preguntas más comunes

Abajo encontrará las preguntas más comunes que usted también pueda tener. Para más información sobre la salud mental de los jóvenes visite la página web del Instituto Nacional de la Salud mental en los Jóvenes:

[www.nimh.nih.gov/health/publications/children-and-mental-health](http://www.nimh.nih.gov/health/publications/children-and-mental-health)

### 1) Me preocupa cómo le está yendo a mi hijo/a en la escuela, se ha alejado de los amigos y de las actividades, tiene problemas al dormir, demasiados miedos y/o preocupaciones... ¿Qué debo hacer? ve fears or worries...what should I do?

Hable con el doctor de su hijo/a o con un profesional de la salud. Hágale preguntas y aprenda todo lo que pueda sobre el comportamiento que le preocupa. Tenga en cuenta que cada joven es diferente. Hasta el desarrollo normal varía entre cada joven. Pregunte si su hijo/a necesita evaluaciones adicionales con un especialista con experiencia en problemas de comportamiento en los jóvenes. Los especialistas podrían ser psiquiatras, psicólogos, terapeutas, trabajadores sociales, y/o enfermeros psiquiátricos. Usted puede trabajar con el doctor de su hijo/a y así tomar decisiones que le hagan sentir bien a usted, al joven y a su familia. Para más información visite:



[www.aacap.org](http://www.aacap.org)

### 2) ¿Tendría yo la culpa de que mi hijo/a esté pasando por problemas de salud mental?

Se cree que parte de la ansiedad, la depresión, el autismo, el TDAH, y las enfermedades de aprendizaje tienen causas biológicas. No se puede culpar a los padres de familia. Pero los padres tienen una función central al proporcionar un apoyo y un cuidado que es fundamental en la recuperación del joven.

### 3) ¿Qué pasa si me preocupa que mi hijo use medicamentos para tratar sus síntomas de salud mental?



Aquí encontrará información sobre los medicamentos que se usan para tratar la salud mental:

[www.parentsmedguide.org](http://www.parentsmedguide.org)

### 4) ¿Será que mi hijo/a busca atención cuando se corta o lastima?

El daño autoinfligido es un indicador exterior del sufrimiento de la salud mental que está pasando el/ la joven o adolescente. El suicidio es la segunda causa principal de muertes en los niños y adolescentes. La ayuda se encuentra a una sola llamada... Llame al Equipo Móvil de Respuesta a Crisis para Niños al 702-486-7865.

### 5) ¿Cuáles son las señales de advertencia más comunes que tiene el suicidio y que los padres y escuelas deberían de tener en cuenta?

Estas señales puede que signifiquen que alguien corra el riesgo de suicidarse. El riesgo es más grande si hay un nuevo comportamiento o ha aumentado últimamente en frecuencia e intensidad, y al parecer está relacionado con un evento doloroso, pérdida o cambio.

- Menciona que se quiere morir o matarse
- Busca maneras de cómo matarse, tales como búsquedas por internet o comprar un arma.
- Menciona que se siente sin esperanzas o sin razones para vivir
- Menciona que se siente atrapado/a o con un dolor insoportable
- Menciona que es un estorbo para los demás
- Aumenta el consumo de drogas o bebidas alcohólicas
- Actúa muy nervioso/a o agitado, o se comporta imprudentemente
- Duerme muy poco o demasiado
- Tiene síntomas de abstinencia o se siente aislado/a
- Demuestra ira o menciona que busca venganza
- Muestra cambios de ánimo extremos





## Preguntas más comunes

### 6) ¿Será que hablar de suicidio o preguntarle a mi hijo/a si se sienten con ganas de suicidarse hace motiva el deseo de suicidarse?

Hablar sobre el suicidio proporciona la oportunidad de comunicación. Miedos compartidos tienen más probabilidad de disminuir. El primer paso de motivar a alguien con pensamientos suicidas a seguir viviendo se hace al hablar sobre esos sentimientos. Tan simple como preguntarle a una persona si tiene la intención de terminar con su vida, puede empezar la conversación.



Sin embargo, hablar sobre el suicidio debería de manejarse cuidadosamente. Para más información visite:

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

# FAQ

### 7) ¿Cuáles son algunas inquietudes de seguridad que tengo que tener en cuenta?

- Si usted sospecha que su hijo/a podría tener pensamientos de lastimarse a sí mismo o a otros, pensamientos o ideaciones suicidas, es importante que ponga su casa más segura para reducir los riesgos de peligro.
- Para más información visite: <https://nvpep.org/wp-content/uploads/2020/06/Suicide-Proofing-Your-Home-trifold.pdf>
- Para más información sobre como guardar las armas seguramente visite la oficina de prevención de suicidio de Nevada al: <https://suicideprevention.nv.gov/SP/RALMP/>





# Parent's Guide to Youth Mental Health in Nevada (SPANISH)

Hospital Staff Education

Give to Patient



# Hospital Guide to Youth Mental Health Crisis Holds in Nevada



# Hospital Guide to Youth Mental Health Crisis Holds in Nevada (ENGLISH)

Hospital Staff  
Education

Give to Patient

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The term “unemancipated person under the age of 18” is used in Nevada mental health crisis law to refer to youth and children in which the law applies. The term “youth” will be used in this document instead.

## The Purpose of This Document

The purpose of this document is to provide information for families whose youth are experiencing mental health crisis that may lead to temporary hospitalization. A mental health crisis hold is a legal process in Nevada law that allows certain professionals to protect a youth experiencing a mental health crisis so they don't hurt themselves or others. The purpose of the hold is to provide emergency care, which may include evaluation, observation, transportation, and treatment.

This document includes education, resources, and an explanation of mental health crisis holds (also known as legal holds). This document does not promote the use of holds, rather, this information is intended to empower parents to make informed decisions about their youth's mental health needs.

## The Difference Between Voluntary and Involuntary Hospitalization

### **Voluntary Hospitalization:**

If a youth is hospitalized voluntarily, parents or legal guardians may request discharge against medical advice.

### **Involuntary Hospitalization:**

Under involuntary hospitalization a youth may be held under a mental health crisis hold for up to 72 hours.



## Youth Mental Health Crisis Hold Overview

A mental health crisis hold is a legal process in Nevada Law that allows certain professionals, law enforcement, or healthcare professionals to protect a youth experiencing a mental health crisis so they don't hurt themselves or others. The purpose of the hold is to provide emergency care, which may include evaluation, observation, transportation, and treatment.

### What Is a Mental Health Crisis Hold?

A youth mental health crisis hold may be placed on a youth with mental health needs, who is considered a danger to themselves or others.

- Marriage and Family Therapist
- Clinical Professional Counselor
- Social Worker
- Registered Nurse
- Advanced Practice Registered Nurse

### Where Is One Taken on a Mental Health Crisis Hold?

If your youth has been placed on a hold, they will be taken to a medical hospital for evaluation. Based on the evaluation by a healthcare professional, they may either be released to you or transported to a mental health hospital.

### How Long Does a Mental Health Crisis Hold Last?

A mental health crisis hold typically lasts for 72 hours. However, the 72-hour period may be extended if a petition is filed with the district court. The petition must include a statement signed by the parent or guardian of the youth that the parent or guardian does not object to the filing of the petition. Parents can choose to extend their youth's mental health hospital stay in if necessary without a court process.

### Who May Place a Youth on a Mental Health Crisis Hold?

- Authorized Law Enforcement
- Physician
- Physician Assistant
- Psychologist

## YOUTH MENTAL HEALTH CRISIS HOLD PROCESS

**Step 1:** Youth is assessed to be in mental health crisis including possible suicide, serious illness, or death.

**Step 2:** Prior to placing a mental health crisis hold on the youth, a person must attempt to obtain the consent of the parent or guardian.

**Step 3:** If parent or guardian consent is unable to be obtained, youth is placed on a mental health crisis hold, which can last up to 72 hours for their safety.

**Step 4:** Hospital must attempt to notify the parent within 8 hours of receiving the youth.

**Step 5:** Youth receives an examination from a medical professional to ensure there is no medical condition that requires immediate treatment (medical clearance).

**Step 6:** Youth receives an evaluation from a medical professional to determine that the youth is in a mental health crisis.

**Step 7:** At anytime during this process the youth may be accepted and transported to a mental health hospital.

## What to Expect

### What May Happen during the Mental Health Crisis Hold?

Your treatment team will meet with you to discuss the situation and develop a plan moving forward:

- Your youth may be released to you.
- You may choose to have your youth continue treatment, and the hold may be released.
- You may have concerns about releasing the hold—these concerns can be discussed with the treatment team to identify options.

### What Can You Expect during the 72 Hours?

While at the medical hospital, your youth's healthcare team (doctors, nurses, social workers, etc.) will determine your youth's medical and mental health needs. The team will also help you and your youth get the appropriate treatment needed. During this time, your youth may receive a medical assessment based on their health needs that may include vital signs, diagnostic tests, labs, etc. Many youth will not need to go into an inpatient mental health hospital, but for those that do, the process can take anywhere from several hours to several days.

There are several factors that affect how long your youth may stay at the hospital while waiting to get into an inpatient mental health hospital:

- Treatment of a critical medical condition or an infectious disease
- Injury
- Assessment of the cause of your youth's crisis which may be due to a mental illness
- Capacity to accommodate and treat
- Insurance



## About Patient Rights

*In the case of a hospitalization, the hospital will provide you with information on patient rights.*

### Your Rights Regarding Your Youth's Privacy & Healthcare Information

**As the parent or legal guardian, you have the right to:**

- Receive information about your youth until the age of 18 or until emancipation
- Control who is able to access your youth's medical records, including treatment plans except for special circumstances.
- Inspect and obtain a copy of your youth's medical records
- Amend the information in those records
- Request a summary of who has been provided your youth's health information
- Request restrictions on who can receive your youth's health information
- Request confidential communication about your youth
- Receive a paper copy of the Notice of Privacy Practices

These rights can be found in the Health Insurance Portability and Accountability act found in federal law here: <https://www.hhs.gov/hipaa/index.html> and in Nevada law in NRS 433.456 to NRS 433.536. More information can be found at [nvbh.org](http://nvbh.org).

## What If I'm Not Happy with the Care My Youth Is Receiving?

### Have a Concern about Your Youth's Care?

Hospitals strive to provide the best care possible, however there may be times when you are not satisfied with the care your youth is receiving. The following actions can help in these situations:

- If you believe you or your youth's rights have not been observed, discuss your concern with any staff member in person and/or in writing.
- Request to speak to a patient advocate at the hospital, who can help you navigate the hospital's complaint and grievance process. This person serves as an advocate for those admitted to the hospital. The patient advocate is available to both you and your family, assisting in clarifying information, supporting your rights and connecting people to the right resources. The patient advocate can help with grievances and also can pass along compliments regarding your rights and the quality of care and service at the hospital.
- If you have a concern about your rights, you may discuss your concerns with your attorney.

### Complaints & Grievances

#### NEVADA DIVISION OF PUBLIC AND BEHAVIORAL HEALTH

##### Healthcare Quality & Compliance

775-684-1030

<https://dphh.nv.gov/Reg/HealthFacilities/dta/Complaints/HQC-Complaint-Form/>

##### Office of Consumer Health Assistance

702-486-3587

[https://dhhs.nv.gov/programs/cha/contact\\_govcha/](https://dhhs.nv.gov/programs/cha/contact_govcha/)

### Disability Resources

*If you need more information about your rights and how to advocate for them.*



#### Nevada Disability Center

The Nevada Disability Advocacy & Law Center (NDALC) is a private, statewide non-profit organization that serves as Nevada's federally-mandated protection and advocacy system for human, legal, and service rights for individuals with disabilities.

##### LAS VEGAS

2820 West Charleston Blvd., #11  
Las Vegas, NV 89102

PHONE: 702-257-8150  
TOLL-FREE: 1-888-349-3843  
NEVADA RELAY: 711  
FAX: 702-257-8170  
[www.lasvegas@ndalc.org](http://www.lasvegas@ndalc.org)

##### RENO

1875 Plumas Street, #1, Reno, NV 89509

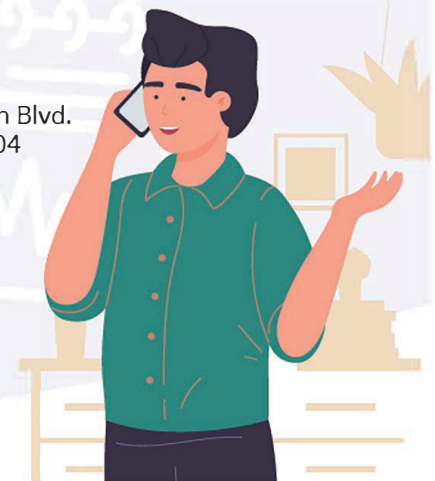
PHONE: 775-333-7878  
TOLL-FREE: 1-800-992-5715  
NEVADA RELAY: 711  
FAX: 775-786-2520  
[www.reno@ndalc.org](http://www.reno@ndalc.org)

#### Nevada Legal Services

530 South 6th Street  
Las Vegas, NV 89101  
702-386-0404

#### Legal Aid of Southern Nevada

725 East Charleston Blvd.  
Las Vegas, NV 89104  
702-386-1070



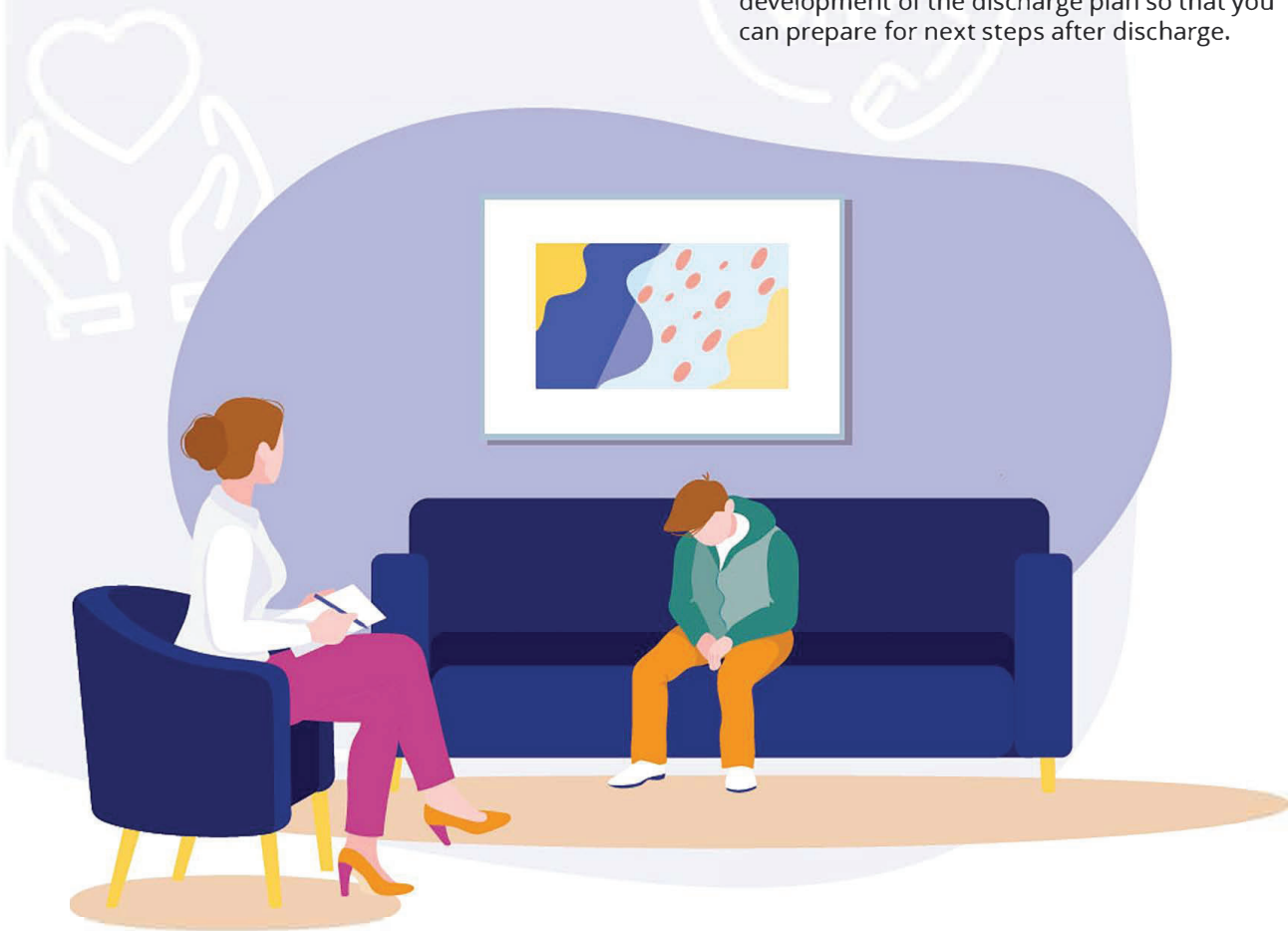


## Continuing Care to Meet Youth's Ongoing Needs

### Planning for Discharge

What to expect:

- A discharge planner, who could be a social worker, nurse, or other hospital staff, will speak with you within the first 24 hours of your youth's stay to discuss your family's goals, preferences, and needs to begin developing a discharge plan for when your youth leaves the hospital. The provider overseeing your youth's care will also be involved in making sure that this plan is aligned with your family's goals for the care and treatment of your youth.
- If the discharge plan changes during your youth's stay, you can meet with the discharge planner to reassess and change the plan as needed.
- The following elements will be used to develop your youth's plan and connect you to providers who can support you and your youth after discharge:
  - Your youth's diagnosis
  - Medical issues and past medical history
  - Your Insurance Companies Provider List
  - Ongoing needs after discharge
  - Any risk for needing to be admitted again
  - Your social, family, psychological, employment, food, housing, and transportation needs
  - Communication needs, language barriers, diminished eyesight or hearing, literacy.
- When the discharge planner meets with you and your youth, they will help you select a provider.
- You and your youth should be involved with the development of the discharge plan so that you can prepare for next steps after discharge.



