



Behavioral Healthcare

Annual Report

FY 2024



50 years
of impact



-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.

From the Board Chair

Dear Colleagues and Friends,

Region 6 Behavioral Healthcare is proud to celebrate its 50th anniversary of providing high-quality behavioral health services to the residents of Cass, Dodge, Douglas, Sarpy, and Washington Counties in Eastern Nebraska. This milestone represents five decades of commitment to building a healthy Nebraska and supporting individuals, families, and communities in their journey toward wellness, recovery, and resiliency.

We would like to express our gratitude to the Regional Governing Board, Behavioral Health Advisory Committee, Consumer Advisory Team, our communities, providers, coalitions, and employees for their ongoing support. Your partnership has allowed Region 6 to continue providing comprehensive behavioral health services, impacting over 7,500 individuals across our five counties this year. Through collaboration with the county, state, and federal governments, local residents, and community organizations, we have strengthened the behavioral health system in our region.

During fiscal year 2024 (FY24), Region 6 Behavioral Healthcare led various behavioral health initiatives and provided essential services through a network of providers, prevention coalitions, and system coordination. These efforts were vital in promoting mental wellness, supporting recovery, and reducing the impact of substance use disorders. We also continued our work in the integration of behavioral health and criminal justice systems, providing innovative solutions to improve outcomes for those impacted by mental illness.

As we reflect on our 50 years of service, we recognize the dedication of our network of providers who offer mental health and substance use prevention, treatment, and rehabilitation services. Your commitment to wellness, recovery, and quality of life is vital to the success of Region 6's mission. We also appreciate the continued support of our prevention coalitions, who coordinate and implement substance use prevention, mental health promotion, and suicide prevention initiatives in our region.

As we look to the future, Region 6 Behavioral Healthcare is excited to continue its mission of providing leadership, collaboration, and innovation in the behavioral health field. We remain committed to fostering strong partnerships with the Regional Governing Board, Behavioral Health Advisory Committee, network providers, prevention coalitions, system experts, stakeholders, and, most importantly, those we serve. Thank you to everyone who has supported our mission over the past 50 years - your dedication makes a difference in the lives of so many.

Together, we will continue to organize and provide an efficient system of quality behavioral health services, ensuring a healthier future for all the residents of Cass, Dodge, Douglas, Sarpy, and Washington Counties.

Here's to the next 50 years of service and collaboration!

Sincerely,

Mary Anne Borgeson

Regional Governing Board Chair

A large graphic at the bottom of the page features a large, stylized number '50' in a gold color. To the right of the '50', the words 'years' and 'of impact' are written in a dark blue, serif font. The word 'years' is positioned above 'of impact'. A solid gold horizontal bar runs across the bottom of the page, partially overlapping the gold '50' and the blue text.

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

In 1975, the Eastern Nebraska Human Services Agency Governing Board passed Resolution #113. This resolution approved the Region VI Plan for Mental Health, Alcoholism and Drug Abuse Services for 1975-1980.

While budgets, services, and leadership have evolved over the past 50 years, Region 6's mission, commitment to community planning, stakeholder involvement, and efforts in system coordination have remained steadfast.

EASTERN NEBRASKA HUMAN SERVICES AGENCY
GOVERNING BOARD RESOLUTION
113

BE IT RESOLVED

WHEREAS:

(a) The Governing Board of the Eastern Nebraska Human Services Agency has the responsibility for establishing a five-year plan for mental, health alcoholism and drug abuse services in Region VI for the purpose of LB 302 funding.

(b) As a result of community planning and the recommendations made by many interested citizens, the Region VI Plan for Mental Health, Alcoholism and Drug Abuse Services, 1975-80, was developed.

(c) The basic purpose of this plan is to document the kinds of programs, facilities and services which will best meet the needs of the citizens of the region through 1980.

(d) The plan will be reviewed at least annually and necessary revisions made.

(e) The Mental Health Advisory Committee of the Governing Board has reviewed the plan and recommends its approval.

