

FY2019 Annual Report



July 2018 – June 2019

Organizational Leadership



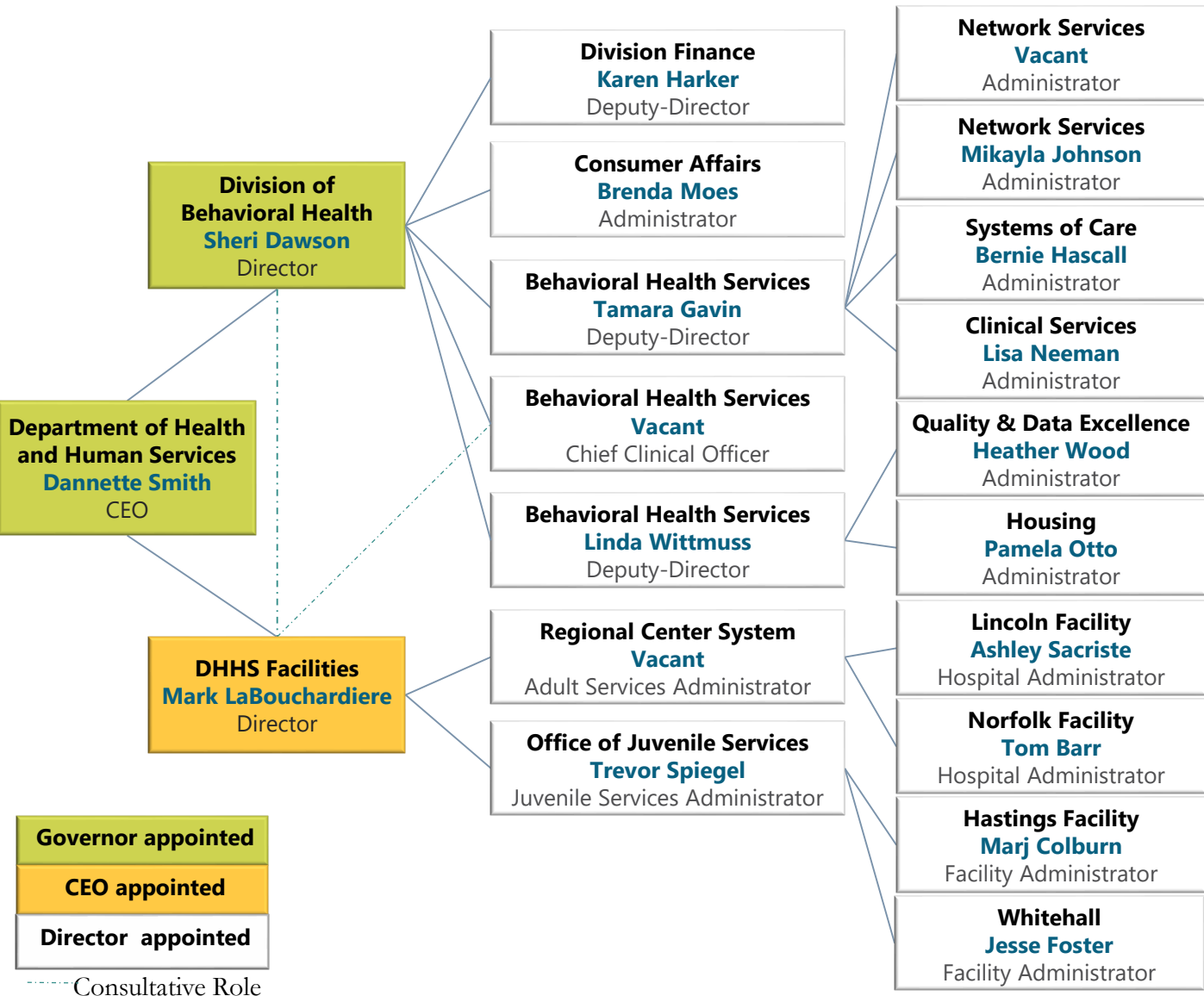
Dannette Smith
CEO



Sheri Dawson
Director

*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.



