



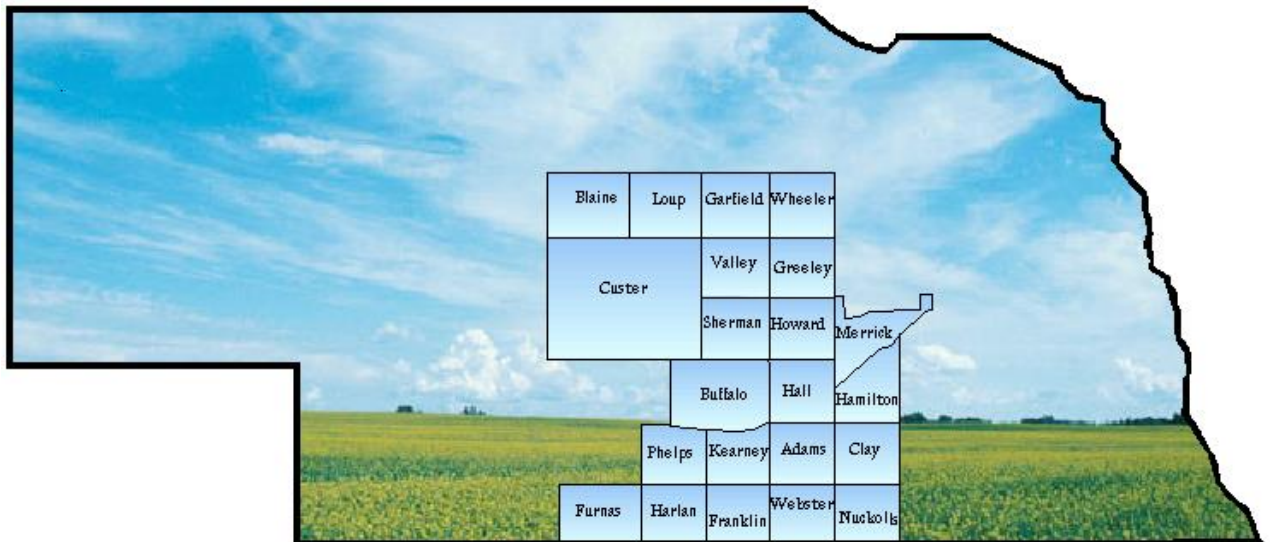
Behavioral Health Services

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www.region3.net (website)*

NETWORK DIRECTORY



*The Mission of Region 3 Behavioral Health Services is to
foster recovery and resiliency for individuals and their families
who experience a behavioral health challenge.*



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Behavioral Health Services

Network Directory of Contract Services

Region 3 Behavioral Health Services (Region 3) contracts with behavioral health agencies to provide a variety of mental health and substance use disorder services for individuals and families who reside in the twenty-two county area of Region 3. Region 3 also directly provides specialized case management services and housing assistance. Individuals are assessed to ensure they meet clinical criteria, income guidelines (if the specific services require this and income is based on family income), and verification of U.S. citizenship or legal immigration status to receive services. Region 3 also contracts with community coalitions providing prevention services. The services included in this directory are the behavioral health services that Region 3 contracts for and may not include all services provided by the agency. Summaries of the services begin on page 11.

MH = Mental Health, SUD=Substance Use Disorder

NETWORK PROVIDER	CONTRACT SERVICES
Area Substance & Alcohol Abuse Prevention Contact: Stefanie Creech-Will 835 South Burlington Ave, Suite 114 Hastings, NE 68901 Phone: 402-463-0524 Fax: 402-463-0525	This Coalition implements evidence based prevention strategies to reduce underage alcohol use and binge drinking. The coalition works to reduce high risk drinking and underage alcohol use on campus using the evidence-based Challenging College Alcohol Abuse.
Behavioral Health Specialists, Inc Contact: Jay Fleecs Phone: 402-740-0425 Email: jfleecs@4bhs.org Seekers of Serenity Contact: Brian Samek 4432 Sunrise Place, Columbus, NE 68601 Phone: 402-564-9994 Fax: 402-562-6458 Sunrise Place 923 E Norfolk Ave, Norfolk, NE 68701 Phone: 402-379-0040 Fax: 402-379-0759	Adult Services ➤ Short-Term Residential Treatment (SUD) ➤ Social Setting Detoxification (SUD) Trauma Informed Services: Cognitive Behavioral Therapy (CBT); Cognitive Processing Therapy for Rape Victims; Courage to Heal; Dialectic Behavioral Therapy (DBT); EMDR; Motivational Interviewing; Seeking Safety; plan to incorporate Adverse Childhood Experiences (ACE) Screening Tool; plan to incorporate Behavior, Affect, Sensation, and Knowledge (BASK) model; and plan to incorporate Women's Complex Trauma Screening Tool. Bi-lingual Services: A translator is located when possible.
Center for Psychological Services, P.C. Contact: Jesica Vickers PO Box 2583 125 E. 31 st Street Kearney, NE 68848 In-School Behavior Skills Program & Peer Support: Phone: 308-234-6029 OnTrack Central Nebraska: Phone: 308-455-3044 Fax: 308-237-4792 www.centerforpsychsrvs.org	Youth Services ➤ In-School Behavior Skills Program ➤ OnTrack Central Nebraska (MH First Episode Psychosis) ➤ Peer Support (MH) Trauma Informed Services: Trauma Focused-Cognitive Behavioral Therapy for Children, Eye Movement Desensitization & Reprocessing (EMDR), Motivational Interviewing, Cognitive Behavioral Therapy, Dialectic Behavioral Therapy, Neurosequential Model treatment, Child-Parent Psychotherapy, and Circle of Security (COS) provided. Bi-lingual Services: A translator is located when possible.
Central NE Council on Alcoholism & Addictions, Inc. Contact: Connie Holmes 219 W. 2nd Street Grand Island, NE 68801 Phone: (308) 385-5520 Fax: (308) 385-5522 www.grandisland.com/cnca	The mission of Central Nebraska Council on Alcoholism and Addictions is to increase the awareness of the harmful effects of alcohol, tobacco, other drugs and addictions together with the related problems. CNCAA seeks to foster the development of healthy lifestyles within individuals, families and communities and to serve as catalysts in the promotion of a shared vision of a healthier world. Programs include a bookstore, lending library, youth prevention programs, juvenile diversion programs, driving under the influence education, public information programs and recovery enhancement.
Central Nebraska LOSS Team Renae Zimmer 308-217-0359 http://centralnebraskalos.wixsite.com/cneloss	The LOSS (Local Outreach to Suicide Survivors) Team provides a clear message of hope, so that survivors can move through their time of shock and despair. The LOSS Team is activated by first response officials when a suicide occurs to provide resources, support, and hope to suicide survivors. The volunteers provide immediate assistance to survivors to help them cope with the trauma of their loss, provide follow-up contact with the survivors, and coordinate the utilization of services and support groups within the community.

NETWORK PROVIDER	CONTRACT SERVICES
County Organization for Prevention & Education (COPE) in Hamilton County Contact: Celeste Penner 219 W. 2nd Street Grand Island, NE 68801 Phone: 308-385-5520 Fax: 308-385-5522	The coalition works to reduce rates of alcohol, tobacco and other drug use by implementing evidence-based prevention strategies.
Families CARE, Inc. Contact: Karla Bennetts 4111 4 th Avenue, Suite 2 Kearney, NE 68845 Phone: 308-237-1102 Fax: 308-234-5712 www.FamiliesCare.org	Youth Services (Peer Run) <ul style="list-style-type: none"> ➤ Youth Peer Support: Young Adult Care Partner Program AKA Transitional Youth Advocate Program (MH) ➤ Family/Parent Peer Support (MH) ➤ Family Peer Support Crisis Response <p>Families CARE provides advocacy, resources, education and support to families who have kids with emotional, behavioral or mental health concerns. Advocates on staff are all peers, and offer trauma informed, sensitive, culturally relevant, individualized care to families. Motivational Interviewing, Circle of Security (COS), and WRAP facilitation.</p>
<p>Families CARE Family Support Groups meet once per month. Please call office for dates and locations)</p> <p>Support groups provide a safe, friendly environment for parents to gain new information, share resources, experiences, & support one another. Youth meet separately & through fun positive experiences, gain knowledge about social skills build positive peer relations. All ages welcome. Any parent/youth struggling with emotional/behavioral/mental health needs is welcome; they do not have to be utilizing Families CARE services.</p> <p><u>Families CARE Youth Group: Ages 13-26</u> Grand Island – Held monthly at Peace Lutheran, Grand Island, (please call office for dates) Kearney – Held monthly at WellCare Office Kearney (Please call office for dates)</p>	
Friendship House, Inc. Contact: Tara Lesiak 406 W. Koenig Grand Island, NE 68801 Phone: 308-675-3345 ext 18 Fax: 308-382-6195	Adult Services <ul style="list-style-type: none"> ➤ Halfway House (male) (SUD) <p>Trauma Informed Services: Dialectic Behavioral Therapy (DBT), TF-CBT, EMDR, Motivational Interviewing, Cognitive Behavioral Therapy, and Men and Trauma: Dan Griffin – Helping Men Recover</p> <p>Bi-lingual Services: Would utilize interpreter services as necessary for each face-to face interaction and or event.</p>
Garfield-Loup-Wheeler (GLW) Children’s Council Contact: Trisha Crandall PO Box 310 Burwell, NE 68823 Phone: 308-346-4284 Fax:308-346-5402	The coalition implements evidence based prevention strategies including All-Stars, ATLAS, Project Northland, and ATHENA in the schools and environmental prevention strategies to change community social norms about alcohol, tobacco and other drugs.
Goodwill Industries of Greater Nebraska, Inc. Behavioral Health Services Contact: Tonya Ingram Director/Clinical Supervisor 1804 S. Eddy - P.O. Box 1863 Grand Island, NE 68802-1863 Cell: 308-627-6449 Phone: 308-384-7896 Fax: 308-382-6802 www.goodwillne.org	Adult Services <ul style="list-style-type: none"> ➤ Day Rehabilitation (MH) (Peer enhanced) ➤ Day Support (MH/SUD)) ➤ Community Support (MH) ➤ Emergency Community Support (MH) <p>Trauma Informed Services: Seeking Safety, Motivational Interviewing, Men & Trauma: Dan Griffin, Beyond Trauma: S Covington, PTSD/Trauma Education Group & Support Group (includes DBT/CBT skill building), Helping Women Recover, Courage to Heal, Dealing with the Effects of Trauma (SAMHSA self-help guide), Managing Traumatic Stress Through Art, 16 Steps, and Trauma & Recovery Empowerment Model (TREM).</p> <p>Bi-lingual Services: Employ Spanish speaking staff in Grand Island for traditional CS MH/SUD & ERCS. Four SE staff speaks Spanish, two in Grand Island, one in Kearney & one in Lexington. Would utilize interpreter services as necessary for each face-to face interaction and or event.</p>

