2018

ANNUAL REPORT

Region 3

Behavioral Health Services

Regional Governing Board Members

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Craig Thompson

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Webster County
JoAnn Reiher

Wheeler County
Mark Landgren

* Denotes Executive Committee

Dear Colleagues,

We are pleased to present the Region 3 Behavioral Health Services' FY2018 Annual Report that highlights many of the priorities we focused on this past year that were designed to improve resiliency, promote recovery and support healthy communities. We operate on the premise that behavioral health is essential to overall health, prevention works, treatment is effective and people do recover.

The need for behavioral health services continues to grow throughout central Nebraska as we work to ensure as many youth, families and adults as possible have access to the right services and supports at the right time. Our ability to collaborate and partner with others allows us to be more efficient and effective in our efforts to positively impact our communities.

Throughout FY2018 the Regional Governing Board and the Behavioral Health Advisory Committee have provided leadership for our efforts and we are grateful for their support. We appreciate the dedication of Region 3 Behavioral Health Services Network providers who are committed to providing quality and effective services to address the behavioral health needs of the many individuals and families who come to our system for treatment and support.

We appreciate the community coalitions for their leadership in prevention and wellness activities that improve the overall health of their communities. During FY18 they stepped forward to assist in prevention efforts to address the misuse of opiates in our region.

We also wish to thank our many system partners who continually share their expertise and resources in being solution-focused to allow the system of care to be responsive to the many needs of those we serve. These partnerships have helped us to explore new and exciting strategies through our formalized System of Care initiative to address the needs of youth who experience a serious emotional disturbance and their families. And finally, we wish to thank our employees who bring their can-do spirit and must-do sense of responsibility to their varied roles that assist Region 3 in accomplishing our mission to foster recovery and resilience for individuals and their families who experience a behavioral health disorder.

Sincerely,

Beth Baxter
Regional Administrator

Gary Quandt
Chairperson, Region 3 Governing Board

Behavioral Health Advisory Committee

Brenda Miner
Chairperson

Grace Mims
Vice Chairperson

Wayne Adamson
Gregg Ahlers
Elaine Anderson
Karla Bennetts
Patsy Burnett
Aletheir Evans
Sharyl Gilles
Deborah Hahn
Susan Henrie
Shannon Hopson
Theresa Puls
Gary Quandt
Cindy Scott

Region 3's programs accredited by CARF:
- Professional Partner Program
- Emergency Community Support

FISCAL MANAGEMENT AND ACCOUNTABILITY

Accountability through leadership, knowledge, and verification promotes trust.

On an annual basis Region 3, in collaboration with the Regional Behavioral Health Advisory Committee, the Region 3 Behavioral Health Network of providers, Region 3 Consumer and Family Coalition, and other stakeholders, at the direction of the Regional Governing Board, develops and submits an annual budget plan to the Department of Health and Human Services, Division of Behavioral Health (Division). Region 3 reports to the Division on a monthly basis the utilization of funds across the continuum of care. Also, Region 3 contracted with, or received grants and other funds from sources in addition to the Division for the support of system enhancement, coordination and training activities across the Region 3 area.

Fiscal Year 2018 in Review

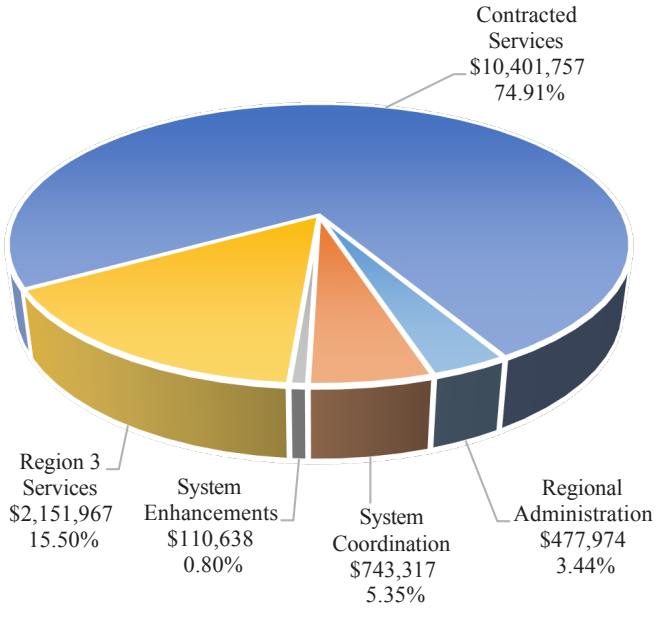
A total of $13,885,653 was expended by Region 3 in the fiscal year ended June 30, 2018.

- 90.41% of the funds were expended on Direct Services,
- 5.35% on System Coordination,
- 3.44% on Network Administration, and
- 0.80% on System Enhancements.

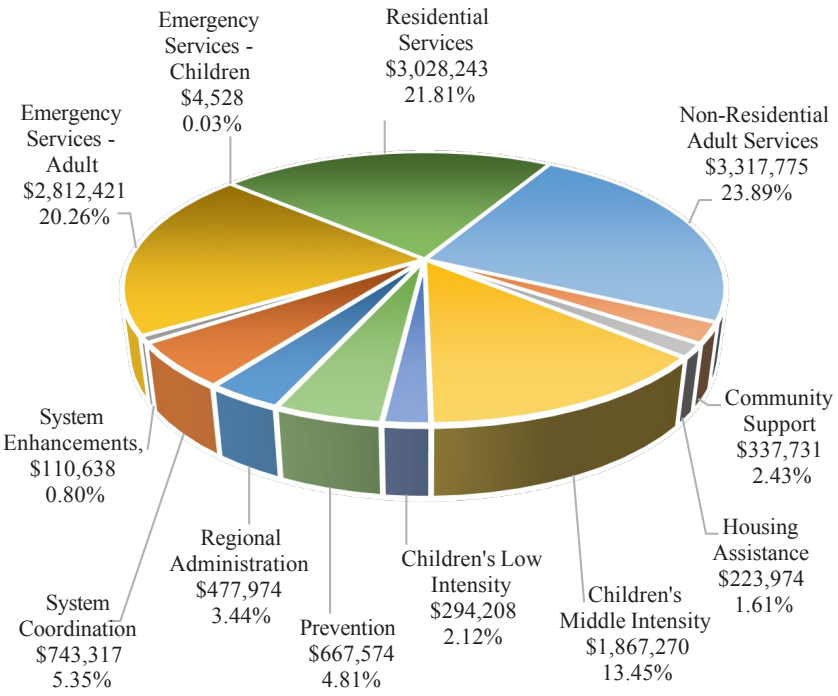
Accountability for Effective and Efficient Utilization of Public Resources

