



Behavioral Healthcare

NETWORK DIRECTORY

June 2017

4715 S 132nd Street

Omaha, NE 68137

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www.regionsix.com

Most services available on a Sliding Scale fee for those who meet financial eligibility

The most recent copy of this directory can be found at:

<http://www.regionsix.com/>

Cass

Dodge

Douglas

Sarpy

Washington

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As recipients of Federal Substance Abuse Prevention Treatment Block Grant funding, Region 6 Behavioral Healthcare Substance Abuse Providers provide substance use treatment to women (when applicable) and prioritize treatment for women who are pregnant. If you are a pregnant women in need of substance use treatment please contact one of our adult substance use providers.



Region 6 Network Services are accredited by CARF, the Commission on Accreditation for Rehabilitation Facilities. It is an international, not-for-profit organization that accredits human services providers. Its mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process and continuous improvement services that center on enhancing the lives of persons served.

OVERVIEW

The mission of Region 6 Behavioral Healthcare is 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. Our vision is to provide leadership through collaborative efforts with stakeholders for a united and comprehensive behavioral health system responsive to community needs and preferences.

Region 6 Behavioral Healthcare is responsible for the planning, developing, funding, monitoring and evaluating of behavioral health services in Cass, Dodge, Douglas, Sarpy and Washington County.

This publicly funded behavioral health system includes mental health and substance abuse prevention, treatment, and rehabilitation services provided by a network of providers, supported by federal, state and county dollars.



Region 6 Eligibility

In order to be eligible for Region 6 funding, consumers must meet clinical and financial eligibility criteria and must be U.S. citizens. Providers can be contacted directly to determine if a consumer is eligible for Region 6 funds through the completion of a financial eligibility checklist at intake.

Severe and Persistent Mental Illness (SPMI)

Some services require that a consumer has been diagnosed with having a Severe and Persistent Mental Illness or SPMI. Services that require a SPMI are marked in the network directory.

In Nebraska, a SPMI diagnosis indicates that an individual has a pervasive mental illness that significantly affects the individual's ability to function in several areas. Examples of a SPMI diagnosis include Schizophrenia, Bipolar Disorder, and Major Depressive Disorder. If you are unsure if the consumer has a SPMI, please contact the consumer's clinician.

NETWORK MANGEMENT

Region 6 Behavioral Healthcare (Region 6) has the statutory responsibility for organizing and supervising comprehensive behavioral health (mental health and substance use) services in the Region 6 service area which includes Cass, Dodge, Douglas, Sarpy, and Washington counties in Eastern Nebraska.

One of the six mental health regions in Nebraska, Region 6, along with the state's regional centers, makes up the state's public behavioral health system, also known as the Nebraska Behavioral Health System (NBHS). The purpose of Region 6 is to provide coordination, program planning, financial and contract management, and evaluation of behavioral health services funded through a network of providers.

In addition to providing funding for services, Region 6 staff help coordinate programs and offer technical assistance to support efficient, effective, and accessible quality care for residents of the Region. Listed below are the various system components that receive coordination:

Emergency Services Coordination

The Manager of Emergency Services is responsible for coordinating and monitoring providers, systems, and stakeholders that make up the region's emergency psychiatric system. Duties include ensuring consumers are having their psychiatric emergency needs met in the least restrictive form and making sure that there is access to treatment and interventions when psychiatric crisis occurs.

Housing Services Coordination

The Manager of Housing Services works with area stakeholders, housing providers, service providers, and community organizations to address system needs and/or gaps for Lincoln Regional Center discharges, prison system, medical system, and homeless continuum of care. Housing services work in conjunction with state and local housing initiatives to develop additional affordable housing opportunities for consumers who are extremely low income and experience a serious mental illness.

NETWORK MANAGEMENT

Network Provider Services Coordination

The Manager of Network Provider Services assists and supports the Director of Network Services in managing the provider network system. The Manager of Network Provider Services also works with providers to meet contract, regulatory, and statutory requirements.

Prevention Services Coordination

The Manager of Prevention Services coordinates the substance abuse prevention and mental health promotion services for the Region 6 service area. This coordination includes a system of community coalitions focusing on alcohol, tobacco, and other drugs that work to collaboratively impact substance use among youth and other priority populations in the Region 6 counties. Additional coordination efforts include Mental Health First Aid and suicide prevention initiatives.

Transition Services Coordination

The Manager of Transition Services works with community providers, psychiatric hospitals, and the state regional center to coordinate behavioral health service plans. A main focus of the position is to work with hospitals and the state regional center to oversee and prioritize Region 6 consumers' admissions to the state regional center system and assist in helping the regional center treatment to transition consumers back into the community. The Manager of Transition Services also offers a clinical perspective to the network including conducting provider clinical site reviews and coordinates training opportunities for the community.

NETWORK MANAGEMENT

Youth Services Coordination

The Manager of Youth Services has a specialized focus on the behavioral health system serving youth and young adults. The Manager of Youth Services provides advocacy within the community and collaborates with community-based partners to ensure a quality public behavioral health system for youth, young adults, and their families. The Manager of Youth Services also serves as a liaison for youth, families, and providers in navigating the behavioral health system.

Consumer Affairs Coordination

The Manager of Consumer Affairs coordinates efforts directed toward increasing consumer inclusion in the behavioral health system through a variety of methods. Activities include gathering and reporting on consumer input about behavioral health services, advocating for system change based on consumer interests, and coordinating anti-stigma activities. The Manager of Consumer Affairs acts as a primary point of contact for peer support services in the area in addition to collaborating with the Nebraska Office of Consumer Affairs and consumer advocates statewide to promote development of peer support services.

