

Region 6 Behavioral Healthcare

Annual Report

FY 2021



Working Together for a Healthy Nebraska

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.

Region6 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.



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FROM THE BOARD PRESIDENT

Region 6 Behavioral Healthcare (Region 6) is the largest of Nebraska's six regional Behavioral Health Authorities, and is comprised of Cass, Dodge, Douglas, Sarpy, and Washington counties, located in eastern Nebraska. Region 6 receives county, state, and federal funds and operates through a contract with the Department of Health and Human Services System's Division of Behavioral Health (DBH). This structure allows for a unique partnership between county, state, and federal governments, county residents, and community organizations and as a result, over 17,000 service encounters were provided to individuals in need of behavioral health services in Fiscal Year (FY) 2021.

The world-wide COVID-19 pandemic was a significant experience for many Region 6 consumers, providers, and staff during fiscal year 2021. In partnership with DBH and service providers, Region 6 was able to ensure that behavioral health providers were able to smoothly and safely continue the transition from the delivery of in-person services to telehealth services as the virus continued to impact consumers' mental health and the provision and delivery of services.

Despite the unprecedented challenges experienced in FY21, Region 6 was able to meet the behavioral health needs of the residents of Cass, Dodge, Douglas, Sarpy, and Washington Counties through innovative and creative responses. This could not have been done without the strong partnerships with our provider network and the commitment from our community stakeholders. We appreciate the dedicated efforts of the Regional Governing Board, the Behavioral Health Advisory Committee, the Consumer Advisory Team, our communities, providers and coalitions, and our valued employees for their support and commitment to building a healthy Nebraska by delivering an effective public behavioral health system.

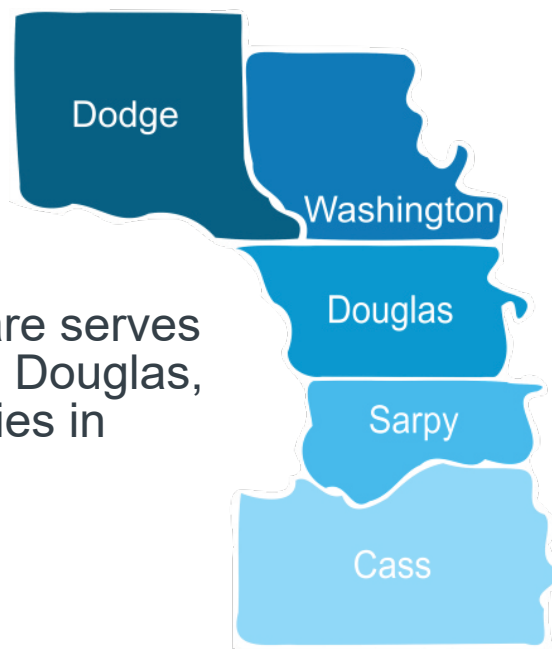
Respectfully,

Douglas County Commissioner

Mary Ann Borgeson, Board Chair

Region 6 Counties

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



Regional Governing Boards

Calendar
Year 2021

Calendar
Year 2020

Cass	Dodge	Douglas	Washington	Sarpy
Janet McCartney <i>Vice-Chair</i>	Pat Tawney	Mary Ann Borgeson <i>Chair</i>	Lisa Kramer <i>Secretary</i>	Angi Burmeister
Janet McCartney <i>Vice-Chair</i>	David Saalfeld	Mary Ann Borgeson <i>Chair</i>	Lisa Kramer <i>Secretary</i>	Angi Burmeister



Strategic Priorities

Identity

The community will view and regard Region 6 as a leader in behavioral healthcare.

Explore innovative and new models of behavioral health supports and services.

Innovation

Connectedness

The community will view and regard Region 6 as a leader in behavioral healthcare.

Develop a culture that promotes personal responsibility and supports professional development.

Workforce

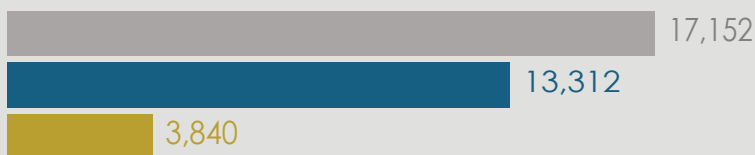
Financial Health

Ensure ongoing financial health.

