



2017 ANNUAL REPORT

*Antelope, Boone, Boyd, Brown, Burt, Cedar, Cherry, Colfax, Cuming,
Dakota, Dixon, Holt, Keya Paha, Knox, Madison, Nance, Pierce, Platte,
Rock, Stanton, Thurston, Wayne*

Region 4 Behavioral Health System (Region 4) was created in 1974 through the Nebraska Comprehensive Community Mental Health Services Act with revised responsibilities and authority in 2004 under the Nebraska Behavioral Services Act (LB1083). The Region is a nationally accredited organization governed by a Regional Governing Board consisting of elected officials (Commissioners or Supervisors) from twenty-two (22) counties in North and North Central Nebraska. Region 4 contracts with community providers for many behavioral health services which are available to both youth and adults.

The Region's statutory responsibilities include:

- Network Development
- Fiscal Management and Accountability
- Advocacy
- Program Management
- Evaluation and Quality Management
- Emergency System Coordination
- Prevention Coordination
- Consumer and Family Coordination
- Youth System Coordination

~ Our Mission ~

To ensure affordable, accessible, quality mental health and substance abuse services that meet the needs of the residents of Region 4.

~Our Vision~

To create a more unified and comprehensive behavioral health system, driven by consumer needs.

~ Our Values ~

The Behavioral Health System will be a consumer-focused, caring system which ensures quality services which are flexible and responsive to consumer needs. The System will be collaborative, responsible and accountable in delivering services to all consumers.

2016 Population Figures

Antelope	6,329	3%	Holt	10,250	5%
Boone	5,332	3%	Keya Paha	791	0%
Boyd	1,982	1%	Knox	8,571	4%
Brown	2,960	1%	Madison	35,015	17%
Burt	6,546	3%	Nance	3,576	2%
Cedar	8,671	4%	Pierce	7,159	3%
Cherry	5,832	3%	Platte	32,861	16%
Colfax	10,414	5%	Rock	1,390	1%
Cuming	9,016	4%	Stanton	5,944	3%
Dakota	20,465	10%	Thurston	7,127	3%
Dixon	5,762	3%	Wayne	9,365	5%

Region 4 Total 205,358

STRUCTURE & GOVERNANCE

Regional Governing Board Members

Antelope County

Eli Jacob

Boone County

Alan Rasmussen

Boyd County

Duane Reiman

Brown County

Buddy Small

Burt County

Gerald Newill

Cedar County

Craig Bartels

Cherry County

Tanya Storer

Colfax County

Gil Wigington

Cuming County

John Ross

Dakota County

Martin Hohenstein

Dixon County

Terry Nicholson

Holt County

*Don Hahlbeck,
Vice-Chair*

Keya Paha County

Bruce Ritterbush

Knox County

Kevin Mackeprang

Madison County

Ronald Schmidt

Nance County

Andy Ditter

Pierce County

Brad Albers

Platte County

Jim Scow

Rock County

Stan Larson

Stanton County

Duane Rehak

Thurston County

Leonard Peters

Wayne County

James Rabe, Chair

Dear Colleagues,

Each year we like to take this opportunity to thank all of our partners who have worked so hard to support Region 4 Behavioral Health System. We want to thank our Regional Governing Board and Behavioral Health Advisory Committee members for their dedication to the Region 4 Behavioral Health System. Their dedication to attending meetings is greatly appreciated and something of which we are very proud. Their expertise and continued input is vital to the success of Region 4.

We would also like to thank all the behavioral health providers, legislative representatives, Department of Health and Human Services, law enforcement, Region 4 staff, community members, consumers and many other stakeholders who have participated in strategic planning efforts. The collaboration and communication is vital as we go forward with our focus on strengthening the behavioral health system in Region 4.

During FY17, Region 4 continued to provide training opportunities to law enforcement, providers, consumers, and other stakeholders. Some of the trainings that Region 4 provided included Mental Health First Aid, QPR (Question, Persuade, Refer), Assessing and Managing Suicidal Risk, WRAP Facilitator Training and continued Crisis Intervention Training for Law Enforcement. Approximately 257 individuals working in Law Enforcement, Dispatch, Hospitals, jails and Tribal Police were trained in Mental Health First Aid.

Each year brings many opportunities for planning and collaboration with all stakeholders. We look forward to these collaborative partnerships with each and every one of you to make service and supports in Region 4 accessible to those in need.

