

# Region 1 Behavioral Health Authority

April 2021 Newsletter



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## CRISIS RESPONSE

Crisis Response Team (CRT) is utilized to respond to mental health or substance abuse emergencies. The goal of the service for adults is to avoid an Emergency Protective Custody (EPC) hold or inpatient psychiatric hospitalization. The goal of the service for youth is to avoid inpatient psychiatric hospitalization and keeping the youth safe at home, or other agreed upon location.

The Crisis Response Team works in conjunction with local law enforcement and other community stakeholders to provide the best outcome for persons in a mental health/substance abuse crisis.

The Region 1 Crisis Response team is managed by Sue Teal with two contracted Mental Health and Substance Abuse professionals

Region I Emergency Community Support Services is an intensive, strength-based and person-centered case management program for consumers of mental health and/or substance abuse services. Emergency Community Support Services are designed to:

- Resolve crises and promote stabilization
- Promote recovery
- Promote meaningful community participation
- Promote successful transition and tenure in the community
- Prevent future need for higher levels of care

The Region 1 Emergency Community Support program is managed by Sue Teal ([steal@region1bhs.net](mailto:steal@region1bhs.net)) and has one case manager, J Everhart ([jeverhart@region1bhs.net](mailto:jeverhart@region1bhs.net))



Samuel Crouch: Licensed Independent Mental Health Practitioner, Licensed Professional Counselor, Provisional Licensed Alcohol and Drug Counselor, National Counseling Certification (pending)

Marcia Estrada

Mental Health & Substance Abuse Professional



# SAVE THE DATE!



## Nebraska Substance Abuse Prevention Skills Training (SAPST)

4-Day Training

July 22<sup>nd</sup>-23<sup>rd</sup> and July 26<sup>th</sup>-27<sup>th</sup>, 2021

10:00am-2:30pm CST

*\*This training will be held virtually*

### Learning objectives:

- Define behavioral health and its relationship to substance misuse
- Describe the Strategic Prevention Framework, SAMHSA's five-step planning model
- Identify the needs of vulnerable populations in order to improve cultural competency and more effectively address behavioral health disparities
- Discuss effective approaches to collaborating across sectors to sustain prevention outcomes

## Prevention Spotlight: What Does 4-20 Really Mean and Why Is It Important to Pay Attention?

April 20th or 420 is considered the "National Stoner" holiday or the universal time and day to get high on marijuana or other drugs. For many people who use cannabis products, this day is circled on the calendar, which means that we in the mental health and substance abuse prevention fields also need to pay attention to and be vigilant on that day.

Smoke shops and dispensaries frequently run specials on and around the date and number "420" in locations nationwide, including in our neighboring state of Colorado. When 4/20 falls on a weekday, as it did in 2021, it is important for mental healthcare providers, employers and school personnel to pay extra attention. Also, although 4/20 is a popular cannabis-based holiday, it is important to note that other products "piggy back" on this trendy day to increase sales.

Meanwhile, there are also 420 events (many of which were canceled or reduced last year due to COVID) that take place across the country. In some cases, individuals might choose to drive to these events, possibly even using this opportunity as a chance for a "smoke out" with others in a large group. For us in the Panhandle, this means an increased potential for drugged drivers on the road near the Colorado/Nebraska border.

It is important to stay actively aware of local and national substance use trends. For more information on Substance Use Prevention efforts in the Panhandle, contact Jessica Haebe, Region 1 Prevention Coordinator, at [jhaebe@region1bhs.net](mailto:jhaebe@region1bhs.net)

**NEBRASKA  
DISASTER  
BEHAVIORAL  
HEALTH**



SAVE THE DATE

2021 Great Plains Disaster Behavioral Health  
Virtual Conference

July 22-23, 2021

LEARN MORE

# Neonatal Abstinence Syndrome (NAS) and Adverse Childhood Experiences (ACEs)

Presented by Addictions Academy in partnership with Region 1 Behavioral Health Authority and Panhandle Public Health District



May 19, 2021

1-3 PM Mountain Time  
Virtual

CLICK [HERE](#) TO REGISTER

WEBINAR INVITE WILL BE E-MAIL AFTER REGISTERING



## Training Objectives:

- To understand what Adverse Childhood Experiences are
- To understand how ACEs affects adult children emotionally
- To understand how ACEs affects adult children physically
- To understand what Neonatal Abstinence Syndrome is and what it does
- How both impact the brain and development medically, emotionally, and physically
- How ACEs lead to risky behaviors
- How stress and toxicity play a role in life development and affect the body and brain
- What coping skills are used to deal with ACEs
- What emotional, behavioral, and cognitive problems arise out of ACEs and NAS
- Understanding the Trauma Informed approach



## Contact Information:

Nicole Berosek - [nberosek@pphd.org](mailto:nberosek@pphd.org)



QPR Gatekeeper Training Webinar  
May 11 at noon

THREE STEPS ANYONE CAN LEARN TO  
HELP PREVENT SUICIDE.

**Question.  
Persuade.  
Refer.**

Ask a question. Save a life. Inspire Hope.  
Become a QPR Gatekeeper Today.



*QPR Gatekeeper Training Webinars Monthly every second Tuesday at noon. PPHD's team of trainers is ready to assist in preventing the tragedy of suicide online. Next Training June 8 at noon.*

[Register Here](#)



## **CHIMNEY ROCK TO GO GREEN FOR MENTAL HEALTH AWARENESS MONTH**

May is National Mental Health month, set aside each year to raise awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities.

Look for Chimney Rock to be illuminated in green this May for Mental Health Awareness!



### RESOURCES FOR WESTERN NEBRASKA

24/7 Mental Health line: 308-635-5766

24/7 Substance Abuse line: 308-762-7177

Suicide Prevention Lifeline: 1-800-273-8255

24/7 Crisis Text line: text REG 1 to: 741-741

24/7 Nebraska Family Helpline: 1-888-866-8660

Disaster Distress Helpline: 1-800-985-5990 or Text 'TalkWithUs' to 66746

Rural Response Hotline: 1-800-464-0258

**Check us out at  
[www.region1bhs.net](http://www.region1bhs.net)**