



Mental Health Resource Guide

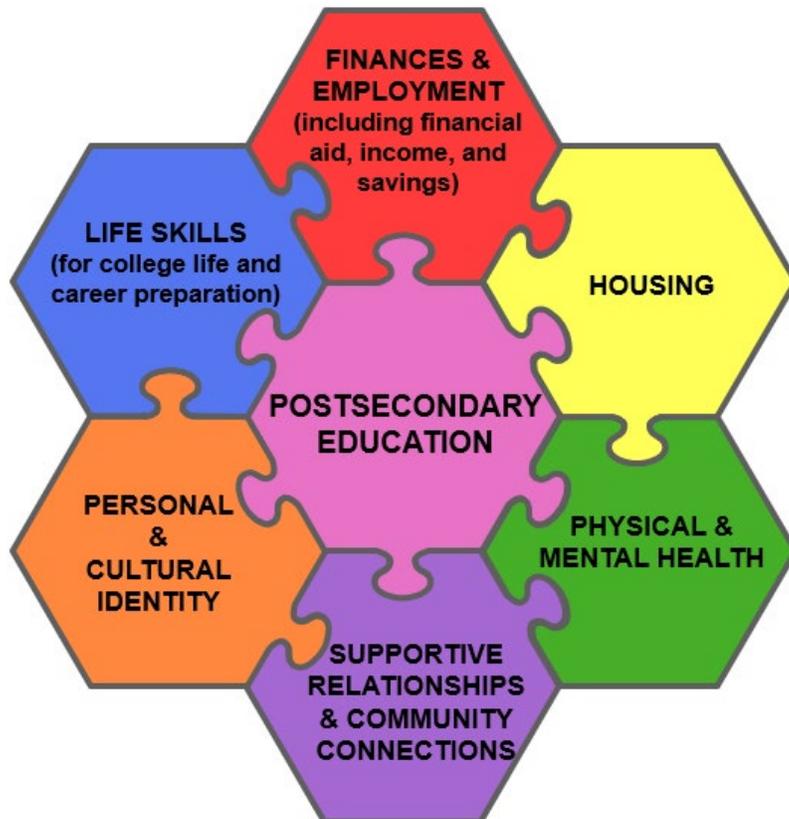
for NSHE Students Who Have Experienced Foster Care

“Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.”

– Centers for Disease Control and Prevention (<https://www.cdc.gov/mentalhealth/index.htm>)

NEVADA SYSTEM OF HIGHER EDUCATION RESOURCES: *Foster Care-Specific*

The Nevada System of Higher Education (NSHE) provides tailored wraparound support to students who have experienced foster care, and we encourage you to access those resources/services.



Through a holistic approach, the NSHE Fostering Success Initiative centers postsecondary education success and career preparation as it focuses on the PRESENT and the FUTURE with students who have experienced foster care.

Enthusiastic educators engage in 3 key activities that promote student success and wellbeing:

- 1) Individualized direct coaching that centers the young person as the expert in their own experiences and needs, builds trust, and fosters self-advocacy and independent living skills;
- 2) Tailored resource and/or support service provision, within campus- and community-based settings (including “sense of belonging” opportunities); and
- 3) Timely and appropriate advocacy that assists in removing barriers.

Check out the initiative’s [Wraparound Support Flyer](#), for a comprehensive list of NSHE staff/faculty and campus-based support programs that are dedicated to serving students who have experienced foster care:



Adapted from: 1) Casey Family Programs. (2006). *It’s My Life: Postsecondary Education and Training*. <https://www.casey.org> & 2) Fostering Success Coaching Institute. (2008). *Fostering Success Coaching: The Seven Life Domains*. <https://www.fosteringSUCCESSCOACHING.COM>

- These contact people/programs can provide you with one-on-one assistance, connect you to resources, and help you navigate any barriers that you may encounter throughout your college journey.
- They can also connect you with other college students who have experienced foster care!



