

Sparks High School Resource Book



Revised March 2021

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Please Note: The following is a list of providers in the Reno-Sparks area. This list is not an endorsement or preference for any individual provider or practice. We encourage anyone seeking services for their child or themselves to interview professionals to make a personal decision for their care. This list does not include all available resources in the community but has been composed to provide an adequate amount.

Mental Health Therapy and Counseling Resources

Provider Name	Additional Notes
<p>Center for Therapy & Mediation 180 West Huffaker Lane Suite 302-303 Reno, Nevada 89511 (775) 318-5914 https://www.ctmreno.com/</p>	<p>Offering telehealth with some therapists See website for accepted insurances</p>
<p>Children’s Cabinet 1090 S Rock Blvd Reno, NV 89502 775) 856-6200 http://www.childrenscabinet.org/</p>	<p>Free Services</p>
<p>Chuck Holt PhD, MFT, LADC 1005 Forest St Reno, NV 89509 (775) 329-4582</p>	
<p>Community Health Alliance Several locations 329-6300 https://www.chanevada.org/services/behavioral-health/</p>	<p>Sliding Scale Payment Options Accepts Medicaid</p>
<p>Crisis Support Services of Nevada 1-800-273-8255 Text “CARE” to 839863</p>	<p>Free Service</p>
<p>Downing Counseling Clinic 1664 N. Virginia Reno Nv, 89557 UNR Education Bldg. Room 3007; 775-682-5516 or 775-682-5515 Email: downingclinic@unr.edu</p>	<p>The fees for counseling services are \$10 for Nevada System of Higher Education (NSHE) students. Fees for all other clients are \$35 for individual sessions and \$40 for couples/family sessions. Sliding scale costs are available for those in need.</p>

<p>Erin Warrell, MA, MFT, LCADC 730 South Center St. Reno, NV 89501 (775) 287-1294 https://www.renocounselingcollective.com/</p>	<p>Mental Health and Substance Use Counseling</p>
<p>Ethan Steever PhD 5865 Tyrone Road Suite 201 Reno, NV 89502 775-786-2828 http://www.ethansteeverphd.com/</p>	<p>See website for accepted insurances</p>
<p>Family and Payee Counseling Services 1475 Terminal Way, Suite B Reno, NV 89502 775-329-0623 http://www.fcsnv.org/mental_health_services.html</p>	<p>Sliding Scale Payment Options Accepts most forms of Medicaid</p>
<p>Great Basin Behavioral Health 695 Sierra Rose Dr. Reno, NV 89511 (775) 453-4143 https://greatbasinbehavioral.com/</p>	<p>Offers Telehealth Accepts most major insurances</p>
<p>Healing Minds 6490 S. McCarran Blvd. BLDG A Unit 6 Reno, NV 89509 775-448-9760 http://healingminds.com/</p>	<p>Mental Health and Substance Use Counseling Bilingual Therapist – Spanish Offering Telehealth Accepts most major insurances</p>
<p>Junice Nunez 180 West Huffaker Lane, 303 Reno, Nevada 89511 (775) 403-6520 https://www.psychologytoday.com/us/therapists/junicenunez-reno-nv/726650</p>	<p>Bilingual Therapist – Spanish Offering Telehealth</p>
<p>LifeQuest 770 Mill Street Reno, Nevada 89502 775.636.7767 http://www.lifquestnv.com/</p>	<p>Accepts Medicaid Offering Telehealth</p>
<p>Lourdes Calzada 1201 Terminal Way Suite 100 Reno, NV 89502 (775) 258-1834 https://www.psychologytoday.com/us/therapists/lourdescalzada-reno-nv/787464</p>	<p>Bilingual Counselor – Spanish Offering Telehealth</p>

