

Wellness-related Materials Annotated Bibliography Available from the Nevada Prevention Resource Center (NPRC)

	Title	Year	Description	ROAR ID
1	2016 Alcohol Awareness Bulletin Insert	2016	The Pacific Southwest Addiction Technology Transfer Center (Pacific Southwest ATTC, HHS Region 9) has adapted a 2016 version of the Alcohol Awareness Month Faith Community Bulletin Insert developed by our colleagues at the Mid-America ATTC. It can be easily downloaded and used by clinics, schools, libraries, and other public places as well as by churches, temples and mosques for their Sunday/Sabbath-day bulletins, newsletters or bulletin boards.	3013
2	4 Basic Steps to Food Safety at Home	2012	Fact sheet with simple steps to promote food safety at home.	2312
3	A Guide to Comprehensive Hepatitis C Counseling and Testing		Manual for Use in Primary Care Practices: Provides guidance for counseling and testing of individuals who are at risk for or potentially infected with the hepatitis C virus (HCV).	3047
4	A Lifetime of Good Health-Your Guide to Staying Healthy	2011	This guide offers a plan for health at all stages of life. It begins with healthy behaviors to prevent and manage the many health conditions that can affect you. It also specifically addresses things that are important to women, like pregnancy, breastfeeding, menopause, and breast cancer.	2745
5	A Mental Health Friendly Workplace - It's in Every Company's Best Interest: an introduction for business executives	2007	Encourages businesses to look at their employees' mental health and how it relates to their well-being and the bottom line. Describes three mental health-friendly workplaces and encourages companies to take steps to create a mental health-friendly workplace.	3028
6	About Over the Counter Drugs	2007	An informational pamphlet describing OTC drugs and their safety.	2798
7	Action Planning for Prevention and Recovery A Self-Help Workbook	2010	"This workbook was designed to be used independently or with "Action Planning for Prevention and Recovery, A Self-Help Guide" produced by SAMHSA.	3206
8	Adult Stress-Frequently Asked Questions	2013	A publication addressing common questions related to stress such as what it is, its effect on the body and how to cope.	2746
9	Advice for Humanitarian Aid Workers Traveling to Guinea, Liberia, or Sierra Leone during the Ebola Outbreak	2014	This resource provides important advice and information for people traveling to areas affected by the Ebola outbreak.	2590
10	Affordable Care Act (ACA) Enrollment Assistance for LGBT Communities A Resource for Behavioral Health Providers	2014	Guides health professionals in helping lesbian, gay, bisexual and transgender (LGBT) people understand health insurance options, particularly mental health and substance abuse benefits and services, under the Affordable Care Act (ACA) and enroll in plans.	2550
11	Alcohol Use and Your Health	2016	Drinking too much can harm your health. Excessive alcohol use led to approximately 88,000 deaths and 2.5 million years of potential life lost (YPLL) each year in the United States from 2006 to 2010, shortening the lives of those who died by an average of 30 years. Further, excessive drinking was responsible for 1 in 10 deaths among working-age adults aged 20-64 years. The economic costs of excessive alcohol consumption in 2010 were estimated at \$249 billion, or \$2.05 a drink.	2966
12	Allergies and Hay Fever	2007	This fact sheet discusses what allergies are, some of the signs, and symptoms as well as how to be treated.	2255
13	Analyses of MAX Claims: SAMHSA Fee-for-Service Spending Estimates, Medicare-Medicaid Enrollee Analysis, and Managed Care Summary	2015	Presents Medicaid spending information for treatment of mental and substance use disorders for people enrolled in Medicaid only as well as those dually enrolled in Medicare and Medicaid. Reports on fee-for-service spending and managed care spending.	2772
14	Antibiotic Resistance	2007	Antibiotic drugs can save lives. But some germs get so strong that they can resist the drugs. This is called resistance. This fact sheet discusses the dangers and risks of drug resistance.	2264
15	Arthritis	2010	This fact sheet discusses what arthritis is and when it might be time to talk to your doctor.	2272
16	Asthma	2012	Asthma is a disease of the lung airways. The airways get swollen and inflamed. They react easily to certain things, like viruses, smoke, or pollen. When inflamed airways react, they get narrow, making it hard to breathe. Asthma is a chronic disease that can usually be managed with proper care.	2314

17	ATTC. National American Indian & Alaska Native Newsletter, Vol. 3/1	2015	Articles: National American Indian heritage month; Marijuana - Health Issues and Public Policies; Community Services of Erie and Niagara Counties; Season of Change; Harvest Feast Celebration. (10 pgs.)	2992
