

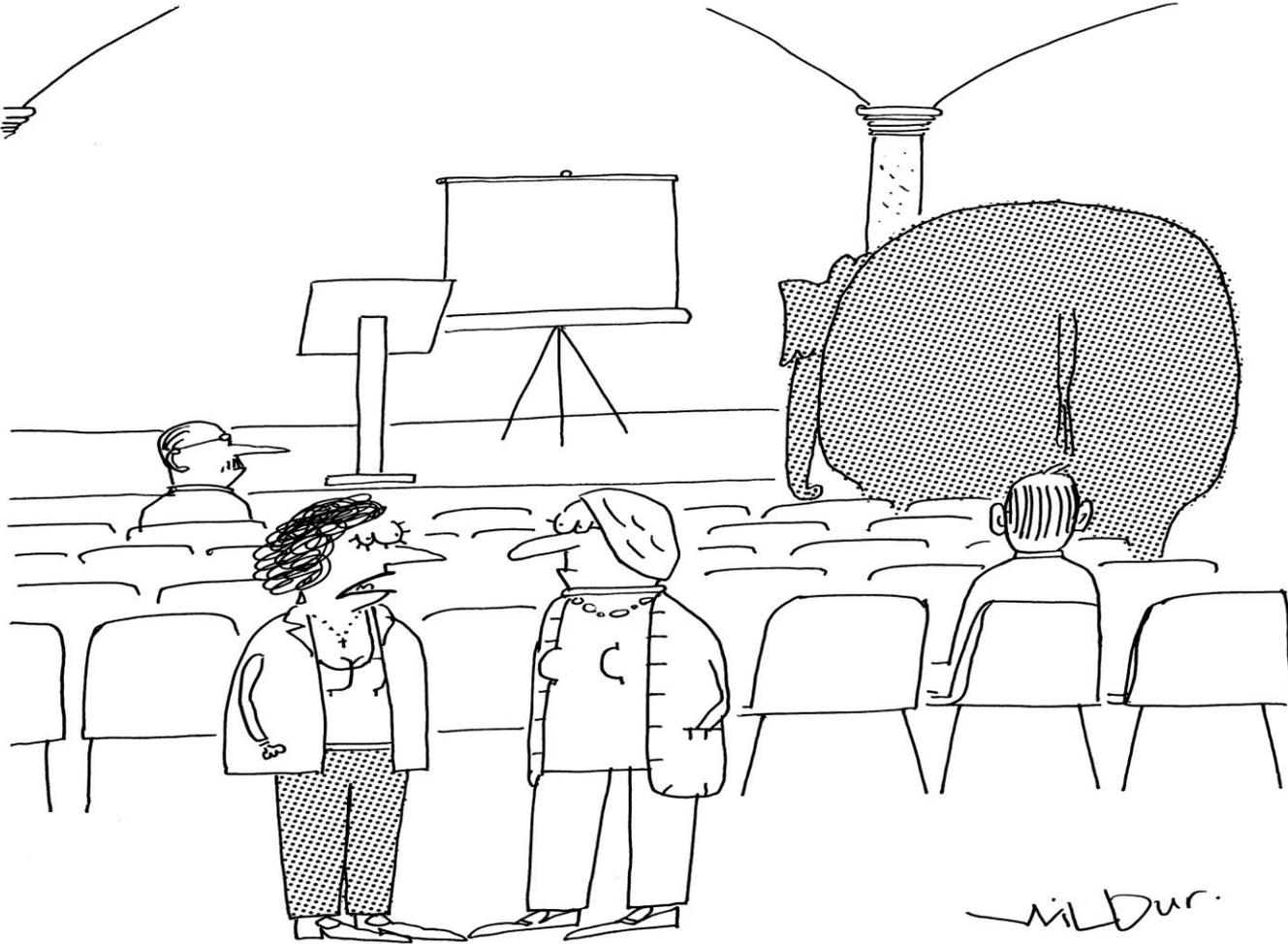
NEBRASKA FAMILY CENTRAL

Systems of Care Can Work- A Nebraska Success Story

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WE HAD TO HIRE A BIGGER VENUE TO ACCOMMODATE
THE ELEPHANT IN THE ROOM

"The most frustrating place to be in this line of work...is ahead of your time."

Banging your head against a wall burns 150 calories per hour.