NETWORK PROVIDER	CONTRACT SERVICES
Goodwill Industries of Greater Nebraska, Inc. Behavioral Health Services Services provided in Broken Bow	Adult Services ➤ Community Support (MH/SUD) ➤ Emergency Community Support (MH)
Goodwill Industries of Greater Nebraska, Inc. Employment and Career Services Contact: Tamara Snider, Director 4009 6th Avenue, Suite 42 & 45 Kearney, NE 68845 Phone: 308-455-1400 Cell: 308-455-7571 Fax: 308-455-1402 www.goodwillne.org	Adult Services ➤ Behavioral Health Employment Program (MH/SUD) Youth Services ➤ On Track Central Nebraska Supported Employment and Education
Goodwill Industries of Greater Nebraska, Inc. Employment and Career Services 835 S. Burlington Suite 112 Hastings, NE 68901 Phone: 402-463-1467 Fax: 402-463-1445	Adult Services ➤ Behavioral Health Employment Program (MH/SUD)
Goodwill Industries of Greater Nebraska, Inc. Employment and Career Services 1804 S. Eddy Grand Island, NE 68802-1863 Phone: 308-384-7896 Fax: 308-398-4064	Adult Services ➤ Behavioral Health Employment Program (MH/SUD) Youth Services ➤ Transition Age Supported Employment (MH) ➤ On Track Central Nebraska Supported Employment and Education
Grand Island Substance Abuse Prevention Coalition Contact: Katie Usasz 219 W. 2nd Street Grand Island, NE 68801 Phone: 308-385-5520 Fax: 308-385-5522	The coalition works to reduce rates of alcohol, tobacco and other drug use by implementing evidence-based prevention strategies including Changing the Conditions of Alcohol and Other Substance Availability, Counter Advertising for Tobacco, Alcohol Compliance Checks, Tobacco Compliance Checks, Strengthening Families Program, Policy Changes, and Big Brothers/Big Sisters.
Lutheran Family Services of Nebraska, Inc. Contact: Contact: Adam Armstrong and Rainier Gallagher Veteran and Family Support Specialists Great Western Bank Building 1811 West 2nd Street, Suite 440 Grand Island, NE 68803 Phone: (308) 382-4255 Fax: (308) 382-8149 www.lfsneb.org	At Ease Program provides trauma treatment for active military, veterans and loved ones living in Nebraska. Vets4Vets provides a support community for veterans that provides an atmosphere for healing, camaraderie, and fulfilling actions to be taken. Adult Services ➤ Outpatient - MH ➤ Vets4Vets Support Groups Trauma Informed Services: EMDR, Biofeedback, Alternative for Families - Cognitive Behavioral Therapy (AF-CBT), Dialectic Behavioral Therapy (DBT), Motivational Interviewing, and Trauma Focused Coping.
Mary Lanning Health Care Director: Kim Kern (402) 460-5635 ➤ EPC: (402) 463-5973 ERCS/On call Supervisor: Laura Hill (402) 463-5973 (ext. 6283) 715 N. St. Joseph Ave. Hastings, NE 68901 Fax: 402-460-5785 ➤ Medication Management Office Supervisor: Tara Ochsner (402) 463-7711 835 S. Burlington, Ste 108 Hastings, NE 68901 Fax: 402-461-5099 www.mlmh.org	Adult Services ➤ Medication Management provided at the Lanning Center in Hastings, Phelps Memorial Hospital in Holdrege, Kearney Co Hospital in Minden, Webster Co Hospital in Red Cloud, and Brodstone Hospital in Superior (MH) ➤ EPC/Acute Inpatient (MH) ➤ Subacute Inpatient (MH) ➤ Post Commitment (MH) ➤ Emergency Community Support (ERCS) (MH) ➤ Medication Management (MH) ➤ Outpatient - MH ➤ 24 Hr Crisis Access Center Youth Services ➤ Medication Management (MH) Trauma Informed Services: Cognitive Behavioral Therapy (CBT), and Motivational Interviewing. Bi-lingual Services: Use interpreter phone line or in-house staff.

NETWORK PROVIDER	CONTRACT SERVICES
Meth & Addictions Prevention Strategies (MAPS) Contact: Celeste Penner 219 W. 2nd Street Grand Island, NE 68801 Phone: 308-385-5520 Fax: 308-385-5522	The coalition works to reduce rates of alcohol, tobacco and other drug use by implementing evidence-based prevention strategies.
Mid-Plains Center for Behavioral Healthcare Svcs, Inc. Contact: Corrie Edwards, CEO Ariel Derr, COO/VP 914 Baumann Drive P.O. Box 1763 Grand Island, NE 68802-1763 Phone: 308-385-5250 CSU Phone: 308-385-5250, ext. 2 Fax: 308-385-5271 <u>Emergency Services – Crisis Response Team:</u> ➤ 308-385-5250 OR ➤ 800-515-3326 www.midplainscenter.org	Adult Services ➤ Outpatient/Assessment (MH) ➤ Outpatient/Assessment - Dual (SPMI/SUD) ➤ Medication Management (MH) ➤ Crisis Stabilization Unit (Peer enhanced) ➤ Crisis Response (MH) ➤ Crisis Stabilization (MH) ➤ Social Detox w/Medical Component (SUD) ➤ Peer Support (MH) Youth Services ➤ Multisystemic Therapy (MH) ➤ Outpatient/Assessment (MH) ➤ Youth Crisis Response (MH) <u>Trauma Informed Services:</u> Trauma Focused DBT; TF-CBT; Parent Child Interaction Therapy (PCIT); EMDR; Attachment, Self-Regulation and Competency Clinical Services (ARC); Motivational Interviewing; and Life-Space Crisis Intervention. <u>Bi-lingual Services:</u> Call published contracted Interpreters/Translators.
Mid-Plains Center for Behavioral Healthcare Svcs, Inc. Contact: Jan Dobesh 1032 South E Street, Broken Bow, NE 68822 Phone: 308-872-2123 Fax: 308-872-2512	Adult Services and Youth Services ➤ Outpatient/Assessment (MH)
Positive Pressure Community Coalition Contact: Wanda Fedorchik PO Box 1466 Kearney, NE 68848 Phone: 308-865-2283 Fax: 308-865-2948	The goal of this coalition is to reduce substance use by youth in Buffalo county through evidence-based prevention strategies. Environmental strategies include Responsible Beverage Server trainings and Communities Mobilizing for Change on Alcohol (CMCA).
Region 3 Behavioral Health Services Contact: Beth Baxter 4009 6 th Avenue, Suite 65 P.O. Box 2555 Kearney, NE 68848-2555 Phone: 308-237-5113 800-321-4981 Fax: 308-236-7669 Website: www.region3.net	Network Management & System Coordination ➤ Consumer and Family System: Tammy Fiala Office: 308-237-5113, ext 235; Cell: 308-440-7862 ➤ Emergency Psychiatric System: Beth Reynolds-Lewis Office: 308-237-5113, ext 234; Cell: 308-440-9113 ➤ Housing Assistance: Suzanne Davis Office: 308-237-5113, ext 243 ➤ Provider Network: Melinda Holcomb Office: 308-237-5113, ext 225; Cell: 308-440-8957 ➤ Prevention System: Tiffany Gressley Office: 308-237-5113, ext 237; Cell: 308-440-224-6584 ➤ Youth System of Care: Jill Schubauer Office: 308-237-5113, ext 238; Cell: 308-440-9135 Adult Services ➤ Emergency Community Support (ERCS) (MH) ➤ Jail Diversion ERCS ➤ Housing Assistance Program ➤ Transition Age Professional Partner Program

NETWORK PROVIDER	CONTRACT SERVICES
<p>Region 3 Behavioral Health Services, continued... Contact: Beth Baxter 4009 6th Avenue, Suite 65 P.O. Box 2555 Kearney, NE 68848-2555 Phone: 308-237-5113 OR 800-321-4981 Fax: 308-236-7669 Website: www.region3.net</p>	<p>Youth Services</p> <ul style="list-style-type: none"> ➤ Transition Age Emergency Community Support (MH) ➤ Traditional Professional Partner Program ➤ Transitional Professional Partner ➤ Coop for Success Program ➤ School Based Wraparound Program ➤ Prevention Professional Partner Program <p>Training</p> <ul style="list-style-type: none"> ➤ Mental Health First Aid ➤ Youth Mental Health First Aid ➤ Psychological First Aid ➤ Question, Persuade, Refer (QPR) ➤ Signs of Suicide Prevention Program (SOS) ➤ Trauma 101 & Recovery ➤ Trauma 101 & Recovery Train-the-Trainer Workshop ➤ Walking the Walk: Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma <p>Targeted Opioid Prevention and Treatment Initiative Region 3 provides coordination of targeted opioid prevention, treatment and recovery support. Prevention strategies focus on preventing the illicit use of opiates and opioid addiction, raise awareness and promote educational opportunities about the risk of opioid misuse and overdose. Medication assisted treatment combines medication management and psychotherapy to increase the likelihood of recovery from opioid addiction. Resources are available to assist eligible individuals in accessing medication assisted treatment. Narcan kits are available to first responders to prevent overdose deaths of individuals they serve.</p> <p><u>Trauma Informed Services:</u> The above listed trainings are trauma-informed. Additionally staff are trained in the above and also some have Motivational Interviewing training and use the concepts when working with consumers.</p> <p><u>Bi-lingual Services:</u> In-house staff who is bi-lingual (Spanish/English) and use interpreter phone line & phone message is in Spanish.</p>
<p>Richard Young Behavioral Health Contact: Lacey Witt 1755 Prairie View Pl P.O. Box 1750 Kearney, NE 68848-1750 Phone: (308) 865-2000 or (800) 930-0031 (24/7) Fax: (308) 865-2216 www.chihealth.com/en/services/behavioral-care/richard-young</p>	<p>Adult Services</p> <ul style="list-style-type: none"> ➤ EPC/Acute Inpatient (MH) ➤ Subacute Inpatient (MH) ➤ Post Commitment (MH) ➤ Assessment through Access Center ➤ 24-Hr Crisis Phone <p>Youth Services</p> <ul style="list-style-type: none"> ➤ Youth Crisis Inpatient (Ages 13 and older) (MH) ➤ Assessment through Access Center ➤ 24-Hr Crisis Phone <p><u>Trauma Informed Services:</u> Trauma Focused CBT, Psychological Education, DBT, Motivational Interviewing, PTSD Psycho Education. RYH treats all patients with the idea that they have experienced some type of trauma with the agency's main goal being not to re-traumatize during treatment.</p> <p><u>Bi-lingual Services:</u> Access to 24 hour language line. Employ one Bi-lingual psychiatrist and two Bi-lingual interpreters.</p>