Governor appointed

CEO appointed

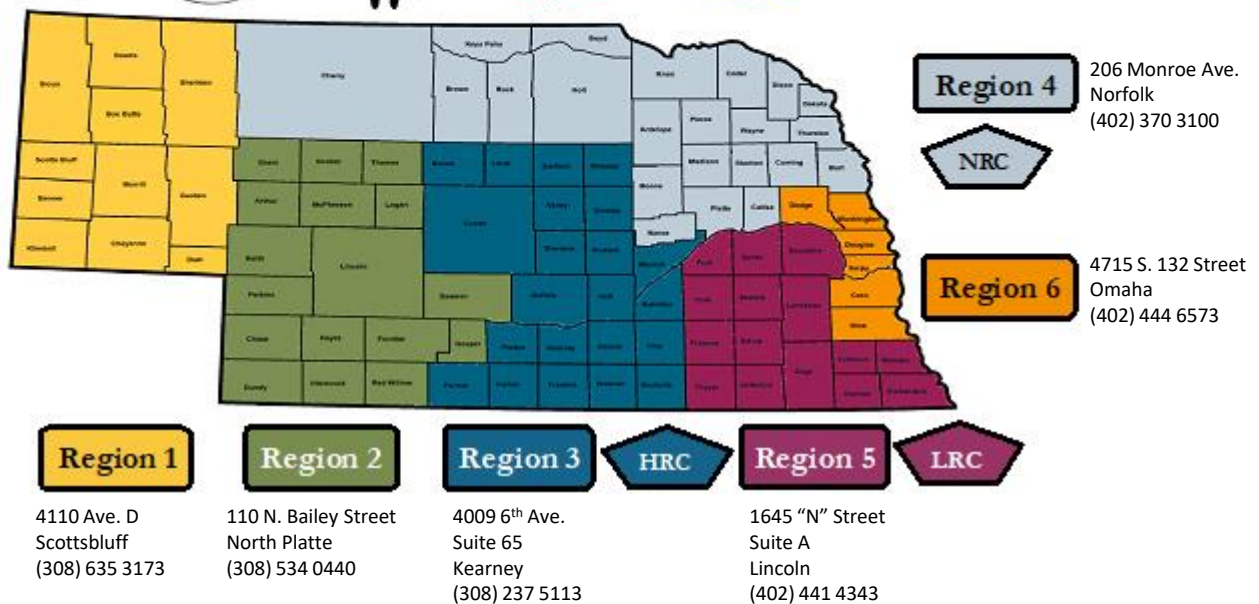
Director appointed

..... Consultative Role

Division of Behavioral Health (DBH)

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:

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



*Neb. Rev. Stat. §71-806

Consumer Demographics

32,277

Unique consumers who received community-based services funded by DBH in FY2019*

* Because some individuals engaged in mental health services and substance use disorder services and because, per federal reporting, dual services count as both mental and substance use disorder services, the sum of the service types is greater than the total people served.

26,375

Mental Health (MH)

10,125

Substance Use Disorder (SUD)

Percentages for consumer demographics reported across all community-based services

45.7%

Females

54.3%

Males

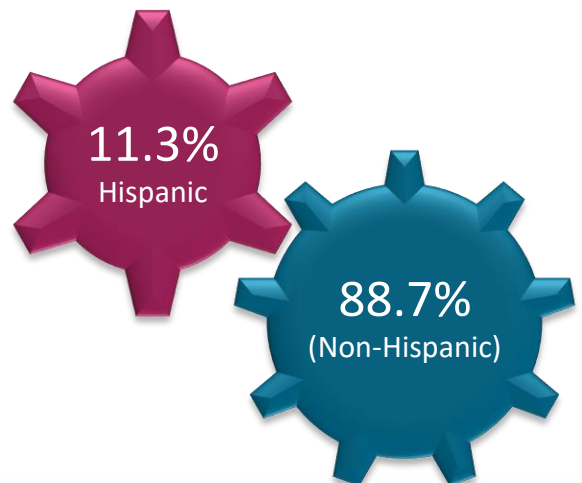
70.9%

25-64 years

Race

Ethnicity

White	79.4%
Black / African American	9.5%
Other	5.5%
American Indian / Alaska Native	3.2%
Two or More Races	1.5%
Asian	0.6%
Native Hawaiian / Other Pacific	0.4%



Expenditures at a Glance

\$171,021,712

Total funding expended through the Division of Behavioral Health, FY2019.