Respectfully,

Ingrid Gansebom, Regional Administrator

Jim Rabe, Board Chair

Region 4 is CARF
accredited for the
Professional Partner Program



Region 4 Behavioral Health Advisory Committee

Bev Ferguson
Veta Hungerford
Joy Loschen
Jerry McCallum
Cpt. Don Miller

Eric Nielsen
Duane Reeves
Dan Sturgis, Ph.D.
Jean Hunt
Kevin Mackeprang

REGION 4 PROVIDER NETWORK

Behavioral Health Specialist, Inc., Norfolk

Counties Served: Madison, Antelope, Pierce, Stanton, Cuming, Cedar, Knox

Community Support Adult MH & SA
Crisis Response Team
Outpatient MH & SA
Children's Outpatient MH & SA
Intensive Outpatient Adult & Youth
Short Term Residential - SA
Social Detox
Medication Management via Tele-Health

Colegrove Counseling Center, LLC, Columbus

Contracted Services:
Outpatient MH & SA
Assessments - SA

East Central Health Dept. (Good Neighbor Community Health Center), Columbus

Contracted Services:
Outpatient MH & SA
Assessments - SA

Faith Regional Health Services, Norfolk

Contracted Services:
Emergency Protective Custody Services
Acute/Sub-acute Inpatient

Goodwill Industries of Greater NE Inc., Columbus

Contracted Services:
Day Support
Day Rehabilitation
Community Support MH & SA
Emergency Community Support
Supported Employment

Great Plains Health, North Platte

Contracted Services:
Emergency Protective Custody Services
Acute/Sub-acute Inpatient
Children's Crisis Inpatient

Heartland Counseling Services, S. Sioux City

Counties Served: Dakota, Dixon, Thurston, Burt, Wayne

Community Support MH
Crisis Response Team
Outpatient MH & SA
Children's Outpatient MH & SA
Day Support
Intensive Outpatient - Adult & Youth
Assessments Adult & Youth- SA
Medication Management via Tele-Health

Heartland Counseling Services, O'Neill

Counties Served: Boyd, Brown, Cherry, Holt, Keya Paha, Rock

Community Support MH
Crisis Response Team
Outpatient MH & SA
Assessments Adult & Youth- SA
Children's Outpatient MH & SA
Recovery Support
Medication Management via Tele-Health

Liberty Center Services, Inc., Norfolk

Counties Served: Madison, Antelope, Pierce, Stanton, Cuming, Cedar, Knox

Community Support-MH & SA
Day Rehab
Psych Residential Rehab
Crisis Respite - MH
Emergency Community Support
Intensive Community Service
Day Support
Supported Employment
Recovery Support - MH
Medication Management via Tele-Health

Oasis Counseling International Inc., Norfolk

Medication Management
Outpatient - MH & SA
Intensive Outpatient SA - Adult & Youth
Assessments Adult & Youth- SA

Richard H. Young Hospital—Kearney

Medication Management via Tele-Health
Emergency Protective Custody Services-
Acute/Sub-acute Inpatient
Children's Crisis Inpatient

Telecare, Inc., Bellevue

Secure Residential-MH

The Link, Inc., Norfolk

Men's Halfway House-SA
Dual Diagnoses - Residential
Recovery Support - SA
Peer Support - SA

Women's Empowering Life Line, Inc., Norfolk

Women's Dual Disorder Residential
Intermediate Residential - SA
Peer Support - SA

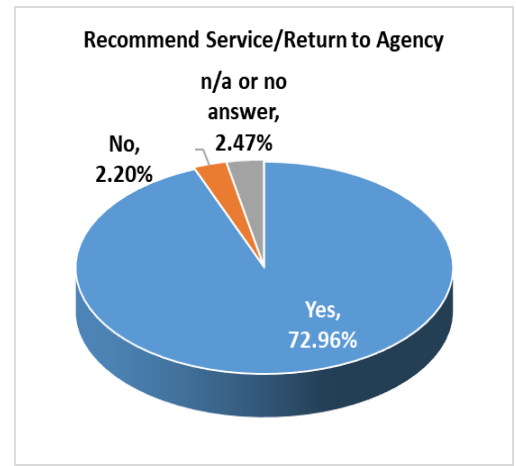
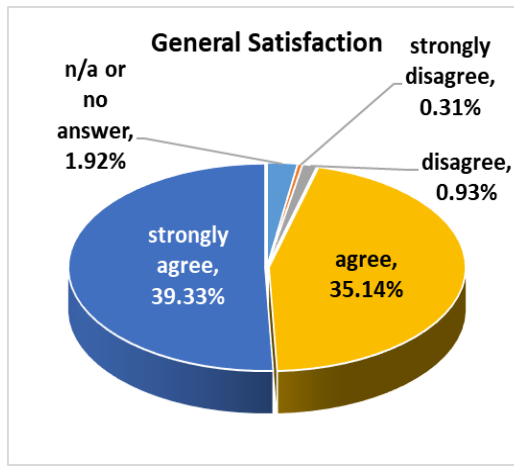
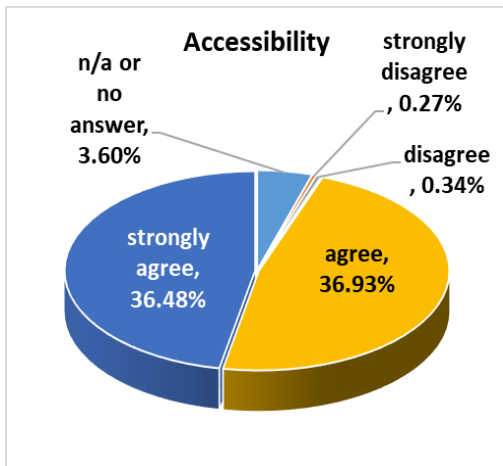
REGION 4 OUTCOMES

