

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES



Pete Ricketts, Governor

# Division of Behavioral Health Prevention Directory

*Helping People Live Better Lives*

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# DHHS- Division of Behavioral Health

## Prevention System

**Vision:**

Develop a sustainable and effective prevention system that is committed to the reduction of substance misuse and its related consequences and the promotion of mental health.

**Mission :**

Promote safe and healthy environments that foster youth, family, and community development through the implementation of early intervention and substance abuse and mental health prevention best practices.

## Substance Abuse Prevention Behavioral

### Health Regions:

**Region 1:**

Including Banner, Box Butte, Cheyenne, Dawes, Deuel, Garden, Kimball, Morrill, Scotts Bluff, Sheridan, and Sioux counties.

**Region 2:**

Including Arthur, Chase, Dawson, Dundy, Frontier, Gosper, Grant, Hayes, Hitchcock, Hooker, Keith, Lincoln, Logan, McPherson, Perkins, Red Willow and Thomas counties.

**Region 3:**

Including Adams, Blaine, Buffalo, Clay, Custer, Franklin, Furnas, Garfield, Greeley, Hall, Hamilton, Harlan, Howard, Kearney, Loup, Merrick, Nuckolls, Phelps, Sherman, Valley, Webster and Wheeler counties.

**Region 4:**

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

**Region 5:**

Including Butler, Fillmore, Gage, Jefferson, Johnson, Lancaster, Nemaha, Otoe, Pawnee, Polk, Richardson, Saline, Saunders, Seward, Thayer and York counties.

**Region 6:**

Including Cass, Dodge, Douglas, Sarpy and Washington counties.

# Nebraska Prevention Coalitions

## Region 1

Jessica Haebe, Regional Prevention Coordinator

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Scottsbluff, NE 69361

Phone: 308-633-7119

Email: [jhaebe@region1bhs.net](mailto:jhaebe@region1bhs.net)

### **Banner County Prevention n Coalition**

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### **Garden County Coalition**

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### **Box Butte County Family Focus**

Amanda Mittan

Panhandle Public Health District

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### **Kids Plus, Inc. (Cheyenne County)**

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### **Dawes/Sioux Family Preservation Team**

Sandy Roes

300 Shelton Street

Chadron, NE 69337

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### **Monument Prevention Coalition (Scotts Bluff County)**

Lanette Richards

1601 East 27th Street

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Phone: 308-635-6162

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### **Deuel County Prevention Team**

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### **Morrill County Prevention Coalition**

Lanette Richards

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**Sheridan Community Prevention Team**

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**Region 2**

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Phone: 308-534-6029

**Citizen's Drug & Alcohol Forum**

PO Box 1208

North Platte, NE 69103

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**Rooted in Relationships— Dawson County**

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**Community Connections**

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**Friends of the Library**

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**Southwest Nebraska Child Advocacy Team**

Kathy Haas

Southwest Child Advocacy Team

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## Region 3

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### Buffalo County Positive Pressure Coalition

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### Central NE Council Alcoholism Addiction

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### Merrick County MAPS

Celeste Penner

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**Prevention Project (Previously: Grand Island Substance Abuse Prevention Coalition)**

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**UNK Alcohol Task Force**

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**Better Choices for Boyd County**

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**Healthy Choices for Pierce County**

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**BKR Wise Choices**

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**Healthy Communities Initiative (HCI)**

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**East Central District Health Department**

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**Heartland Counseling Services**

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**Juvenile Awareness Group (JAG)**

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**Healthy Choices for Cherry County**

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**Knox County Cares**

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**Northeast Nebraska Public Health Department**

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**Region 5**

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**Butler County Community Coalition**

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**Filmore County Coalition**

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**Gage County MAPS Coalition**

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**Saline County CURB Prevention Coalition**

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**Seward County Prevention Coalition**

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**Southeast District Prevention Partnership**

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**Thayer County Healthy Communities Coalition**

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**York County Drug Task Force**