NETWORK PROVIDER	CONTRACT SERVICES
Richard Young Outpatient Clinic Contact: Tobias Posvar 1755 Prairie View Pl Kearney, NE 68845-8300 Phone: (308) 865-2249 Fax: (308) 865-2931 www.chihealth.com/en/services/behavioral-care/richard-young	Adult & Youth Services <ul style="list-style-type: none"> ➤ Medication Management (MH) ➤ Outpatient Therapy (MH) ➤ On Track Central Nebraska First Episode Psychosis Medication Management <p>Trauma Informed Services: Trauma Focused CBT, DBT, Motivational Interviewing, PTSD Psycho Education. RYH treats all patients with the idea that they have experienced some type of trauma with the agency's main goal being not to re-traumatize during treatment.</p> <p>Bi-lingual Services: Access A Access to 24 hour language line. Employ one Bi-lingual psychiatrist and two Bi-lingual interpreters.</p>
Sherman County Prevention Coalition Contact: Kris Hervert 120 N. 6 th Street PO Box 391 Loup City, NE 68853 Phone & Fax: 308-745-0127	This coalition's goal is to reduce alcohol use by youth in Sherman County by implementing evidence-based prevention strategies including Communities Mobilizing for Change on Alcohol, and All-Stars.
St. Francis Alcohol & Drug Treatment Center Contact : Brenda Miner 2116 W. Faidley Avenue Grand Island, NE 68803 Phone: 308-398-5427 Fax: 308-398-5404 www.saintfrancisgi.org	Adult Services <ul style="list-style-type: none"> ➤ Short-Term Residential (SUD) ➤ Intensive Outpatient (SUD) ➤ Outpatient/Assessment (SUD) <ul style="list-style-type: none"> ➤ Drug Court (SUD) ➤ Women's Treatment Program (SUD) <p>Trauma Informed Services: EMDR and Motivational Interviewing.</p> <p>Bi-lingual Services: Employ hospital interpreters or can use CyraCom Language Line.</p>
South Central Behavioral Services Kearney office contact: Sarah Hock 3810 Central Avenue P.O. Box 1716 Kearney, NE 68848-1716 Phone: 308-237-5951 Fax: 308-237-5953 www.scbsne.com	Adult Services <ul style="list-style-type: none"> ➤ Intensive Outpatient (SUD) ➤ Outpatient/Assessment (MH/SUD) <ul style="list-style-type: none"> ➤ Family Drug Court (SUD) ➤ Buffalo County Outreach Program (MH) ➤ Women's Treatment Program (SUD) ➤ Peer Support ➤ Crisis Response <p>Youth Services</p> <ul style="list-style-type: none"> ➤ Outpatient/Assessment (MH/SUD) ➤ Youth Crisis Response (MH) <p>Trauma Informed Services: DBT, Motivational Interviewing, Parent Child Interaction Therapy (PCIT), Seeking Safety, EMDR, Gender-specific, "Helping Women Recover" and "Helping Men Recover" in Adult IOP.</p> <p>➤ Bi-lingual Services: Utilize an interpreter.</p>
South Central Behavioral Services Hastings Office contact: Sarah Hock 616 W 5 P.O. Box 50 Hastings, NE 68902-0050 Phone: 402-463-5684 Fax: 402-463-5686	Adult Services <ul style="list-style-type: none"> ➤ Intensive Outpatient (SUD) ➤ Outpatient/Assessment (MH/SUD) <ul style="list-style-type: none"> ➤ Family Drug Court (SUD) ➤ Jail Diversion/ERCS (Peer enhanced) (MH) ➤ Women's Treatment Program (SUD) ➤ Crisis Response <p>Youth Services</p> <ul style="list-style-type: none"> ➤ Outpatient/Assessment (MH/SUD) ➤ Youth Crisis Response (MH) <p>Trauma Informed Services: TF-CBT, DBT, Motivational Interviewing, Parent Child Interaction Therapy (PCIT), Seeking Safety, EMDR, Gender-specific, "Helping Women Recover", and "Helping Men Recover" in Adult IOP.</p>

NETWORK PROVIDER	CONTRACT SERVICES
South Central Behavioral Services Contact: Kearney office (308) 237-5951 Satellite office – Johnson Center 701 4 th Avenue, Suite 7 (no mail – site only) Holdrege, NE 68949-2255 Phone: 308-237-5951	Adult and Youth Services ➤ Outpatient/Assessment (MH/SUD)
South Central Behavioral Services ACT contact: Shawn Schultz 835 S. Burlington, Ste 107 Hastings, NE 68901 Phone: 402-462-4200 Fax: 402-462-4201	Adult Services ➤ Assertive Community Treatment - Alternative (ACT-Alt) Trauma Informed Services: Seeking Safety, Dual Recovery Group, DBT, Motivational Interviewing, Acceptance Commitment Therapy, Mindfulness
South Central Behavioral Services Able House contact: Sara Wioskowski 1136 N. Washington P.O. Box 2066 Hastings, NE 68902 Phone: 402-463-7435	Adult Services ➤ Psychiatric Residential Rehabilitation (MH) ➤ Mental Health Respite
South Central Behavioral Services Opportunity & Unity House contact: Michele White Opportunity: 724 S. Burlington Ave, Hastings, NE 68902 Unity: 4111 4 th Avenue, Suite 12, Kearney, NE 68845 Phone: Opportunity: 402-463-7435 Unity: 308-698-0535 Fax: 308-698-0536	Adult Services ➤ Day Rehabilitation (MH) ➤ Day Support (MH) ➤ Community Support (MH/SUD) ➤ Emergency Community Support ➤ Peer Support Trauma Informed Services: Motivational Interviewing, Mindfulness, Healing Trauma, Yes You Can (Healing from Trauma and Addiction)
The Bridge, Inc. Contact: Jill Gregg 907 S. Kansas PO Box 2031 Hastings, NE 68901 Phone: 402-462-4677 Fax: 402-462-4699	Adult Services ➤ Therapeutic Community (female) (SUD) (women and their children) Trauma Informed Services: Cognitive Processing Therapy, Child Adult Relationship Enhancement (CARE), Helping Women Recover, Beyond Trauma, Women's Complex Trauma Screening Tool, Trauma Survivor Group, Motivational Interviewing, Courage to Heal, EMDR, Seeking Safety, and Sanctuary Model. Bi-lingual Services: Employ Bi-lingual staff.
The Link, Inc. Contact: Kristen Neuhalfen 305 N 9 th St Norfolk, NE 68701 Phone: 402-999-4771 Fax: 402-370-5125	Adult Services ➤ Dual Disorder Residential (SUD) Trauma Informed Services: EMDR, Motivational Interviewing, DBT, CBT and Helping Men Recover Bi-lingual Services: Translator located when possible.
Tobacco Free Hall County Contact: Michaela Perry 219 West 2nd Street Grand Island, NE 68801 Phone: 308-385-5520 Fax: 308-385-5522	Tobacco Free Hall County: Tobacco Free Hall County's primary areas of focus are elimination of secondhand smoke through policy development, preventing initiation and cessation of all tobacco use particularly in youth, teens and adults, prevention of disease and death that result from use and exposure to tobacco in all forms and to promote smoke free housing in private and public dwellings with a special emphasis on multiunit dwellings where common ventilation is a significant factor.
Women's Empowering Life Line, Inc. Contact: Donny Larson 910 West Park Ave. Norfolk, NE 68701 Phone: 402-371-0220 Fax: 402-644-4593	Adult Services ➤ Dual Disorder Residential (SUD) Trauma Informed Services: Cognitive Behavioral Therapy (CBT); Dialectic Behavioral Therapy (DBT); Eye Movement Desensitization and Reprocessing (EMDR); and Motivational Interviewing. Bi-lingual Services: Translator located when possible.

Outreach and Support Programs	
Nebraska Family Helpline 1-888-866-8660	<p>The Nebraska Family Helpline makes it easier for families to obtain assistance by providing a single contact point 24 hours a day, seven days a week. Trained Helpline operators screen calls to assess immediate safety needs. Identify the potential level of a behavioral health crisis, make recommendations or referrals to appropriate resources, and help callers connect to emergency resources or providers. The Helpline is supervised by licensed mental health professionals.</p> <p>Family Helpline operators also can connect eligible families to the Family Navigator Service. This service helps families move through Nebraska's child and family-care system more efficiently to get the assistance they need. Available within 24 to 72 hours after a Helpline referral, Family Navigator helps families identify existing community-based services and provides support from people who have had personal experience in the system.</p>
Central Nebraska LOSS Team (Local Outreach to Suicide Survivors) Contact: Renae Zimmer, 308-217-0359 www.centralnebraskalos.wixsite.com/cneloss	<p>The Central Nebraska LOSS Team provides the clear message of hope so that survivors can move through their time of shock and despair. The LOSS Team is activated by first response officials when a suicide occurs to provide resources, support, and hope to suicide survivors.</p>
NAMI – Nebraska (The Nation's Voice On Mental Illness) Contact Person: Loren Knauss Phone: 402-345-8101 OR 877-463-6264 www.nami.org	<p>NAMI Central Nebraska is an affiliate organization of NAMI national, the nation's largest grassroots mental Health organization</p> <p>Contact Person: Tammy Fiala, Region 3 Consumer Specialist Phone: 308-440-7862 Email: tfiala@region3.net</p>
Nebraska Mental Health Association Phone: 402-441-4371 OR 888-902-2822 www.mha-ne.org	<p>Nebraska Recovery Network Antlers Center, Inc 2501 South St., Ste 208 Lincoln, Nebraska 68502 Phone: (402) 477-2372</p>

DEFINITIONS

Co-Occurring Disorders (COD) refers to co-occurring substance use and mental disorders and exists "when at least one disorder of each type can be established independent of the other and is not simply a cluster of symptoms resulting from a single disorder."

Dual Disorder Treatment is defined as services that provide treatment to individuals who experience a substance use disorder and a severe and persistent mental illness.

Prevention is the active process of creating conditions or attributes that promote the well-being of people. (William Lofquist) Prevention is part of an overall continuum of care that provides multiple opportunities for addressing behavioral health problems and disorders. Based on the Mental Health Intervention Spectrum, first introduced in a 1994 Institute of Medicine report, the model includes these components: promotion, prevention, treatment, maintenance.

Recovery is a self-determined and holistic journey that people undertake to heal and grow. Recovery is facilitated by relationships and environments that provide hope, empowerment, choices and opportunities that promote people reaching their full potential as individuals and community members. Recovery is a process of positive growth, healing, wellness and building meaningful and productive lives.

Resilience is the personal and community qualities that enables an individual to rebound from adversity, trauma, tragedy, threats, or other stresses and to go on with life with a sense of mastery, competence, and hope. Resiliency is fostered by a positive childhood and includes positive individual traits, such as optimism, good problem-solving skills, and treatments. Resiliency is a personal characteristic that combines individual traits and learned skills; Severe Persistent Mental Illness (SPMI) includes major mental illness (Schizophrenia, Mood Disorders including Bipolar and Major Depression, other Psychotic Disorders).

Substance Use Disorder (SUD) is a maladaptive pattern of substance use manifested by recurrent and significant adverse consequences related to the repeated use of substances. The criterion does not include tolerance, withdrawal, or a pattern of compulsive use.

Trauma-Informed Care is a strengths-based framework that is grounded in an understanding of and responsiveness to the impact of trauma...that emphasizes physical, psychological, and emotional safety for both providers and survivors...and, that creates opportunities for survivors to rebuild a sense of control and empowerment."