Supporting Nevada Students
Who Have Experienced Foster Care
to Reach Their College Goals

NEVADA SYSTEM OF HIGHER EDUCATION RESOURCES: *Not Foster Care-Specific*

Each public college/university in Nevada has psychological counseling services and other wellness resources that students can utilize. Students are strongly encouraged to take advantage of these resources, as needed, because they are conveniently located on campus and covered by student fees (i.e. students are already paying to have access to these resources).

UNLV University of Nevada, Las Vegas (UNLV):

UNLV's [Student Wellness Center](#) is comprised of multiple departments that offer a multitude of student wellness services. Mental health-focused departments and services include the following:

- [Student Counseling and Psychological Services \(CAPS\)](#): 1) workshops and educational seminars; 2) online or application-based self-guided resources; 3) group therapy; 4) short-term individual or couples' therapy; and 5) case management and community referrals
 - ◆ If you are interested in CAPS services, you can call 702-895-3627 to schedule an initial consultation appointment.
- [Wellness Zone](#): 1) targeted wellness programming (workshops); 2) certified peer education (CPE) training; 3) wellness assessments; 4) personal training; 5) free wellness supplies and resources; and 6) a relaxation room with automated massage chairs
- [Support Team](#): A team of staff/faculty that has developed a comprehensive reporting system to share appropriate information so students can receive or stay connected to the academic support and student wellness services they need
- [Crisis/Emergency Services](#): Directory of campus- and community-based crisis/emergency resources
- [Care Center](#): Offers confidential virtual support services, holistic healing workshops, campus education, and awareness events to members of the UNLV, NSU, and CSN communities impacted by sexual violence, relationship violence, family violence, and/or stalking



University of Nevada, Reno (UNR):

UNR's [Counseling Services](#) department provides [individual counseling](#), [group therapy](#), [psychological testing](#), [crisis services](#), and [outreach programming that promotes emotional well-being](#).

- You can [schedule an appointment online](#).
- They also have the following resources:
 - ◆ A [self-help center](#), where you can get assistance in dealing with problems or issues commonly faced by college students
 - ◆ A [virtual relaxation room](#), designed to be an interactive experience in which you can learn to manage your worry or anxious feelings, at your convenience
 - ◆ [Anonymous mental health screening](#), a quick way to determine if you or someone you care about should connect with a behavioral health professional
 - ◆ [Adult Mental Health First Aid training](#), which explores the risk factors and warning signs of mental health disorders, common concerns, and strategies for offering support



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UNR's [Student Health Center](#) also has the following mental health resources/services:

- ◆ [Psychiatry Services](#), by referral, for mental health concerns such as anxiety, depression, and stress management
- ◆ [Virtual Health & Well-Being Resources \(physical & mental health\)](#), aimed at recognizing students' strengths and resilience, and offering tools to support their well-being on and off-campus

UNR also has a [LiveWell](#) resource webpage, to help students prioritize their mental and physical wellbeing and navigate campus resources to take care of themselves and their loved ones.

NEVADA STATE UNIVERSITY (NSU):

NSU offers [counseling services](#) with NSU's Licensed Counselor, Annise Prewitt, MSW, LCSW, CCTP.

- All NSU students have access to 5 free counseling appointments per year, which can be used any time between Fall semester and the end of Spring semester, as long as you are enrolled at the time you want to use your counseling sessions. Those enrolled for the summer term have access to 4 free sessions.
- To make an appointment, email counseling@nevadastate.edu. The counselor will then contact you regarding scheduling. Appointments are available Monday through Thursday, in person or online.



College of Southern Nevada (CSN):

CSN's [Counseling and Psychological Services \(CAPS\)](#) department provides: 1) Initial assessment with referrals to college and community resources, 2) Short-term individual, couples, and group therapy, 3) Educational and personal growth workshops, 4) Outreach presentations, 5) Consultation services, 6) Crisis consultation and intervention.

- You can schedule appointments by calling the CAPS office at your primary CSN campus (phone numbers and physical office locations are listed in the link above). There are 3 CSN campuses: West Charleston, Henderson, and North Las Vegas.
- The CAPS website also has a directory of community-based mental health resources.



Great Basin College (GBC):

GBC's [Behavioral Intervention Team](#) aids students and staff/faculty in a crisis. They meet on a regular basis to share information with and provide relevant training to the campus community, regarding resources that are available and appropriate for various situations.

