



# Region 1 Behavioral Health

# Who We Are

Region 1, is a political subdivision of the State of Nebraska. It has the statutory responsibility under Neb. Rev. Stat. 71-802-71-820 for organizing and supervising comprehensive mental health and substance use services in the Region 1 geographical area which includes the eleven counties of the Panhandle of Nebraska; Sheridan, Dawes, Sioux, Box Butte, Morrill, Scotts Bluff, Banner, Cheyenne, Deuel, Garden and Kimball. LB 1083, known as the Nebraska Behavioral Health Act, mandates that all person residing in Nebraska shall have access to behavioral health services. Region 1's major functions and critical areas of support are described in this report. For more information about Region 1, please visit our website at [www.region1bhs.net](http://www.region1bhs.net)

Per Nebraska state statute, the state is divided into six behavioral health regions and each is governed by a Regional Governing Board (RGB). Region 1 Governing Board is comprised of an appointed county commissioner it serves. Current membership includes: Banner County, Robert Post; Box Butte County, Doug Hashman (Chair); Scotts Bluff County, Sherry Blaha (Treasurer); Cheyenne County, Darrell Johnson; Dawes County, Vic Rivera; Sheridan County, Jack Andersen; Kimball County, Daria Anderson-Faden (Vice-Chair); Morrill County; Susanna Batterman; Deuel County, William Klingman; Garden County, Bob Radke (Secretary); Sioux County, Hal Downer.

The Regional Governing Board appoints a Behavioral Health Advisory Committee responsible for advising the RGB on behavioral health issues and funding allocations. Current membership includes: Bob Davis, Brenda Dickinson, Pam Goding, Dr. Susan Schaeffer, Kathy Andersen, Jeanice Caporaso, Betsy Vidlak, Pam Forander, Dr. Guy Wylie, Holly Brandt and Brenda McDonald.

Region 1 contracts with nine Providers in the Panhandle to provide behavioral health services: Box Butte General Hospital, Alliance; CrossRoads Resources, LLC, Chadron; Western Community Health Resources, Chadron; Regional West Medical Center, Scottsbluff; Human Services, INC., Alliance; Cirrus House, Scottsbluff; North East Panhandle Substance Abuse Center, Gordon; Panhandle Health Group, Scottsbluff; Region 1 Behavioral Health, Scottsbluff.

# Introduction

Dear Colleagues,

We would like to sincerely thank the Regional Governing Board members, Behavioral Health Advisory Committee, Network Providers, DHHS Division of Behavioral Health (DBH), Legislative representatives, individuals we serve and our many stakeholders who have partnered with Region 1 in helping us carry out our mission. Fiscal year 2016 saw a number of initiatives and work focused toward building new foundations in Region 1 that will support the revised behavioral health landscape developing in the Panhandle of Nebraska.

**Service Needs and Gaps Analysis** – Region 1 contracted with Schafer Consulting Firm to complete a comprehensive Service Needs and Gaps Analysis within Region 1. The report from this assessment was published in April 2016. **Co – Occurring and Trauma Informed Care** – Continued collaboration with Network Providers, the Division of Behavioral Health, and Region 1 Behavioral Health Authority, these initiatives continue to strengthen and impact the services within the system of care. Local trainings were held to promote an understanding of supporting individuals with complex needs. **Behavioral Health Disaster Table Top Exercise** - Volunteers from the Region 1 Behavioral Health Disaster Plan met and worked through a table top exercise to improve readiness in responding to a behavioral health disaster in the future. **Continuous Quality Improvement** - As part of our ongoing commitment to quality Region 1 staff, Network Providers and the Division of Behavioral Health attend and facilitate a variety of meetings, conference calls and video conferences that are focused on system wide continuous quality improvement efforts, intended to increase consumer access to services and improve service outcomes.