- Contract development and monitoring,
- Tracking and reporting of billing and utilization data to make informed financial decisions,
- Tracking of outcomes and performance standards,
- Fiscal and programmatic reviews of network providers,
- Internal controls, and
- Internal auditing and external independent auditing.

FY2018 Service Expenditures of $13,885,653



FY 2018 Expenditures by Category



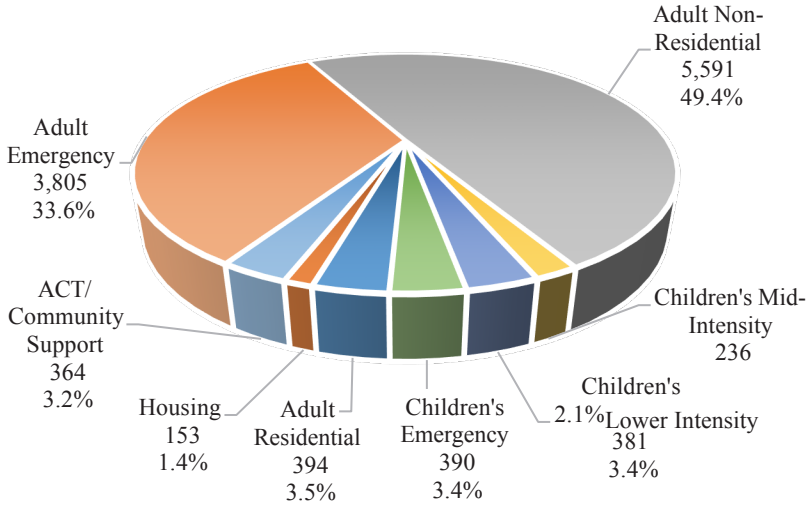
NETWORK MANAGEMENT AND SYSTEM COORDINATION

We can do more when we work together.

Network Management provides the framework for effective system coordination that is accomplished through a well-planned, strategic, strengths-based, recovery-focused process that empowers individuals and communities to achieve positive results. In FY18, Region 3 contracted with sixteen community-based agencies, six prevention coalitions and also directly provided therapeutic case management and housing related assistance.

A behavioral health disorder may impact more than one aspect of an individual's life creating the need for several services from a variety of sources. Through the Region's Continuous Quality Improvement initiatives, Region 3 tracks and reports on identified system goals designed to improve effectiveness and efficiency across systems. Region 3 provides Regional System Coordination for the following major service systems in the twenty-two counties of Region 3.

Persons Served by Level of Care



Gender

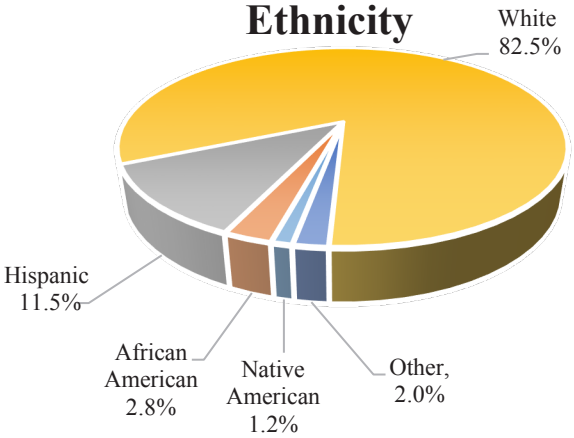
- 51.9% Male
- 48.1% Female

Reasons for Admission:

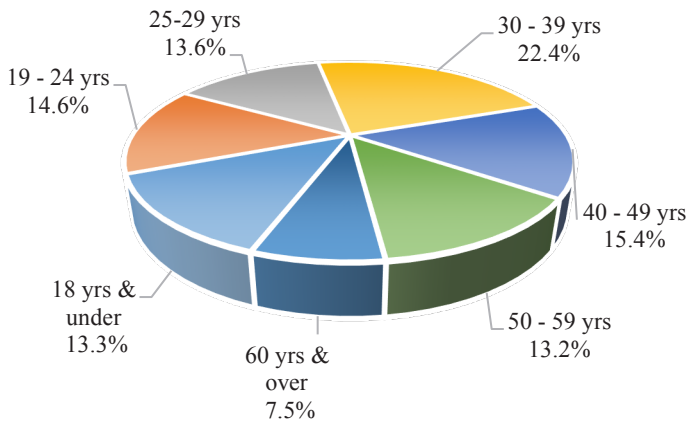
- 63.8% of persons served were admitted for a primary mental health disorder.
- 25.0% had a primary substance use disorder.
- 11.2% experienced a dual diagnosis of a primary mental illness and primary substance dependence disorder.

The graph above is a duplicated count of individuals served by level of care (n=11,314) as many may be involved in more than one service across different levels of care during the year.