18	"B" Your Best!		Small flyer advocating the consumption of folic acid, or vitamin B for women ages 10 and over.	2740
19	Behavioral Health Barometer 2013 - Nevada	2013	Presents a set of substance use and mental health indicators from population and treatment facility-based data sets. Provides point-in-time and trend data reflecting the status and progress in improving key behavioral health indicators.	2628
20	Behavioral Health Barometer 2014 - Nevada	2015	Presents a set of substance use and mental health indicators from population and treatment facility-based data sets. Provides point-in-time and trend data reflecting the status and progress in improving key behavioral health indicators.	2629
21	Bipolar Disorder (Easy to Read)	2015	A brochure on bipolar disorder that explains what it is, when it starts, and how to get help.	2950
22	Building Bridges: Mental Health Consumers in Intergenerational Dialogue	2010	Recaps a meeting on enhancing dialogue between mental health consumers and supporters across multiple generations to promote recovery from mental illnesses. Offers recommendations to encourage collaboration and leadership among consumers of all ages. (62 pgs.)	1536
23	Burning Mouth Syndrome	2014	This publication includes some key points of burning mouth syndrome (BMS), symptoms, diagnosis, the two types of BMS, treatment, and helpful tips for easing the pain.	2497
24	Buying Contacts Online	2010	Buying contacts on the internet can be handy, but buyers should be careful. This fact sheet discusses best practices for online purchases.	2273
25	Called to Duty-A Practical Guide for Families	2005	A guide to aid with personal affairs, future needs, and support services available for families of deployed servicemen and women.	2809
26	Cholesterol	2010	"Women over age 20 should have their cholesterol checked by their doctor and women over the age of 55 tend to have higher cholesterol levels than men. High cholesterol can increase your chance of having heart disease."	2297
27	Chronic Illness and Mental Health: Recognizing and Treating Depression	2015	Brochure discusses chronic medical illnesses and risk of depression, including symptoms of depression, treatment for depression, recovery from depression and the health effects of depression.	2951
28	Clinical Trials	2010	This fact sheet discusses what clinical trials are and other questions regarding clinical trials.	2985
29	Contact Lens Care	2010	Keep your eyes safe! This fact sheet provides some tips for keeping your eyes healthy and safe while you wear contacts.	2275
30	Coping with Stress During Infectious Disease Outbreaks	2014	Offers tips people can use to cope with stress during an outbreak of an infectious disease, such as Ebola. Explains common signs of stress, how to recognize when to get help, and practical ways to manage and relieve the stress by taking care of oneself.	2459
31	Coping with Stress During Infectious Disease Outbreaks (Sp): Cómo lidiar con el estrés durante un brote de una enfermedad contagiosa	2016	Offers tips people can use to cope with stress during an outbreak of an infectious disease, such as Ebola. Explains common signs of stress, how to recognize when to get help, and practical ways to manage and relieve the stress by taking care of oneself.	3017
32	Cosmetics	2010	People use cosmetics to enhance their beauty. These products range from lipstick and foundation to deodorant, toothpaste and hairspray. In 1938, Congress passed the U.S. Food, Drug, and Cosmetics Act. In the 70 years since the law was passed, the Federal government has worked with industry to keep cosmetics safe. Together we have made many changes to protect consumers. Here are some important things to know.	2257
33	Creating a Healthier Life: A Step-By-Step Guide to Wellness	2016	A component of SAMHSA's wellness initiative, this guide defines the meaning of wellness as it pertains to behavioral health, explains the eight dimensions of wellness, and provides tips for self-improvement in each dimension.	3019
34	Crisis Counseling Assistance and Training Program (CCP)	2009	"Explains the Crisis Counseling Assistance and Training Program's emergency mental health services and programs for survivors of traumatic events. Helps states, territories, and federally recognized tribes to prepare grant applications for funding.	2547
35	Depression: Medicines to Help You		Use this guide to help you talk to your doctor or pharmacist about medicines called antidepressants (an-tee-de-press-ants) that can help to treat depression. Ask your doctor to tell you about all of the risks of taking the different medicines. This guide only talks about some of the risks.	2762