Providers agreed to participate in outcome measurement and reporting for services provided under their contract. The results of the outcome measures are listed below. Providers submitted fifteen reports per quarter of survey data.

A. Consumer Satisfaction Survey (2914 Surveys returned)

Consumer satisfaction will be measured for all behavioral health services, with the exception of Emergency Protective Custody.

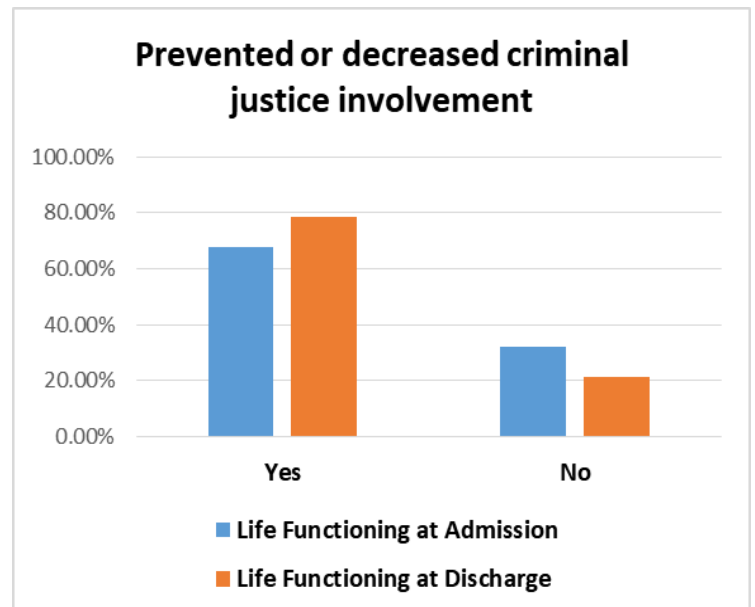
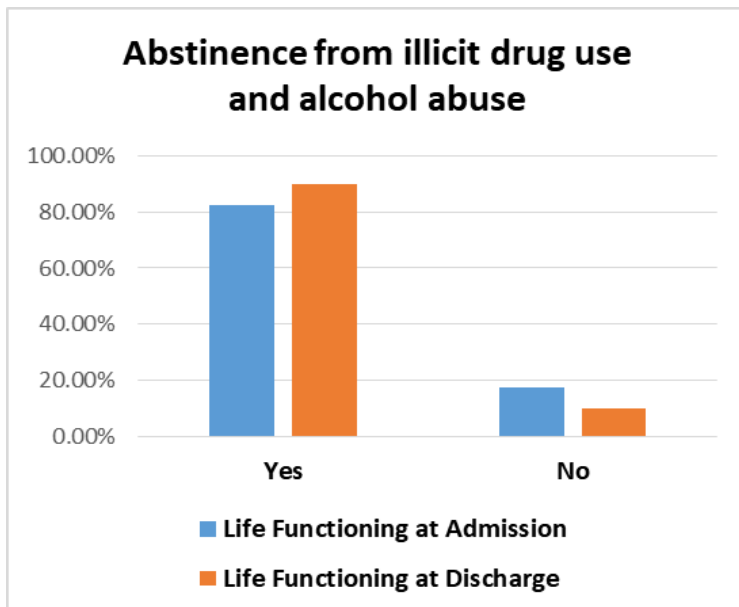
1. Accessibility (that is appropriate for the specific service); (73.40%), consumers agreed that services were accessible.
2. General satisfaction with services; (74.47%), consumers agreed that they were generally satisfied with services.
3. Would the consumer recommend this service to a friend, OR If the consumer needed assistance again, would they return to this agency? (72.96%), said yes that they would recommend services or return to the agency.