NOW, THEREFORE, BE IT RESOLVED BY THE GOVERNING BOARD OF THE EASTERN NEBRASKA HUMAN SERVICES AGENCY THAT the Region VI Plan for Mental Health, Alcoholism and Drug Abuse Services, 1975-80, be approved.

Dated this 15th day of January, 1976.

W. Magnusson
James J. J.
David D. D.
Robert D. D.
Michael D. D.
EASTERN NEBRASKA HUMAN SERVICES AGENCY
GOVERNING BOARD

The Region 6 Regional Governing Board (RGB) is comprised of an appointed commissioner from each of the five (5) counties served by the region. In addition to governing, the RGB is responsible for appointing members to the Behavioral Health Advisory Committee (BHAC).

The Region 6 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 community at large.

RGB Membership for Fiscal Year 2024

Cass County	John Winkler Member
Dodge County	Pat Twney Vice Chair
Douglas County	Mary Ann Borgeson Chair
Sarpy County	Donn Kelly Member
Washington County	Lisa Kramer Member



BHAC Membership for Fiscal Year 2024

Cass County	Jeff Leach, Chair Cameron Soester, Member
Dodge County	John Brady, Vice Chair
Douglas County	Medjine Desgraves, Member Christopher Kelly
Sarpy County	John Sheehan, Vice Chair Julie Nielsen
Washington County	Amy Zimmer, Member
Consumer Advisory Team (CAT)	Michelle Gerdes, Member

Strategic Impact

In Fiscal Year 2024, Region 6 demonstrated significant progress across all five strategic goals of the FY 22–24 Strategic Plan. Region 6 is well-positioned for continued impact and is committed to ongoing progress within the strategic impact areas.

Key Accomplishments

Strategic Impact 1: Data Infrastructure

Region 6 successfully completed all objectives related to developing a data infrastructure, including analyzing current data, assessing infrastructure needs, creating an improvement plan, and documenting management processes. This lays a strong foundation for future data-driven decision-making.

Strategic Impact 2: Education and Visibility

All objectives were achieved in advancing the education and visibility of Region 6 initiatives, including developing community engagement and media plans, and implementing the media plan.

Strategic Impact 4: Racial and Ethnic Inclusivity

Region 6 successfully completed all objectives for this goal, including data collection and analysis, staff training evaluation, targeted recruitment, and workforce analysis. Region 6 is committed to ongoing efforts in this critical area.

Strategic Impact 5: Staff Ownership in Region 6 Culture

Region 6 made significant strides toward employee empowerment, completing most of the objectives for this goal, including a staff-driven professional development plan and enhanced leadership opportunities.

