

ANNUAL IMPACT REPORT

2022

Region 3

Behavioral Health Services

Dear Colleagues and Friends,

Regional Governing Board Members

- Adams County
Lee Hogan
- Blaine County
Craig Thompson
- Buffalo County
Bill Maendele
- Clay County
Ivan Fintel
- Custer County
**Tammy Kleeb*
- Franklin County
Neil Meiner
- Furnas County
Dennis Tegtman
- Garfield County
Diana Hurlburt
- Greeley County
Jordan Foltz
- Hall County
Karen Bredthauer
- Hamilton County
**Richard Nelson*
- Harlan County
Anthony J Gulizia
- Howard County
Dave Boehle
- Kearney County
Larry Landstrom
- Loup County
Donald Brown
- Merrick County
Carolyn Kucera
- Nuckolls County
James Keifer
- Phelps County
**Theresa Puls*
- Sherman County
Ken Kaslon
- Valley County
Helen Cullers
- Webster County
Trevor Karr
- Wheeler County
Travis Heinz

* Denotes Executive Committee

We are pleased to present the *Region 3 Behavioral Health Services' 2022 Annual Impact Report* that highlights several of the priorities we focused on during the year and their impact on improving resiliency, promoting recovery, and supporting healthy communities. Behavioral health is essential to overall health, prevention works, treatment is effective, and people do recover.

The past year provided opportunities for reinvesting in our system and strengthening partnerships that resulted in improved services and the empowerment of individuals, families and communities in achieving positive results. We advocated for system flexibility that allowed us to meet the changing needs of individuals and communities in a timely and effective manner as flexibility supports innovation.

Throughout FY22 the Regional Governing Board and the Behavioral Health Advisory Committee provided leadership for our efforts, and we are grateful for their guidance and support. We appreciate the dedication of the Region 3 Behavioral Health Services Network Providers who continually demonstrated their commitment to providing effective and quality services to address the behavioral health needs of the many individuals and families who rely on our system for treatment, support and well-being.

We appreciate the Community Coalitions for their leadership in prevention and wellness activities designed to improve the overall health of their communities. The connections these Coalitions facilitated were the bridges that empowered their communities to effectively address their challenges and promote their strengths through the implementation of best practice strategies and promising practices.

We also wish to thank our many system partners who shared their expertise and resources in being solution-focused that allowed the system of care to be responsive to the many needs of those we served. These partnerships helped us explore and implement strategies that effectively addressed the needs of youth and adults experiencing a mental health and/or substance use disorder and their families.

And finally, we want to express our heart-felt gratitude to our employees who bring their enthusiastic can-do spirit that facilitates our mission to foster recovery and resilience for individuals and their families who experience a behavioral health disorder.

Sincerely,
Tammy Kleeb, Chairperson, Region 3 Governing Board
Beth Baxter, Regional Administrator



Behavioral Health Advisory Committee

- | | |
|------------------------------------|--|
| Brenda Miner
<i>Chairperson</i> | Grace Mims, Ph.D.
<i>Vice Chairperson</i> |
| Elaine Anderson | Sharyl Gilles |
| Troy Arends | Susan Henrie |
| Karla Bennetts | Shannon Hopson |
| Karen Bredthauer | Diana Hurlburt |
| Patsy Burnett | Theresa Puls |



