

Resource List for Washoe County Students/Staff/Families

Crisis Support Services of Nevada **Call: 1-800-273-8255 Text: "care" to 839863**

Bereavement Program: Tears and Rainbows (775) 770-3733

St Mary's Hospice of Northern Nevada, Grief and loss support, All Ages

1st and 2nd Tuesdays @ 10:30 am to 11:30 pm, St Lutheran Church 7th St Reno NV

2nd and 4th Wednesdays @ 6:30pm to 8:00pm, 6900 Sierra Rose Dr Reno NV

Children's Cabinet (775) 352-8090

777 Sinclair Street, Reno, NV

Crisis Intervention/Stabilization 12 PM-3 PM, Monday-Friday. Services for parents and youth, drop in or call ahead.

Compassionate Friends (775) 750-7005

Support group for loss of a child: Every 2nd Monday@ 7:00pm

F. A. T. H. E. R. S of Angels

One on one peer support for men Website: fathersofangels.gmail.com

Grace Church (775)747-9000

1220 Robb Drive Reno NV

Grief Share Group: Ongoing, next session starts in January 2020

Grief Recovery Method Lauren: (775) 972-9408

Generalized Grief and Loss class, 8 weeks long and class size is limited to 24 people

Summit Church, 7075 Pyramid Way, Sparks NV

Website: www.griefrecoverymethod.com

LEAD with Horses (775) 223-5181

An equine-assisted support group will be scheduled for Friday afternoons for any affected students. A licensed counselor and experienced team will lead the group. This service will be offered **free of charge for Damonte Ranch families** for the remainder of the school year. Register here: <https://leadwithhorses.com/drhs>

LIFECHURCH Reno (775) 852-3833

10300 Rio Wrangler Pkwy, Reno, NV

Join Together Northern Nevada – JTNN (775) 324-7557

505 S. Arlington Ave. Suite 110, Reno, NV Hours: 9 am -5 am Monday - Friday

Our mission is to create a healthy drug-free community by building successful partnerships to support prevention education and outreach.

Website: <http://jtnn.org/>

QUEST Counseling

(775) 786-6880

3500 Lakeside Court, Suite 101, Reno NV

Quest Counseling offers substance use, mental health, and psycho-social evaluations for adolescents and adults. They provide individual substance use counseling for adolescents and adults using Cognitive Behavioral Therapy, Motivational Interviewing, and Dialectical Behavior Therapy.

Red Cross Psychological First Aid

1-877-272-7337 or (775) 856-1000

The objective of psychological first aid is to calm down, comfort, and process what happened. This way, the victim and their family members are helped to cope and move on after the event.

Reno Behavioral Health

(775) 393-2200

6940 Sierra Center Pkwy, Reno, NV

www.renobebehavioral.com

Reno Christian Fellowship

Call Glen Ziese: (775) 830-8427

1700 Zolezzi Lane Reno NV

Grief Share Group: Thursdays 6:30 pm, Now- Dec 19, 2019 and Jan 23 – April 16, 2020

State of Nevada-Department of Health and Human Services

(775) 688-1670

Mobile Criss Response Team (MCRT)

MCRT supports youth and families of youth under the age of 18 showing signs of behavioral or mental health issues that pose a threat to the child's stability within their home, school or community. **Open: M-F 8am-8pm Sat-Sun 8am-6pm**

www.knowcrisis.com

State of Nevada-Department of Health and Human Services

(775) 688-1600

Northern Nevada Child and Adolescent Services (NNCAS)

2655 Enterprise Road, Reno NV www.dcfhs.nv.gov

The Outpatient Services/Children's Clinical Services provides community-based outpatient, individual and family oriented mental health services for children from 6 through 17 years of age.

State of Nevada-Department of Health and Human Services

(775) 688-1481

Wraparound in Nevada (WIN)

Wraparound in Nevada (WIN), provides intensive community-based services to Severely Emotionally Disturbed Children (SED). www.dcfhs.nv.gov

Solace Tree

(775) 324-7723

Grief and Loss Support Groups for Children, Bilingual volunteers

Programs:

Solace Kids: Children ages 3-5 divided by the death that they have experienced, 75 minutes every other week. Talking circles and then they can express feelings and thought through play activities.

Kids Helping Kids: Children ages 6-13, divided by the death they have experienced. 75 minutes every other week.

Heart for Teens: Children ages 14-18, 75 minutes every other week.

Survivors of Suicide Loss (SOSL)

24/7 Crisis Hotline: (775) 784-8085

Crisis Support Services of Nevada 24/7, for family and friends of suicide victims

Website: ccnv.org/depression-suicide/survivors-loss-support/

Trauma Intervention Program INC. (TIP)

(775) 745-5514

325 Sunshine Lane Reno NV

24 hrs. Grief support, trauma and suicide: All ages, Bilingual Volunteers

UnitedHealthcare

Students, staff, or families that have HPN/SHL commercial insurance or HPN Medicaid and are in need of medical advice or direction can call telephone advice nurse line at 702-242-7330 or 1-800-288-2264, 24 hour/7 days a week. If they are in need of behavioral health support, they may contact HPN's Behavioral Health Department-Behavioral Healthcare Options at 1-800-873-2246.

Washoe County Human Services Agency

(775) 785-8600

HSA can provide linkage and referral to services as well as short term therapy. A clinical supervisor is available 7 days per week at:

ClinicalServicesTeamSups@washoecounty.us.

Washoe County Mobile Outreach Safety Team (MOST)

Contact Law Enforcement for immediate access or email MOST@washoecounty.us

West Hills Behavioral Health Hospital

1-800-242-0478

1240 E. 9th Street, Reno, NV

West Hills Hospital will provider assessments for students, staff and families of Damonte High School **at no cost**.

ADDITIONAL WEBSITE RESOURCES

Helping Youth after Community Trauma: Tips for Educators

https://www.nctsn.org/sites/default/files/resources/tip-sheet/helping_youth_after_community_trauma_for_educators_final_explosions.pdf

Revised 3/2020

Parent Tips for Helping Adolescents after disasters. Reactions, Responses and Examples of things to do and say

https://www.nctsn.org/sites/default/files/resources//pfa_parent_tips_for_helping_adolescents_after_disasters.pdf

Age related reactions to a Traumatic Event

https://www.nctsn.org/sites/default/files/resources//age_related_reactions_to_traumatic_events.pdf

Suggestions for Educators

https://www.nctsn.org/sites/default/files/resources/suggestions_for_educators.pdf

Helping Teens with Traumatic Grief: Tips for Caregivers

https://www.nctsn.org/sites/default/files/resources//helping_teens_with_traumatic_grief_caregivers.pdf