



Region 6 Behavioral Healthcare

ANNUAL REPORT

2019

Working Together for a Healthy Nebraska

Mission, Vision, Values



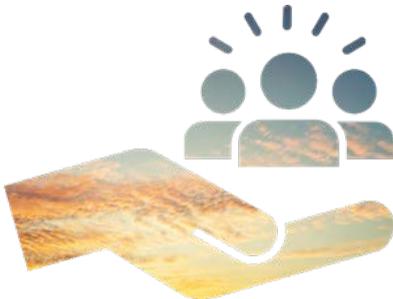
MISSION

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 as preferences.



VALUES

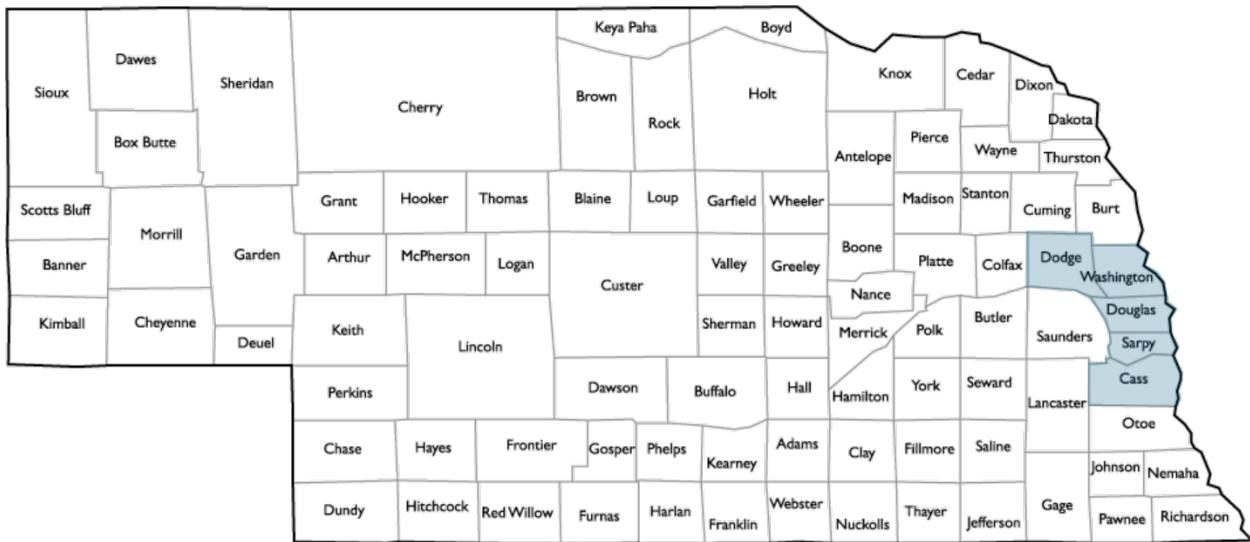
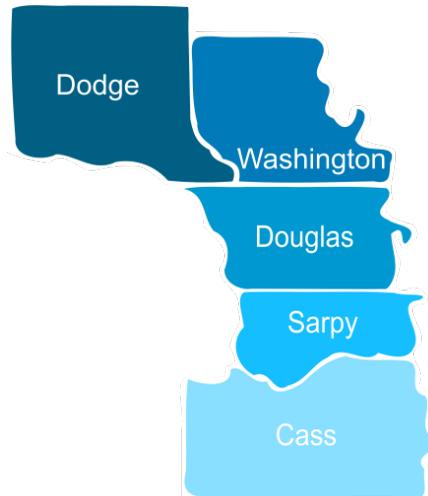
Region 6 values the planning, development, and provision of accessible, community strength-based services.

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.

Service Area

Region 6 Behavioral Healthcare serves the residents of Cass, Dodge, Douglas, Sarpy, and Washington Counties in eastern Nebraska.



