



News Release



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For Immediate Release

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1 October Survivors Throughout Nevada, U.S. Urged to Connect with Resiliency Center for Support Group Help

Anyone living outside the Las Vegas Valley interested in participating in a therapy support group for 1 October survivors is encouraged to contact the Vegas Strong Resiliency Center to get connected to available resources in your area.

“Support groups can be particularly helpful to people who are dealing with the trauma resulting from such a violent, large-scale incident because they offer a safe environment for talking about shared experiences and emotions,” said Dr. Megan Freeman, a psychologist with the Nevada Department of Health and Human Services. “If you live outside of Las Vegas, including rural areas of Nevada or in Northern Nevada, we encourage you to contact the resiliency center if you’re interested in participating in a support group. We will work to get you connected with resources near you.”

The resiliency center is dedicated to assisting anyone affected by the shooting at the Route 91 festival including those who were injured or killed, their family members, responders, citizens who assisted victims, and bystanders who witnessed the aftermath of the incident. Its phone number is (702) 455-AIDE (2433) in the Las Vegas area and 1-833-299-AIDE (2433) for those outside Las Vegas or other states or countries. To learn more about the residency center visit its website at www.VegasStrongRC.org. The center is located at 1524 Pinto Lane in Las Vegas near Martin Luther King Boulevard. Hours are 10 a.m. to 7 p.m. It can be contacted by email at: vegasstrongresiliencycenter@clarkcountynv.gov. It also has a Facebook page: www.Facebook.com/VegasStrongResiliencyCenter. Officials are reminding survivors of the shooting that they have six months, or until **Oct. 1, 2018**, to submit an application with the Nevada Victims of Crime Program. The program will help pay for expenses not covered by insurance such as counseling co-pays.

To date, there are three support groups meeting in Las Vegas for 1 October survivors. The groups are being facilitated by local therapists. They are free and not open to media to protect the privacy and confidentiality of participants. Two meet weekly on Tuesday nights: 6-7 p.m, Desert Parkway Behavioral

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Healthcare Hospital, 3247 S. Maryland Pkwy., 89109; and 6:30-8 p.m., the Route 91 Survivors Support Group for Family Members & Loved Ones of the 58 Victims, Creative Solutions Counseling Center, 7371 W. Charleston Blvd., Suite 110, 89117. To attend the Creative Solutions group, please RSVP to Jackie Harris at: jackieharrismft@gmail.com. In addition, Nathan Adelson Hospice hosts a 1 October Group on the First Tuesday of each month from 5:30 p.m. to 7: p.m. at the Center for Compassionate Care, 4131 Swenson St., 89119. (702) 938-3960.

The resiliency center also is tracking resources available in other states and communities that survivors outside our area can be referred to. Mental health experts stress that people grieve and cope with trauma in different ways, and reminders of 1 October affect people at different times and in unexpected circumstances. Occasions that can be difficult for survivors to navigate include anniversaries, hearing a particular song, watching news stories about other violent events, being in crowds, or seeing and hearing loud noises. Coping tips include:

- **Reach out for help.** Feelings of sadness, anger, anxiety and depression are common after a traumatic event. When you feel distressed, don't be alone. Talk to someone who is understanding and cares about you including a friend, family member, pastor or therapist. After hours on weekends or holidays, call the national Disaster Distress Helpline at 1-800-985-5990 to talk with a trained crisis counselor.
- **Seek Counseling.** If you are struggling with memories, flashbacks or reminders of the violent event, counseling can offer some coping strategies. It's not uncommon for survivor of mass violence to seek out counseling months or even years after an event. If you were present at the mass shooting, we encourage you to submit an application with the Nevada Victims of Crime program by **Oct. 1, 2018**. More information about the Nevada Victims of Crime Program is available at www.voc.nv.gov or (702) 486-2740.
- **Stay in your normal routine as much as possible.** Even if you don't feel like it, go back to work, to school and try to carry on with your usual chores. It will help to reduce stress if you continue doing the things you would normally do every day. Anniversaries and special events like holidays and birthdays may be particularly difficult, especially for those who lost a loved one. To cope plan to be with people who care about you and plan an activity together.

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Clark County is a dynamic and innovative organization dedicated to providing top-quality service with integrity, respect and accountability. With jurisdiction over the world-famous Las Vegas Strip and covering an area the size of New Jersey, Clark is the nation's 14th-largest county and provides extensive regional services to more than 2.25 million citizens and 45.5 million visitors a year. Included are the nation's 8th-busiest airport, air quality compliance, social services and the state's largest public hospital, University Medical Center. The County also provides municipal services that are traditionally provided by cities to 1 million residents in the unincorporated area. Those include fire protection, roads and other public works, parks and recreation, and planning and development.