

Steve Sisolak
Governor



Richard Whitley
Director

State of Nevada

Department of Health and Human Services

Mental Health Presentation

Nevada Commission for Persons who are Deaf and Hard of Hearing

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Helping people. It's who we are and what we do.



Agenda

1. Webinar Logistics
2. Why Mental Health is Important
3. When to Seek Help
4. How to Manage Stress
 1. Home Remedies
 2. Lifestyle changes
5. Equal Access
6. Single Case Agreement
7. Self Advocacy

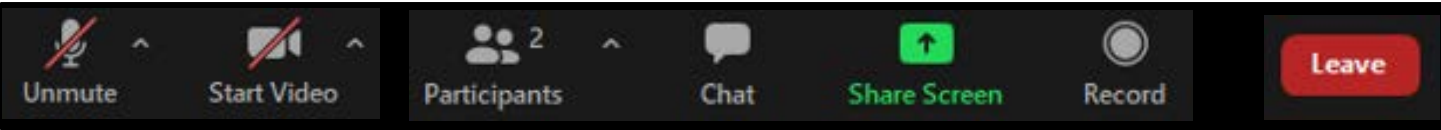
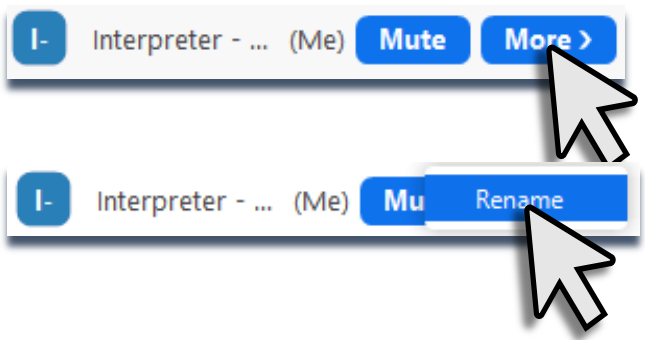




Webinar Logistics

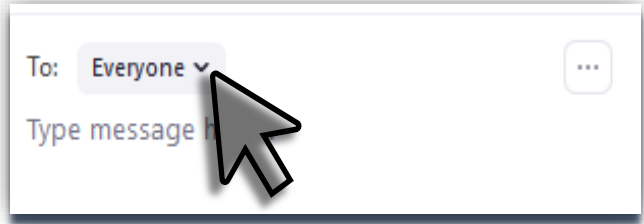
Please mute microphone and turn off camera

Rename for attendance



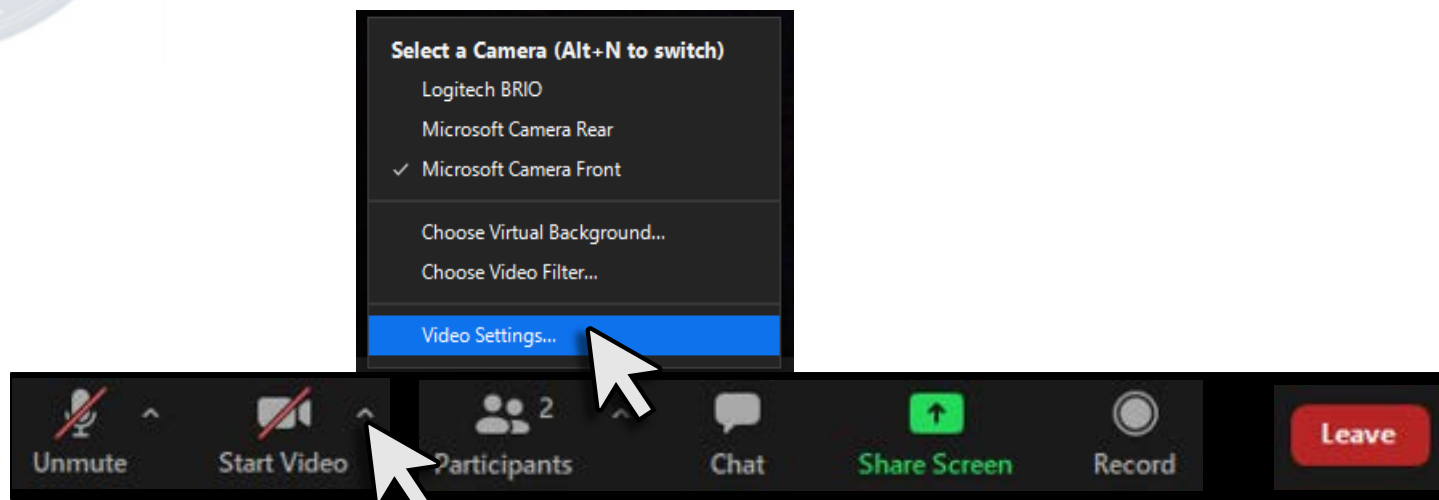
Use Chat for questions and comments.
Technical issues? Direct to **Cheyenne Pasquale**

You can chat directly with someone by changing the **To:** line.