From the Board Chair

Region 6 Behavioral Healthcare (Region 6) works diligently to provide a quality public behavioral health system that helps improve people's lives and build a healthy Nebraska. Region 6 is a quasi-governmental entity, comprised of Cass, Dodge, Douglas, Sarpy, and Washington Counties, located in eastern Nebraska. This structure allows for a unique partnership between county, state, and federal governments, county residents, and community organizations and as a result, over 10,000 individuals in our five counties were able to receive needed behavioral health services.

As the First Vice President of the National Association of Counties, I have had the opportunity to learn about innovations across the country. One such initiative, "Stepping Up", was introduced in our region this year. "Stepping Up" is a national initiative to reduce the number of people with mental illness in jails. Region 6 Behavioral Healthcare, county leaders in our region, local law enforcement organizations, and many others are coming together to create action plans that will help support the mental health needs of those individuals in the criminal justice system.

During FY 2017 and FY 2018, Region 6 Behavioral Healthcare also participated in regional and statewide efforts to develop a Behavioral Health System of Care. The goal of this System of Care is to create a comprehensive and sustainable system that is youth guided, family-driven, trauma-informed, and culturally responsive to improve outcomes for children and youth with behavioral health needs.

Region 6 Behavioral Healthcare provided various workforce development training opportunities related to behavioral health including cultural competency, staying motivated in the face of challenges, and serving older adults with mental health needs; helped facilitate Crisis Intervention Training for law enforcement and first responders and Psychological First Aid for first responders; provided Mental Health First Aid training to community members resulting in 717 new mental health first aiders.

We helped design and manage a new Consumer Community Development Project focused on promoting the growth of an independent, consumer-driven community of people with lived experience of behavioral health challenges and their allies. This group held multiple networking, cultural, and educational events, including a first-of-its-kind consumer community conference.

We appreciate the dedicated efforts of the Regional Governing Board, the Behavioral Health Advisory Committee, the Consumer Advisory Team, our communities, our providers and coalitions, and our employees for their support and commitment to building a healthy Nebraska through an effective public behavioral health system.

Respectfully,

Mary Ann Borgeson, Board Chair

Regional Governing Board



CALENDAR
YEAR 2017
(FY 2017-FY 2018)

David
Saalfeld

Lisa
Kramer
(Vice Chair)

Mary Ann
Borgeson
(Board Chair)

Brian
Zuger

Janet
McCartney
(Secretary)

CALENDAR
YEAR 2018
(FY 2018-FY 2019)

David
Saalfeld

Lisa
Kramer
(Vice Chair)

Mary Ann
Borgeson
(Board Chair)

Jim
Warren

Janet
McCartney
(Secretary)

CALENDAR
YEAR 2019
(FY 2019-FY 2020)

David
Saalfeld

Lisa
Kramer
(Vice Chair)

Mary Ann
Borgeson
(Board Chair)

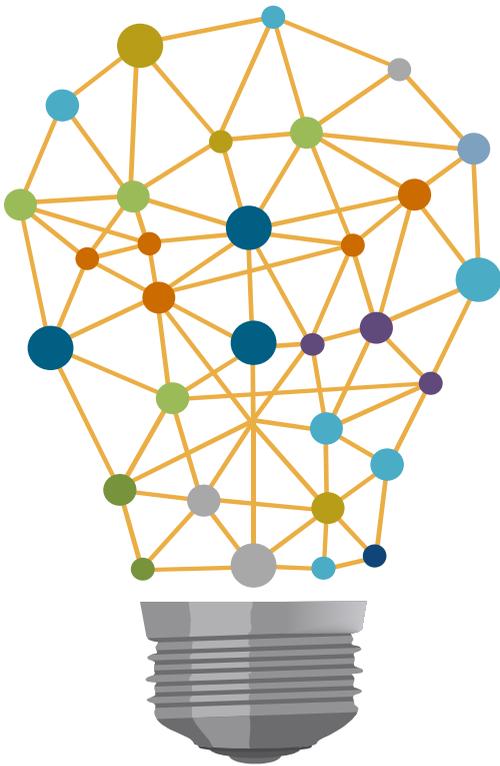
Jim
Warren

Janet
McCartney
(Secretary)

Regional Governing Boards are local units of government organized under the Interlocal Cooperation Act for the purpose of planning, organizing, staffing, directing, coordinating, and reporting. Each county participating in the region appoints one county commissioner/supervisor to the Regional Governing Board.