<p>Marleny Seriano 770 Mill Street Reno, Nevada 89502 (775) 431-2317 https://www.psychologytoday.com/us/therapists/marlenysoriano-reno-nv/475176</p>	<p>Bilingual Therapist – Spanish</p>
<p>Mary Minten MFT, DAACS, CST, LCADC 1005 Forest Street Reno, NV 89509 775 329-4582 ext 8 http://www.marymintencounseling.com/index.html</p>	<p>Offering Telehealth</p>
<p>Memor Health 10405 Double R Blvd. Reno, NV 89521 (775) 827-2400 https://memorhealth.com/</p>	<p>Offering Telehealth</p>
<p>Meridian Health 1325 Airmotive Way Suite 140 Reno, Nevada 89502 (775) 737-9001 https://meridianhealthnv.com/home</p>	<p>Offering Telehealth Sliding Scale Payment Options See website for accepted insurances</p>
<p>Mindful Health Initiative 1515 Plumas Ave, Reno, NV 775-391-8121 Email: jessie@mindfulhealthinitiative.org www.mindfulhealthinitiative.org</p>	<p>Offering Telehealth Sliding Scale Payment Options</p> <p>Our programs offer adventure-based counseling services for individual, multiple day, and multiple week sessions, integrating mindfulness and social emotional learning practice in a supervised setting.</p>
<p>Nicole Altamirano 730 South Center Street Reno, Nevada 89501 (775) 302-9973 https://www.renocounselingcollective.com/</p>	<p>Bilingual Therapist – Spanish</p>

<p>Northern Nevada HOPES 580 West 5th Street Reno, NV (775) 786-4673 https://nnhopes.org/</p>	<p>Sliding Fee Cost Accepts Medicaid</p>
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<p>Presence Therapy 9060 Double Diamond Pkwy Suite 2B Reno, NV 89521 (775) 346 4191 http://www.presencetherapyreno.com/home.html</p>	<p>Accepts Anthem Medicaid</p>
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<p>Quest Counseling 3500 Lakeside Court, Ste 101 Reno, NV 89509 775-786-6880 http://questreno.com/</p>	<p>Mental Health and Substance Use Counseling Accepts Medicaid Fee for Service Offering Telehealth</p>
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<p>Reno Behavioral Health 6940 Sierra Center Pkwy, Reno, NV 89511 (775) 393-2200 https://www.renobebehavioral.com/</p>	<p>Inpatient Treatment services Emergency/Crisis services</p>
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<p>Reno Counseling Collective 730 South Center Street Reno, Nevada 89501 (775) 302-9973 https://www.renocounselingcollective.com/</p>	<p>Offering Telehealth</p>
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<p>Renown Behavioral Health 85 Kirman Ave, Suite 200 Reno, NV 89502 775-982-5318 https://www.renown.org/explore/behavioral-health/</p>	<p>Mental Health and Substance Use Counseling Provides services for eating disorders</p>
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<p>Samuel Hunt 180 W Huffaker Lane, Suite 302-303 Reno, Nevada 89511 775-842-5669 https://www.ctmreno.com/</p>	
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<p>Substance Abuse Helpline – 775-825-HELP or 800-450-9530 (anywhere in Nevada) Text “getsobber” to 839863</p>	
<p>The Child, Adolescent and Family Counseling Center 615 Sierra Rose Dr. Ste 4 Reno, NV 89511 775-826-1002 http://childfamilycounselingreno.com/index.html</p>	
<p>The Counseling Exchange 1201 Terminal Way, Ste 100 Reno, NV 89502 (775) 234-8551 https://www.thecounselingexchange.com/</p>	
<p>The Solace Tree Phone: (775) 324-7723 E-mail: info@solacetree.org http://www.solacetree.org/</p>	Grief and Loss Services
<p>Theory & Practice 6121 Lakeside Drive Suite 230 Reno, Nevada 89511 775-786-7881 http://www.theoryandpracticereeno.com/</p>	
<p>Zepher Wellness Cheney Location 418 Cheney St. Reno, Nevada 89502 775.525.1616 https://www.zephyrwellness.org/</p>	Accepts all forms of Medicaid Offering Telehealth