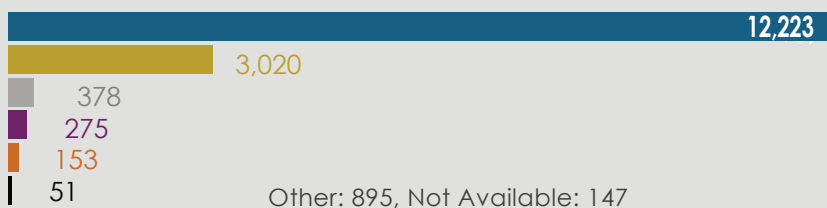
Who We Serve

Region 6 serves consumers through a network of service providers and direct services in all five counties. Below is a snapshot of consumers served in FY21.

Consumers Served: Total Encounters, MH Service Encounters, SUD Service Encounters



Race: White, Black, Amer. Indian, Two +, Asian, Nat. Hawaiian



Gender: Female, Male, Unknown or N/A



Age: 0-12Y, 13-19Y, 20+Y



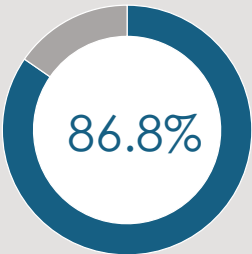
Lutheran Family Services | Oneworld | Capstone
Nebraska Medicine | Methodist Fremont Health
Good Neighbor Community Health Center | NOVA
A.R.C.H. | Heartland Family Services | CenterPointe
Douglas County CMHC | BAART | Charles Drew
Community Alliance | Telecare | Salvation Army
Nebraska Urban Indian Health Coalition | CHI

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.

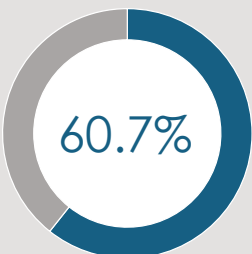
Key Service Outcomes

The outcomes highlighted below are reported quarterly and are focused on the time from contact to admission, the percentage of consumers showing an improvement in function as a result of services, the percentage of substance use disorders consumers who saw a reduction or no increase in substance use while in service, and the percentage of consumers who had no more than one psychiatric hospitalization during the quarter.



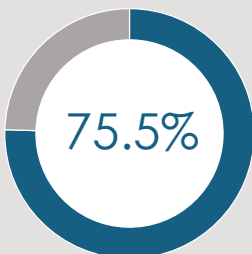
Timely Access to Services

33 of 39 Levels of Care met their established target for time from contact to admission.



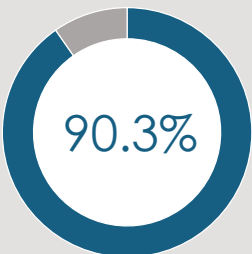
Improvement in Functioning: All Discharges

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



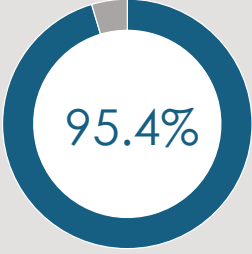
Improvement in Functioning: Pre/Post Assessment

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



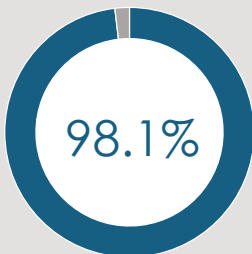
Reduction or No Increase in Substance Use: All Discharges

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



Reduction or No Increase in Substance Use: Pre/Post Assessment

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



Reduced Hospitalizations

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

CONSUMER OUTCOMES

Consumer-reported performance indicators are measured through consumer surveys using a 5-point Likert scale questions at time of discharge, except indicator 3, which is asked after admission.

Indicators 3, 11, & 13 are asked of all consumers

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

PI 3



92.2%

Performance Indicator 11: **Improvement in Functioning**

PI 11



88.9%

Performance Indicator 13: **Satisfaction with Services**

PI 13



93.6%

127

CONSUMERS

Participated in Peer Support or
Provider & System Development

CONSUMER OUTCOMES

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
Urgent OP

PI 12



89.4%

Indicators 15 & 16 are asked of Peer Support consumers only

Performance Indicator 15: **Support Working Towards Goals**

PI 15



95.8%

Performance Indicator 16: **Feeling More Hopeful**

PI 16



97.9%



NEBRASKA STRONG RECOVERY PROJECT

In June 2020, Region 6 developed a crisis counseling program consisting of a team of 12 crisis counselors to provide virtual behavioral health outreach to individuals and communities impacted by the COVID - 19 pandemic through funding from the Federal Emergency Management Agency (FEMA).