Region 3's programs accredited by CARF

- Professional Partner Program
- Emergency Community Support
- Network

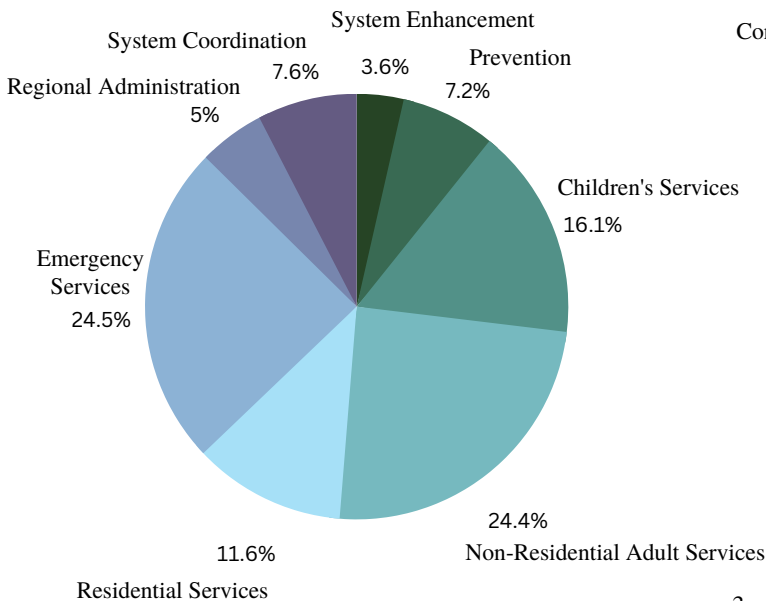
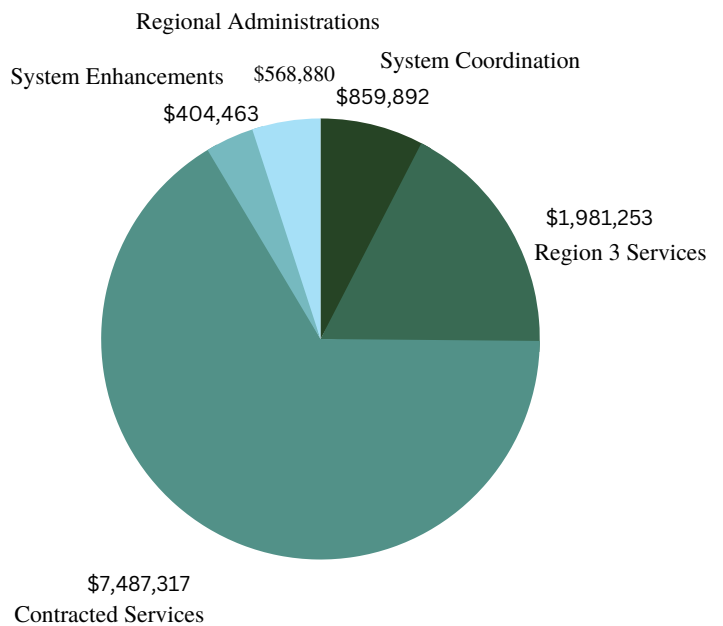
FINANCIAL MANAGEMENT

Region 3 is committed to transparency, accountability, and the effective use of financial resources. Funding is received from a variety of sources including the Nebraska Department of Health and Human Services, Division of Behavioral Health, state and federal grants, and county match. Comprehensive annual budget plans, including service development needs, are created in collaboration with the Regional Governing Board, the Behavioral Health Advisory Committee, the Region 3 Behavioral Health Provider Network, and other stakeholders.

ACCOUNTABILITY FOR EFFECTIVE AND EFFICIENT UTILIZATION OF PUBLIC RESOURCES

- System planning, resource assessment, and budgeting
- Contract development and monitoring
- Tracking and reporting of billing and utilization data to make informed financial decisions
- Tracking access and performance metrics and standards
- Fiscal and programmatic reviews of network providers
- Internal controls
- Risk management
- Annual independent audits