## Frequently Asked Questions HOSPITALIZATION

*Every effort should be made to provide treatment in the least restrictive setting in your community, however psychiatric hospitalization may be necessary in circumstances where a youth cannot keep themselves safe.*

### What Does Treatment Consist Of?

1. Treatment starts with an evaluation that includes talking to you and your youth about why they are in the hospital, reviewing any mental health symptoms that they have had before, getting information from people who know them and any records from doctors and hospitals that they have been to in the past. Gathering all of this information will help your doctors have a more clear understanding of your youth's needs.
2. A physical exam and possible lab work to find out if there are medical conditions that may be affecting the way your youth is feeling or acting.
3. If the evaluation shows that mental health is involved in the crisis, and your youth's crisis continues, they may be transferred to a mental health hospital for continuing treatment. Please note: Stabilization in the community should be explored prior to a mental health hospital stay.
4. Your youth's doctors will use the evaluation findings to diagnose any mental health conditions. They will get input from you and your youth to develop a plan for treatment and discharge. While at the hospital, activities may include individual and/or group therapy and taking medications.

### Are Families Expected to Be Involved?

Yes! It is extremely important that family members participate in treatment. Family members are essential members of each youth's treatment team and family support assists in healing. It is also very helpful for families to understand and participate in the discharge and aftercare plans in order to have a smooth transition back home and to the community with continued practice of the skills the youth has learned.

### What If I Don't Have Insurance to Pay for Treatment?

There are several options for those who do not have insurance, but need mental health treatment. A hospital social worker or staff person will work with you to ensure you get the care you need. The following options are available so you can get treatment:

- Many youth are eligible for Medicaid, which after an often quick enrollment process, will allow you to access private hospitals offering inpatient mental health services.
- If you are ineligible for Medicaid and do not have insurance, Nevada Division of Child and Family Services may be able to assist with payment for a mental health hospital stay.

### Questions?

If you have more questions, please refer to the resources page (Pages 10 and 11 in this brochure).

# FAQ

If you are ineligible for Medicaid and do not have insurance, Nevada Division of child and Family Services may be able to assist with payment for a mental health hospital stay.

## How You Can Support Your Youth When They Experience Mental Health Concerns

You may have a youth who you are concerned about. Here are some options that may help:

### Immediate Crisis Resources

*If your youth is experiencing immediate or crisis needs.*



#### Children's Mobile Crisis Response Team (MCRT)

MCRT supports youth and families who want help for any mental health/behavioral health situation or crisis with a youth or adolescent in any community in

Nevada.

**[www.knowcrisis.com](http://www.knowcrisis.com); 702-486-7865**



#### Crisis Hotline: Crisis Support Services of Nevada

The Crisis Hotline is for individuals in Nevada who are in need of an empathetic ear, a caring heart and a helping hand to anyone in need. Help is available through

hotline, text line and in-person advocacy services.

**[www.cssnv.org](http://www.cssnv.org); 1-800-273-8255**



#### SafeVoice

This anonymous reporting system can be used to report threats to the safety or well-

being of students. You can make a report in both English and Spanish by using any of the following options:

- Through the SafeVoice Nevada app, available from the Apple Store or Google Play
- **Online at: [www.safevoicenv.org](http://www.safevoicenv.org)**
- **Or call: 1-833-216-SAFE (7233)**

### Trained Peer Support and Advocacy Services

*If you face barriers or struggles to access mental health support that your family needs.*

#### Youth M.O.V.E. Nevada

Youth M.O.V.E. Nevada (YMNV) is a chapter of Youth M.O.V.E. (Motivating Others through Voices of Experience) National. YMNV is a youth driven organization dedicated to improving services and systems that support positive growth and development by uniting the voices of individuals who have lived experience in various systems including mental health, juvenile justice, education, and child welfare. YMNV works as a diverse collective to unite the voices and causes of youth while raising awareness around youth issues. YMNV holds peer to peer meetings each month and advocates for youth rights and voice in mental health and/or other systems that serve them, for the purpose of empowering youth to be equal partner in the process of change.

**Statewide toll-free 1-800-216-5188**

**Southern Nevada 702-388-8899**

**Northern Nevada 775-418-9950**

**For more information go to: [www.nvpep.org](http://www.nvpep.org)**



#### National Alliance on Mental Illness (NAMI) NAMI Warmline

The NAMI Warmline is a non-crisis, peer support line. Peer Wellness Operators

support individuals impacted by mental health concerns through a shared lived experience. The Nevada Warmline's hours of operation are 8 am to 10 pm, Monday through Friday and 8 am to 9 pm, Saturday and Sunday.

**Call 775-241-4212 to speak to a Peer Wellness Operator.**

**For more information go to: [www.naminevada.org](http://www.naminevada.org)**



#### Nevada PEP (Parents Empowering Parents)

Nevada PEP offers family peer support services to families of children with behavioral health care needs. Family Specialists are family members who have lived experience raising children with behavioral health care needs. With compassion and understanding, our Family Specialists can help you find information, support, and resources. We can assist you to advocate for your youth and family to access support and services to help at home, in the community and at school.

**Statewide toll-free 1-800-216-5188**

**Southern Nevada 702-388-8899**

**Northern Nevada 775-448-9950**

**For more information go to: [www.nvpep.org](http://www.nvpep.org)**



## How You Can Support Your Youth When They Experience Mental Health Concerns

You may have a youth who you are concerned about. Here are some options that may help:

### How to Find Mental Health Resources if You May Need Them for Your Youth:



Talk to a social worker or a counselor at your youth's school.

Contact your insurance company for list of covered providers who work with children and youth.



**Nevada 211 Youth**  
[www.nevada211.org/youth-services/](http://www.nevada211.org/youth-services/)  
Find a mental health professional at Nevada 211.

Nevada 211 is a free and easy way to locate and get connected to thousands of resources near you, including assistance with food, utilities, housing, mental health providers, and health care, plus much, much more.

- **ONLINE AT:** [nevada211.org](http://nevada211.org)
- **DIAL:** 211
- **OR CALL:** 1-866-535-5654
- **TEXT YOUR ZIP CODE TO:** 898211

### Need Additional Information about Behavioral Health Providers?



**Behavioral Health Nevada:** Find and access quality behavioral healthcare providers in Nevada.  
[www.behavioralhealthnv.org](http://www.behavioralhealthnv.org)

### Disability Resources

*If you need more information about your rights and how to advocate for them.*



**Nevada Disability Center**  
The Nevada Disability Advocacy & Law Center (NDALC) is a private, statewide non-profit organization that serves as Nevada's federally-mandated protection and advocacy system for human, legal, and service rights for individuals with disabilities.

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**FAX:** 775-786-2520  
[www.reno@ndalc.org](mailto:www.reno@ndalc.org)



# Hospital Guide to Youth Mental Health Crisis Holds in Nevada (ENGLISH)

Hospital Staff Education

Give to Patient

## Preparing for the Next Steps

Every family's situation is unique, and you may need to explore different providers to find the right fit. It is essential to work with your discharge planner and insurance provider for coordinating care.

### Safety Plan:

Safety planning is about brainstorming ways to stay safe that may also help reduce the risk of future harm. It can include planning for a future crisis, considering your options, and making decisions about your next steps.

Do you have a safety plan for your youth?  Yes  No If no, who do you call in a crisis?

Details of safety plan:

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

### Resources:

Do you have a case manager, or someone else you can call for help finding resources?  Yes  No

\_\_\_\_\_

\_\_\_\_\_

### Discharge Plan:

Discharge planning is a process to plan for continued care after hospitalization. Health care professionals, parents, and the youth participate in discharge planning activities.

Treatment and discharge details:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is your youth being transferred?  Yes  No  
Transferred where?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Does your youth have a mental health provider in the community?  Yes  No

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Does your youth have appointments?  Yes  No  
Upcoming appointments:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Did the hospital provide your youth with a prescription or medications upon discharge?  Yes  No

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you have any concerns about being able to fill the prescription?  Yes  No

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Hospital Guide to Youth Mental Health Crisis Holds in Nevada (ENGLISH)

Hospital Staff Education

Give to Patient



# Hospital Guide to Youth Mental Health Crisis Holds in Nevada (SPANISH)

Hospital Staff Education

Give to Patient

## Guía hospitalaria para jóvenes en detención por crisis de salud mental en Nevada





# Hospital Guide to Youth Mental Health Crisis Holds in Nevada (SPANISH)

Hospital Staff Education

Give to Patient

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*El término "persona no emancipada menor de la edad de 18" se usa en la ley de crisis de salud mental de Nevada para referirse a jóvenes y niños o niñas a los cuales la ley aplica. El término "joven" se usará en este documento.*

## El propósito de este documento

El propósito de este documento es el de facilitar información a las familias de jóvenes que están pasando por una crisis de salud mental que les podría llevar a una hospitalización temporal. Una detención por una crisis de salud mental es un proceso legal en la ley de Nevada que les permite a ciertos profesionales proteger a un/a joven que está pasando por una crisis de salud mental para que no se lastimen así mismo/a o a otros. El propósito de la detención es prestar cuidados de emergencia, lo cual incluiría evaluación, observación, traslado y tratamiento.

Este documento incluye educación, recursos, y una explicación sobre la detención por crisis de salud mental (también conocida como una detención temporera o compromiso involuntario). El fin de este documento no es el de promover dicha detención, sino el de dar información para empoderar a los padres de familia para que tomen decisiones informadas sobre las necesidades de salud mental del joven.

## La diferencia entre la hospitalización voluntaria e involuntaria

### **Hospitalización voluntaria:**

Si un/a joven es hospitalizado voluntariamente, los padres de familia o tutores legales podrán pedir que se le dé de alta en contra de la recomendación médica.

### **Hospitalización involuntaria:**

Bajo la hospitalización involuntaria un/a joven podría quedar detenido bajo una crisis de salud mental hasta por 72 horas.

## Descripción general de la detención al joven por crisis de salud mental

Una detención por una crisis de salud mental es un proceso legal en la ley de Nevada que les permite a ciertos profesionales, autoridades, o profesionales de la salud proteger a un/a joven que está pasando por una crisis de salud mental para que no se lastimen así mismo/a o a otros. El propósito de la detención es prestar cuidados de emergencia, lo cual incluiría evaluación, observación, traslado y tratamiento.

### ¿Qué es una detención por crisis de salud mental?

Una detención por crisis de salud mental hacia un joven sucedería según la necesidad de salud mental que presente, considerándose un peligro para sí mismo o para otros.

- Los psicólogos
- Los terapeutas matrimoniales y familiares
- Los profesionales de consejería clínica
- Los trabajadores sociales
- Enfermeros registrados
- Enfermeros especializados

### ¿A dónde se lo llevan a uno en la detención por crisis de salud mental?

Si el/la joven ha sido detenido/a, se trasladará a un hospital para ser evaluado/a. Según la evaluación hecha por un profesional de la salud, puede que lo/la dejen ir bajo su cuidado o sea trasladado/a a un hospital de salud mental.

### ¿Cuánto dura una detención por crisis de salud mental?

Una detención por crisis de salud mental típicamente dura 72 horas. Sin embargo, el periodo de 72 horas se podría extender si se hace una petición con el Tribunal de Distrito. La petición deberá incluir una declaración firmada por el padre de familia o tutor del joven que el padre o tutor del joven no tendrá objeción con dicha petición. Los padres de familia pueden optar en extender la estadía del joven en el hospital de salud mental si es necesario sin un proceso tribunal.

### ¿Quién puede ordenar que el/la joven sea detenido/a por crisis de salud mental?

- Las Autoridades
- Los Médicos
- Los Asociados Médicos (PA)

## PROCESO DE DETENCIÓN POR CRISIS DE SALUD MENTAL EN LOS JÓVENES

- 1<sup>er</sup> Paso:** Joven es evaluado por crisis de salud mental incluyendo posibilidad de suicidio, enfermedad grave o muerte.
- 2<sup>do</sup> Paso:** Antes de poner a un joven bajo detención por crisis de salud mental, una persona deberá tratar de obtener un consentimiento de los padres o tutores.
- 3<sup>er</sup> Paso:** Si el consentimiento del padre de familia o tutor no se puede obtener, el joven será detenido por crisis de salud mental, lo cual podría durar hasta 72 horas para su seguridad.
- 4<sup>to</sup> Paso:** El hospital deberá intentar notificarles a los padres en las primeras 8 horas de recibir al joven.
- 5<sup>to</sup> Paso:** El joven será examinado por un profesional médico para asegurarse que no tenga ningún problema de salud que requiera tratamiento inmediato (autorización médica).
- 6<sup>to</sup> Paso:** El joven será examinado por un profesional médico para determinar que el joven se encuentra en una crisis de salud mental.
- 7<sup>mo</sup> Paso:** En cualquier momento durante el proceso el joven sería aceptado y trasladado a un hospital de salud mental.

## ¿Qué se puede esperar?

### ¿Qué podría pasar durante una detención de crisis de salud mental?

Su equipo de tratamiento se reunirá con usted para hablar de la situación y desarrollar un plan:

- Su hijo/a se le dará de alta bajo sus cuidados.
- Usted podrá decidir que su hijo/a continúe con el tratamiento, y la detención sería liberada.
- Usted podría tener dudas sobre la liberación de la detención – estas dudas podrán ser habladas con el equipo de tratamiento para identificar opciones.

### ¿Qué se puede esperar durante las 72 horas?

Mientras este en el hospital, el equipo de tratamiento del joven (doctores, enfermeros, trabajadores sociales, etc.) determinará las necesidades médicas y de salud mental de su hijo/a. El equipo le ayudará a usted y al joven a recibir el tratamiento apropiado necesitado. Durante este tiempo, el joven podría recibir una evaluación médica basada en las necesidades de su salud lo que incluiría los signos vitales, pruebas de diagnóstico, análisis de sangre, etc. Muchos jóvenes no necesitan ser ingresados en un hospital de salud mental, pero para aquellos que sí, el proceso podría tomar entre varias horas a varios días.