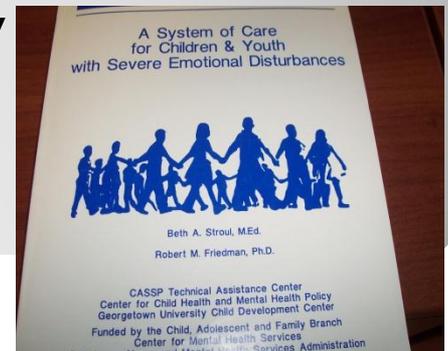
- 150 calories certainly isn't very much, and banging one's head against the wall for an hour would probably result in at least a concussion, but considering everything we do costs energy, it kind of makes sense.

It's all about perspective.....

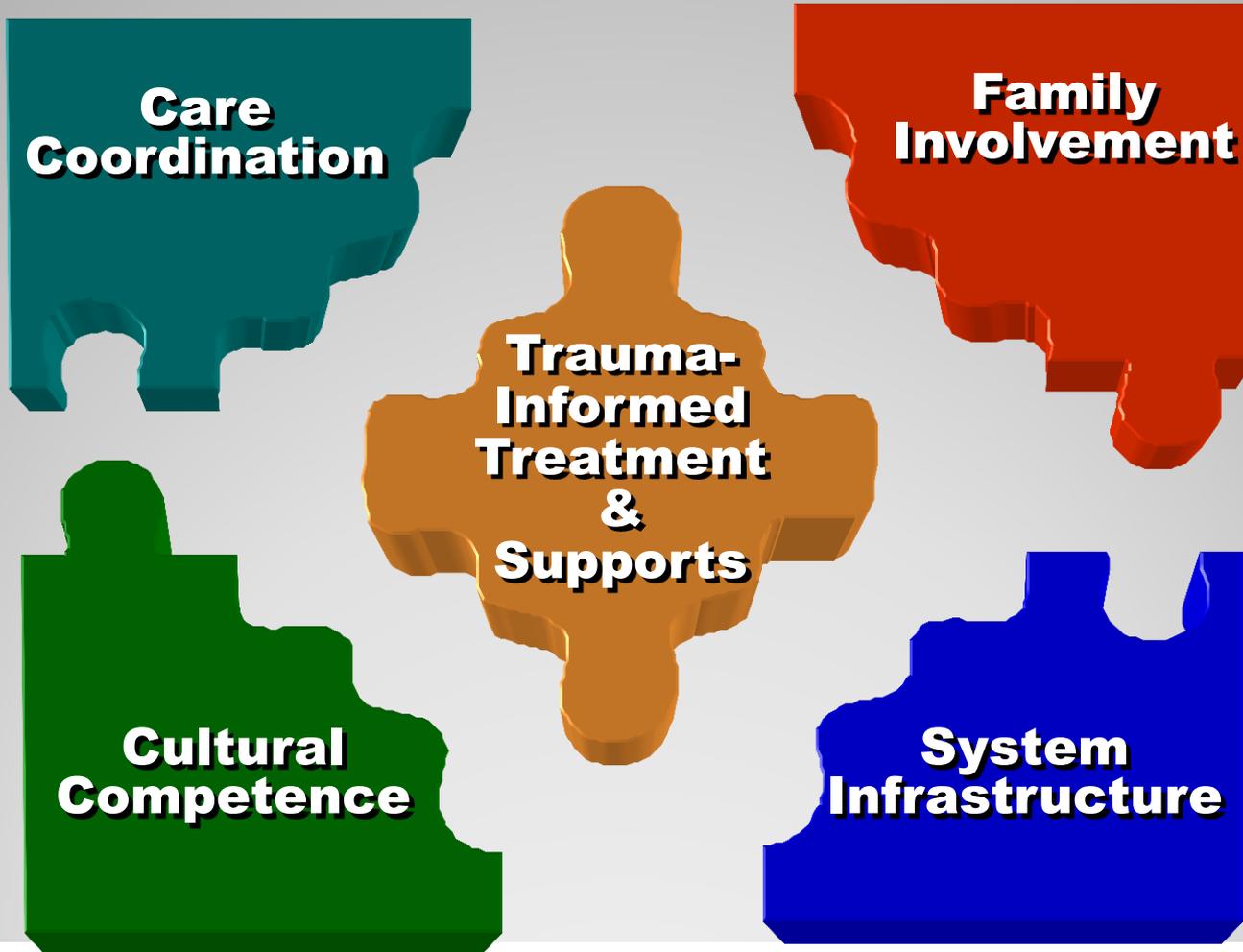
Where It Began...