- If you need the team's assistance, call the Assistant to the Vice President for Student and Academic Affairs, at 775-327-2115, for assistance.
- They also have local/national community-based resources listed, such as:
 - ◆ The 24/7 988 Suicide and Crisis Lifeline
 - ◆ The 24/7/365 Crisis Text Line for sexual assault and rape
 - ◆ The 24/7/365 Trevor Project – For youth in crisis who are a part of the LGBTQIA+ community (there are options to call, text, or chat with a counselor online)



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Truckee Meadows Community College (TMCC):



TMCC's [Counseling Center](#) offers a multitude of services/resources. As outlined in their [appointment link](#), you can schedule an appointment in person or by calling 775-673-7060. Some of their key focus/service areas and online resource pages are as follows:

- [Personal/Crisis Counseling](#), to assist with common concerns that college students face, such as adjusting to college, academic difficulties, time/stress management, grief and loss, suicide prevention, crisis/emergency, etc.
- Specialized [Student Support Programs](#)
- [Coping With Grief and Loss](#) resource page, where you learn about how to deal with the grieving process, grief/loss myths and facts, and the 5 stages of grief
- [Mental Health/Substance Abuse Community Resources](#) webpage that offers local and statewide resources that promote strong mental health
- [Counseling Diversity Support](#) services/resources for students from underserved cultural/identity backgrounds
- [Suicide Prevention](#) resource page



Western Nevada College (WNC):

WNC's [Student Resources](#) webpage includes mental health tips and resources. While WNC's [Counseling Office](#) does not offer their own clinical mental health services, they can refer students who want support with maintaining their mental health to community-based resources. If you would like a phone appointment with a Peer Mentor, you can [schedule an appointment online](#). If you would like to meet with a counselor, you can email counseling@wnc.edu or call 775-445-3267.

COMMUNITY-BASED RESOURCES: *Foster Care-Specific*

[A Home Within](#) is a national mental health resource for children and youth who have experienced foster care. They provide free individual psychotherapy services to anyone who has spent at least one day in foster care at any point in their life, and there is no age-based eligibility restriction. They also have a free, 2-hour [online training](#) on the impact of trauma in teens and young adults, which provides useful information on that topic, including techniques to help promote growth/healthy relationships. This is a useful resource for both young people in that age group and the folks who are supporting them.

The [National Foster Youth Institute](#) is a national foster care-specific organization that aims to transform the child welfare system—specifically through policy change and programming—by building a national grassroots movement led by young people who have experienced foster care and their families. One of their primary focus areas is Health & Wellness. They host regular workshops on topics like meditation and vision boarding.



Additionally, their conferences are staffed by mental health professionals who provide attendees with support and coping strategies; and, because so much of their work includes young people who have spent time in foster care sharing personal experiences, their trainings focus on supporting young people in determining *how* to tell their stories in ways that feel safe for them.

The [American Academy of Pediatrics](#) has a [foster care-specific webpage](#) dedicated to providing healthcare information and resources specific to the unique circumstances, challenges, and needs of young people who have experienced foster care. The webpage is primarily geared toward pediatricians, families, child welfare agencies, and others who provide support to young people who have spent time in foster care; however, there are a number of resources that young people themselves may find useful. Within the foster care-specific section of their website, they also have a webpage called [Primary Care Tools to Help Care for Children in Foster Care](#), which includes a variety of mental and physical health resources for young people who have experienced foster care and their personal/professional support people—including medical provider directories and tips for obtaining health records and securing health insurance coverage.