36	Diabetes Medicines	2015	This booklet gives some basic facts about medicines used to treat people with diabetes. Included within the material is information about specific drugs, after effects, and other important factors during usage.	2711

37	Diabetes Recipes: Women's Health Take Time To Care		Fold out booklet with 5 diabetic friendly recipe cards.	2336
38	Dietary Guidelines for Americans 2015-2020	2016	8th Edition. The Dietary Guidelines for Americans is the Nation's go-to source for nutrition advice. Published every 5 years for public health professionals, each edition of the Dietary Guidelines reflects the current body of nutrition science. These recommendations help Americans make healthy food and beverage choices and serve as the foundation for vital nutrition policies and programs across the United States.	3000
39	Dietary Supplements	2007	This fact sheet discusses what dietary supplements are and how they are regulated as well as possible risks.	2265
40	Disaster Distress Helpline Brochure	2012	Features the national Disaster Distress Helpline that offers support to people who are coping with the aftereffects of a disaster. Discusses the potential disasters have in causing psychological stress, lists warning signs of distress, and offers tips for coping.	2718
41	Eat Healthy, Be Active Community Workshops (Consuma una alimentacions saludable)	2012	Six 1-hour workshops were developed, based on the Dietary Guidelines for Americans, 2010 and 2008 Physical Activity Guidelines for Americans. Each workshop includes a lesson plan, learning objectives, talking points, hands-on activities, videos, and handouts. The workshops are designed for community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach to adults in a wide variety of community settings.	2851
42	Ebola Fact Sheet	2014	This fact sheet describes transmission, signs and symptoms, risk of exposure, diagnosis, and prevention of Ebola.	2589
43	Every Business Should Have a Plan	2011	This guide outlines common sense measures business owners and managers can take to start getting ready. A commitment to planning today will help support employees, customers, the community, the local economy, and even the country. It also protects your business investment and gives your company a better chance for survival.	2598
44	Facts About Ebola in the U.S.	2014	This is an infographic with facts about the transmission of Ebola.	2591
45	FDA Pharmacists Help Consumers use Medicines Safely	2014	This FDA publication describes the role of the FDA pharmacists in bridging the gap between patients and doctors. It also provides frequent questions that the FDA receives from consumers and answers to those questions. (2 pgs.)	2517
46	Flat Stanley and Flat Stella Set	2014	Children and their parents can build their own FEMA Flat Stanley or Flat Stella, and then share with other children and classrooms the steps they have taken to support preparedness throughout their homes, schools and communities.	2606
47	Flu	2010	The flu is an illness caused by the influenza virus. This fact sheet discusses how to protect from it and care for yourself if you get it.	2276
48	For Veterans and Families: Understanding PTSD and Substance Use	2015	The National Center for PTSD explains the relationship of posttraumatic stress disorder (PTSD) to substance use in veterans. It also lists treatments that may help and provides information and links for veterans who think they may have both PTSD and a substance use disorder.	2998
49	Generic Drugs	2010	This fact sheet explains what generic drugs are and their safety.	2278
50	Hair Dye and Hair Relaxers	2007	Hair dye is used to color your hair. Hair relaxers are used to make your hair straight. Both hair dye and hair relaxers can hurt your skin, hair, and eyes, especially if you are not careful. This fact sheet includes hints and tips on safety, reactions, and how to's.	2258
51	Having Trouble Coping After a Disaster? Wallet Card	2012	Wallet card listing the signs of stress related to a disaster.	2717
52	Health Scams		This booklet discusses some common health scams and what you can do to protect yourself and your family.	2266
53	Healthy Counties: Fostering Better Health Outcomes in Children and Older Adults	2015	"NACo cast study publication highlights the role counties play in improving health outcomes for children and older adults in communities across the country."	3105
54	Heart Disease in Women	2010	Heart disease is a leading cause of death in the U.S. Learn the signs of heart disease, including the "silent" symptoms, and get tips on how to lower your risk	2280
55	Heart Health for Women	2014	You may think heart disease only affects men. This is not true. Heart disease is the leading cause of death for women. FDA has tips to help you make good decisions about your heart health.	2765