\$11,301,805
Expended
by Region 3
during
FY2022



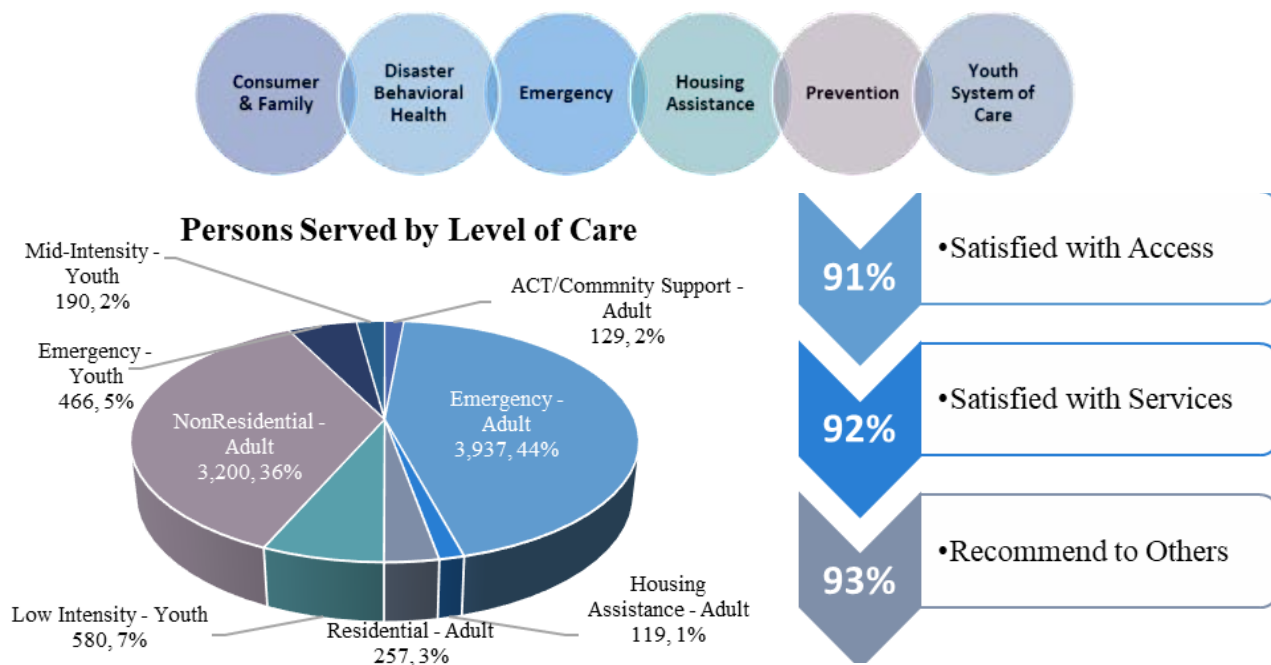
FISCAL YEAR 2022 IN REVIEW

A total of **\$11,301,805** was expended by Region 3 in the fiscal year ended June 30, 2022.

- **83.78%** of the funds were expended on Direct Services
- **7.61%** on System Coordination
- **5.03%** on Network Administration
- **3.58%** on System Enhancements

NETWORK MANAGEMENT AND SYSTEM COORDINATION

Region 3 Behavioral Health Services (Region 3) is one of six Regional Behavioral Health Authorities in Nebraska responsible for the coordination and delivery of behavioral health services across 22 counties located in central and south central Nebraska including: Adams, Blaine, Buffalo, Clay, Custer, Franklin, Furnas, Garfield, Greeley, Hall, Hamilton, Harlan, Howard, Kearney, Loup, Merrick, Nuckolls, Phelps, Sherman, Valley, Webster, and Wheeler. Region 3 manages a Network of 15 community-based agencies that provided a comprehensive array of trauma-informed prevention, treatment, and recovery services. Region 3 also supports seven community coalitions that facilitated substance use prevention and mental health promotion services designed to promote the well-being of individuals and communities. Network management provided the framework for effective system coordination that was accomplished through a strengths-based, recovery-focused process that empowered individuals and communities to achieve positive results. Region 3 coordinated the following systems to ensure service continuity and integration across systems due to the complexities experienced by individuals and families served through the Network.



Region 3's **Quality Improvement: Performance Measurement and Reporting** is a systematic and continuous process designed to improve and sustain satisfaction, access, and performance across all services provided by the Network. During FY22, satisfaction and performance measures were reported for all services, excluding emergency and assessment services. Access measures were tracked and reported for selected services including Housing Assistance, Supported Employment, Short Term Residential and Medication Management. Performance measures were tracked and reported for all services within the Network.