YOUTH AND TRANSITION AGE YOUTH SERVICES SUMMARIES

CRISIS SERVICES

Access Center/24-Hour Crisis Phone

The center is available 24/7 for admission or other inquiries. When contacting the Access Center by phone or walking in, individuals are first evaluated by a mental health professional who will identify presenting problems. After consultation with a psychiatrist, potential patients will be matched with appropriate care within the hospital's programs or with other community resources.

Provided by Richard Young Behavioral Health at 800-930-0031.

Family Peer Support Crisis Response

Family Peer Support Crisis Response Services are designed for the caregiver of a child/youth living with an emotional disturbance, and/or substance use disorder, who has experienced behavioral/emotional challenges in the home, school, and/or community which have resulted in the use of crisis response services. Family Peer Support services are provided directly by an appropriately trained individual who has lived experience parenting a child/youth with a behavioral health challenge. Services are designed to increase capacity and skills to prevent and/or stabilize crisis within the family, for the caregiver, or prevent/minimize out of home placement of child/youth. Family Peer Support will meet with the caregiver no less than monthly, and up to as many times as needed and/or requested by the family, on average of 10 hours over a 3 month period of time.

Provided by Families CARE at 308-237-1102 or 877-225-0500.

Prevention Professional Partner

The Prevention Professional Partner provides short-term intensive, therapeutic case management utilizing the Wraparound Approach that combines an ecological assessment and treatment planning process linking youth, ages 3-19, who have experienced a behavioral health crisis and their families to needed services and supports to address the needs that lead to the crisis. Wraparound is an unconditional commitment to creating services that support normalized and inclusive options for youth with complex needs and their families.

Provided by Region 3 Behavioral Health Services at 308-237-5113.

Transition Age Emergency Community Support (TA ERCS)

The TA ERCS program serves youth/young adults (ages 12 to 25) who are placed or at risk of being placed under an Emergency or Temporary Protective Custody hold and served either at Mary Lanning Memorial HealthCare in Hastings or Richard Young Behavioral Health Center in Kearney or placed under a Civil Protective Custody hold at Good Samaritan Hospital in Kearney. The program provides follow-up, continuity and coordination of services of youth/young adults who have been or are at risk of being admitted to a psychiatric hospital. TA ERCS is a short-term program with the purpose of assisting youth/young adults who are in crisis to achieve goals of recovery, stabilization, increased independence, and community integration. The TA ERCS coordinator also coordinates and monitors the delivery of these services and the individual's progress. The TA ERCS coordinator meets with the youth/young adult at his/her residence, a service site, or the agency office to identify challenges and coordinate services.

The program is designed to: (1) provide/develop the necessary services and supports which enable the youth/young adult to stabilize, (2) facilitate communication and coordination between multiple service providers serving the youth/young adult, and (3) prevent and decrease the frequency and duration of hospitalization and other crisis situations.

Provided by Region 3 Behavioral Health Services at 308-237-5113.

Youth Crisis Inpatient

Youth Crisis Inpatient is a short-term inpatient service for youth, ages 13 and above, who have been identified as having a mental health disorder and at imminent risk of harm to self and/or others. Service components include crisis stabilization, medication management, psychiatric evaluation, substance abuse evaluation performed by an appropriate licensed professional, coping skill building, individual and/or group therapy as appropriate, and recommendations. If youth is placed under temporary protective custody (TPC), recommendations will be presented at juvenile court hearing, if necessary.

Provided by Richard Young Behavioral Health at 800-930-0031.

Youth Crisis Response

Youth Crisis Response is designed to use natural supports and resources to build upon a youth's and family's strengths to help resolve an immediate behavior, mental health and/or substance use crisis for youth, and assist the family to develop a plan to resolve the crisis. Youth Crisis Response provides a licensed clinician to go on-site (if in the individual's home, law enforcement must be present), or through secure video conferencing, to a crisis situation involving youth or young adults ages 20 and younger. The purpose of Youth Crisis Response is to de-escalate the situation and assist with conflict resolution, assess the youth's behaviors, screen for substance use and mental health disorders based on clinical observations, assess trauma symptoms and risk for danger to self or others, provide interventions to stabilize the crisis, safety plan, provide means restriction, make referrals as necessary and assist in accessing natural supports and community resources for the family. Goals of the service are to (a) intervene, stabilize and resolve crisis situation, (b) keep youth from higher levels of service and (c) avoid further legal system involvement. Youth Crisis Response provides coordination of services and referrals to help a youth and/or family to alleviate a crisis and facilitate involvement in ongoing services. Youth Crisis Response may be provided in a variety of settings dependent on severity of crisis.

Youth Crisis response is provided by South Central Behavioral Services (Buffalo, Furnas, Harlan, Kearney and Phelps counties at 308-237-5951 and Adams, Clay, Franklin, Nuckolls and Webster counties at 402-463-5684) and Mid-Plains Center for Behavioral Healthcare Services (Custer, Greeley, Merrick, Howard, Hamilton, Blaine, Garfield, Hall, Loup, Sherman and Valley counties at 800-515-3326).

YOUTH AND TRANSITION AGE YOUTH SERVICES SUMMARIES

NON-CRISIS SERVICES

Child-Parent Psychotherapy (CPP)

CPP is an intervention for children from birth through age 5 who have experienced at least one traumatic event (e.g., maltreatment, the sudden or traumatic death of someone close, a serious accident, sexual abuse, exposure to domestic violence) and, as a result, are experiencing behavior, attachment, and/or mental health problems, including posttraumatic stress disorder (PTSD). The primary goal of CPP is to support and strengthen the relationship between a child and his or her parent (or caregiver) as a vehicle for restoring the child's sense of safety, attachment, and appropriate affect and improving the child's cognitive, behavioral, and social functioning.

The type of trauma experienced and the child's age or developmental status determine the structure of CPP sessions. For example, with infants, the child is present, but treatment focuses on helping the parent to understand how the child's and parent's experience may affect the child's functioning and development. With older children, including toddlers, the child is a more active participant in treatment, and treatment often includes play as a vehicle for facilitating communication between the child and parent. When the parent has a history of trauma that interferes with his or her response to the child, the therapist (a master's- or doctoral-level psychologist, a master's-level social worker or counselor, or a supervised trainee) helps the parent understand how this history can affect perceptions of and interactions with the child and helps the parent interact with the child in new, developmentally appropriate ways.

Provided by Center for Psychological Services, P.C. at 308-234-6029, Mary Lanning HealthCare/The Lanning Center at 402-463-7711, and South Central Behavioral Services (Kearney area 308-237-5951; Hastings area at 402-463-5684) and various private providers across the Region 3 area.

Eye Movement Desensitization and Reprocessing (EMDR)

EMDR is a comprehensive, integrative psychotherapy approach. It contains elements of many effective psychotherapies in structured protocols that are designed to maximize treatment effects. These include psychodynamic, cognitive behavioral, interpersonal, experiential, and body-centered therapies.

EMDR psychotherapy is an information processing therapy and uses an eight phase approach to address the experiential contributors of a wide range of pathologies. It attends to the past experiences that have set the groundwork for pathology, the current situations that trigger dysfunctional emotions, beliefs and sensations, and the positive experience needed to enhance future adaptive behaviors and mental health.

Provided by Center for Psychological Services, P.C. at 308-234-6029, Friendship House, Inc. (young adults participating in halfway house services) at 308-382-0422, Mary Lanning HealthCare/The Lanning Center at 402-463-7711, Lutheran Family Services of Nebraska, Inc. (young adults participating in the At Ease Program for veterans), at 308-382-4255, Mid-Plains Center for Behavioral Healthcare Services at 308-308-385-5250 St. Francis Alcohol and Drug Treatment Center (Grand Island area 308-398-5427; Kearney area 308-865-2238), and South Central Behavioral Services (Kearney area 308-237-5951; Hastings area at 402-463-5684) and various private providers across the Region 3 area.

Family/Parent Peer Support

Family/Parent Peer Support is a service which provides parents and caregivers opportunities for support, guidance, collaborative advocacy mentoring, linkage to community resources, skill building, and an option to connect with another parent (Family Advocate) to develop a Family Plan with individualized goals related to their family/youth's recovery, safety and well-being. The program utilizes a *Protective Factors* framework to encourage growth in the areas of Resilience, Social Connections, Concrete Supports, Knowledge of Parenting and Child Development and Nurturing/Attachment, as well as helping parents support their children/youth to cultivate their *Developmental Assets*. Family Advocates are "family members" that mentor and coach families experiencing some of the same struggles they themselves have faced, recognizing youth, parents and caregivers are the experts when it comes to their family's needs.

Provided by Families CARE at 308-237-1102 or 877-225-0550.

Housing Assistance – Transition Age Youth

The Housing Assistance Program for Transition Age Youth is a supported housing model that provides rental assistance for transition age youth/young adults ages 18-26 who experience a serious emotional disturbance/serious mental illness and have extreme low income. The transition age youth must be participating in a behavioral health case management service in conjunction with housing assistance.

Provided by Region 3 Behavioral Health Services at 308-237-5113.

In-School Behavioral Skills Program

The In-School Behavioral Skills Program (ISBS) is offered to students in designated Kearney Area Schools, K through 12, in partnership between Center for Psychological Services, Inc. and the contracted schools. The purpose of the ISBS is to provide in-school psychotherapy support and intervention to school-age children and their families in the Kearney area to deal with emotional and behavioral problems. Psychotherapists coordinate with teachers, counselors, identified school staff and parents to improve behavior and social skills which are impacting school performance. The program combines education, family involvement, and individual and group therapy to help students succeed at school and often at home as well. The ISBS Program is designed to assist children with behavioral problems to be more successful in school and community, and to meet his/her individual academic needs more readily. All services may focus on identified needs of the student and family. Therapists help students, during times of crisis, to manage behaviors and use positive problem solving. Therapists can work with teachers to find effective learning styles and classroom strategies and develop behavior management plans. Therapists can also work with probation officers, caseworkers, and other persons involved with the student. Working collaboratively with a student's Teacher, School Counselor, School Social Worker, School Administration, IEP/MDT/SAT team, or DHHS/Probation team is key part of a student's success in the ISBS Program. It is through this process that the therapist is able to coordinate treatment recommendations and communicate about information regarding a student's treatment. To meet student and family needs, counseling services can be provided at the child's school location. Clinicians will coordinate with school personnel to identify appropriate times and space to utilize to ensure privacy and confidentiality.

Provided by the Center for Psychological Services, Inc. at 308-234-6029.

Kids Power

Kids Power is a free 8-week educational series for children ages 6-12 who are affected by a loved one's addiction. This program is a research-based program modeled after the Kids Power Program developed by the Central Nebraska Council of Alcoholism and Addictions (CNCAA), using materials developed by CSAP (Center for Substance Abuse Prevention) and SAMHSA (Substance Abuse and Mental Health Services Administration). The program is designed to help children:

- explore and express feelings in a safe and supportive environment;
- understand addiction and codependency in an age-appropriate way;
- learn a variety of problem-solving, coping, and self-care strategies;
- build self-esteem, self-worth, and positive feelings about themselves; and
- realize they are not alone

Provided by the Central Nebraska Council on Alcoholism and Addictions in the Grand Island area at 308-385-5520.