REGION 6 NETWORK SERVICES
ADULT MENTAL HEALTH

ADULT ACUTE INPATIENT HOSPITALIZATION

Description / Eligibility:

An Acute Inpatient program is designed to provide medically necessary, intensive assessment, psychiatric treatment and support to individuals with mental health and/or co-occurring disorders experiencing an acute psychiatric condition. The Acute Inpatient setting is equipped to serve patients at high risk of harm to self or others and in need of a safe, secure, lockable setting. The purpose of the services provided within an Acute Inpatient setting is to stabilize the individual's acute psychiatric conditions.

Acute Inpatient is provided 24 hours a day, seven days a week.

Length of Stay:

The length of stay is based on medical necessity criteria for acute care. Average length of stay is 1 to 7 days.

Agencies:

- CHI Health - Immanuel Medical Center
- CHI Health - Lasting Hope Recovery Center
- Douglas County Community Mental Health Center
- Fremont Area Medical Center

ASSERTIVE COMMUNITY TREATMENT

Description / Eligibility:

SPMI Required: Yes

The Assertive Community Treatment (ACT) Team provides high intensity services in the community. ACT services provide comprehensive treatment, rehabilitation, and support activities seven days per week, 365 days a year with on call availability 24 hours a day. The treatment team meets daily and consists of a psychiatrist, mental health practitioners, substance use specialists, vocational staff, registered nurses, and peer support. Consumers receive psychiatric services including medication management, individual/group/family therapy as needed, rehabilitation services including vocational, housing, and community living skill development, support services including coordinating transportation and setting up medical appointments, and crisis intervention services as required.

The ACT team provides services at the consumer's home and can provide multiple contacts each day as dictated by consumer need. ACT generally serves individuals who have had frequent use of inpatient hospitalization and/or emergency services. Individuals receiving ACT will receive all psychiatric services from the team including psychiatric visits for medication management and various therapies (i.e. individual and family).

Length of Stay:

The team provides ongoing continuous care for an extended period of time. Consumers admitted to the service who demonstrate any continued need for treatment, rehabilitation, or support will not be discharged except by mutual agreement between the consumer and the team.

Agencies:

- Community Alliance

COMMUNITY SUPPORT—MENTAL HEALTH

Description / Eligibility:

SPMI Required: Yes

Mental Health Community Support is a rehabilitative and support service for individuals with a serious and persistent mental illness. Community Support Workers provide direct rehabilitation and support services to the individual in the community including meeting with the consumer in the home with the intention of supporting the individual to maintain stable community living. Rehabilitation and support services focus on activities of daily living, education, budgeting, medication education and compliance, relapse prevention, and social skills. Staff partner with consumers in case management activities to include assisting the consumer in scheduling and attending appointments and linking the consumer to other community services.

Face-to-face contact is provide a minimum of three times per month or three total contact hours.

Length of Stay:

Length of service is individualized. Average length of stay is 6 to 12 months.

Agencies:

- Community Alliance
- Friendship Program
- Lutheran Family Services
- Salvation Army

CRISIS RESPONSE TEAMS

Description / Eligibility:

Crisis Response services are activated by law enforcement personnel. The service is provided by licensed behavioral health professionals who meets with a consumer in crisis within one hour of initial contact. The clinician completes a brief mental health status exam and substance use disorder screenings, assesses risk, and provides crisis intervention, crisis stabilization, referral linkages, and consultation to hospital emergency room personnel, if necessary. The service is designed to use natural supports and resources to build upon a consumer's strengths to help resolve an immediate behavioral health crisis in the least restrictive environment by assisting the consumer to develop a plan to resolve the crisis. The goal of the service is to avoid an Emergency Protective Custody hold or inpatient psychiatric hospitalization.

Crisis Response Team can be activated 24 hours a day, seven days a week

Length of Stay:

Service is provided until the crisis is resolved or the consumer chooses to decline continuation of services. Post crisis follow up is provided as needed.

Agencies:

- Heartland Family Service (Cass & Sarpy County)
- Lutheran Family Services (Dodge, Douglas, & Washington County)

DAY REHABILITATION

Description / Eligibility:

SPMI Required: Yes

Day Rehabilitation services are designed to assist individuals with a severe and persistent mental illness to learn about their illness and develop strategies to cope. The intent of the service is to provide individualized and group learning activities and support in order to help the consumer achieve success in the community. Areas of focus include participating in pre-vocational and recreational activities, learning about community resources, developing skills to assist in daily living, working on social skills and developing a support system, and learning problem-solving and coping skills.

Services are available five hours a day, five days a week.

Length of Stay:

Length of service is individualized and based on clinical criteria for admission and continuing stay as well as the consumer's ability to make progress on individual treatment/recovery goals.

Agencies:

- Community Alliance
- Friendship Program

DAY TREATMENT

Description / Eligibility:

Day Treatment provides individualized, community based treatment services to consumers with psychiatric disorders who require assistance to function full-time in a typical school, work, and/or home environment. Consumers meet with a psychiatrist/APRN on a weekly basis and receive medication management. Therapists provide individual, group, and family therapy. Consumers participate in psychotherapeutic and psychoeducational programming in a structured environment.

The program is operated Monday through Friday for six hours per day during daytime hours.

Length of Stay:

Length of service is individualized but a period of 21-90 days with decreasing days in attendance is typical.

Agencies:

- Douglas County Community Mental Health Center

EMERGENCY COMMUNITY SUPPORT

Description / Eligibility:

Emergency Community Support is designed to assist consumers who can benefit from support due to a behavioral health need and who are either currently residing in a community setting or transitioning from a psychiatric hospital into a community setting. Emergency Community Support services is an outpatient service and includes case management, behavioral health referrals, assistance with daily living skills, and coordination between consumer and/or consumer's support system and behavioral health providers.

Staff meet with consumers at home or in the community on a as-needed basis based on the consumer's needs.

Length of Stay:

Service continues until discharge guidelines are met or consumer chooses to decline continuation of service. Consumers typically receive services for up to 90 days.

