

We Are

HEALTH EQUITY

February 2025 – Volume 4, Issue 1

The Southern Nevada Health District's Health Equity Program was established with the goal of working alongside community partners to help increase awareness of, and minimize, the health inequities that hinder marginalized communities from reaching their full health potential.

The program's mission is to work in collaboration between SNHD programs and community-based organizations to reduce disparities in healthcare access and service delivery to underserved populations using health equity strategies, increasing access to essential services, providing education and conducting community outreach.

[Click here to view the Health Equity Webpage](#)

FEBRUARY ISSUE

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WE ARE HEALTH EQUITY

Health Equity Program Updates

The Health Equity Team is thrilled to welcome our newest Health Educator, Grissel Oliveros!



Our Partners



Grissel has been with the Southern Nevada Health District (SNHD) for over one year, starting her journey as a Community Health Worker for the Sexual Health Outreach and Prevention Program (SHOPP). She brings extensive experience working with underserved populations in Las Vegas, particularly the Hispanic community and individuals experiencing homelessness. Grissel has successfully organized and coordinated numerous outreach events across the valley, providing sexual health education and care while helping community members navigate essential resources. Her expertise in engaging diverse communities, along with her bilingual skills and creativity, will be a valuable asset to our team. We are excited to have her on board and are confident that with her contributions, our team will continue to grow and make meaningful strides in advancing health equity.



Grissel will lead the Community Education Project, providing health equity training for our partners and promoting education and outreach about SNHD programs and services. Additionally, she will oversee the creation of our quarterly podcast series. For more information, please contact her at oliverosg@snhd.org.

HEALTH EQUITY HIGHLIGHT

Our Community

Behavioral Health Clinic Open House



SNHD is excited to announce the open house event held on January 14, 2025, to celebrate the expansion of the newly built **Southern Nevada Community Health Center Behavioral Health Clinic** located at the Decatur location.

They will continue to provide a variety of services in the clinic, including:

- Brief individual, family, and couples therapy in person and via telehealth



- Support groups to assist Ryan White patients coming soon
- Substance abuse counseling
- Psychiatric evaluations and medication management

Currently, behavioral health services are available for patients receiving medical services within the Federally Qualified Health Center (FQHC) with hopes of growing the program. The model of the FQHC is to provide integrated care to patients who are seeking both primary care and behavioral health services. The program also supports behavioral health needs outside of the traditional mental health model (e.g., supporting diabetic patients in changing their lifestyles to better manage their disease condition). The FQHC's behavioral health program cares for those patients experiencing mild to moderate mental health concerns and collaborates with community partners to assist in treating patients with more complex conditions.

Services are provided for patients at both the SNHD Decatur and Fremont locations. The **Decatur** location has a full-time therapist and a psychiatric nurse practitioner, and the clinic is open **Monday through Thursday**. The **Fremont** location has a full-time therapist and a part-time psychiatric nurse practitioner, and the clinic is open **Tuesday through Friday**. The health center accepts many private and public insurances. A sliding fee discount schedule is also available, and no patient is denied services for inability to pay.

For more information, please visit [Southern Nevada Community Health Center website](#).

Sexual Health Outreach & Prevention Programs: Congenital Syphilis Case Management



Did you know the Sexual Health Outreach and Prevention Program (SHOPP) offers a **Congenital Syphilis Case Management Program (CSCMP)**? Congenital Syphilis refers to the passing of syphilis to babies during pregnancy and has become a significant issue nationally and locally.

The **CSCMP is free and optional** for pregnant individuals up to six weeks postpartum. The program provides tailored care to ensure syphilis treatment for pregnant persons and their partners. Services include working with SNHD's Office of Disease Surveillance (ODS), Health Education, the Community Health Center, and other partners to offer STI education through academic detailing and collaborative initiatives. Their comprehensive care also includes **Home Administered Treatment for STI's (HATS)** in which the team completes syphilis treatment in a client's home when a clinic visit is not possible. CSCMP offers support to overcome barriers to health care by addressing social determinants of health.

After the baby is born, the program assists parents and pediatricians with post-birth guidance for infant monitoring. The interdisciplinary team provides local resources, assists with health insurance navigation, and offers STI education to enrolled individuals. In 2024, CSCMP helped 62 clients, engaged in multiple community outreach events across Las Vegas, and provided education through radio interviews and hospital partnerships. Notably, the CSCMP team has done multiple radio interviews at KXLI 94.5FM EXA and KADD 93.5FM La Mejor, highlighting the importance of health and immunizations for the Hispanic community.

The CSCMP provides same-day referrals at no cost. To speak to a nurse case manager in English or Spanish, call **702-759-1111** or fax referrals to 702-759-1493, **Monday-Thursday, 7 a.m.-5:30 p.m.**



Congenital syphilis can cause stillbirth, bone damage, and nerve problems causing blindness or deafness if it's not treated. Your pregnant patients may be at risk of passing syphilis on to their babies if they are infected.