- 100% of the Supported Housing vouchers were issued within 14 days of application approval and all eligible individuals were offered safe, stable housing exceeding the target of 95%. 96.9% were in stable living at discharge exceeding the target of 88%.
- 88% of individuals meeting priority criteria were offered admission to Short Term Residential within 30 days of referral falling short of the 95% target. There was a consistent waiting list for the majority of FY22.
- 78% of individuals discharged from psychiatric hospitalization were offered a Medication Management appointment within 21 days. This did not meet the target of 95%.
- 86.5% of individuals served through the Region 3 Provider Network were in stable living at discharge exceeding the target of 85%.
- 69.9% of individuals served who were 19 or older were employed at discharge from any service in the Region 3 service array exceeding the target of 65%.
- 83.2% of those served in Supported Employment were employed at discharge exceeding the 75% target.
- 98% of individuals served in Emergency Community Support had no EPC while enrolled in the program and 75.8% achieved or partially achieved their treatment goals.
- The Crisis Stabilization Unit served 1,192 individuals with 99.9% diverted from an EPC and 85.3% diverted from a voluntary hospitalization.

CONSUMER AND FAMILY COORDINATION

Consumer and Family Coordination provides the foundation for engagement and validation of consumers and family members throughout Region 3. The following highlight a few activities of FY22 designed to partner with others to engage, support, and better understand the individuals we serve. Youth and adults with lived experience created colorful masks that are on display at Region 3 (pictured). The idea behind the masks is that what individuals reveal on the outside may differ from who they are on the inside. This activity encouraged individuals to reflect on who they are and how others may see them decorating the inside and outside of their mask to reflect this.

During FY22 Peer Support staff participated in training related to documentation of the Peer Support service. The training reinforced the importance of capturing the engagement and mutuality of the peer relationship. Peer Support audits were conducted to reinforce the fidelity of the Peer Support model.

The Wellbeing Initiatives conducted two WRAP (Wellness Recovery Action Plan) trainings to assist individuals in developing skills needed to create their personal WRAP book. Additionally, this training provided the skills necessary for participants to facilitate the WRAP process with others who want to remain resilient in their recovery.

The Consumer Specialist coordinated 2 LEAP (Listen, Empathize, Agree, Partner) trainings for those who work with individuals experiencing a mental health disorder. Anosognosia is a condition where individuals lack insight into their disorder and consequently find it difficult to adhere to treatment. The LEAP training aids those working with individuals with Anosognosia to better understand and connect to achieve better outcomes.



EMERGENCY SYSTEM COORDINATION

The Region 3 Emergency System provides a continuum of trauma-informed crisis services promoting resiliency and recovery.

13
Inpatient Mental Health Board Commitments

4,403
Individuals engaged with a Crisis Service

34
Outpatient Mental Health Board Commitments

382
Dropped EPCs

441
EPCs

Array of Behavioral Health Services Available within the Region 3 Emergency System

Acute Inpatient	Co-Responder	Crisis Response
Crisis Stabilization	Crisis Triage Center	Emergency Community Support
Emergency Psych System Coordination	Medically Supported Detox & Social Detox	Medication Management
Emergency Protective Custody (EPC)	Urgency Outpatient/Assessment	24 Hour Crisis Phone

