

Region 6 Behavioral Healthcare  
**ANNUAL REPORT**

Fiscal Year 2022



*Working Together for a Healthy Nebraska*



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### -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 was able to provide behavioral health services to over 12,000 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 2022 (FY22), 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

# WHO WE ARE

**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 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

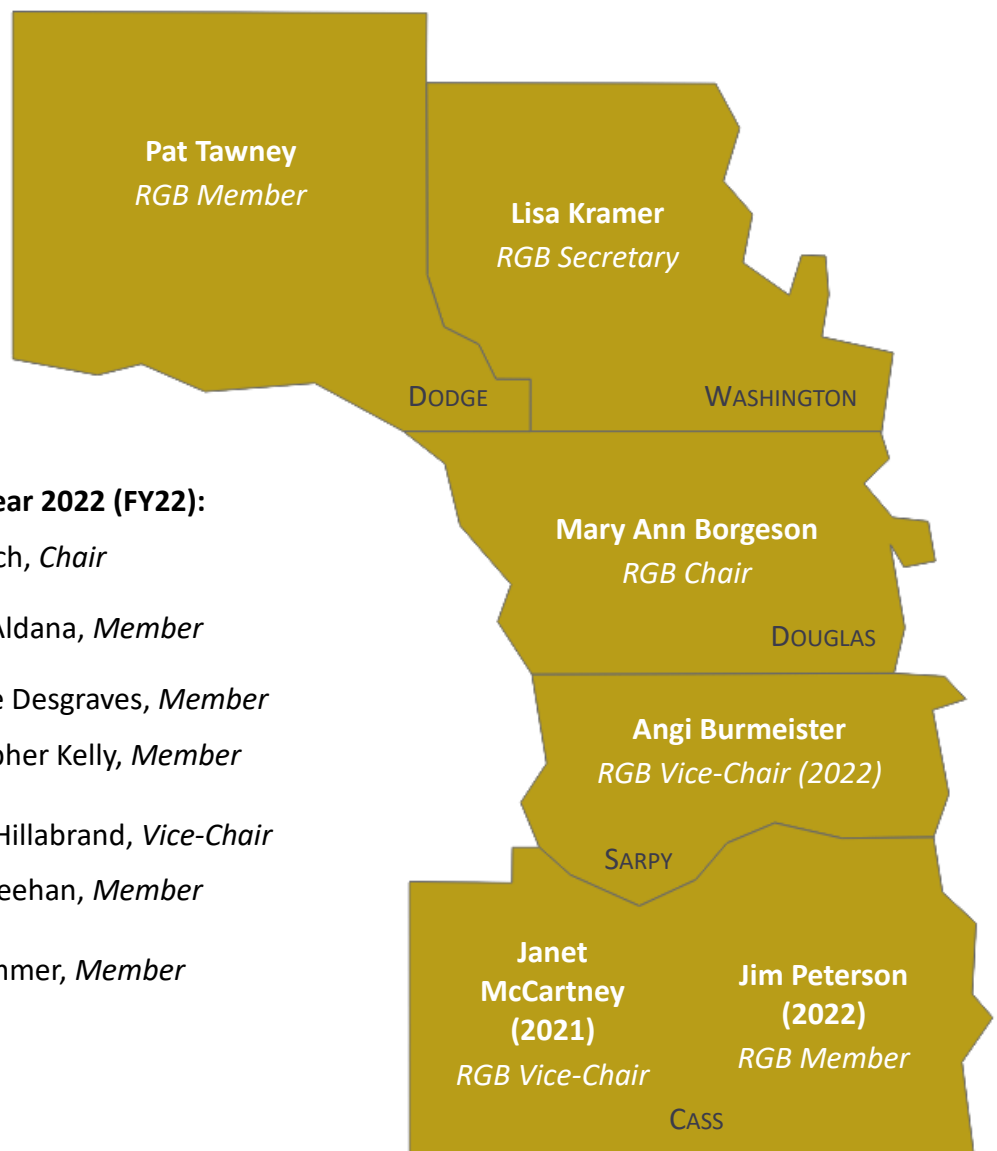
The Regional Governing Board (RGB) is comprised of an appointed commissioner from each of the 5 counties served by the region. In addition to governing, the RGB is responsible for appointing members to the Behavioral Health Advisory Committee (BHAC).