Nebraska Strong Crisis Counseling Program Impact

- Individual Crisis Counseling: 495 encounters
- Telephone contacts: 1,157 encounters
- Networking Contacts: 4,513 contacts
- Materials Distributed: 39,716 materials

Prevention Coalitions and Outcomes

Region 6 coordinates a collaborative system of substance abuse prevention coalitions and promotes mental health awareness and suicide prevention.

Mental Health First Aid

464 individuals from all Region 6 counties participated in 43 virtual Mental Health First Aid trainings

Opioid Overdose Prevention

Medication lockboxes and the provision of Detera Medication Deactivation Pouches allowed for the safe storage and disposal of medications through the State Opioid Response (SOR) grant

Project Extra Mile

489 alcohol compliance checks were conducted with 91% of business demonstrating compliance

System
Priorities

Substance
Abuse
Prevention

Mental Health
Promotion

Suicide
Prevention

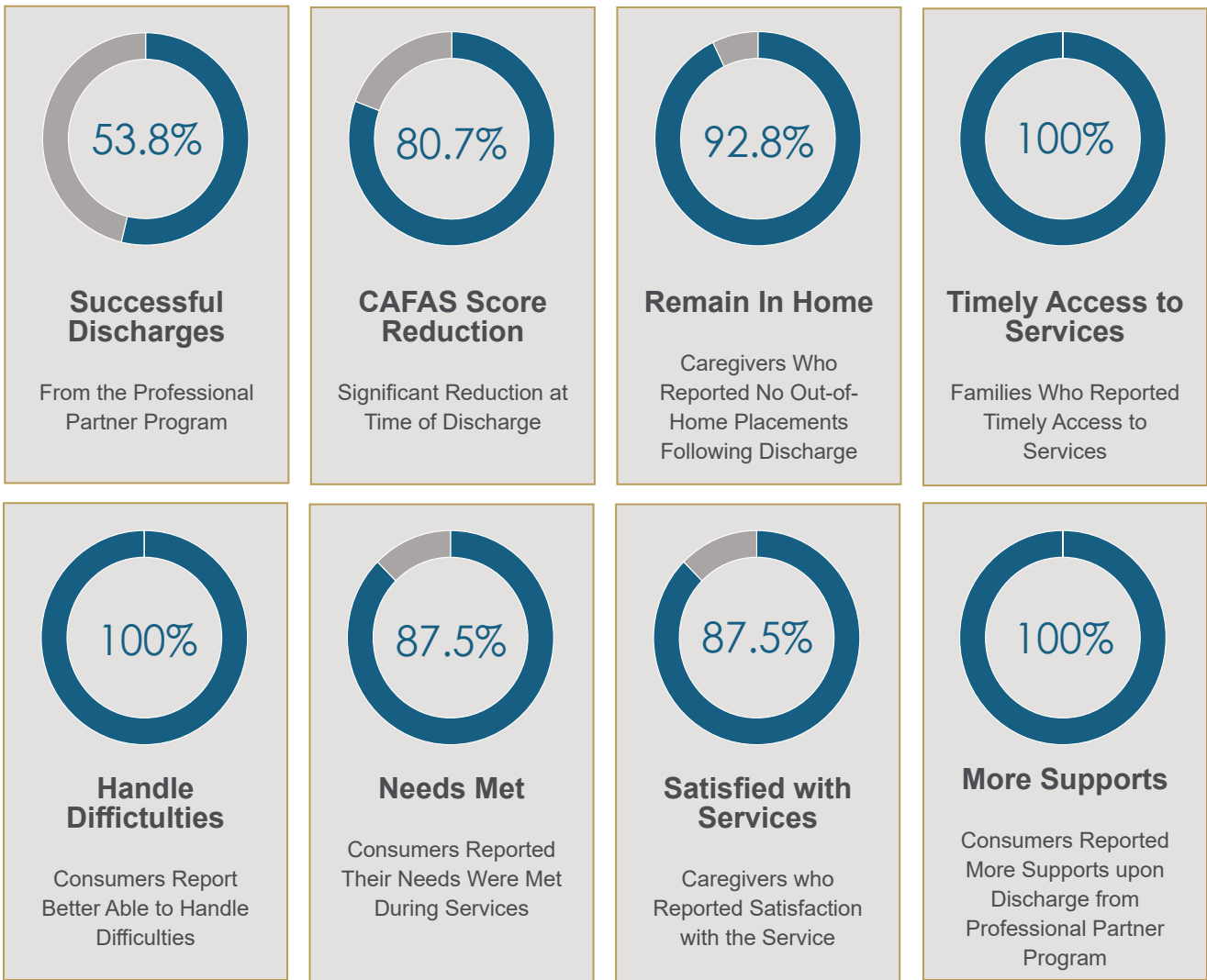


PROFESSIONAL PARTNER PROGRAM

The Professional Partner Program provides strength and family driven behavioral health coordination, based on 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.

Program Outcomes

Outcomes of the Professional Partner Program are designed to help families meet their mental health needs, develop lasting and effective support networks, while providing satisfactory behavioral health coordination services utilizing the wraparound model.



THE
STEPPINGUP
INITIATIVE

**A National Initiative to
Reduce the Number of People
with Mental Illnesses in Jails**

CRIMINAL JUSTICE & BEHAVIORAL HEALTH

