The Division of Behavioral Health primarily operates out of a central office in Lincoln. The central office includes Community-Based Services and the Office of Consumer Affairs. The Office of Consumer Affairs focuses on consumer/peer support services, relationships, planning, research, and advocacy for all consumers.

Reflects staff as of March 2019.
The Division of Behavioral Health (DBH) is the chief behavioral health authority for the State of Nebraska*, responsible for administration and coordination of the public behavioral health system. This includes provision of planning, funding, oversight, and technical assistance to a network of services delivered through the following:

- Six Behavioral Health Regions
- Four federally-recognized tribes
- Other nonprofit agencies and organizations providing community-based services
- DHHS Regional Centers

*Neb. Rev. Stat. §71-806
32,579* Unique consumers who received community-based services funded by DBH in FY2018*, a 6% increase over the 30,715 receiving services in FY2017.

*Consumers may be enrolled in both Mental Health and Substance Use Disorder services.
Expenditures at a Glance

$164,885,092
Total funding expended through the Division of Behavioral Health, FY2018.

$49,938,192
Funding expended for Lincoln Regional Center and Hastings Regional Center.

$15,115,182
Funding expended for Norfolk Regional Center.

$82,408,729
Funding expended through community aid to Regions.

$4,544,780
Funding expended to cover community-based services (CBS) administrative costs.

$12,878,209
Funding expended providing other community aid.
Investing in People and Recovery

**Supported Employment**

Supported employment assists consumers with behavioral health disorders in finding and maintaining competitive employment.

- **991** Unique persons served.
- **$829,243.98** Total DBH funding utilized in supported employment services in FY2018.

**Housing-Related Assistance**

Supported housing provides housing-related assistance to consumers in need of safe, affordable housing opportunities.

- **1,001** Unique persons served.
- **$2,442,061.66** Total DBH funding utilized for housing-related assistance in FY2018.
Providing Support and Help to Nebraskans

Nebraska Family Helpline

The Family Helpline makes it easier for families to obtain assistance by providing a single contact point 24 hours a day, seven days a week. Trained operators screen calls to assess immediate safety needs, identify the potential level of crisis, and make recommendations or referrals to appropriate resources.

- **5,405** Documented calls to **Nebraska Family Helpline.**
- **3,582** New, unique families who contacted the Family Helpline in FY2018.
- **5,861** Referrals to services provided to families by Helpline counselors.

Any Problem. Any Time. 1-888-866-8660
Nebraska System of Care

$3,000,000/year

over four years, the Nebraska Behavioral Health System of Care (NeSOC) grant provides funding to offer community-based services and support for youth who are at risk for or experiencing a serious emotional disturbance.

Accomplishments include...

- **917**: Number of service encounters youth received through end of FY2018 under NeSOC Grant.
- **8**: Total services under NeSOC umbrella expanded or implemented during fiscal year.
- **292**: Total participants in Family Leadership Academy.
- **618**: Mobile Crisis Response encounters for youth (as funded by DBH).
- **76%**: Percentage of youth served in Mobile Crisis Response who were successfully served in the community.
- **94**: Families who accepted referrals to Family Navigator services from the Family Helpline.
State Targeted Response to Opioid Crisis Grant

$2,000,000/year

over two years, the State Targeted Response (STR) grant provides funding for prevention, treatment, and recovery activities related to the opioid crisis.

Accomplishments include...

- **1,520**
  Number of prescription lockboxes distributed with educational materials for collection of leftover medications.

- **152**
  Participants in Project ECHO* trainings in FY2018, growing knowledge of pain management and substance use disorders across NE.

- **923**
  Pounds of unused medicine collected in take-backs through end of FY2018.

- **37**
  Peer support providers who participated in Medication-Assisted Recovery Services (MARS) training.

- **48,454**
  Individuals impacted through evidence-based Opioid Use Disorder prevention programs.

- **4,354** prescribers;
  **1,768** dispensers;
  and **270** designees
  Reported as utilizing NE opioid prescription guidelines.