## 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 2022 (FY22):

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 Simmer, <i>Member</i>



**THE FY22-FY24 STRATEGIC PLAN** addresses Region 6’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

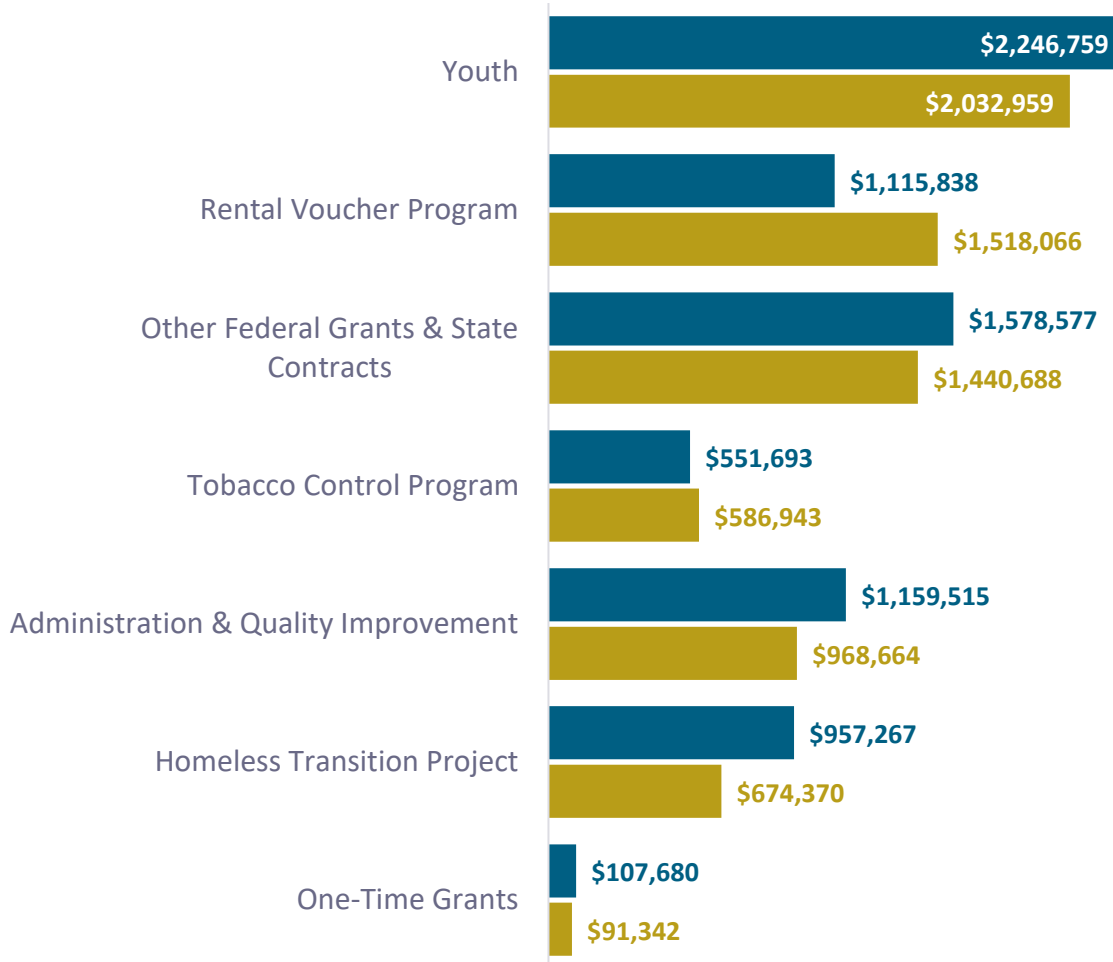
Empower each employee to strengthen Region 6 culture

**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 5 counties in the region through a county match program. Region 6 also receives funding from state and local grants, when applicable.

Community-Based Network Service Expenditures for **FY22** and **FY21**



Network Service Expenditures for **FY22** and **FY21**



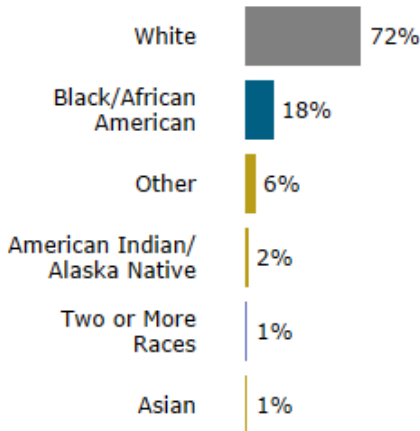
**REGION 6 BEHAVIORAL HEALTHCARE** is a publicly funded system that serves as a safety net for residents of Cass, Dodge, Douglas, Sarpy, and Washington counties. To be eligible to receive Region 6 funded services, residents must meet financial eligibility requirements, be uninsured, underinsured, or have no other means to pay for behavioral healthcare.