\$52,554,946

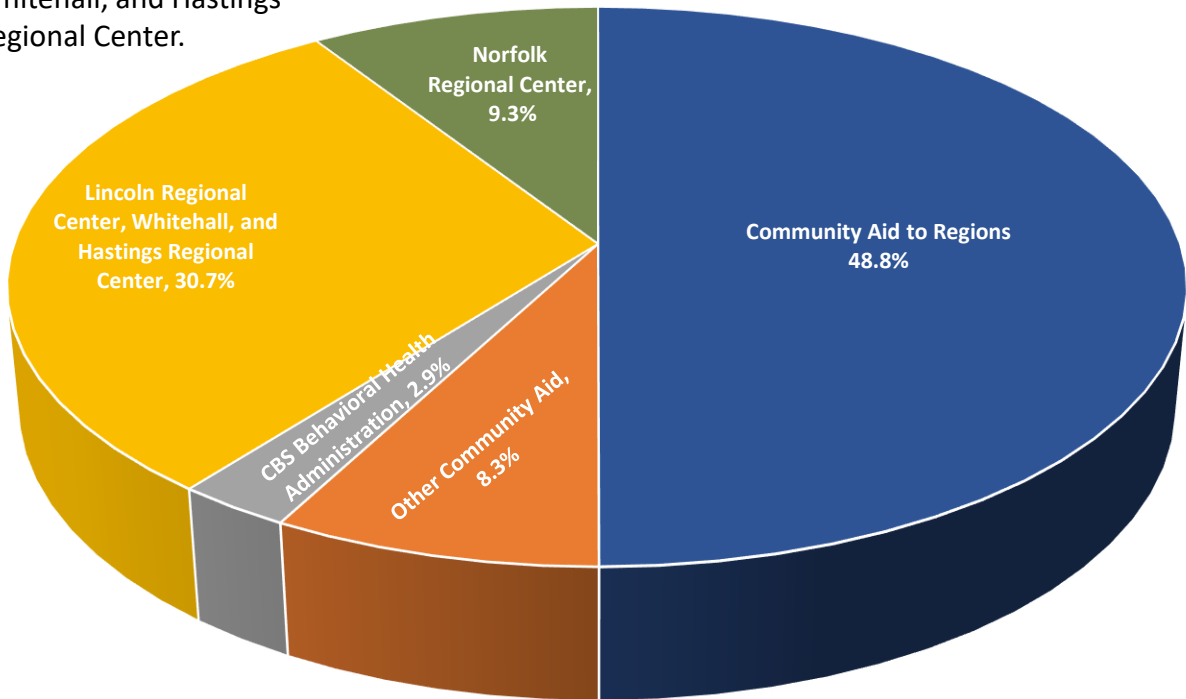
Funding expended for Lincoln Regional Center, Whitehall, and Hastings Regional Center.

\$15,903,425

Funding expended for Norfolk Regional Center.

\$83,399,790

Funding expended through community aid to Regions.



\$4,932,632

Funding expended to cover community-based services (CBS) administrative costs.

\$14,230,919

Funding expended providing other community aid (Tribes, et. al.)

Investing in People and Recovery

Supported Employment

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

1,013

Unique persons served.

\$1,814,160

Total DBH funding utilized in supported employment services in FY2019.

Housing-Related Assistance / Stable Living Arrangements

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

1,018

Unique persons served.

\$2,758,819

Total DBH funding utilized for housing-related assistance in FY2019.

81.2%

Of consumers discharged into stable living arrangements across all services.

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 needs, including immediate safety needs, identify the potential level of a crisis, problem solve, and make recommendations or referrals to appropriate resources.

5,891

CALLS - In FY2019 there was a 9% increase from FY2018 for calls to the Nebraska Family Helpline.

5,950

SERVICE REFERRALS - Helpline Counselors provided service referrals. A family may be referred to one or more services depending on their situation.

3,712

NEW FAMILIES - Calls to the Nebraska Family Helpline are unlimited. In FY2019, more than half of the calls were from new/unique families.

383

FAMILIES accepted referrals to Family Navigator services from the Family Helpline.

Any Problem. Any Time.

1-888-866-8660



Helping People Live Better Lives.

Nebraska System of Care

\$3,000,000/year over four years (2015-2019)

The Nebraska 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...

2,213

Number of service encounters youth received through end of FY2019 under the NeSOC Grant.

624

Mobile Crisis Response encounters for youth.

74.2%

Percent of youth served in Mobile Crisis Response who were successfully served in the community (youth remained in home or with a family friend).

13.9 yrs

Average age of youth served in NeSOC Grant.

Prevention

STR

State Targeted Response (STR)
\$2,000,000 per year
(5/1/2017 to 4/30/2019)

SOR

State Opioid Response (SOR)
\$4,030,457 per year
(9/30/2018-Present)

Accomplishments include...

5,200

Number of prescription lockboxes distributed with educational materials for collection of medications.

3,400

Naloxone nasal spray kits distributed. Naloxone can help to reverse the effects of an opioid overdose in an emergency.

1,583

Pounds of unused medicine collected in take-backs through end of FY2019.

16

Executive fellows have completed the Addiction Medicine Executive Fellowship.