56	High Blood Pressure (Hypertension)	2010	High blood pressure (also called hypertension) is a serious illness that affects nearly 65 million adults in the United States. High blood pressure is often called a "silent killer" because many people have it but don't know it. Over time, people who do not get treated for high blood pressure can get very sick or even die.	2298

57	High Blood Pressure: Medicines To Help You	2012	Use this guide to help you talk to your doctor, pharmacist, or nurse about your blood pressure medicines. The guide lists all of the FDA-approved products now available to treat this condition. You will also find some general information to help you use your medicines wisely.	2311
58	How To Cope With Sheltering in Place (Spanish)	2016	Esta hoja de consejos contesta algunas preguntas frecuentes sobre cómo hacer frente a una emergencia que requiera que usted se refugie en el sitio donde se encuentre. Ofrece consejos para lidiar con la situación; explica las reacciones comunes a tener que refugiarse en sitio; da consejos sobre cómo cuidar su salud mental y la de su familia; y proporciona recursos útiles adicionales.	2981
59	HPV (Human Papillomavirus)	2011	This fact sheet discusses what HPV is, how you can get it, and what to do about it.	2267
60	Illness Management and Recovery Evidence-Based Practices (EBP) KIT	2010	Guides public officials in developing illness-management and recovery mental health programs that emphasize personal goal-setting and actionable strategies for recovery. Offers guidance grounded in evidence-based practices. Kit includes 10 booklets.	3185
61	Improving Cultural Competence to Reduce Health Disparities for Priority Populations	2016	Examines existing system-, clinic-, provider-, and individual-level interventions to improve culturally appropriate health care for people with disabilities; lesbian, gay, bisexual, and transgender (LGBT) populations; and racial/ethnic minority populations.	2984
62	Insulin	2012	Basic facts about insulin and its use in controlling diabetes, including types of insulin and brand names, and insulin devices, including needles and syringes, pens, jet injectors and pumps. Provides insulin safety tips and warning signs of high or low blood sugar.	2274
63	Know Your Rights: Parity for Mental Health and Substance Use Disorder Benefits	2016	Gives an overview of Mental Health Parity and Addiction Equity Act of 2008. Lists some of the common limits placed on mental health and substance use disorder benefits and services. Includes resources for additional information on parity.	3032
64	Laminated Milestones and Concerns Fact Sheet		Includes one set of laminated copies of Developmental Screening Fact Sheet including each of the Milestone Checklists.	2683
65	Learn The Signs. Act Early Growth Chart		Development chart designed for children ages 1 to 5 years old, marked for height measurement and photos.	2682
66	Loss of Bladder Control	2010	Women are often affected by the loss of bladder control and there is no need to suffer. This fact sheet discusses what the symptoms are and when to talk to your doctor.	2277
67	Mall Walking: A Program Resource Guide	2015	This guide is intended for mall managers and other community members who would like to begin or enhance a mall walking program.	2761
68	Mammograms	2013	Mammograms can help save lives. They are still the best way to find breast cancer early. They can find breast lumps when they are too small for a woman or her doctor to feel.	2294
69	Mammography Saves Lives		Did You Know? Mammography information card	2301
70	MedWatch Consumer Voluntary Reporting (Form FDA 3500B)	2013	This form is to be used if you were hurt or had a bad side effect after taking a drug or use of a medical device, you used a drug, product, or medical device incorrectly which could have led to unsafe use, you noticed a problem with the quality of the drug, product, or medical device, you had problems with how a drug worked after switching from one maker to another maker.	2530
71	Men: Stay Healthy At Any Age	2014	Information to help men of any age remain healthy.	2750
72	Menopause and Hormones	2009	This fact sheet discusses what menopause is and if hormones might help.	2260
73	Menopause and Hormones	2014	Card designed to encourage conversation between women and their doctors about hormone therapy in menopause.	2763
74	Menopause and Hormones: What Can You Believe?		A postcard containing notes and questions for your doctor, nurse or pharmacist concerning menopause and other related issues.	2306
75	Menopause: Medicines to Help You	2009	Use this guide to help you talk to your doctor, pharmacist, or nurse about your hormone medicines. The guide lists all of the FDA-approved products now available to treat this condition. You will also find some general information to help you use your medicines wisely.	2268