Medication Management

Medication Management serves youth with low to severe symptoms, low to high risk for relapse, low to high risk for harm to self or others, low to high need for external professional structure, one or more functional limitations, and potential need for treatment plan adjustment at each visit. Medication Management consists of prescription of appropriate psychotropic medication (usually, but not limited to youth with a severe emotional disorder (SED)), as well as following the therapeutic response to, and identification of, side effects associated with the prescribed medication. Medication checks usually take 15-30 minutes with the psychiatrist or APRN. In addition, ancillary services necessary to support the medication regimen are also provided.

Provided by Mary Lanning HealthCare/The Lanning Center at 402-463-7711, Mid-Plains Center for Behavioral Healthcare at 308-385-5250, and Richard Young Behavioral Health Outpatient Clinic at 308-865-2249.

Multisystemic Therapy (MST)

Multisystemic Therapy is a family and community-based treatment using an ecological approach for youth with complex clinical, social, and educational problems. MST is short-term in duration (usually 3-5 months), with the MST therapist maintaining a small caseload. Youth referred to MST exhibit a combination of: physical and verbal aggression, school failure and truancy, criminal or delinquent behavior usually associated with contact with delinquent peers, and substance abuse issues. The family, as a whole, will work with a trained MST therapist. The goal of MST is to reduce the frequency and intensity of the youth's referral behavior. The MST therapist will work with the parents assisting them in empowering themselves through gaining the skills and resources needed to address difficulties that will arise while parenting their children. In addition, the youth will learn coping skills to better address family, peer, school, and neighborhood issues.

MST serves youth ranging in age from age 6 through 20 (this is a guideline subject to individual circumstances. Generally, the youth must have a mental health disorder diagnosable under the current edition of the Diagnostic and Statistical Manual of Mental Disorders published by the American Psychiatric Association and the youth:

1. Currently resides in natural or long-term foster (regular or agency based) home or in the process of reunification and is at-risk of a more restrictive placement;
2. Is involved in the juvenile justice system or at-risk of committing a criminal offense; or at-risk of school failure, dropping out of or being expelled from school due to behavior problems;
3. Parents or caregivers are willing to participate in the program in a partnership role.

Provided by Mid-Plains Center for Behavioral Healthcare Services at 308-385-5250.

OnTrack Central Nebraska (First Episode Psychosis)

OnTrack Central Nebraska (OnTrack/CN) is a comprehensive intervention program for individuals ages 14-35 who have experienced a first episode of psychosis. Treatment is provided by a team of behavioral health professionals who focus on helping people work toward personal goals and recovery. More broadly, the OnTrack/CN program helps consumers navigate the road to recovery from an episode of psychosis, including supporting efforts to function well at home, on the job, at school, and in the social world. This comprehensive program includes four different treatment components that work collaboratively as a team with the consumer. These components include: Medication Management provided by Richard Young Behavioral Health Outpatient Clinic, Supported Employment and Education provided by Goodwill Industries of Greater Nebraska, and Individual Psychotherapy and Family Psychotherapy/Education provided by Center for Psychological Services and Mid-Plains Center for Behavioral Healthcare Services. The Center for Psychological Services serves as the team lead.

Contact Center for Psychological Services, Inc. for program and admission information at 308-455-3044.

Outpatient Therapy/Assessment (Mental Health)

Mental Health Outpatient Therapy/Assessment serves for youth with low to moderate mental health or substance use symptoms, low to moderate risk of harm to self or others, one or more functional limitations, low to moderate risk of relapse, and need of professional structure. It is a center-based mental health treatment program for youth experiencing a wide range of mental health problems that cause moderate disruptions in the youth's life.

Outpatient treatment programs provide youth, family, or group treatment services, generally on a regularly scheduled basis. The outpatient program provides the appropriate assessment and/or diagnosis of the mental health problem, as well as effective treatment to change behaviors, modify thought patterns, cope with problems, improve functioning, improve understanding of factors producing problems, and identify workable steps to address the problems and/or other related goals. .

Provided by Mid-Plains Center for Behavioral Healthcare Services at 308-308-385-5250 and South Central Behavioral Services (Kearney area 308-237-5951; Hastings area at 402-463-5684) and various private providers across the Region 3 area.

Outpatient Therapy/Assessment/Evaluation (Substance Use)

Substance Abuse Outpatient Therapy/Assessment/Evaluation is designed for youth experiencing a wide range of substance use problems that have low to moderate symptoms, low to moderate risk of harm to self or others, one or more functional limitations, low to moderate risk of relapse, and need of professional structure. It is a center-based substance use treatment program for youth experiencing a wide range of substance use problems that cause moderate and/or acute disruptions in the individual's life. Outpatient treatment provides individual, family, or group treatment services, generally on a regularly scheduled basis.

The outpatient program provides the appropriate assessment/evaluation and/or diagnosis of the substance use problem, as well as effective treatment to change behaviors, modify thought patterns, cope with problems, improve functioning, improve understanding of factors producing problems, and identify workable steps to address the problems and/or other related goals.

Provided by South Central Behavioral Services at Kearney area 308-237-5951 and Hastings area at 402-463-5684.

Parent Child Interaction Therapy (PCIT):

PCIT is a behavioral family intervention for children 2-7 years of age with disruptive behavior disorders. It has been identified as a best practice for physically abusive parents. PCIT integrates concepts from social learning theory, traditional play therapy, and attachment theory to enhance the parent-child relationship, increase children's pro-social behaviors, and increase parents' behavior management skills. The program is implemented in two phases: The first phase is the Child Directed Interaction (CDI) phase during which parents develop child-centered interaction skills. The second phase is the Parent-Directed Interaction (PDI) phase during which effective discipline skills are the focus. PCIT gives equal attention to the

development of the parent-child relationship and the development of parents' behavior management skills. Because parent-child interactions in families with conduct-disordered children are frequently negative and coercive in nature, a critical goal of PCIT is to increase positive, nurturing interactions. PCIT includes the child in treatment, both in session and during daily homework assignments. In contrast to the traditional approach to parent training that focuses on didactic and role play, parents in PCIT rehearse new skills weekly in session through live interactions with their children. This active practice facilitates skill development and allows therapists to conduct ongoing assessments of parents' progress.

Provided by Mid-Plains Center for Behavioral Healthcare Services at 308-308-385-5250 and South Central Behavioral Services (Kearney area 308-237-5951; Hastings area at 402-463-5684.

Professional Partner Program

The Professional Partner Program serves children, youth and young adults who under the age of 26 or be a guardian of the child under the age of 19 and who display functional impairments in two or more of the following areas: self-care at an appropriate developmental level; developmentally appropriate perception and expressive language; learning; self-direction, including developmentally appropriate behavioral control, decision-making, judgment, and value systems; and capacity for living in a family or family equivalent. Youth and/or caregiver exhibits significant risk and needs in specific Life Domains.

The Professional Partner Program combines an ecological assessment and treatment planning process that utilizes the wraparound approach through intensive therapeutic care management. At the center of this program is the Professional Partner, who works in full partnership with each consumer and his or her family. The program is strength based, family-centered, and acknowledges families and consumers as equal partners. It promotes utilization of the least restrictive, least intrusive developmentally appropriate interventions in accordance with the strengths and needs of the consumer and family within the most normalized environment. The program utilizes specific methods for moving toward an interagency system of care by developing referral sources, collaborative working relationships, and integration and coordination with consumers, families and public and private child serving systems. The mix, intensity, duration, and location of services and supports are individually tailored to meet the unique needs of each consumer and his or her family. The program is based upon the wraparound approach to service delivery relying on the natural support systems of the family in their neighborhood and community. The program also holds the belief that as the needs of a consumer become more complex, the interventions, services and supports they receive will become more individualized. The PPP consists of specialized subprograms with the following specific criteria:

Traditional Professional Partner Program Criteria: Utilizes the Wraparound Approach to serve families in all 22 counties of Region 3 that have children and young adults ages 0-21 who have a serious emotional disorder and are at-risk of failure in the home, school, and/or community.

Coop for Success Program Criteria: Utilizes the Transition to Independence Process to serve young adults with a behavioral health disorder, between the ages of 15-21 who are enrolled in Grand Island Public Schools who have unmet vocational, school and behavioral health needs.

School Based Wraparound Program Criteria: Utilizes the Wraparound Approach to serve families that have children enrolled in Grand Island Public Schools who have a serious emotional disorder and unmet school and behavioral health needs.

Transitional Professional Partner Program Criteria: Utilizes the Transition to Independence Process to serve young adults in all 22 counties of Region 3 with a mental health diagnosis between the ages of 18-26 who need additional supports and services to successfully transition into independence.

Prevention Professional Partner Program: Utilizes the Wraparound Approach to serve families in all 22 counties of Region 3 that have children ages 3-19 who have who have experienced a behavioral health crisis. The program provides short-term intensive therapeutic case management that combines an ecological assessment and treatment planning approach to linking children & families to needed services and supports.

Provided by Region 3 Behavioral Health Services at 308-237-5113, ext. 246.

Transition Age Supported Employment

Transition Age Supported Employment serves individuals between the ages of 16 and 21 and who are within two years of completing high school in the Grand Island Public School system. These youth experience a behavioral health disorder or exhibit symptoms that indicate a behavioral health disorder and have identified needs in specific life domains. The program provides:

- person-centered and strength-based career planning;
- facilitation of individualized, student centered job searches to assist eligible youth secure competitive employment;
- job and work skills training and support to assist eligible youth in retaining competitive employment; and
- ongoing refinement of the educational and facilitation procedures to ensure and improve employment success.

Provided by Goodwill Industries of Greater Nebraska, Inc. at 308-384-7896.

Transitional Youth Advocate Program (Youth Peer Support)

This program serves young adults ages 17 through 25 needing assistance with independent living skills and developing positive connections to their community. This is a strength-based program that utilizes the Transition to Independence Process principles to assist young adults through transition to adult services, assist with independent living skills and developing positive connections to their community.

Provided by Families CARE at 308-237-1102 or 877-225-0500.

Trauma Focused - Cognitive Behavioral Therapy (TF-CBT)

TF-CBT is a conjoint child and parent psychotherapy approach for children and adolescents who are experiencing significant emotional and behavioral difficulties related to traumatic life events. It is a components-based treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles and techniques. Children and parents learn new skills to help process thoughts and feelings related to traumatic life events; manage and resolve distressing thoughts, feelings, and behaviors related traumatic life events; and enhance safety, growth, parenting skills, and family communication.

TF-CBT serves children and adolescents (ages 3 to 18) who have significant emotional problems (e.g., symptoms of posttraumatic stress disorder, fear, anxiety, or depression) related to traumatic life events. This treatment can be used with children and adolescents who have experienced a single trauma or multiple traumas in their life. Children or adolescents experiencing traumatic grief can also benefit from this treatment. TF-CBT can be used with children and adolescents residing in many types of settings, including parental homes, foster care, kinship care, group homes, or residential programs.