Strategic Plan Priorities

1 Identity: The community will view and regard Region 6 as a leader in behavioral healthcare



2 Innovation: Explore innovative and new models of behavioral health supports and services

3 Connectedness: Increase presence and interaction within Region 6 counties

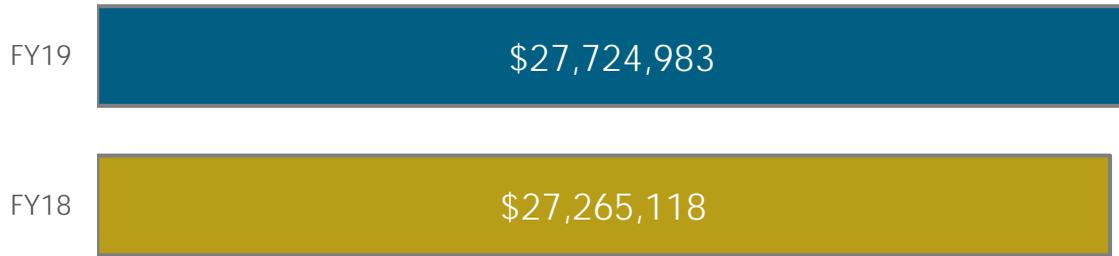
4 Workforce: Develop a culture that promotes personal responsibility and supports professional development

5 Financial Health: Ensure ongoing financial health

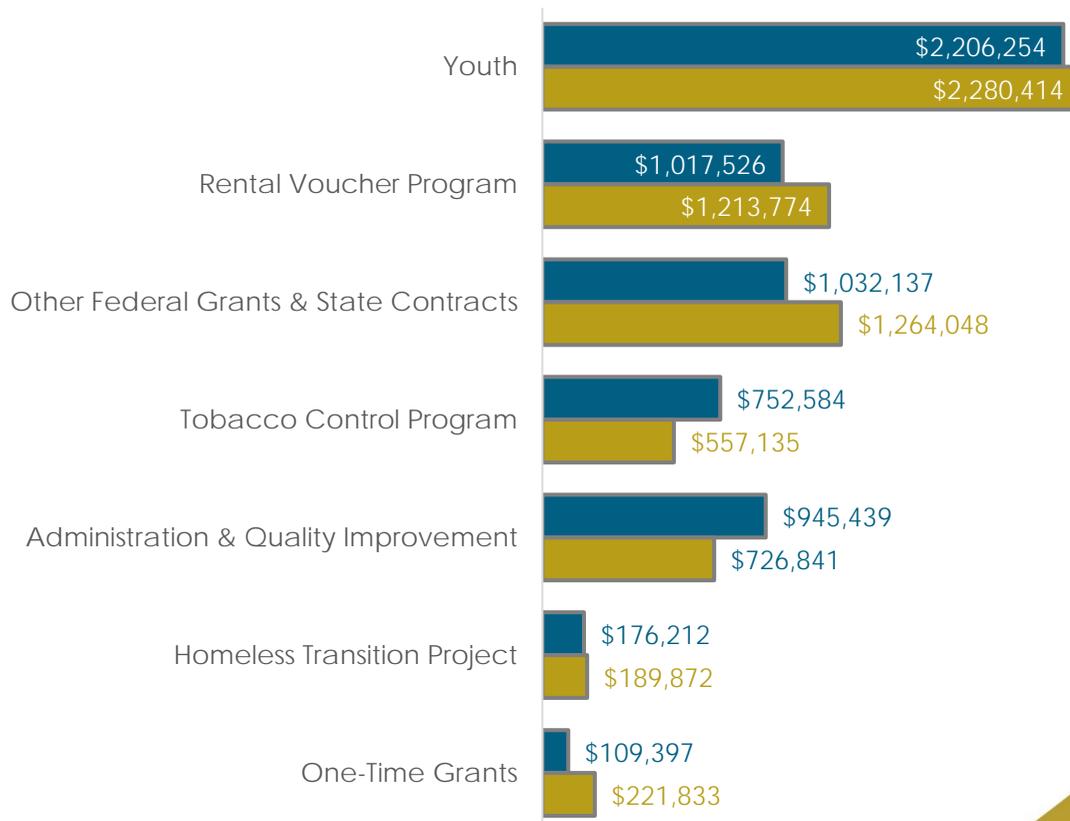
The Strategic Plan was developed with input from consumers, employees, Behavioral Health Advisory Committee members, Regional Governing Board members, provider partners, community stakeholders, and performance data. This three year practical vision guides the organization in achieving our mission to organize and provide an effective and efficient system of quality behavioral health services for the people of Cass, Dodge, Douglas, Sarpy, and Washington counties.