B. Life Functioning (849 surveys returned)

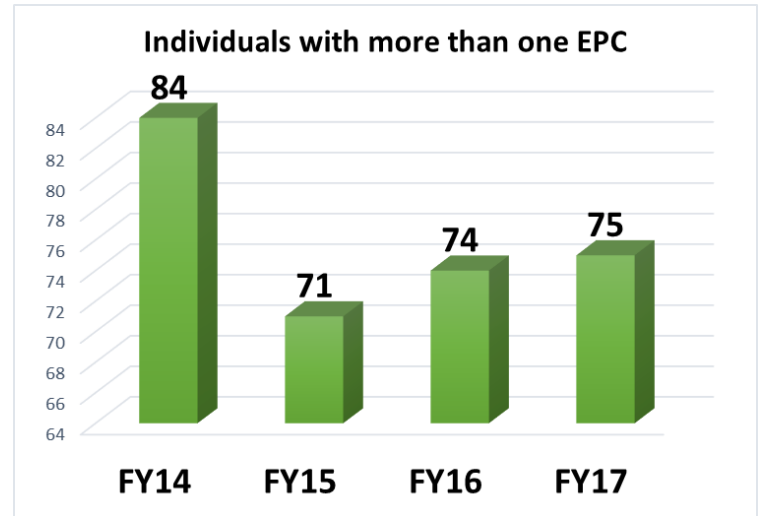
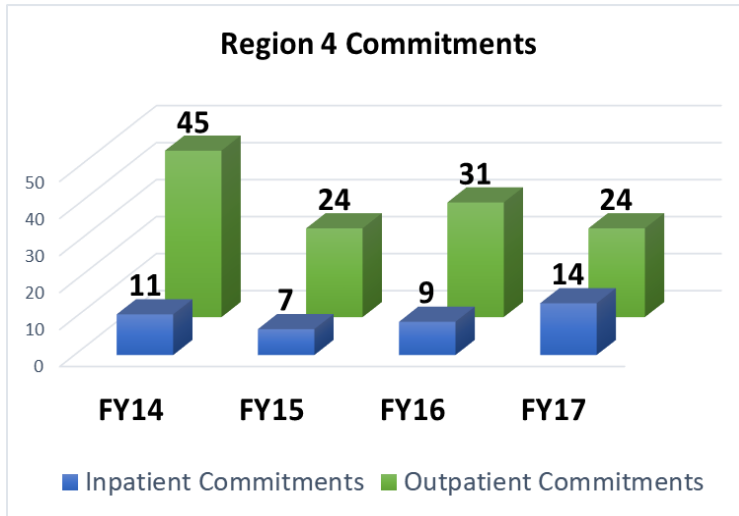
Providers of Intensive Outpatient, Halfway House, Intermediate Residential, Short-Term Residential, and/or Dual Residential services agrees to collect data at admission into services and post discharge from services and report on outcomes in the following areas:

1. Abstinence from illicit drug use and alcohol abuse.
2. Increased employment/return to school.
3. Prevented or decreased criminal justice involvement.
4. Increased stabilization of family and living conditions.

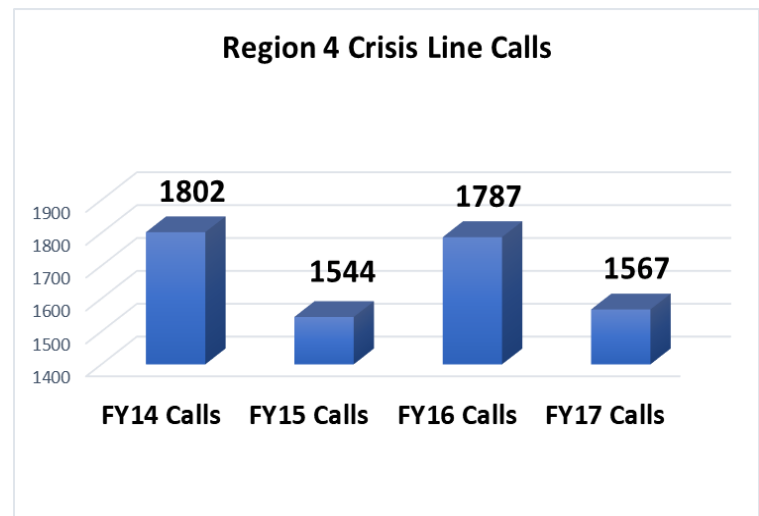
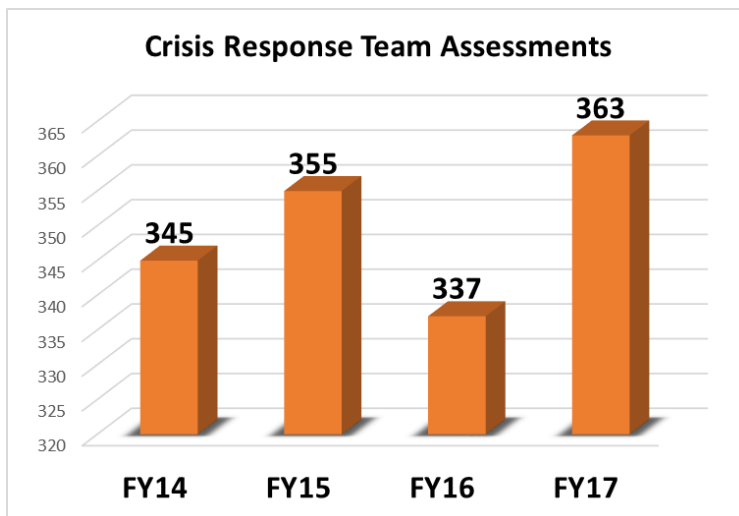