Agencies:

- Salvation Army

HOMELESS TRANSITION SERVICES

Description / Eligibility:

Homeless Transition Services are an individualized, goal-oriented, and proactive service for persons who are homeless with serious mental illness, inclusive of those with co-occurring mental illness and substance use disorders, resulting in engagement in finding appropriate housing, ongoing behavioral health services, increased community stability, connectedness, and a successful transition from homelessness.

Length of Stay:

Length of service is individualized and based on establishing and maintaining the skills and stability necessary to transition from homelessness and successfully utilize other behavioral health services to avoid relapse and sustain personal recovery. Average length of service is projected to range from 12 to 24 months.

Agencies:

- Community Alliance

HOSPITAL DIVERSION

Description / Eligibility:

Safe Harbor is a Hospital Diversion program that offers assistance to adults with mental illness who are experiencing a crisis in their lives that is causing significant stress yet do not require immediate psychiatric care or hospitalization. With the support that is provided by Safe Harbor Peer Specialists – people who themselves have experienced a mental illness and are in recovery – a hospital stay may be able to be avoided.

Safe Harbor provides a warm line that can be accessed 24 hours a day, seven days a week. Visitors must call before coming to the program and can receive a short, recovery focused visit lasting less than 24 hours.

Length of Stay:

Warm line is accessible 24 hours a day, seven days a week. Visitors to Safe Harbor may stay at the program for a maximum of 24 hours.

Agencies:

- Community Alliance—Safe Harbor

INTENSIVE COMMUNITY SERVICES

Description / Eligibility:

Intensive Community Services are designed to support consumers to develop independent and community living skills and prevent the need for a higher level of care. Consumers are provided with service coordination and case management and receive assistance and education related to with activities of daily living, budgeting, medication compliance, social skills, and other independent living skills. Services are designed for consumers with a high rate of inpatient use including consumers with co-occurring disorders.

Consumers involved with Intensive Community Services reside at a cooperative living home or supported apartment as part of the program. Consumers must have the ability to pay for rent and fees.

Face-to-face contact is provide a minimum of six times per month or six total contact hours.

Length of Stay:

Average length of service is 6 to 12 months.

Agencies:

- Community Alliance
- Salvation Army

INTENSIVE CASE MANAGEMENT

Description / Eligibility:

This program utilizes an intensive case management approach to assist individuals age 18-24 being released from local jails by developing a pre-release jail discharge plan and continued support of the individual and their treatment plan goals while in the community. The target population of this program faces many challenges such as homelessness, co-occurring issues of mental health and substance abuse, unemployment, lack of a support systems, and issues relating to transitioning into adult mental health services and in some cases out of the foster care system. Main goals of this program include reduction in criminal recidivism by addressing the mental health needs of the transitional youth and creating stability through housing, education, and employment.

Consumers must be referred from the jail system.

Length of Stay:

Length of service is individualized and based on admission guidelines and continued treatment/recovery/rehabilitation as well as consumer's ability to make progress on individualized goals.

Agencies:

- Douglas County Community Mental Health Center

MEDICATION MANAGEMENT

Description / Eligibility:

Medication Management is the level of outpatient treatment where the sole service rendered by a qualified prescriber is the evaluation of the individual's need for psychotropic medications, provision of a prescription, and ongoing medical monitoring of those medications.

Length of Stay:

As often and for as long as deemed medically necessary and consumer/guardian continues to consent.

Agencies:

- Catholic Charities
- Community Alliance
- Douglas County Community Mental Health Center
- East Central District Health Department
- Heartland Family Service
- Lutheran Family Services

MENTAL HEALTH RESPITE

Description / Eligibility:

Mental Health Respite provides a safe, protected, supervised residential environment on a short-term basis. Consumers are primarily referred to the program from a psychiatric hospital. The intent of the service is to support a consumer with a mental health diagnosis throughout the transition or break, provide linkages to needed behavioral health services, and assist in transition back into the community.

Mental Health Respite is a residential program staffed 24 hours a day, seven days a week.

Length of Stay:

Average length of stay is 24 days. Consumers may stay up for up to 30 days.

Agencies:

- Salvation Army

OUTPATIENT MENTAL HEALTH

Description / Eligibility:

Outpatient psychotherapy is the treatment of psychiatric disorders through scheduled therapeutic visits between the therapist and the individual. The focus of outpatient psychotherapy treatment is to improve or alleviate symptoms that may significantly interfere with functioning in at least one life domain (e.g., familial, social, occupational, educational, etc.). The goals, frequency, and duration of outpatient treatment will vary according to individual needs and response to treatment. Consumers may also receive group or family therapy as appropriate and available.

Length of Stay:

Length of treatment is individualized and based on clinical criteria for admission and continued treatment as well as the consumer's ability to benefit from individual treatment/recovery goals.

Agencies:

- Catholic Charities
- Community Alliance
- Douglas County Community Mental Health Center
- East Central District Health Department
- Heartland Family Service
- Lutheran Family Services
- Charles Drew Health Center
- OneWorld Community Health Centers

PEER SUPPORT

Description / Eligibility:

This service promotes recovery through the development of a relationship based on shared experience and mutuality. It is consumer focused and supports dignity, self-advocacy, and empowerment and provides some assistance in crisis/relapse prevention through encouragement of continuing recovery goals and action planning.

Length of Stay:

Service continues until discharge guidelines are met or consumer chooses to decline continuation of services.

Agencies:

- Community Alliance
- Douglas County Community Mental Health
- Friendship Program
- Lutheran Family Services
- Salvation Army

PSYCHIATRIC RESIDENTIAL REHABILITATION

Description / Eligibility:

SPMI Required: Yes

Psychiatric Residential Rehabilitation is designed to provide individualized treatment and recovery inclusive of psychiatric rehabilitation and support for individuals with a severe and persistent mental illness and/or co-occurring disorder who are in need of recovery and rehabilitation activities within a residential setting. Consumers learn and practice daily living and social skills, learn to manage medications, and participate in activities in the community. The intent of the service is to support the consumer in the recovery process so that the consumer can successfully transition to the community or independent living.