Area of Ongoing Focus

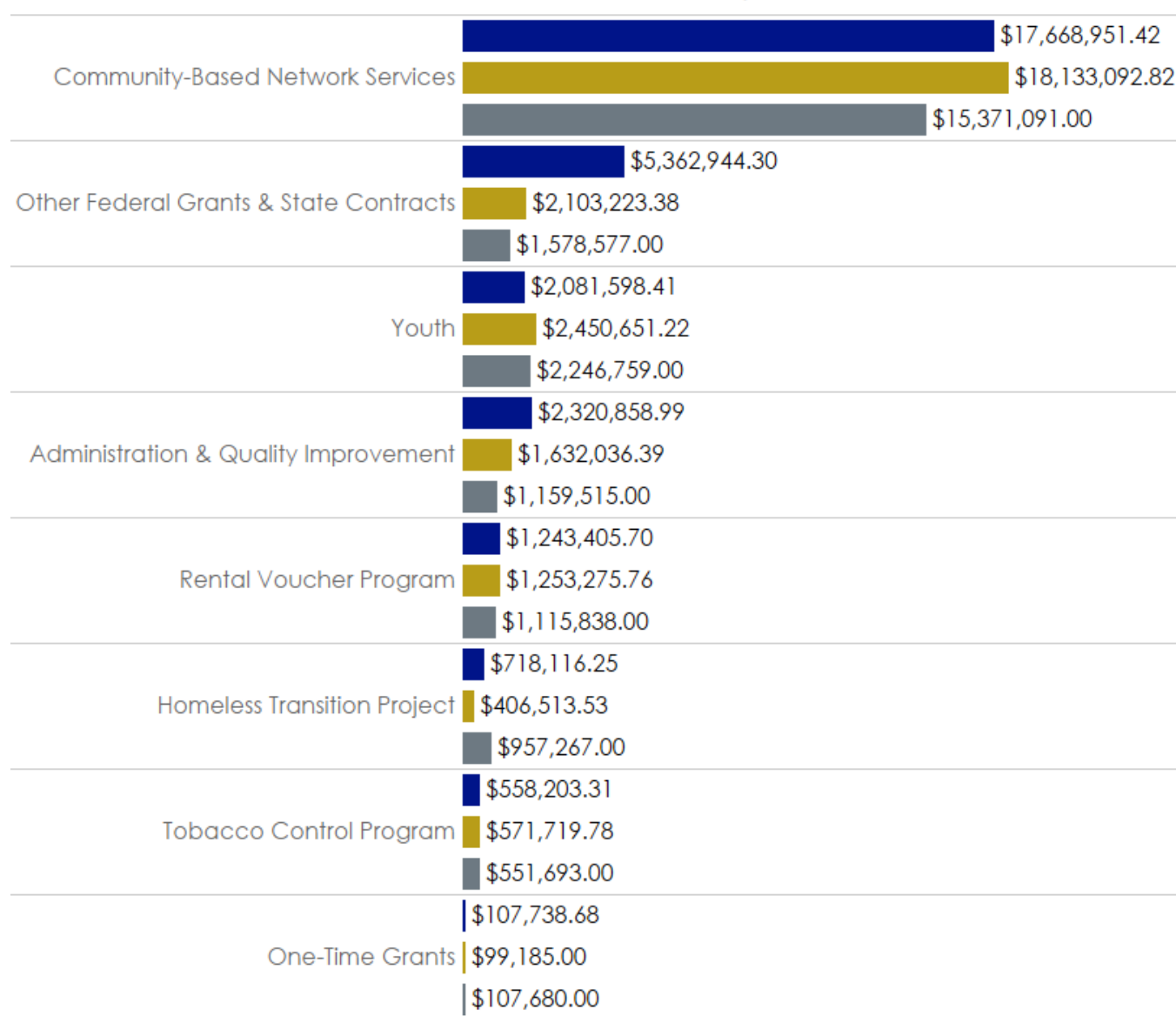
Strategic Impact 3: Diversified Funding

While progress was made, the determination on whether to create a 501(c)3 is still pending and requires ongoing work. Efforts to explore grant opportunities and philanthropic partnerships will continue.

Fiscal Impact

Region 6 Behavioral Healthcare is dedicated to maintaining fiscal transparency, accountability, and the efficient use of resources. It receives funding from the Division of Behavioral Health through the Nebraska Department of Health and Human Services, as well as from each of the five counties in the region via a county match program. Additionally, Region 6 secures funding through state and local grants when available.

FY 2024, FY 2023, & FY 2022 Expenditures





Network Services

Region 6 is a publicly-funded agency dedicated to the comprehensive planning, organizing, and oversight of behavioral health services across a five-county region. As part of its mission, Region 6 advocates for both consumers and the broader behavioral health system.

The agency serves residents across all five counties through a network of Community Service Providers as well as direct services, functioning as a vital safety net for the region. These providers offer a wide range of community-based, rehabilitative, psychiatric, and residential substance abuse services directly to consumers.

To qualify for Region 6-funded services, residents must meet financial eligibility criteria, be uninsured, underinsured, or lack other means to pay for behavioral healthcare.

