

Region 6 Behavioral Healthcare

ANNUAL REPORT

Fiscal Year 2023



Working Together for a Healthy Nebraska



Behavioral Healthcare

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Behavioral Healthcare

-MISSION-

To organize and provide an effective and efficient system of quality behavioral health services for the people of Cass, Dodge, Douglas, Sarpy, and Washington Counties.

-VISION-

To provide leadership through collaborative efforts with stakeholders for a united and comprehensive behavioral health system responsive to community needs and preferences.

-VALUES-

Region 6 values the planning, development, and provision of accessible, community strength-based services.

Region 6 embraces the focus on wellness and recovery through quality preventive treatment, and rehabilitative systems of care.

Region 6 promotes the active involvement of individuals, families, and communities while striving for continuous quality improvement.

Dear Colleagues and Friends,

Region 6 Behavioral Healthcare would like to thank the Regional Governing Board, Behavioral Health Advisory Committee, Consumer Advisory Team, our communities, providers, coalitions, and our employees for allowing Region 6 to continue to provide a quality public behavioral health system for the residents of Cass, Dodge, Douglas, Sarpy, and Washington counties in Eastern Nebraska. Through our unique partnership with county, state, and federal governments, county residents, and community organizations, Region 6 Behavioral Healthcare was able to provide behavioral health services to over 7,000 individuals across our five counties.

Region 6 Behavioral Healthcare is committed to building a healthy Nebraska through the provision of behavioral health services. During fiscal year 2023 (FY23), Region 6 Behavioral Healthcare led behavioral health initiatives and provided services through a network of service providers, prevention coalitions, system coordination, direct service provision, and collaboration between the behavioral health and criminal justice systems.

Region 6 Behavioral Healthcare's network of dedicated community providers offers mental health and substance use prevention, treatment, and rehabilitation services focusing on wellness, recovery, resiliency, and quality of life. We appreciate the continued commitment to providing high quality, effective, and efficient services that support the behavioral health needs of adults, youth, and families within our community. Region 6 Behavioral Healthcare is honored to continue supporting the work of the prevention coalitions as they provide coordination, planning, and implementation of substance abuse prevention, mental health promotion, and suicide prevention activities.

Within Region 6 Behavioral Healthcare is the Professional Partner Program, where committed and skilled staff work directly with area families. Professional Partners support families with children or youth who have a serious mental illness utilizing an evidence-based, team-based process called Wraparound. As advocates of family choice, Professional Partners empower the child or youth, parents, and family teams to develop goals and strength-based strategies to work toward the family's vision regarding their children's services.

Region 6 Behavioral Healthcare appreciates community partners' commitment to the national Stepping Up Initiative, which connects experts from the criminal justice and behavioral health systems to implement the Stepping Up framework. This framework is intended to develop cross-systems and data-driven strategies that can lead to measurable reductions in the number of incarcerations of those with a mental illness.

Region 6 Behavioral Healthcare is excited to continue the work of providing leadership through collaborative efforts with the Regional Governing Board, Behavioral Health Advisory Committee, Network Providers, Prevention Coalitions, system experts and stakeholders, Region 6 staff members, and most importantly, those whom we serve with lived experience. Thank you all who support our mission to organize and provide an efficient system of quality behavioral health services for the people of Cass, Dodge, Douglas, Sarpy, and Washington counties.