Stepping Up is a 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.

Stepping Up: 4 Key Goals



2021 Accomplishments

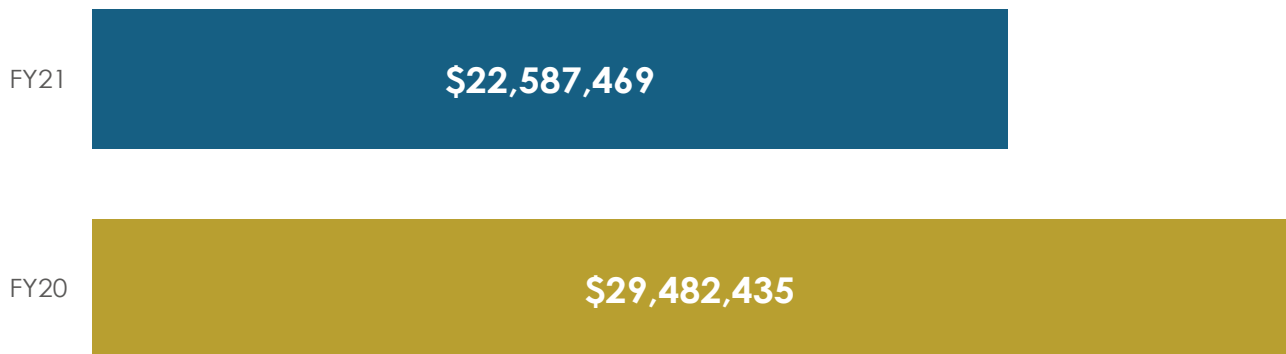
Cass, Douglas, Sarpy and Washington Counties all passed proclamations showing their support and commitment to the Stepping Up initiative. Douglas and Sarpy Counties both maintained their “Innovator County” designation for work with gathering accurate and accessible data on the prevalence of people in their jails who have a serious mental illness. “Innovator Counties” have demonstrated their ability to use data to understand the scale of the problem and to better connect these individuals with the services and supports they need. Other FY 2021 accomplishments include:

- The Douglas County Familiar Faces pilot demonstrates a measurable impact on reducing jail days and decreasing recidivism for those with a serious mental illness who frequent the jail.
- Sarpy County implemented the Specialized Transition Planning (STP) pilot which provides case management to individuals with a serious mental illness while they are in jail and after release.
- The Washington county jail implemented the Brief Jail Mental Health Screen (BJMHS), a validated and standardized brief screening tool to identify those who may need further mental health assessment.
- Sarpy County jail hired a practicum student graduate to conduct reentry planning for individuals with high needs.
- Douglas and Sarpy County Stepping Up teams continued to meet virtually and focus on the Stepping Up 4 Key Measures throughout the Covid 19 Pandemic.