Network Providers

Emergency	Inpatient	Non-Residential	Residential	Youth Non-Residential
A.R.C.H. Halfway House www.archhalfwayhouse.org		■ ■		
BAART Community Healthcare www.baartprograms.com		■		
Capstone Behavioral Health www.capstonebehavioralhealth.com		■		
CenterPointe www.centerpointe.org		■ ■		
Charles Drew Health Centers (CDHC) www.charlesdrew.com		■ ■		
CHI Health – Immanuel www.chihealth.com	■ ■ ■			
CHI Health - Lasting Hope Recovery Center www.chihealth.com	■			
Community Alliance www.community-alliance.org		■ ■ ■ ■		
Douglas County Community Mental Health Center www.cmhc.douglascounty-ne.gov	■ ■ ■			
East Central District Health Department www.ecdhd.ne.gov		■		
Heartland Family Service www.heartlandfamilyservice.org		■ ■ ■		
Integrated Behavioral Health Services www.ibhealthservices.com			■	
KVC Nebraska www.nebraska.kvc.org				■
Lutheran Family Services www.onelfs.org		■ ■		
Methodist Fremont Health www.bestcare.org		■		
The Nebraska Medical Center www.nebraskamed.com		■		
Nebraska Urban Indian Health Coalition www.nuihc.com		■		
NOVA Treatment Community www.novadc.org			■	
OneWorld Community Health Centers www.oneworldomaha.org		■		
Region 6 Behavioral Healthcare www.regionsix.com		■ ■		
The Salvation Army www.centralusa.salvationarmy.org/omaha		■ ■		
Santa Monica www.santamonicahouse.org		■ ■		
Telecare Corporation www.telecarecorp.com			■	

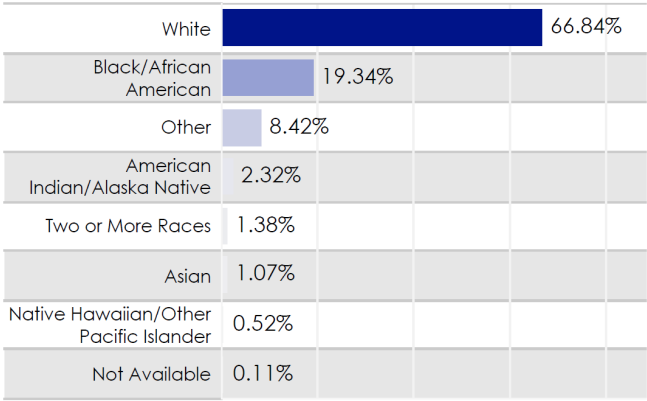
Consumers Served



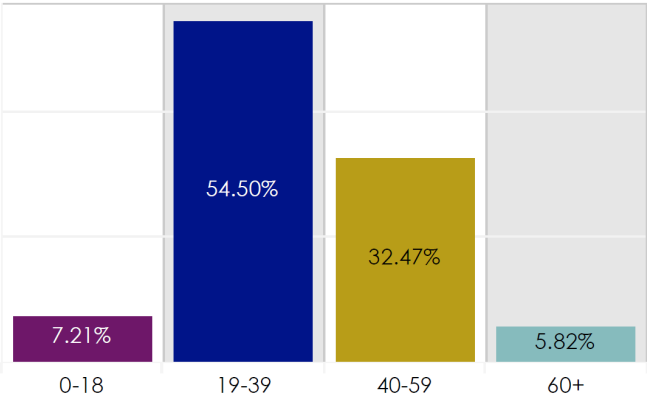
7,561 Consumers Served
11,851 Treatment Encounters