Provided by Center for Psychological Services, Inc. at 308-234-6029, Mid-Plains Center for Behavioral Healthcare Services at 308-308-385-5250 and South Central Behavioral Services (Kearney area 308-237-5951; Hastings area at 402-463-5684).

ADULT MENTAL HEALTH SERVICES SUMMARIES

CRISIS SERVICES

Access Center/24-Hour Crisis Phone

The center is available 24 hours a day, seven days a week for admission or other inquiries; when contacting the Access Center by phone or walking in, individuals are first evaluated by a mental health professional who will identify presenting problems; after consultation with a psychiatrist, potential patients will be matched with appropriate care within the hospital's programs or with other community resources.

Acute Inpatient

A secure, hospital-based service designed to assess and stabilize individuals 19 years and older experiencing a psychiatric crisis who are a danger to themselves or others, who do not require acute medical care, and have the ability to respond to therapeutic interventions.

Crisis Response

Crisis Response provides crisis intervention and stabilization services on a 24-hour, 7-day/week basis for individuals experiencing periodic or acute episodes of mental health and/or substance use disorders.

Crisis Stabilization Unit (CSU)

The CSU is a multi-dimensional community-based program capable of providing a range of services and supports designed to address the short and longer-term needs of individuals 19 years and older who are in crisis due to psychiatric and/or substance abuse problems. Services include Triage/Crisis Assessment, Crisis Stabilization, Social Detox with a medical component, and Crisis Response. Services are short-term in nature and designed to provide maximum intervention and support. Consumers will receive services according to need ranging from a brief one-hour contact to more intensive services.

Crisis Response

Crisis Response provides crisis intervention and stabilization services on a 24-hour, 7-day/week basis for individuals experiencing periodic or acute episodes of mental health and/or substance use disorders.

Crisis Stabilization

Crisis Stabilization is a short-term bed-based service available for non-acute individuals 19 years and older who are experiencing psychiatric crisis. The service provides a temporary safe place for support and relief in a therapeutic environment and stabilization of medication related issues. A thorough evaluation will be completed assessing all major systems, mental status and providing a definitive diagnosis, a treatment plan and will likely avert psychiatric hospitalization.

Peer Support

Peer Support services are designed to promote personal growth, self-esteem, and dignity by developing leadership skills, advocacy skills, and sharing information that promotes socialization, recovery, self-advocacy, self-sufficiency, development of supports, development and maintenance of community living skills.

Social Detox with Medical Component

This is a short-term voluntary residential service for consumers who are 19 years and older and in a state of intoxication and require monitoring of their medical state by trained staff. Registered nurses will regularly monitor consumers for changes in the medical state and will assess the appropriate timing of intervention from a psychiatrist, APRN, or licensed mental health practitioner/licensed drug and alcohol counselor. Consultation and formal assessments will be provided by the psychiatrist to help determine the appropriate level of service needed once detoxification has been completed.

Emergency Community Support

Emergency Community Support (ERCS) serves individuals 19 years and older provides follow-up, continuity and coordination of services for individuals who have been or are at risk of being admitted to an Emergency Protective Custody (EPC) service, acute inpatient, or Civil Protective Custody (CPC). ERCS is a short-term program with the purpose of assisting adults who are in crisis to achieve goals of recovery, stabilization, increased independence, and community integration. The program is designed to: (1) provide/develop the necessary services and supports which enable consumers to stabilize, (2) facilitate communication and coordination between multiple service providers that serve the same consumer, and (3) prevent and decrease the frequency and duration of hospitalization.

Emergency Protective Custody (EPC)

EPC services are short-term hospitalization for individuals who are 18 years and older and are determined mentally ill and dangerous to self and/or others by law enforcement. Services include crisis stabilization, medication management, psychiatric evaluation, substance abuse evaluation performed by a certified alcohol and drug abuse counselor (LADC), coping skill building, individual and/or group therapy as appropriate, and recommendations to/testifying at mental health commitment board hearings.

Mental Health Respite

Mental Health Respite serves individuals 19 years and older and is designed to provide shelter and assistance to address immediate needs which may include case management on a 24/7 basis to consumers experiencing a need for transition to another home or residential setting or a break from the current home or residential setting. Mental Health Respite provides a safe, protected, supervised residential environment on a short-term basis. The intent of the service is to support a consumer throughout the transition or break, provide linkages to needed behavioral health services, and assist in transition back into the community.

ADULT MENTAL HEALTH SERVICES SUMMARIES

NON CRISIS SERVICES

Assertive Community Treatment (ACT-Alt)

ACT is a self-contained clinical team that serves individuals 19 years and older who have a diagnosis of SPMI, multiple functional limitations, a potential for extreme dangerousness and/or rapid decompensation, and an inability to benefit from or access other community services. The ACT team is responsible for directly providing comprehensive treatment, rehabilitation and support services to consumers participating in the program. The program provides multiple contacts per week to consumers experiencing severe symptoms and/or significant problems in daily living.

Behavioral Health Jail Diversion - Buffalo County

This program is a partnership between Region 3 Emergency Community Support (ERCS), South Central Behavioral Services (SCBS) Outpatient Services located in Kearney, and the Buffalo County Jail. It is a 90-120 day program serving individuals who are struggling with mental health and/or addiction challenges who have been booked into the Buffalo County Jail and are residents of the Region 3 service area. The program is not available to individuals charged with a felony.

Behavioral Health Jail Diversion (Peer enhanced) - Adams County

This program is a partnership between South Central Behavioral Services (SCBS) Emergency Community Support (ERCS) services located in Hastings, and the Adams County Jail. It is a short-term, usually 30-90 days, program that serves individuals who are 19 years and older and who have been charged with a misdemeanor crime and are struggling with mental health and/or addiction challenges who have been booked into the Adams County Jail and are residents of the Region 3 service area. The program is not available to individuals charged with a felony.

Child-Parent Psychotherapy (CPP)

CPP is an intervention for children from birth through age 5 who have experienced at least one traumatic event (e.g., maltreatment, the sudden or traumatic death of someone close, a serious accident, sexual abuse, exposure to domestic violence) and, as a result, are experiencing behavior, attachment, and/or mental health problems, including posttraumatic stress disorder (PTSD). The primary goal of CPP is to support and strengthen the relationship between a child and his or her parent (or caregiver) as a vehicle for restoring the child's sense of safety, attachment, and appropriate affect and improving the child's cognitive, behavioral, and social functioning.

The type of trauma experienced and the child's age or developmental status determine the structure of CPP sessions. For example, with infants, the child is present, but treatment focuses on helping the parent to understand how the child's and parent's experience may affect the child's functioning and development. With older children, including toddlers, the child is a more active participant in treatment, and treatment often includes play as a vehicle for facilitating communication between the child and parent. When the parent has a history of trauma that interferes with his or her response to the child, the therapist (a master's- or doctoral-level psychologist, a master's-level social worker or counselor, or a supervised trainee) helps the parent understand how this history can affect perceptions of and interactions with the child and helps the parent interact with the child in new, developmentally appropriate ways.

Circle of Security (COS)

Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.

Community Support (MH)

The community support program is for persons who are 19 years and older and have a severe and persistent mental illness (SPMI) and is designed to: (1) provide/develop the necessary services and supports which enable consumers to live successfully in the community; (2) maximize the consumer's community participation and quality of life; (3) facilitate communication and coordination between multiple service providers that serve the same consumer; and (4) decrease the frequency and duration of hospitalization. Community support provides consumer advocacy, ensures continuity of care, supports consumers in time of crisis, provides/procures skill training, ensures the acquisition of necessary resources and assists the consumer in achieving community/social integration. The community support program provides a clear focus of accountability for meeting the consumer's needs within the resources available in the community. The role(s) of the community support provider may vary based on consumer's needs. Community support is an in-vivo service with most contacts typically occurring outside the program office (i.e., in the consumer's place of residence or other community locations consistent with individual consumer choice/need).

Day Rehabilitation

Day Rehabilitation serves individuals 19 years and older and is designed (1) to enhance and maximize the individual's ability to function in community settings, and (2) to decrease the frequency and duration of hospitalization. Individuals served in this program receive rehabilitation and support services to develop and maximize the skills needed to successfully live in the community. It serves individuals who experience a severe persistent mental illness (SPMI) and exhibit moderate symptoms, low to moderate risk of harm to self or others, 2 or more functional limitations, moderate risk of relapse, moderate need for professional structure, who require weekly to monthly treatment plan adjustment. Day rehabilitation is a facility-based program for persons that have SPMI. The program shall provide pre-vocational services, planned socialization and skills training, community living skills and daily living skills training, and recreation activities focused on identified rehabilitation needs. Prevocational services include services designed to rehabilitate and develop the general skills and behaviors needed to prepare the consumer to be employed and/or engage in other related substantial gainful activity.

Day Support

Day Support services adults 19 years and older diagnosed as having a severe and persistent mental illness (SPMI) who exhibit moderate to severe symptoms, low to moderate risk of harm to self or others, 2 or more functional limitations in the areas of vocational/ educational, social skills, adult daily living skills, low to moderate risk of relapse, and/or moderate to high need for

professional structure. This transition “drop-in” center for persons who have not yet enrolled in Day Rehabilitation, or who have completed Day Rehab and want to continue to socialize with friends they have made at the Day Rehab service, is designed to engage consumers.

Dual Disorder Residential

Dual Disorder Residential treatment provides primary treatment to consumers who are 19 years and older and experience a substance use disorder and a severe persistent mental illness (SPMI). Both disorders are treated as primary. Consumers appropriate for this level of treatment have demonstrated a high risk of relapse if not immersed in a structured, supervised treatment environment and meet the ASAM criteria for residential treatment. Services are provided by professionals who are dually licensed as licensed mental health practitioners and /licensed drug and alcohol counselors.

Eye Movement Desensitization and Reprocessing (EMDR)

EMDR is a comprehensive, integrative psychotherapy approach. It contains elements of many effective psychotherapies in structured protocols that are designed to maximize treatment effects. These include psychodynamic, cognitive behavioral, interpersonal, experiential, and body-centered therapies.

EMDR psychotherapy is an information processing therapy and uses an eight phase approach to address the experiential contributors of a wide range of pathologies. It attends to the past experiences that have set the groundwork for pathology, the current situations that trigger dysfunctional emotions, beliefs and sensations, and the positive experience needed to enhance future adaptive behaviors and mental health.

Medication Management

Medication Management consists of prescription of appropriate psychotropic medication (usually, but not limited to persons with SPMI, as well as following the therapeutic response to, and identification of side effects associated with the prescribed medication. Medication checks usually take 15-30 minutes with the psychiatrist, and/or a nurse or case manager. In addition, ancillary services necessary to support the medication regimen are also provided.

OnTrack Central Nebraska (First Episode Psychosis)

OnTrack Central Nebraska (OnTrack/CN) is a comprehensive intervention program for individuals ages 14-35 who have experienced a first episode of psychosis. Treatment is provided by a team of behavioral health professionals who focus on helping people work toward personal goals and recovery. More broadly, the OnTrack/CN program helps consumers navigate the road to recovery from an episode of psychosis, including supporting efforts to function well at home, on the job, at school, and in the social world. This comprehensive program includes four different treatment components that work collaboratively as a team with the consumer. These components include: Medication Management, Supported Employment and Education, Individual Psychotherapy, and Family Psychotherapy/Education.

