

Region 1 Behavioral Health Authority

May 2021 Newsletter



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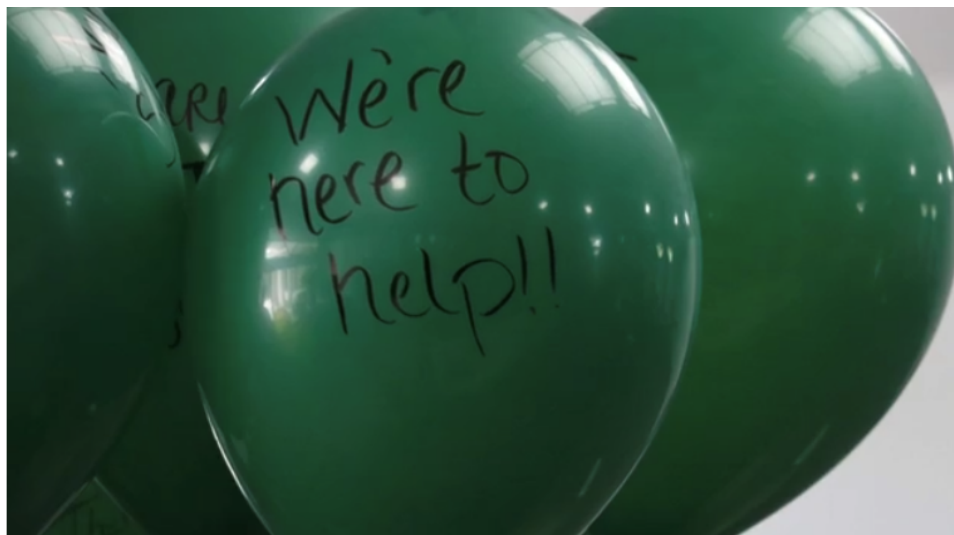
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MAY IS MENTAL HEALTH AWARENESS MONTH

Region 1 is here to help! Through Professional Partners, HART, Emergency Services, Substance Abuse Prevention, and Nebraska Strong Recovery programs, Region 1 Behavioral Health Authority offers service coordination, provider network development, program planning, financial and contractual management, and evaluation and quality review of all mental health and substance services funded through a network of providers covering all 11 counties of the Nebraska Panhandle.





National Alliance on Mental Illness

NAMI Family-to-Family

Online
Via Zoom

NAMI Family-to-Family is a free, 8-session education program for family, friends and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit nami.org/research.

NAMI offers the NAMI Family-to-Family Education Program free of charge to participants, beginning Monday, June 7th, 2021, 6:30pm-9p *via Zoom*. For more information and to register, please contact NAMI Nebraska at 402-345-8101 or classes@naminebraska.org



Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

Space is
limited to 20

Contact us to register for a NAMI Family-to-Family class!



National Alliance on Mental Illness

NAMI | Nebraska

NAMI Nebraska

6001 Dodge St. CEC 219

Omaha, NE 68182

402-345-8101

To Register: send email expressing interest to classes@naminebraska.org

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Nebraska and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental health conditions and their loved ones.

STOP THE STIGMA

Region 1 Behavioral Health employees and Nebraska Strong volunteers came together on Wednesday, May 26th for a balloon release to raise awareness during Mental Health Awareness Month. Balloons were released to symbolize releasing the stigma of mental health issues.



NEBRASKA DISASTER BEHAVIORAL HEALTH



SAVE THE DATE

2021 Great Plains Disaster Behavioral Health
Virtual Conference

July 22-23, 2021

LEARN MORE

SAVE THE DATE!



Nebraska Substance Abuse Prevention
Skills Training (SAPST)

4-Day Training

July 22nd-23rd and July 26th-27th, 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

Check us out at
www.region1bhs.net

National Suicide Prevention Lifeline

1-800-273-8255

CHIMNEY ROCK GOES 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. Chimney Rock was illuminated in green each night during the month of 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



NEBRASKA FAMILY

HELPLINE

1-888-866-8660

A 24/7/365 resource for families
of a youth experiencing
behavioral health challenges.