COMMUNITY-BASED RESOURCES:

Not Foster Care-Specific

[Anxiety & Depression Association of America](#) is a national organization that works to prevent, treat, and cure anxiety disorders and depression. They offer a variety of information and resources designed to help people understand and navigate anxiety, depression, and other common mental health challenges experienced by the general population (all of which are particularly prevalent among young people who have experienced foster care). Here are some resource highlights from their website:



- [Tips and Strategies to Manage Anxiety and Stress](#)
- [Depression](#) information and resources—including information on the different types of depression and how depression differs from, yet relates to, anxiety
- [Obsessive-Compulsive Disorder \(OCD\)](#) information and resources
- [Panic Disorder](#) information and resources
- [Post-Traumatic Stress Disorder \(PTSD\)](#) information and resources
- [Suicide](#) information and resources, including webpages dedicated to [Prevention & Warning Signs](#) and [Suicide Support, Treatment, and Resources](#)
- Information and resources on [Additional Disorders/Phobia-Related Disorders](#), such as: [Agoraphobia](#), [Specific Phobias](#), [Selective Mutism](#), [Sleep Disorders](#), [Social Anxiety Disorder](#), [Stress](#), and [Clinical Trials for Anxiety Disorders and Depression](#)

The [Child, Adolescent, and Family Counseling Center](#), directed by a clinical psychologist who is licensed in both Nevada and California, provides a multitude of mental health evaluation services, treatments, and counseling services. Their range of services include the following:

- Psychological Evaluations (for a wide range of mental health conditions/concerns)
- Play Therapy
- Cognitive Behavioral Therapy
- Individual Psychotherapy
- Couples' Therapy/Family Therapy/Group Therapy
- Cooperative Parenting Coordination
- Divorce Mediation



[Community Counseling Center of Southern Nevada](#) promotes the healthy functioning of individuals, families, and communities through affordable, sensitive, and professional behavioral health services in a safe environment. They seek to keep families together, prevent homelessness, and help clients lead sober lives. Community Counseling Center offers a sliding fee scale, to help ensure that financial limitations do not prevent people from accessing mental health care. Their [services](#) include the following: individual & group counseling; couples & family counseling; intensive outpatient programs; wellness counseling for people living with HIV; addiction recovery; and LGBTQ+ affirmative counseling.

[Crisis Support Services of Nevada \(CSSNV\)](#) provides compassionate support and vital resources to Nevadans in crisis. CSSNV is the designated 988 Suicide & Crisis Lifeline provider for Nevada. They provide 24/7 hotline, text line, and chat service. They also have a Sexual Assault Support Services program that provides in-person advocacy to survivors and ongoing follow up.

[Healing Minds](#) offers [Individual Therapy](#), [Group Therapy](#), [Family and Marriage Counseling](#), [Dialectical Behavioral Therapy \(DBT\)](#), [Eye Movement Desensitization & Reprocessing \(EMDR\) Therapy](#), and [Telehealth Therapy](#). Their specialties include the following:

- [Depression Treatment Center](#)
- [Suicide Prevention](#)
- [Holistic Addiction Treatment](#)
- [Anxiety and Stress Management](#)
- [Anger Management Coaching](#)
- [Grief Counseling Services](#)



Hope Means Nevada “is a campaign organized by Nevada Medical Center, which is a registered 501(c)(3) non-profit organization. The mission of Nevada Medical Center is to improve Nevada’s healthcare through the promotion of collaboration and innovation within the healthcare community. With established performance metrics and health indicators, health priorities are identified to measure community success.” Their mission is to eliminate teen suicide in Nevada, by reaching young people and teaching them to practice mental wellness. They provide a variety of resources designed to help Nevada’s young people “enable their mental health journey towards healing.”

- Their [Get Help webpage](#) provides a range of information and resources deigned to promote mental wellness and navigate mental health challenges. This includes crisis and suicide prevention resources.
- They also have a [webpage dedicated to TEENS](#), which provides tools to manage stress, anxiety, depression, and crises.