Existen varios factores que afectan el tiempo que al joven le toque quedarse en el hospital mientras espera a ser ingresado en un hospital de salud mental:

- Tratamiento por estado crítico o enfermedad infecciosa
- Lesión
- Evaluación de la causa de crisis del joven que podría ser debido a un trastorno mental.
- Capacidad de acomodar y tratar
- Seguro médico





## Sobre los derechos del paciente

*En el caso de hospitalización, el hospital le dará una información sobre los derechos del paciente.*

### Sus derechos con relación a la privacidad del joven e información del sistema de salud

**Como padre de familia o tutor legal, usted tiene el derecho de:**

- Recibir información sobre su hijo hasta la emancipación o hasta que cumpla los 18 años de edad.
- Controlar quién puede tener acceso a los expedientes médicos del joven, incluyendo los planes de tratamiento a excepción de las circunstancias especiales.
- Inspeccionar y obtener una copia de los expedientes médicos de su hijo.
- Corregir la información en esos expedientes.
- Pedir un resumen de quienes han recibido información de salud del joven.
- Pedir que se pongan restricciones sobre quienes pueden recibir información de salud del joven.
- Pedir comunicación confidencial sobre el joven.
- Recibir una copia en papel del Aviso de Prácticas de Privacidad.

***Estos derechos se pueden encontrar en La Ley de Portabilidad y Responsabilidad de Seguros Médicos que se encuentra aquí en las leyes federales: <https://www.hhs.gov/hipaa/index.html> y en la ley de Nevada en el NRS 433.456 al NRS 433.536. Más información podrá ser encontrada en [nvbh.org](http://nvbh.org).***

## ¿Qué pasa si no estoy contento con los cuidados que mi hijo está recibiendo?

### ¿Tiene una inquietud sobre los cuidados del joven?

Los hospitales se esmeran por dar los mejores cuidados posibles. Sin embargo, habrá momentos en que usted no estará satisfecho con los cuidados que su hijo esté recibiendo. Las siguientes acciones le podrán ayudar en estas situaciones:

- Si usted cree que sus derechos y los del joven no se han tenido en cuenta, hable con cualquier miembro del personal de sus inquietudes en persona o por escrito.
- Pida hablar con un representante de pacientes del hospital, quien le podrá ayudar a navegar el proceso de quejas y reclamos. Esta persona presta servicios de ayuda para aquellos que están hospitalizados. Los representantes de pacientes están disponibles para tanto usted como para su familia, asistiendo con aclarar la información, apoyando sus derechos y conectando las personas con los recursos adecuados. El representante de pacientes podrá ayudarle con los reclamos y también halagos con relación a sus derechos y la calidad de los cuidados y servicios en el hospital.
- Si usted tiene una inquietud sobre sus derechos, usted podrá hablar dichas inquietudes con su abogado.

### Quejas y reclamos

#### DIVISION DE SALUD PÚBLICA Y MENTAL DE NEVADA

Gestión de Cumplimiento y Calidad Sanitaria

775-684-1030

<https://dpbh.nv.gov/Reg/HealthFacilities/dta/Complaints/HCQC-Complaint-Form/>

Oficina de Asistencia al Consumidor de Salud

702-486-3587

[https://dhhs.nv.gov/programs/cha/contact\\_govcha/](https://dhhs.nv.gov/programs/cha/contact_govcha/)

### Recursos de discapacidad

*Si usted necesita más información sobre sus derechos y cómo defenderlos.*



#### Centro de Discapacidad de Nevada

El Centro Legal y de Abogacía para Discapacitados de Nevada (NDALC por sus siglas en inglés) es una organización sin ánimo de lucro estatal y privada que funciona como un sistema de abogacía y de protección de derechos humanos, legales y de servicios para personas con discapacidades en Nevada exigido por el gobierno federal.

#### LAS VEGAS

2820 West Charleston Blvd., #11  
Las Vegas, NV 89102

TELÉFONO:

702-257-8150

LÍNEA GRATUITA:

1-888-349-3843

RETRANSMISIÓN EN NEVADA:

711

FAX:

702-257-8170

[www.lasvegas@ndalc.org](http://www.lasvegas@ndalc.org)

#### RENO

1875 Plumas Street, #1, Reno, NV 89509

TELÉFONO:

775-333-7878

LÍNEA GRATUITA:

1-800-992-5715

RETRANSMISIÓN EN NEVADA:

711

FAX:

775-786-2520

[www.reno@ndalc.org](http://www.reno@ndalc.org)

#### Servicios Legales de Nevada

530 South 6th Street  
Las Vegas, NV 89101  
702-386-0404

#### Asistencia Legal en el Sur de Nevada

725 East Charleston Blvd.  
Las Vegas, NV 89104  
702-386-1070



## Seguimiento de cuidados para cumplir con las necesidades continuas del joven

### Planificación al dar de alta

Lo que se puede esperar:

- Un planificador de alta, lo cual podría ser un trabajador social, enfermero u otro personal del hospital, le hablará en las primeras 24 horas de la hospitalización de su hijo/a para establecer las metas, preferencias y necesidades de la familia para empezar a desarrollar un plan de alta para cuando el/la joven salga del hospital. El proveedor encargado en los cuidados de su hijo/a también estaría involucrado en asegurarse que este plan esté alineado con las metas de la familia para los cuidados y tratamientos del/la joven.
- Si el plan de alta cambia durante la hospitalización del joven, usted podrá reunirse con el planificador de alta para re-evaluar y cambiar el plan como sea necesario.
- Los siguientes elementos serán usados para desarrollar el plan del joven y hacer la conexión con los proveedores quienes puedan ayudarles después que se les dé de alta:
  - El diagnóstico del joven
  - Los problemas de salud y antecedentes clínicos
  - Su lista de proveedores bajo la compañía del seguro médico
  - Las necesidades continuas después del alta
  - Cualquier riesgo de necesidad de volver a quedar hospitalizado
  - Sus necesidades sociales, psicológicas, de familia, de trabajo, de alimentos, de hogar y de transporte
  - Las necesidades de comunicación, de barreras lingüísticas, disminución visual o auditiva, y alfabetización.
- Cuando se reúna el planificador de alta con usted y su hijo/a, les ayudará a seleccionar un proveedor.
- Usted y su hijo/a deberán participar con el desarrollo del plan de alta para que se puedan ir preparando para los siguientes pasos después de que se le den de alta.





## Preguntas más comunes

### LA HOSPITALIZACIÓN

*Cada esfuerzo deberá ser realizado con el fin de prestar tratamiento en las áreas menos restrictivas de su comunidad. Sin embargo, la hospitalización psiquiátrica se podría necesitar en aquellas circunstancias donde el joven no se pueda mantener a salvo.*

#### ¿De qué consiste el tratamiento?

1. El tratamiento empieza con una evaluación que incluye hablar con usted y el/la joven sobre el porqué se encuentra en el hospital, repasando cualquier síntoma de salud mental que haya padecido anteriormente, obteniendo información de las personas que lo/la conocen y cualquier expediente médico de doctores y hospitales que le hayan atendido en el pasado. Recaudar toda esta información les ayudará a sus doctores a tener un entendimiento más claro acerca de las necesidades de su hijo/a.
2. Un examen físico y probablemente análisis de sangre para detectar problemas de salud que puedan afectar con la manera de actuar y de sentir del joven.
3. Si las evaluaciones demuestran que hay un problema de salud mental relacionado con la crisis, y la crisis del joven continúa, se le trasladará a un hospital de salud mental para que le continúen tratamiento. Tenga en cuenta: La estabilización en la comunidad se deberá explorar antes de ser ingresado a un hospital de salud mental.
4. Los doctores del joven usarán los resultados de las evaluaciones para diagnosticar cualquier trastorno mental. Les pedirán su opinión y la del joven para desarrollar un plan de tratamiento y de alta. Mientras esté en el hospital, las actividades podrían incluir terapia individual o en grupo y tomar medicamentos.

#### ¿Se espera la participación de la familia?

¡Sí! Es demasiado importante que los miembros de la familia participen en el tratamiento. Los familiares son miembros esenciales del equipo de tratamiento de cada joven y el apoyo familiar ayuda con la sanación. Es de mucha ayuda para las familias entender y participar en el proceso de alta y de cuidados posteriores para poder tener una transición suave al regresar a la casa y a la comunidad con la práctica continua de las destrezas que el joven ha aprendido.

#### ¿Qué pasa si no tengo un seguro médico para pagar el tratamiento?

Existen varias opciones para aquellos que no tienen un seguro médico, pero necesitan un tratamiento de salud mental. El trabajador social del hospital o personal trabajará con usted para cerciorarse que usted reciba el cuidado que necesita. Las siguientes opciones están disponibles para que usted pueda recibir tratamiento:

- Muchos jóvenes califican para Medicaid, lo cual después de un proceso de una inscripción frecuentemente rápida, le permitirá el acceso a hospitales privados que ofrezcan servicios de hospitalización de salud mental.
- Si usted no califica para Medicaid y no tiene un seguro médico, La División de Nevada de Servicios para Niños y Familias le podría ayudar con los pagos por una hospitalización de salud mental.

#### ¿Preguntas?

Si usted tiene más preguntas, por favor vea la página de recursos (Páginas 10 y 11 en este folleto).

***Si usted no califica para Medicaid y no tiene un seguro médico, La División de Nevada de Servicios para Niños y Familias le podría ayudar con los pagos por una hospitalización de salud mental.***

# FAQ



# Hospital Guide to Youth Mental Health Crisis Holds in Nevada (SPANISH)

Hospital Staff  
Education

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## ¿Cómo puede ayudarle a su hijo/a cuando esté pasando preocupaciones de salud mental?

*Puede que usted tenga un/a joven que le preocupe. Aquí tenemos algunas opciones que le podrán ayudar:*

### Recursos de crisis inmediata

*Si su hijo/a está pasando por una crisis inmediata o de necesidad.*



#### Equipo móvil de respuesta a crisis para niños (MCRT por sus siglas en inglés)

El MCRT le ayuda a jóvenes y familias que necesitan ayuda para cualquier situación de salud mental o de comportamiento o en crisis con su hijo/a o adolescente en cualquier comunidad en Nevada. [www.knowcrisis.com](http://www.knowcrisis.com); 702-486-7865



#### Línea directa de Crisis: Servicios de Apoyo de Crisis de Nevada

La línea directa de crisis es para las personas en Nevada quienes necesitan de un oído comprensivo, un corazón atento, y una mano en momentos difíciles. La ayuda está disponible a través de una línea directa, línea de texto y servicio de abogacía presenciales. [www.cssnv.org](http://www.cssnv.org); 1-800-273-8255



#### SafeVoice

Este sistema anónimo de denuncias podrá ser usado para denunciar amenazas contra la seguridad o bienestar de los estudiantes. Usted podrá colocar una denuncia en inglés y en español usando una de las siguientes opciones:

- A través de la aplicación SafeVoice Nevada, disponibles en las tiendas de aplicaciones Apple Store o Google Play
- **Por internet:** [www.safevoicenv.org](http://www.safevoicenv.org)
- **O llamar al:** 1-833-216-SAFE (7233)

### Servicios de abogacía y apoyo por colegas capacitados

*Si usted se enfrenta a barreras o dificultades para tener acceso al apoyo de salud mental que su familia necesita.*

#### Youth M.O.V.E. Nevada

La sede de Nevada Youth M.O.V.E. (YMNV) es una división de la organización nacional Youth M.O.V.E. (Motivando a Otros a través de Voces y Experiencias). YMNV es una organización motivada por jóvenes dedicada a mejorar los servicios y sistemas apoyan un crecimiento y desarrollo positivo al unir las voces de las personas que ya han vivido experiencias en varias áreas, incluyendo salud mental, justicia juvenil, educación, y bienestar infantil. YMNV trabaja como una colectiva diversa uniendo las voces y las causas de jóvenes mientras eleva la concientización de los problemas de los jóvenes. YMNV sostiene reuniones de ayuda mutua mensualmente y defiende los derechos de los jóvenes y las voces en la salud mental y/u otros sistemas que les sirvan, con el propósito de empoderar jóvenes a ser compañeros iguales en el proceso del cambio.

**Línea gratuita** 1-800-216-5188

**Sur de Nevada** 702-388-8899

**Norte de Nevada** 775-418-9950

**Para más información visite:** [www.nvpep.org](http://www.nvpep.org)

Los Colegas Operadores del Bienestar están ahí para apoyar a las personas impactadas por preocupaciones de salud mental por medio de relatos sobre experiencias vividas. La línea directa de en Nevada opera entre las horas de las 8 am y las 10 pm, de lunes a viernes y de 8 am to 9 pm, los sábados y domingos.

**Llame al 775-241-4212 para hablar con un colega operador de bienestar.**

**Para más información visite:** [www.naminevada.org](http://www.naminevada.org)



#### Nevada PEP (Padres empoderando padres)

Nevada PEP ofrece servicios de ayuda a familias de niños con necesidades de cuidados de la salud del comportamiento.

Las familias especialistas son miembros de familias que han vivido experiencias al criar niños con necesidades de cuidados de la salud del comportamiento. Con compasión y entendimiento, nuestras familias especialistas le podrán ayudar a buscar información, apoyo, y recursos. Le podemos prestar asistencia de abogacía para tener acceso y apoyo a servicios de ayuda en casa, en la comunidad y en la escuela.

**Línea gratuita** 1-800-216-5188

**Sur de Nevada** 702-388-8899

**Norte de Nevada** 775-418-9950

**Para más información visite:** [www.nvpep.org](http://www.nvpep.org)



#### LA Alianza Nacional Sobre Enfermedades Mental (NAMI por sus siglas en inglés)

La línea directa NAMI es una línea de apoyo mutuo para momentos que no sean de crisis.

## ¿Cómo le podría usted ayudar a su hijo/a cuando haya inquietudes sobre la salud mental?

*Puede que usted tenga a un joven que le preocupa. Aquí tiene algunas opciones que le ayudarán:*

### ¿Cómo encontrar los recursos de salud mental si los llega a necesitar para su joven?



Hable con un trabajador social o consejero de la escuela de su hijo/a.

Comuníquese con la compañía del seguro médico para que le den una lista de los proveedores que ellos cubren y que trabajan con niños y jóvenes.



**Nevada 211 Youth**  
[www.nevada211.org/youth-services/](http://www.nevada211.org/youth-services/)  
Encuentre un profesional de salud mental en Nevada 211.

Nevada 211 es una manera gratuita y fácil de localizar y conectarse con miles de recursos que tenga cerca a usted, incluyendo ayuda con alimentos, servicios, hogar, proveedores de salud mental, cuidados de salud y muchísimo más.

- **POR INTERNET:** nevada211.org
- **MARQUE:** 211
- **O LLAME AL:** 1-866-535-5654
- **ENVÍE UN TEXTO CON SU CÓDIGO POSTAL AL:** 898211

### ¿Necesita información adicional sobre los proveedores de salud del comportamiento?



**Salud del comportamiento en Nevada:**  
Encuentre y tenga acceso a proveedores de calidad en el campo de la medicina conductual en Nevada.  
[www.behavioralhealthnv.org](http://www.behavioralhealthnv.org)

### Recursos de discapacidad

*Si necesita más información sobre sus derechos y como abogar por ellos.*



**El Centro de Discapacidad de Nevada**  
El Centro Legal y de Abogacía para Discapacitados de Nevada (NDALC por sus siglas en inglés) es una organización sin ánimo de lucro estatal y privada que funciona como un sistema de abogacía y de protección de derechos humanos, legales y de servicios para personas con discapacidades en Nevada exigido por el gobierno federal.

**LAS VEGAS**  
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Las Vegas, NV 89102

**TELÉFONO:** 702-257-8150  
**LÍNEA GRATUITA:** 1-888-349-3843  
**RETRANSMISIÓN EN NEVADA:** 711  
**FAX:** 702-257-8170  
[www.lasvegas@ndalc.org](mailto:www.lasvegas@ndalc.org)

**RENO**  
1875 Plumas Street, #1, Reno, NV 89509  
**TELÉFONO:** 775-333-7878  
**LÍNEA GRATUITA:** 1-800-992-5715  
**RETRANSMISIÓN EN NEVADA:** 711  
**FAX:** 775-786-2520

# Hospital Guide to Youth Mental Health Crisis Holds in Nevada (SPANISH)

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## Preparándose para los siguientes pasos

Cada situación familiar es única, y puede que necesite explorar diferentes proveedores para encontrar el tratamiento más adecuado. Es muy importante trabajar junto con el planificador de alta y la compañía de seguro médico para coordinar los cuidados.