Psychiatric Residential Rehabilitation services are provided by a recovery team in a 24-hour staffed residential facility. Facilities range from eight to 16 residents.

As part of the recovery process, consumers must participate in a structured, meaningful activity of their choice, both within the home and in the community.

Consumers must have the ability to pay for rent and fees along with a security deposit. With some facilities, federal rental subsidies are available to income eligible individuals.

Length of Stay:

Length of service is individualized. Average length of stay is 9 to 18 months.

Agencies:

- Community Alliance

REGIONAL RENTAL ASSISTANCE PROGRAM

Description / Eligibility:

SPMI Required: Yes

The Regional Rental Assistance Program provides rental assistance for adults with a severe and persistent mental illness who are extremely low income. The Regional Rental Assistance Program operates much like the federal Housing Choice Voucher program also known as Section 8. Rental assistance and, in some cases, assistance with security or utility deposits is provided to assist an eligible individual or family to rent an apartment or house from a private landlord in the five county Region 6 area.

Length of Stay:

Until discharge guidelines are met or consumer chooses to exit the program.

Agencies:

- Region 6 Behavioral Healthcare

SECURE RESIDENTIAL

Description / Eligibility:

SPMI Required: Yes

Secure Residential Treatment is intended to provide individualized recovery, psychiatric rehabilitation, and support for individuals with a severe and persistent mental illness and/or co-occurring substance use disorder demonstrating a moderate to high risk for harm to self or others and in need of a secure, recovery/rehabilitative/therapeutic environment.

Consumers are generally admitted from acute psychiatric programs at a local or state psychiatric hospital. The goal of the program is to stabilize psychiatric symptoms that prevent the consumer from being successful in a less restrictive environment. Consumers receive psychiatric services, individual/group/family therapy, and a minimum of 42 hours of psychoeducational and psychotherapeutic programming a week. Medications are locked and dispensed by medication aides. Consumers have opportunities to participate in community outings.

Secure Residential is a residential program staffed 24 hours a day, seven days a week.

Length of Stay:

Length of service is individualized. Average length of stay is 3 to 6 months.

Agencies:

- Telecare-Recovery Center at Sarpy

SUBACUTE INPATIENT

Description / Eligibility:

Subacute is a level of care provided by a psychiatric hospital. Consumers at Subacute are stepping down from acute psychiatric care. The purpose of Subacute care is to provide further stabilization, engage the consumer in comprehensive treatment, rehabilitation and recovery activities, and transition the consumer to the least restrictive setting as rapidly as possible.

Length of Stay:

The average length of stay ranges from a few days to a few weeks driven by the medical necessity for a client to remain at this level of care.

Agencies:

- CHI Health – Lasting Hope Recovery Center

SUPPORTED EMPLOYMENT

Description / Eligibility:

Supported Employment is designed to provide recovery and rehabilitation services and supports to consumers as they work to obtain and maintain employment. A Supported Employment team provides employment development assistance such as resume writing and mock interviews. When the consumer is hired, the Supported Employment team may provide on or off-site job coaching to help the individual learn and adjust to the new job. The intent of the service is to support the consumer in getting a job and in the recovery process so the consumer's employment goals can be successfully obtained.

Length of Stay:

Length of service is individualized and based on criteria for admission and continued treatment as well as consumer's ability to make progress on individual employment goals.

Agencies:

- Community Alliance

URGENT OUTPATIENT

Description / Eligibility:

Urgent Outpatient Therapy is an intense intervention for consumers with an urgent/emergent behavioral health crisis. The purpose of the service is to support the consumer in achieving crisis resolution and determining next steps for further treatment if needed.

Urgent Outpatient Psychotherapy services are intended to assure that consumers receive immediate treatment intervention when and where it is needed.

This program is limited to consumers who are indigent or uninsured.

Length of Stay:

Typically one session.

Agencies:

- Lutheran Family Services

REGION 6 NETWORK SERVICES
ADULT SUBSTANCE USE

COMMUNITY SUPPORT—SUBSTANCE USE

Description / Eligibility:

Substance Use Community Support is a rehabilitative and support service for individuals with primary substance use disorders. Community Support Workers provide direct rehabilitation and support services to the individual in the community with the intention of supporting the individual to maintain abstinence, stable community living, and prevent exacerbation of illness and admission to higher levels of care. Rehabilitation and support services focus on activities of daily living, education, budgeting, medication compliance and administration, relapse prevention, and social skills. Staff actuate case management activities such as providing transportation, assisting the consumer in scheduling and attending appointments, and linking the consumer to other community services.

Face-to-face contact is provided a minimum of three times per month or three total contact hours.

Length of Stay:

Length of service is individualized and based on the consumer's ability to make progress on individual treatment/recovery goals.

Agencies:

- CenterPointe

DETOXIFICATION

Description / Eligibility:

Social Detoxification provides intervention in substance use disorder emergencies on a 24 hour per day basis to individuals experiencing acute intoxication. This service has the capacity to provide a safe residential setting with staff present for observation and implementation of physician approved protocols designed to physiologically restore the individual from an acute state of intoxication when medical treatment for detoxification is not necessary.

Detoxification services are provided 24 hours a day, seven days a week.

Length of Stay:

Generally 2 to 5 days.

Agencies:

- Douglas County Mental Health Center

DUAL RESIDENTIAL

Description / Eligibility:

SPMI Required: Yes

Dual Disorder Residential Treatment is intended for adults with a primary substance use disorder and a co-occurring severe and persistent mental illness requiring a more restrictive treatment environment to prevent substance use. This service is highly structured, based on acuity, and provides primary, integrated treatment to further stabilize acute symptoms and engage the individual in a program of maintenance, treatment, rehabilitation and recovery. Consumers receive psychiatric services including medication management, individual, group, and family therapy, psychoeducational programming, and recreational services. Drug screenings can be administered as needed.