76	Morbidity and Mortality Weekly Report (MMWR): April 15, 2016 / 65(14)	2016	Tobacco Use Among Middle and High School Students; Infection with Pathogens Transmitted Commonly Through Food and the Effect of Increasing Use of Culture-Independent Diagnostic Tests on Surveillance; Male to Male Sexual Transmission of Zika	3011

			Virus; Survey of Blood Collection Centers and Implementation of Guidance for Prevention of Transfusion-Transmitted Zika Virus Infection; Notes from the Field; Quick Stats, and more	
77	Morbidity and Mortality Weekly Report (MMWR): April 26, 2016 / ER 65	2016	Counterfeit Norco Poisoning Outbreak	3025
78	Morbidity and Mortality Weekly Report (MMWR): January 8, 2016 / 64(52)	2016	Excess Sodium; TB; E-Cigarettes; Well-child; (20 pgs.)	2990
79	Morbidity and Mortality Weekly Report (MMWR): July 4, 2014 / 63(26)	2014	Drowsy Driving and Risk Behaviors - 10 States and Puerto Rico, 2011-2012; Variations among States in Prescribing of Opioid Pain Relievers and Benzodiazepines - US 2012; Decline in Drug Overdose Deaths after State Policy Changes - Florida 2010-12; Drug-Poisoning Death Rates by State - US 2011	3009
80	Morbidity and Mortality Weekly Report (MMWR): June 10, 2016 / 65(22)	2016	Electronic Cigarette Use Among Working Adults; Elimination of Mother-to-Child Transmission of HIV; Influenza Activity; Vital Signs: Deficiencies in Environmental Control Identified in Outbreaks of Legionnaires' Disease; Notes from the Field: Intoxication and Deaths Associated with Ingestion of a Racing Fuel and Carbonated Soft Drink Mixture; QuickStats: Smoking Cessation During Pregnancy; Notifiable Diseases and Mortality Tables	3026
81	Morbidity and Mortality Weekly Report Vol.64/No.26	2015	Adults Meeting Fruit and Vegetable Intake Recommendations-United States, 2013	2827
82	Mortality in the United States, 2014	2015	NCHS Data Brief No. 229, December 2015. This report presents 2014 U.S. final mortality data on deaths and death rates by demographic and medical characteristics. These data provide information on mortality patterns among U.S. residents by such variables as sex, race and ethnicity, and cause of death.	2957
83	Mouth Problems and HIV	2004	This information is for people who have mouth (oral) problems related to HIV infection. It explains the most common oral problems linked to HIV and shows what they look like. It also describes where in the mouth they occur and how they are treated.	2495
84	My Medicines		This document helps to track what medication you're taking as well as dosage and other pertinent information.	2261
85	My Medicines Brochure		Adults often take care of medicines for the whole family as well as themselves. So we need to read the label, avoid problems, ask questions, and keep a record.	2304
86	National Action Plan for Adverse Drug Event Prevention	2014	The ADE Action Plan addresses a defined group of ADEs that are considered to be common, clinically significant, preventable, and measurable; resulting from high-priority drug classes; and occurring largely in high-risk populations.	2806
87	National Children's Mental Health Awareness Day 2013 Short Report, May 9, 2013	2013	Highlights programs that promote recovery and build resilience among older adolescents and young adults with serious mental illness. Describes initiatives that address employment, housing, education, social connectedness, and emotional well-being.	2510
88	NCHS Data Brief No. 203 May 2015	2015	Serious Psychological Distress Among Adults: United States, 2009-2013	2775
89	New Materials	2017	Lists of new materials for the last 3 months added to the database.	3040
90	NIH News in Health: August 2017	2017	A monthly newsletter from the National Institutes of Health. This newsletter discusses posture and health, hair loss, yoga for back pain and more.	3291
91	NIH News in Health: Keep Your Mouth Healthy	2015	A monthly newsletter from the national Institutes of health. This newsletter discusses oral care for older adults.	2877
92	NPRC Recovery Clearinghouse Bibliography	2017	A list of resources related to the topic of recovery that can be provided by the NPRC.	2636
93	NPRC Recovery Library Bibliography	2014	A list of library resources related to the topic of recovery that can be provided by through the NPRC library.	2637
94	Oral Cancer	2014	A brochure discussing what oral cancer is, what could put a person at risk for it, possible signs and symptoms, and early detection.	2494
95	Over-the-Counter Drugs	2010	This fact sheet discusses the new FDA regarding labeling of OTC drugs.	2281

96	Pink Ribbon Sunday (Mammography Awareness Program Guide)	2012	A guide for African American and Hispanic community leaders. Across the country, congregations of all denominations are helping to save lives by joining the Pink Ribbon Sunday Program developed by the U.S. Food and Drug Administration Office of Women's Health (OWH). The program provides leaders with free resources to help educate the women in their church and community about mammography. This education is vitally important because mammography is the best tool we have to detect breast cancer early.	2307