Expenditures

Community-Based Network Services Expenditures: FY19 compared to FY18



Annual Expenditures: FY19 compared to FY18



Network Services

Region 6 Behavioral Healthcare contracts with various organizations that provide services directly to consumers. This is considered the Region's Network of Providers. Services include community based services, rehabilitative services, residential substance abuse services, and psychiatric services. We provide comprehensive and systemic planning, organizing, and monitoring of the services provided to consumers in the public behavioral health system. The Region also serves as an advocate for consumers and the behavioral health system as a whole.

MOST UTILIZED SERVICES

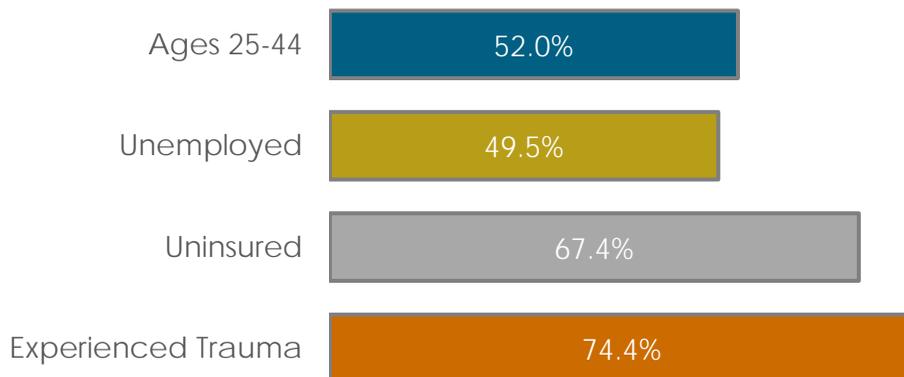
Mental Health

- Outpatient Therapy
- Medication Management
- Acute Psychiatric Inpatient Hospitalization
- Crisis Response
- Emergency Community Support
- Hospital Diversion

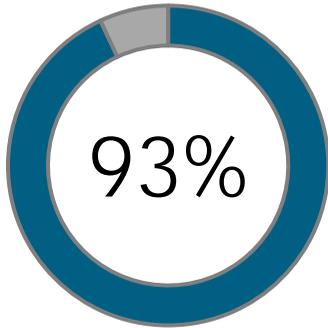
Substance Use

- Social Detoxification
- Substance Use Assessment
- Outpatient Therapy
- Opioid Treatment Program
- Peer Support - SUD
- Short Term Residential

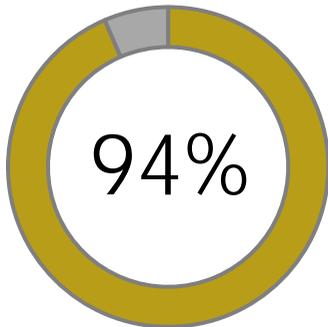
Network Services: Consumers Served



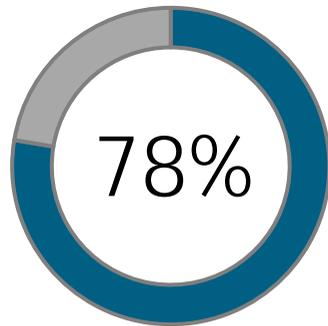
As a Result of Services in FY 2019



- The percentage of persons served by Peer Support Services who indicated that peer support helped them to feel more hopeful about the future.