Sincerely,

Mary Anne Borgeson

Regional Governing Board Chair

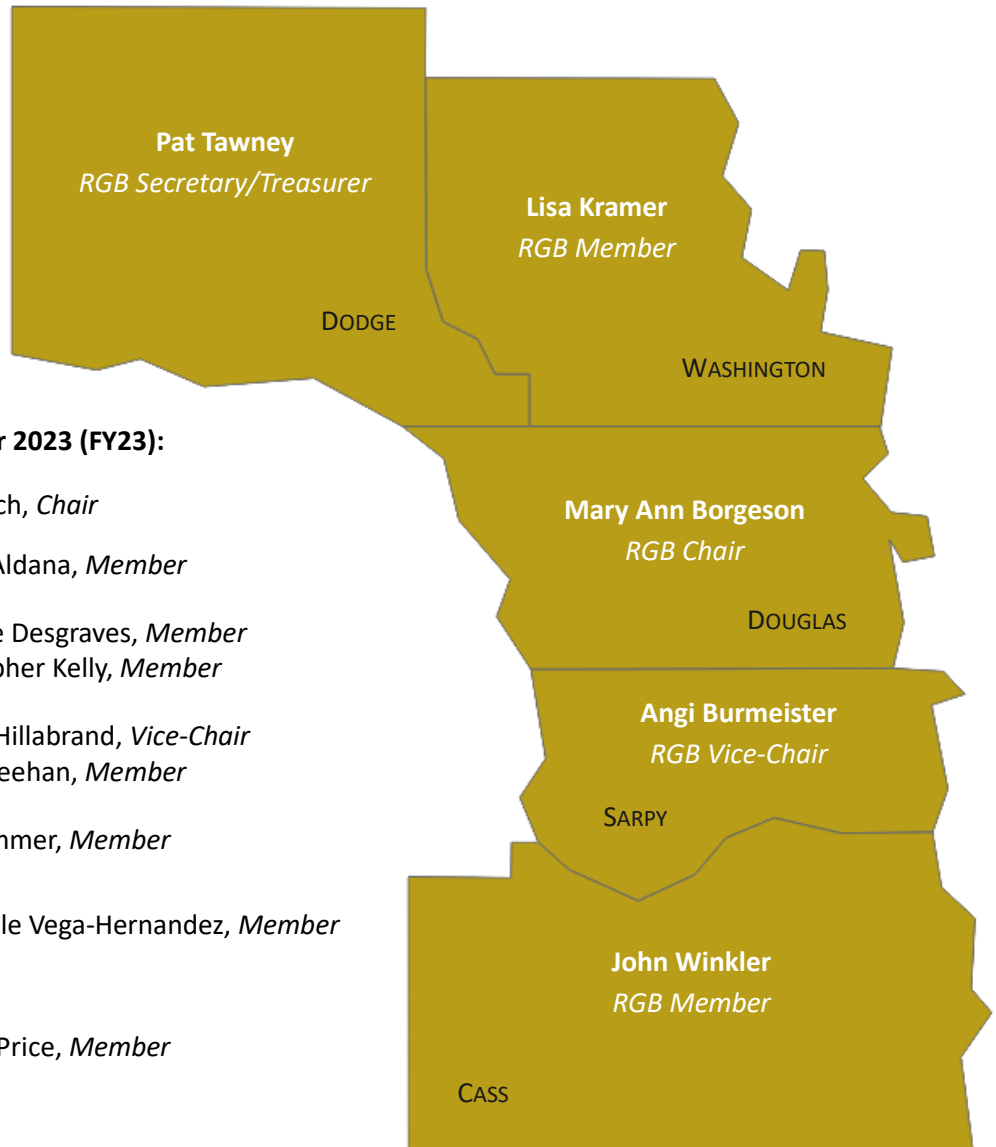
REGION 6 BEHAVIORAL HEALTHCARE (Region 6) is one of six quasi-governmental regions created by Nebraska’s Department of Health and Human Services (DHHS) in 1974. The region was tasked with coordinating and overseeing the State’s publicly funded behavioral health services. Region 6 utilizes Federal, State, and County dollars to provide a wide array of behavioral health services to area residents. In 2004, Region 6 Behavioral Healthcare was designated the *Behavioral Health Authority* for the region and continues to serve residents of Cass, Dodge, Douglas, Sarpy, and Washington counties.

REGIONAL GOVERNING BOARD

The Regional Governing Board (RGB) is comprised of an appointed commissioner from each of the five (5) counties served by the region. In addition to governing, the RGB is responsible for appointing members to the Behavioral Health Advisory Committee (BHAC).

BEHAVIORAL HEALTH ADVISORY COMMITTEE

The Behavioral Health Advisory Committee’s (BHAC) role is to advise the RGB on behavioral health matters and allocation of funds. BHAC membership appointments are based on several factors, including location of residence, direct and indirect consumers, cultural diversity, and the community at large.



BHAC Membership for Fiscal Year 2023 (FY23):

Cass County	Jeff Leach, <i>Chair</i>
Dodge County	Happy Aldana, <i>Member</i>
Douglas County	Medjine Desgraves, <i>Member</i> Christopher Kelly, <i>Member</i>
Sarpy County	Robert Hillabrand, <i>Vice-Chair</i> John Sheehan, <i>Member</i>
Washington County	Amy Zimmer, <i>Member</i>
Consumer Advisory Team (CAT)	Michaelle Vega-Hernandez, <i>Member</i>
At Large – Consumer and/or Family Member	Sharon Price, <i>Member</i>

THE FY22-FY24 STRATEGIC PLAN addresses Region 6 Behavioral Healthcare’s Data Infrastructure, Education & Visibility, Diversified Funding, Racial & Ethnic Inclusivity, and Staff Ownership in Region 6 Culture. Agency and department goals and workplans are developed in line with the Strategic Plan.