Medicaid

- **Nevada Medicaid** is health insurance that helps people who cannot afford medical care pay for some or all of their medical bills. Medicaid is a federal program administered by the state. Its purpose is to help meet the cost of medical services for individuals receiving public assistance payments, and individuals and families with low income. There are several Medicaid-related programs you may qualify for. These programs include coverage for low-income individuals, families, children, specialized households, and the elderly and disabled.
- NVMedicaid is a web-based application and can be accessed online at <https://mdp.medicaid.nv.gov/>.
- There is now a **NVMedicaid app** that you can download from the [App Store](#) or [Google Play](#), for instant access to their health information and Medicaid Card. The app also allows recipients to receive messages from NV Medicaid and quickly find providers in their network. The app is only available to members 18 and over. It has several features for recipients, including view health plan, procedures, contact information, access resources, review claims information, search for providers, and receive broadcast messages.
 - ◆ Young people who have aged out of foster care also have the ability to [apply for Medicaid](#). If you aged out of foster care in Nevada, you’re able to access Medicaid until the age of 26. If you’re not originally from Nevada, you may access Medicaid until the age of 21. Also, if you have an independent living worker, they can help you apply for Medicaid. However, if you didn’t age out of care you still could be eligible, but you should [contact FosterClub](#), if you have any questions.



Mental Health America is a national, community-based nonprofit organization that is dedicated to addressing the needs of people living with mental health challenges and promoting mental wellbeing for all. Some resource highlights from their website include the following:

- A [Mental Health Information](#) webpage
- [Staying Mentally Healthy](#) information and resources
- Student-specific mental health topics, including a [Back to School Toolkit](#) and a webpage dedicated to [Life on Campus](#)
- [Workplace Mental Health and Wellness](#) information and resources
- [Ten Tools](#) to help people feel stronger and more hopeful
- A [Crisis Resources](#) webpage

National Alliance on Mental Illness (NAMI) is a major national resource for anyone who needs help with their mental health. NAMI is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans impacted by mental health challenges.

- NAMI has multiple chapters around the country, including [Nevada chapters](#).
- NAMI seeks to educate, support, advocate, listen, and lead, in order to understand each person’s unique situation/needs and help improve their lives.
 - ◆ NAMI has [teen/young adult resources](#), such as how to deal with mental health challenges during college and how/where to find mental health support.

Nevada 2-1-1: Behavioral and Mental Health Services highlights a multitude of Nevada-specific mental health resources, including the following webpages:

- [General Counseling](#)
- [Child, Adolescent, & Young Adult Counseling](#)
- [Crisis Hotlines](#)
- [Psychological Assessment and Testing](#)
- [Grief Support](#)
- [Behavioral Learning Therapy](#)
- [Clinical Mental Health Care Services](#)



COMMUNITY-BASED RESOURCES: *Specialized/Intersectional Groups*

The Center, located in the heart of the Las Vegas valley, brings together programs, resources, and services to meet the needs of the local community. It functions as the “heart and home of the LGBTQIA+ community by making connections, delivering programs, and providing a



safe space for health and wellness, social services, arts and culture, advocacy, and community building. Ongoing Center programs support LGBTQIA+ youth, adults, families, seniors, vets, people with disabilities, those living with HIV, and those who are underserved.” They also have a Center Advocacy Network (CAN), which is the first nationally accredited program of its kind, with a focus on LGBTQIA+ issues for victim advocacy.

The Center offers a variety of [programs](#). Key resources/services posted on their website include the following:

- The [Center Advocacy Network \(CAN\)](#), which is a victims crime advocacy program
- A [Transgender and Intersex Resource Page](#)
- The [Wellness Clinic](#)
- [Youth and Family Services](#)
- [Affirmations: LGBTQIA+ Affirmative Counseling](#)

The Trevor Project is a national organization that offers [specialized mental health services/resources](#) to people who identify as part of the LGBTQIA+ community and/or as a LGBTQIA+ ally. Some resource highlights from their website include the following:

- A [Self-Care Guide](#)
- A webpage dedicated to how young people can [protect their space and well-being on Instagram](#)
- A [Guide to Being an Ally to Transgender and Nonbinary Young People](#)
- Specialized resources for young people who identify as both Black and LGBTQIA+:
 - ◆ [Supporting Black LGBTQ Youth Mental Health](#)
 - ◆ [Black & LGBTQ: Approaching Intersectional Conversations](#)

The National Asian American Pacific Islander Mental Health Association (NAAPIMHA) is a national nonprofit organization that promotes and redefines the mental health and wellbeing of the Asian American, Native Hawaiian, and Pacific Islander individuals and communities throughout the country—through training, programs, policy and advocacy, and centering people with lived experience. Some resource highlights from their website include the following:



