

Behavioral Health Resources for Schools

System of Care: Crisis Response

A student's emotional and behavioral health crisis that cannot be quickly diffused, modified or resolved can represent a significant risk to school safety¹. **Crisis Services** provides an evidence-based continuum of services that are provided to individuals experiencing a psychiatric crisis. The primary goal of these services is to stabilize and improve psychological symptoms of distress and to engage individuals in an appropriate treatment service to address the problem that led to the crisis. Core crisis services include: 23-hour crisis stabilization/observation beds, short term crisis residential services and crisis stabilization, mobile crisis services, 24/7 crisis hotlines, warm lines, psychiatric advance directive statements, and peer crisis services².

In Nebraska, **Youth Mobile Crisis Response (YMCR)** is a free resource for families and youth of any age who are experiencing a behavioral health crisis anywhere in the state. YMCR therapists are available 24/7 through the **Nebraska Family Helpline** and help is provided in the community, home, or through video consultation within one hour of the call. The **Helpline** is :

- Operational statewide
- A free resource for parents and educators who have any type of question regarding a child's behavior,
- Provides a single contact point 24 hours a day, 7 days a week.
- Trained Helpline operators screen calls to:
 - Assess immediate safety needs.
 - Identify the potential level of a behavioral health crisis,
 - Make recommendations or referrals to appropriate resources in their area, and
 - Help callers connect to emergency resources or providers.



Any Problem. Any Time.

1-888-866-8660

¹ Promoting School Safety through an Emotional and Behavioral Health Crisis Response and Prevention Model: Research Findings, Center for School Mental Health, 2017

² Crisis Services: Effectiveness, Cost Effectiveness, and Funding Strategies, SAMHSA, 2014