Comprehensive Community Mental Health Services for Children and Their Families Grant – *System of Care*

- Substance Abuse and Mental Health Administration, Center for Mental Health Services (SAMHSA)
- Awarded October 1, 1997 ended August 31, 2003 (served 1,309 youth and their families, sustainable family organization, workforce development, developed services, community teams, reinvestment strategies.)
- Built upon a “promising practice”



"If you're going to change things, it has to be systemic."



System Partners

Key System Partners

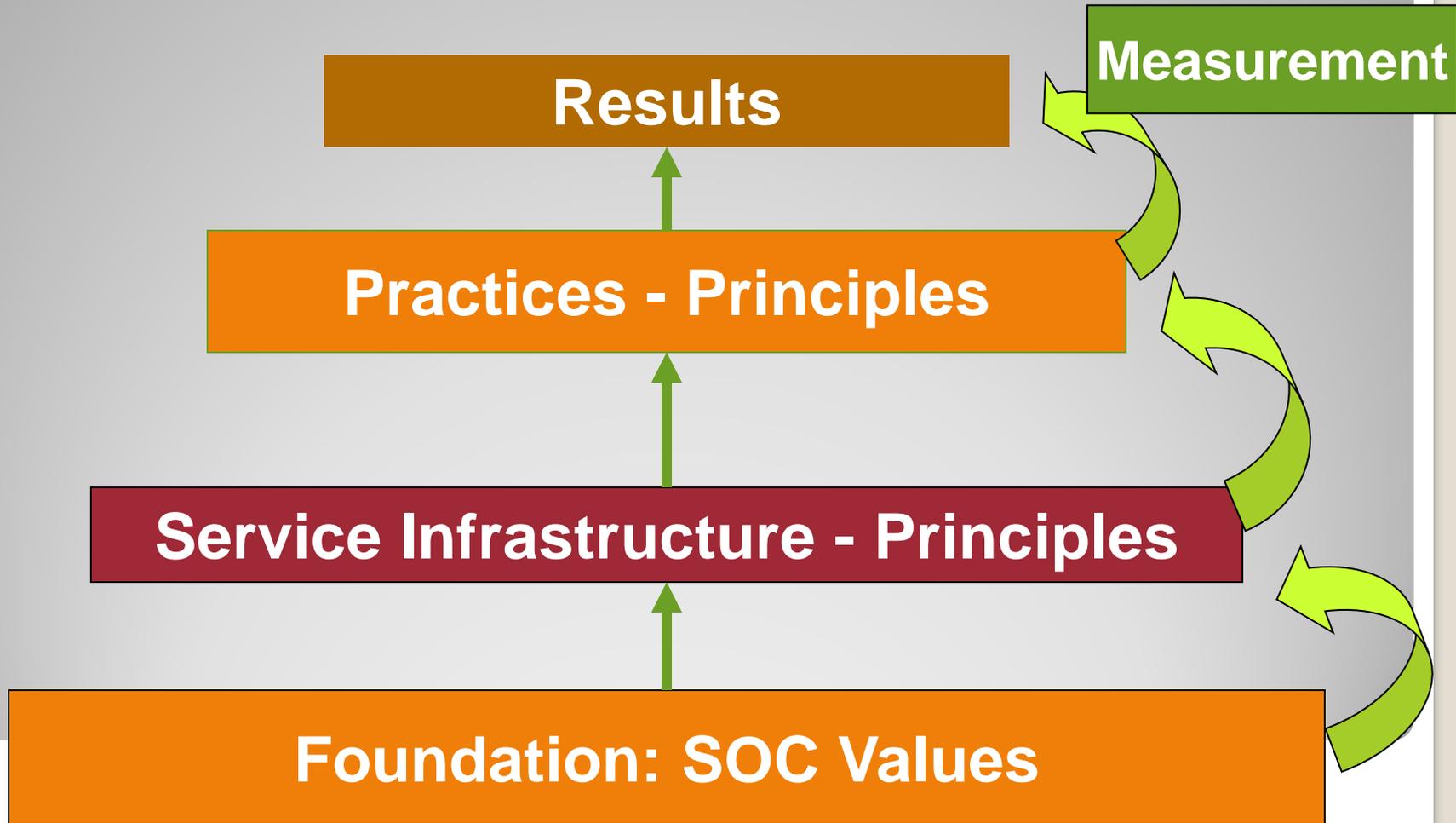
- *Region 3 Behavioral Health Services*
- *NE Department of Health and Human Services*
- *Families CARE*
- *NE Department of Education*