### Plan de seguridad:

Formar un plan de seguridad se trata de pensar sobre las diferentes formas de mantenerse a salvo lo cual también podría ayudar a reducir el riesgo de peligros en el futuro. Podría incluir planificación para una futura crisis, teniendo en cuenta sus opciones, y tomando decisiones sobre los próximos pasos.

¿Tiene usted un plan de seguridad para su hijo/a?

Sí  No

Si no, ¿a quién llamaría en una crisis?

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Los detalles del plan de seguridad:

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### Recursos:

¿Tiene usted un trabajador social o a alguien más a quien pueda llamar para que le ayude a encontrar recursos?

Sí  No

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### Plan de alta:

La planificación de alta es un proceso para planear cuidados continuos después de una hospitalización. Los profesionales de la salud, los padres de familia y los jóvenes participan en las actividades de planificación de alta.

Los detalles de alta y de tratamiento:

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¿Tiene el/la joven citas?  Sí  No

Próximas citas:

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---

¿El/la joven será trasladado/a?  Sí  No

¿Para donde es el traslado?

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¿Le dieron en el hospital a el/la joven medicamentos recetados al darle de alta?  Sí  No

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¿Tiene el/la joven un proveedor de salud mental en la comunidad?  Sí  No

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¿Tiene usted alguna inquietud de cómo surtir el medicamento?  Sí  No

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# Hospital Guide to Youth Mental Health Crisis Holds in Nevada (SPANISH)

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# Overview of Nevada Youth Mental Health Crisis Hold Process

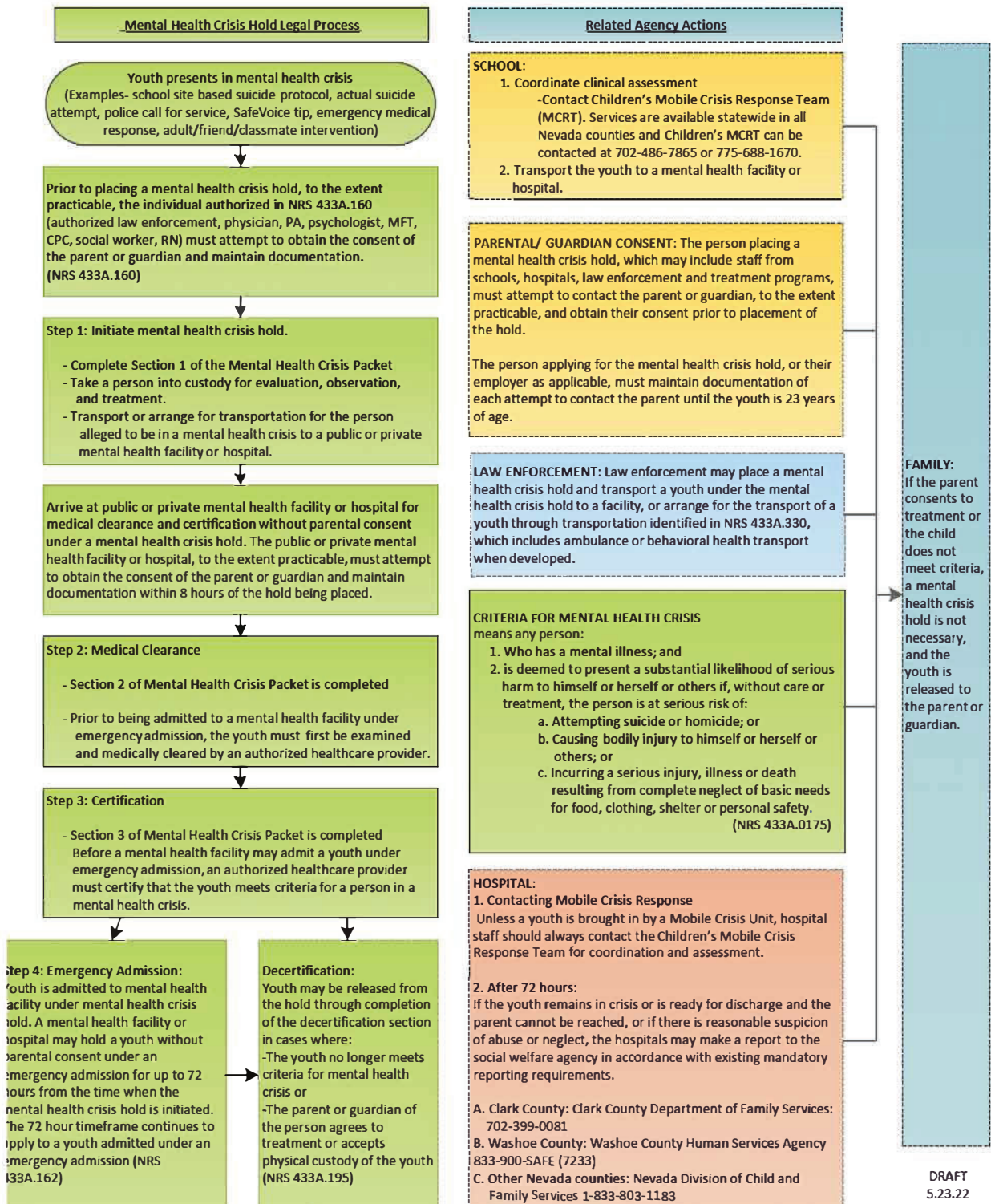
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## Nevada Youth Mental Health Crisis Hold Overview

Overview of youth mental health crisis hold process in NRS 433A- For instances when a person under the age of 18 is believed to have a mental illness and is at risk of harm to self or others and when parent/ guardian is unavailable or declines consent for "evaluation, observation, and treatment".

**PLEASE NOTE: MENTAL HEALTH CRISIS HOLDS ARE NOT NECESSARY OR RECOMMENDED IF THE PARENT OR GUARDIAN IS SUPPORTIVE OF TREATMENT OR HOSPITALIZATION**



DRAFT  
5.23.22

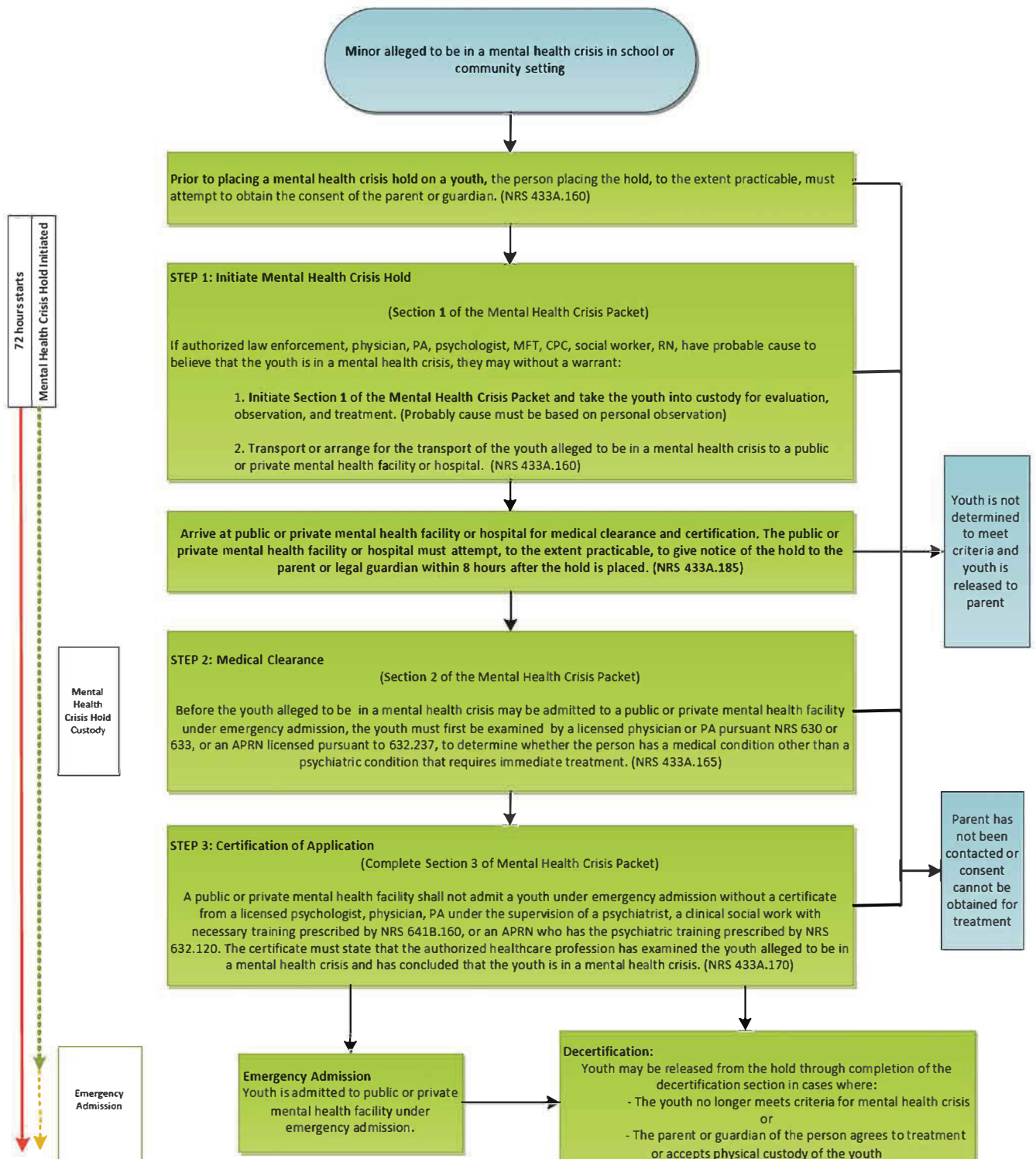
# Overview of Nevada Youth Mental Health Crisis Hold Detail

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## Nevada Youth Mental Health Crisis Hold Process-NRS 433A

**MENTAL HEALTH CRISIS HOLD IS NOT NECESSARY OR RECOMMENDED IF PARENT IS SUPPORTIVE OF TREATMENT OR HOSPITALIZATION**





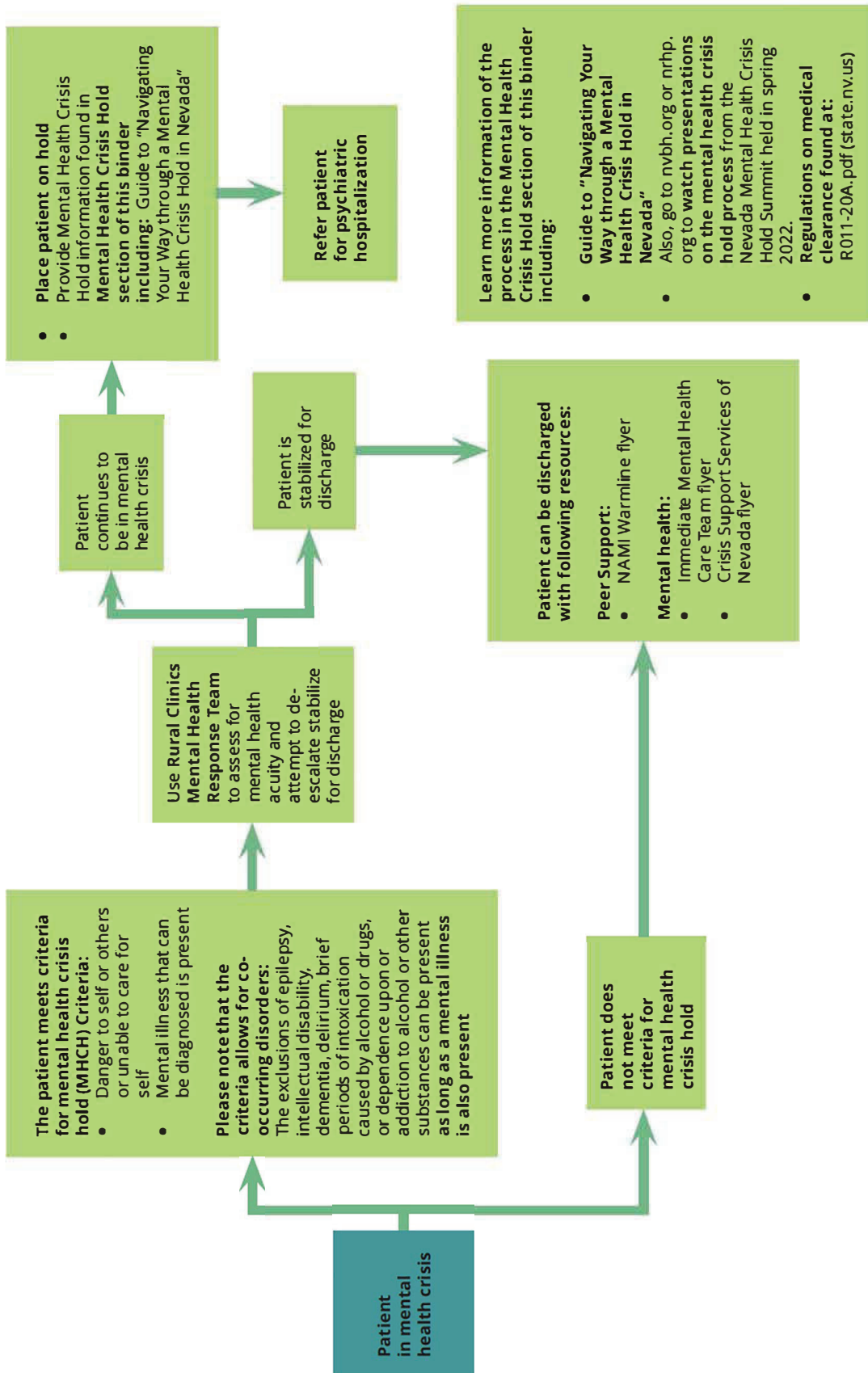
# Adult Mental Health Resources & Crisis Holds

- Hospital Decision Tree for Adult Mental Health Crisis ..... E1
- Adult Mental Health Crisis Hold Overview ..... E2
- Navigating Your Way through a Mental Health Crisis Hold in Nevada ..... E3-E18





# Hospital Decision Tree for Adult Mental Health Crisis



# Adult Mental Health Crisis Overview

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## Getting Started...

### WHERE IS ONE TAKEN ON A MENTAL HEALTH CRISIS HOLD?

If you are placed on a hold, you will be taken to a hospital or crisis center for evaluation. Once evaluated by a healthcare professional, you may either be discharged or transported to an inpatient psychiatric unit.

### HOW LONG DOES A MENTAL HEALTH CRISIS HOLD LAST?

A mental health crisis hold lasts for up to 72 hours. If, at any time during the crisis hold, the healthcare provider overseeing your care believes you need additional treatment to address your mental health crisis, they may petition the court for a court ordered admission to extend the hold.

### WHO CAN PLACE A MENTAL HEALTH CRISIS HOLD?

The following individuals can put someone on a mental health crisis hold:

- Authorized Law Enforcement
- Physician
- Physician Assistant
- Psychologist
- Marriage and Family Therapist



- Clinical Professional Counselor
- Licensed Clinical Social Worker
- Registered Nurse
- Advanced Practice Registered Nurse

### WHY WAS I OR MY LOVED ONE PLACED ON A MENTAL HEALTH CRISIS HOLD?

A person may be held if there is a *substantial likelihood of serious harm to himself/herself or others due to mental illness*, and if, without care or treatment, is at risk of:

- Attempting suicide or having thoughts or plans of suicide
- Attempting homicide or having thoughts or plans of homicide
- Causing bodily injury to himself/herself or others
- Incurring a serious injury, illness, or death resulting from being unable to care for oneself due to mental illness with complete neglect of basic needs for food, clothing, shelter, or personal safety.

