

Region 1 Behavioral Health Authority

March 2021 Newsletter



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Prevention Spotlight: Missie Payne (Panhandle Prevention Coalition)

Missie Payne has recently joined PPHD as Preparedness and Community Health Educator, a position which includes the management of substance abuse prevention efforts led through the Panhandle Prevention Coalition. A recent transplant to Sidney from Peetz, Colorado, Missie is a proud mother with numerous professional certifications including being a Certified Public Manager and also a Substance Abuse Prevention Skills Training (SAPST) trainer.

Missie may be new to her role as leader of the Panhandle Prevention Coalition, but she carries years of experience spanning the human service, mental health, and substance abuse prevention fields. She is particularly passionate about local efforts in substance abuse prevention, nutrition and wellness, and mental health for all ages. When asked what keeps her involved in Substance Abuse Prevention, Missie said, "It works! I love that we can be proactive and provide our youth and communities with the tools that will help them become happy, healthy, functional individuals."

Missie's number one legacy is her children, but professionally she would love to create and sustain healthy, positive programming for youth and adults. She desires "to be an example that we can overcome obstacles in our lives and even though it isn't easy, it is doable."



Coming (virtually) to the Panhandle July 22, 23, 26, 27:

SUBSTANCE ABUSE PREVENTION SKILLS TRAINING (SAPST)



The Substance Abuse Prevention Skills Training (SAPST) is a foundational course of study in substance abuse prevention. This four-morning, virtual training prepares participants to move from prevention science and theory to practice using the Strategic Prevention Framework.

The SAPST prepares participants to:

- Address substance abuse prevention in the context of behavioral health
- Improve practice by developing a comprehensive approach to prevention guided by SAMHSA's Strategic Prevention Framework
- Reduce behavioral health disparities by identifying the needs of vulnerable populations and improving cultural competency
- Sustain prevention by collaborating effectively across sectors to address shared risk factors and improve the health and well-being of communities in a cohesive way

We invite you to join us and be a part of enhancing substance abuse prevention efforts in the Panhandle!



For more information contact:

Jessica Haebe, *Prevention Coordinator*: jhaebe@region1bhs.net

Michelle Hickox, *Prevention Specialist*: mhickox@region1bhs.net

REGION 1 BEHAVIORAL HEALTH AUTHORITY has an opening for a full time Information Systems Coordinator in Scottsbluff. This position is responsible for information systems (IS) support of desktops, mobile computing devices, cell phones, peripherals, servers, varied hardware and software.

This job includes a broad range of responsibilities; qualified applicants will be organized and efficient, exhibit a positive attitude, and be self-motivated, be team-oriented and able to manage multiple projects while maintaining attention to detail. Candidates must have strong oral, written and interpersonal communication skills. A valid driver's license, proof of insurance and a good driving record required. Extensive background checks will be performed.

We offer a competitive salary, which includes a benefits package with paid holidays, paid time off (PTO), retirement, life insurance and partial paid health insurance, dental, and vision insurance.

To apply e-mail resume and cover letter to swengler@region1bhs.net or mail to Sue Wengler, Region 1 Behavioral Health Authority, 4110 Avenue D, Scottsbluff, NE 69361. Position is closed when filled. EOE

DETERRA Drug Deactivation System

Drug Deactivation: A Solution to an Epidemic

The Office of National Drug Control Policy now recognizes at-home Drug Deactivation Systems as a safe and environmentally responsible way to dispose of unwanted pharmaceuticals.

Health care providers wrote 480 million opioid prescriptions in 2014

70% remain unused and available for abuse

Every day, 2,500 new kids begin abusing opioids

3 out of 4 people with a heroin dependence began with prescription opioids

Less than half of prescription drugs in sewage are removed by water treatment facilities

Deterra Drug Deactivation: The Solution

- The only patented technology that deactivates prescription drugs
- Proprietary activated carbon renders drugs ineffective for misuse
- Reduces misuse-related medical emergencies
- Renders chemical compounds safe for landfill

verde

STATE OPIOID RESPONSE

Region 1 Prevention is excited to share an update on State Opioid Response in the Panhandle. To date, 500 Deterra packets have been distributed throughout the Panhandle for the safe disposal of opioids. Additionally, over 170 people across the Panhandle have been trained on opioids, amphetamines, and methamphetamine, with information presented on Narcan and how to use it when confronted with an opioid overdose situation. If you or your organization is interested in a training with regards to State Opioid Response in the area, please contact Jessica Haebe, Region 1 Prevention Coordinator, at jhaebe@region1bhs.net or Michelle Hickox, Region 1 Prevention Specialist, at mhickox@region1bhs.net



YOUTH MENTAL HEALTH FIRST AID

64.1%

of youth with major depression
**do not receive any mental
health treatment.**

- Mental Health America

1 in 5

teens and young adults
**lives with a mental
health condition.**

- National Alliance for Mental Illness

5.13%

of youth report having a
**substance use or
alcohol problem.**

- Mental Health America

**The course will teach you how
to apply the ALGEE action plan:**

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Three Learning Options

- **Virtual.** First Aiders will complete a 2-hour, self-paced online class, then participate in a 4- to 5-hour instructor-led videoconference.
- **Blended Learning.** After completing a 2-hour, self-paced online class, First Aiders will participate in a 4-hour, in-person, instructor-led class.
- **In-person.** First Aiders will receive their training as an 6.5-hour instructor-led in-person course.