**Training** – Provided and supported

8 Mental Health First Aid™ trainings

8 QPR – Suicide Prevention trainings

Co-Occurring Treatment and Discharge Planning – Dr. Ken Minkoff  
Peer Support

**Community Involvement and Awareness**– Facilitated and participated

Depression Screenings

4 Out of the Darkness Walks promoting suicide awareness

Youth Super Clinics and the College of Leadership project with Navy SEALs

National Night Out

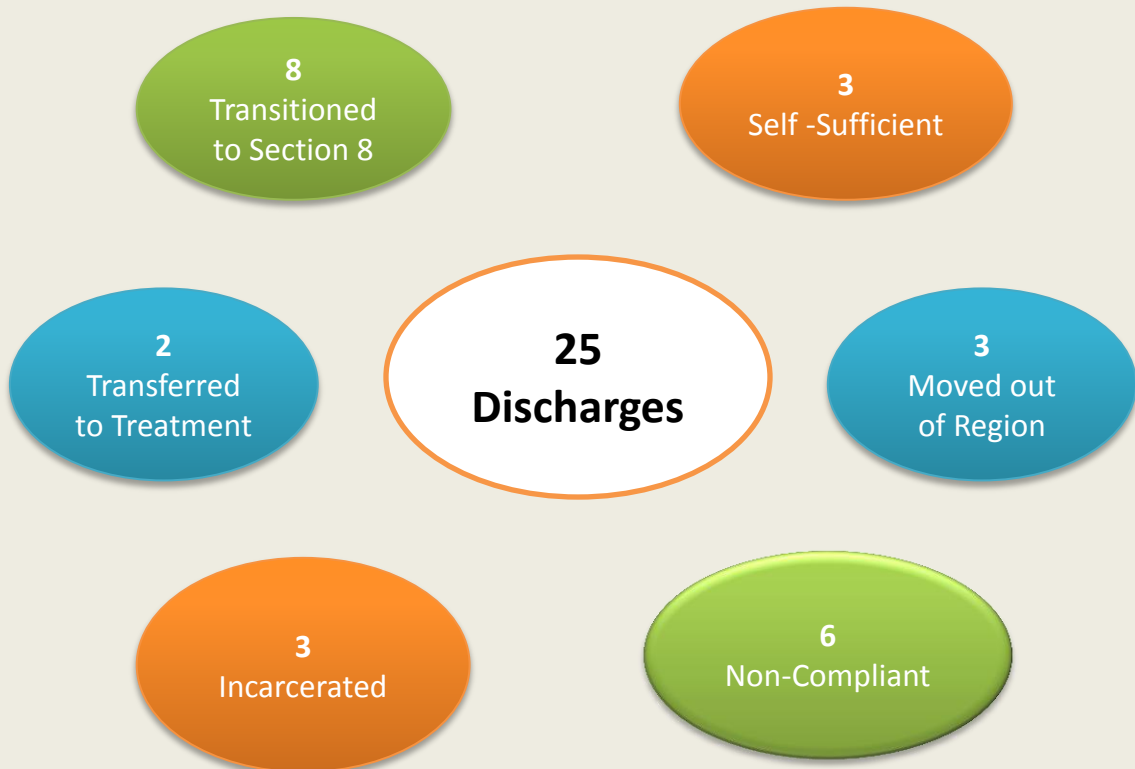
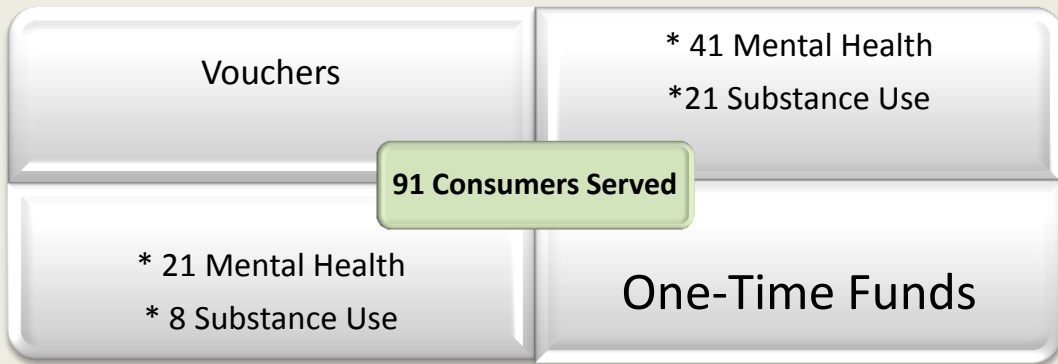
This is my first year as Regional Administrator of Region 1 Behavioral Health Authority, having been the Region Network Manager for just over 2 years. I am committed to strong governance and transparency to ensure we continue to help as many Nebraska residents as possible.

Thanks again to all our system partners, we look forward to the challenges and will continue to seek out new partnerships that promote wellness and recovery for families in Nebraska.