Persons Served by Race and Ethnicity



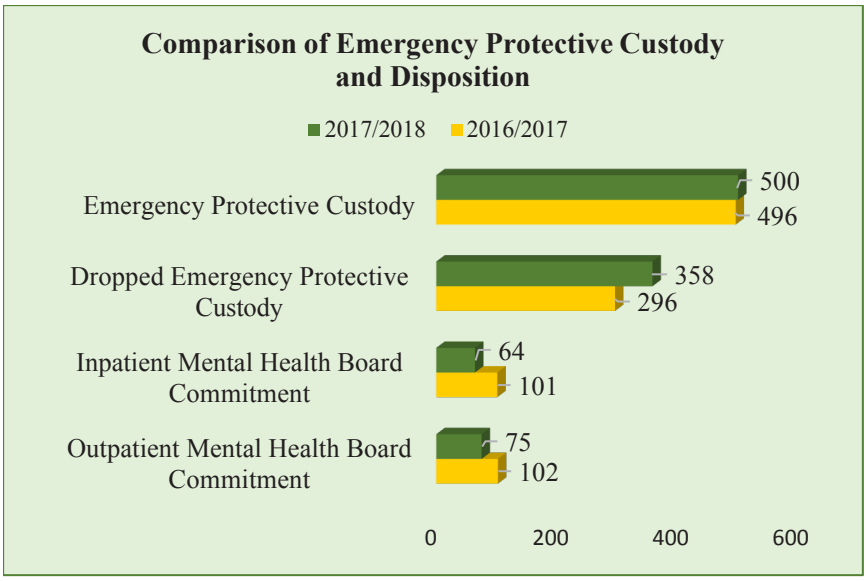
Persons Served by Age Group



EMERGENCY SYSTEM COORDINATION

The Region 3 Emergency System provides a multi-layer crisis response system providing trauma informed crisis services in the least restrictive, most appropriate and safe setting possible.

- During FY18, a total of 3,024 individuals were served through Crisis Triage, Stabilization and Crisis Response in Region 3.
- 359 (12%) of these individuals were age 18 or under and 2,665 (88%) were age 19 and over.
- The referral sources were:
  - 43.2% Self
  - 20.3% Justice System
  - 13.0% Friends/Family
  - 11.3% Behavioral Health Provider
  - 9.1% Community Services
  - 3.1% Other
- There was a 31.5% decrease in Mental Health Board Commitments from FY17.



Array of Behavioral Health Services available within the Region 3 Emergency System		
Acute Inpatient (Youth and Adult)	Emergency Community Support (For ages 12 and up)	Telemedicine
Crisis Stabilization (Voluntary)	Emergency Protective Custody (EPC)	Medication Management
Crisis Response Therapist	Emergency Psych System Coordination	Outpatient/Assessment
Crisis Triage Center	Medically Supported Detox and Social Detox	24 Hour Crisis Phone

CONSUMER AND FAMILY SYSTEM COORDINATION

The primary responsibilities of the Regional Consumer Specialist (RCS) are to provide for coordination of processes for working in close collaboration with consumer and family members of behavioral health services as well as advocating for consumer views, and to achieve meaningful integration of consumers as a priority in the Nebraska Behavioral Health System.

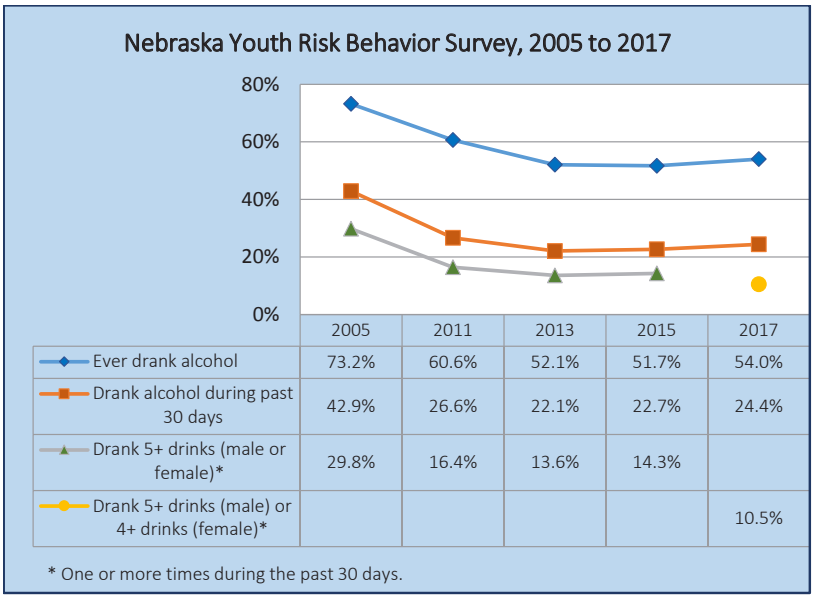
In 2016, the RCS assisted in the formation of the Consumer and Family Coalition. The Consumer and Family Coalition was created to include consumers and family members in identifying service and system needs and planning activities that promote consumer and family voice and choice. This year the coalition sponsored the "Windows of Change" conference with 75 consumers who were provided scholarships to attend. It was a one-day conference with keynote speaker, Linda Jensen speaking on recovery. A representative of Disability Rights Nebraska spoke about the legislature and bills that affect behavioral health. A member of the Grand Island Police Department provided insight into the relationship the department has with its community of consumers. Several other speakers also attended. Overall, this was a successful event for consumers. This is just one way the coalition impacts the lives of consumers and family members through education, leadership skill development and advocacy. The conference provided an opportunity to educate peers and create awareness of the stigma that accompanies living with behavioral health disorders. The planning and coordination of the conference also proved to be a valuable means to grow leadership and advocacy within the Region 3 area.

PREVENTION SYSTEM COORDINATION

The Region 3 Prevention System is a multifaceted partnership encompassing community coalitions, agencies, providers and other stakeholders collaborating to impact substance use and its related consequences throughout Region 3's 22 county service area. A total of $667,574 was expended on prevention strategies in FY18. Region 3 Prevention System staff provides technical assistance and training to community coalitions and other system partners to prepare them to successfully implement evidence-based prevention strategies.