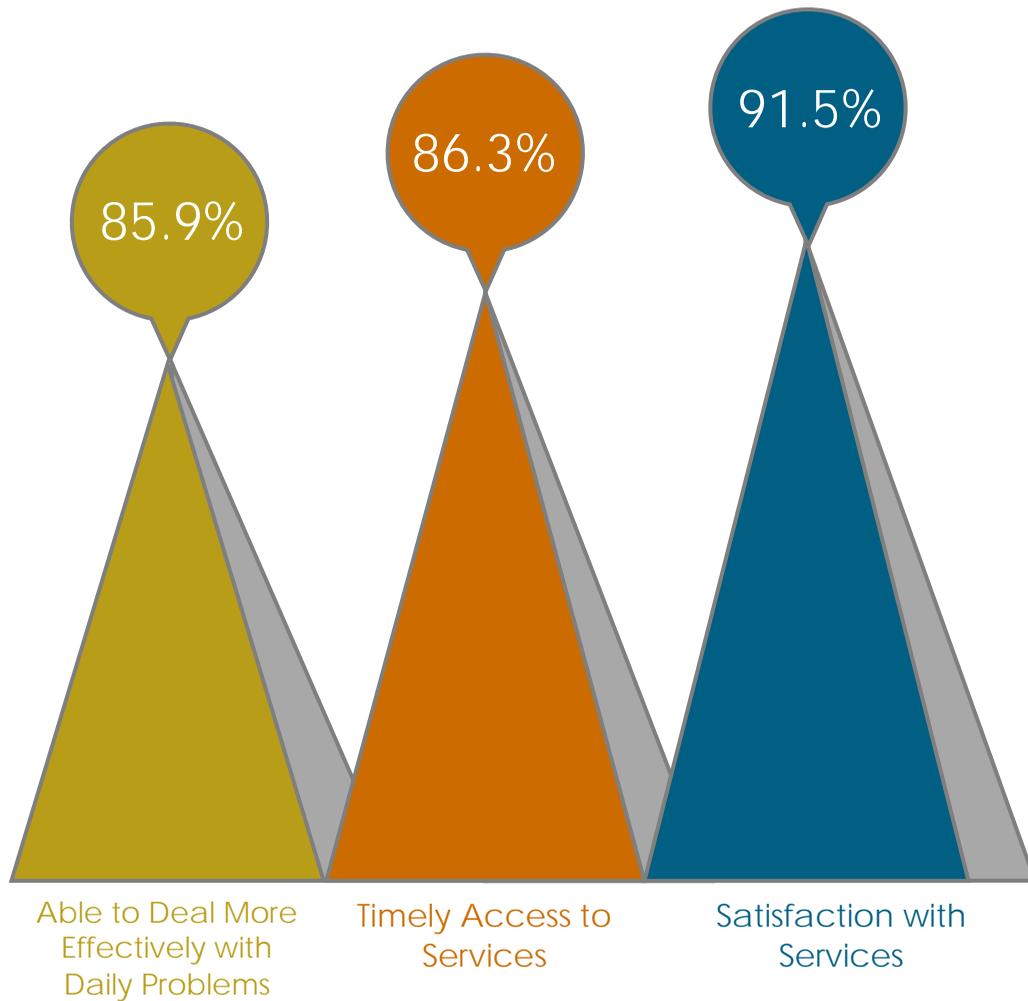
- The total number of persons served by Crisis Response who were not taken into custody out of the total number of persons served by Crisis Response.



- The percentage of persons served by Housing Services who obtain housing with a voucher out of the number of individuals who were given a voucher.

150 CONSUMERS
were involved in Peer Support or Provider & System Development

Consumer's Report in FY 2019



85.9%

Of consumers reported that they were able to deal more effectively with daily problems.