Thank you,  
Barbara Vogel  
Region 1 Administrator

# Housing Coordination

Fiscal Year 16 was the second fiscal year of the Region administering the HART Voucher Program instead of the local Housing Authority. The goal going into FY 16 was to increase the number of vouchers utilized and decrease the number of one-time funds request. In FY 16 there were 62 consumers on vouchers. In FY 15 there were 30 vouchers issued. There were 62 one-time fund requests in FY 15 and only 29 for FY 16. The program reached it's goal of serving more consumers with the vouchers. Moving into FY 17 the HART program will have access measures to achieve developed by the Division of Behavioral Health. The program will look to speed up access to services in order to get people housed in a timely manner.



# Consumer Coordination

The Consumer Initiatives Coordinator provides leadership and support to Behavioral Health Consumers and family members, acts as a liaison between the region and the state and as a voice for consumers in Region I. The CIC facilitates opportunities for education and training for consumers, families, providers, DHHS personnel and other community consumer groups and offers Technical Assistance to providers wanting to incorporate more meaningful consumer involvement within their agency. The Consumer Initiatives Coordinator leads a local consumer input team comprised of at least 5 Region 1 consumers that represent the region's diversity of consumers and provides advocacy, education, encouragement and stigma-busting.

## Consumer Input Committee

3 Counties Represented

Meets 2<sup>nd</sup> Monday of the month

Scotts Bluff

Box Butte

Dawes

## SPECIAL EVENTS

### Mental Health Awareness Event

- May 10, 2016 -held at WNCC
- Provider Information Table
- Mental Health Screening
- 2 Consumers assisted with the event
- 3 Community Partners participated: SPEAK OUT, PPP, Vet Set Nebraska

### NE Behavioral Health Conference

- May 31-June 2, 2016 – Lincoln, NE
- 3 Consumers attended on Scholarships provided by Region 1
- Total Scholarship amount: \$2, 019.00

### National Depression Screening Day

- October 8, 2015 at Monument Mall
- 117 total screenings
- 9 Consumers assisted with event
- 2 Community Partners participated: DOVES, Vet Set Nebraska

## TRAININGS

### PEER SUPPORT SPECIALIST

- April 18 -22, 2016 at Hampton Inn
- 3 Network Providers attended

### CO-OCCURRING

- June 6, 2016, Dr. Minkoff provided 6 hour seminar on treatment and discharge planning
- 30 Network Providers and staff attended

# Prevention Coordination

“Prevention is an active process of creating conditions and fostering personal attributes that promote the well-being of people.” —William Lofquist

**Region 1 Prevention Program** provides services prior to the onset of a substance abuse disorder and supports strategies which are intended to prevent the occurrence of a disorder or reduce risk for a disorder. Prevention also strives to optimize well-being through mental health promotion and mental illness prevention.

**Our Goal** is to coordinate a sustained, unified, non-duplicative Prevention System with diverse funding streams that produces outcomes in reducing substance abuse and related problems.

**What We Do** Provide training opportunities to increase development, capacity, diversity, sustainability and improved outcomes for coalitions and other regional prevention efforts. Provide technical assistance and coordination to coalitions and other prevention efforts. Participate in coordination/collaboration of statewide prevention activities/initiatives and related systems. Provide contract management to coalitions who receive SAPT block grant dollars.

## Our Data Overall

Trends are moving in the right direction for 30-day alcohol use, binge drinking and impaired driving. Since 2003, the Panhandle has significantly narrowed the gap between Panhandle rates and state rates, however, we still remain higher than state rates.

### 30-Day Alcohol Use

Since 2003, 30-day use rates among 10<sup>th</sup> graders have reduced by more than half from 43.2% to 19.0%.

30-day use rates for 12<sup>th</sup> graders have significantly reduced from 53.6% in 2003 to 32.4% in 2012.

### Binge Drinking

Since 2003, binge drinking among 10<sup>th</sup> graders has reduced by almost half from 24.5% to 12.6%.

Binge drinking for 12<sup>th</sup> graders has significantly reduced from 35.5% in 2003 to 22.4% in 2012.

### Impaired Driving

Since 2003, impaired driving among 10<sup>th</sup> graders has reduced dramatically from 19.6% to 4.8%.