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## Region 6

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|   |   |
|---|---|
| <p><b>Center of Holistic Development</b></p> <p>6659 Sorenson Pkwy<br/>Omaha, NE 68152<br/>Phone: 402-502-9788</p>                              | <p><b>Omaha Collegiate Consortium</b></p> <p>Alex Brown<br/>6001 Dodge Street<br/>Omaha, NE 68182<br/>Phone: 402-310-0995<br/>Email: alexx.brown@unl.edu</p>  |
| <p><b>Coalition Rx</b></p> <p>Jori Jones<br/>6001 Dodge Street<br/>Omaha, NE 68154<br/>Phone: 402-552-2221<br/>Email: coalitionrx@gmail.com</p> | <p><b>Prevention Means Progress (Previously: Partners for Meth Prevention)</b></p> <p>515 East Broadway<br/>Council Bluffs, NE 51503<br/>Phone: 712-325-5628<br/>Email: contact@preventionmeansprogress.org</p> |
| <p><b>Dillion's House</b></p> <p>5062 South 108th Street # 160<br/>Omaha, NE 68137<br/>Phone: 402-871-5622</p>                                  | <p><b>Project Extra Mile</b></p> <p>Chris Wagner<br/>11620 M Circle<br/>Omaha, NE 68137<br/>Phone: 402-963-9047<br/>Email: chris@projectextramile.org</p>   |
| <p><b>Nebraska Urban Indian Health Coalition</b></p> <p>Anita Wisecup<br/>2240 Landon Court<br/>Omaha, NE 68102<br/>Phone: 402-346-0902</p>     | <p><b>Sarpy/Cass Health Department</b></p> <p>Sarah Schram<br/>701 Olson Drive Suite 101<br/>Papillion, NE 68046<br/>Phone: 402-339-4334<br/>Email: sschram@sarpycasshealth.com</p>                             |

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**UNMC-CRHD**

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## Nebraska Tobacco Prevention Coalitions

**Tobacco Free Nebraska**

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**Buffalo County Tobacco Free Coalition**

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**Panhandle Prevention Coalition**

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**Cass County**

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**Tobacco Free Hall County**

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**Tobacco Free Lancaster County**

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|  |   |
|--|---|
| <p><b>Tobacco Free Lincoln County</b></p> <p>George Haws</p> <p>Community Connections</p> <p>P.O. Box 852</p> <p>North Platte, NE 69103</p> <p>Phone: 308-696-3356</p> <p>Email: <a href="mailto:tflc@communityconnectionsnc.org">tflc@communityconnectionsnc.org</a></p>      | <p><b>TEAM—Tobacco Education &amp; Advocacy of the Midlands</b></p> <p>Autumn Burns—Sarpy County</p> <p>CHI Health Midlands</p> <p>Papillion, NE 68046</p> <p>11111 South 84th Street</p> <p>Phone: 402-593-3647</p> <p>Email: <a href="mailto:autumn.burns@alegent.org">autumn.burns@alegent.org</a></p> |
| <p><b>Tobacco Free Platte County</b></p> <p>Jaime Rodriguez</p> <p>East Central District Health Department</p> <p>4321 41st Avenue</p> <p>Columbus, NE 68602</p> <p>Phone: 402-563-9656</p> <p>Email: <a href="mailto:jrodriguez@ecdhd.ne.gov">jrodriguez@ecdhd.ne.gov</a></p> |   |