Primary Characteristics

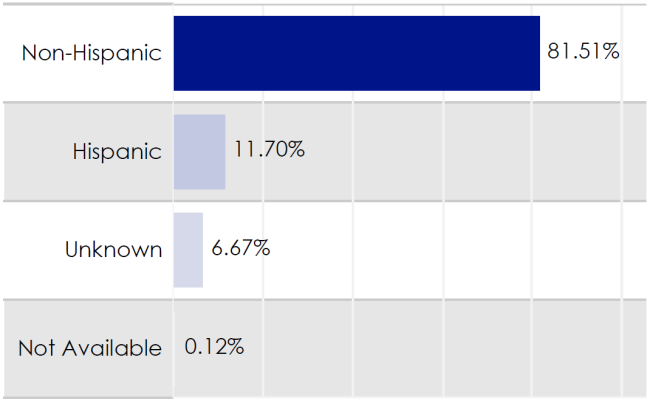
Encounters by Race



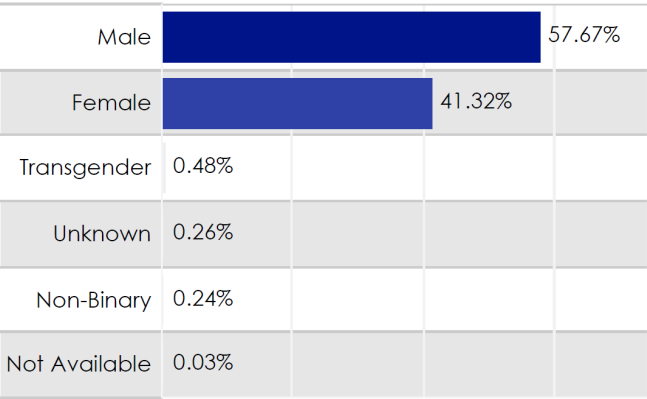
Encounters by Age



Encounters by Ethnicity



Encounters by Sex



Top 5 Services by Encounters

Outpatient Psychotherapy - MH	14.51% (n = 1,720)
Medication Management - MH	12.79% (n = 1,516)
Emergency Community Support - MH	10.32% (n = 1,223)
Assessment - SUD	6.80% (n = 806)
Crisis Response - MH	6.28% (n = 744)

Consumer Outcomes

Region 6 is dedicated to empowering consumers, enhancing wellbeing, supporting recovery and self-sufficiency through a comprehensive and responsive service network. Consumers are invited to participate in satisfaction surveys to share their perceptions of service quality. Fiscal Year 2024 results indicate high satisfaction, with services meeting or exceeding expectations in accessibility, effectiveness, and care quality. The feedback underscores the success of Region 6 programs in delivering responsive and effective care. Key outcomes from the past year reflect positive consumer experiences and measurable improvements in mental health, accessibility, and quality of life, demonstrating our ongoing commitment to high-quality, effective services that address the diverse needs of our community.

Consumer Satisfaction

94.9%	Encounters with reported satisfaction with services
93.9%	Encounters with reported timely access to services
89.1%	Encounters with reported improvement in functioning or a reduction in symptomology as a result of services
87.5%	Encounters that reported improvement in dealing with crisis as a result of services

Consumer Outcomes

87.7%	Encounters admitted into a service within the service-specific timeframe
77.5%	Encounters discharged from services to stable living
8.3%	Encounters discharged from a service without notice or stated discharge reason
13.8%	Encounters re-entered into the same service within a 30-day interval

Prevention Initiatives

The Region 6 Prevention department is a system coordination component of the Region 6 Network. The core focus areas are substance use prevention, mental health promotion, and suicide prevention. Through partnerships with community coalitions, training programs, and outreach activities Region 6's prevention department impacted individual and community wellbeing.

Nebraska Opioid Response Grant Impact

The State Opioid Response Grant focuses on reducing the prevalence and impact of opioid overdose and opioid use disorders.



Medication Safety

Region 6 distributed 800 medication lockboxes and over 12,500 Detera medication disposal pouches in FY 24.



Training

Opioids, Overdose, and Support training was provided to Children's Nebraska, Bellevue Public Schools, Community Alliance, and the System of Care Leadership Council.



Narcan Distribution

Narcan was dispensed at 31 pharmacies located in all Region 6 counties.



CALM Training

Counseling on Access to Lethal Means (CALM) training was provided to Omaha Public Schools health professionals, the Critical Stress Management Network, and at national and state conferences



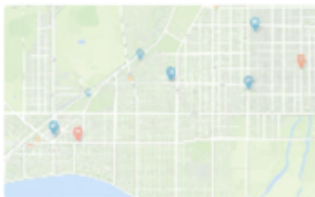
Mental Health First Aid

924 Participants Trained

83 Training Sessions

Prevention Coalition Impact

Metro Omaha Tobacco Action Coalition (MOTAC) and Project Extra Mile collaborated with community partners on several prevention activities in FY 24.



MOTAC: Tobacco Retailer Density Map

The Center for Reducing Health Disparities developed interactive maps highlighting the concentration of tobacco retailers in Douglas County, overlaid with data on poverty and proximity to schools.