Prevention System Highlights:

- In FY18, a total of $10,346 in mini-grant funds was awarded to seven community-based groups in the Region 3 area to build community capacity to support and sustain substance use prevention efforts throughout Central Nebraska.
- Region 3 contracted with six community-based prevention coalitions to implement evidence-based strategies in their communities.
- Results from the 2017 Nebraska Youth Risk Behavior Survey (YRBS) suggests alcohol use among Nebraska high school students has remained fairly consistent between 2013 and 2017, but has declined considerably from earlier years.



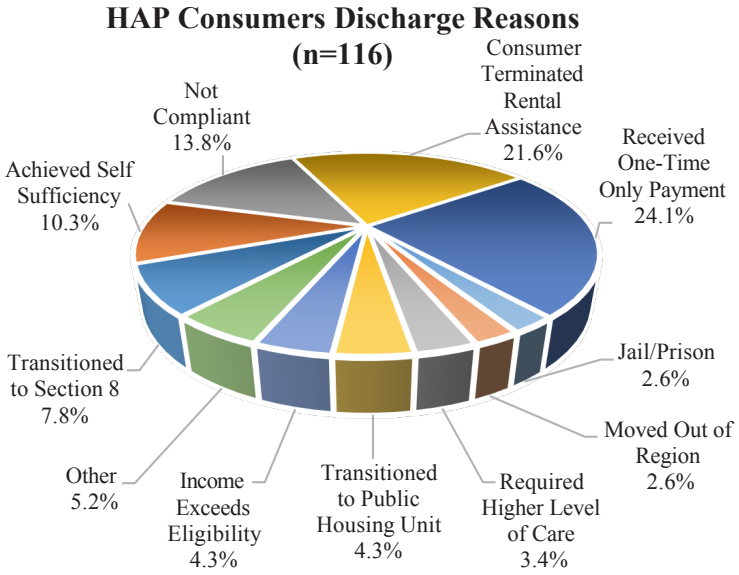
	2005	2011	2013	2015	2017
Ever drank alcohol	73.2%	60.6%	52.1%	51.7%	54.0%
Drank alcohol during past 30 days	42.9%	26.6%	22.1%	22.7%	24.4%
Drank 5+ drinks (male or female)*	29.8%	16.4%	13.6%	14.3%	
Drank 5+ drinks (male) or 4+ drinks (female)*					10.5%

* One or more times during the past 30 days.

HOUSING ASSISTANCE PROGRAM

The Region 3 Housing Assistance Program (HAP) provides rental assistance for adults who live with extreme low income and experience a serious mental illness to obtain safe, secure, and affordable housing. Extensions of the HAP serve consumers involved in substance use disorder recovery and a specialized program for transitional age youth to serve consumers between the ages of 18-26.

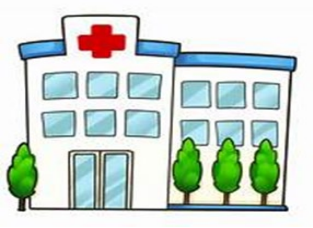
- In FY18, HAP served a total of 152 consumers (119 serious mental illness, 22 substance use disorder recovery, and 11 transitional age youth).
- The Region Housing Program completed 54 housing quality standards inspections.
- The average annual gross income of a consumer receiving housing assistance was $5,125.
- A total of 116 consumers were discharged during FY18. The average length of service for 88 consumers discharged with ongoing payments was 183 days; 28 consumers received a one-time only payment for housing support.
- The Regional Housing Assistance Program Coordinator received a 2017 Community Partnership Award from Goodwill Industries of Greater Nebraska.



YOUTH SYSTEM OF CARE COORDINATION

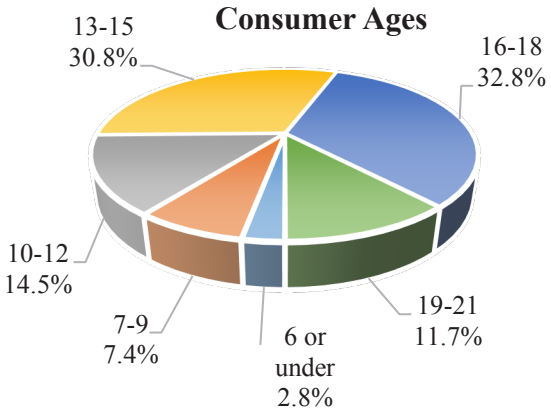
Region 3's System of Care initiative focuses on Youth Crisis Response and has designed a system of crisis intervention combined with natural supports and resources to build upon a youth's and family's strengths to help resolve an immediate behavior, mental health and/or substance use crisis for youth and assist the family to develop a plan to resolve the crisis. Goals are to (a) intervene, stabilize and resolve crisis situation, (b) keep youth from higher levels of service (c) avoid further legal system involvement and (d) coordinate services and referrals to help a youth and/or family facilitate involvement in ongoing services. A total of 327 youth and young adults, ages 3 to 21, were served through Youth Mobile Crisis Response with Mid-Plains Center for Behavioral Healthcare Services and South Central Behavioral Services.