Consumers referred to the program should have a current dual (mental health and substance use) assessment which recommends this level of care.

Dual Residential is a residential program that is operational 24 hours a day, seven days a week.

Length of Stay:

Average length of stay is 6 months.

Agencies:

- CenterPointe

HALFWAY HOUSE

Description / Eligibility:

Halfway House is a transitional, structured supportive living/treatment/recovery facility located in the community for adults with substance use issues seeking reintegration into the community. Consumers generally admit to the program after having received substance use treatment at a more intense level. This service provides safe housing, structure and support which affords consumers an opportunity to develop and practice their interpersonal and group living skills, strengthen recovery skills, and reintegrate into their community. Consumers participate in individual and group counseling and 12 step activities. Consumers also receive assistance to find or return to employment.

Consumers must be able to pay for rent at the halfway house.

Halfway House is a transitional living program that is operational 24 hours a day, seven days a week.

Length of Stay:

Length of service is individualized but consumers are typically at the program for 6 to 12 months.

Agencies:

- ARCH (Men)
- Santa Monica (Women)

INTENSIVE OUTPATIENT (ADULT)

Description / Eligibility:

Intensive Outpatient Services provide group based, non-residential, intensive, structured interventions consisting primarily of counseling and education about substance related and co-occurring mental health problems. Consumers receive individual, group, and family therapy and psychoeducational programming. This community based service allows the individual to apply skills in “real world” environments.

Intensive Outpatient is provided 3-5 times per week consisting of nine or more hours of programming.

Consumers referred to Intensive Outpatient should have a current substance use assessment which recommends this level of care.

Length of Stay:

Six to 10 weeks may be typical.

Agencies:

- Catholic Charities
- Lutheran Family Services

METHADONE MAINTENANCE

Description / Eligibility:

The Opioid Treatment Provider provides medical and social services to severe opioid use disorder individuals along with outpatient substance use disorder treatment. Opioid replacement therapy is provided under medical supervision and include the replacement of an illegal opioid such as heroin or prescription medications like Oxycontin with a longer acting but less euphoric opioid, typically methadone or buprenorphine. This service is provided under a defined set of policies and procedures, including admission, discharge and continued service criteria stipulated by state law and regulation and the federal regulations.

Length of Stay:

This service is recognized as long-term treatment, potentially for life. A range of 18 to 26 months should be the minimum time for minimally adequate physical and psychological recovery supported with at least one contact per month.

Agencies:

- BAART Community Health

OUTPATIENT SUBSTANCE USE

Description / Eligibility:

Outpatient substance use is the treatment of substance use disorders through scheduled therapeutic visits between the therapist and the individual. The focus of outpatient treatment is to improve or alleviate symptoms of a substance use disorder that may significantly interfere with functioning in at least one life domain (e.g., familial, social, occupational, educational, etc.). The goals, frequency, and duration of outpatient treatment will vary according to individual needs and response to treatment. Consumers may also receive group or family therapy as appropriate and available.

Length of Stay:

Length of treatment is individualized and based on clinical criteria for admission and continued treatment as well as the consumer's ability to benefit from individual treatment/recovery goals.

Agencies:

- CHI Health – Immanuel Medical Center
- Catholic Charities
- Heartland Family Service
- Lutheran Family Services
- Nebraska Urban Indian Health Coalition
- OneWorld Community Health Centers

SHORT-TERM RESIDENTIAL

Description / Eligibility:

Short Term Residential Treatment is intended for adults with a primary substance use disorder requiring a more restrictive treatment environment to prevent the use of alcohol and drugs. This service is highly structured and provides primary, comprehensive substance use disorder treatment. Consumers receive individual, group, and family therapy and psychoeducational programming to develop recovery and relapse prevention skills.

Consumers referred to the program should have a current substance use assessment which recommends this level of care.

Short Term Residential is a residential program that is operational 24 hours a day, seven days a week.

Length of Stay:

Length of service is individualized. The typical length of stay is approximately 30 days.

Agencies:

- CenterPointe
- NOVA Therapeutic Community

THERAPEUTIC COMMUNITY

Description / Eligibility:

Therapeutic Community is intended for adults with a primary substance use disorder who require intensive treatment either because of the pervasiveness of the substance use or due to a history of unsuccessful treatment at less restrictive programs. The program is highly structured and characterized by peer oriented activities. Consumers receive individual, group, and family therapy and psychoeducational programming focused on recovery and relapse prevention.

Consumers referred to the program should have a current substance use assessment which recommends this level of care.

Heartland Family Services—Family Works program works with women who are pregnant or have children and allows mothers to keep their children with them while they participate in the program.

Therapeutic Community is a residential program that is operational 24 hours a day, seven days a week.

Length of Stay:

Length of service is individualized. Typical length of stay is 4 to 6 months.

Agencies:

- Heartland Family Service—Family Works (Pregnant women / women with children)
- NOVA Therapeutic Community

REGION 6 NETWORK SERVICES
YOUTH

CRISIS RESPONSE TEAMS

Description / Eligibility:

Crisis Response services are activated by law enforcement personnel. The service is provided by licensed behavioral health professionals who meets with a consumer in crisis within one hour of initial contact. The clinician completes a brief mental health status exam and substance use disorder screenings, assesses risk, and provides crisis intervention, crisis stabilization, referral linkages, and consultation to hospital emergency room personnel, if necessary. The service is designed to use natural supports and resources to build upon a consumer's strengths to help resolve an immediate behavioral health crisis in the least restrictive environment by assisting the consumer to develop a plan to resolve the crisis. The goal is to avoid an Emergency Protective Custody hold or inpatient psychiatric hospitalization.