DATA INFRASTRUCTURE

Develop a data infrastructure that meets the organizational and community needs



EDUCATION & VISIBILITY

Advance education of Behavioral Health and visibility of Region 6 initiatives



DIVERSIFIED FUNDING

Explore and evaluate diversified funding options and opportunities



RACIAL & ETHNIC INCLUSIVITY

Increase racial and ethnic inclusivity and address disparities within Region 6 and the Behavioral Health System

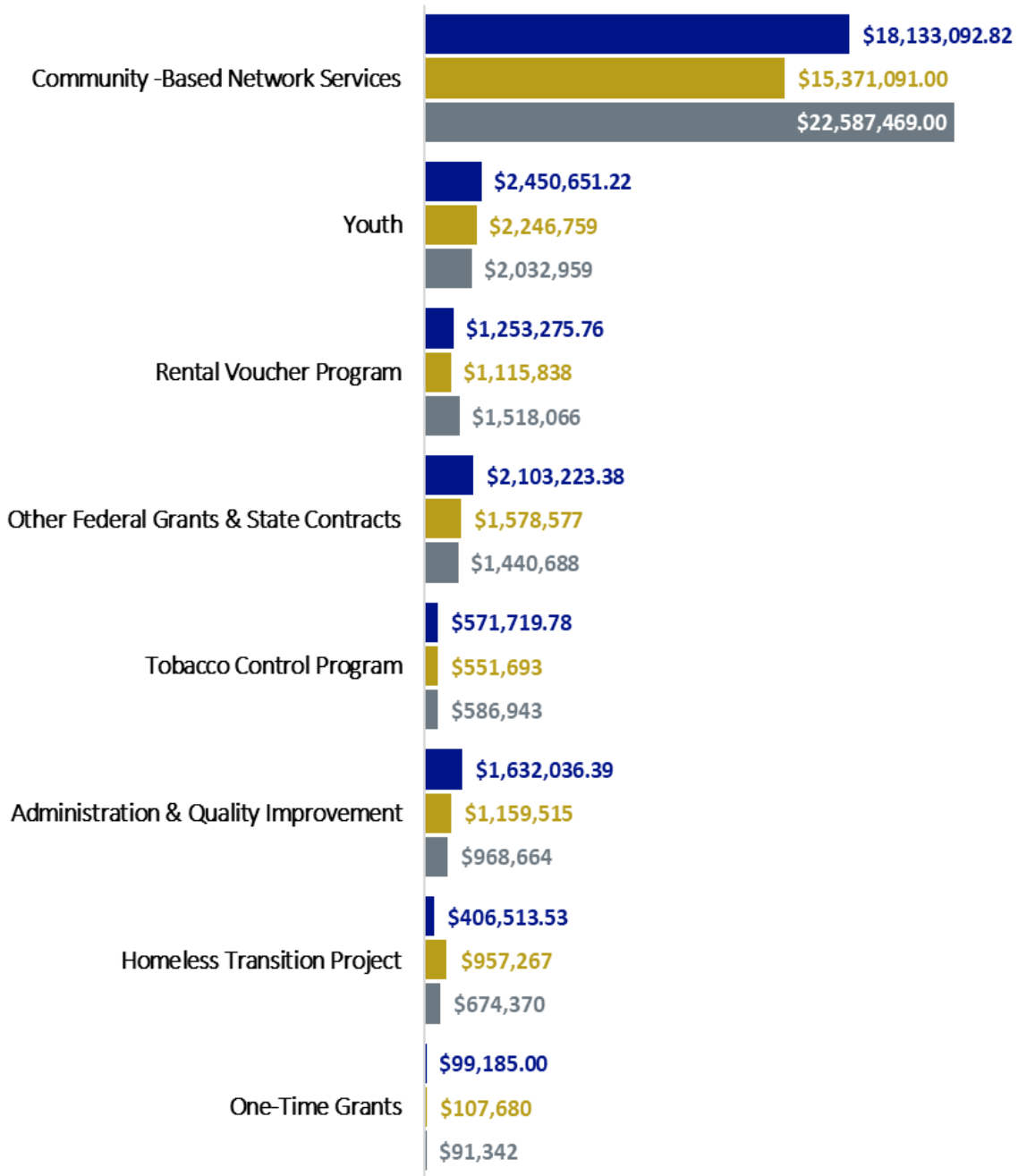


STAFF OWNERSHIP IN REGION 6 CULTURE

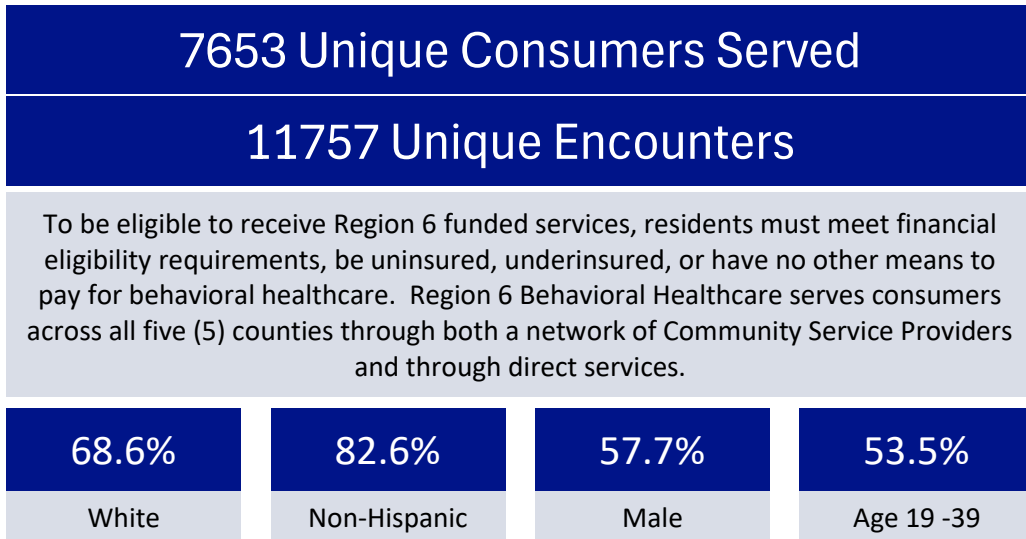
Empower each employee to strengthen Region 6 culture