But it is 100% preventable.

The Congenital Syphilis Case Management Program at the Southern Nevada Health District offers support for your patients, **helping them achieve better health outcomes. Referrals are for pregnant persons and persons within 6 weeks post-partum who are diagnosed with Syphilis.**

No-Cost Case Management Services

- We partner with you and your patient to ensure treatment completion.
- We provide guidance to patients in managing their own health.
- Our Case Managers can provide home visits and accompany patients to medical appointments if needed.
- We provide education and community referrals to overcome barriers to care.
- All pregnant women, women within 6 weeks post-partum and pediatric patients are eligible for case management services.

Call to refer your patient to a nurse case manager.

(702) 759-1111

7 a.m. – 5:30 p.m. Monday – Thursday

Fax referrals to (702) 759-1493.

Same day referrals. No cost to the patient.



HAPPY CHINESE NEW YEAR!



Celebrating the Year of the Snake: A Time for Growth and Reflection

Happy Chinese New Year! As we welcome 2025, the Year of the Snake, let us embrace its themes of wisdom, transformation, and prosperity. This year encourages us to shed old habits, focus on long-term goals, and move confidently toward growth and resilience.

Despite enriching American society for over 150 years, Chinese communities, like many Asian Americans, face health disparities, including:

- **Cancer:** The leading cause of death for Asian Americans, with the highest death rates due to cancer compared to all racial and ethnic group in the U.S.
- **Hypertension:** The second leading cause of death.
- **Access to Care:** Linguistic and cultural barriers limit healthcare and understanding.

To reduce these disparities, we must:

- **Enhance Cultural Competency:** Healthcare providers should be trained to understand and respect cultural differences.
- **Improve Language Support:** Provide effective translation services for clear communication.
- **Promote Preventive Care:** Community cancer screenings and educational initiatives can raise awareness about health risks.
- **Disseminate Culturally Relevant Health Education:** Tailored resources to resonate with Asian American communities.

This Year of the Snake offers an opportunity to transform how we approach health equity. By fostering understanding, precision, and care, we can help create a healthier future for all.

- [The Year 2025 and the Chinese Zodiac: Year of the Snake](#)
- [US DHHS Office of Minority Health: Asian American Health](#)
- [Asian American Health Initiative: Health Disparities](#)

BLACK HISTORY MONTH



Black History Month and World Day of Social Justice: A Shared Mission for Equity

Black History Month, observed every February, aligns closely with the theme of **World Day of Social Justice** (recognized on February 20) by highlighting the ongoing struggles for equality and justice faced by Black communities. As we honor the achievements and contributions of Black individuals throughout history, it is also a time to recognize the ongoing racial inequities that impact health, economic opportunities, and access to education and health care.

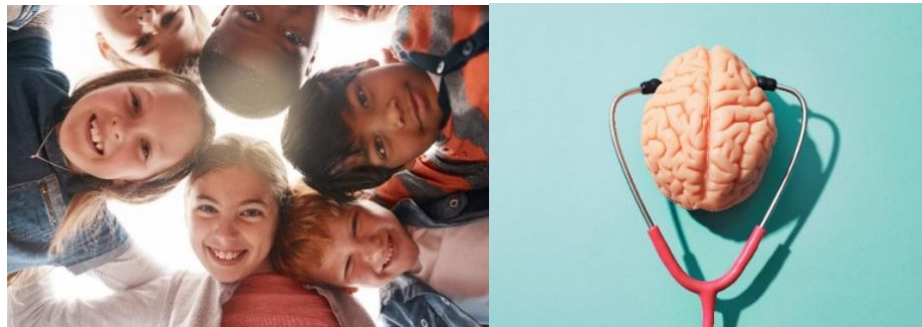
The history of systemic racism has led to significant health disparities, where Black communities often face higher rates of chronic conditions such as high blood pressure, diabetes, and heart disease and lower access to quality healthcare. By addressing these injustices and focusing on health equity, we can create a more just society, where everyone, regardless of race or background, can achieve optimal health and well-being.

Both Black History Month and World Day of Social Justice call for a commitment to dismantling inequities and ensuring fair opportunities for all. Nationally, both circumstantial and systemic inequality of resources, opportunities, and privileges continue to adversely shape marginalized communities. It is up to each one of us to recognize disparities, learn about what causes them, and work together to find solutions to address them to pave the path forward.