Crisis Response Team can be activated 24 hours a day, seven days a week.

Length of Stay:

Service is provided until the crisis is resolved or the consumer chooses to decline continuation of services. Post crisis follow up is provided as needed.

Agencies:

- Heartland Family Service (Cass & Sarpy County)
- Lutheran Family Services (Dodge, Douglas, & Washington County)

Description / Eligibility:

Outpatient psychotherapy is the treatment of psychiatric disorders through scheduled therapeutic visits between the therapist and the individual. The focus of outpatient psychotherapy treatment is to improve or alleviate symptoms that may significantly interfere with functioning in at least one life domain (e.g., familial, social, occupational, educational, etc.). The goals, frequency, and duration of outpatient treatment will vary according to individual needs and response to treatment. Consumers may also receive group or family therapy as appropriate and available.

Length of Stay:

Length of treatment is individualized and based on clinical criteria for admission and continued treatment as well as the consumer's ability to benefit from individual treatment/recovery goals.

Agencies:

- Heartland Family Service
- Lutheran Family Services

Description / Eligibility:

The Family Empowerment Program provides short term (6 months) family-centered case management services to youth and families experiencing mental health and substance use concerns. Referrals come directly from Child and Family Services with the goal of preventing future child welfare involvement. All families referred have been assessed by Child and Family Services and determined not to have child abuse and/or neglect concerns occurring in the home. The goal of the program is to connect both parents and children to needed mental health and substance abuse services in addition to identifying supports and resources to assist in stabilizing the family environment.

Length of Stay:

The program is dependent on the needs of the family.

Agencies:

- Region 6 Behavioral Healthcare

Description / Eligibility:

The Rapid Response Program provides short term (6 months) Family-Centered case management services for severely emotionally disturbed youth (age 19 years and under). Referrals come directly through the County Attorneys' offices. Families referred to this program are in immediate crisis and the goal is to stabilize and connect them to resources in the community in order to prevent the need for Juvenile Court and/or Child Welfare involvement.

Length of Stay:

The program is dependent on the needs of the family.

Agencies:

- Region 6 Behavioral Healthcare

PROFESSIONAL PARTNER—SAFE

Description / Eligibility:

The School and Family Enrichment Program (SAFE) is a collaborative effort among Omaha Public Schools, Child Saving Institute and Region 6 Behavioral Healthcare. This voluntary program provides, at no cost to the family, a SAFE Specialist who serves as a supportive link between the school, the family, and needed community resources. The only difference between the SAFE program and the Professional Partner Program is that referrals come from elementary schools in the Omaha Public School District.

Length of Stay:

The program is dependent on the needs of the family and typically averages 9 months.

Agencies:

- Region 6 Behavioral Healthcare

PROFESSIONAL PARTNER—TRADITIONAL

Description / Eligibility:

The Professional Partner Program provides voluntary Family-Centered case management services based in the wraparound model for severely emotionally disturbed children (birth to 21) and their families to achieve goals of stability, functioning, and community integration. The overall goal of the program is to assist families in finding ways to address the needs of their children within the home environment, utilize natural supports and community resources, and develop strength-based strategies. Referrals to the program may come from schools, hospitals, community agencies, or the families themselves.

Length of Stay:

The program is dependent on the needs of the family and typically averages 9 months.

Agencies:

- Region 6 Behavioral Healthcare

PROFESSIONAL PARTNER—TRANSITIONAL

Description / Eligibility:

The Transitional Youth Program provides Family-Centered case management services for severely emotionally disturbed young adults ages 17-25. The focus is to help young adults achieve independence and promote their successful transition into adulthood. Referrals to the program may come from schools, hospitals, community agencies, or the families themselves.

Peer Support Services are available as an optional service for youth participating in the Transitional Youth Program. Peer Support is designed to foster the development of a one-on-one relationship between two peers who have experienced similar struggles with mental health and/or substance use. The Peer Support relationship is intended to promote wellness and recovery from mental health/substance use challenges.

Length of Stay:

The program is dependent on the needs of the family and typically averages 9 months.

Agencies:

- Region 6 Behavioral Healthcare

TRANSITION—AGED YOUTH RENTAL ASSISTANCE PROGRAM

Description / Eligibility:

The Transition-Aged Youth Rental Assistance Program is rental assistance program for individuals aged 18-26. The program is set up to operate much like the federal Housing Choice Voucher program (Section 8) operated by public housing authorities.

The purpose of the program is to assist young adults with the transition from youth into adulthood and independent living. The housing program is designed to act as a transition subsidy or temporary subsidy until the participant is paying full rent or rental assistance is available to the participant.

Length of Stay:

Generally 18 months.

Agencies:

- Region 6 Behavioral Healthcare

TRANSITIONAL RESOURCES FOR YOUTH (TRY)
INDEPENDENT LIVING CLASSES

Description / Eligibility:

Independent Living Classes are offered on a variety of life skills topics designed to provide young adults with the knowledge and skills necessary to live an independent lifestyle. The classes are presented by experts in the community and may include, but not limited to the following topics:

Relationships & Communication
Cooking & Nutrition
Financial Planning and Budgeting
Obtaining & Maintaining Employment
Health & Wellness
Obtaining & Maintaining Housing

The Independent Living Classes are available to young adults between the ages of 16–26 who have experienced a behavioral health challenge and reside in Cass, Dodge, Douglas, Sarpy or Washington counties. The classes are free of charge.

Length of Stay:

Independent living classes are offered monthly. Please visit www.regionsix.com for class information.

Agencies:

- Region 6 Behavioral Healthcare

TRANSITIONAL RESOURCES FOR YOUTH (TRY) TEAM

Description / Eligibility:

The TRY Team is a case consultation team designed to support young adults with behavioral health challenges in developing a plan for transitions in their lives while addressing any barriers they may experience. This is accomplished through a collaborative effort of identifying and making recommendations to existing community resources and support.