Contact Center for Psychological Services, Inc. for program and admission information at 308-455-3044.

Outpatient/Assessment

Outpatient/Assessment is a specialized mental health treatment program for persons experiencing a wide range of mental health problems that cause moderate and/or acute disruptions in the individual's life. Outpatient treatment programs provide individual, family, or group treatment services, generally on a regularly scheduled basis. The outpatient program provides to each person served the appropriate assessment and/or diagnosis of the mental health and/or substance abuse problem, as well as effective treatment to change behaviors, modify thought patterns, cope with problems, improve functioning, improve understanding of factors producing problems, and identify workable steps to address the problems and/or other related goals. Such programs may include the collateral and/or adjunctive services.

Outpatient Therapy - Dual

Dual Disorder Outpatient Therapy provides primary treatment to individuals 19 years and older with a substance use disorder and a severe persistent mental illness (SPMI). Treatment is integrated and provided by professionals who are dually licensed as licensed mental health practitioners and licensed drug and alcohol counselors.

Peer Support

Peer Support services are designed to promote personal growth, self-esteem, and dignity by developing leadership skills, advocacy skills, and sharing information for individuals 19 years and older and experience a mental illness. Peer Support provides structured scheduled activities that promote socialization, recovery, self-advocacy, self-sufficiency, development of supports, development and maintenance of community living skills.

Psychiatric Residential Rehabilitation

Psychiatric Residential Rehabilitation serves individuals 19 years and older who have severe and persistent mental illness (SPMI). The service is designed (1) to increase the consumer's functioning so that she/he can eventually live successfully in the residential setting of his/her choice, capabilities and resources, as well as (2) decrease the frequency and duration of hospitalization. The Psychiatric Residential Rehabilitation program provides psychosocial rehabilitation and skill acquisition in community living skills, daily living skills, self-medication management, and other related psychiatric rehabilitation services as needed to meet individual consumer needs.

Subacute Inpatient

Subacute Inpatient serves individuals 19 years and older who are experiencing a mental health crisis and are experiencing moderate to high-risk of harm to self and/or others. Subacute Inpatient provides a secure treatment environment for adults who are recovering from acute episodes of mental health disorders who need further stabilization in order to successfully transition to lower levels of community-based care.

Supported Employment

Supported Employment is an evidence-based program designed to promote rehabilitation and return to productive employment for persons with behavioral health disorders age 19 and older. Behavioral health disorders are mental illness or alcoholism, drug abuse, or related addictive disorder. Problem gambling is specifically excluded. The service employs a team approach for treatment with the employment specialists responsible for carrying out all vocational services from intake through follow-along. Supported Employment services are coordinated with Vocational Rehabilitation.

Transition Age Professional Partner Program

The Professional Partner Program serves individuals 18 through 25 years of age. The program utilizes the Transition to Independence Process to support the young adult in life planning activities. It promotes the utilization of the least restrictive, least intrusive developmentally appropriate interventions in accordance with the strengths and needs of the young adult within the most normalized environment.

Transition Age Supported Employment

Transition Age Supported Employment is a component of the Co-op for SUCCESS Program in Grand Island. The program serves individuals between the ages of 16 and 21 and who are within two years of completing high school in the Grand Island Public School system who experience a behavioral health disorder or exhibiting symptoms that indicate a behavioral health disorder and the youth exhibits significant risk and needs in specific life domains.

The program provides:

- Person-centered and strength-based career planning,
- Facilitation of individualized, student centered job searches to assist eligible youth secure competitive employment,
- Job and work skills training and support to assist eligible youth in retaining competitive employment, and
- Ongoing refinement of the educational and facilitation procedures to ensure and improve employment success.

Transitional Youth Advocate Program (First Episode Psychosis)

This program serves young adults ages 17 through 25. This is a strength-based, wraparound program that will assist young adults through transition to adult services, assist with independent living skills and developing positive connections to their community.

Trauma Focused – Cognitive Behavioral Therapy (TF-CBT)

The age of majority is 19, so any kids that meet eligibility that are under the age of 19 would meet age guidelines. Youth that are age 19-21 could meet the age guidelines if they are still living dependently with a caregiver/parent.

Vets4Vets

Vets4Vets provides a support community for veterans that provides an atmosphere for healing, camaraderie, and fulfilling actions to be taken. The group is organized and directed by the *At Ease* peer support specialist, a veteran who has been certified as a peer-to-peer facilitator by the Vets4Vets organization.

ADULT SUBSTANCE USE SERVICES SUMMARIES

Community Support (SUD)

The Community Support program is for persons 19 years and older whose primary diagnosis is a substance use disorder and is designed to: (1) provide/develop the necessary services and supports which enable consumers to live successfully in the community, (2) maximize the consumers community participation and quality of life, and (3) facilitate communication and coordination between multiple service providers that serve the same consumer. Community support provides consumer advocacy, ensures continuity of care, supports consumers in time of crisis, provides/procures skill training, ensures the acquisition of necessary resources and assists the consumer in achieving community/social integration. The community support program provides a clear locus of accountability for meeting the consumers' needs using the resources available in the community. The role of the community support provider may vary based on consumer needs. Community support is generally provided out of office in community locations consistent with individual consumer need.

Dual Disorder Residential

Dual Disorder Residential treatment provides primary treatment to consumers who are 19 years and older and experience a substance use disorder and a severe persistent mental illness (SPMI). Both disorders are treated as primary. Consumers appropriate for this level of treatment have demonstrated a high risk of relapse if not immersed in a structured, supervised treatment environment and meet the ASAM criteria for residential treatment. Services are provided by professionals who are dually licensed as licensed mental health practitioners and /licensed drug and alcohol counselors.

Halfway House

Halfway House is a residential program for males 19 years and older and provides treatment services for individuals that have a substance use disorder seeking to re-integrate into the community, generally after short-term or intermediate residential treatment. The program provides a structured set of activities designed to develop the living skills necessary for an independent life free from substance use outside of a primary residential treatment program. The program also focuses on assisting individuals to maintain or access employment or vocational skills as needed.

Intensive Outpatient Program (SUD)

Intensive Outpatient provides group focused, non-residential services for individuals 19 years and older who have a substance use disorder and require a more structured treatment environment than that provided by outpatient counseling, but who do not require a residential program. Activities of this program must focus on aiding individuals to recognize their substance use problems and to develop knowledge and skills for making lifestyle changes necessary to maintain a life free from substance use. It is a non-residential, facility based, multi-service program centered on group counseling services designed to stabilize and treat persons with moderate to severe substance use problems. Other services could include 24-hour crisis management, individual counseling, education about alcohol and other drug issues, family education and counseling, self-help group, and support group orientation.

Outpatient Therapy/Assessment

Outpatient therapy/Assessment is a specialized substance use treatment program for persons 19 years and older experiencing a wide range of substance use problems that cause moderate and/or acute disruptions in the individual's life. Outpatient treatment programs provide individual, family, or group treatment services, generally on a regularly scheduled basis. The Women's Treatment Program and Drug Court are part of the Outpatient program. The Outpatient program provides each individual with the appropriate assessment and/or diagnosis of the substance use problem, as well as effective treatment to change behaviors, modify thought patterns, cope with problems, improve functioning, improve understanding of factors producing problems, and identify workable steps to address the problems and/or other related goals.

Outpatient Therapy - Dual

Dual Disorder Outpatient Therapy provides primary treatment to individuals 19 years and older with a substance use disorder and a severe persistent mental illness (SPMI). Treatment is integrated and provided by professionals who are dually licensed as licensed mental health practitioners and licensed drug and alcohol counselors.

Peer Support

Peer Support services are designed to promote personal growth, self-esteem, and dignity by developing leadership skills, advocacy skills, and sharing information for individuals 19 years and older and experience a substance use disorder. Peer Support provides structured scheduled activities that promote socialization, recovery, self-advocacy, self-sufficiency, development of supports, development and maintenance of community living skills.

Short-Term Residential

Short Term Residential programs provide highly structured twenty-four (24) hour comprehensive services for individuals 19 years and older who have a substance use disorder and require a more restrictive treatment environment to prevent the use of abused substances. Activities of this program provide a daily structure to prevent access to abused substances and focuses on developing knowledge and skills for making lifestyle changes necessary to achieve a life free from substance use.

Social Detox with Medical Component

This is a short-term voluntary residential service for consumers who are 19 years and older and in a state of intoxication and require monitoring of their medical state by trained staff. Registered nurses will regularly monitor consumers for changes in the medical state and will assess the appropriate timing of intervention from a psychiatrist, APRN, or licensed mental health practitioner/licensed drug and alcohol counselor. Consultation and formal assessments will be provided by the psychiatrist to help determine the appropriate level of service needed once detoxification has been completed.

Social Setting Detoxification

Social Setting Detoxification is a residential service for individuals 19 years and older needing intervention on a 24-hours, 7-day a week basis to individuals experiencing acute intoxication. It provides a safe residential setting with staff present for observation, and deliver services designed to physiologically restore the individual from an acute state of intoxication. Services include provisions for administration of fluids, provision for rest, substance use education, counseling, and referral. This program minimizes the physical and emotional complications experienced during alcohol withdrawal by allowing consumers to undergo natural detoxification processes in a comfortable home-like environment.

Therapeutic Community

Therapeutic Community is a residential program for women 19 years and older who experience a substance use disorder and have successfully completed a short-term residential treatment program for their substance use disorder. It provides long-term comprehensive residential treatment for individuals who additional treatment support after the short-term residential treatment has been completed.

This program provides psychosocial skill building through a long-term, highly structured set of peer oriented treatment activities that define progress toward individual change and rehabilitation, and which incorporate a series of defined phases. Progress is marked by advancement through these phases to less restrictiveness and more personal responsibility.

Also included is the **Mom & Me Program** that accommodates dependent children, age eight (8) and under, who are in their mother's care while living in the therapeutic community. Programming for mothers with their children carries a heavy emphasis on pertinent parenting issues. Parents are children's most important role model and source of support. This is especially true for children who have witnessed the effects of addiction within their family. This program provides an opportunity for the resident to learn to care for themselves, improve or enhance relationships with their children and to help their children develop positive safety and coping skills. Substance abuse affects the entire family. As the mother begins to heal, grow and learn new skills, the child must too. We are here to help mothers become the best parent they can be. Most recovering mothers admit that addiction robbed them of being the best they wanted to be. The Mom & Me Program collaborates with local service providers for services not provided on site. These services include Primary Care, Adams County Health and Human Services, Adams County Immunization Clinic, CASA, Early Head Start, Healthy Beginnings, Hastings Public Schools Systems and Head Start.

Provided by The Bridge, Inc. 402-462-4677.

REGION 3 SYSTEM COORDINATION AND NETWORK MANAGEMENT

Network Management provides the framework for effective system coordination. *System coordination is accomplished through a well-planned, strategic, strengths-based/recovery-focused process that empowers individuals and communities to achieve positive outcomes.* This is accomplished by facilitating an efficient and effective process that brings key stakeholders together in a proactive, collaborative manner to identify and enhance system strengths and develop outcome based strategies to address gaps and barriers throughout the service array and system of care.