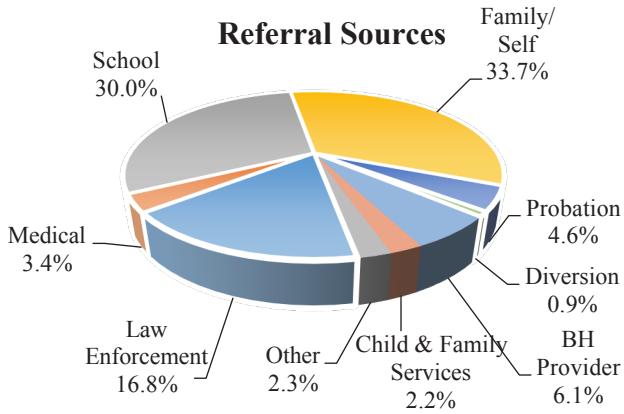
71.3% remained in the home



24.8% referred to psychiatric hospital

3.9% placed informally with family/ friend or out of home placement





The Region 3 Youth Crisis Response System also links youth and their families to services and supports that focus on wellness and coordination to help a youth and/or family facilitate involvement in ongoing services. Family Peer Support Crisis Response served 20 families, Youth Peer Support served 15 youth and 36 youth participated in Youth Support Group activities with Families CARE.

The Prevention Professional Partner Program served 18 youth and families that experienced a recent mental health crisis.

TARGETED RESPONSE TO OPIOIDS – PREVENTION AND TREATMENT

During FY18 Region 3 partnered with the Buffalo County Community Partners (BCCP) to implement strategies to prevent the illicit use of opiates. BCCP collected quantitative data to raise awareness and promote educational opportunities about the risk of opioid misuse and overdose; organized the Buffalo County Opioid Task Force; and hosted two Safe Drug Disposal/Prescription Take Back events that resulted in 729.5 pounds of medication collected and appropriately disposed of.

The Region provided Narcan kits to first responders including law enforcement and emergency personnel in all 22 counties of Region 3 to prevent overdose deaths by opioids during their interaction with people throughout the Region 3 area. Region 3 also promoted Medication Assisted Treatment to increase the likelihood of recovery of opioid addiction.

REGION 3 BEHAVIORAL HEALTH SERVICES PROVIDER NETWORK

During FY18 a total of 5,573 unduplicated individuals were served by the Region 3 Behavioral Health Services Network. The duplicated count across the service array was 11,314 individuals including 10,307 (91.1%) adults and 1,007 (8.9%) youth who experienced behavioral health needs.

Behavioral Health Specialists, Inc.
- * Short-Term Residential Treatment
- * Social Setting Detoxification

Center for Psychological Services, P.C.
- * In-School Behavior Skills Program
- * First Episode Psychosis Program
- * Peer Support

Encounter Telehealth
- * Medication Management

Families CARE, Inc.
- * Transitional Youth Advocate Program
- * Parent Peer Support
- * Family Peer Support – Crisis Response

Friendship House, Inc.
- * Halfway House

Goodwill Industries of Greater Nebraska, Inc.
- * Day Rehabilitation
- * Day Support
- * Community Support MH and SUD
- * Emergency Community Support
- * Supported Employment
  - * Transition Age Supported Employment
- * Projects for Assisting The Homeless
- * First Episode Psychosis – Supported Employment and Education

Lutheran Family Services of Nebraska, Inc.
- * At Ease Outpatient
- * Vets4Vets Support Groups

Mary Lanning Healthcare
- * Emergency Protective Custody/Acute Inpatient
- * Subacute Inpatient
- * Post Commitment
- * Emergency Community Support
- * Medication Management
- * Outpatient/Assessment MH
- * 24 Hour Crisis Phone

Mid-Plains Center for Behavioral Healthcare Services, Inc.
- * Outpatient/Assessment MH
- * Outpatient/Assessment Dual Diagnosis
- * Medication Management
- * Multisystemic Therapy
- * Crisis Stabilization Unit
  - * Crisis Stabilization
  - * Social Setting Detox w/Medical Component
  - * Peer Support
  - * Crisis Response – Youth & Adult
- * First Episode Psychosis – Outpatient Therapy

Mental Health (MH)
Substance Abuse Disorder (SUD)

Region 3 Behavioral Health Services
- * Emergency Community Support (ERCS)
  - * Transition Age ERCS
  - * Jail Diversion ERCS
- * Professional Partner Program (PPP)
  - * Transition Age PPP
  - * Coop for Success
  - * School Based Wraparound Program
  - * Prevention Professional Partner
- * Housing Assistance Program MH & SUD
  - * Transition Age Supported Housing

Richard Young Behavioral Health
- * Emergency Protective Custody/Acute Inpatient
- * Subacute Inpatient
- * Post Commitment
- * Youth Crisis Inpatient
- * Medication Management
- * 24 Hour Crisis Phone Access Center
- * Outpatient/Assessment MH
- * First Episode Psychosis – Medication Management

St. Francis Alcohol and Drug Treatment Center
- * Short-Term Residential Treatment
- * Intensive Outpatient Program
- * Outpatient/Assessment SUD
  - * Drug Court
  - * Women's Treatment Program

South Central Behavioral Services
- * Assertive Community Treatment
- * Psychiatric Residential Rehabilitation
- * Mental Health Respite
- * Day Rehabilitation
- * Day Support
- * Community Support MH and SUD
- * Intensive Case Management
- * Peer Support
- * ERCS
  - * Jail Diversion/ERCS (Peer enhanced)
- * Intensive Outpatient Program
- * Outpatient/Assessment MH and SUD
  - * Drug Court
  - * Women's Treatment Program
  - * Buffalo County Jail Outreach Program
- * Crisis Response – Youth & Adult