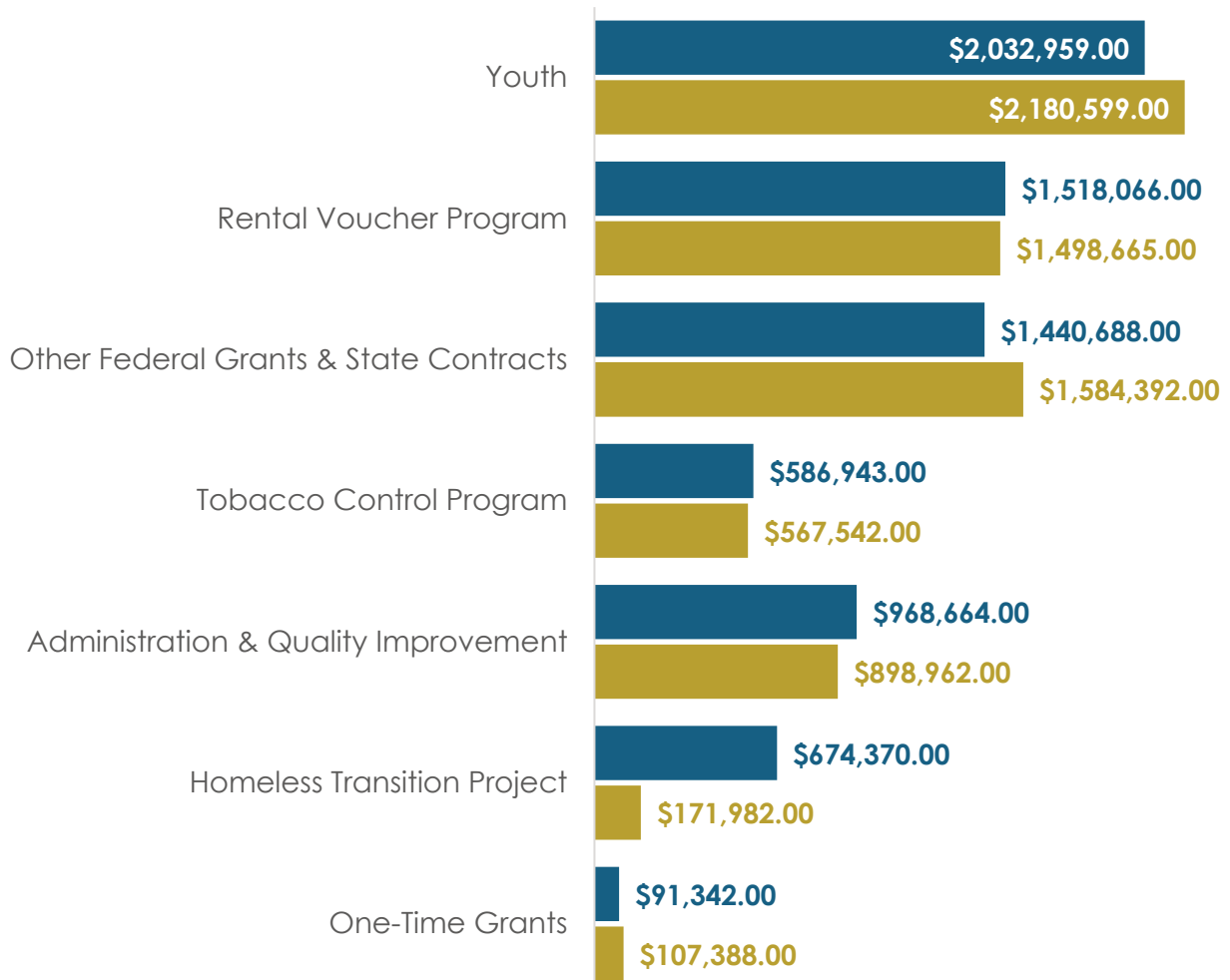
Fiscal Data

Network Service Expenditures

FY21 compared to FY20



FY21 compared to FY20



Region 6 Behavioral Healthcare

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www.regionsix.com

Working Together for a Healthy Nebraska

Cass - Dodge - Douglas - Sarpy - Washington

Photo credit: Luana Azevedo; Marianne Boss, John Matychuk, Remi Walle,