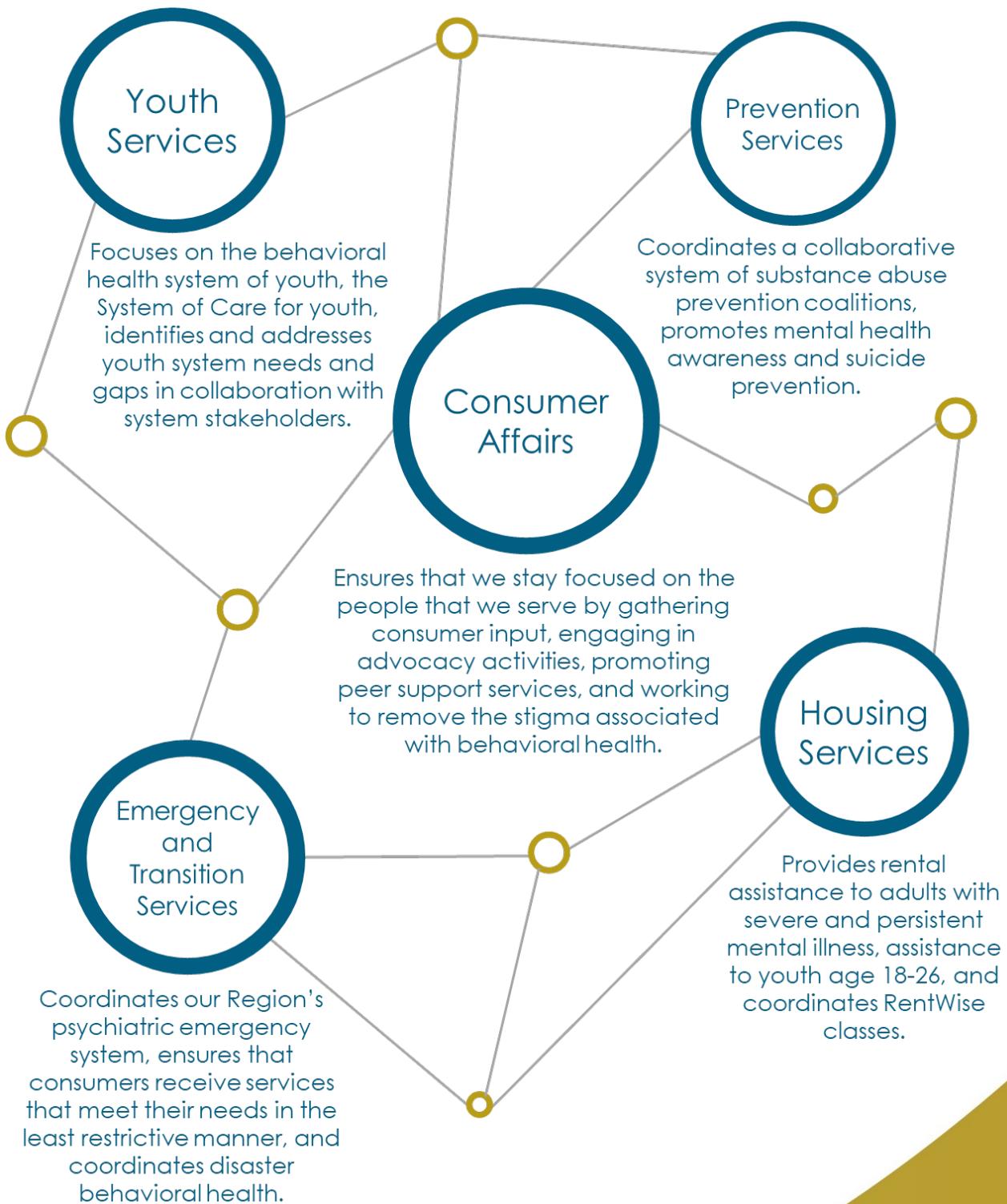
86.3%

Of consumers reported timely access to services.

91.5%

Of consumers reported satisfaction with the services they received.