EMERGENCY SYSTEM COORDINATION

Region 4 provides for a comprehensive, co-occurring capable and trauma informed psychiatric emergency system. Coordination with community based partners ensures that the needs of individuals in crisis are met in the safest and least restrictive setting. Emergency System Coordination also works in partnership with county attorneys and mental health boards on local system issues. Collaboration with community based providers, contracted hospitals and the Lincoln Regional Center facilitates a seamless transition to the most appropriate level of care. Emergency System Coordination also assists in the development of discharge plans for individuals who are deemed discharge ready by the Lincoln Regional Center.



Region 4 Emergency System Coordination is constantly evaluating and monitoring the emergency services in Region 4 to track service demand and waitlists and to ensure services are accessible to individuals who need treatment. Region 4 works closely with our Crisis Response Teams and Law Enforcement to ensure all individuals who could be diverted from an EPC have a supportive option.



Region 4 contracts with Faith Regional in Norfolk, NE, Richard Young, Kearney, NE and Great Plains Health North Platte, NE to provide inpatient emergency services such as Emergency Protective Custody, Acute and Sub-acute care. Region 4 also utilizes the Lincoln Regional Center for individuals who need an extended hospital stay to stabilize their symptoms, and Mary Lanning, in Hastings, NE as an agency providing inpatient emergency services.

PREVENTION COORDINATION

The Region 4 Prevention System is comprised of agencies, coalitions, organizations and individuals whose main goal is to reduce alcohol, tobacco and other drug (ATOD) abuse and misuse in our 22 county service area. Technical Assistance and training is provided to community coalitions, prevention providers and other key stakeholders to build coalition capacity, increase the fidelity of evidence-based strategies and increase the likelihood of sustaining community outcomes using the Strategic Prevention Framework (SPF).

Prevention System Highlights

- In FY17 a total of \$12,050 in mini-grant funding was awarded to many community coalitions and organizations across Region 4. Most of these funds were utilized for youth-based events, both in and out of the school setting.
- Region 4 funded five coalitions/entities with SAPTBG dollars in FY17. In our statewide strategic plan we stressed it a priority to implement evidence-based strategies to prevent and reduce substance abuse, to increase protective factors and to decrease risk factors to all populations. In Region 4 the targeted population remains the youth in our communities and the majority of our funding is allocated to strategies that work with that population.
- Boyd, Madison, Platte and Thurston counties were in their 4th year of funding through The Partnership For Success grant. These grant monies specifically targeted the prevention of underage drinking in those individuals ages 12 – 20 and many different evidence-based strategies have been implemented through this grant.
- Data from the 2016 SHARP surveys, which include the Nebraska Risk and Protective Factor Student Survey, the Youth Tobacco Survey and the Youth Risk Behavioral Survey were distributed to the coalitions and this data will be utilized in their FY18 RFP
- Through FY17 training dollars, personnel from Wayne State College and Northeast Community College were able to attend the National Meeting in Columbus Ohio which focused on Collegiate Alcohol and Other Drugs Misuse & Prevention. Many coalition leads and/or coalition members from the Region 4 service area were able to attend the National Prevention Network Conference and the Prevention of Youth Substance Abuse in Rural Communities Conference as well as multiple in-state conferences relevant to our work.
- The Prevention Coordinator facilitates bi-monthly Regional coalition meetings and attends coalition meetings across the 22 county area. The Prevention Coordinator is also on the board of the Prevention Advisory Council (PAC), a member of the Statewide Epidemiological Outcomes Workshop (SEOW) and participate in statewide RPC meetings.