YOUTH SYSTEM OF CARE



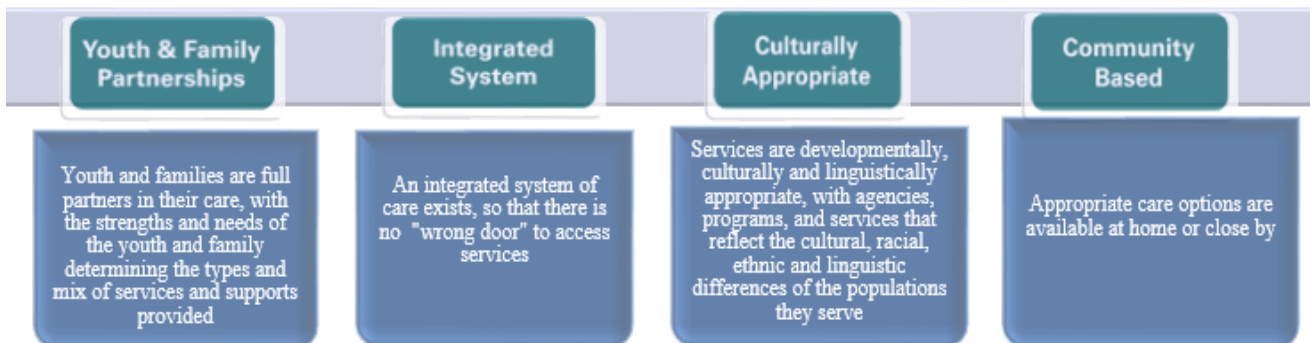
1,236
Youth Served

580
Low Intensity Services

460
Crisis Services

190
Middle Intensity Services

- Suicide Prevention, LOSS Team, Means Safety and Safety Planning
- Buffalo, Hall, and South Central Community Collaboratives
- Cluster Based Planning and Therapeutic Consultation
- Parent Connector Program Coaching
- Wraparound Training
- Children’s Mental Health Awareness Celebration
- First Episode Psychosis Program Collaboration
- Probation, Juvenile Justice, and Connected Youth Collaboration
- NE Juvenile Justice Coalition Advisory Committee
- Collaboration with schools, Families CARE, law enforcement, child welfare, families, youth, young adults, and other community leaders



HOUSING COORDINATION

**120
Individuals
Received
Housing
Assistance**

The Region 3 Housing Assistance Program provides rental assistance for safe, secure, and affordable housing which is combined with support services to allow consumers to work towards recovery. All consumers receiving Region 3 housing assistance have a serious mental illness and/or Substance Use Disorder.

REGION 3 HOUSING ASSISTANCE PROGRAM PROVIDES RENTAL ASSISTANCE TO:

- 83** Consumers with a Serious Mental Illness
 - 15** Women with dependent children and pregnant women transitioning from a Therapeutic Community
 - 13** Transitional Age Youth
 - 9** Consumers with Substance Use Disorders
-

INCOME-EMPLOYMENT-DISABILITY

- 35** Consumers were employed part-time
 - 32** Consumers were unemployed
 - 8** Consumers were employed full-time
 - 37** Consumers received SSI/SSDI
 - 40** Consumers were determined ineligible for SSI/SSDI
 - 41** Consumers were potentially eligible for SSI/SSDI
-

**\$8,045
Average Yearly
Income of an
Individual Receiving
Housing Assistance**

ON-GOING AND ONE-TIME HOUSING ASSISTANCE

REASON FOR DISCHARGE FROM ON-GOING HOUSING ASSISTANCE

**45 Individuals
Received
One-Time
Assistance**

- 13** Consumers terminated rental assistance
 - 10** Consumers transitioned to Section 8
 - 8** Consumers achieved self-sufficiency
 - 4** Consumers transitioned to Public Housing
-

PREVENTION SYSTEM COORDINATION

Our Network Coalitions directly served 49,389 individuals

Prevention is an important component of the continuum of care in behavioral health. Prevention professionals assess risk and protective factors, relevant data, and capacity needed prior to developing and implementing prevention strategies. Prevention Systems Coordination provides ongoing technical assistance and training for Community Coalitions and system partners on substance use prevention, mental health promotion, and suicide prevention.

MENTAL HEALTH FIRST AID

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues in adults and young people.

**293
Individuals
Trained**

**51
Individuals
Trained in QPR**

**23
Clinicians
Trained in CAMS**

SUICIDE PREVENTION

Suicide Prevention training included Question, Persuade, Refer (QPR), an evidence-based training. Partnered with the American Foundation for Suicide Prevention (AFSP) for an Out of Darkness Walk. Region 3 became a partner in the statewide Veterans administrations/SAMHSA Governor's Challenge. Region 3 joined the Zero Suicide Movement. Since 2018, Region 3 has also been working on training clinicians in Collaborative Assessment in Managing Suicidality (CAMS).