REGION 6 BEHAVIORAL HEALTHCARE is committed to fiscal transparency, accountability, and effective use of resources. Region 6 receives state and federal funding from the Division of Behavioral Health and Division of Child and Family Services through the Nebraska Department of Health and Human Services, and through each of the five (5) counties in the region through a county match program. Region 6 also receives funding from state and local grants, when applicable.

FY23, FY22, and FY21 Expenditures

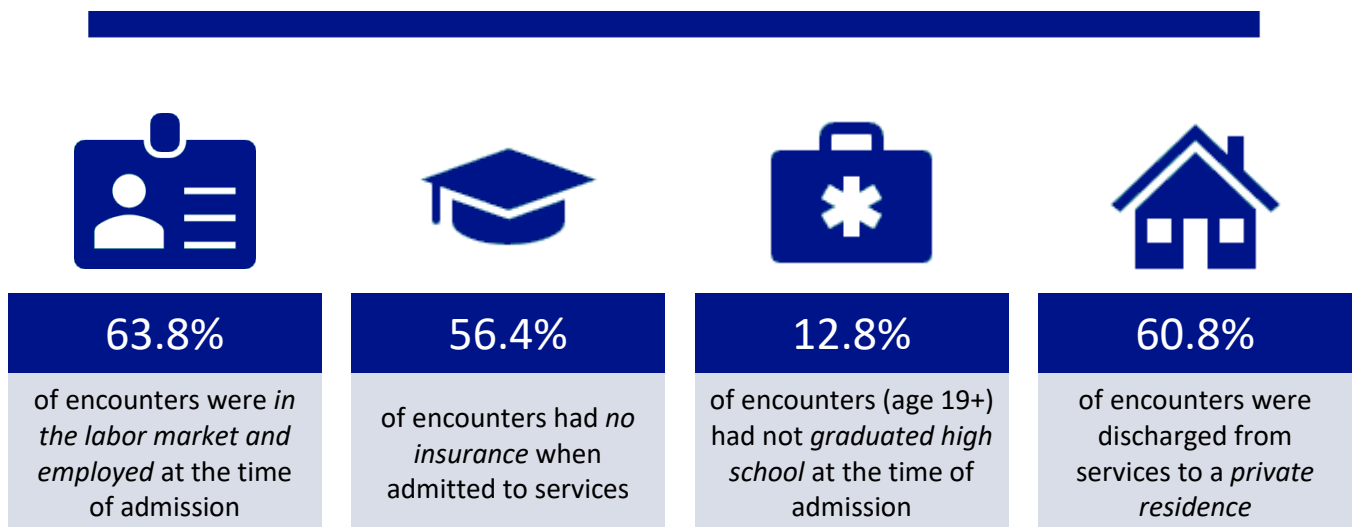


REGION 6 BEHAVIORAL HEALTHCARE is a publicly funded system that serves as a safety net for residents of Cass, Dodge, Douglas, Sarpy, and Washington counties. Below is a snapshot of consumers served in FY23.