## MENTAL HEALTH CRISIS HOLD PROCESS

| STEP 1  | STEP 2  | STEP 3  | STEP 4   | STEP 5  | STEP 6  |
|---|---|---|--|---|---|
| An individual is assessed to be at risk of harming self or others due to mental health crisis | Mental health crisis hold is placed on the individual in the community or a healthcare facility and 72-hour detainment begins | The individual receives a medical assessment to make sure there is no medical condition that requires immediate treatment | The individual receives evaluation from a medical or mental health professional in order to certify that crisis is due to mental illness | Once evaluated and cleared, the individual, while under detainment at any time, may be accepted and transported to inpatient psychiatric facility | If 72 hours is anticipated to run out, and individual is still assessed to be danger to self or others, the provider may petition the court for involuntary court ordered admission, extending the detainment until a court hearing on the petition. (Court must schedule hearing within six business days) |

An individual on a hold can be released at any point during the process if they are assessed to **no longer be a danger to self or others due to mental illness.**

You may find this and other useful information at:

<https://nvbh.org/involuntary-hold/>

PUBLISHED  
AUGUST 2022

# Navigating Your Way through a Mental Health Crisis Hold in Nevada

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## Navigating Your Way

### THROUGH A MENTAL HEALTH CRISIS HOLD IN NEVADA

VERSION 2.0

You or a loved one may be held in a hospital, crisis center, or psychiatric hospital without consent if you or a loved one are believed to be in a mental health crisis and are a danger to self or others. **Learn what this means for you and your loved one.**



PUBLISHED  
AUGUST 2022

You may find this and other useful information at: <https://nvbh.org/Involuntary-hold/>

# Navigating Your Way through a Mental Health Crisis Hold in Nevada

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*1 in 5 Americans  
live with mental  
illness.*

—NATIONAL ALLIANCE ON  
MENTAL ILLNESS (NAMI)



# Navigating Your Way through a Mental Health Crisis Hold in Nevada

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Nevada Statewide Coalition Partnership

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- Advanced Practice Registered Nurse

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| STEP 1  | STEP 2   | STEP 3  | STEP 4   | STEP 5  | STEP 6  |
|---|--|---|--|---|---|
| An individual is assessed to be at risk of harming self or others due to mental health crisis | Mental health crisis hold is placed on the individual in the community or a healthcare facility and 72-hour detention begins | The individual receives a medical assessment to make sure there is no medical condition that requires immediate treatment | The individual receives evaluation from a medical or mental health professional in order to certify that crisis is due to mental illness | Once evaluated and cleared, the individual, while under detainment at any time, may be accepted and transported to inpatient psychiatric facility | If 72 hours is anticipated to run out, and individual is still assessed to be danger to self or others, the provider may petition the court for involuntary court ordered admission, extending the detainment until a court hearing on the petition. (Court must schedule hearing within six business days) |

An individual on a hold can be released at any point during the process if they are assessed to **no longer be a danger to self or others due to mental illness.**

You may find this and other useful information at:

<https://nvbh.org/involuntary-hold/>

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# Navigating Your Way through a Mental Health Crisis Hold in Nevada

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## What the law says...

Many of the laws in Nevada associated with adults in mental health crisis also apply to minors:

- 1)** Under Nevada law, a mental health facility or hospital can hold a minor under emergency admission without parental consent for up to 72 hours from the time when the mental health crisis hold is initiated.
- 2)** The person who may be placing the mental health crisis hold must attempt to contact the parent or guardian to obtain their consent prior to initiating the hold.
- 3)** If a mental health crisis hold is necessary, the child may be transferred to a hospital for their safety.
- 4)** The hospital or mental health facility must provide notice to the parent or guardian as soon as practicable and no later than 24 hours after admission.
- 5)** It is important to know that a youth mental health crisis hold is not necessary or recommended if a parent or guardian is supportive of the recommended treatment.

## WHAT NEVADA LAW SAYS ABOUT MENTAL HEALTH CRISIS

A person in mental health crisis: any person (1) who has a mental illness; and (2) whose capacity to exercise self-control, judgment and discretion in the conduct of the person's affairs and social relations or to care for his or her personal needs is diminished, as a result of the mental illness, to the extent that the person presents a substantial likelihood of serious harm to himself/herself or others.

## WHAT IS NOT A MENTAL HEALTH CRISIS?

The following health issues are not a mental health crisis, but may occur at the same time as mental health crisis:

- Epilepsy
- Intellectual disability
- Dementia (i.e., Alzheimer's)
- Delirium
- Alcohol/drugs (either brief intoxication or dependence/addiction)  
(NRS 433A.0175)

## WHAT DOES THIS MEAN FOR YOU OR YOUR LOVED ONE?

If a person is in danger of harming themselves or someone else, or is unable to care for themselves due to mental illness, a friend, family member or community member can call 9-1-1 to have law enforcement or a mobile crisis team assess the situation.

If law enforcement, after observation, believes the person to be in a mental health crisis, they can place the person on a mental health crisis hold and bring the person to a hospital for further evaluation.

This process is designed for the safety and well-being of the person in crisis, their family and community.

If you and your child are experiencing conflict or crisis, the Children's Mobile Crisis Response Team is available to help 24/7 at 702-486-7865. More information can also be found at [www.knowcrisis.com](http://www.knowcrisis.com).

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## Individual & Family Options to Support Those Experiencing Mental Illness

You or a loved one may be struggling with mental illness. Here are some options that you can consider:

### National Alliance on Mental Illness (NAMI) Family-to-Family Class

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises. More information on NAMI Nevada can be found here: [www.naminevada.org](http://www.naminevada.org) | 775-470-5600

### Nevada PEP (Parents Empowering Parents)

Nevada PEP services are about empowering families to be life-long advocates for their children through education and skill building. PEP recognizes that parents are experts on their children and must learn about disabilities, intervention needs, and how to develop a support system to meet those needs. More information can be found here:

[www.nvpep.org](http://www.nvpep.org) | 702-388-8899

### Psychiatric Advance Directive (PAD)

A psychiatric or mental health advance directive (PAD) is a legal tool that allows a person with mental illness to state their preferences for treatment in advance of a crisis. Completing a PAD, along with general estate planning and health care power of attorney documentation, are all important steps that designate someone to communicate your healthcare and estate decisions for you in the event that you are unable to. Please note PADs may not apply when an individual is placed on a mental health crisis hold. More information on PADs can be found here:

[www.nrc-pad.org/states/nevada/](http://www.nrc-pad.org/states/nevada/)

### Crisis Hotline: Crisis Support Services of Nevada

The Crisis Hotline is for individuals in Nevada who are in need of an empathetic ear, a caring heart and a helping hand to anyone in need. Help is available through hotline, text line and in-person advocacy services. For more information please visit:

[www.cssnv.org](http://www.cssnv.org) | 1-800-273-8255

### Welfare Check

A welfare check is a law enforcement contact with a person when there is a significant concern for their wellness or safety. Requests for welfare checks often originate from the person's family members, loved ones, significant others, close friends, employers or neighbors. If a citizen makes a request for a welfare check it is important that they provide information regarding the person's medical history, psychological history, substance use history, access to weapons, and any other circumstances surrounding the person that give rise to the concern for their wellbeing. If a welfare check is found to be warranted, the responding officers will use this information when determining which course of action is most appropriate. It is not unusual for a responding officer to call the requestor to obtain more information based on the unique circumstances of the call, so those requesting such checks should keep their phone nearby. Welfare checks do not give officers automatic authority to go into someone's house. **If you believe a welfare check is needed, you may request one by contacting your local law enforcement.**





# Navigating Your Way through a Mental Health Crisis Hold in Nevada

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## Individual & Family Options to Support Those Experiencing Mental Illness CONTINUED

### Mobile Outreach and Response

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

Mobile Outreach Safety Teams (MOST), Rural MOST, and Crisis Response Team (CRT)/ Mobile Crisis Response Team (for youth) are behavioral health outreach teams using mental health clinicians and, at times, law enforcement who engage individuals experiencing crisis due to mental illness and other substance use issues. Mobile Crisis Response Team (for youth) is available statewide, 24/7. MOST Teams are not yet available in all parts of Nevada. Please visit Nevada's Crisis Intervention Team training website at [www.nvclt.org/find-support-in-crisis/](http://www.nvclt.org/find-support-in-crisis/) for more specific information on where these teams are located in Nevada.

### Family Petition to Courts

NRS 433A.200 allows for families to petition district courts for a mental health crisis hold to respond to an individual alleged to be in mental health crisis. There are some limitations to this option:

- Courts, law enforcement, and hospitals follow the same criteria for mental health crisis, described in NRS 433A.0175. Substance use is not criteria for detaining an individual.
- Law enforcement staffing is limited in many areas, and this order may take time for law enforcement to carry out.
- This order is only to provide for assessment at the hospital.

*\*More information can be found about these rights at NRS 433A.200-330.*

### Supported Decision Making

Nevada state law, NRS 162C, provides for a supported decision making agreement between an individual and the individual's supporter. A supporter can be anyone that the individual trusts, who will look out for the them and give them advice. A supported decision-making agreement is a tool that accommodates an individual with a disability by encouraging providers to support the decision making capacity of an individual with additional guidance from a trusted supporter, instead of discriminating against them. This keeps the individual at the center of all decisions and does not give away personal autonomy. For more information, please go to: [www.nevadaddcouncil.org/supported-decision-making/](http://www.nevadaddcouncil.org/supported-decision-making/)

### Guardianship

Guardianship is a legal process used to protect individuals who are unable to care for their own well-being due to disability or incapacity. A court may appoint a legal guardian to care for an individual who is in need of special protection. For more information, please go to: [www.nevadaddcouncil.org/supported-decision-making/](http://www.nevadaddcouncil.org/supported-decision-making/)





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## PSYCHIATRIC ADVANCE DIRECTIVES (PAD)



**Psychiatric Advance Directives are medical-legal documents that allow individuals with mental illness to:**

- Advocate for their desired care on their own behalf and uphold core principles in the provision of health care such as the preservation of patients' rights of self direction and self-determination in guiding one's care.
- Direct providers of health care on how they wish their psychiatric care to be provided in the event that they are incapable of making decisions concerning such care or are incapable of communicating such decisions.
- Designate another person to make decisions on their behalf in the event they become incapable of making such decisions.
- You can find a copy of Nevada's Psychiatric Advance Directive at: [www.nrc-pad.org/states/nevada-forms/](http://www.nrc-pad.org/states/nevada-forms/)
- You can register your Psychiatric Advance Directive with the Advance Directive Registry at the Secretary of State's Office at: [www.nvsos.gov/sos/online-services/nevada-lockbox/about-advance-directive-registry](http://www.nvsos.gov/sos/online-services/nevada-lockbox/about-advance-directive-registry). The Secretary of State is responsible for electronically storing and making available filed documents to the registrant and/or authorized entities by request in conjunction with the registrant's medical care. This central repository allows your psychiatric advance directive to be accessed by healthcare providers when you experience crisis.

### Situations in which your PAD may not be taken into consideration:

Mental health providers may decline to follow your advance directives if:

- A) Compliance, in the opinion of the attending physician or other provider, is not consistent with generally accepted standards of care for the provision of psychiatric care for your benefit;
- B) Compliance is not consistent with the availability of psychiatric care requested;
- C) Compliance is not consistent with applicable law;
- D) You are admitted to a mental health facility or hospital pursuant to certain sections of the Nevada Revised Statutes that regulate the process of involuntary commitment to inpatient psychiatric facility, and a course of treatment is required pursuant to those provisions; or
- E) Compliance, in the opinion of the attending physician or other provider, is not consistent with appropriate psychiatric care in case of an emergency endangering your life or health, or the life or health of another person.

In the event that one part of the advance directive is unable to be followed, all other parts of the advance directive must still be followed.

*\*More information can be found about these rights at NRS 449A.600-645.*



## What to Expect...



**Below are some things that you can expect with a mental crisis hold.**

### WHAT CAN YOU EXPECT DURING THE 72 HOURS?

While at the medical facility, your healthcare team (doctors, nurses, social workers, etc.) will meet with you to determine your medical and mental health needs. They will also help you get to the appropriate treatment if you can't get it at their facility.

During your time, you will receive medical assessment based on your health needs that may include vital signs, diagnostic tests, labs, etc.

Many people will not need to go into an inpatient mental health hospital, but for those that do, the process can take anywhere from several hours to several days.

**There are several factors that affect how long you stay at the hospital** while waiting to get into an inpatient mental health treatment facility:

- Treatment of a critical medical condition or an infectious disease
- Injury
- Assessment of the cause of your crisis which may be due to a mental illness
- Referral to the appropriate treatment facility based on insurance and method of payment

### WHAT MAY HAPPEN DURING THE CRISIS HOLD?

- You may be discharged.
- You may opt to stay as a voluntary patient.
- The hospital may ask the court for an order to extend the hold up to an additional 180 days. This is called an involuntary court ordered admission. (For the majority of people, inpatient hospitalizations are often brief, lasting an average of 5-7 days.)

### THE COURT PETITION PROCESS

What you should know about the court petition process that extends the hold after 72 hours:

- When the healthcare provider petitions the court to extend the hold, the court will schedule a hearing within six judicial days, excluding weekends and holidays, and appoint an attorney to represent you or your loved one. During that time, your attorney will meet with you and determine if you are willing to stay in the hospital or if you want to challenge the hold.
- The court may have their doctors meet with you as well, to make sure you should be on the hold.



## THE COURT PROCESS AND YOUR LEGAL RIGHTS\*

**Nevada law states that you have the following rights while going through the court process:**

- A. You have the right to a hearing and the right to be present at that hearing.
- B. You have the right to an attorney, if you cannot afford to hire an attorney, one will be appointed for you.
- C. The court will provide doctors, who will see if you meet criteria for inpatient mental health hospitalization, prior to your hearing.
- D. At the hearing, the district attorney represents the state and will present evidence in support of the petition.
- E. The court will hear and consider all relevant testimony including your perspective and the doctors' opinions.

# Navigating Your Way through a Mental Health Crisis Hold in Nevada

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The mental health crisis hold process is designed to keep you safe. With this in mind, your rights may be denied if your actions put the health and safety of you and those around you at risk.



## PATIENT BILL OF RIGHTS: PART ONE YOUR RIGHTS WHILE IN A HOSPITAL

### 1) Your Treatment

You have the right to be informed of the nature of your condition, proposed treatment or procedure, risks, benefits and prognosis and any continuing health care needs in terms you understand.

### 2) Participation in Your Treatment

You have the right to participate in the decision making process related to the plan of your care. You also have a right to participate in the discussion of ethical issues that may arise.

### 3) In the Least Restrictive Setting

You have the right to receive medical and psychiatric care and treatment in the least restrictive treatment setting possible, suited to meet your individual needs.

### 4) No Discrimination

You have the right to receive access to medical treatment or accommodations regardless of race, sex, creed, sexual orientation, gender identity, national origin, religion, disability, or sources of payment.

### 5) Right to Refuse Treatment

You have the right to refuse treatment as otherwise provided by law, and to be informed of the consequences of your refusal.

### 6) To be Informed

You have the right to be informed of the hospital's rules and regulations as they apply to your conduct.

### 7) Respectful Care

You have the right to receive considerate respectful care at all times and under all circumstances.

### 8) Communication

You have the right to effective communication with your health care team and other hospital members including being provided with an interpreter or other communication aides or services at no cost to you.

### 9) Patient Support and Advocacy

You have the right to know what patient support services are available, including patient advocates to assist with care coordination, quality of care concerns, and billing issues.

### 10) Access to Medical Records

You have the right to have access to your medical records according to hospital policy.

### 11) Cultural and Spiritual Practices

You have the right to have access to professionals to assist you with emotional and/or spiritual care. You also have the right to exercise your cultural values and spiritual beliefs as long as they do not interfere with others, or the planned course of medical care.

### 12) Grievance

You have the right to express concerns regarding any of these rights in accordance with the grievance process.

### 13) Advance Directive

You have the right to create a medical advance directive or a psychiatric advance directive (PAD) to appoint a surrogate to make health care decisions on your behalf to the extent permitted by law.

### 14) Confidentiality

You have the right to expect that all communication, and records pertaining to your care are confidential, and will not be used or disclosed except as required or permitted by law.