System Coordination



Our Partners in FY 2019

Network Services

OUR PARTNERS

ARCH
CHARLES DREW

CHI IMMANUEL

LUTHERAN FAMILY SERVICES
CAPSTONE BEHAVIORAL HEALTH
NOVA TREATMENT COMMUNITY
ONE WORLD COMMUNITY HEALTH CENTERS

COMMUNITY ALLIANCE
HEARTLAND FAMILY SERVICE
METHODIST FREMONT HEALTH

FRIENDSHIP PROGRAM
SALVATION ARMY
CENTERPOINTE

NEBRASKA URBAN INDIAN HEALTH COALITION
DOUGLAS COUNTY COMMUNITY MH CENTER
EAST CENTRAL DISTRICT HEALTH DEPARTMENT
CHI LASTING HOPE RECOVERY CENTER

SANTA MONICA
TELECARE CORP.
KVC NEBRASKA

Our Partners in FY 2019 - Prevention

TOBACCO FREE NEBRASKA	BLOCK GRANT	PARTNERSHIP FOR SUCCESS
American Lung Association	Coalition Rx	Coalition Rx
Creighton University	LiveWise	Omaha Collegiate Consortium
Douglas County Health Dept.	Omaha Collegiate Consortium	Project Extra Mile
Heartland Family Service	Project Extra Mile	Three Rivers Health Dept.
UNMC-Center for Reducing Health Disparities		Sarpy Cass Health Department

Stepping Up

An estimated 2 million people with serious mental illnesses—almost three-quarters of whom also have substance use disorders—are booked into local jails each year. Federal and state policy and funding barriers, along with limited opportunities for law enforcement training and arrest alternatives in many communities, have made county and other local jails the de facto mental health hospitals for people who cannot access appropriate community-based mental health treatment and services. Counties recognize the need for systems-level change to help them better link people to treatment and services while improving public safety in fiscally responsible and effective ways. Recognizing the critical role local and state officials play in supporting systems change, the National Association of Counties (NACo), the American Psychiatric Association Foundation and The Council of State Governments Justice Center launched the Stepping Up initiative in May 2015. Stepping Up is a national movement to provide counties with the tools they need to develop cross-systems, data-driven strategies that can lead to measurable reductions in the number of people with mental illnesses and co-occurring disorders in jails. Since 2017, Region 6 has led the local Stepping Up efforts by bringing together community stakeholders committed to achieving the Stepping Up 4 Key Goals:

1. Reduce the number of people with a serious mental illness (SMI) booked into jail.
2. Shorten the average length of stay for people with a SMI in jail.
3. Increase the percentage of connection to care for people with a SMI in jail.
4. Lower the rates of recidivism for individuals with a SMI in jail.

In May of 2019, both Douglas and Sarpy counties were recognized as Stepping Up “Innovator Counties” for their work with accurately identifying people in their jails who have a serious mental illness and using this information to better connect them to services and treatment. Also, in May of 2019, Cass and Washington counties passed resolutions supporting the Stepping Up initiative. Cass, Douglas, Sarpy and Washington counties comprise 4 of the 13 Stepping Up counties in Nebraska.