SUICIDE PREVENTION:

Region 4 is in their 3rd year of the Youth Suicide Prevention grant. One of the state-wide strategies of this grant is the implementation of a LOSS (Local Outreach to Suicide Survivors) Team in each region. Norfolk has an active LOSS Team and we are in the process of implementing one in the Columbus area. QPR (Question, Persuade and Refer) trainings have been held in the area as well as training clinicians and others in AMSR and CAMS.

Region 4 has utilized many avenues for their media awareness campaign including an insert in the Norfolk Daily News, billboards across the region and radio spots. We have also provided suicide awareness materials to schools, hospitals, police departments, health departments and colleges within our region as well as distribution of materials at Health Fairs across the region. Lock boxes were given out to law enforcement agencies throughout the region for disbursement within their own communities.

HOUSING ASSISTANCE PROGRAM

The purpose of the Housing Assistance Program is to address housing needs for people with behavioral health disorders. This includes the use of rental assistance, other housing related assistance, facilitation of community integration and a housing first approach as strategies to prevent homelessness as well as sustain stable housing.



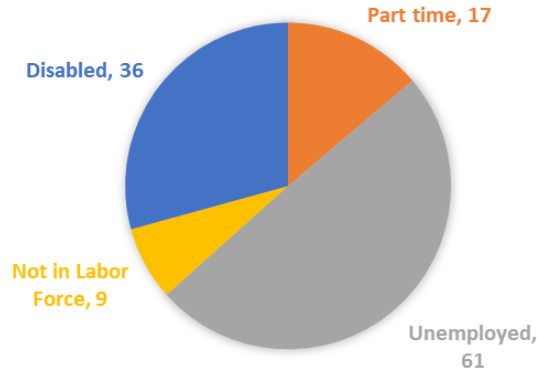
35% of the consumers served were male



65% of the consumers served were female

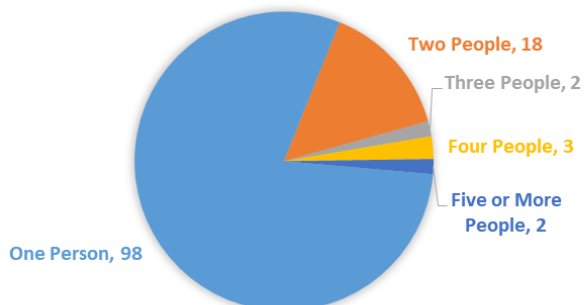
**In FY2017, the housing program served a total of 123 individuals.
24 consumers remained on the waiting list.**

EMPLOYMENT STATUS

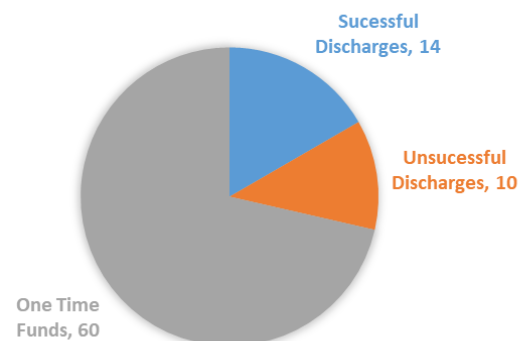


Of the 123 households served 53 were employed or disabled and 70 were unemployed. Additionally, out of the 123 households, 98 consumers were single person households. The Region 4 Housing Program continues to serve only Priority 1 (Inpatient Commitments, Residential) and Priority 2 (at risk) populations. A large majority of persons served have been from the Priority 2 population, while 47 clients have come directly out of an Inpatient or Residential level of care. Region 4 has served all eligible Priority 1 population clients who have requested service. Of the 123 people served, 80 were female and 43 were male. Of the 84 consumers discharged during the year, 14 consumers were discharged successfully and 10 were discharged unsuccessfully.

HOUSEHOLD SIZE



DISCHARGES



NETWORK & FISCAL MANAGEMENT

Region 4 Behavioral Health System provides network management and system coordination as required by our contract with the Nebraska Department of Health and Human Services - Division of Behavioral Health Services. Network Management includes such roles and responsibilities as system coordination, advocacy, planning, program development and management, fiscal management and accountability, technical assistance and consultation, evaluation and quality management. Region 4 provides coordination in the areas of Emergency System, Continuous Quality Improvement, Prevention, Consumer and Family, and Youth.