RESTORATIVE TRAUMA INFORMED CARE

Region 3 and the Behavioral Health Education Center of Nebraska (BHECN) have a collaborative working relationship with the goal of creating healthy and restorative trauma informed care environments for the behavioral health workforce and those served. Training topics included Trauma 101 & Recovery, Compassion Fatigue, Mindfulness, Calmer Classrooms, Trauma 2.0, Helping Adults Cope with Grief, Trauma & Children, Grounding, Stress & Anxiety for Kids and Teens, and 10 Daily Stress Hacks for Thriving.

**2,028
Individuals
Trained**

**834 lbs
Collected at
Drug Take
Back**

**5,118
Safe Drug
Disposal**

**728
NARCAN
Distributed**

TARGETED RESPONSE TO OPIOIDS

Region 3 partnered with Community Coalitions to implement strategies to prevent the illicit use of opioids. Providing educational opportunities to raise awareness about the risk of opioid misuse and overdose, hosting *Safe Drug Disposal/Prescription Take Back* events and distributing NARCAN kits to first responders.

REGION 3 BEHAVIORAL HEALTH SERVICES PROVIDER NETWORK

**4,716
Individuals
Served**

During FY22 a total of 4,716 individuals (unduplicated count) were served by the Region 3 Behavioral Health Services Network. The duplicated count across the service array was 8,878 individuals including 7,642 (86.1%) adults and 1,236 (13.9%) youth who experienced behavioral health needs.

Behavioral Health Specialists, Inc.

- Dual Disorder Residential
- Medically Managed Residential Withdrawal Management
- Short Term Residential Treatment
- Social Setting Detoxification

Families CARE, Inc.

- Transitional Youth Advocate Program
- Adult Family/Parent Peer Support
- Family Peer Support Crisis Response

Friendship House, Inc.

- Halfway House
- Assessment MH/SUD
- Outpatient MH/SUD

Goodwill Industries of Greater Nebraska, Inc.

- Day Rehabilitation
- Day Support
- Community Support MH/SUD
- Emergency Community Support
- Supported Employment
- Transition Age Coordinated Employment
- First Episode Psychosis Program - Supported Employment and Education

Live Well Counseling Center, PC

- In-School Behavior Skills Program
 - Assessment MH
 - Outpatient Therapy MH
 - Therapeutic Consultation
- First Episode Psychosis Program - Team Lead, Outpatient, Medication Management
- Peer Support

Lutheran Family Services of Nebraska, Inc.

- At Ease Outpatient MH
- Military and Veteran Services - Vets4Vets
- Co-Responder

The Link

- Dual Disorder Residential

Mid-Plains Center for Behavioral Healthcare Services, Inc.

- Assessment MH/SUD
- Outpatient Therapy MH
- Medication Management
- Multisystemic Therapy
- First Episode Psychosis Program - Outpatient
- Crisis Stabilization Unit
 - Crisis Stabilization
 - Social Setting Detox w/Medical Component
 - Peer Support
 - Crisis Response Youth/Adult

Region 3 Behavioral Health Services

- Network Management & System Coordination
 - Consumer and Family
 - Disaster Behavioral Health
 - Emergency Psychiatric System
 - Provider Network
 - Youth System of Care
 - Prevention
 - Housing Assistance
 - Targeted Response to Opioids
- Training and Technical Assistance
- Emergency Community Support (ERCS)
 - Traditional ERCS
 - Jail Diversion ERCS
 - Transition Age ERCS
- Professional Partner Program (PPP)
 - Traditional PPP
 - Transitional PPP
 - Coop for Success
 - School-Based Wraparound Program
- Housing Assistance Program MH/SUD
 - Adult Housing Assistance Program
 - Transition Age Supported Housing
 - Women with Dependent Children Housing

Mary Lanning Health Care

- Emergency Protective Custody/Acute Inpatient
- Subacute Inpatient
- Post Commitment Inpatient
- 24 Hour Crisis Phone