## Nebraska Suicide Prevention Resources

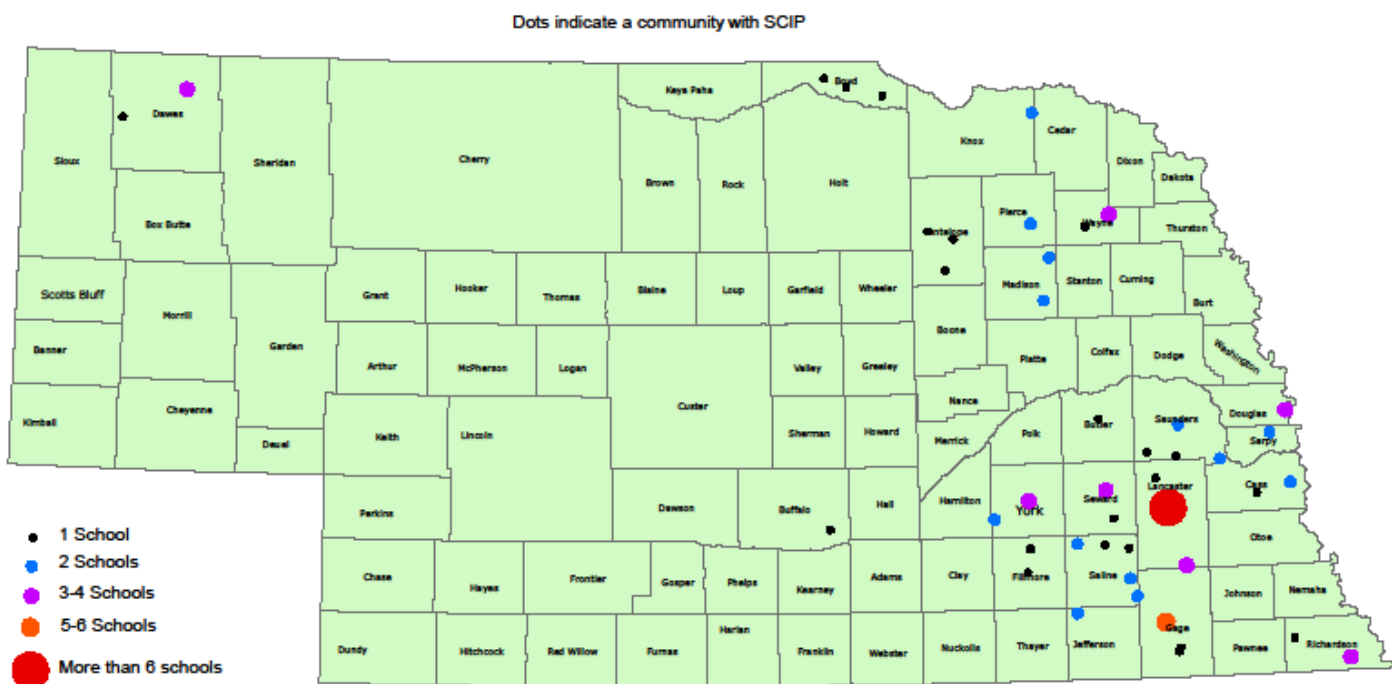
|   |   |
|---|---|
| <p><b>Blue River LOSS Team</b></p> <p>Phone: 402-806-5551</p>               | <p><b>Grand Island/Hastings Area LOSS Team</b></p> <p>COMING SOON</p>   |
| <p><b>Central Nebraska/Kearney LOSS Team</b></p> <p>Phone: 308-217-0359</p> | <p><b>Lincoln/Lancaster County LOSS Team</b></p> <p>Phone: 402-440-1633</p>   |
| <p><b>Chadron LOSS Team</b></p> <p>Phone: 308-225-3861</p>                  | <p><b>Nebraska State Suicide Prevention Coalition</b></p> <p>Dr. Dave Miers</p> <p>Phone: 402-481-5165</p> <p>Email: <a href="mailto:dave.miers@bryanhealth.org">dave.miers@bryanhealth.org</a></p> |
| <p><b>Columbus Area LOSS Team</b></p> <p>Phone: 402-360-5004</p>            | <p><b>Norfolk Area LOSS Team</b></p> <p>Phone: 402-750-8148</p>   |
| <p><b>Four Corners LOSS Team</b></p> <p>Phone: 402-710-2161</p>             | <p><b>Omaha Metro Area LOSS Team</b></p> <p>Phone: 402-891-6911</p>   |