Crisis Services

Contact Information	Services
Crisis Support Services of Nevada 1-800-273-8255 Text “CARE” to 839863	Suicide prevention, information, support and help in crisis situations.
National Suicide Prevention Lifeline 1-800-273-8255	Suicide Prevention
Mobile Crisis Response Team 775-688-1670	MCRT supports youth and families of youth under the age of 18 showing signs of behavioral or mental health issues including but not limited to: Anger, Self-Injury, School Problems Suicidal or homicidal thoughts or behavior Extreme parent/child conflict Seeing or hearing things, Depression/Anxiety
Renown Medical Multiple Locations 775-982-4100 https://www.renown.org/	Emergency Intervention
Saint Mary’s Medical 235 West 6th Street, Reno, NV 89503 775-770-7664 https://www.saintmarysreno.com/	Emergency Intervention
Northern Nevada Medical Center Multiple Locations 775-331-7000 https://www.nnmc.com/	Emergency Intervention
Human Behavior Institute (HBI) 775-342-1600 HBI Mobile Crisis Response 800-441-4483	Emergency and Therapeutic Intervention
Reno Behavioral Health 6940 Sierra Center Pkwy, Reno, NV 89511 (775) 393-2200 https://www.renobebehavioral.com/	Emergency and Therapeutic Intervention

<p>West Hills Hospital 1240 E. 9th St. Reno, NV 89512 775-323-0478 http://www.westhillshospital.net/</p>	<p>Emergency and Therapeutic Intervention</p>
<p>Reno Police Department 455 E. Second St. Reno, NV 89501 775-334-2121 – Non-emergency 911 – Emergency</p>	<p>Emergency and non-emergency law enforcement, Can Request a MOST Team member as well to respond to crisis event</p>
<p>Safe Place Schools, Fire Stations, Libraries, and Youth Friendly Businesses 1-800-536-4588 Text “SAFE” and current location to 4HELP (44357) http://www.childrencabinet.org/family-youth/youthprograms/safe-place/</p>	<p>Provides a safe place and shelter to young people in need of immediate assistance</p>
<p>Sparks Police Department 1701 East Prater Way Sparks, Nevada 89434 (775) 353-2231 – Non-emergency 911 – Emergency</p>	<p>Emergency and non-emergency law enforcement</p>
<p>Washoe County Sheriff 911 Parr Blvd. Reno, NV 89512 775-785-9276 – Non-emergency 991 – Emergency</p>	<p>Emergency and non-emergency law enforcement</p>

LGBTQ Counseling and Other Resources

Counseling Providers	Phone Number	Website (if applicable)
Allen Ritchie	775-225-3412	
Elizabeth Dear	775-348-4696	http://www.beyondcbt.com
Jacqueline Kleindler	775-329-4582 ex. 9#	
Jennifer Dustin	775-560-0397	
Judy Phoenix	775-322-5055 (assessment only)	
Mary Minten	775-329-4582 ex. 8#	http://www.marymintencounseling.com
Meri Shadley	775-329-4582	
Sam Hunt	(775) 600-4467	
Tori Clark	775-843-9593	http://www.toryclark.com
Transgender Family Support Group – 1st Saturday of the month	775-825-5776	

Resources in the Community	Online Resources
PFLAG Meetings 3 rd Thursday of the month at Northern Nevada HOPES (580 W. 5 th St.) https://www.pflagrenosparks.org/	Trans Youth Family Allies https://www.imatyfa.org/
Transgender Allies Group https://www.transgenderalliesgroup.org/	Gay-Straight Alliance https://www.gsanetwork.org/
Our Center 1745 S. Wells Ave. Reno, Nv 775-624-3720 https://www.ourcenterreno.org/	The Trevor Project https://www.thetrevorproject.org/resources/
SPECTRUM https://www.spectrumnv.org/	Gender Spectrum https://www.genderspectrum.org/
	Transgender Resource Guide https://www.transgenderalliesgroup.org/pdfs/2017TRG.pdf

Domestic Violence Resources

Contact Information	24 Hour Phone Availability
Domestic Violence Resource Center 1735 Vassar St Reno, NV 89502 775.329.4150 https://domesticviolenceresourcecenter.org/	Yes
Safe Embrace Admin Office & Donation Center 780 East Lincoln Way Sparks, NV 89434 (775) 322-3466 http://www.safeembrace.org/	Yes
Victims of Crime (775) 687-8428 http://voc.nv.gov/	No

Animal Housing for Domestic Violence Victims

Contact Information	Information
Noah's Animal House 316 California Ave #314 Reno NV 89509 775-384-9460 https://noahsanimalhouse.org/	Small, Large & Exotic Animals for Domestic Violence Victims-Can Assist with Out of State Resources
Safe Embrace 780 East Lincoln Way Sparks, NV 89434 (775) 322-3466 http://www.safeembrace.org/	Can house animals for current victims