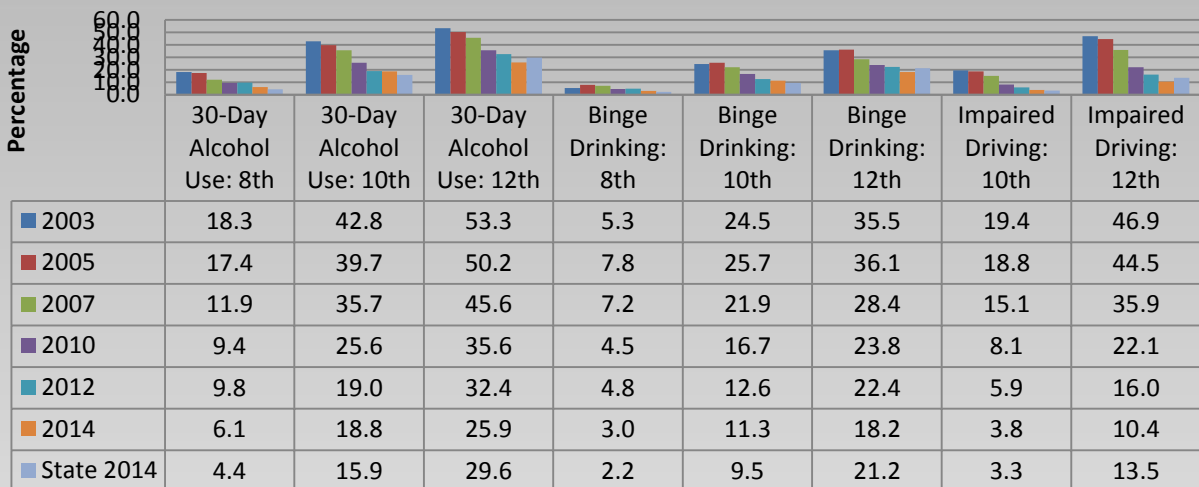
Impaired driving for 12<sup>th</sup> graders has also reduced dramatically from 47.3% in 2003 to 9.0% in 2012.

## Who We Serve

Panhandle Prevention Coalition (regional)  
Banner County Prevention Coalition  
Box Butte County Family Focus Coalition  
Kids Plus, Inc. (Cheyenne County)  
Dawes/Sioux Community Prevention Team  
Deuel County Prevention Team

Kimball County Prevention Initiative  
Garden County Coalition  
Sheridan Community Prevention Team  
Morrill County Coalition  
Monument Prevention Coalition (Scotts Bluff)

## Panhandle Data from the Nebraska Risk & Protective Factor Student Survey



# Youth Coordination

## Youth System Coordination

Coordinating services and supports for children, youth and families affected by behavioral health challenges.

**Region 1 Youth system** works collaboratively with numerous agencies, organizations and community partners to provide coordinated care for youth and families affected by behavioral health challenges and to ensure that families have a voice, ownership, and access to a comprehensive, individualized support plan.

**Our Goal** is to coordinate a sustained, unified, non-duplicative Youth System with diverse funding streams that produce outcomes in reducing out-of-home placement, out-of-state placement and the need for higher levels of care.

**Professional Partner Program (PPP)** utilizes a high fidelity Wraparound approach to coordinate services and supports for families who have children/adolescents with a serious emotional disorder and to ensure that families have a voice, ownership, and access to a comprehensive, individualized support plan. There are seven full-time Professional Partner Staff based in Scottsbluff, Oshkosh, and Chadron. PPP served 109 youth in FY16.

**Youth Transition Services (YTS)** works with the transition age youth ages 16–26 to: 1) provide/develop the necessary services and supports to enable youth to live successfully in the community, 2) maximize youth’s family and community participation and quality of life, 3) facilitate communication and coordination between multiple service providers that serve the same youth, and 4) decrease the frequency and duration of involvement in higher levels of care. YTS is provided by Cirrus House and Chadron Community Hospital, dba Western Community Health Resources. YTS served 34 youth in FY16.