The Bridge, Inc.
- * Therapeutic Community SUD

The Link, Inc.
- *Dual Disorder Residential MH/SUD

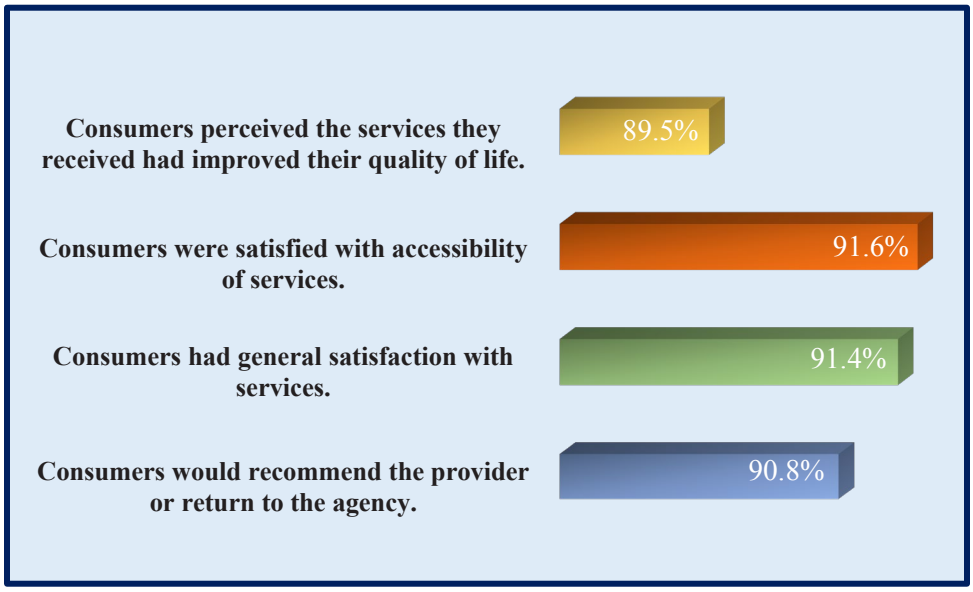
Women's Empowering Life Line, Inc.
- *Dual Disorder Residential MH/SUD

Community-Based Prevention Coalitions: Area Substance & Alcohol Abuse Prevention, Central Nebraska Council on Alcoholism and Addictions, Inc., County Organization for Prevention & Education (COPE) in Hamilton County, Garfield-Loup-Wheeler (GLW) Children's Council, Grand Island Substance Abuse Prevention Coalition, Meth & Addictions Prevention Strategies (MAPS), Positive Pressure Community Coalition, Sherman County Prevention Coalitions, Tobacco Free Hall County, and UNK Alcohol Taskforce.

REGION 3 BEHAVIORAL HEALTH SERVICES NETWORK PROVIDERS' OUTCOMES

Region 3 Behavioral Health Services promotes the provision of effective mental health and substance use disorder services that meet four primary goals: (1) the reduction of symptoms for individuals involved in various treatment and support services; (2) the increase in daily functioning or being able to live and interact within one's community; (3) the individuals and families being served are satisfied with the services and supports they receive through network providers; and (4) the improvement in the quality of life of the individuals served. Network providers track and report outcomes to Region 3 on a quarterly and annual basis. Below are highlights of the network providers' outcomes.

All Region 3 Network Providers collected information on Perception of Care/Service and Consumer Satisfaction.



Region 3 Network Providers collected and reported information specific to level of care.

- 98.1% of consumers had no EPC while enrolled in Emergency Community Support and 32.2% of consumers achieved their treatment goals while enrolled.
- 80.7% of consumers reported increased abstinence from illicit drug use and alcohol abuse post-discharge from Substance Use Residential services.
- 23.7% of consumers achieved their treatment goals while enrolled in Outpatient Therapy
- 64.9% of consumers agreed that "I can change many of the important things in my life" while enrolled in Community Support, Day Rehabilitation and Day Support.
- 993 consumers where served by the Crisis Stabilization Unit. 98.1% of consumers were diverted from an EPC and 89.8% of consumers were diverted from a voluntary hospitalization.
- 415 consumers were served by Supported Employment and 88 consumers had 120 days continuous employment on a job site.
- 206 adolescents and young adults were served by the Professional Partner Program with a 35.4 point average decrease in functional impairments while enrolled in the program as measured by the Child and Adolescent Functional Analysis Scale (CAFAS).
- 61 young adults were served by the Transitional Youth Advocacy Program with 44 young adults reporting residing in permanent housing.
- 240 veterans received direct services from the Vets4Vets Program with 640 veterans attending the support groups.

EMERGENCY COMMUNITY SUPPORT PROGRAM

The Emergency Community Support Program (ERCS) is designed as a voluntary case management program for youth and adults who have experienced a behavioral health crisis. This short-term program provides outreaching case management services to the consumer and his/her family. The coordinator supports the consumer in identifying needs, goals and finding the appropriate resources within their community.

Region 3 ERCS continues to support inmates who experience a behavioral health disorder and are incarcerated at the Buffalo or Phelps County jail as they transition from the jail to their community. This program is preventing the revolving door of consumers entering the jail primarily due to their behavioral health challenges.

Demographics

A total number of 162 individuals were served.

- 98 individuals served by Traditional ERCS
- 27 individuals served by Transitional ERCS
- 27 individuals served by Jail ERCS
- 10 individuals served by ERCS Outreach

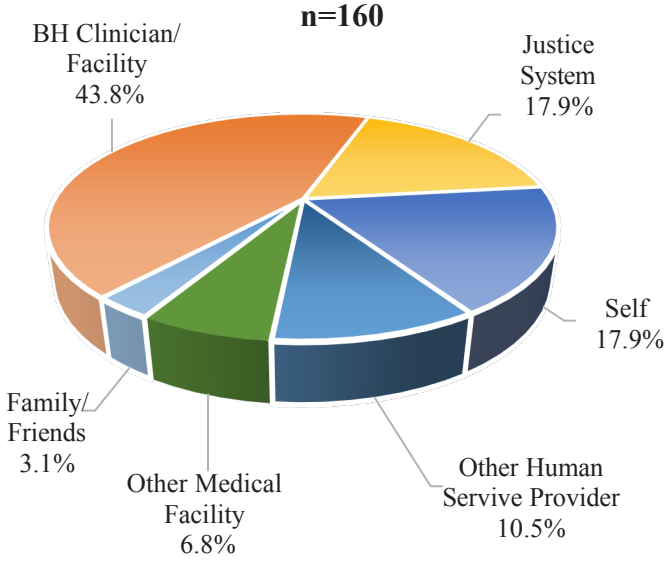
Average age of participants at admission was 35.6 years ranging from 18 to 72 years.