*\*More information can be found about these rights at NRS 449A.100-124.*





## PATIENT BILL OF RIGHTS: PART TWO YOUR PRIVACY RIGHTS

**The exchange of information for care coordination between your providers is important, however, the Health Insurance Portability & Accountability Act of 1996 (HIPAA) federal law protects your healthcare privacy rights as well as addresses security and privacy of health-related information.**

- Your medical records, including treatment plans, are confidential and you have the right to control who is able to access your information except for special circumstances as discussed below.
- A patient must sign an authorization for the hospital to release information about your medical care to anyone including confirming or denying if someone is or was a patient.
- Listening carefully to family members may be all the staff is able to do during a phone call.

Family members are welcome to call the hospital at any time to share information with an employee. An employee will not share information and/or provide an update to the family member unless the patient has signed an authorization allowing disclosure of information to that person.

**PLEASE NOTE:** If you are a parent of a patient under the age of 18 or a legal guardian of a patient, you always have the right to receive information.

**Patients often change their minds and sign an authorization one day and revoke it the next which means that contact with family members could change within 24 hours. Patients retain their right of choice even in cases where family disagrees. In cases where patients and families disagree or oppose, patient rights and choices override family preferences and directives.**

### YOUR RIGHTS REGARDING YOUR HEALTH CARE INFORMATION

You have the right to...

- Inspect and copy your medical records
- Amend the information
- Request a summary of who has been provided your health information
- Request restrictions on who can receive your health information
- Request confidential communication
- Receive a paper copy of the Notice of Privacy Practices

*\*More information can be found about these rights at NRS 449A.100-124.*





## Patient Rights & Nevada Law

### YOUR LEGAL RIGHTS IN AN INPATIENT MENTAL HEALTH FACILITY\*

#### 1) Legal

You have the right to retain and consult with an attorney at any time. Also, you have the right to request a court hearing if you think you are being wrongly held. The court will decide whether or not your mental health crisis hold should be removed.

#### 2) Right to Be Informed

If you are in a psychiatric facility, you have the right to receive a copy of the facility's admission and discharge criteria.

#### 3) Second Opinion

You have the right to receive a second evaluation from a psychiatrist or psychologist who does not have a contractual relationship with or financial interest in the facility.

#### 4) Clothing and Personal Items

You have the right to wear your own clothing and keep personal items, including toilet articles, unless those articles may be used to harm yourself or others.

#### 5) Personal Storage

You have the right to have access to storage for private use.

#### 6) Visitors

You have the right to see visitors during regular visiting hours.

#### 7) Telephones

You have the right to reasonable use of telephones, including making and receiving confidential calls.

#### 8) Letters

You have the right to access materials for writing letters, including stamps, and to mail and receive unopened correspondence with some exception noted in NRS 433.482. This does not include packages.

#### 9) Language Interpreter

You have the right to have reasonable access to an interpreter if you do not speak English or are hearing impaired.

#### 10) Coordination with Family and Friends

If you sign a release of information form, you have the right to designate a person for the facility to share your medical and mental health information. Otherwise, your information will not be shared with others and will remain confidential (except as permitted or required by law).

#### 11) Informed Consent

You or a parent or guardian (for minors under 18 years of age) have the right to review your treatment plan, including reasonable risks, benefits and purposes of the treatment. This includes any treatment alternatives available. You must provide a signature consenting to the agreed upon treatment plan. You can also withdraw your consent.

*\*More information can be found about these rights at NRS 433.456-536.*



# Navigating Your Way through a Mental Health Crisis Hold in Nevada

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## FREQUENTLY ASKED QUESTIONS



### WHAT CAN I EXPECT FROM TREATMENT?

Treatment starts with the evaluation of the situation directly related to the admission, the gathering of patient history, and diagnosis evaluation. Patients work on developing the life skills and coping strategies appropriate for their illness and circumstances, which they will need to continue to use after discharge. The more a patient and their support system is engaged in treatment and embracing new ways of doing things, the more successful treatment can be.

### WHAT IS A TYPICAL DAY LIKE?

Each day, patients follow a structured schedule that may include group and/or individual therapy, recreational activities, treatment plan meetings, family sessions, and private time for reflection and working on written assignments. Each patient is seen regularly by a psychiatric provider (psychiatrist and/or advanced practice psychiatric nurse and/or physician assistant).

### ARE FAMILIES EXPECTED TO BE INVOLVED?

Yes! It is extremely important that family members participate in treatment. Family members are essential members of each patient's treatment team and family support assists in healing. It is also very helpful for families to understand and participate in the discharge and aftercare plans. Once discharged, if you notice any changes in behavior or the safety level of your loved one, please call the treating provider and make them aware of your concerns immediately.

### HOW CAN I OBTAIN UPDATES ON MY FAMILY MEMBER'S STATUS IN TREATMENT OR IN THE HOSPITAL?

In order for you to obtain information about the status or condition of your loved one, the patient must sign a release that allows the hospital to share their information with others. Some hospitals in Nevada have attempted to make this process easier by providing patients with codes that family members can use to see if the patient is currently hospitalized. Codes may be words or a short combination of numbers that lets the provider know that your family member of loved one shared it with you and that they support you getting updates and other information about their progress.

### WHAT IF I DON'T HAVE INSURANCE TO PAY FOR TREATMENT?

There are several options for those who do not have insurance but need mental health treatment. A hospital social worker or staff person will work with you to ensure you get the care you need.

The following options are available so you can get treatment:

- Many individuals are eligible for Medicaid, which after an often quick enrollment process, will allow you to access private hospitals offering inpatient mental health services.
- If you are ineligible for Medicaid and do not have insurance, the State of Nevada operates two psychiatric hospitals (Northern Nevada Adult Mental Health Services (NNAMHS) in Reno and Southern Nevada Adult Mental Health Services (SNAMHS) in Las Vegas) that provide services for individuals without insurance. However, these state hospitals are considered to be "safety net" services and could take several days before you could be admitted due to limited bed availability.



# FAQ

## Planning for Discharge & Advocating for Your Care

### PLANNING FOR DISCHARGE

#### What to expect:

- A discharge planner, who could be a social worker, nurse, or other hospital staff, will meet with you within the first 24 hours of your stay to discuss your goals, preferences, and needs to begin developing a discharge plan to leave the hospital. Your provider overseeing your care will also be involved in making sure that this plan is aligned with your goals for care and treatment.
- If your plan changes during your stay, you can meet with your discharge planner to reassess and change the plan as needed.
- The following elements will be used to develop your plan and connect you to providers who can support you after discharge:
  - Your diagnosis
  - Medical issues and past medical history
  - Ongoing needs after discharge
  - Any risk for needing to be admitted again
  - Information on psychiatric advance directive (PAD)
  - Your social, family, psychological, employment, food, housing and transportation needs
  - Communication needs, language barriers, diminished eyesight or hearing, literacy
- When your discharge planner meets with you, they will help you select a provider and can give you information on the provider's quality of services.
- You and your caregiver (if you have one) will be involved in the development of your discharge plan and will be notified of your final plan so you can prepare for after discharge.

### HAVE A CONCERN ABOUT YOUR CARE?

**All hospitals strive to provide the best care possible, however there may be times when you are not satisfied with the care you are receiving. The following actions can help in these situations:**

- If you believe your rights have not been observed, discuss your concern with any staff member in person and/or in writing.
- Request to speak to a patient advocate at the hospital, who can help you navigate the hospital's complaint and grievance process. This person serves as an advocate for those admitted to the hospital. The patient advocate is available to both you and your family, assisting in clarifying information, supporting your rights and connecting people to the right resources. The patient advocate can help with grievances and also can pass along compliments regarding your rights and the quality of care and service at the hospital.
- If you have a concern about your rights, you may discuss your concerns with your attorney.

\* For more information contact Healthcare Quality and Compliance  
[http://dphh.nv.gov/Reg/HealthFacilities/dta/Complaints/HCQC-Complaint Form/](http://dphh.nv.gov/Reg/HealthFacilities/dta/Complaints/HCQC-ComplaintForm/)





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## NEVADA LAWS THAT APPLY TO MENTAL HEALTH CRISIS

To read the specific laws, please visit:  
[www.leg.state.nv.us/NRS/NRS-433A.html](http://www.leg.state.nv.us/NRS/NRS-433A.html)

Thank you to the Northern Regional Behavioral Health Policy Board for their leadership and support in clarifying and standardizing the mental health crisis hold process in the 2019 Nevada legislative session through AB 85. This document was prepared by the Statewide Mental Health Workgroup, a multidisciplinary group composed of law enforcement, courts, hospitals, healthcare providers, peers and family members, and treatment providers across Nevada, and was facilitated by the Northern Regional Behavioral Health Coordinator. A special thanks to the Statewide Mental Health Crisis Hold Workgroup for their work on developing and supporting language and ideas for AB85 and ongoing development of education on mental health crisis holds.

The document was created for informational purposes only. Nothing in it is intended to be medical or legal advice. Please note that laws and the interpretation of the laws by the courts changes from time to time, and more recent information may be available. Questions about specific situations should be directed to your health care provider, a patients' rights advocate or legal counsel.

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Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department nor its affiliates.



# Navigating Your Way through a Mental Health Crisis Hold in Nevada

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# Peer & Family

## Resources:

Individuals with Lived Experience  
Providing Support to People  
in Need of Social Support  
and Connection

- NAMI Nevada Warmline ..... F1
- Nevada Warmline Postvention Program..... F2
- Nevada Teen Text Line..... F3
- Foundation for Recovery..... F4-F5



# NAMI Nevada Warmline

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*Program providing one-on-one follow up, support, and connection for individuals who are experiencing mental illness or life stressors, from individuals who are in recovery from mental illness.*



We are best when we  
support each other!

Nevada Warmline

(775) 241-4212

## What Is the Warmline?

- Inbound/outbound contact
- No cost, non-crisis line for support
- Operates year round
- On-on-one peer support
- Phone, text, and video conference options
- Calls are made or answered by Peer Wellness Operators

## What Is Peer Support?

- Shared lived experience with mental illness
- Social and emotional support
- Linkage to clinical care and community resources
- Ongoing support, extended over time
- Person-centered approach
- Complement and supplement care

## Why Is It Needed in Nevada?

- Repeat ER visits due to stress causes crisis on the care systems
- As many as 70% of those that survive suicide attempts never attend their first appointment or maintain treatment
- Overuse of crisis support services that can be addressed at a lower level of care

## How Is a Referral Made?

- Providers make a referral directly to the Warmline by phone or through Open Beds
- The first call from Warmline is within 24 hours of referral
- Participants and Warmline operator set up scheduled contact times
- No referral is needed for inbound calls to the warmline

**TO TALK TO A PEER WELLNESS OPERATOR  
OR TO MAKE A REFERRAL, CALL:**

(775) 419-8865

*If you are experiencing a mental health emergency,  
please contact (800) 273-8255.*

The Nevada Warmline is supported by the Nevada State Division of Public Behavioral Health through Grant Number 3B09SM010039-1852 from the Substance Abuse and Mental Health Services Administration (SAMHSA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Division nor SAMHSA. An activities performed under the subaward shall acknowledge the funding was provided through the Division by Grant Number 3B09SM010039-1852 from the SAMHSA.



# Nevada Warmline Postvention Program



## What Is Nevada Caring Contacts?

- Offers adjustable intervention for preventing suicide attempts and ideations
- Supplements traditional mental health services
- Provides messages of support and valid resources
- Fills the gap between identification and follow-up

## Why Is It Needed in Nevada?

- Repeat ER visits due to stress on crisis systems
- As many as 70% of those that survive suicide attempts never attend their first appointment or maintain treatment
- Risk of another attempt remains high up to 3–6 months after discharge

## How to Make a Referral?

- Connect with the Warmline main phone number or through Open Beds
- Make a referral including when to call and how often
- Set up time and day for initial introduction
- Client receives scheduled calls until the situation has de-escalated

## How Does It Work?

- Providers make a referral directly to the Warmline (or through Open Beds)
- First call from Warmline is within 4 to 24 hours of referral
- Participant and Warmline operator set up scheduled contact times
- Warmline closes the information loop by following up with the source of the referral

## What Is the Warmline?

- Inbound/outbound contact
- Operates year-round
- One-on-one peer support
- Phone, text, and video conference options
- Calls are made or answered by Peer Wellness Operators

## What Is Peer Support?

- Shared lived experience with mental illness and/or suicide attempt
- Supports daily management
- Social and emotional support
- Linkage to clinical care and community resources
- Ongoing support, extended over time
- Person centered approach
- Complement, and supplement care



National Alliance on Mental Illness

Western Nevada

**For more information or to make a referral:**

(775) 241-4212 or email

[caringcontacts.namiwnv@gmail.com](mailto:caringcontacts.namiwnv@gmail.com)



**What is the Nevada Teen Peer Support Text Line?**

- Inbound/Outbound contact for teens and young adults aged 14 to 24
- Stigma-free, non-crisis peer support
- Teens and young adults can text in from 12pm to 10pm 7 days a week and 365 days per year
- Participants are connected to a trained young adult Peer Wellness Operator for one-on-one peer support
- Text conversations are confidential

**What is Peer Support?**

- Shared lived experience specific to mental health challenges and life stressors for youth
- Social and emotional support
- Person-centered approach

**Why is it needed in Nevada?**

- 44% of high school students reported feeling consistently sad or hopeless in the past year
- 19% of high school students reported seriously consider attempting suicide in the past year

(Statistics from the CDC)

**How is a referral made?**

- Parents, educators, providers, and other community members can make a referral by text or email
- Participants are contacted within 24 hours of the referral
- A Peer Wellness Operator will set up scheduled contact times
- No referral is needed for inbound texts from teens and young adults

**YOU MATTER!**



If you are experiencing a mental health emergency, please call 1 (800) 273-8255 or text CARE to 839863.

To learn more or to make a referral:

Text us  
**775.296.8336**

Email us  
[nvteentextline@gmail.com](mailto:nvteentextline@gmail.com)

*Program provides peer and community support to individuals with substance use issues in achieving their goals in recovery.*

## What you'll find here.



### Individualized Peer Support

One-on-one support to help you achieve your goals in recovery. Work with your own peer support specialist and create a recovery plan to meet your needs and goals.



### Group Support

Our recovery community centers provide space for many mutual-aid meetings and support groups available to the community most times of the day in addition to online support groups and meetings.



### Amenities & Resources

Find a range of resources and supportive amenities. Recycled clothing, wifi and computer labs, library and literature, transportation assistance and more.



### Events & Activities

Through partnerships and the skills of people from local communities of recovery, we plan fun and engaging events and activities throughout the week.



### Workshops & Classes

Prepare for college, finish your GED, learn a new skill, or develop your understanding of recovery and addiction. In-person, online, and on-demand classes.

## Get Support

**1-800-509-7762**

Call the Nevada Recovery Support Warm Line to speak with a trained recovery support specialist.

We provide tele-recovery support services to all residents of Nevada, regardless of where they reside.

We have peer recovery support specialists physically located in the following counties:

- Clark
- Mineral
- Washoe
- Elko
- Nye
- Churchill
- Lyon
- Pershing



## Community Recovery Support

### Southern Nevada

4800 Alpine Pl., Suite 12  
Las Vegas, NV 89107  
southcenter@forrecovery.org  
(702) 257-8199

### Northern Nevada

621 Pyramid Way  
Sparks, NV 89431  
northcenter@forrecovery.org  
(775) 384-9513



Find recovery resources on the Nevada Recovery Resource Hub.

[resources.forrecovery.org](https://resources.forrecovery.org)





## Who we serve:

In short, anyone in recovery or struggling with their substance use.

We match you with a Peer Recovery Support Specialist most reflective of your experiences.

✓ We provide recovery support services to **any adult 18+**.

✓ **All pathways of recovery** are respected and welcomed. E.g. 12-step recovery is not required.

✓ **Abstinence is not a requirement** to receive peer recovery support services.

✓ Peer Recovery Support Sessions are **provided at no cost** to individuals – As a nonprofit, we are funded by state, federal, and private grants and donations.

✓ **Insurance is not a requirement** to engage with a peer recovery support specialist. All of our services are provided free of charge.

✓ All peer recovery support specialists receive additional training on **trauma informed care and cultural competency**.

✓ Services are available **where and when you need them**, there's no requirement to stay in a program for a certain period of time.