|   |   |
|---|---|
| <p><b>Panhandle LOSS Team</b></p> <p>COMING SOON</p>  | <p><b>Region 5</b></p> <p>Sandy Morrissey</p> <p>1645 N Street, Suite A</p> <p>Lincoln, NE 68508</p> <p>Phone: 402-441-4368</p> <p>Email: smorrissey@region5systems.net</p>   |
| <p><b>Region 1</b></p> <p>4110 Avenue D</p> <p>Scottsbluff, NE 69361</p> <p>Jessica Haebe</p> <p>Phone: 308-633-7119</p> <p>Email: jhaebe@region1bhs.net</p>                      | <p><b>Region 6</b></p> <p>Crystal Fuller</p> <p>4715 South 132nd Street</p> <p>Omaha, NE 68137</p> <p>Phone: 402-546-1192</p> <p>Email: cfuller@regionsix.com</p>   |
| <p><b>Region 2</b></p> <p>Shannon Sell</p> <p>110 North Bailey</p> <p>PO Box 1209</p> <p>North Platte, NE 69103</p> <p>Phone: 308-534-6029</p> <p>Email: shannonsell@r2hs.com</p> | <p><b>Southwest Nebraska LOSS Team</b></p> <p>Phone: 308-221-0143</p>   |
| <p><b>Region 3</b></p> <p>Jessica Schlegelmilch</p> <p>4009 6th Avenue, Suite 65</p> <p>Kearney, NE 68845</p> <p>Email: jschlegelmilch@region3.net</p>                            | <p><b>University of Nebraska Public Policy Center</b></p> <p>Denise Bulling</p> <p>215 Centennial Mall South, Suite 401</p> <p>Lincoln, NE 68588</p> <p>Phone: 402-472-5678</p> <p>Email: dbulling@nebraska.edu</p> |
| <p><b>Region 4</b></p> <p>Ann Koopman</p> <p>206 Monroe Avenue</p> <p>Norfolk, NE 68701</p> <p>Phone: 402</p> <p>Email: akoopman@region4bhs.org</p>                               |   |

# School Community Intervention & Prevention (SCIP)

|   |  |
|---|--|
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| Christine Ivory<br>Phone: 402-327-6842<br>Email: civory@lmep.com    | Michaela Emmons<br>Phone: 402-327-6843<br>Email: memmons@lmep.com  |

## Communities with schools supported through SCIP across Nebraska



**NEBRASKA**  
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 DEPT. OF HEALTH AND HUMAN SERVICES

## 24-HOUR Crisis Lines

|   |   |
|---|---|
| Blue Valley Crisis Line (Rural only).....   | 1-877-409-6600                                  |
| CenterPointe Crisis Line (Lincoln, NE)..... | 402-475-6695                                    |
| Child/Adult/Elder Abuse.....                | 1-800-652-1999                                  |
| Crisis Text Line.....                       | 741741  |
| National Drug Helpline.....                 | 1-888-975-8435                                  |
| National Suicide Hotline.....               | 1-800-273-8255                                  |
| Nebraska Family Helpline.....               | 888-860-8660                                    |
| Nebraska Rural Response Helpline.....       | 800-464-0258                                    |
| SAMHSA National Helpline.....               | 800-464-0258                                    |
| The Boys Town National Hotline.....         | 800-448-3000                                    |
| Veterans Crisis Line.....                   | 1-800-273-8255 Text 838255                      |
| YouthLine.....                              | Text teen2teen to 839863 or call 1-877-968-8491 |



## Frequently Used Terms

### **Prevention**

“Prevention is the active process of creating conditions or attributes that promote the wellbeing of people.” - William Lofquist

### **Primary Prevention**

Programs and services that are directed at individuals who have not been determined to require treatment for substance abuse.

### **Substance Abuse Prevention**

Interventions that are delivered prior to the onset of a disorder and are intended to prevent or reduce the risk of developing a substance abuse problem, such as underage alcohol use, prescription drug misuse and abuse, and illicit drug use.

### **Mental Health Promotion**

Any action taken to maximize mental health and well-being among populations and individuals.

### **Mental Illness Prevention**

Interventions that are designed to directly reduce the incidence of mental disorders, high risk precursors of disorders, and adverse consequences of precursors and/or early manifestations of the disorders themselves.

### **Community Coalition**

A community-based organization of individuals representing diverse organizations, factions or constituencies who agree to work together in order to achieve a common goal. The coalition’s work includes identification of prevention services and/or strategies designed to specifically reduce or delay the onset of substance abuse.

**Prevention Provider**

An individual or agency who directly provides a specific community population or target group with prevention information, resources and expertise.

**Promising Practice**

Programs that have been assigned either a Proven or a Promising rating, depending on whether they have met certain evidence criteria.

**Evidence-Based Practices**

Refers to a set of prevention activities that evaluation research has shown to be effective and one that has been included in one or more of the three categories:

- Included in federal registries of evidence-based interventions;
- Reported (with positive effects on the primary targeted outcome) in peer-reviewed journals; or
- Documented effectiveness supported by others sources of information and the consensus judgement of informed experts.

**Risk Factors**

Characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of problem outcomes.

**Protective Factors**

Characteristics associated with a lower likelihood of problem outcomes or that reduce the negative impact of a risk factor on problem outcomes.