*Extension for Community Healthcare Outcomes, a telementoring initiative.*
## DBH Accomplishments

<table>
<thead>
<tr>
<th>Goal</th>
<th>Achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>68.2%</strong></td>
<td>• Of adults used outpatient services, up from baseline of 67.7% and exceeding Year 1 goal of 68.2%.</td>
</tr>
<tr>
<td>• Increase the rate of outpatient services used by adults.</td>
<td>70.6%</td>
</tr>
<tr>
<td><strong>96.1%</strong></td>
<td>• Of youth used outpatient services, up from baseline of 95.9% and exceeding Year 1 goal of 96.1%.</td>
</tr>
<tr>
<td>• Increase the rate of outpatient services used by youth.</td>
<td>98.1%</td>
</tr>
<tr>
<td><strong>25</strong></td>
<td>• Confirmed active Medication Assisted Treatment prescribers at end of FY2018; meeting Year 1 goal of 25.</td>
</tr>
<tr>
<td>• Increase the number of active Medication Assisted Treatment prescribers.</td>
<td>25</td>
</tr>
<tr>
<td><strong>70.0%</strong></td>
<td>• Supported Employment consumers discharged as competitively employed during the last quarter of FY2018; meeting end of Year goal of 70.0%.</td>
</tr>
<tr>
<td>• Increase the rate of Supported Employment consumers discharging as competitively employed.</td>
<td>72.0%</td>
</tr>
</tbody>
</table>
## DBH Accomplishments, Cont’d

<table>
<thead>
<tr>
<th>Goal</th>
<th>Achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>85.0%</strong></td>
<td>• Individuals with known living arrangement at discharge who discharged to a stable living arrangement.</td>
</tr>
<tr>
<td>• Increase the individuals with known living arrangement at discharge who discharged to a stable living arrangement.</td>
<td>• Individuals with known living arrangement at discharge who discharged to a stable living arrangement in FY2018; meeting Year 1 goal of 85.0%.</td>
</tr>
<tr>
<td><strong>31.0%</strong></td>
<td>• Increase the number of Providers who are practicing in an integrated setting, including both behavioral health and primary care.</td>
</tr>
<tr>
<td>• Provider survey respondents who reported practicing in an integrated setting including both behavioral health and primary care, up from baseline of 30.2% and meeting Year 1 goal of 31.0%.</td>
<td>31.9%</td>
</tr>
</tbody>
</table>

**87.7%**
2017-2020 Strategic Plan Updates

87% Work activities in Strategic Plan on-track or completed.

Accomplishments include...

- 646 Additional licensed clinicians who were trained in assessing and managing suicide risk/collaborative assessment and management of suicidality through end of FY2018.
- 30,559 Increased participation in school personnel who received training in youth suicide prevention.
- 139,858 Nebraskans who participated in suicide prevention training through end of FY2018.
- 98.8% Mental Health First Aid (MHFA) participants who reported they felt confident they could recognize the signs that someone may be dealing with a mental health problem or crisis as a result of the MHFA training they had received.
- 90.3% Retailers reviewed and found to be in compliance during annual Synar tobacco-sales checks, well above the federal goal of 80%.
- 87.8% Individuals who reported during the annual DBH consumer survey they liked the DBH-funded services they had received.
- 86.9% Individuals who reported during the annual DBH consumer survey they would recommend their DBH-funded provider to a friend or family member.
DBH Contact Information

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Nebraska Department of Health & Human Services
Lincoln, NE 68509-5026
Phone: (402) 471-7818
Fax: (402) 471-7859
Website: www.dhhs.ne.gov*

*For more information on the Division of Behavioral Health and the work we are doing, visit our page on the DHHS website listed above.
Regional Resources Available

With six Behavioral Health Regions across the state, we have you covered.

Behavioral Health Regions and Regional Administrators

Nebraska Network of Care:
dhhs.ne.gov/behavioral_health/Pages/networkofcare
Additional Resources for Help

If you are in need of services to help address a mental health or a substance use issue or disorder, know that **you are not alone** and resources are available to you.

Please visit or call:

- Nebraska Family Helpline: **888.866.8660**
- National Suicide Prevention Lifeline: **800.273.TALK (8255)**
- SAMHSA Helpline: **800.985.5990**
- Nebraska Network of Care at [dhhs.ne.gov/behavioral_health/Pages/networkofcare](http://dhhs.ne.gov/behavioral_health/Pages/networkofcare)
Nebraska’s Division of Behavioral Health

SAMHSA’s National Helpline – 1-800-662-HELP (4357)

SAMHSA’s National Helpline is a free, confidential, 24/7, 365 day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.