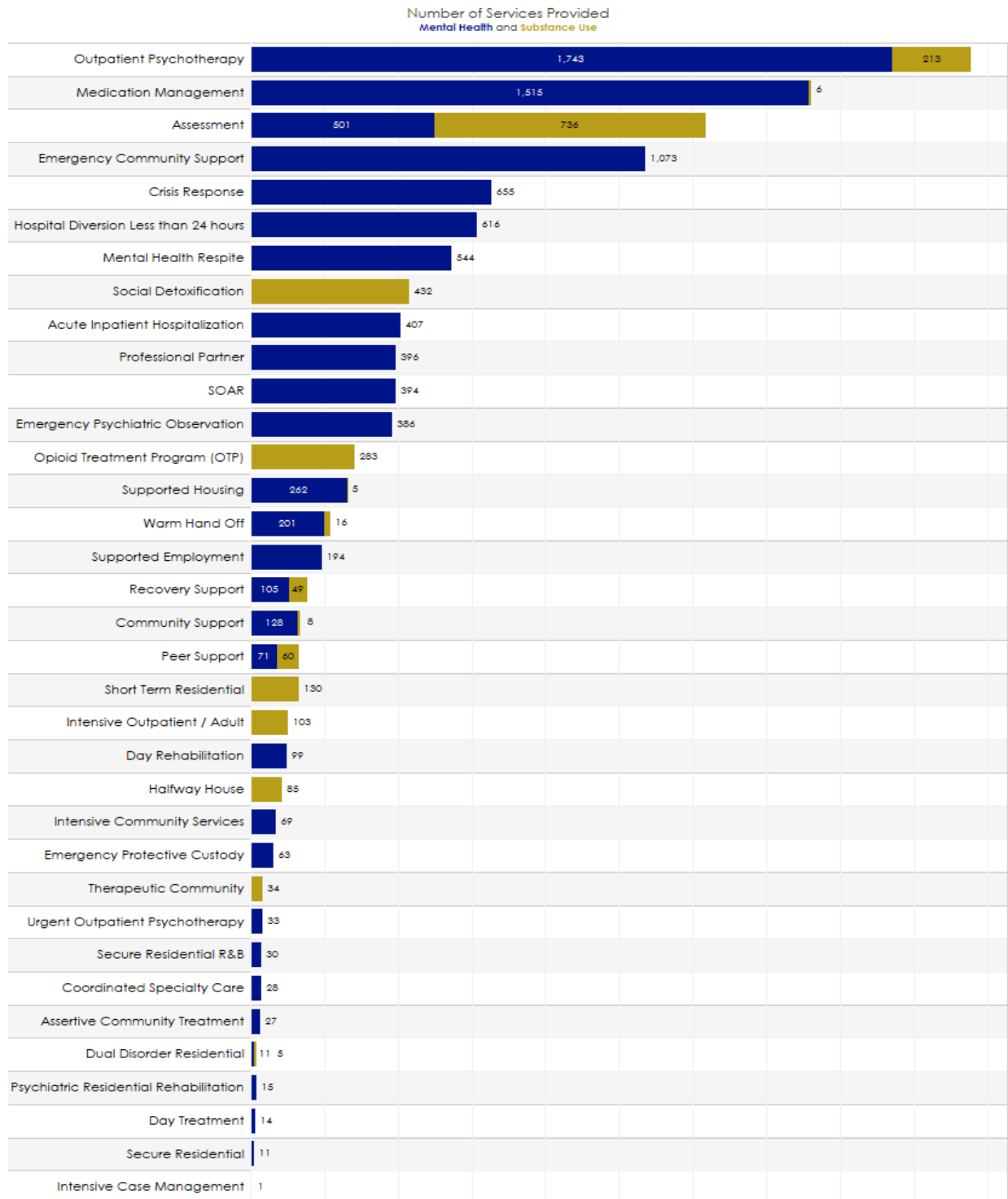
Consumers accounting for **21%** of service encounters were reported to have a *Serious Mental Illness* or *Serious Emotional Disturbance* at the time of admission.

Consumers accounting for **57.6%** of service encounters had a reported *History of Trauma* at the time of admission.



COMMUNITY PROVIDERS contracted with Region 6 Behavioral Healthcare provide various services directly to consumers in the Region. This collection of providers, or *Network*, provide community-based, rehabilitative, psychiatric, and residential substance abuse services.

Region 6 Behavioral Healthcare provides comprehensive and systemic planning, organizing, and monitoring of services provided to consumers in the public behavioral health system. The Region also serves as an advocate for both consumers and the behavioral health system as a whole.



PROVIDER NETWORK SERVICE ARRAY

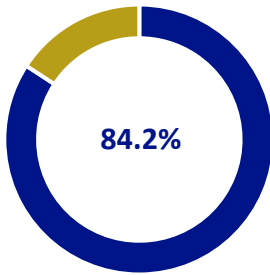
REGION 6 BEHAVIORAL HEALTHCARE'S Network of Service Providers offers a vast array of mental health (MH) and substance use disorder (SUD) services to consumers of all ages.