## What is peer support?

Peer Recovery Support is centered around the goals, needs, and strengths of people in recovery and those struggling with substance use and can effectively extend treatment beyond the clinical setting into the **everyday environment** of those seeking or maintaining recovery.

Peer Support may be provided in group or individual settings, in-person or through telephone and video sessions (tele-recovery support).

It may also be integrated in other environments such as housing, educational and collegiate, faith-based organizations, the workplace, primary care and acute clinical settings, treatment centers, and others.

## This is your community.

Foundation for Recovery is Nevada's statewide recovery community organization, a charitable nonprofit powered by a community of **people like you**.

Unlike a treatment center, our recovery centers are non-clinical community centers that act as a hub for events, support, trainings, workshops, and a safe haven open to the public.



## What are Peer Recovery Support Specialists?

Peer Recovery Support Specialists (PRSS) are individuals with **lived experience**, meaning they themselves are in recovery from substance use, problem gambling, mental health, and/or other co-occurring challenges.

Peer Recovery Support Specialists use their recovery experience, along with skills learned from specialized training, to provide nonclinical guidance to individuals working through their own recovery. Your PRSS walks side-by-side you in your recovery journey and works with you to develop an individualized recovery plan that **works for you**.

The role of the peer recovery support specialist is similar to that of a life-coach, educator, and mentor. **A PRSS is NOT:** a sponsor, counselor, nurse or doctor, or a clergy person.



Because we've "been there"





# Older Adult & Dementia Resources

- Alzheimer’s Association..... G1
- Dementia Friendly Nevada:
  - Supports Toolbox..... G2–G3
  - Program Overview ..... G4–G5
- NEST Collaborative..... G6
- Sanford Center for Aging:
  - Assessment Overview ..... G7
  - Assessment Request..... G8
  - Wellness Programs ..... G9
- Cleveland Clinic Nevada Education Programs..... G10–12



**24/7 Master's Level consultation for decision making support, crisis assistance, and education related to dementia.**



## AROUND-THE-CLOCK INFORMATION AND SUPPORT

ALZHEIMER'S ASSOCIATION  
24/7 HELPLINE: 800.272.3900

The free Alzheimer's Association® 24/7 Helpline allows people living with Alzheimer's disease or dementia, caregivers, families and the public to:

- » Speak confidentially with master's-level care consultants for decision-making support, crisis assistance and education on issues families face every day.
- » Learn about the signs of Alzheimer's and other dementias.
- » Get general information about medications and other treatment options, and legal, financial and care decisions.
- » Find out about local programs and services.
- » Receive help in their preferred language through our bilingual staff or translation service, which accommodates more than 200 languages.
- » Access support through our TTY service (TTY: 866.403.3073) if assistance is required via a teletype device.

This project was supported, in part by grant number 90AC2811-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

**alzheimer's  association®**

**800.272.3900 | alz.org®**

# Dementia Friendly Nevada Supports Toolbox

Hospital Staff Education

Give to Patient

*Nevada specific resource guide for individuals and families experiencing dementia.*

## Nevada Dementia Supports Toolbox

### LOOKING FOR RESOURCES?

DIAL 2-1-1 or 1-866-535-5654

Or look online at:

[www.nevada211.org](http://www.nevada211.org)



Or contact a local Resource Center

- Nevada Senior Services: 844-850-5113 (Clark, Esmeralda, Lincoln, & Nye)
- Jewish Family Services: 702-933-1191 (Southeast Clark)
- Carson City Senior Center: 775-883-0703 (Carson City)
- Access to Healthcare Network: 877-861-1893 (Churchill Douglas, Elko, Eureka, Humboldt, Lander, Mineral, Pershing, Storey, Washoe, White Pine)
- Lyon County Human Services: 775-577-5009 (Lyon)



[www.accesstohealthcare.org](http://www.accesstohealthcare.org)

### PARTNERS & RESOURCES



Nevada Rural Counties Retired and Senior Volunteer Program (RSVP) provides lifesaving volunteer programs that help seniors maintain their dignity, self-respect & independence.

775-687-4680 x 123

[www.nevadaruralsrvp.org](http://www.nevadaruralsrvp.org)



### Cleveland Clinic

#### Lou Rivo Center for Brain Health

Cleveland Clinic Nevada is a multi-specialty outpatient clinic featuring clinical care, clinical trials, and caregiver and educational programs for individuals and their families who are living with neurodegenerative brain disease.

702-483-6000 (Las Vegas)

775-738-0100 (Elko)

[www.ccf.org/Nevada](http://www.ccf.org/Nevada)



University of Nevada, Reno

#### School of Medicine

Sanford Center for Aging

The Sanford Center offers comprehensive geriatric assessments, chronic care management, medication therapy management, clinical services via telemedicine for rural communities and other services. 775-784-4774

[www.med.unr.edu/aging](http://www.med.unr.edu/aging)

### PARTNERS & RESOURCES

## Alzheimer's Association

The Alzheimer's Association provides care and support services to those with memory loss, their caregivers and their healthcare providers. Contact us 24/7 at 1-800-272-3900 [www.alz.org](http://www.alz.org)

Nevada Senior Services is a nonprofit organization providing services to adults and their care partners facing challenges of chronic disease, disabilities, and aging to remain in the community with dignity. 702-648-3425 [www.nevadaseniorservices.org](http://www.nevadaseniorservices.org)



Nevada Aging and Disability Services Division – Regional Centers provide Federal Home & Community Based Waivers, counseling, employment services, family & residential support, & service coordination for individuals throughout the lifespan.



Southern Nevada: 702-486-6200

Carson City: 775-687-5162

Sparks: 775-688-1930

Elko: 775-753-4236

Fallon & Fernley: 775-423-0347

Gardnerville: 775-782-3671

Winnemucca: 775-623-6593

[www.adasd.nv.gov](http://www.adasd.nv.gov)







# Dementia Friendly Nevada Program Overview

Hospital Staff  
Education

Give to Patient

*Provides education and social connection for people living with dementia, care givers, and providers wanting to know more about dementia.*

**We invite you to connect with:**

# Dementia Friendly Nevada!

**Help support  
communities in  
becoming more  
respectful,  
educated,  
supportive,  
and inclusive  
of people living with dementia  
and their care partners.**



Dementia  
Friendly  
America™  
NEVADA

**Elders need communities,  
and communities need elders!**

**775-682-9444 | [DementiaFriendlyNevada.org](https://DementiaFriendlyNevada.org)**

# Dementia Friendly Nevada Program Overview

Hospital Staff  
Education

Give to Patient

## What we do:

### Dementia Conversations



Join people living with dementia and family care partners for a discussion about living well with dementia and practical solutions to get there!

[DementiaFriendlyNevada.org/dementia-conversations](https://DementiaFriendlyNevada.org/dementia-conversations)

### Dementia Friends

Come participate in a 90-minute information session that covers the basics of dementia, engages you in activities to better understand the experiences of people living with dementia, and provides strategies for effective communication.

[DementiaFriendlyNevada.org/dementia-friends](https://DementiaFriendlyNevada.org/dementia-friends)



### Dementia Friendly Nevada Statewide Meetings

[DementiaFriendlyNevada.org/statewide-meetings](https://DementiaFriendlyNevada.org/statewide-meetings)

The whole Dementia Friendly Nevada community gathers once a month online to learn together, reflect on successes and new opportunities, strategize for the future, and share exciting news from across our state!



Ask questions,  
share your story,  
and find out more!

775-682-9444

[DementiaFriendlyNevada.org](https://DementiaFriendlyNevada.org)



*Social support for Nevadans over the age of 60 who are veterans or have a disability.*



**Reach out,  
relate,  
stay engaged!**

**The NEST Collaborative is helping Nevadans  
over the age of 60, living with a disability,  
or who are veterans stay connected.**

**Find support in one of these programs:**

### **One-to-One Calls**

Receive a check-in call twice a week from a NEST Collaborative volunteer. We'll ask how you're doing and help you connect with local resources.

We're also happy just to shoot the breeze, chat about activities, hobbies or what you're reading or watching on TV.

### **Peer Social Groups**

Participate in a weekly conversation with a small group of other Nevadans. All you need is a phone or a computer with a webcam. Peer social groups help you get to know new people and develop a network of mutual support.

### **Tech Assistance**

Looking for help with technology? Connect with a NEST Collaborative volunteer for one-to-one telephone-based support in using technology for any purpose. Whether its email, social media, Zoom, or something else, we can help!

**To get started, call (775) 682-8641 and leave us a message,  
or email [socialsupport@unr.edu](mailto:socialsupport@unr.edu)**

*All NEST Collaborative volunteers have had background checks  
and quality training in the best ways to support your social engagement.*

*The NEST Collaborative is comprised of aging- and social-services  
professionals from across the state.*



# Sanford Center for Aging Assessment Overview

Hospital Staff  
Education

Give to Patient

*Provides geriatric specialty care for individuals over 65.*

SANFORD CENTER FOR AGING

## SANFORD GERIATRIC SPECIALTY CARE CENTER



No separate referral needed.  
Among reasons to contact us:

- Age 65 or older
- Living alone
- Unexpected weight loss
- Increasing weakness
- Decreasing mobility
- Memory complaints
- Multiple chronic conditions
- Multiple medications
- Frequent hospitalizations

### IN-HOME TELEMEDICINE NOW AVAILABLE

Our team (geriatrician, social worker, pharmacist) provides a “whole person” assessment which includes:

- Personal health history and review
- Physical assessment, including risk for falls/frailty, cognition and depression
- Behavioral/psycho-social assessment including memory issues and dementia
- Medication therapy management review
- Tele-social work and counseling available
- A personalized care plan to share with other care providers
- Referrals to other providers or services, if needed
- Chronic care management program for those who qualify

**Information or appointment: (775) 420-4106**

Updated 2-5-2021



University of Nevada, Reno  
School of Medicine  
Sanford Center for Aging



FIND US ON FACEBOOK  
@UNRSCA

med.unr.edu/aging  
(775) 784-4774  
sanford@unr.edu





# Comprehensive Geriatrics Assessment Request

Hospital Staff  
Education

**Thank you for referring your patient to Sanford Center Geriatric Specialty Clinic.  
In order to qualify, your patient needs to meet two or more of the following criteria:**

- 65 years of age or older
- Involuntary weight loss in the past 3 months
- Decrease in mobility in the past 3 months
- 3 + chronic conditions
- 2 + hospitalizations in the last 6 months
- Living alone
- Increasing weakness in the past 3 months
- Memory difficulty/problems
- 5 + routine medications
- Considering move to assisted living

**Please have your office staff fax the following documentation and this form:**

- Last clinic office note
- Any labs or pertinent diagnostic completed in last 6 months
- Updated medication and allergy list
- Patient demographics

## Sanford Center Geriatric Specialty Care

(775) 420-4106 phone | (775) 433-2151 fax

**In order to expedite the process, please complete in its entirety:**

PATIENT NAME \_\_\_\_\_ DOB \_\_\_\_\_

PATIENT PHONE \_\_\_\_\_

### Authorized secondary contact (family member, home health nurse, etc.)

PATIENT NAME \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

PATIENT PHONE \_\_\_\_\_

### Referring provider:

PROVIDER NAME \_\_\_\_\_

PHONE \_\_\_\_\_ FAX \_\_\_\_\_

REASON FOR EVALUATION \_\_\_\_\_

PROVIDER SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**Nothing further is needed once you send the above documentation.  
Our staff will contact the patient to schedule the appointment.**

# Sanford Center for Aging Wellness Programs

Give to Patient

*Free wellness workshops for Nevada seniors.*

SANFORD CENTER FOR AGING



## OUR WELLNESS PROGRAMS

### **Chronic Pain Self-Management**

Helps participants build confidence, manage health and maintain active and fulfilling lives while living with chronic pain and/or being a care partner for someone with chronic pain.

### **Diabetes Prevention Program**

For anyone with a family history of diabetes or preexisting factors combined with weight management issues and/or minimal physical activity. Our lifestyle coaches work with you to develop healthy eating habits, manage stress, etc.

### **Diabetes Self-Management Program**

For anyone living with diabetes and/or care partners. Topics include, but are not limited to, balancing healthy eating with physical activity, managing difficult emotions and planning for the future.

### **Fit & Strong**

For adults 60+ who have trouble with balance, strength, endurance and flexibility. Participants have reported less pain and stiffness, and decreased anxiety.

### **Dementia Friendly Nature Walks**

Anyone living with mild cognitive impairment and their care partner(s) are invited to a weekly nature-based walk with a supportive group of friends.

### **Stepping On**

Workshop proven to reduce falls and build confidence for people 60+ who have a fear of falling, had a fall in the last year, or are at risk of falling. Sessions include simple, fun strength and balance exercises, discussion of safety at home and information about medications that may contribute to falls.

**These workshops are free.**

**Dates and registration info: [wellness.sca@gmail.com](mailto:wellness.sca@gmail.com) or (775) 235-8862**



University of Nevada, Reno  
School of Medicine  
Sanford Center for Aging



FIND US ON FACEBOOK  
**@UNRSCA**

[med.unr.edu/aging](http://med.unr.edu/aging)  
(775) 784-4774  
[sanford@unr.edu](mailto:sanford@unr.edu)

# Cleveland Clinic Nevada Education Programs

Hospital Staff  
Education



## EDUCATION PROGRAMS

Lou Ruvo Center for Brain Health, 888 W. Bonneville Avenue | Las Vegas, NV 89106 | 702.483.6000

### PROVIDER EDUCATION

**CME PROGRAMS** address diagnosis and management of neurological conditions such as Alzheimer's disease and other dementias, Parkinson's disease and other movement disorders, and multiple sclerosis



#### MONTHLY CME GRAND ROUNDS LIVE ONLINE

4<sup>TH</sup> FRIDAY  
12:00 pm – 1:00 pm

Live with expert Q&A

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

- **CME Grand Rounds** offers **FREE ACCME accredited CME/CEU** activities
- Access online Live or On-demand Suitable for all provider types
- Gain knowledge and understanding about diagnosis and management of Alzheimer's disease and related dementias.
- Funded by HRSA's Geriatric Workforce Enhancement Program in collaboration with UNLV School Medicine
- NAC 630.155 allows practitioners to earn up to 4 double credit CME for participation in an Alzheimer's disease CME activity per biennial period.



#### CME ON-DEMAND

**ACCME accredited courses On-Demand** View recordings of past live CME activities 24/7 and earn CME/CEU.

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



#### CME CONFERENCES (Live Hybrid)

One and two-day conferences providing intensive clinical neuroscience education for the busy practitioner.



### STUDENT EDUCATION



#### CONVENIENCE LEARNING

- Incorporate pre-recorded didactic educational activities on a variety of ADRD topics into your student, resident, and fellow training curricula
- View available pre-recorded topics on our website.
- Videos can be delivered in MP4 format upon request
- Advance registration is required



#### LIVE VIRTUAL LEARNING

- Schedule a live virtual educational activity with Q&A and discussion on Alzheimer's disease and related disorders (ADRD) topics
- Platforms: Microsoft Teams, Zoom Webinar, or live streamed on our website.



#### RESIDENT TRAINING VIRTUAL OBSERVATIONS

Available to Family Practice, Internal Medicine, Emergency Medicine, Psychiatry, Geriatrics

#### INTERDISCIPLINARY CLINICAL NEUROSCIENCE SEMINAR (iCNS)

Thursdays 8:00AM—9:00AM Via Microsoft Teams

Visit our website to learn more:  
[clevelandcliniceducationnv.org/](http://clevelandcliniceducationnv.org/)



# Cleveland Clinic Nevada Education Programs

Hospital Staff Education

## CAMPUS & COMMUNITY EVENTS



**ALL LUNCH & LEARN ZOOM WEBINAR**  
**Wednesdays 12 - 1 pm**  
 Register at [bit.ly/2RGKnyG](http://bit.ly/2RGKnyG)  
 Offered on most Wednesdays. Topics cover information and management of the neurological diseases treated at the clinic, community resources, and healthy aging.

**POWERFUL TOOLS FOR CAREGIVERS – Six week Evidence-based program NOW ONLINE!**  
 Offered intermittently through the year. Daytime and evening sessions. Class meets weekly for six weeks. Caregivers learn self-care, emotional management, self-efficacy and community resources.