FY17 Expenditures

Adult Services \$7,112,904.74

Children's Services \$33,783.24

Professional Partners \$724,659.66

Emergency Services \$1,826,106.29

Prevention Services \$204,083.15

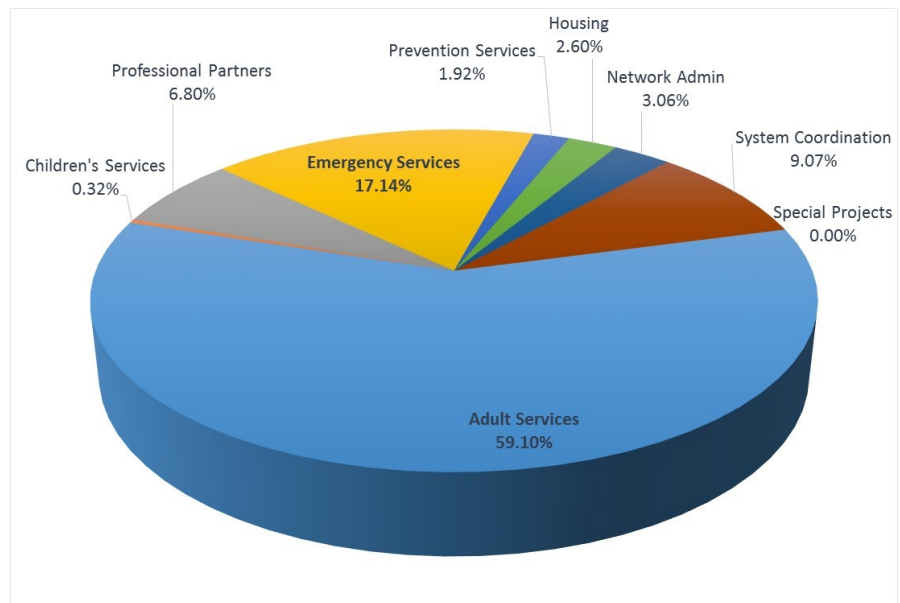
Housing \$276,790.32

Network Admin \$326,088.00

System Coordination \$966,728.84

Special Projects \$0.00

Totals \$10,655,139.04



FY17 Funding Sources

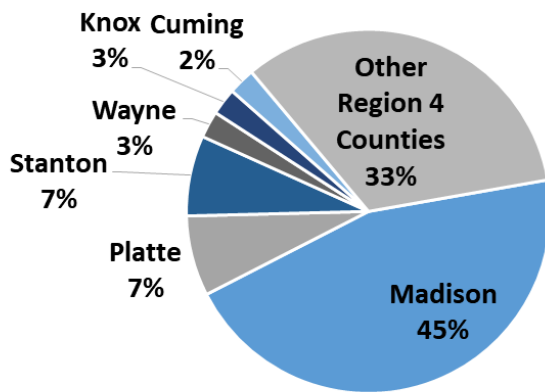
	Mental Health Revenue	Substance Abuse Revenue	Total Revenues
State	\$5,787,915.75	\$3,294,652.16	\$9,082,567.91
Federal	\$289,736.04	\$869,811.09	\$1,159,547.13
County	\$268,136.00	\$144,888.00	\$413,024.00
Total	\$6,345,787.79	\$4,309,351.25	\$10,655,139.04

PROFESSIONAL PARTNER PROGRAM

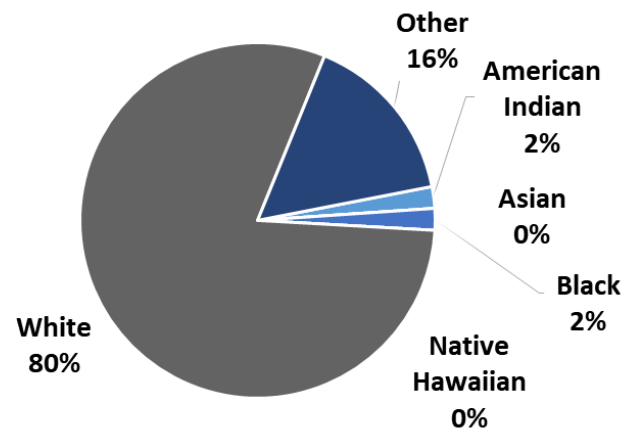
The Region 4 Professional Partner Program utilizes a Wraparound philosophy to assist children experiencing behavioral or emotional concerns by identifying and coordinating community-based resources. The Wraparound approach relies on the natural support systems of the family in its community. We believe that families with increasingly complex needs require individualized interventions, resources, and supports. We are unconditionally committed to helping families achieve their goals by supporting their culture, values, preferences, and strengths.