Youth & Families Served by PPP in FY16	
County	Number of Youth Served
Banner	1
Box Butte	5
Cheyenne	9
Dawes	12
Deuel	6
Garden	7
Kimball	10
Morrill	4
Scotts Bluff	49
Sheridan	4
Sioux	2
<b>Total</b>	<b>109</b>

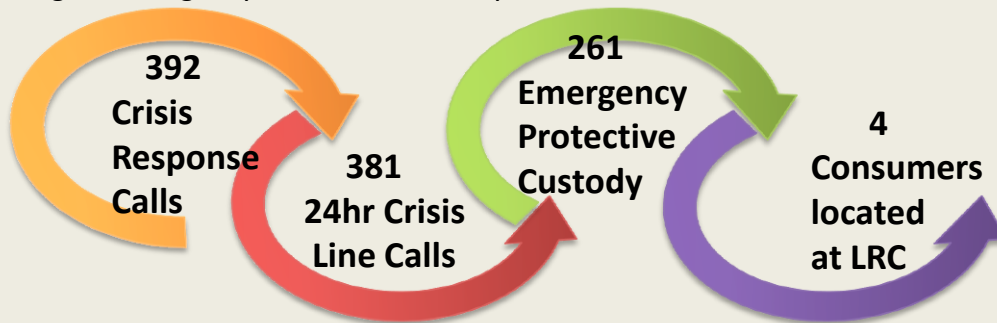
**Justice Wraparound PPP Pilot** provides wraparound supports that connect justice involved juveniles who have mental, behavioral, emotional, and /or substance use challenges with the appropriate level of individualized, strength-based services. Planning for Justice Wraparound Pilot Expansion began in FY16 with implementation scheduled for early FY17.

**Children & Family Services PPP** provides wraparound supports and connects families to existing community-based services to safely maintain children within the home and increase family stability. Services are targeted toward families prior to or upon DHHS-CFS case closure with a focus on strengthening family protective factors and preventing family from re-entering the DHHS-CFS system. CFS PPP served 7 youth in FY16.

**Nebraska System of Care Grant (NE SOC)** is a statewide grant that will allow Region 1 to offer a more diverse array of services to meet multiple and complex needs of youth and adolescents with behavioral health challenges and the challenges of their families. These services will include outpatient services, crisis response, peer support, and professional consultation. Planning for NE SOC began in FY16 with implementation scheduled for early FY17.

# Emergency Coordination

The Emergency System Coordination works to provide co-occurring and trauma-informed crisis care in the least restrictive, appropriate and safe manner. Region 1's psychiatric emergency system provides a large array of crisis services to include Crisis Response, Psychiatric Observation, Emergency Community Support, Inpatient Acute and Subacute Hospitalization, Emergency Protective Custody Care and 24 hour Crisis Lines. Collaboration with local entities such as law enforcement, local crisis response teams, psychiatric hospitals, Lincoln Regional Center, correctional facilities, and local emergency departments. The goal is to provide a seamless transition between services to meet the consumer's individualized needs in the hopes of preventing an Emergency Protective Custody Hold.



## Disaster Coordination

Region 1 Disaster Behavioral Health collaborates with other disaster response agencies within the 11 counties of the Panhandle of Nebraska, this includes but is not limited to emergency managers, law enforcement, health department, public health departments, first responders, area hospitals, medical response, Nebraska Department of Health and Human Services division of behavioral health disaster response, and University of Nebraska public policy center.

### Provided Trainings

- Provided one Psychological First Aid training
- April 2016 provided an Incident Command System & how it works training

### Exercises / Drills

- July 2015, attended the Great Plains Disaster Behavioral Health Conference
- September 2015, Mass Fatality Tabletop School in Sidney, NE
- October 2015, Mass Fatality Tabletop in North Platte, NE
- April 2016, first Region 1 Table top Disaster Training Exercise
- Spring of 2016, attended an informational meeting on the potential for flooding along the North Platte River

### Response Activities

- December 2015 was contacted by Panhandle Regional Medical Response System (PRMRS) in response to the Deputy Sheriff being shot in Deuel County
- Consulted with PRMRS to be prepared to respond if necessary provided information on resources available for law enforcement.



# Community Care Coordination

The Community Care Coordinator position was filled in February 2016 giving Region 1 the first position of it's kind in the state. The position is primarily responsible for the coordination of complex cases that often require contracts with providers outside of Region 1.

In addition to providing coordination, the Community Care Coordinator oversees state Mental Health First Aid, and Suicide Prevention Grants. This has provided the opportunity to establish community partnerships with schools, law enforcement, and city/county government. Along with those grants, the community care coordinator submitted a grant proposal to the Bureau of Justice Assistance to jumpstart The Stepping Up Initiative, which would be a collaborative effort with multi-systems to reduce the number of individuals with mental illness in jails.

