



Outpatient Mental & Behavioral Health Counseling

For Children, Adolescents, Adults & Families

*Welcoming Spring with new hopes
and fresh beginnings...*

Happy Spring!

Clinics:

- ▶ 4485 S. Buffalo Dr.
- ▶ 2048 N. Las Vegas Blvd.

Schools:

- ▶ Valley High School
- ▶ Basic High School
- ▶ Brown Middle School
- ▶ Hollingsworth STEAM Academy
- ▶ Walter Long STEAM Academy

Call or Text 702-888-6300 | refer@ucfnv.org



UCFNV.org

School-Based
Community-Based
Home-Based
Telehealth

March 2020 Newsletter

COMMUNITY CALENDAR

Please click on each link
for up-to-date events.

Nevada Coalition for Suicide Prevention
<https://nvsuicideprevention.org/events/>

Welcome to the MyHPNMedicaid.com
Outreach Calendar
<https://myhpnmedicaid.com/Member/Calendar>

Nevada PEP Training Calendar
<http://nvpep.org/training-calendar/month.calendar/2020/03/14/-html>

April 28 & 29, 2020
**Annual Southern Nevada Summit on
Children's Mental Health**
Dignity Health - St. Martin Campus
8280 W. Warm Springs Rd.
www.eventbrite.com/e/3rd-annual-southern-nevada-summit-on-childrens-mental-health-tickets-93330497029

NAMI Support Groups

All groups are FREE. Pre-registration is NOT required.
<https://namisouthernnevada.org/support-groups/>

**UCF will be open during
the CCSD Spring Break and
Summer Break at Valley High
School, Basic High School,
Brown Middle School, and
the North Las Vegas and
South Las Vegas locations.**

**Inquire at info@ucfnv.org for
more information.**



May is designated as Mental Health Awareness Month.

2020 marks the 71st anniversary of the observance, which is led each May by the Mental Health America (MHA). Today, Mental Health Awareness Month is recognized by millions of people worldwide through local events, screenings and media across the world.

HEALTH PLAN OF NEVADA PRESENTS \$20,000 CHECK TO UNITED CITIZENS FOUNDATION



LAS VEGAS – On Tuesday, January 21, **Health Plan of Nevada** presented the **United Citizens Foundation (UCF)** with a \$20,000 check at B. Mahlon Brown Academy of International Studies.

Health Plan of Nevada’s President of Community Plan of Nevada, Kelly Simonson, presented the check to United Citizens Foundation President and CEO, Ash Mirchandani. Following the presentation, Nevada State Senator, Joe Hardy, joined the group for a tour of the United Citizens Foundation on-campus clinic.

“We are thrilled to have this partnership with Health Plan of Nevada,” said Ash Mirchandani. “It is our ongoing goal to reach as many students in need and this partnership allows us to continue to do so.”

READ MORE ➡ <https://www.ucfoundation.com/press-release>



SCHOOL-BASED MENTAL HEALTH CLINICS ARE AIDING SCHOOLS

By Amelia Pak-Harvey, Las Vegas Review Journal

Tara Powell knew there was a need to improve academics and student behavior at Brown Academy in Henderson when she came on as principal two years ago. That also meant addressing another challenge: improving mental health. Last year alone, the middle school initiated 118 “suicide protocols,” an assessment that occurs

when a student expresses thoughts of suicide. But the response to the mental health challenges were temporary, Powell said.

READ MORE ➡ www.pressreader.com/usa/las-vegas-review-journal/20191226/282308207014017

Thank you

to Dermody Properties Foundation for the donation that will help us set up and decorate therapy rooms in our clinics.



SOUTHERN NEVADA MAKING STRIDES ON MENTAL HEALTH CARE FOR YOUTHS

By Miranda Willson, Las Vegas Sun

When Char Frost’s adolescent son began to show signs of post-traumatic stress disorder and depression around 2005, she contacted mental health providers in Las Vegas to get him the care he needed. Almost every provider gave her the same response: We don’t serve children.

“The one who did had a waitlist that was three or four months long,” Frost said. Inspired by her own experience seeking treatment for her now-adult son, Frost has become an advocate for youth mental health in Southern Nevada. Her goal is to destigmatize mental health conditions, shine a light on the importance of youth mental health services and expose local gaps in services. The gaps are significant. Youth in Nevada have the least access to mental health care relative to their mental health needs in the nation, according to a state-by-state ranking from the nonprofit Mental Health America. In Nevada as a whole and Clark County, in which nearly three-quarters of the state’s population resides, youth suicide rates are on the rise, Frost said.

The rise in mental health conditions among youth here is in line with national trends. Social media use and a greater awareness of mental health issues are among the reasons why reported anxiety and depression are increasing among young people, some research suggests.

READ MORE ➡ <https://m.lasvegassun.com/news/2019/dec/01/southern-nevada-strides-mental-health-care-youths/>

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Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Support United Citizens Foundation by starting your shopping at smile.amazon.com. AmazonSmile is a simple and automatic way for you to support UCF at no cost to you. Click and let the shopping begin!
<https://smile.amazon.com/ch/27-2289242>



Every time you shop at our stores with your rewards card, we donate .5% of your total order to the nonprofit of your choice. Please visit the link below. Once you are logged into your Smith's Food & Drug account, go to My Account, Inspiring Donations, Find Organization, and search for United Citizens Foundation either by name or CP866 and click Enroll. New users will need to create an account which requires some basic information, a valid email address and a Smith's rewards card.
www.smithsfoodanddrug.com/topic/inspiring-donations



UCF is proud to partner with the nonprofit Gentlemen by Choice to welcome Ty's Place, an after school hangout and mentorship hub for North Las Vegas tweens and teens.

**205 West Centennial Parkway, Suite #120
North Las Vegas, NV**

**Call or Text Anytime:
702-888-6300**

We are growing throughout Southern Nevada. To see an updated list of locations visit: www.ucfnv.org



JOIN OUR



UCF is always interested in qualified individuals looking to join our team!

Please email Fonda@ucfnv.org for more information.