

# Benefits of Participation

There are many advantages of people working together for a common purpose:

- ◆ satisfaction from helping to change outcomes
- ◆ working with others to make a difference
- ◆ developing and putting to use leadership skills
- ◆ and many more



June 2019

# Contact Information

**Consumer/Family Advisory Committee  
Region V Systems  
1645 'N' Street  
Lincoln, NE 68508  
402-441-4361**

<http://region5systems.net/how-we-help/consumer-family-advisory-committee/>

**Region V Systems**  
Serving the Counties of:

- ◆ Butler
- ◆ Fillmore
- ◆ Gage
- ◆ Jefferson
- ◆ Johnson
- ◆ Lancaster
- ◆ Nemaha
- ◆ Otoe
- ◆ Pawnee
- ◆ Polk
- ◆ Richardson
- ◆ Saline
- ◆ Saunders
- ◆ Seward
- ◆ Thayer
- ◆ York



**Consumers, families, organizations, and communities work together to:**

- ◆ **achieve recovery and positive change**
- ◆ **eliminate stigma and discrimination**
- **realize independent choices, and**
- **honor consumers with dignity and respect**

***WHERE EVERY MEMBER IS VALUED  
AND EVERY  
VOICE IS HEARD***

# Membership

Region V Systems' Consumer/Family Advisory Committee (CFAC) is seeking applications from individuals who are interested in helping to improve the quality of life for consumers and family members affected by mental health, substance use, or other addictive disorders. We are interested in filling vacancies with those who have lived experience as a consumer or a family member of a behavioral health services consumer.

(A term of service is 3 years.)

**CFAC meets on the:  
2nd Tuesday of each month  
9:00 a.m. to 12:00 p.m.  
Region V Systems  
1645 'N' Street  
Lincoln, NE 68508**

# Mission

The mission of CFAC is to help consumers and families with:

- ◆ Mental health,
- ◆ Substance use disorders or
- ◆ Other addictive disorders
- ◆ Stigma
- ◆ Prejudice and discrimination

The Consumer/Family Advisory Committee understands that no one is silent, although many are not heard. We work to change this.

# Focus

CFAC focuses on **recovery**. We work to empower consumers and families about:

- ◆ Recovery
- ◆ Legislation
- ◆ Prevention
- ◆ Systems change
- ◆ Attendance at public meetings

We reach out to community leaders and service providers in Region V to educate them about recovery and peer support services.

## Areas of Emphasis for Funding:

- Promoting Recovery and Positive Change
- Consumer/Involvement/Advocacy
- Social Connectedness

# Funding

Consumer/Family Advisory Committee funds a variety of projects positively affecting consumers and families.

Examples include:

- Depression Workshop
- WRAP® (Wellness Recovery Action Plan)
- Pathways to Recovery Strengths-Based Program
- Peer support & advocacy education
- Artists on the Edge/Writer's Wordshop
- Community Resource Center
- Annual "Many Pathways to Recovery" Behavioral Health Conference
- Whole Health Action Management
- Operation Veterans Encouraging Recovery (OVER) House basement repair
- Lincoln Homeless Connect
- Crisis Center WRAP®
- WRAP® for Life (Reducing Clutter, Issues Related to Aging, Weight Loss, Diabetes Management & Becoming a Non-smoker)
- Yoga @ MidPointe
- Children's Mental Health Awareness Event
- Family Education Group
- Take Flight Peer Equine Group
- Recovery Coins—St Monica's & Lutheran Family Services
- MHA: Re-entry Program bus passes & State ID's  
***Please check the website for available funding & current funding cycles.***