2 (1.5%) participants were placed under Emergency Protective Custody while being served by ERCS.

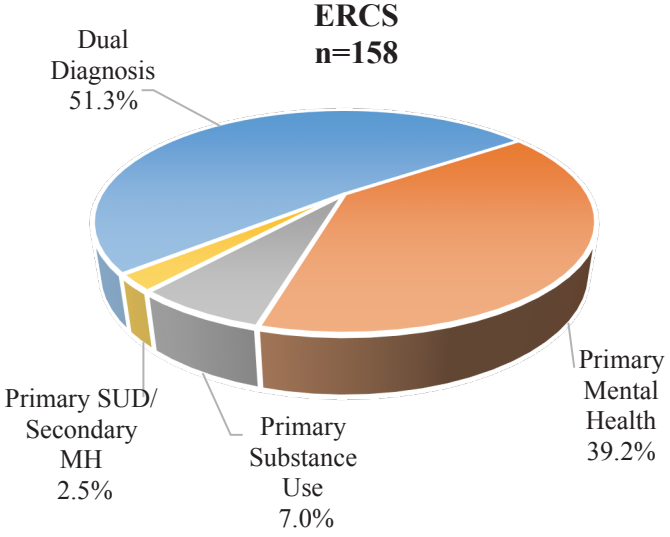
ERCS Consumer History

- 39 (24.1%) participants had prior EPC admissions.
- 74 (45.7%) participants had substance use treatment prior to ERCS admission. The average number of substance use treatment episodes was 2.9 episodes ranging from 1 to 13 episodes.
- 84 (51.9%) participants had previous hospitalization for mental health/substance abuse.

Admission Source of ERCS Participants n=160



Diagnostic Reasons for Admission to ERCS n=158



What consumers say about Emergency Community Support Program.

- Gave great motivation to maintain sobriety.
- Helped me create goals and work towards them as well as get me back on the right path for my life.

Overview

The program utilizes the Wraparound Approach to coordinate services and supports for youth and young adults between the ages of 3 and 26 with behavioral health needs. Consumers and families have a voice, ownership, and access to a comprehensive, individualized support plan that is strengths-based and family/person centered. The program is culturally responsive and tailored to the unique values and needs of each consumer and family. Referrals can be made by the family, schools, behavioral health providers or any youth serving organization.

A total number of 206 consumers were served.

- 171 consumers served by Traditional (PPP)
- 35 consumers served by Transitional (TPP)

Age & Gender

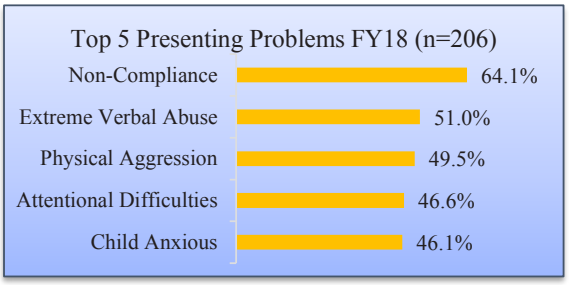
The average age was 13.5 years old at admission. Males represented 58.3% and females represented 41.7%.

Wraparound Fidelity (WFI-EZ)

The WFI-EZ measures the level of adherence to the Wraparound process that the family receives. The average adherence score were:

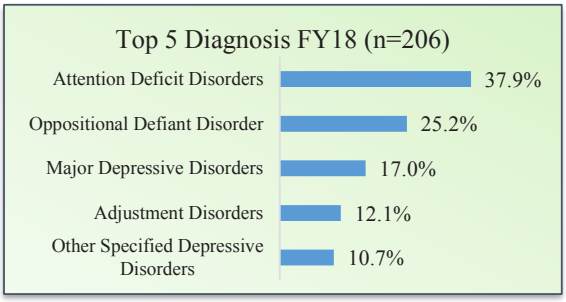
- Caregivers 75.7% (National Mean 72.0%)
- Youth 71.1% (National Mean 69.3%)

Presenting Problems



Diagnosis

Consumers must be diagnosed with a mental disorder in the current edition of the Diagnostic and Statistical Manual (DSM) of Mental Disorders.



Child and Adolescent Functional Assessment Scale (CAFAS)

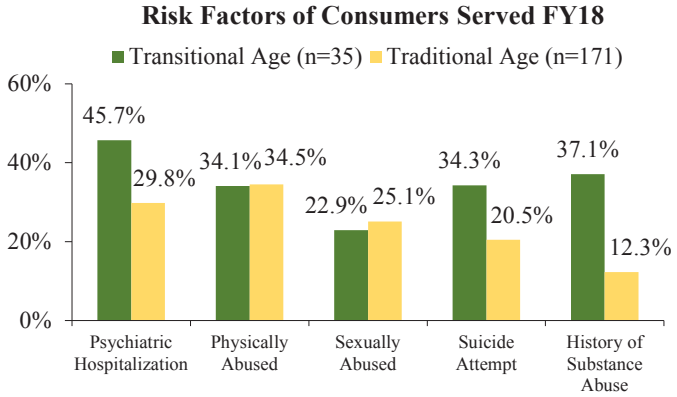
The CAFAS assesses a youth's day-to-day functioning across critical life subscales and determines whether a youth's functioning improves over time.

- 120.1 Intake Average Total Score
- 84.7 Discharge Average Total Score

Consumers discharged (n=89) had an average of 35.4 point decrease in Total Score. The greater the decrease, the more improvement achieved.