97	Pregnant: Taking Medicines?		Postcard promoting the new FDA website on medicine and pregnancy	2335
98	Prepare For Emergencies Now: Information for People With Disabilities	2012	Your ability to recover from an emergency tomorrow may depend on the planning and preparation you do today. This guide provides tips which individuals with disabilities and others with access and functional needs, and the people who assist and support them, can take to prepare for the emergencies before they happen.	2602
99	Prepare For Emergencies Now: Information for Pet Owners (Large Print)	2012	If you are like millions of animal owners nationwide, your pet is an important member of your household. The likelihood that you and your animals will survive and emergency such as a fire or flood, tornado or terrorist attack depends largely on emergency planning done today. Preparing for your animal makes sense. Get ready now.	2604
100	Preparing Makes Sense for People with Disabilities, Others with Access and Functional Needs, and the Whole Community. Get Ready Now. (Braille)	2012	The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparations done today. Preparing makes sense for people with disabilities, others with access and functional needs and the whole community. Get ready now.	2605
101	Preparing Makes Sense for People with Disabilities, Others with Access and Functional Needs, and the Whole Community. Get Ready Now. (Large Print)	2012	The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparations done today. Preparing makes sense for people with disabilities, others with access and functional needs and the whole community. Get ready now.	2603
102	Preparing Makes Sense. Get Ready Now.	2014	The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving a terrorist attack or other emergency. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense. Get ready now.	2599
103	Preparing Makes Sense. Get Ready Now. (Spanish)	2014	The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving a terrorist attack or other emergency. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense. Get ready now.	2600
104	Preparing Makes Sense. Get Ready Now. (Spanish) (Booklet)	2014	The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving a terrorist attack or other emergency. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense. Get ready now.	2607
105	Prevention Status Reports (PSR): Nevada	2016	The status of public health policies and practices designed to address 10 important public health problems and concerns.	3015
106	Promoting Wellness: A Guide to Community Action	2016	Designed to inspire action around wellness, includes tools and information to organize wellness activities within local communities that promote recovery from mental illness and substance use disorders. Discusses planning, partners, and implementation. (7 pgs.)	3020
107	Protecting Yourself from Cold Stress	2010	A fact sheet listing different types of cold stress with their symptoms and required first aid.	2738
108	Protecting Yourself from Heat Stress	2010	A fact sheet listing different types of heat stress with their symptoms and required first aid.	2733
109	Protecting Yourself from Sun Exposure	2010	A fact sheet listing risks of exposure to the sun and required first aid.	2739
110	Psychological First Aid During Ebola Virus Disease Outbreaks	2014	"This guide focuses on psychological first aid, which involves humane, supportive and practical help to fellow human beings suffering serious crisis events. It is written for people who can help others experiencing an extremely distressing event. "	2592
111	Registries Help Moms Measure Medication	2010	Pregnant women need to identify and manage risks to prevent tragedy. This fact sheet discusses the importance of a medicine registry when pregnant.	2279

112	Report shows that adults with less education may be at higher risk of experiencing anxiety disorders	2016	July 14, 2016 SAMHSA News Release.	3043
113	Reported STDs in the United States- 2014 National Data for Chlamydia, Gonorrhea, and Syphilis	2015	This is a fact sheet that summarizes 2014 data regarding chlamydia, gonorrhea, and syphilis based on state and local STD case reports from a variety of private and public sources.	2930
114	Rethink Your Drink	2011	This booklet will help you rethink what you are drinking and make healthier drink choices.	1669
115	Returning Home After Disaster Relief Work: A Post-Deployment guide for Families of Emergency and Disaster Response Workers	2005	This brochure contains useful information to help you reunite with a deployed family member.	2910