Region 6 serves consumers across all 5 counties through both a network of *Community Service Providers* and through direct services. Below is a snapshot of consumers served in FY22.

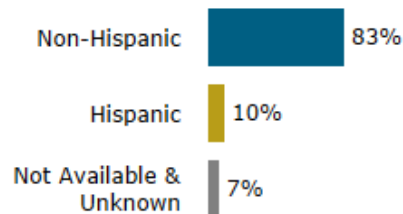
**Encounters and Unique Consumers FY22**



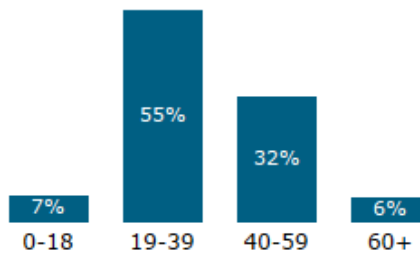
**Race**



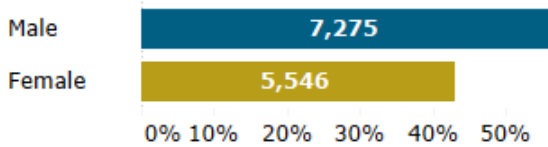
**Ethnicity**



**Age**



**Gender**



**Top 5 Service Encounters**

Outpatient Psychotherapy - MH	16%
Medication Management - MH	15%
Social Detoxification - SUD	4%
Assessment - SUD	6%
Emergency Community Support - MH	8%

Diagnosed with Serious Mental Illness or Serious Emotional Disturbance

**22%**

Reported Trauma History

**54%**



**64%**

of consumers employed



**59%**

of encounters consumers had no insurance



**57%**

of consumers did not graduate from high school



**64%**

of encounters with consumers discharged to a private residence

**18%**

of encounters with consumers discharged to homeless or homeless shelter

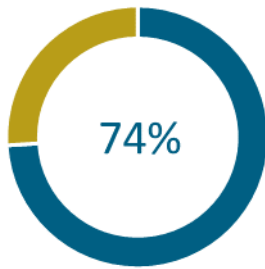


# NETWORK SERVICES

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

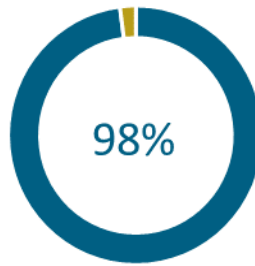
Region 6 provides comprehensive and systemic planning, organizing, and monitoring of services provided to consumers in the public behavioral health system. The Region also serves as an advocate for both consumers and the behavioral health system as a whole.

## Timely Access to Services



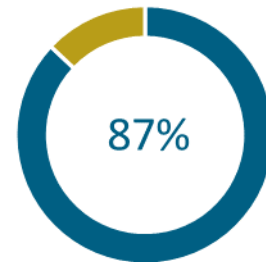
28 of 38 Levels of Care met their established target for time from contact to admission.

## Reduced Hospitalizations



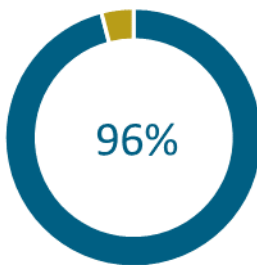
Percentage of consumers with no more than 1 psychiatric hospitalization in a quarter.

## Reduction/No Increase in Substance Use: All Discharges



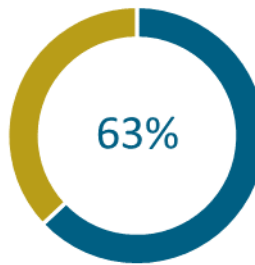
Percentage with a reduction or no increase in substance use for all discharged.