## Community Care Coordinator End of the Year Results (from Feb. 2016)

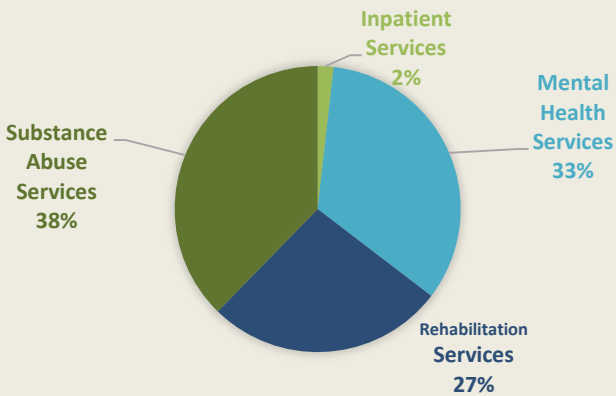
- Helped in assisting care coordination with 15 consumers, many receiving services outside of Region 1
- Successfully wrote and submitted a grant for The Stepping Up Initiative
- Management of Mental Health First Aid and Suicide Prevention Grants
- Received certification as a Mental Health First Aid Adult trainer
- Arranged partnership with University of Nebraska Public Policy Center to conduct future Behavioral Health Threat Assessment (BeTA) training for local law enforcement agencies
- Assisted in the development of Local Outreach of Suicide Survivors (LOSS) teams throughout the region

# Network Coordination

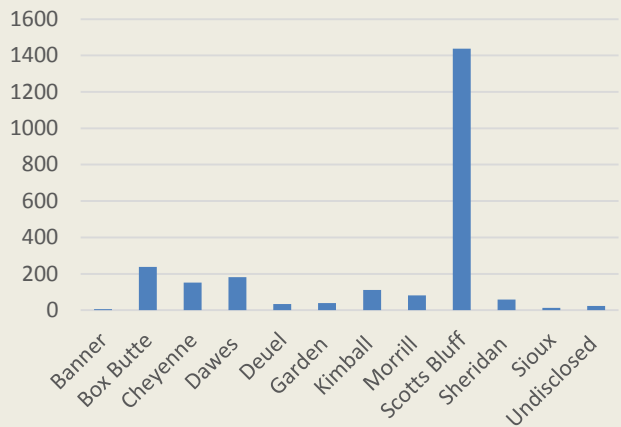
Region 1's Network Management department partners with an array of behavioral health service providers within the 11 counties of the Panhandle. Service provision focuses on the areas of trauma informed care, co-occurring and compliance with contract requirements. In FY16, Region 1, through an independent consulting team, conducted a through needs assessment in Region 1. In FY17, attentions will center on the development of a 3-5 year strategic plan for Region 1.

Both graph's below are a non-unique count of the number of persons served. A consumer is counted again each time they initiate a new admission or a re-admission to a Region 1 service.

FISCAL YEAR 2016 CONSUMERS SERVED

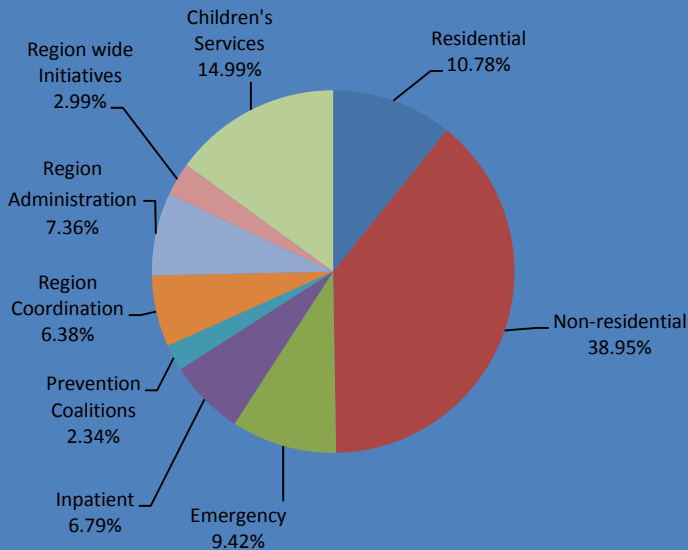


Fiscal Year 2016 Consumers Served by County



# Fiscal Coordination

2015-2016 Allocation of Funds



Revenue Allocation