A behavioral health disorder impacts every aspect of an individuals' life. Therefore, individuals experiencing mental health and/or substance use disorders may need many kinds of services and supports from a variety of sources. Region 3 works to ensure that components of the service delivery system work in a coordinated manner to meet the unique needs of individuals and families who seek assistance.

Adult System Coordination assists in developing, implementing and evaluating regional service needs, goals, programs, and delivery systems in behavioral health areas. This program also works closely with service providers, community representatives, consumer groups, and representatives of judicial, education, and social services to create a climate for interagency collaboration and systems integration of behavioral healthcare services.

Emergency System Coordination assists in the area of emergency psychiatric and substance abuse (behavioral health) services for Region 3 Behavioral Health Services. The program also assists with developing, implementing, coordinating and evaluating Region 3 service needs, goals programs and delivery systems in behavioral health areas. The Emergency System Coordination Program partners closely with behavioral health service providers, law enforcement personnel, county attorney's, Mental Health Boards, and community representatives to create a climate for interagency collaboration and systems integration of emergency behavioral health services.

This program also conducts planning and leads activities for behavioral health response during a large scale disaster and the specialist serves as Region 3's designated Regional Disaster Coordinator.

Prevention System Coordination provides prevention system leadership, support and technical assistance to providers, community coalitions and multiple stakeholders in planning new services and ensuring appropriate use of funding for prevention strategies within the 22 counties of Region 3.

Regional Consumer and Family Inclusion Coordination provides advocacy and assistance to consumers of behavioral health services, including consumers of services which are designed to lead toward wellness and recovery from mental illness and/or substance use disorders. This is available to consumers of all ages, their families and support system, throughout the Region 3 service area.

Regional Housing Coordination assists individuals who have a serious mental illness and have extremely low income obtain safe and decent housing at an affordable cost. The rental assistance funds serve as a "bridge" to other housing sources such as the Federal Housing Voucher Programs (commonly referred to as "Section 8") in order to serve the priority populations. The Housing Assistance Program provides assistance to service participants who have been denied services of other housing resources or have been placed on a waiting list. The Supported Housing model is designed for people who are not capable of independent living without behavioral health services and supports in order to remain successfully in the community. The service participant is in need of more supported-services than simply having a case manager checking periodically to see if the rent is paid. Program criteria includes:

1. An adult who has a serious mental illness; and
2. Who needs housing related assistance as documented by efforts to fully exhaust local options available in seeking rental assistance administered by local housing authorities and/or other entities; and
3. Is considered one of the following priorities:
 - a) Priority One: 1) Extremely Low Income who is discharged from an inpatient mental health placement, or 2) Extremely Low Income who is eligible to move from a residential level of care to independent living to make room for a person being discharged from an inpatient mental health facility;
 - b) Priority Two: after the Region has demonstrated the Priority One groups are addressed, then the Region may start including service participants who are extremely low income at risk of an inpatient mental health placement, at least in part because of lack of affordable independent housing.
 - c) Priority Three: after the Region has demonstrated the Priority One and Two groups are addressed, others who are very low-income adults with serious mental illness will be served.

Youth System Coordination assists in developing, implementing and evaluating regional service needs, goals, programs, and delivery systems in behavioral health areas. The program also works closely with service providers, community representatives, consumer groups, and representatives of judicial, education, social services, and service providers to create a climate for interagency collaboration and systems integration of behavioral healthcare services as gaps and needs are identified within the Region 3 service area.

CENTRAL NEBRASKA LOSS TEAM **(Local Outreach to Suicide Survivors)**

In coordination with the Nebraska State Suicide Prevention Coalition and the LOSS Development Group, the Central Nebraska LOSS Team began operating August 2014. The goals of the Central Nebraska team are to both provide the clear message of hope, so that survivors can move through their time of shock and despair, and to sustain itself indefinitely within

the Central Nebraska community. The LOSS Team is activated by first response officials when a suicide occurs to provide resources, support, and hope to suicide survivors. The volunteers provide immediate assistance to survivors to help them cope with the trauma of their loss, provide follow-up contact with the survivors, and coordinate the utilization of services and support groups within the community. Contact Renae Zimmer, 308-217-0359. Additional information can be found on their website at <http://centralnebraskalos.wixsite.com/cneloss>.

FAMILY/CONSUMER OUTREACH ORGANIZATIONS

Region 3 Consumer and Family Coalition is a consumer run outreach, education and advocacy coalition. The coalition meets regularly to include consumers and family members in identifying service and system needs and planning activities that promote consumer and family voice and choice and reduce stigma too often associated with a behavioral health disorder.

The National Association for Mental Illness (NAMI) – Nebraska is a nonprofit, grassroots organization dedicated to education, support and advocacy for anyone whose life has been touched by mental illness. NAMI believes in recovery and the hope for a better future. NAMI Nebraska helps unite parents, spouses, siblings, friends and people who have a mental illness together with mental health professionals to fight for improved treatment, a better quality of life and recovery. Individuals identify recovery as being an ongoing journey and an end result as well as an overall paradigm for achieving wellness and optimal mental health. NAMI Nebraska is available to support persons on their road to recovery by providing respect and peer support. Consumers have a personal responsibility for their own self-care and journeys of recovery. NAMI Nebraska provides the support for individuals and families on their journey.

National Alliance for Mental Illness (NAMI)-Nebraska, our parent organization, is dedicated to building better lives for the millions of Americans affected by mental illness. **NAMI Central Nebraska (CN)** embraces people living with mental illness and their families, who often feel isolated. We offer understanding and support unique to those that are affected by these conditions. We bring hope, recovery, empowerment and wellness to people with illnesses such as schizophrenia, major depression and bipolar disorder. NAMI CN has sponsored signature programs within our community. Programs like Family to Family, Basics, Peer to Peer, In Our Own Voice and NAMI Connection Support Groups. We share information on resources in behavioral health at local fairs and conferences. We will join with others like yourselves who share our commitment and dedication to bring mental illness to the attention of those who can help raise understanding, respect and a better quality of life to those living with mental disorders.

Nebraska Mental Health Association (MHA-NE) is a consumer-run, voluntary not-for-profit statewide association with Chapters located in communities throughout Nebraska. MHA-NE brings together service recipients, families, professionals, advocates and concerned citizens to address all aspects of mental health and mental illness. MHA-NE is dedicated to ensuring that public mental health policy is just, fair and promotes equality and opportunity. MHA-NE supports freedom for individuals with mental illness. Freedom to take advantage of any of life's opportunities. Freedom to decide where one lives, works; and the important thing they will do with their lives, the relationships they establish, how they chose to contribute to their community, and what services they will use.

Nebraska Recovery Network is an organization supporting recover from all addictions and related issues. Nebraska Recovery Network's goal is to spread recovery throughout Nebraska.

BEHAVIORAL HEALTH RELATED TRAINING

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care. Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices.

Youth Mental Health First Aid teaches how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Psychological First Aid (PFA) is an evidence-informed modular means of providing psychosocial support to individuals and families immediately after a disaster, terrorist or traumatic event, or other emergency. It consists of a set of helping actions which are systematically undertaken in order to reduce initial post-trauma distress and to support short- and long-term

adaptive functioning and coping. Based on the principle of “do no harm”, it is provided by individuals who are specifically trained in and certified in PFA. PFA includes basic common sense principles to promote normal recovery. These are actions to help people feel safe and calm, connected to others, hopeful, and empowered to help themselves, with access to physical resources, and emotional and social support. PFA helps survivors to meet current needs; it promotes flexible coping and encourages adjustment. It is called “first aid” because it is the first thing that helpers might think to offer disaster-affected people, and it commonly occurs in the first days, weeks, and months after a disaster or other emergency.

Question, Persuade, Refer (QPR) is 3 simple steps that anyone can learn to help save a life from suicide. Individuals trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR is a two hour evidence-based training.

Signs of Suicide Prevention Program (SOS) is a universal, school-based depression awareness and suicide prevention program designed for middle-school (ages 11–13) or high-school (ages 13–17) students. The goals are to 1) decrease suicide and suicide attempts by increasing student knowledge and adaptive attitudes about depression, 2) encourage personal help-seeking and/or help-seeking on behalf of a friend, 3) reduce the stigma of mental illness and acknowledge the importance of seeking help or treatment, 4) engage parents and school staff as partners in prevention through “gatekeeper” education, and 5) encourage schools to develop community-based partnerships to support student mental health.

Both the middle and high school programs provide age-appropriate, educational DVDs for school staff to play for students. The middle school video (Time to ACT) and the high school video (Friends for Life) inform students how to ACT® (Acknowledge, Care and Tell), demonstrate the right and wrong ways to help, and show a student talking with a school counselor. The program includes an optional student screening that assesses for depression and suicide risk and identifies students to refer for professional help as indicated. The program also includes a video, Training Trusted Adults, to engage staff, parents, or community members in the program’s objectives and prevention efforts.

Trauma 101 & Recovery Training: Trauma-Informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. Participants will learn what trauma informed care is, how to create safe environments for persons served and ways to avoid re-traumatizing practices. The “*Trauma 101 & Recovery*” training is a 3 hour training and is a pre-requisite to becoming a Trauma Trainer. Learning Objectives include: define trauma and the effects of trauma on children and adults; Review the intent and process for trauma screening; review the Adverse Childhood Experiences (ACE’s) study and the impact of trauma through the life span; and identify the stages of recovery using Dr. Judith Herman’s model of recovery.

Trauma 101 & Recovery Train-The-Trainer Workshop is a 7-hour Training of Trainers Workshop that prepares participants to provide “*Trauma 101 & Recovery*” trainings. These trainers will be provided with a curriculum designed to offer basic knowledge, skills, and values of trauma informed care to all staff. Participants will also review and practice methods of delivering the training information. Participants will receive training materials including a manual and flash drive with the training content. Learning Objectives include: understand how to prepare and present the “*Trauma 101 & Recovery*” training to other staff and/or community members; review methods of delivering training information, facilitating discussion and answering difficult questions; and practice presentation of training materials.

Walking the Walk: Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma – individuals in “helping professions” pay an emotional price for doing the work that they do. Some hear difficult stories daily and are frequently exposed to traumatic details from the individuals and families we are working with. Many individuals are not always able to help everyone who comes to them for help—sometimes the demands often outweigh what can be offered. This 4 hour training will help participants with identifying their signs and symptoms, understand the differences and definitions of compassion fatigue, vicarious trauma and burnout, learn about a low impact peer de-briefing tool and share resources and tips for on-going self-care. Learning Objectives include: understand the definition of compassion fatigue, vicarious trauma and burnout; identify the signs and symptoms of compassion fatigue, vicarious trauma and burnout; learn a peer low impact debriefing tool; and receive tools and resources for self-care.

Contact Tiffany Gressley, Prevention System Coordinator, Region 3 Behavioral Health Services, at 308-237-5113, ext 237 for more information or to schedule a training.