## Reduction/No Increase in Substance Use: Assessment



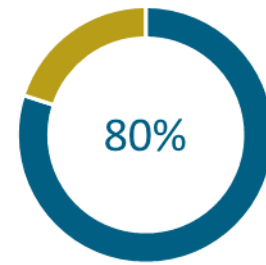
Percentage with a reduction or no increase in substance use for all with pre- and post-discharge assessment

## Improvement in Functioning: All Discharges



Improvement for all discharged consumers, no matter the type of discharge.

## Improvement in Functioning: Assessment



Improvement for all consumers with a pre- and post-discharge assessment.

**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.

**Performance Indicators 3, 11, & 13 are asked of all consumers.**

**Performance Indicator 3: Timely Access to Care**



**Performance Indicator 11: Improvement in Functioning**



**Performance Indicator 13: Satisfaction with Services**



**Performance Indicator 12: Improvement in Dealing with Crisis**































Performance Indicator 12 is asked of the following levels of care:

- Acute & Subacute
- Detox-Voluntary
- Emergency Community Support
- Hospital Diversion
- Mental Health Respite
- Mobile Crisis Response
- Outpatient - MH Youth (Juvenile Justice)
- Peer Support



# 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	
<b>A.R.C.H. Halfway House</b> <a href="http://www.archhalfwayhouse.org">www.archhalfwayhouse.org</a>		 			Assessments (SUD), Halfway House, Outpatient SUD
<b>BAART Programs</b> <a href="http://www.baartprograms.com">www.baartprograms.com</a>					Opioid Services
<b>Capstone Behavioral Health</b> <a href="http://www.capstonebehavioralhealth.com">www.capstonebehavioralhealth.com</a>					Assessments (SUD), Outpatient MH
<b>CenterPointe</b> <a href="http://www.centerpointe.org">www.centerpointe.org</a>		 			Assessments (SUD), Community Support (SUD), Day Rehabilitation, Dual Residential, Medication Management, Outpatient SUD, Peer Support, Short-Term Residential
<b>Charles Drew Health Center (CDHC)</b> <a href="http://www.charlesdrew.com">www.charlesdrew.com</a>					Assessments (MH), Outpatient MH
<b>CHI Health – Immanuel</b> <a href="http://www.chihealth.com">www.chihealth.com</a>	 				Acute Inpatient, Assessments (SUD), Outpatient SUD, Therapeutic Consultation
<b>CHI Health - Lasting Hope Recovery Center</b> <a href="http://www.chihealth.com">www.chihealth.com</a>					Acute Inpatient, Sub-Acute Inpatient
<b>Community Alliance</b> <a href="http://www.community-alliance.org">www.community-alliance.org</a>		 			Assertive Community Treatment, Assessments (MH), Assessments (SUD), Community Support (MH), Day Rehabilitation, Homeless Transition Services, Hospital Diversion/Crisis Intervention, Intensive Community Services, Medication Management, Outpatient MH, Outpatient SUD, Peer Support, Supported Employment
<b>Douglas County Community Mental Health Center</b> <a href="http://www.cmhc.douglascounty-ne.gov">www.cmhc.douglascounty-ne.gov</a>	 				Acute Inpatient, Assessments (MH), Assessments (SUD), Detoxification, Emergency Community Support, Intensive Case Management, Intensive Outpatient, Medication Management, Outpatient MH, Peer Support
<b>Good Neighbor Community Health Center</b> <a href="http://www.goodneighborcommunityhealthcenter.com">www.goodneighborcommunityhealthcenter.com</a>					Assessments (MH), Assessments (SUD), Medication Management, Outpatient MH, Outpatient SUD
<b>Heartland Family Service</b> <a href="http://www.heartlandfamilyservice.org">www.heartlandfamilyservice.org</a>		  			Assessments (MH), Crisis Response, Medication Management, Outpatient MH, Outpatient SUD, Therapeutic Community
<b>Lutheran Family Service</b> <a href="http://www.onelfs.org">www.onelfs.org</a>		 			Assessments (MH), Community Support (MH), Crisis Response, Intensive Outpatient, Medication Management, Outpatient MH, Outpatient SUD, Peer Support, Urgent Outpatient
<b>Methodist Fremont Health</b> <a href="http://www.bestcare.org">www.bestcare.org</a>					Acute Inpatient
<b>Nebraska Medicine</b> <a href="http://www.nebraskamed.com">www.nebraskamed.com</a>					Psychiatric Emergency Services
<b>Nebraska Urban Indian Health Coalition</b> <a href="http://www.nuihc.com">www.nuihc.com</a>					Assessments (MH), Assessments (SUD), Outpatient MH, Outpatient SUD
<b>NOVA Treatment Community</b> <a href="http://www.novatc.org">www.novatc.org</a>					Short-Term Residential, Therapeutic Community
<b>OneWorld Community Health Center</b> <a href="http://www.oneworldomaha.org">www.oneworldomaha.org</a>					Medication Management, Outpatient MH, Outpatient SUD
<b>Region 6 Behavioral Healthcare</b> <a href="http://www.regionsix.com">www.regionsix.com</a>		 			Peer Support, Professional Partner Program, Professional Partner Rapid Response, Transition-Age Youth Rental Assistance Program, Rental Assistance Program
<b>Salvation Army</b> <a href="http://www.centralusa.salvationarmy.org/omaha">www.centralusa.salvationarmy.org/omaha</a>					Community Support (MH), Emergency Community Support, Intensive Community Services, Mental Health Respite, Peer Support
<b>Santa Monica House</b> <a href="http://www.santamonicahouse.org">www.santamonicahouse.org</a>		 			Assessments (SUD), Halfway House
<b>Telecare Recovery Center at Sarpy</b> <a href="http://www.telecarecorp.com">www.telecarecorp.com</a>					Secure Residential