CHILDREN'S MENTAL HEALTH WEEK

February 3rd – February 9th

Highlighting Children's Mental Health: Resources and Recommendations



According to the Substance Abuse and Mental Health Services Administration (SAMHSA), rates of mental health crises in youth are continuing to rise, with **1 in 5 children diagnosed with a mental, emotional, or behavioral disorder**. The National Institute for Children's Research and Policy (NICRP) and the Annie E. Casey Foundation have published recommendations for parents, caregivers, and healthcare professionals that can be found below:

- **For Healthcare Providers:** Screen all children for mental health issues and refer to specialists as needed, enroll in [Nevada Pediatric Psychiatry Solutions](#), participate in burnout prevention and self-care, educate parents and caregivers on recognizing anxiety, depression, and suicidal tendencies in youth.

- **For parents:** Utilize resources to educate children on mental health, learn to identify and respond to mental health crises using resources from the [national child traumatic stress network](#).

The Nevada Division of Child and Family Services (DCFS) also offers mental health treatments for children and adolescents. They serve Clark and Washoe County by offering individualized services such as crisis mobile teams, community-based therapy, early childhood treatments, and care coordination at their four family service centers.

For mental health resources visit:

- [Find Help](#): locate low-cost or free programs by your zip code.
- The Nevada Department of Health & Human Services (DHHS) DCFS has four treatment and service centers for youth. Visit the [Child Mental Health Services](#) webpage for service center locations.
- The [Southern Nevada Mobile Crisis Response Team \(MCRT\)](#) assists youth under 18 and families during a mental health crisis. The MCRT team provides crisis response, crisis stabilization, and follow-up care. See the MCRT brochure [here](#).

Children's Mobile Crisis Response Team



SELF-CARE CORNER

The “winter blues” are real! When the days get shorter and the seasons change (typically during Fall and Winter), mood changes are more serious and can affect how a person feels, thinks, and behaves. Winter season can bring feelings of lethargy, increased stress, and in some cases, mood dips. Don’t let self-care move to the bottom of your priority list! Here are some tips to help plan and put self-care strategies into action this winter—no matter how many more weeks of this weather we have:



1. **Prioritize sleep:** Aim for 7-8 hours nightly to align with your body’s natural rhythm.
2. **Get sunlight:** Spend time outside for fresh air and a mood boost.
3. **Relax:** Try meditation, journaling, or quiet time to stay grounded.
4. **Pursue hobbies:** Enjoy activities that bring you joy, like music, art, or exercise.
5. **Declutter:** Organize a small area to feel refreshed.
6. **Hydrate:** Drink 6-8 glasses of water daily to combat dryness.
7. **Connect:** Stay in touch with friends and family to avoid isolation.

Resources

[SNHD Credible Mind](#)

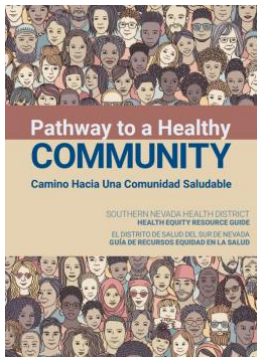
[10 Self-Care Tips for Surviving Winter](#)

[Try Calm App for Free](#)

HEALTH EQUITY RESOURCES

Pathway to a Healthy Community: Southern Nevada Health Equity Resource Guide

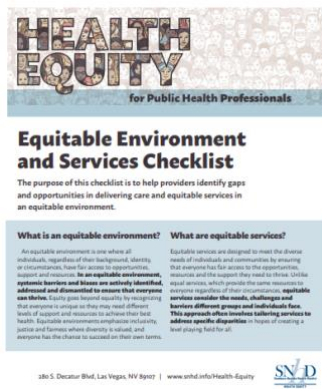
We’ve created a resource guide that contains information about Southern Nevada Health District programs, designed to make sure that you have fair and equitable access to optimal health. The guide provides information in both English and Spanish. **Click the image below to access the resource guide.**



Equitable Environment and Services Checklist

This checklist is designed to help providers identify gaps and opportunities in delivering equitable care and creating an inclusive environment. Visit our website to download the fillable document and use it to assess and enhance your space and services.

[Southern Nevada Health District Health Equity Program](#)



Health Equity Resource Library

Explore our growing library of health equity resources, featuring educational videos, data reports, and community tools. We update these resources regularly to keep you informed. Visit our website to access the collection.

[Southern Nevada Health District Health Equity Program](#)



Health Equity Resource Library

General Health Equity Resources		
Resource name	Author	Description
10 Essential Public Health Services - English - Spanish	Center for Disease Control and Prevention (CDC)	This 10 Essential Public Health Services (EPHS) describe the public health activities that all communities are advised to undertake.
Community Health Fact Sheet	Community Health Library Project	Access and credible health information by topic, in over 35 different languages.
Health Literacy	CDC	Learn the definition of health literacy and how to employ best practices to build skills.
Social Determinants of Health	CDC	Learn about the factors that impact health and health disparities.
Social Determinants of Health	World Health Organization	Understand how the social determinants of health can influence health equity in positive and negative ways.
Social Determinants of Health	Healthy People 2030	Learn how Health People 2030 plans to address the social determinants of health.

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