

Region 1 Behavioral Health Authority

July 2021 Newsletter



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The Region 1 Nebraska Strong Recovery Project team, an outreach program working with individuals, families, and communities impacted by the COVID-19 pandemic in the state of Nebraska, has been busy this past month getting the word out about the opportunities it offers for individuals in the Panhandle by participating in multiple parades around the area, including in Crawford/Fort Robinson, at Oregon Trail Days in Gering, and at Heritage Days in Alliance. Nebraska Strong provides community-based support and education to help Nebraskans cope during this stressful time. The project is funded by a grant from the Federal Emergency Management Agency (FEMA) in conjunction with the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration (SAMHSA) to the Nebraska Emergency Management Agency (NEMA) and the Nebraska Department of Health and Human Services. For more information, visit the Nebraska Strong website at <https://nebraskastrongrecoveryproject.nebraska.edu/> or find the project on Facebook @NebraskaStrongRecoveryProject or Twitter @NebraskaStrong

Delta-8 THC

prevention
spotlight

CURRENTLY LEGAL IN NEBRASKA



Can be extracted from the hemp plant



The [2018 farm bill](#), a federal act passed by Congress, legalized hemp in the United States. That act defines hemp as: “All derivatives, extracts, cannabinoids, isomers, acids, salts, and salts of isomers, whether growing or not, with a delta-9 tetrahydrocannabinol concentration of not more than 0.3 percent.” This language makes delta-8 legal, because it does not contain any delta-9 THC.

SIDE EFFECTS MAY BE SIMILAR TO THOSE OF DELTA-9 THC INCLUDING DRY MOUTH, RED EYES, INCREASED APPETITE, SHORT-TERM MEMORY EFFECTS, PARANOIA, OR ANXIETY.

[REPORTED BY THE OMAHA WORLD HERALD](#) TO BE AVAILABLE IN MULTIPLE LOCATIONS AROUND OMAHA, AS WELL AS IN KEARNEY, SCOTTSBLUFF, LINCOLN AND NORFOLK AT GAS STATIONS, SMOKE SHOPS AND SPECIALTY STORES.

PRODUCTS FOR SALE INCLUDE GUMMY CANDIES, CAKE POPS, COOKIES, CONCENTRATED OILS, VAPE PENS AND EVEN PRE-ROLLED JOINTS THAT CONTAIN DELTA 8.



Very little research has been done on delta-8 THC’s long and short-term effects on the mind and body. There is currently no established minimum age to purchase Delta-8 products.

THESE MATERIALS WERE FUNDED IN WHOLE OR IN PART UNDER THE SUBSTANCE ABUSE PREVENTION AND TREATMENT GRANT THROUGH THE NEBRASKA DEPARTMENT OF HEALTH & HUMAN SERVICES AND REGION 1 BEHAVIORAL HEALTH AUTHORITY.

REGION 1 BEHAVIORAL HEALTH
AUTHORITY BRINGS YOU:

BEHAVIORAL HEALTH THREAT ASSESSMENT

Open to law enforcement, SRO, mental health
professionals, and social workers!



SEPTEMBER 1st & 2nd 2021 | 8:30 AM - 5 PM
ESU #13 | 4215 AVE I, SCOTTSBLUFF

This is a free training.

<https://www.eventbrite.com/e/behavioral-health-threat-assessment-tickets-163432052669>

Funded by the Stepping Up Grant through BJA

RETIREMENT NEWS

On July 22, Region 1 BHA celebrated the upcoming retirement of Information Systems Coordinator Debbie Wells along with numerous members of her family and friends. Debbie began working for the Region in April of 2000 and has served in her position for just over 21 years. Congratulations, Debbie!



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



NEBRASKA FAMILY
HELPLINE
1-888-866-8660
A 24/7/365 resource for families
of a youth experiencing
behavioral health challenges.

National Suicide Prevention Lifeline

1-800-273-8255



Check us out at
www.region1bhs.net