 Emergency	 Inpatient	 Non-Residential	 Residential	 Youth Non-Residential	
A.R.C.H. Halfway House www.archhalfwayhouse.org		 			Assessments (SUD), Halfway House, Outpatient (SUD)
BAART Community Healthcare www.baartprograms.com					Opioid Services
Capstone Behavioral Health www.capstonebehavioralhealth.com					Assessments (MH & SUD), Outpatient (MH)
CenterPointe www.centerpointe.org		 			Assessments (SUD), Community Support (SUD), Dual Residential, Medication Management, Outpatient (SUD), Short-Term Residential
Charles Drew Health Centers (CDHC) www.charlesdrew.com		 			Assessments (MH), Medication Management, Outpatient (MH)
CHI Health – Immanuel www.chihealth.com	  				Acute Inpatient, Assessments (MH & SUD), Medication Management, Outpatient (MH & SUD), Therapeutic Consultation
CHI Health - Lasting Hope Recovery Center www.chihealth.com					Acute Inpatient, Sub-Acute Inpatient
Community Alliance www.community-alliance.org		   			Assertive Community Treatment, Assessments (MH & SUD), Community Support, Coordinated Specialty Care, Day Rehabilitation, Hospital Diversion, Intensive Community Services, Medication Management, Outpatient (MH & SUD), Peer Support, Psychiatric Residential Rehab, Recovery Support, SOAR, Supportive Employment
Douglas County Community Mental Health Center www.cmhc.douglascounty-ne.gov	  				Acute Inpatient, Assessments (MH & SUD), Day Treatment, Detoxification, Emergency Community Support, Intensive Outpatient, Medication Management, Outpatient (MH)
East Central District Health Department www.ecdhd.ne.gov					Assessments (MH & SUD), Medication Management, Outpatient (MH & SUD)
Heartland Family Service www.heartlandfamilyservice.org		  			Assessments (MH & SUD), Crisis Response, Medication Management, Outpatient (MH & SUD), Recovery Support, Therapeutic Community
Integrated Behavioral Health Services www.ibhealthservices.com					Secure Residential
KVC Nebraska www.nebraska.kvc.org					Assessments (MH & SUD), Outpatient (MH), Therapeutic Consultation
Lutheran Family Services www.onelfs.org		 			Assessments (MH), Community Support (MH), Crisis Response, Intensive Outpatient, Medication Management, Outpatient (MH & SUD), Recovery Support
Methodist Fremont Health www.bestcare.org					Acute Inpatient
The Nebraska Medical Center www.nebraskamed.com					Psychiatric Emergency Services
Nebraska Urban Indian Health Coalition www.nuihc.com					Assessments (MH & SUD), Outpatient (MH & SUD)
NOVA Treatment Community www.novatc.org					Short-Term Residential, Therapeutic Community
OneWorld Community Health Centers www.oneworldomaha.org					Assessments (MH & SUD), Medication Management, Outpatient (MH & SUD)
Region 6 Behavioral Healthcare www.regionsix.com		 			Professional Partner Program, Transition-Age Youth Rental Assistance Program, Rental Assistance Program
The Salvation Army www.centralusa.salvationarmy.org/omaha		 			Community Support (MH), Emergency Community Support, Intensive Community Services, Mental Health Respite, Peer Support
Santa Monica www.santamonicahouse.org		 			Assessments (SUD), Halfway House, Recovery Support
Telecare Corporation www.telecarecorp.com					Secure Residential

NETWORK CONSUMER OUTCOMES

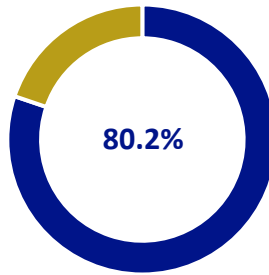
CONSUMER OUTCOMES are measured using data pulled from the Centralized Data System (CDS) and received from Network Provider reports. The Region 6 Quality Improvement Department began coordinating with Providers to update the Network Outcome Indicators in FY23 and will continue development in FY24.

Persons Served Experience Timely Access to Services.



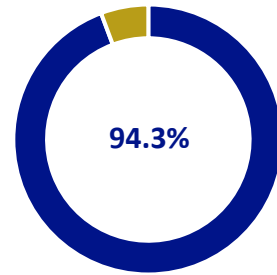
32 of 38 Levels of Care met their established target for time from contact to admission.

Persons Served Experience a Reduction in Symptomology and/or Improved Functioning.



4,993 consumers pre- and post-test assessments indicated improvement in functioning.

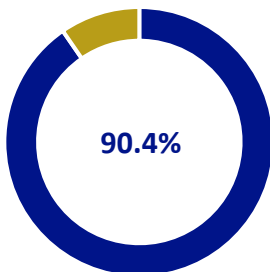
Persons Served Experience Abstinence or a Reduction in Substance Use.



5,113 surveys assessed with 4,773 consumers reporting reduction or no increase in substance use.