MOTAC: No Menthol Sunday

The Omaha Starr and KMTV provided media coverage for the national *No Menthol Sunday* event to bring awareness of health inequities related to menthol cigarettes.

89%
Compliance

Project Extra Mile: Alcohol Compliance Checks

A total of 370 alcohol compliance checks were conducted resulting in an 89% compliance rate throughout all five counties within Region 6.



Project Extra Mile: DUI Saturation Patrol

In partnership with the Douglas County DUI Task Force, a saturation patrol was conducted resulting in eight (8) Driving Under the Influence arrests and additional substance use violation citations.



Professional Partner Program

The Professional Partner Program utilizes a four-step wraparound approach that brings together a team of supportive individuals to aid each child, youth, or young adult in the development and facilitation of a comprehensive service plan. The approach focuses on strengthening community connections and stabilization within the home and is strength-based, team based, and community-based, providing creative opportunities to meet each youth and family's individualized needs.

Consumer Impact

315 Consumers Served
327 Treatment Encounters

171 Total Admissions
208 Total Discharges



Primary Characteristics

49%	White	26%	Diagnosed with Attention Deficit Hyperactivity Disorders
73%	Non-Hispanic/ Non-Latino	50%	Reside with biological mother only
55%	Male	75%	With a reported income below the Federal Poverty Guidelines
54%	Ages 13 - 8	73%	With a reported family history of mental illness

Consumer Outcomes

63%	of all youth discharged successfully when discharged after 6 months of service	8%	of youth re-entered the program within 12 months
73%	of youth experienced clinical improvement when discharged after 6 months of service	10%	of discharges ended in out-of-home placement

Professional Partner Program Youth-Reported Outcomes

96%	My Professional Partner encouraged me to talk at meetings.
92%	My Professional Partner asked my opinion about what we should work on.
85%	I feel like I have more supports than I used to.
78%	The Professional Partner Program helped me to feel better.



MENTAL
HEALTH
MATTERS

Criminal Justice and Behavioral Health

In Fiscal Year 2024, Region 6 led Stepping Up teams in Douglas and Sarpy County. The Stepping Up Initiative is a national, data-driven initiative designed to create systems-level change to reduce the number of individuals with serious mental illness in jails. The initiative urges county leaders to review current practices and to adopt policies, programs, and practices that impact the following four key measures: reduce the number of people with a serious mental illness in jail, shorten the average length of stay for people with a serious mental illness in jail, increase the percentage of connections to care for people with a serious mental illness in jail, and lower the rates of recidivism for individuals with a serious mental illness in jail.

Stepping Up Initiative

Key Stepping Up Accomplishments

1. The Douglas County Stepping Up team worked together to secure sustainable funding to support the full-time position of a Familiar Faces Project (FFP) case manager.
 2. Region 6 provided educational supervision for students involved in re-entry services and therapy within the Sarpy County Jail.
 3. Stepping Up members finalized a Competency Restoration Communication Protocols document.
 4. Region 6 supported collaboration efforts with the Douglas and Sarpy County Jails to implement best practices.
-

Information Sharing Data Warehouse Initiative

In Fiscal Year 2024, Region 6 released a Request for Proposal for the implementation of a data warehouse solution to bridge the gap of information between behavioral health and criminal justice systems.

Project Rationale

Information sharing across behavioral health and criminal justice systems is critical to reducing the number of people with mental health disorders in jails. Across the country, many jurisdictions face substantial challenges in developing information sharing agreements, cross-system coordination and technology to gather and share information from their systems.

This project consists of two primary components, consultative engagement and data warehouse solution implementation. Both components are aimed at enhancing data integration and care management for the Region 6 partners, which include Omaha Police Department, Douglas County Jail, Douglas Co Sheriff's Office, Sarpy County Jail, and Sarpy County Sheriff's Office.

Project Goals

- **Reduce reliance on costly resources**
- **Coordinate care**
- **Share critical case information**
- **Identify frequent system utilizers**
- **Manage security and privacy**
- **Store required documentation**
- **Provide accurate data and reporting**

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Working Together for a Healthy Nebraska