116	Returning Home After Disaster Relief Work: A Post-Deployment Guide for Supervisors of Deployed Personnel	2005	This brochure is intended to assist supervisors in easing transition, reducing potential difficulties, and enhancing the positive consequences for the work unit.	2909
117	SAMHSA Disaster Technical Assistance Center Supplemental Research Bulletin: Challenges and Considerations in Disaster Research	2016	This issue of the Supplemental Research Bulletin reviews existing literature and provides a general summary of challenges experienced by disaster researchers in the field and offers potential solutions.	2999
118	SAMHSA Enrollment Outreach Resources	2015	Lists resources outreach programs can use to ensure people with mental and/or substance use disorders benefit from health reform. Resources address diverse populations, including the homeless, those within the criminal justice system, and more.	2632
119	SAMHSA's Wellness Initiative: Wellness Community Power Point Presentation	2016	A component of SAMHSA's wellness initiative which encourages to plan activities in the community during National Wellness Week. Organizations provide the name of the host and the organization along with details of the event on a customizable flyer.	3018
120	Self-Care, Stress Management and post-Deployment: SAMHSA Resources for Ebola Responders	2014	This resource provides a list of materials available through SAMHSA for Ebola response workers.	2593
121	Sexual Violence Prevention: Beginning the Dialogue	2004	Sexual Violence Prevention: Beginning the Dialogue identifies concepts and strategies that may be used as a foundation for planning, implementing, and evaluating sexual violence prevention activities.	2728
122	Sexually Transmitted Disease Surveillance 2014	2015	This publication presents statistics and trends for sexually transmitted diseases in the United States through 2014. This publication is intended to be a reference document for policy makers, program managers, health planners, researchers, and others who are concerned with the implications of these diseases.	2931
123	Sleep Problems	2012	Fact sheet about medicines and tips for better sleep.	2308
124	Strategies for Behavioral Health Organizations to Promote New Health Insurance Opportunities In American Indian and Alaska Native Communities	2014	Offers 10 outreach and enrollment strategies organizations can use to introduce American Indian and Alaska Native communities to the new health insurance options as a result of the Affordable Care Act. Includes examples that have been successful.	2486
125	Sunscreens and Tanning	2010	Skin damage from the sun builds up over time. This fact sheet discusses what you can do to protect yourself.	2262
126	Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak	2014	Explains social distancing, quarantine, and isolation in the event of an infectious disease outbreak, such as Ebola. Discusses feelings and thoughts that may arise during this time and suggests ways to cope and support oneself during such an experience.	2564
127	Tattoos and Permanent Make-Up	2007	This fact sheet discusses what you should know before getting a tattoo or permanent make-up.	2269
128	The Benefits and Risks of Pain Relievers	2015	This resource is a Q & A on non-steroidal anti-inflammatory drugs (NAIDs) with Sharon Hertz, M.D.	2888
129	The CBHSQ Report; April 26, 2016	2016	ADULTS IN POOR PHYSICAL HEALTH REPORTING BEHAVIORAL HEALTH CONDITIONS HAVE HIGHER HEALTH COSTS	3022

130	The Dialogue: The Role of Memorials: Volume 12, Issue 2	2016	United Flight 93: A Field of Honor Forever (Contributed by MaryJane Hartman, Acting Chief, Interpretation and Education, at Flight 93 National memorial, National Park Service); Oklahoma City: Run To Remember (Contributed by Marie Wreath, Oklahoma Resident and Marathon Runner) Virginia Tech: The Courage To Move Forward (Contributed by Kelly Lyn McCann, Assistant Director of Alumni Relations at Virginia Tech and Megan Armbruster Franklin, Ph.D., Associate Director of Athletics at Drake University) Catherine's Heart: Helping Communities Grow in Compassion (Contributed by Jenny Hubbard, President of the Catherine Violet Hubbard Foundation)	3038
131	The National Coordination Committee on the American Indian/Alaska Native Sexual Assault Nurse Examiner-Sexual Assault Response Team Initiative	2014	"A report to the U.S. Attorney General on improving federal agency response to sexual violence in tribal nations: issues and recommendations."	2582
132	Tips for College Students: After a Disaster or Other Trauma: R U A Survivor of a Disaster or Other Trauma? (Texting Version)	2013	Uses text-message shorthand to offer college students tips for coping after a disaster or other traumas. Describes ways students can cope with anxiety, fear, and sadness after a disaster or traumatic event, and includes resources for more information.	2540