Medical Resources

Contact Information	Services	Insurance Information
Community Health Alliance Multiple Locations 775-329-6300 https://www.chanevada.org/	Medical, Dental, Insurance Enrollment	Provides services to insured and uninsured. Uninsured individuals must qualify for sliding fee schedule for services
Northern Nevada HOPES 580 W 5th Street Reno, NV 89503 (775) 786-4673 https://www.nnhopes.org/	Community Health Center, Teen Health	Provides services to insured and uninsured
Northern Nevada Medical Center Multiple Locations 775-331-7000 https://www.nnmc.com/	Comprehensive healthcare and emergency hospital	Accepted Insurances: Please see website. https://www.nnmc.com/patientsvisitors/insurance From NNMC Website: “Northern Nevada Medical Center is On Most of the Area's Health Plans”
Renown Medical Multiple Locations 775-982-4100 https://www.renown.org/	Comprehensive healthcare and emergency hospital	Accepted Insurances: Please see website. https://www.renown.org/interact/bill-pay-accepted-insurance/commercial-contracted-payers/
Saint Mary’s Medical 235 West 6th Street, Reno, NV 89503 775-770-7664 https://www.saintmarysreno.com/	Comprehensive healthcare and emergency hospital	Accepted Insurances: Please see website. https://www.saintmarysreno.com/Patients-Visitors/Billing-InsuranceInformation.aspx

Family Resources

Contact Information	Services
<p>Family Resource Center Multiple Locations Central Reno 1950 Villanova Dr. Reno Nv, 89506 775-321-3185 https://Washoe.k12.nv.us/parents/</p>	<p>Food programs, employment assistance, parenting education, adult literacy and English classes, financial literacy and credit counseling, utility assistance, shelter and housing, medical, dental, mental health</p>
<p>Safe Talk for Teens 6490 South McCarran Blvd. Building D1 #36 Reno, Nv 89509 775-823-2700 https://www.safetalkforteens.org</p>	<p>Parent and child relationship issues, school success, combatting bullying, case managers</p>
<p>Washoe County CASA 75 Court St., Suite 214A Reno, NV 89501 (775) 328-3298 https://washoecasafoundation.com/</p>	<p>Court Appointed Special Advocate</p>

Food Resources

Washoe County Human Services List of Food Pantries <https://fbnn.org/wp-content/uploads/2017/07/Local-Pantries-List-Washoe-County-Schedule-Template.pdf>

Washoe County Schools Food Resources and Pick Up for Families
<https://www.washoeschools.net/Page/14379>

Employment Resources

Contact Information
Community Services Agency 1090 E. 8th St. Reno, Nv 775-786-6023 https://csareno.org/csa-employment/?current-job
Disability Resources, Inc. 50 East Greg St. #102-103, Sparks, Nv 329-1126
Manpower 1755 Vassar St. Reno, NV 775- 322-2000 https://www.manpower.com/wps/portal/ManpowerUSA/home
Nevada Job Connect https://nevadajobconnect.com/

Other Resource Lists

Healthier Nevada Resource List <http://healthiernv.org/resources/>

Human Services Resource Guide

<https://www.washoesheriff.com/resources/files/2019%20Resource%20Guide.pdf>

Nevada Cares Resource List

<https://www.nvcares.com/wp-content/uploads/2017/09/Community-Resource-List-English.pdf>

Washoe County Division of Child and Family Services Resource List March 2020

[http://dcfs.nv.gov/uploadedFiles/dcfsvgov/content/Programs/CMH/WC_Resource_List\(2\).pdf](http://dcfs.nv.gov/uploadedFiles/dcfsvgov/content/Programs/CMH/WC_Resource_List(2).pdf)

Washoe County Law Library Resource List

<https://www.washoecourts.com/OtherDocs/LawLibrary/Community%20Resource%20List.pdf>

Washoe County Sheriffs Resource Guide

<https://www.washoesheriff.com/resources/files/9-5-19%20Community%20Resource%20Guide.pdf>

Washoe County Health District Community Resource List <https://www.washoecounty.us/health/files/family-planning/cr-list-2012.pdf>