Representatives of the TRY Team consist of community providers offering a wide range of services for young adults. Each member offers valuable knowledge and expertise in the planning process to support young adults with developing an individualized plan as they transition into adulthood.

Young adults may be referred to the TRY Team if they are between the ages of 16–26, have experienced a behavioral health challenge, and reside in Cass, Dodge, Douglas, Sarpy or Washington counties.

Length of Stay:

TRY Team meetings occur monthly.

Agencies:

- Region 6 Behavioral Healthcare

YOUNG PEOPLE'S PEER SUPPORT GROUP

Description / Eligibility:

The Peer Support Group provides a unique environment where young adults can connect to one another through shared experiences and develop positive relationships to empower recovery. The Peer Support Group is facilitated by a certified Peer Support Specialist.

The Peer Support Group is available to young adults between the ages of 16-26 who have experienced a behavioral health challenge and reside in Cass, Dodge, Douglas, Sarpy or Washington counties.

Length of Stay:

The Peer Support Group meets on a regular basis. Please visit www.regionsix.com for meeting information.

Agencies:

- Region 6 Behavioral Healthcare

REGION 6 ADULT NETWORK
PROVIDERS

REGION 6 ADULT NETWORK PROVIDERS

ARCH Halfway House

604 S 37th Street
Omaha, NE 68105
402-346-8898

- Substance Use Services – Halfway House – Men

1502 N 58th Street
Omaha, NE 68114

- Substance Use Services – Halfway House – Men

BAART Community HealthCare

The Center Mall
1941 S 42nd Street, Suite 210
Omaha, NE 68105
402-341-6220

- Substance Use Services – Opioid/Methadone Maintenance

Catholic Charities

3300 N 60th Street
Omaha, NE 68104
402-554-0520

- Mental Health Services – Medication Management and Outpatient
- Substance Use Services – Intensive Outpatient and Outpatient Assessments

CenterPointe

Omaha Campus for Hope
1490 N 16th Street
Omaha Campus for Hope
Omaha, NE 68102
402-827-0570

- Substance Use Services – Community Support, Short Term Residential, Dual Residential

REGION 6 ADULT NETWORK PROVIDERS

Charles Drew Health Center

Main Clinic

2915 Grant Street

Omaha, NE 68111

402-451-3553

- Mental Health Services – Outpatient

CHI Health– Immanuel Medical Center

6901 N 72nd Street Omaha, NE 68122

402-572-2121

- Mental Health Services – Acute Inpatient
- Substance Use Services – Outpatient and Outpatient Assessments

3308 Samson Way, Suite 203

Bellevue, NE 68123

402-717-7681

- Substance Use Services – Outpatient

CHI Health– Lasting Hope Recovery Center

415 S. 25th Avenue Omaha, NE 68131

402-717-5300

- Mental Health Services – Inpatient – Acute, Subacute

REGION 6 ADULT NETWORK PROVIDERS

Community Alliance

4001 Leavenworth Street
Omaha, NE 68105
402-341-5128

- Mental Health Services – Assertive Community Treatment (ACT), Community Support, Intensive Community Services, Day Rehabilitation, Medication Management, Outpatient, Residential Rehabilitation, Homeless Transition, Peer Support

Safe Harbor
415 S. 25th Avenue, Annex Building
Omaha, NE 68131
402-884-9044

- Mental Health Services – Hospital Diversion/Crisis Intervention

1900 E Military Ave.
Fremont, NE 68025
402-341-5128

- Mental Health Services – Community Support

Douglas County Community Mental Health Center

4102 Woolworth Street
Omaha, NE 68105
402-444-7930

- Mental Health Services – Acute Inpatient, Intensive Case Management (available in Douglas, Sarpy and Washington County jails only), Medication Management, Outpatient, Day Treatment, Peer Support

Omaha Campus for Hope
1490 N 16th Street
Omaha Campus for Hope
Omaha, NE 68102
402-444-1759

- Mental Health Services – Crisis Assessment/Evaluation
- Substance Use Services – Social Detoxification

East Central District Health Department

Good Neighbor Clinic Fremont
2740 N Clarkson Street
Fremont, NE 68025
402-721-0951

- Mental Health Services – Medication Management, Outpatient

Fremont Area Medical Center

450 E 23rd Street
Fremont, NE, 68025
402-721-1610

- Mental Health Services – Acute Inpatient

Friendship Program, Inc.

7315 Maple Street
Omaha, NE, 68134
402-393-6911

- Mental Health Services – Community Support, Day Rehabilitation, Peer Support

Heartland Family Service

2101 S 42nd Street
Omaha, NE 68105
Intake 402-552-7400
402-553-3000

- Mental Health Services – Medication Management and Outpatient
- Substance Use Services – Outpatient and Outpatient Assessments

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REGION 6 ADULT NETWORK PROVIDERS

Heartland Family Service (continued)

2101 S 42nd Street
Omaha, NE 68105
Intake 402-552-7400
402-553-3000

- Mental Health Services – Medication Management and Outpatient
- Substance Use Services – Outpatient and Outpatient Assessments

1016 Park Avenue
Omaha, NE 68105
Intake 402-552-7400
402-342-9555

- Substance Use Services – Therapeutic Community (Pregnant Women & Women with Children)

2517 Cadwell Street, Apt. 139
Omaha, NE 68131
402-552-7014

- Substance Use Services- Intensive Outpatient

302 American Parkway
Papillion, NE 68406
Intake 402-552-7400
402-339-2544

- Mental Health Services – Medication Management and Outpatient
- Cass and Sarpy County Crisis Responses Teams (accessible only through law enforcement)
- Substance Use Services – Intensive Outpatient, Outpatient, Outpatient Assessments