133	Tips for Survivors: Coping with Grief After Community Violence	2014	Offers tips for coping with grief after an incident of community violence. Introduces some of the signs of grief and anger, provides useful information about how to cope with grief, and offers tips for helping children deal with grief.	2504
134	Tips for Talking With Your Doctor	2014	A basic plan to aid older patients in getting the most out of their doctor's appointment.	2756
135	Tobacco, Nicotine, & E-Cigarettes		Fact sheet detailing the differences between tobacco, nicotine, and e-cigarettes and a number of frequently asked questions about each product. (14 pgs.)	2630
136	Transition to ICD-10: What it Entails and Why It's Important to Behavioral Health Providers	2014	Assists mental health and substance abuse services providers in making the transition to the new International Classification of Diseases, 10th Edition (ICD-10) code sets. Answers common questions about ICD-10, including preparation for implementation.	2729
137	Understanding the HIV Care Continuum	2014	"This sheet addresses: What is the HIV care continuum? How CDC monitors the continuum. How CDC develops the continuum. How the continuum is used to monitor progress and identify needs."	3046
138	Want to Be More Health Savvy?	2014	This publication discusses the importance of patients being "health literate" or having the ability to understand basic health information and services.	2501
139	What Health Providers and Organizations Need to Know About Wellness	2016	"Encourages clinicians to provide consumer-centered care to people with mental illness. Provides facts about mental disorders, lists the eight dimensions of wellness, and includes tips for providing care and making connections with a patient's mental health provider."	3124
140	What Individuals in Recovery Need to Know About Wellness	2016	"Explains to consumers what wellness is and how it affects overall quality of life, particularly for people with mental illness. Describes eight dimensions of wellness and offers suggestions for how people can apply them to their own lives to improve their overall wellbeing."	3125
141	What You Need to Know About: National Wellness Week	2016	This document "emphasizes wellness as an important part of recovery and its value in reducing morbidity and mortality among people dealing with mental illness. Explains the eight dimensions of wellness and how they impact overall health."	3123
142	What Young People Should Know About Values	2009	A booklet for young people about defining their own values and making good decisions.	2444
143	What's Your Aging IQ?	2010	"We all know someone ""old."" It might be a grandparent, a neighbor, or maybe the person behind the counter at the dry cleaners. But what is normal aging? In this booklet there are several very short stories, each followed by a few related questions. Some are multiple-choice, some are true/false (T/F), and some yes/no (Y/N). "	1614
144	When Service Brings Separation- Helping Your Family Cope With Deployment	2005	A booklet designed to aid families of deployed servicemen and women in coping with the separation.	2810
145	Women in Clinical Trials	2016	"Use this fact sheet to help you talk to your healthcare provider about whether a clinical trial is right for you."	2256

146	You Can Manage Your Chronic Pain To Live a Good Life: A Guide for People in Recovery from Mental Illness or Addiction	2013	Equips people who have chronic pain and mental illness or addiction with tips for working with their healthcare provider to decrease their pain without jeopardizing their recovery. Explores counseling, exercise, and alternative therapy, as well as medications.	2321
147	You Can Manage Your Chronic Pain To Live a Good Life: A Guide for People in Recovery from Mental Illness or Addiction (Spanish Version)	2014	It offers advice to people who are suffering from chronic pain and are in recovery from mental illness or addiction. He explains how to work with their health care providers to reduce pain without impairing their recovery. Explore cognitive behavioral therapy, exercise and alternative treatments and medications for pain.	2612
148	Your Glucose Meter	2010	"Use this booklet to help you talk to your health care provider or diabetes educator about the safe way to use your glucose meter."	2271

All items above are available either electronically or in hard copy from:

Nevada Prevention Resource Center
1664 North Virginia Street, WRB 1021 MS 1284, Reno, NV 89507
775-682-9108 or 775 784-6336
email: nprc@casat.org or Visit www.NevadaPRC.com

For non-Nevadans, please visit our National Resource Center Registry at <http://nevadaprc.com/national-registry/> to locate a clearinghouse in the appropriate state.