- [National Asian American Pacific Islander Empowerment Network \(NAAPIEN\)](#) – This network “brings together Asian Americans, Native Hawaiians, and Pacific Islanders (AANHPIs) who have lived experience with mental health issues, either as individuals or as impacted friends or family[—with the purpose of sharing] unique experiences, knowledge, and perspectives to inform mental health awareness, practices, and policy.”
- A main [Resources](#) webpage (which includes a list of AANHPI service providers in all 50 states) and a [General Resources](#) webpage (which includes federal resources and information about a variety of advocacy organizations)
- A [Resources for Students and Youth](#) webpage

MENTAL HEALTH-ORIENTED APPS



[Declutter the Mind](#) is an app that is available via both the [App Store](#) & [Google Play](#). It offers guided meditation for mindfulness, sleep, anxiety, stress, work, and more. In addition, the app offers 30-day courses that teach users how to meditate, form the habit of a regular practice, and expand their minds through the teachings of mindfulness meditation. All guided meditations are FREE; but the courses cost money. You can try the courses for FREE during the first 5 days; if you would like to continue the courses after that, you can subscribe for \$7.99 per month or \$79.99 per year.

[Happify](#) is an app that is available via both the [App Store](#) & [Google Play](#). It offers “proven techniques [that] are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioral therapy for decades.” This app has a variety of mindfulness games and activities focused on reducing sadness, stress, and anxiety. The app is FREE for basic content, but it requires a paid subscription for some features offered.

The [Healthy Minds Program](#) is a FREE app that is available via both the [App Store](#) & [Google Play](#). The app trains the user’s mind through meditation and podcast-style lessons to develop skills - to gain focus, reduce stress, and maintain positive social connections. Through hundreds of hours of guided meditations developed directly from the scientific understanding of the mind, podcast-style teachings, and progress tracking features, users can change their minds to manage stress. The app features their proprietary Awareness, Connection, Insight, and Purpose, Well-being Framework; it is a holistic, all-encompassing meditation app that offers the best of both guided meditations and opportunities to learn simple skills to enhance personal wellbeing, build healthy relationships, and improve communication, performance, and creativity. The app uses neuroscience, contemplative traditions, and skill-based learning methods to help users develop the skills for a healthy mind.

[Insight Timer](#) is an app that is available via both the [App Store](#) & [Google Play](#). Insight Timer focuses on issues related to sleep, anxiety, and stress. The app offers a variety of guided meditations focused on those topics, as well as calming music and insightful talks. There are also resources for parents, live courses, and live events. Many features of the app are FREE; however, payment is required if you want to access the meetings with mentors, live courses, live events, and/or other premium features.

MindShift CBT is a completely FREE app, available via both the [App Store](#) & [Google Play](#). “MindShift CBT uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. A new feature, the Community forum, now enables you to find and offer peer-to-peer support. Get the tools to tackle: Worry; Panic; Perfectionism; Social Anxiety; [and] Phobias.”



Sanvello is an app that is available via both the [App Store](#) & [Google Play](#). Sanvello focuses on 4 types of support that are based in the principles of Cognitive Behavioral Therapy (CBT) and designed to reduce stress, anxiety, and depression: 1) Self-Care, 2) Peer Support, 3) Coaching, and 4) Therapy. Many features are FREE, but some require a paid subscription. However, the app is integrated into the healthcare system—from primary care doctors to insurance plans, reducing mental health access barriers related to stigma, cost, and/or logistics.

Smiling Mind is an app that is available via both the [App Store](#) & [Google Play](#). The app is a free tool, developed by psychologists and educators. Programs in the app are reinforced by mindfulness and positive psychology strategies and designed to build mental fitness and resilience; support good sleep, study and sports training; reduce stress and improve relationships; and promote the development of new social and emotional skills.

SoothingPod is an app that is only offered via the [App Store](#). The app offers a variety of guided meditations, sleep stories, and nature sounds, as well as some special features (such as a sleep timer). The SoothingPod app is also completely FREE! No paid subscription is needed, and it does not even have any annoying ads to deal with!