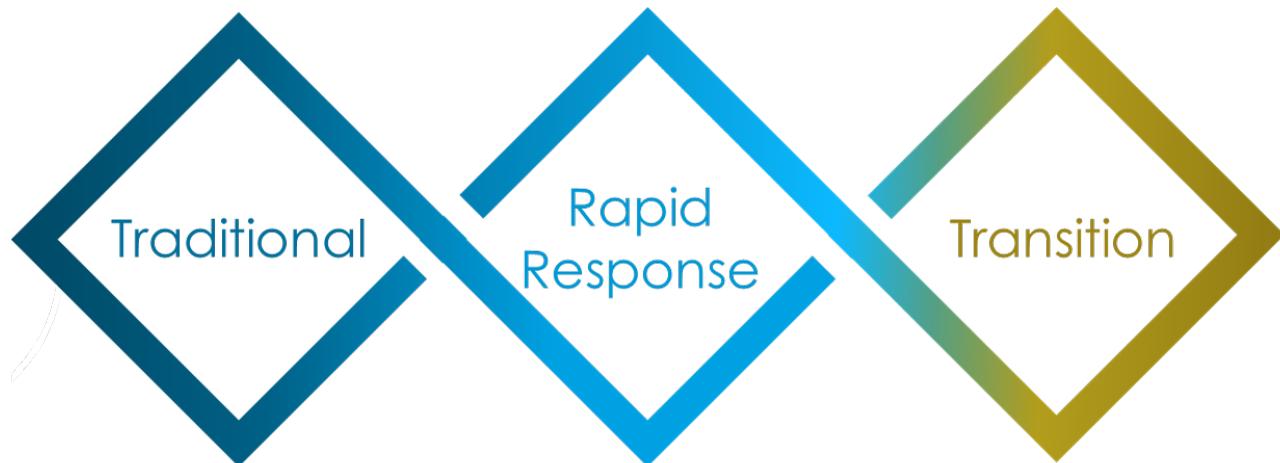
Sarpy



Douglas

Professional Partners

The Professional Partner Program provides voluntary family-centered care coordination services based on the wraparound model for severely emotionally disturbed children, young adults and their families. The program is designed to help families achieve stability, improved functioning, and community integration.



Serves youth ages 3 to 21	Serves youth ages 3 to 19	Serves young adults ages 16 to 26
Referrals can come from anywhere (person served, family, providers, etc.)	Referrals come from the County Attorney, hospitals, and Mobile Crisis Response.	Referrals can come from anywhere (person served, family, providers, etc.)
Focus on improving youth functioning without the need for out-of-home placement.	Focus on stabilizing the youth and home environment to minimize involvement in Child Welfare and Juvenile Justice Systems.	Focus on developing supports and services to ensure successful transition into adulthood.

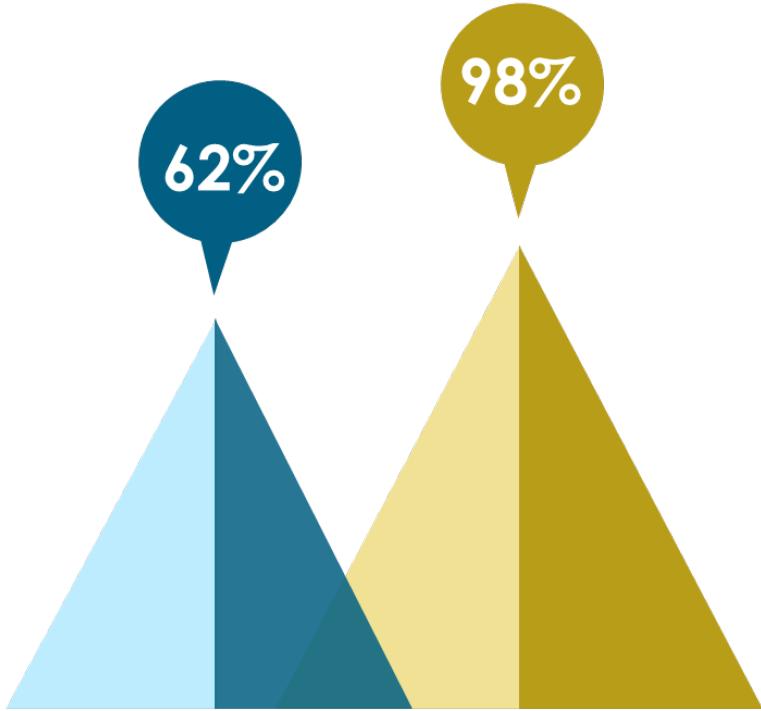
Professional Partner Consumer Outcomes FY 2019



87% reported that services met their needs



84% reported timely access to services



Experienced significant improvement from admission to discharge.

Remained in the home while receiving services.

Region 6 Behavioral Healthcare

4715 South 132nd Street | Omaha, NE 68137

www.regionsix.com

Working Together for a Healthy Nebraska

Cass • Dodge • Douglas • Sarpy • Washington