**REGION 6 PREVENTION SERVICES** provides coordination, planning, and implementation of substance abuse prevention, mental health promotion, and suicide prevention activities.

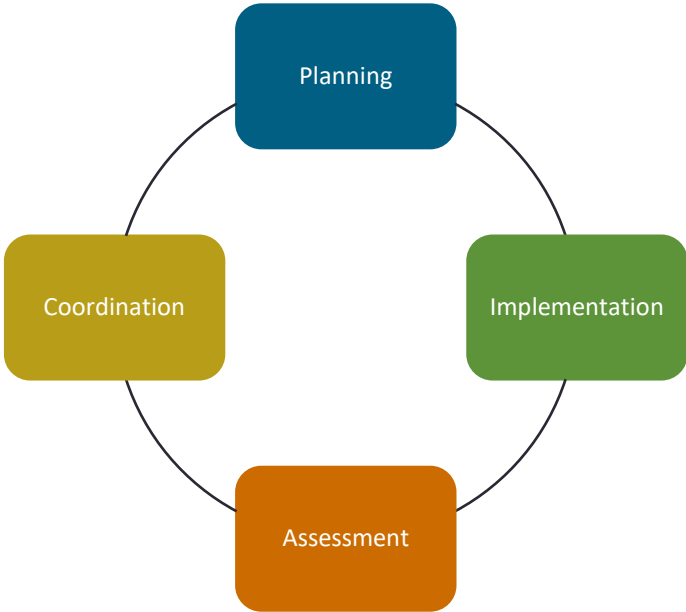
Prevention is an important component of the continuum of care in behavioral health. In the prevention component of the continuum, prevention professionals assess risk and protective factors, relevant data, and capacity need prior to implementing prevention efforts.

**988 SUICIDE & CRISIS HOTLINE**

Region 6 engaged in regional, statewide, and national planning efforts to develop and implement the 988 Suicide & Crisis Hotline.

**COMMUNITIES THAT CARE**

The Sarpy/Cass Health Department completed the Communities That Care coalition development and community survey process for Cass County, resulting in the selection of two evidence-based programs to be implemented across Cass County communities and schools: **Positive Action**: a program that reaches out to young people in school settings, and **Guiding Good Choices**: a program that is focused on enhancing parenting skills, communication, and family competency.



**METRO OMAHA TOBACCO ACTION COALITION**

Thanks in part to discussions with the Metro Omaha Tobacco Action Coalition (MOTAC) partners, the newly revamped Gene Leahy Mall and Riverfront Park opened with a no smoking/vaping policy. The area is an important centerpiece for the community and visitors, and this policy will create a healthy space to play and socialize. MOTAC coalition members will offer signage and resources to MECA, the managing organization for the park. In addition, the coalition hopes the policy will create momentum for additional tobacco-free parks policies in the area.

**MENTAL HEALTH FIRST AID**

Region 6’s Mental Health First Aid Initiative was able to provide 764 participants with Adult and Youth Mental Health First Aid training. FY22 brought new training opportunities with the Omaha Police Department Recruit Academy, UNMC Pharmacy, Occupational Therapy, Physical Therapy Schools, and several faith-based organizations. A formal partnership with the United Way of the Midlands was established to build capacity for the initiative.