Who Should Take it

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

What it Covers

- Common signs and symptoms of mental illness in this age group, including
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactive disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with a child or adolescent in crisis
- How to connect the person with help
- **NEW:** Expanded content on trauma, addiction and self-care and the impact of social media and bullying



As adults, we sometimes forget how hard it was being an adolescent. When we see a kid who is just miserable at school, we might think they choose to be that way — or that it's just part of adolescence. But in fact, they might be in a mental health crisis, one they certainly did not choose and do not want. When a teacher says, 'How can I be helpful?' that is a powerful question."

— **Alyssa Fruchtenicht**, school-based mental health counselor

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT
MentalHealthFirstAid.org OR EMAIL **Info@MentalHealthFirstAid.org**.

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

For more information on Youth Mental Health First Aid, contact Bailey Kling at bkling@region1bhs.net

Cost is free and virtual courses are an option!

NEBRASKA DISASTER BEHAVIORAL HEALTH



SAVE THE DATE

2021 Great Plains Disaster Behavioral Health
Virtual Conference

July 22-23, 2021

LEARN MORE

NEBRASKA STRONG RECOVERY PROJECT PROVIDES CRISIS OUTREACH DURING COVID PANDEMIC

BY MATT SMITH, TEAM LEAD
NEBRASKA STRONG RECOVERY PROJECT
REGION 1 BEHAVIORAL HEALTH AUTHORITY

The Federal Emergency Management Agency (FEMA) awarded the Nebraska Emergency Management Agency (NEMA) and Nebraska Department of Health and Human Services (DHHS) funding to implement a crisis counseling program (CCP) for the current pandemic. Funding was provided to all six behavioral health regions in Nebraska along with the Rural Response Hotline, the Nebraska Family Helpline, and the University of Nebraska Public Policy Center.

The Nebraska Strong Recovery Project is an outreach program working with communities impacted by the COVID pandemic. Nebraska's state disaster behavioral health plan identifies the Regions as the CCP provider for the state. This allows network providers to accept referrals generated by the project for treatment needs. At the beginning of the project, prep work was completed by Michelle Fries, Office Manager/Disaster Coordinator for the project, along with other staff members of Region 1 BHA. Although the project was approved in April 2020, Region 1 kicked off in June of 2020, when Matt Smith, the Team Lead in Sidney, and Heather Brown in Morrill, the first Outreach Worker, were hired. In the coming weeks, the rest of the team was built – Don Lease in Bridgeport, Thalia Wilson in Chadron, Tami Whited in Sidney, Carolyn Annen in Hemingford, and Brandy Banzhaf in Sidney.

The Nebraska Strong Crisis counseling is a strengths-based, outreach-oriented approach to helping disaster survivors identify and access personal and community resources that will aid the recovery process. It consists primarily of supportive, educational, face-to-face interventions with individuals and communities in their natural environments. The CCP seeks to empower survivors by educating them about disaster reactions, teaching them coping skills, assessing them for individual needs, and linking them to appropriate community resources. Crisis counseling is considered strengths-based because it assumes most disaster survivors are naturally resilient. By providing support, education, and linkage to needed community resources, survivors will be better equipped to recover from the negative consequences of disaster. The Outreach Workers have spent the last several months connecting with people in various ways and spreading information about the project, including the phone numbers for the two helplines as well as the project's website. This also includes giving numerous presentations to boards, as well as meetings at the city and county levels. The ongoing efforts of the team have resulted in gratitude from law enforcement personnel and county commissioners.

During the period of June 2020 through February 2021, the Nebraska Strong team has distributed over 38,000 printed materials in the Panhandle. Along with those, the team has done numerous media interviews with local radio and TV stations, as well as nearly all of the local newspapers. Information has also been spread through print, audio and video public service announcements. When combined, the numbers of PSAs, interviews, publications and media coverage of various events have totaled over 56,000 mass media mentions. When all outreach activities, materials and media publications are tallied, the Region 1 Nebraska Strong team has, thus far, reached over 124,000 people, not including the combined audiences of the radio stations. Due to the team's efforts, and in regards to the Nebraska Strong Recovery Project, the Panhandle has been the most mass media-covered region in Nebraska. And the project isn't finished yet!

Call the hotlines below
for help connecting
with local resources.

MON-FRI 8AM TO 3PM
Nebraska Rural Response Hotline
1-800-464-0258

24 HRS A DAY / 7 DAYS A WEEK
Nebraska Family Helpline
1-888-866-8660

You may be eligible for free
counseling sessions.
Call 1-800-464-0258

 NEBRASKA STRONG
RECOVERY PROJECT

NebraskaStrongRecovery
Project.Nebraska.edu



NEBRASKA STRONG RECOVERY PROJECT

To give an idea of some of the outreach events that the team has been doing, here is a list of just some of them:

- Visiting various long-term care centers, where team members would walk around the outside of the buildings and speak with the residents through closed windows, playing games such as tic-tac-toe and taping hearts with encouraging messages to the windows
- Supporting school teachers and staff – Some team members coordinated with local bakeries to provide donuts to school teachers and staff, while others made small gift bags to give to the staff.
- Partnering with the CHOICES program in Scottsbluff to provide hand-made blankets to the Veterans' Home
- Creating the Frontline Heroes Snack Box project, to give cards of encouragement, snacks and bottled drinks to First Responders.
- With the help of media, using the national Random Acts of Kindness Day as a forum to not only do kind deeds, but also to spread the word about the project

Self-care of the team has been a primary focus from early on in the project. When assisting distressed people, compassion fatigue can occur to outreach workers. This is one of the reason the team tracks their stress levels on a weekly basis, does self-care and team-building exercises at weekly team meetings, as well as individual self-care activities on the weekends.

Region 1's team has developed a unique connection not only as co-workers to help our communities navigate the pandemic, but we have developed friendships that has allowed us to lean on each other for support and our own personal self-care.

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**