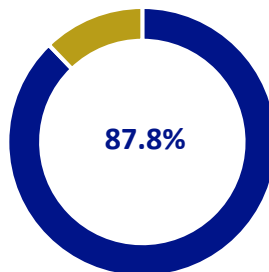
CONSUMER SURVEYS are used to collect data on the consumer's opinion of services received. These surveys use a 5-Point Likert Scale to measure the consumer's satisfaction with timeliness of services, improvement in functioning, satisfaction with services, and improvement in dealing with crisis.

Persons Served Reported Improvement in Functioning as a Result of Services.



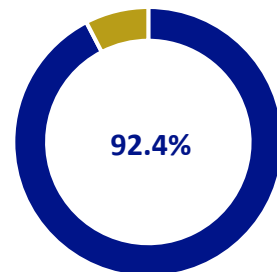
Consumers who reported they Agree or Strongly Agree with the statement, "I deal more effectively with daily problems."

Persons Served Reported Improvement in Dealing with a Crisis.



Consumers who reported they Agree or Strongly Agree with the statement, "I am better able to deal with crisis."

Persons Served Reported Satisfaction with Services.

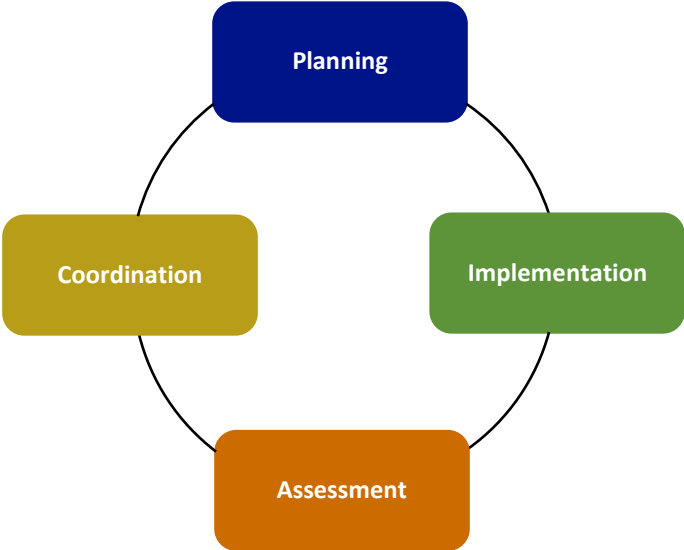


Consumers who reported they Agree or Strongly Agree with the statement, "I benefitted from services I received here."

PREVENTION is an important component of the behavioral healthcare continuum of care. In this component, prevention professionals provide coordination, planning, and implementation of substance abuse prevention, mental health promotion, and suicide prevention activities. Prevention activities include the assessment of risk and protective factors, relevant data, and capacity needs prior to implementing prevention initiatives.

MENTAL HEALTH FIRST AID

Region 6’s Mental Health First Aid (MHFA) Initiative was successful in expanding adult and youth training in FY23, reaching 1000 participants through 73 virtual or in-person trainings. Region 6 partnered with the United Way of the Midlands to build capacity for the initiative through the hiring of a full-time Mental Health First Aid Coordinator, five (5) additional adult and six (6) additional youth MHFA instructors.



STATE OPIOID RESPONSE GRANT

The State Opioid Response Grant focuses on reducing the prevalence and impact of opioid overdose and opioid use disorders. To promote safe storage and disposal of medications in FY23, Region 6 was able to disseminate 750 medication lockboxes and over 5,500 Deterra medication disposal pouches. Narcan was disseminated at no cost to individuals through local pharmacies in partnership with the Nebraska Pharmacists Association. The 22 participating pharmacy locations in the Region 6 area can be found at www.stopodne.org.

METRO OMAHA TOBACCO ACTION COALITION

On behalf of Metro Omaha Tobacco Action Coalition (MOTAC), a team at the University of Nebraska Medical Center’s (UNMC’s) Center for Reducing Health Disparities finalized four different maps highlighting tobacco retailer density in Douglas County. Retailer density is a factor in tobacco use rates and a contributor to health disparities. The maps will be valuable tools for conducting community education in FY24. During MOTAC’s Community Tobacco Conversation in January 2023, community members in attendance showed strong support for advocating for stronger tobacco retail density restrictions.

COALITION RX

The *Too Good for Drugs and Violence* evidence-based program was offered 13 times in FY23, reaching 835 students. Coalition Rx also held a *Training of Trainers* to prepare nine (9) staff members for future program implementation.

COMMUNITIES THAT CARE

In Sarpy and Cass counties, the Sarpy Cass Health Department focused on bringing engaged community stakeholders, community leaders, and coalition members together to promote risk reduction and building of protective factors for their communities. The Cass County Communities That Care Coalition (CTCC) supported the Weeping Water school district in bringing in the Positive Action evidence-based program this fiscal year, reaching 145 middle and high school students.