REGION 6 ADULT NETWORK PROVIDERS

Lutheran Family Services

120 S. 24th Street
Omaha, NE 68102
Intake 855-659-2706
402-342-7007

- Mental Health Services – Community Support, Outpatient, Urgent Outpatient, Medication Management, Dodge, Douglas, and Washington County Crisis Response Teams (accessible only through law enforcement)

- Substance Use Services – Intensive Outpatient, Outpatient, Outpatient Assessments

11949 Q Street
Omaha, NE 68137
Intake 855-659-2706
402-595-1338

- Mental Health Services – Community Support, Outpatient Therapy, Urgent Outpatient

- Substance Use Services – Outpatient

2401 Lake Street, Suite 110
Omaha, NE 68111
Intake 855-659-2706
402-455-9757

- Mental Health Services – Outpatient and Urgent Outpatient

- Substance Use Services – Intensive Outpatient, Outpatient, Outpatient Assessments

415 S 25th Avenue
Omaha, NE 68131
Intake 855-659-2706
402-717-5300

- Mental Health Services – Community Support and Urgent Outpatient

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Lutheran Family Services (continued)

11515 S. 39th St, 3rd FL
Bellevue, NE 68123
Intake 855-659-2706
402-292-9105

- Mental Health Services – Community Support, Outpatient, Urgent Outpatient, Medication Management
- Substance Use Services– Outpatient and Outpatient Assessments

403 S 16th Street, Suite C
Blair, NE 68008
Intake 855-659-2706
402-426-5454

- Mental Health Services – Community Support, Outpatient, Urgent Outpatient
- Substance Use Services – Outpatient and Outpatient Assessments

1420 E. Military Ave., Suite 100
Fremont, NE 68025
Intake 855-659-2706
402-721-1774

- Mental Health Services – Community Support, Outpatient, Urgent Outpatient, Medication Management
- Substance Use Services – Outpatient and Outpatient Assessments

Nebraska Urban Indian Health Coalition

2240 Landon Court Omaha, NE 68108
402-346-0902

- Substance Use Services – Outpatient and Outpatient Assessments

REGION 6 ADULT NETWORK PROVIDERS

Nova Treatment Community

8502 Mormon Bridge Road
Omaha, NE 68152
402-455-8303

- Substance Use Services – Therapeutic Community and Short Term Residential

OneWorld Community Health Centers, Inc.

Livestock Exchange Building
4920 South 30th St.
Omaha, NE 68107
402-619-5314

- Mental Health Services – Outpatient
- Substance Use Services – Outpatient and Outpatient Assessments

Women's Health Center
4930 S. 30th St.
Omaha, NE 68107
402-619-5314

- Mental Health Services- Outpatient

Cass Family Medicine
409 Main Street
Plattsmouth, NE 68048
402-296-2345

- Mental Health Services – Outpatient
- Substance Use Services – Outpatient and Outpatient Assessments

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REGION 6 ADULT NETWORK PROVIDERS

OneWorld Community Health Centers, Inc. (continued)

West Omaha Clinic
4101 S 120th St.
Omaha, NE 68137
402-505-3907

- Mental Health Services- Outpatient
- Substance Use Services – Outpatient and Outpatient Assessments

Bellevue Clinic
2207 Georgia Ave
Bellevue, NE 68005
402-502-8855

- Mental Health Services- Outpatient
- Substance Use Services – Outpatient and Outpatient Assessments

Salvation Army

3612 Cuming Street
Omaha, NE 68131
402-898-5900

- Mental Health Services – Community Support, Emergency Community Support, Intensive Community Services, Peer Support

3321 Fontenelle Street
Omaha, NE 68104
402-505-8243

- Mental Health Services – Mental Health Respite

415 S 25th Ave
Omaha, NE 68131
402-717-5300

- Mental Health Services – Emergency Community Support

REGION 6 ADULT NETWORK PROVIDERS

Region 6 Behavioral Healthcare

4715 S 132 Street
Omaha, NE 68137
402-444-6573

- Mental Health Services – Case Management, Housing Rental Assistance

Santa Monica

401 South 39th Street
Omaha, NE 68131
402-558-7088

- Substance Use Services – Women – Halfway House

Telecare Corporation

Recovery Center at Sarpy (Telecare)
2231 Lincoln Road
Bellevue, NE 68005
402-291-1203

- Mental Health Services – Secure Residential



REGION 6 YOUTH NETWORK
PROVIDERS

REGION 6 YOUTH NETWORK PROVIDERS

Heartland Family Service

2101 S 42nd Street
Omaha, NE 68105
402-552-7400

- Mental Health Services—Outpatient
- Additional Outpatient Services available in Douglas County Youth Center and Sarpy County Juvenile Justice Center only

302 American Parkway
Papillion, NE 68406
Intake 402-552-7400
402-339-2544

- Mental Health Services - Outpatient
- Cass and Sarpy County Crisis Responses Teams (accessible only through law enforcement)

Lutheran Family Services

11949 Q Street
Omaha, NE 68137
402-595-1338

- Mental Health Services - Outpatient

730 N Fort Crook Road
Bellevue, NE 68005
402-292-9105

- Mental Health Services - Outpatient

1420 E. Military Ave., Suite 100
Fremont, NE 68025
402-721-1774

- Mental Health Services - Outpatient

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Lutheran Family Services (continued)

3040 Lake Street, Suite 124
Omaha, NE 68111
402-504-1733

- Mental Health Services – Outpatient

120 S. 24th Street
Omaha, NE 68102
Intake 855-659-2706
402-342-7007

- Dodge, Douglas, and Washington County Crisis Response Teams (accessible only through law enforcement)

Region 6 Behavioral Healthcare

4715 S 132 Street
Omaha, NE 68137
402-444-6573

- Mental Health Services – Case Management (Professional Partner Program)
- Transitional-Aged Youth Rental Assistance Program
- Transitional Resources for Youth (TRY) Independent Living Classes
- Transitional Resources for Youth (TRY) Team
- Young People’s Peer Support Group