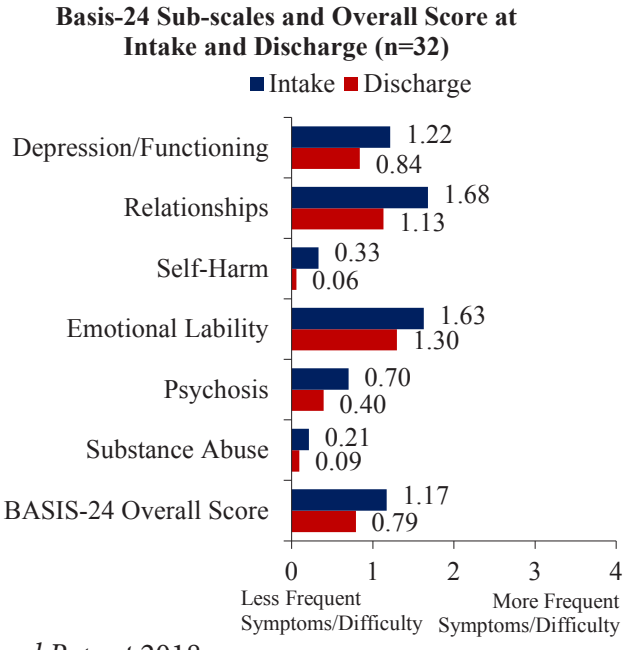
Risk Factors

The following are risk factors of transitional aged consumers (ages 18-26) compared to traditional aged consumers at enrollment.



BASIS-24

The program measures symptoms and functional difficulties for transitional age consumers. Overall, individuals reported less symptoms and functional difficulties at discharge than at intake.



REGION 3 PROVIDER NETWORK AND PREVENTION COALITION DIRECTORY

Area Substance & Alcohol Abuse Prevention (ASAAP)
835 South Burlington Ave., Ste. 114
Hastings, NE 68901
(402) 463-0524

Behavioral Health Specialists, Inc. - Seekers of Serenity & Sunrise Place
4432 Sunrise Place
Columbus, NE 68601
(402) 564-9994

Center for Psychological Services, P.C.
125 E. 31st Street
Kearney, NE 68847
(308) 234-6029

Central NE Council on Alcoholism & Addictions, Inc.
219 W. 2nd St.
Grand Island, NE 68801
(308) 385-5520

County Organization for Prevention & Education (COPE) in Hamilton County
219 W. 2nd St.
Grand Island, NE 68801
(308) 385-5520

Families CARE, Inc.
4111 4th Ave., Ste. 2
Kearney, NE 68845
(308) 237-1102

Friendship House, Inc.
406 W. Koenig
Grand Island, NE 68801
308-675-3345 ext 18

Garfield-Loup-Wheeler (GLW) Children's Council
PO Box 310
Burwell, NE 68823
(308) 346-4284

Goodwill Industries of Greater Nebraska, Inc.
1804 S. Eddy
Grand Island, NE 68802
(308) 384-7896

Grand Island Substance Abuse Prevention Coalition
219 W. 2nd St.
Grand Island, NE 68801
(308) 385-5520

Lutheran Family Services of Nebraska, Inc.
1811 W. 2nd St., Ste. 440
Grand Island, NE 68803
(308) 382-4255

Mary Lanning Healthcare
715 N. St. Joseph Ave.
Hastings, NE 68901
(402) 463-5973

Meth & Addictions Prevention Strategies (MAPS)
219 W. 2nd St.
Grand Island, NE 68801
(308) 385-5520

Mid-Plains Center for Behavioral Healthcare Services, Inc.
914 Baumann Dr.
Grand Island, NE 68803
(308) 385-5250 OR (800) 515-3326

Positive Pressure Community Coalition
PO Box 1466
Kearney, NE 68848
(308) 865-2283

Region 3 Behavioral Health Services
4009 6th Ave., Ste. 65
Kearney, NE 68845
(308) 237-5113

Richard Young Behavioral Health
1755 Prairie View Place
Kearney, NE 68845
(308) 865-2000 OR (800) 930-0031

Sherman County Prevention Coalition
120 N. 6th St.
Loup City, NE 68853
(308) 745-0127

St. Francis Alcohol & Drug Treatment Center
2116 W. Faidley Ave.
Grand Island, NE 68803
(308) 398-5427

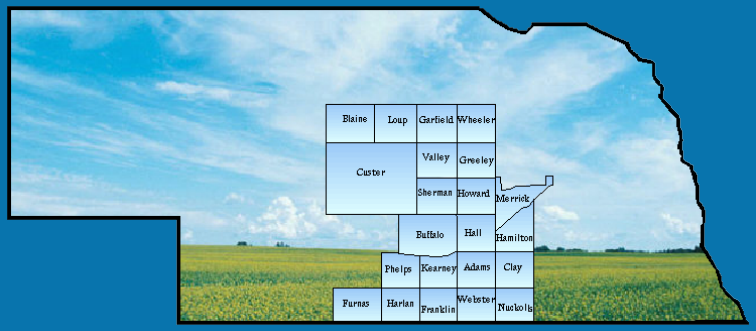
South Central Behavioral Services
3810 Central Ave.
Kearney, NE 68847
(308) 237-5951

South Central Behavioral Services
616 W. 5th
Hastings, NE 68902
(402) 463-5684

The Bridge, Inc.
907 S. Kansas
Hastings, NE 68901
(402) 462-4677

The Link, Inc.
305 N 9th St
Norfolk, NE 68701
Phone: 402-999-4771

Tobacco Free Hall County
219 West 2nd St.
Grand Island, NE 68801
Phone: 308-385-5520

Women's Empowering Life Line, Inc.
910 West Park Ave.
Norfolk, NE 68701
Phone: (402) 371-0220

UNK Alcohol Task Force Peer Health Education MSAB
Kearney, NE 68849
308-865-8092