Supporting members of the System of Care

- Providers: *Community-based providers necessary to meet children, youth and families' needs.*
- Community: *Law Enforcement, Probation, and Community Teams, Schools, Probation, and judges.*

System of Care Structure



Results/Outcomes



- Families CARE - A strong, family-run organization giving youth and families a voice at all levels of the system. *"we believe every family and child can be successful!"*
- Managed services within the budget and reinvested savings into improving the system of care. – *ICCU statewide, Early Intensive Care Coordination (EICC), School-Based Intervention.*
- Community Teams - maximized the assets of communities and informal supports to decrease the emphasis on formal service delivery.
Build capacity to take care of their own.

Produce positive measurable outcomes for children and families.

- Children thrive within their family, school and community.
- Families are preserved and children have permanency and stability.
- Strengthen Families - families have an enhanced capacity to provide for their child's needs creating a greater sense of well-being.



Transformation to Best Practices

- **Professional Partner Program**
- **Multisystemic Therapy (MST)**
- **Wraparound and MST Integration**
- **School-Based Wraparound**
- **Co-op for Success/Supported Employment**
- **Community Wraparound Teams/Community Coalitions**
- **Peer Support**
- **Integrated Care Coordination Unit**



Transformation to Best Practices

- **Early Intensive Professional Partner Program**
- **Transition to Independence Process**
- **Trauma-Informed Care Workforce Development:
Trauma-Focused Cognitive Behavioral Therapy (TF-
CBT)**
- **Parent-Child Interaction Therapy (PCIT)**
- **Early Intensive Professional Partner Program**
- **Mental Health First Aid**
- **Wellness Recovery Action Plan (WRAP)**



Systems of Care A Family's Experience

"Family is not an important thing. It's everything."

Michael J. Fox

Family Experience in SOC

- Professional Partner Program
- MST and Wraparound
- Coop for Success
- Families CARE
- Y.E.S.



Family/Youth Involvement

- Treated as equal partners
- Non – judgmental
No blaming/shaming
- Allows families/youth to make decisions to what works best for them



Benefits...

- Parent(s)/Youth take an active role in developing their plans, thus they are more likely to follow it and be successful and more active in their treatment.
- Builds confidence/decision making.
- Creates partnerships between families and professionals.
- Develops leadership potential.



Peer Support

- Advocate for Families
 - Liaison between professional and families
 - Assist families to find their voice
 - Build families/youth informal supports
- Share similar experiences
 - Allows families to not feel isolated
 - Gives Families "HOPE"
- Navigate families to services and supports.



FamiliesCARE

Hall County Community Collaboration



WELCOME TO HALL COUNTY

WWW.HALLCOUNTYNE.GOV

Background...

- In 2004 a small number of human service professionals who had a shared concern for youth in Hall County began to meet.
- In 2007 Nebraska Children and Families Foundation committed funding to Hall County to improve the local system of care and the Collaboration expanded.
- This work included two Service Array assessments to identify community capacity and gaps in services.

- **Purpose** of the Collaboration is to coordinate the identification of community needs, expand available services, and develop a system of care within Hall County.



- Two Service Array Assessments have been completed to identify community capacity and gaps in services.
 - In 2005, an initial service array assessment was completed in Hall County.
 - A second assessment was completed in 2009.



Challenges...

- Ensuring that everyone is at the table.
- Providing an equal voice to all participants.
- Challenging the members to put aside their own bias and agendas for the benefit of the collaboration.
- Sustaining the momentum



Benefits...

- Shared Vision and Goals
- Relationship Building among agencies and the community
- Shared data



New Services Developed

- *F.A.S.T* – Families and Schools Together
- *SANKOFA* – Violence Prevention Program
- *Home Visitation Program*



Sustainability

To develop sustainable systems of care, the most profound change must be in relationships and behaviors.

“If one is lucky, a solitary fantasy can totally transform one million realities.”

Maya Angelou