1,600

Views of DBH's Pain Management Guidance document videos.

**2,234 TV &
14,318 radio spots**

Aired with opioid awareness media campaign.

DBH Accomplishments

90.2%

of FY2019 work activities in the *2017-2020 Strategic Plan* were on-track or completed by the end of the fiscal year.

Baseline

Achieved

22

Increase the number of active Medication Assisted Treatment prescribers.

54

confirmed active Medication Assisted Treatment prescribers.

81.9%

Increase the provider return rate for calls to consumers.

85.4%

of consumers reported that staff returned their calls within 24 hours.

90.3%

Increase the access rate for Medication Management services within 21 days from inpatient discharge.

95.0%

accessed appointments for Medication Management services within 21 days of discharge.

81.2%

Increase the access rate for Short-term Residential services within 30 days of referral.

88.2%

of consumers accessed Short-term Residential services within 30 days of referral.

DBH Accomplishments, Cont'd

Baseline

57.5%

Increase the number of consumers employed at discharge from Supported Employment Services.

74.0%

Increase percentage of consumers who access Supported Employment services within 14 days of referral.

82.6%

Increase percentage of consumers who access Supported Housing Vouchers within 14 days of approval.

79.4%

Increase consumer satisfaction with the quality of service they receive.

Achieved

75.5%

of individuals employed at discharge from Supported Employment services.

78.2%

of consumers accessed Supported Employment services within 14 days from referral.

83.2%

of consumers were issued a Supported Housing Voucher within 14 days from the date of application approval.

79.8%

of consumers agreed that the services they received had improved their life.

DBH Accomplishments, Cont'd

Disaster Relief

81 of 93

counties issued
emergency
declarations in
March 2019

306

Rural Response Hotline Contacts

370

Telephone contacts by crisis
counselors or rural hotline

2,141

Community networking and
coalition building events

9,699

In-person educational or
supportive contacts

Office of Consumer Affairs

95%

New regulations for the certification, training, and testing of Peer Support Specialists (CPSS)

passing rate among those who took the peer recovery exam in CY2019.

2

State-Approved Peer Support Curriculums

6 Training sessions
106 Persons trained

763

Families served by Family Organizations

396 Family Navigator
367 Family Peer Support

Prevention

Garrett Lee Smith Youth Suicide Grant (2014 – 2019)

29,717

persons trained in Question, Persuade, and Refer (QPR)

633

licensed clinicians trained for Assessing and Managing Suicide Risk (AMSR)

215

licensed clinicians trained for Collaborative Assessment & Management of Suicidality (CAMS)

643,097

people reached through regional suicide prevention awareness messages (events, billboards, fairs, websites)



The Synar Tobacco Compliance Checks is a project conducted in collaboration with the Nebraska State Patrol and Omaha Police Department.



99.7%

of 1,904 persons trained would recommend this training to others.

97.0%

are subsequently able to recognize the signs of a MH crisis.

96.0%

are subsequently able to connect someone with community, peer, and personal supports.

DBH Contact Information

Director, Division of Behavioral Health

Sheri Dawson, BS, RN
Phone: (402) 471-7856

Deputy Director, Community-Based Services

Tamara Gavin, LMHP, LCSW
Phone: (402) 471-7732

Deputy Director, Systems Integration

Linda Wittmuss, PA
Phone: (402) 471-7714

Network Service Administrator

Vacant
Phone: (402) 471-7820

Network Service Administrator

Mikayla Johnson, BS
Phone: (402) 471-7645

DHHS Facilities Director – Regional Centers

Mark LaBouchardiere
Phone: (308) 338-2000

Office of Consumer Affairs Administrator

Brenda Moes, BS, PLADC
Phone: (402) 471-7721

Deputy Director, Finance

Karen Harker, BS
Phone: (402) 471-7708

Quality Improvement & Data Excellence Administrator

Heather Wood, MS
Phone: (402) 471-1423

System of Care Administrator

Bernie Hascall, MS
Phone: (402) 471-7790

Clinical Services Administrator

Lisa Neeman
Phone: (402) 471-7793

Housing Administrator

Pamela Otto
Phone: (402) 471-7820



Central Office:

Division of Behavioral Health

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

*Please visit our page for more information on the Division of Behavioral Health and the work we are doing .

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
- **Rural Response Hotline: 800.464.0258**

Nebraska's Division of Behavioral Health

Mental Health First Aid

- *DBH training program.*
- *Learn how to recognize and offer initial support until appropriate professional help is received or until the crisis resolves.*

For more information,
please contact a Regional
Behavioral Health Office.
(see page 3)



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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.