CHI Richard Young Behavioral Health

- Emergency Protective Custody/Acute Inpatient
- Subacute Inpatient
- Post Commitment Inpatient
- Youth Crisis Inpatient
- 24 Hour Crisis Phone

CHI Richard Young Outpatient Clinic

- Assessment MH
- Outpatient Therapy MH
- Medication Management

CHI St. Francis Alcohol and Drug Treatment Center

- Short Term Residential Treatment
- Intensive Outpatient Program
- Assessment SUD
- Outpatient Therapy SUD

South Central Behavioral Services

- Assertive Community Treatment
- Psychiatric Residential Rehabilitation
- Mental Health Respite
- Day Rehabilitation
- Day Support
- Community Support
- Peer Support
- Emergency Community Support
- Intensive Outpatient Program
- Assessment MH/SUD
- Outpatient Therapy MH/SUD
- Buffalo County Jail Program
- Crisis Response – Youth/Adult

The Bridge, Inc.

- Therapeutic Community SUD

The Lanning Center

- Emergency Community Support
- Medication Management
- Assessment MH
- Outpatient Therapy MH

Women's Empowering Life Line, Inc.

- Dual Disorder Residential

Community-Based Prevention Coalitions: Area Substance & Alcohol Abuse Prevention (ASAAP), Buffalo County Tobacco Free Coalition, 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 University of Nebraska Kearney (UNK) Alcohol Taskforce.

EMERGENCY COMMUNITY SUPPORT PROGRAM

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

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

117 Individuals served

37.6 Average age

35.0% Prior substance use treatment

5.1% experienced an EPC or re-arrest while being served by ERCS

What individuals say about the Emergency Community Support Program

- *Thank you for being a huge support for me.*
- *I was guided in the right direction for resources I didn't even know existed.*
- *Worker was fantastic and showed they really cared about me and my well-being and goals. They went above and beyond to assist me.*

Referral Source

- Primary Mental Health - **60.7%**
- Dual Diagnosis - **35.0%**
- Primary Substance Use - **4.3%**

Diagnostic Reason for Admission

- Self - **46.2%**
- MH/SUD Provider - **34.2%**
- Community/Other - **11.1%**
- Justice System - **8.5%**

PROFESSIONAL PARTNER PROGRAM (PPP)

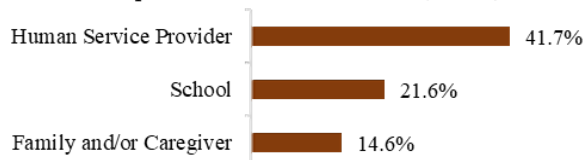
165 Youth and Young Adults served

Average Age 13.5 years old

The PPP 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. Individuals and their 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 individual and family.

Males represented 53.0%, females 45.8%, and transgender 1.2%.

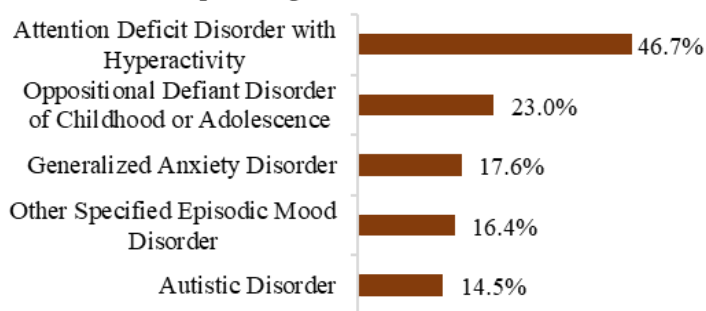
Top 3 Referral Sources FY22 (n=199)