Webinar Logistics



- Meetings:**
- Always display participant names on their video
 - Turn off my video when joining meeting
 - Always show video preview dialog when joining a video meeting
 - Hide non-video participants**
 - up to 49 participants per screen in Gallery View





Why Mental Health is Important

- Includes emotional, psychological, and social well-being- feel, think, act
- Mental Health determines how we handle stress, relate to others, and make healthy decisions
- Mental Health needs are different in childhood, teen years, young adulthood, etc.
- Mental Health issues may include depression, anxiety, mood problems, attention issues, and many more
- Mental health concerns, such as depression and anxiety, may increase the risk of physical health problems such as blood pressure, sleep disturbance, heart disease, etc.

When to Seek Help

1. When your symptoms negatively impact your FUNCTION

- a) Physical- change in sleep, appetite, weight, medical related issues
- b) Social- change in social interactions (increase/decrease), discord in relationships, self-isolation
- c) Employment/school- change in ability to perform work/school duties, tardiness or poor attendance, performance/grades decrease
- d) Personal- change in motivation, ability to manage the home, pay bills, using substances to “cope” with emotions & stress, etc.

2. Before it's too late!

How to Manage Stress

- Visualization
- Meditation
- Progressive Muscle Relaxation
- Deep breathing
- Take a Walk



Home Remedies



- Get a hug from a loved one
- Aromatherapy
- Coloring
- Warm shower or hot bath

Changes in Lifestyle

- Eat a balanced diet – focus on lean meat, fruit, vegetables, eggs, avocado, and nuts; drink plenty of water. Try to avoid high fat and high sugar foods and cut back on caffeine.
- Get enough rest
- Positive self-talk
- Yoga
- Exercise
- Focusing on gratitude
- Time management
- Having supportive people in your life
- Cut things out of your life that add to your stress (watching too much news, drugs and alcohol, and negative people)



Equal Access

“The landmark Americans with Disabilities Act ("ADA" or "the Act"), enacted on July 26, 1990, provides comprehensive civil rights protections to individuals with disabilities in the areas of employment, public accommodations, State and local government services, and telecommunications.”- [U.S. Health and Human Services department](#)

Equal Access

- The ADA very clearly states the need for proper communication with individuals who are hard of hearing and deaf. Specifically, the ADA states: "... Therefore, any place of public accommodation is required to provide sign language interpreters or other effective means of communication for hard of hearing individuals." **The Deaf/HOH person is never responsible for paying for any auxiliary aid or service when seeking medical/mental health care!** Providers can, however, receive tax credits for access expenditures.
- An interpreter should be present in all situations in which the information exchanged is lengthy or complex. Examples may include, but are not limited to, discussing a patient's medical history, obtaining informed consent and permission for treatment, explaining diagnoses, treatment, and prognoses of an illness, conducting psychotherapy, communicating prior to and after major medical procedures, providing complex instructions regarding medication, explaining medical costs and insurance, and explaining patient care upon discharge from therapy or a medical facility.
- Issues may arise from having a friend/family member translate. Messages may be lost in translation. Issues concerning one's physical and mental health can be very sensitive and oftentimes uncomfortable. Having a friend or family member present can limit the client's freedom to openly express. Friends and family members are not bound by confidentiality as a certified interpreter would be. They can also be too emotionally or personally involved in the client's life, which creates a conflict of interest and impartiality can be lost.



Single Case Agreement

- Single case agreements are contracts between an insurance company and an out-of-network health care provider for specific patients for billing in particular cases. They allow out-of-network patients to benefits from in-network billing benefits.
- What makes a case eligible for consideration?
 - The patient is in need of a clinical specialty or language, which is not available through any in-network provider.
 - The geographical location of the patient does not have any in-network providers.
 - The treatment being sought will likely keep the patient out of the hospital, cutting down the cost of medications.
 - A patient who has recently changed their insurance provider.

Self Advocacy

- Request specific accommodations
- Know your rights
- Educate Others
- Know your audience
- Follow proper procedure
- Be tactful
- Compromise



Therapists Skilled in Conversational Sign Language and ASL

Alyson Shinker, LCSW

(702)-810-8400 (text)

Shinkertherapy.com

Insurances accepted: Anthem Blue Cross Blue Shield, United Healthcare, Silver Summit, Anthem Medicaid, Silver Summit Medicaid, Victims of Crime, Teachers Health Trust

Sharon Harris, LMFT, LADC

(702)-460-4611 (text)

Sharonharrislv@hushmail.com

Insurances accepted: Anthem Blue Cross Blue Shield, United Healthcare, Health Plan of Nevada HMO and PPO, Sierra Health and Life, UMR, Clark County Self Funded/Healthscope Benefits

Joel Feldman, CPC Intern

New Leaf Family Services and Wellness Center

(702)-207-4458 (call)

Insurances accepted: Medicaid fee for service

Tiarra Atkinson, LCSW

Direct #702-216-4475

Tiarra.Atkinson@uhsinc.com

Insurances: [Spring Mountain Behavioral Services | Greater Las Vegas, Nevada Area \(springmountaintreatmentcenter.com\)](#)

Anthony Lee, LMFT

(702)-966-3121 (call/text)

Synergymhs.org

info@synergymhs.org

Insurances accepted: Medicaid fee for service





Questions?