**In FY2017, there were 79 youth admitted.
The program served a total of 152 youth and their families.**

Professional Partner Consumers Served by County



Professional Partner Consumers Served by Race



64% of the youth were male



36% of the youth were female

Top 10 Behavioral Problems	Percentage
Poor Self-Esteem	14%
Non-Compliance	12%
Academic Problems	12%
Physical Aggression	11%
Extreme Verbal Abuse	11%
Attentional Difficulties	11%
Somatic Complaints	9%
Hyperactive - Impulsive	9%
Anxious	6%
Poor Peer Interaction	5%

Age of Youth Served	Percentage
0-5 Yrs	3%
6-10 Yrs	23%
11-15 Yrs	40%
16-17 Yrs	23%
18 Yrs	3%
19-20 Yrs	8%

MENTAL HEALTH FIRST AID



Through funding provided by the Nebraska Department of Health and Human Services, Division of Behavioral Health, Region 4 Systems has a team of certified trainers to conduct MHFA training.

MHFA is a public education program that helps the public to identify, understand, and respond to individuals showing signs of a mental illness or substance use disorder. MHFA is an 8-hour interactive course that presents an overview of mental illness and substance use disorders, introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Participants learn a five-step action plan to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

MHFA helps people know that mental illnesses are real, common, and treatable and that it's acceptable to seek help. Research has demonstrated the effectiveness of this program to improve knowledge of mental disorders and substance use, remove fear and misunderstanding, and enable those trained to offer concrete assistance.

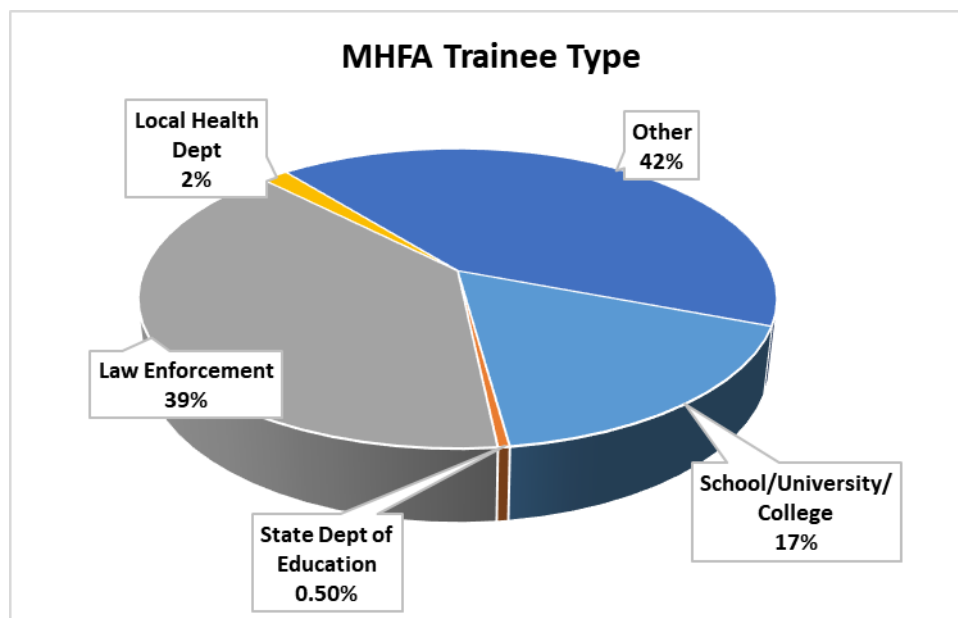
REGION 4 TRAINED **504** PEOPLE IN MHFA DURING FY17



44.4% of the trainees were male



55.6% of the trainees were female



CONTACT INFORMATION

Regional Administrator

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Director of Emergency Services

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Professional Partners Interim Director

Susan Nathan, Ext. 216
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Consumer Specialist

Tommy Newcombe, Ext. 127
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Prevention Specialist

Ann Koopman, Ext. 114
akoopman@region4bhs.org

Mental Health Crisis Lines:

Madison, Stanton,
Pierce, Antelope,
Cuming, Cedar,
and Knox Counties:
(888) 370-7003

Platte, Boone, Nance,
and Colfax Counties:
(866) 758-4749

Boyd, Brown,
Cherry, Holt,
Keya Paha, and
Rock Counties:
(877) 488-9928

Dakota, Dixon,
Thurston, Burt,
and Wayne Counties:
(877) 958-7776

Network of Care

The Network of Care website, provided by NDHHS Div. of Behavioral Health, is a resource for individuals, families and agencies concerned with behavioral health. It provides information about behavioral health services, laws, and related news, as well as communication tools and other features.

<http://www.networkofcare.org>

Region 4 Behavioral Health System

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