

Sheldon A. Jacobs, PsyD, LMFT

Dr. Jacobs has experienced a lot of adversity and hardship throughout his life. He grew up in the inner city of Southeast San Diego, California, which has always been known for gang violence and crime. Dr. Jacobs was raised primarily by a single mother and had few positive male role models in his life. Wanting a positive environment for her son, Dr. Jacobs' mother decided to move him to the suburbs around the age of 10. However, this transition proved to be challenging as he encountered racism and prejudice from his peers and even some of his teachers. School was also extremely challenging for him. During the 6<sup>th</sup>, he got tested and was diagnosed with a learning disability. He was placed on an IEP and due to behavioral issues, also placed into self-contained classrooms throughout his middle school years. Due to a severe stuttering issue, he was also placed in speech therapy. His speech impediment caused him to be ridiculed by his peers on a daily basis, which greatly impacted his self-esteem. It was also around this time that Dr. Jacobs joined a street gang and started getting into more trouble. However, he credits his 8<sup>th</sup> grade teacher for not only helping him to change his life around, but for saving his life.

Dr. Jacobs is a licensed marriage and family therapist. He obtained his Bachelor's degree from The Ohio State University where he studied Communications and he earned his Masters and Doctorate degrees in Marriage and Family Therapy from Alliant International University. Dr. Jacobs has been providing individual, couples and family therapy to individuals from various walks of life for the past 15 years. He has worked in inpatient, outpatient and private practice settings. He has also worked as a clinician within the juvenile justice and child welfare systems for Clark County, a combined 11 years. Dr. Jacobs has also taught various psychology courses at several different universities over the years as an adjunct professor. Additionally, he is a team clinician for the Las Vegas Raiders where he provides counseling to players, coaches and staff as well as conducts NFL-mandated trainings for the team. Dr. Jacobs is also a mental health media consultant for Las Vegas Fox 5 News, Las Vegas Channel 13 News, Power 88.1 Las Vegas, and the Las Vegas Review Journal. He was appointed by Governor Steve Sisolak in July 2019 to serve on the State of Nevada Board of Examiners for MFT's and CPC's and he is the Vice President on the NAMI-Southern Nevada Board of Directors. Dr. Jacobs chairs a committee that he created that is comprised of mental health professionals that addresses the shortage of minority mental health providers in Southern Nevada. He is an AAMFT Clinical Fellow and Approved State of Nevada Secondary Clinical Supervisor. When Dr. Jacobs is not practicing, he is usually giving back to his community by offering town hall discussions centered on mental health at schools, community centers and churches. Because of his work in the community, Dr. Jacobs has received several awards and recognition including a "Special Congressional Honor" by Congresswoman Jacky Rosen in May 2019. Lastly, Dr. Jacobs has published several professional journal articles and he recently released his highly anticipated memoir in November 2020, titled "48: An Experiential Memoir on Homelessness" where he went undercover as a homeless man for 48 hours in downtown Las Vegas to raise awareness for homelessness and mental health. Dr. Jacobs is passionate about a lot of social issues, but he is most passionate about inspiring others through his experiences of adversity, and how he was able to experience triumph in the end.