**PROJECT EXTRA MILE**

Project Extra Mile partnered with the newly created Douglas County DUI Task Force and held a sobriety checkpoint/saturation patrol operation, resulting in 6 DUI arrests during the operation.

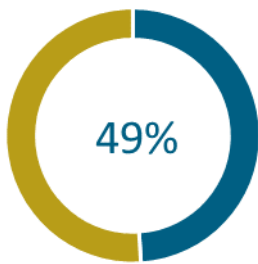
# PROFESSIONAL PARTNER PROGRAM

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.

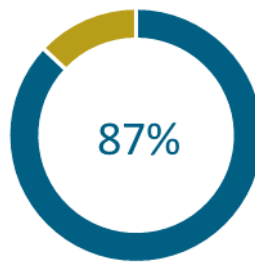
In FY 2022, the Professional Partner Program served a total of 365 consumers within Cass, Dodge, Douglas, Sarpy, and Washington Counties.

## Successful Discharges



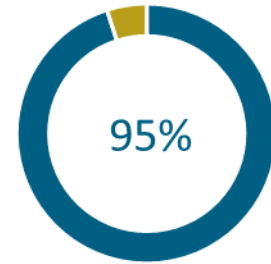
From the Professional Partner Program

## CAFAS Score Reduction



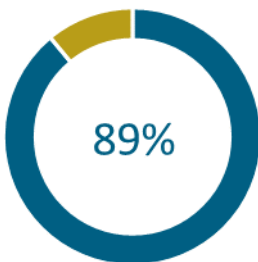
Significant Reduction at Time of Discharge

## Remain in Home



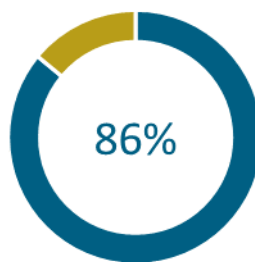
Caregivers Reported No Out-of-Home Placements Post-Discharge

## Satisfied with Services



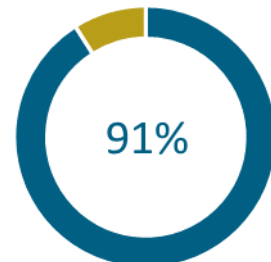
Families Reported Timely Access to Services

## Consumer Needs Met



Consumers Reported Their Needs Were Met at Discharge

## Timely Access to Services



Caregivers Reported Satisfaction with the Service

**THE STEPPINGUP 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:

		<b>Reduce the Number of People with a Serious Mental Illness in Jail</b>
		<b>Shorten the Average Length of Stay for people with a Serious Mental Illness in Jail</b>
		<b>Increase the Percentage of Connections to Care for People with a Serious Mental Illness in Jail</b>
		<b>Lower the Rates of Recidivism for individuals with a Serious Mental Illness in Jail</b>

### SEQUENTIAL INTERCEPT MODEL

In FY22, Stepping Up hosted Sequential Intercept Model (SIM) mapping exercises provided by Policy Research Associates for both Douglas and Sarpy Counties. The SIM details how individuals with mental and substance use disorders come into contact with and move through the criminal justice system. The SIM mapping process brings together leaders and different agencies and systems to work together to identify strategies to divert people with mental and substance use disorders away from the justice system into treatment ([Criminal Justice System Sequential Intercept Model | SAMHSA](#)).

### INFORMATION SHARING PROJECT

Stepping Up initiated the Information Sharing Project, a collaboration of several criminal justice and mental health entities in Douglas and Sarpy counties. The Information Sharing team identified the need for an easy and effective way to share protected health information between behavioral health and criminal justice systems. This would allow the provision, coordination, and management of treatment, and would significantly impact Stepping Up’s four Key Measures.

The Information Sharing Workgroup began work on Legislative Bill (LB) 337 to revise Nebraska state law to align with HIPAA. The team also established the need for a HIPAA compliant data warehouse solution to bridge the gap between multiple partners and their respective existing technological data systems. The Stepping Up Information Sharing Workgroup began the process of identifying and implementing the data warehouse solution and will continue their work in FY23.

# Region 6 Behavioral Healthcare

4715 South 132<sup>nd</sup> Street | Omaha, Nebraska 68137

[www.regionsix.com](http://www.regionsix.com)

*Working Together for a Healthy Nebraska*