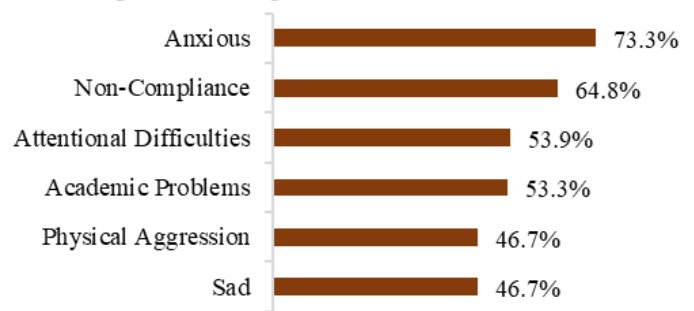
199 Referrals

80.9% accepted
9.0% withdrawn
10.1% did not meet eligibility

Top 5 Diagnosis FY22 (n=165)



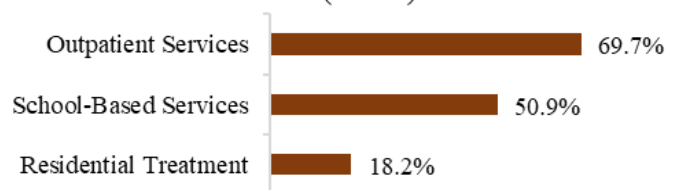
Top 6 Presenting Problems FY22 (n=165)



WRAPAROUND FIDELITY

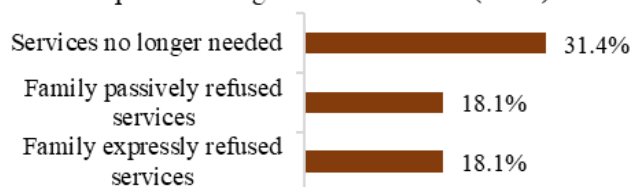
- Caregivers **78.7%** (National Mean 72.0%)
- Youth **72.2%** (National Mean 69.3%)
- Team Members **73.1%** (National Mean 73.6%)
- Overall family satisfaction **81.6%**

Top 3 Services Accessed Prior to Enrollment FY22 (n=165)



83 Discharged

Top 3 Discharge Reasons FY22 (n=83)



The Child and Adolescent Functional Assessment Scale (CAFAS) assesses a youth's day-to-day functioning across critical life subscales and determines whether a youth's functioning improves over time. The greater the decrease, the more improvement achieved.

- 124.2** Intake Average Total Score (n=67)
- 95.8** Discharge Average Total Score (n=67)

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

Seekers of Serenity
4432 Sunrise Place
Columbus, NE 68601
(402) 564-9994

Sunrise Place

1900 Vicki Lane
Norfolk, NE 68701
402-379-0040

Buffalo County Tobacco Free

4009 6th Ave., Ste. 65
Kearney, NE 68845
(308) 237-5113

Central NE Council on Alcoholism & Addictions, Inc.

3204 College Street
Grand Island, NE 68803
(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.

835 S. Burlington St., Ste. 112
Hastings, NE 68901
(308) 440-9206

Grand Island Substance Abuse Prevention Coalition

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

Live Well Counseling Center, PC

3814 A Ave
Kearney, NE 68847
(308) 234-6029

Lutheran Family Services of Nebraska, Inc.

1811 W. 2nd St., LL100 Ste. 440
Grand Island, NE 68803
(308) 382-4255

Mary Lanning Healthcare/

The Lanning Center

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

835 S. Burlington, Ste. 108 (Outpatient)

Hastings, NE 68901
(402) 463-7711

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

Central Nebraska LOSS Team

(308) 217-0359
<https://lossteamkearney.com/>

Women's Empowering Life Line, Inc.

910 West Park Ave.
Norfolk, NE 68701
(402) 371-0220

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

CHI Richard Young Behavioral Health

1755 Prairie View Place
Kearney, NE 68845
(800) 930-0031 (24/7)
(308) 865-2000 (Inpatient)
(308) 865-2249 (Outpatient)

CHI 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 St.
Hastings, NE 68902
(402) 463-5684

The Bridge, Inc.

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

Tobacco Free Hall County

219 West 2nd St.
Grand Island, NE 68801
(308) 385-5520

UNK Alcohol Task Force

Peer Health Education
MSAB
Kearney, NE 68849
(308) 865-8092