System of Care
Celebrating 1st-Year Successes

The Nebraska Behavioral Health System of Care (SOC) for children and youth was created through a four-year, $3 million per year grant awarded to the Nebraska Department of Health and Human Services (DHHS) in 2016 by the Substance Abuse and Mental Health Services Administration.

The Nebraska SOC, a network of partnerships among public and private agencies, families and youth organized by the DHHS Division of Behavioral Health, offers community-based services and support for youth at risk for mental health or other challenges.

The SOC is striving to provide earlier intervention for youth with serious emotional disturbances and their families, increase school attendance and serve more youth in their own homes.

SOC partners include the Administrative Office of the Courts, the Department of Education, the Administrative Office of Probation, Nebraska Children and Families Foundation, the Regional Behavioral Health Authorities, and numerous family organizations. To date, more than 647 young Nebraskans have received treatment through the SOC services, including:

- **Statewide Youth Mobile Crisis Response:** crisis response teams provide on-site mental health crisis counseling and stabilization, and refer families to mental health resources in their communities. More than 500 crisis response calls have been resolved since its inception in May 2017. In more than 69 percent of the cases, crisis response allowed youths to stay at home rather than an inpatient psychiatric facility.
- **Parents and Children Together:** in Behavioral Health Region 6 (Douglas, Dodge, Cass, Sarpy and Washington Counties) has served more than 50 families. PACT works with children and youth who are high risk for struggling in school, encountering the juvenile justice system and public child welfare services. In the second and third quarters of fiscal year 2018, 84.21 percent of families served through the PACT program have remained out of formal system involvement at discharge and 94.74 percent of youth served remained safely in the family home at the time of discharge. For more information, please call (402) 498-4700.
- **Youth Intensive Outpatient Program:** began operations on March 16, 2018 in Behavioral Health Region 1 (seven counties in the Panhandle). 20 referrals have been received.
- **Early Intervention:** includes school-based therapy and assessments, in Behavioral Health Region 2 (17 counties around North Platte.) To date, more than 30 children have been served.
- **Statewide Family Peer support services:** SOC funding allowed access to treatment for at least 23 families. The service provides parents and caregivers opportunities for support, guidance, collaborative advocacy mentoring, links to community resources and an option to connect with another parent (Family Advocate).
- **Wraparound Model through the Professional Partner Program:** purpose is to improve the lives of Nebraska’s children by preventing out-of-home placements, reducing juvenile crime, increasing school performance and attendance, and preventing children from becoming wards just to access services. The expanded capacity has allowed at least 36 youth and families to be served.

**Signs of serious emotional disturbance:**
- Child or teen is struggling in school or at home.
- Showing noncompliance with rules of caregivers, parents or teachers.
- Challenging behavior, such as tantrums.
- Withdrawing socially.
- Feeling severe sadness, tearfulness or upset.
- Repeatedly thinking of self-harm or suicide.
- Changing eating or sleeping habits.

One access point for services is via the Nebraska Family Helpline, 888-866-8660.