Three Rivers Health Department continued to build the Coalition in Washington county, bringing together 13 Board Members and 8 community coalition representatives. The Communities that Care Washington County assisted in the implementation of the Life Skills Curriculum in Arlington Public Schools and Fort Calhoun Public Schools.

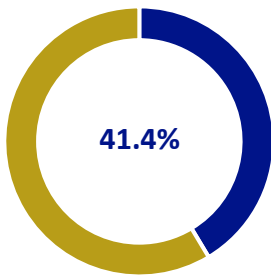
PROFESSIONAL PARTNER PROGRAM

THE PROFESSIONAL PARTNER PROGRAM provides strength-based and family-driven behavioral health coordination, utilizing the *Wraparound Model* for children, young adults, and their families. The program is designed to help families achieve stability, improve functioning, and get families in touch with community-based resources and services to improve family outcomes.

Outcomes are designed to measure the Professional Partner Program's success in the behavioral health coordination services provided. Professional Partners assist families in meeting their mental health needs and in the development of lasting and effective support networks.

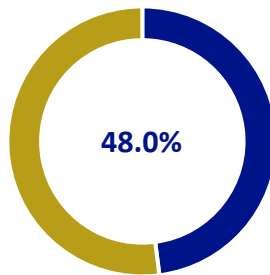
In fiscal year 2023, the Professional Partner Program served a total of 381 consumers within Cass, Dodge, Douglas, Sarpy, and Washington Counties.

Successful Discharges



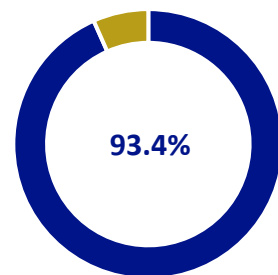
From the Professional Partner Program

CAFAS Score Reduction



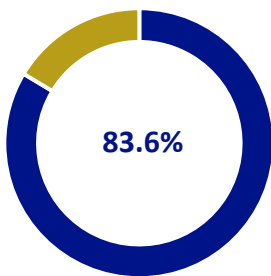
Significant Reduction at Time of Discharge

Remained in Home



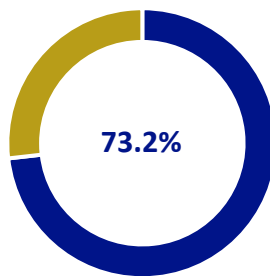
Caregivers Reported No Out-of-Home Placements Post-Discharge

Timely Access to Services



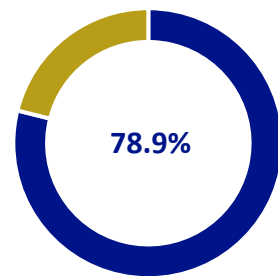
Families Reported Timely Access to Services

Consumer Needs Met



Consumers Reported Their Needs Were Met at Discharge

Satisfied with Services



Caregivers Reported Satisfaction with the Service

THE STEPPING UP INITIATIVE is a national, data-driven initiative designed to create systems-level change to reduce the number of individuals with serious mental illness in jails. The initiative urges county leaders to review current practices and to adopt policies, programs, and practices that impact the following 4 key measures.



INFORMATION SHARING PROJECT

The local Stepping Up teams initiated the Information Sharing Project, a collaboration of several criminal justice and mental health entities in Douglas and Sarpy counties. An Information Sharing committee was created to identify a software solution that allows for critical information to be shared between behavioral health and criminal justice systems who are often serving the same individuals. Improving the flow of information would improve care coordination, reduce duplication of efforts, and have a positive impact on individual client outcomes. A Request for Proposals (RFP) was issued for a data warehouse solution to specifically improve how information is shared between systems. The work to select a vendor and implement the solution will continue through FY24.

CRIMINAL JUSTICE AND BEHAVIORAL HEALTH IMPACTS

- A Stepping Up subcommittee provided leadership to reconcile the Nebraska Mental Health Practice Act with the federal Health Insurance Portability and Accountability Act (HIPAA), allowing for improved care coordination among providers.
- The Cass County Jail implemented the Brief Jail Mental Health Screen, a validated screening instrument used during the booking process to identify individuals who are likely to have a serious mental illness.
- Through the Stepping Up initiative, Region 6 provides leadership to support the implementation of best practices as evidenced by the Douglas and Sarpy County jail’s use of the Brief Jail Mental Health Screen, Long-Acting Injectables, Medication Assisted Treatment, and In-Reach Transition Planning for high utilizers.

Region 6 Behavioral Healthcare

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Working Together for a Healthy Nebraska