**ALL GRIEF and RELIEF 24/7 CONFIDENTIAL HOTLINE 1.844.204.7433**  
 Connect to the Cleveland Clinic Spiritual Care Center to speak with a clinically trained chaplain for solace and support.

## PARKINSON'S DISEASE EVENTS

**EVENING COMMUNITY PROGRAM**  
 Offered quarterly, this two-and-a-half-hour program features multiple speakers as well as an audience Q&A session. Speakers include both internal and guest faculty from the community and prestigious regional universities.

**FULL-DAY SYMPOSIA**  
 Bi-Annual. Coverage of a wide range of topics and parallel/breakout sessions, which also include practice demonstrations (such as speech, yoga, rock steady boxing, etc.)

**LUNCH & LEARN SESSIONS**  
 Each month one Lunch & Learn session is set aside to focus on various aspects of understanding or managing Parkinson's disease. The sessions are interactive with discussion and Q&A from the audience. Speakers include Cleveland Clinic physicians and community experts.



## ENGAGEMENT ARTS

Open to patients and community  
 Contact for 702.271.9563 for **ONLINE** location of arts events

**CONVERSATIONS TO REMEMBER**  
**Second & Fourth Monday, 10:30 am – 11:45 am**  
 Telling stories through art is fun, can foster creative thinking and stimulate distant memories. This program is ideal for individuals with memory loss or cognitive decline and their care partners, but is also great fun for friends of the community looking for engaging social interaction.

**ALL THE LEARNING ARTS**  
**First & Third Tuesday 11:00 am – Noon**  
 Eclectic excursions via videoconferencing with museums across North America. This program supports two important pillars of brain health – continued learning and social engagement.

**ALL MIND IN DESIGN – An Art Making Class for Everyone**  
**First Monday, 10:30 am – 12:00 or 1:00 – 2:30 pm**  
 A NEW spin on a fun program designed to promote patient/caregiver interaction, increase socialization, and provide space for individuals to change their routine, de-stress and unwind. **Art kit provided.**

**ALL LYNNE RUFFIN-SMITH LIBRARY**  
 Our e-Library is a great resource!  
 Visit [www.keepmemoryalive.org/library](http://www.keepmemoryalive.org/library) to browse our selections



**What Do You Need to Access Books?**  
 A FREE Library ID # - Call 702.271.9563  
 Books can be downloaded to our Libby by OverDrive app or Kindle

**LEGEND** **ALL** Relevant to all audiences Memory loss Movement disorders **MS** Multiple sclerosis



# Cleveland Clinic Nevada Education Programs

Hospital Staff  
Education

## THERAPEUTIC COUNSELING SERVICES for clinic patients & family members

UNLESS OTHERWISE NOTED, SERVICES BELOW ARE OFFERED AT NO COST TO THE COMMUNITY

**ALL** **GROUP MUSIC  
THERAPY FOR INDIVIDUALS  
WITH MEMORY LOSS**

Monday through Friday  
3:00 – 4:30 pm daily

Contact Becky: [wellmar@ccf.org](mailto:wellmar@ccf.org)

**ALL** **RHYTHMIC REMINISCENCE**

Thursdays  
1:15 – 2:15 pm  
A music/ physical therapy  
collaboration.  
**Pre-approval required.**

Contact Becky: [wellmar@ccf.org](mailto:wellmar@ccf.org)

**MS** **YOGA FOR MS**

Wednesdays & Fridays: 1:00 – 2:00 pm  
Join early for support group 12:30 – 1:00  
pm. Contact Sandy: [chapmas6@ccf.org](mailto:chapmas6@ccf.org)

**YOGA FOR PARKINSON'S**

Saturdays: 1:00 – 2:00 pm  
Contact Ruth: [almenr2@ccf.org](mailto:almenr2@ccf.org)

## SUPPORT GROUPS

FOR CARE PARTNERS



**FRONTOTEMPORAL  
DEMENTIA (FTD) & PRIMARY  
PROGRESSIVE APHASIA (PPA)**

1<sup>st</sup> & 3<sup>rd</sup> Wed  
6:30 – 8 pm

Contact Ruth: [Almenr2@ccf.org](mailto:Almenr2@ccf.org)

**ALL** **DEMENTIA WITH  
LEWY BODY (DLB)**

First and Third Wed  
1:30 – 2:30 pm

Contact Ruth:  
[Almenr2@ccf.org](mailto:Almenr2@ccf.org)

**ALL** **MEMORY LOSS FOR CAREGIVERS  
PEER-FACILITATED SUPPORT GROUP**

Second and Fourth Wed  
1:00 – 1:45 pm; 2:00 – 2:45 pm

Second and Fourth Thurs  
1:00 – 1:45 pm; 2:00 – 2:45 pm

Contact Dr. Carriere: [lrcbhhealthpsych@ccf.org](mailto:lrcbhhealthpsych@ccf.org)

## FOR PATIENTS AND CARE PARTNERS

**PROGRESSIVE  
SUPRANUCLEAR  
PALSY (PSP)**

2<sup>nd</sup> Mon  
1:30 pm – 2:30 pm

Contact Ruth:  
[almenr2@ccf.org](mailto:almenr2@ccf.org)

**PARKINSON'S  
DISEASE (PD)**

4<sup>th</sup> Tue  
11:30 am – 12:30 pm

Contact Michelle:  
[pesterm@ccf.org](mailto:pesterm@ccf.org)

**HUNTINGTON'S  
DISEASE (HD)**

2<sup>nd</sup> & 4<sup>th</sup> Thu  
12:00 – 1:00 pm

Contact Michelle:  
[pesterm@ccf.org](mailto:pesterm@ccf.org)

**MS** **MULTIPLE  
SCLEROSIS**

1<sup>st</sup> & 3<sup>rd</sup> Mon  
2:30 – 3:30 pm

Contact Sandy  
[chapmas6@ccf.org](mailto:chapmas6@ccf.org)

## HEALTHYBRAINS.ORG



### WHAT IS HEALTHYBRAINS.ORG?

A tool designed to engage, educate and empower all who are eager to maximize brain health, minimize risk of brain disorders and participate in the discovery of new treatments for Alzheimer's, Parkinson's and multiple sclerosis



### THE HEALTHYBRAINS APP

- Take a free self-administered brain checkup
- Get your Brain Health Index (BHI) score and report
- Use your personal dashboard to track progress and get tips
- Test your memory as often as you'd like
- Elect to receive news trends in brain health
- Choose to learn about possible clinical trials participation



# Sex Trafficking Resources

- PEARR Tool ..... H1-H3



## Overview of trauma informed approach to sex trafficking with national hotline information.



### PEARR TOOL Trauma-Informed Approach to Victim Assistance in Health Care Settings

In partnership with HEAL Trafficking and Pacific Survivor Center, CommonSpirit Health developed the PEARR Tool to help guide health professionals on how to provide **trauma-informed assistance** to patients who may be impacted by abuse, neglect, or violence, such as human trafficking. The PEARR steps are based on an approach in which patients are **educated and empowered** with information about violence and resources, in a developmentally- and culturally-sensitive manner, before further screening is conducted. The goal is

to have an informative conversation with patients in order to promote health, safety, and well-being, and to create a safe environment for affected patients to possibly share their own experiences and/or accept further services, such as intervention support. For additional information about violence, see page 2.

\*\*A double asterisk indicates points at which this conversation may end. Refer to the bottom of this page for additional steps. The patient's immediate needs (e.g., emergency medical care) should be addressed before use of this tool.

**P PROVIDE PRIVACY** | Discuss sensitive topics alone and in a **safe, private setting** (ideally a private room with closed doors), if a companion refuses to be separated from the patient, this may be an indicator of abuse, neglect, or violence.\*\* Strategies to speak with the patient alone: Suggest the need for a private exam. For virtual or telephonic visits, request that the patient moves to a private space but proceed with caution as the patient may not actually be alone.\*\* **Note: Companions are not appropriate interpreters**, regardless of communication abilities. In order to ensure safety for the patient, use a professional interpreter per your facility's policy.\*\* Also, explain **limits of confidentiality** (e.g., mandated reporting requirements); however, do not discourage the patient from disclosing victimization. The patient should feel in control of disclosures. Mandated reporting includes your requirements to report concerns of abuse, neglect, or violence, as defined by applicable laws or regulations, to internal or external authorities or agencies, as described by laws and regulations.

**E EDUCATE** | Educate the patient in a manner that is **nonjudgmental and normalizes sharing of the information**. Example: "I educate many of my patients about [fill in the blank] because violence is common in our society, and violence has a big impact on our health, safety, and well-being." Use a **brochure or safety card** to review information about abuse, neglect, or violence, such as human trafficking, and offer the brochure or card to the patient. Ideally, this brochure or card will include information about resources (e.g., local service providers, national hotlines). Example: "Here are some brochures to take with you in case this is ever an issue for you, or someone you know." If the patient declines the materials, respect the patient's decision.\*\*

**A ASK** | Allow time for open discussion with the patient. Example: "Is there anything you'd like to share with me? Would you like to speak with [insert advocate/service provider] to receive additional information for you, or someone you know?\*\*\* If physically alone with the patient, and especially if you observe significant concerns (e.g., a high number or pattern of risk factors) or indicators of victimization, **ASK** about concerns. Example: "I've noticed [insert risk factor/indicator]. You don't have to share details with me, but I'd like to connect you with resources if you're in need of assistance."\*\* **Note:** Limit questions to only those needed to determine the patient's safety, connect the patient with resources (e.g., trained victim advocates), and guide your work (e.g., perform a medical exam). **Optional:** If available and as appropriate, use an evidence-based tool to screen the patient for abuse, neglect, or violence.

**RR RESPECT & RESPOND** | If the patient denies victimization or declines assistance, respect the patient's wishes.\*\* If you still have concerns about the patient's safety, offer the patient a discrete hotline card or other information about emergency services (e.g., a local shelter). Otherwise, if the patient accepts or requests assistance, **arrange a personal introduction** with a local victim advocate (see page 3) or **assist the patient in calling a national hotline:** **Domestic Violence Hotline:** 1-800-799-7233; **Sexual Assault Hotline:** 1-800-656-4673; **Human Trafficking Hotline:** 1-888-373-7888.\*\*

\*\* **Report safety concerns** to appropriate personnel (e.g., a security officer), **complete mandated reporting**, and continue **trauma-informed health services**. Whenever possible, **schedule follow-up appointments** to continue building rapport with the patient and to monitor the patient's health, safety, and well-being.





## PEARR Tool - Risk factors, indicators, and resources

### Child Abuse and Neglect

**Risk factors** include (not limited to): Concerns of domestic violence (DV) in home, parents/guardians exhibiting mental health or substance use disorders, parents/guardians overly stressed, parents/guardians involved in criminal activity, presence of non-biological, transient caregivers in home.

**Potential indicators of victimization** include (not limited to): Slower-than-normal development, failure to thrive, unusual interaction with parent, signs of mental health disorders (e.g., depression, post-traumatic stress disorder (PTSD), self-harm), sudden difficulty in school, medical or physical neglect, sudden changes in behavior, new or unusual fears or anxiety, unexplained injuries (e.g., bruises, fractures, burns—especially in protected areas of child's body), injuries in pre-mobile infants, sexually transmitted infections (STIs).

**For additional information, see** Child Welfare Information Gateway: [childwelfare.gov](http://childwelfare.gov)

### Abuse/Neglect of Vulnerable Adults (e.g., elder and dependent adults)

**Risk factors** include (not limited to): Concerns of mental health or substance use disorders with caregiver, caregiver exhibits hostile behavior, lack of preparation or training for caregiver, caregiver assumed responsibilities at an early age, caregiver exposed to abuse as a child.

**Potential indicators of victimization** include (not limited to): Disappearing from contact, signs of bruising or welts on the skin, signs of burns, cuts, lacerations, puncture wounds, sprains, fractures, or dislocations, internal injuries or vomiting, wearing torn, stained, bloody, or soiled clothing, appearing disheveled, hungry, or malnourished.

**For additional information, see** National Association of Adult Protective Services (NAPSA): [napsa-now.org](http://napsa-now.org); Centers for Disease Control and Prevention (CDC): [cdc.gov/violenceprevention](http://cdc.gov/violenceprevention)

### Intimate Partner Violence (IPV)

IPV can affect anyone of any age, gender, race, or sexual orientation. All women of reproductive age should be intermittently screened for IPV [U.S. Preventive Services Task Force (USPSTF) Grade B]. **Risk factors** include (not limited to): Low self-esteem, low income, low academic achievement, young age, aggressive/delinquent behavior as youth, heavy alcohol/drug use, depression, suicide attempts, isolation, anger, and hostility.

**Potential indicators of victimization** include (not limited to): Injuries that result from abuse or assault (e.g., signs of strangulation, bruises, burns, broken bones), mental health disorders (e.g., depression, anxiety, sleep disturbances), sexual/reproductive health issues (e.g., STIs, unintended pregnancy).

**For additional information, see** National Domestic Violence Hotline: [thehotline.org](http://thehotline.org);  
CDC: [cdc.gov/violenceprevention](http://cdc.gov/violenceprevention)

### Sexual Violence

Sexual violence crosses all age, economic, cultural, gender, sexual orientation, racial, and social lines. Statistics from U.S.-based 2015 National Intimate Partner and Sexual Violence Survey (National Center for Injury Prevention & Control and CDC, 2018) show that 43.6% of women and 24.8% of men report some form of contact sexual violence in their lifetime. Violence experienced in youth is a risk factor for repeated victimization as an adult.

**Potential indicators of victimization** include (not limited to): STIs, pregnancy, depression, PTSD.

**For additional information, see** Rape Abuse & Incest National Network (RAINN): [rainn.org](http://rainn.org);  
CDC: [cdc.gov/violenceprevention](http://cdc.gov/violenceprevention)

### Human Trafficking

Although human trafficking crosses all age, economic, cultural, gender, sexual orientation, racial, and social lines, traffickers typically target people in situations of vulnerability. **Risk factors** include (not limited to): Running away or homelessness (particularly for youth), history of interpersonal abuse or trauma, minority/immigrant status.

**Potential indicators of victimization** include (not limited to): Accompanied by a controlling companion, inconsistent history, medical or physical neglect, STIs, and submissive, fearful, hypervigilant, or uncooperative behavior.

**For additional information, see** National Human Trafficking Hotline: [humantraffickinghotline.org](http://humantraffickinghotline.org);  
HEAL Trafficking: [healtrafficking.org](http://healtrafficking.org)

Substance Abuse and Mental Health Services Administration (SAMHSA) describes the guiding principles of a trauma-informed approach as safety, trustworthiness and transparency, peer support and mutual self-help, collaboration and mutuality, empowerment, voice, and choice, and cultural, historical, and gender considerations.

**To learn more, see** SAMHSA's *Concept of Trauma and Guidance for a Trauma-Informed Approach*.

**For more information,** visit [commonspririt.org/united-against-violence](http://commonspririt.org/united-against-violence)







## PEARR Tool - Contact list of resources and reporting agencies

### Local, Regional, and State Resources/Agencies

- County Child Welfare Agency:
- County Welfare Agency for Vulnerable Adults:
- Sexual Assault Response Team (SART) Center or Child Advocacy Center (CAC):
- Local Law Enforcement Agency:
- Local FBI Office:
- Local DV/IPV Shelter - Program:
- Local Runaway/Homeless Shelter:
- Local Immigrant/Refugee Organization:
- Local LGBTQ Resource/Program:

### National Agencies, Advocates, Service Providers

- National Human Trafficking Hotline: 1-888-373-7888
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- National Teen Dating Abuse Hotline: 1-866-331-9474
- National Runaway Safeline for Runaway and Homeless Youth: 1-800-RUNAWAY (786-2929)
- Strong Hearts Native Helpline: 1-844-7NATIVE (762-8483)
- National Suicide Prevention Lifeline: 1-800-273-8255

CommonSpirit Health, HEAL Trafficking, Pacific Survivor Center. PEARR Tool: Trauma-Informed Approach to Victim Assistance in Health Care Settings. 2020.

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Notes

