

Region V Systems
Promoting Comprehensive Partnerships in Behavioral Health

Region V Level of Care Meeting

January 15, 2020
1:00 p.m.
1645 'N' Street
Lincoln, NE

Present: Greg Bernt, Blue Valley Behavioral Health; Sara Draus, Bryan West; IBHS, Nick Flewelling; Jane Harms, Adult Protective Services; Shala Hartmann & Stephanie McLesse, CenterPointe; Tim Kennett, Lincoln Police Department; Anita Leonard, Mental Health Crisis Center; Rebecca Meinders, Lancaster County Public Defender; Barbara Straus, Aging Partners; Natalya Young & Liz Middleton, St. Monica's, Kristin Nelson & Gretchen Mills, Region V Systems

Welcome, Introductions, Announcements, Additions to the Agenda

- Welcome and introductions were conducted.

System Updates:

- Nelson handed out the FY 2018-2019 Region V Systems Emergency Monitoring Report and highlighted a few data points; length of stay at Crisis Center/ Lincoln Regional Center. Some of the issues with length of stay at LRC has to do with behaviors such as (but not limited to) aggression, medication refusal, swallowing items, refusal to eat. LRC is the only option for these types of consumers.
- Nelson inquired about finding nursing homes for consumers, such as within the housing program. The best way is through documentation, especially if it is not behavioral health but their issues can be observed/diagnosed as dementia, they will have an easier time getting into a home. It is hard to place consumers out in the community. If coming from a hospital, it is easier, the hospital does the work.
 - Call nursing homes first. Get lists from Aging Partners or NEDHHS websites. Keep calling until you find one that will take the consumer.
 - With mental health diagnoses, a Level 2 PASR is required.
 - Placement takes time. Examples were given about calling 28 homes and approximately 2 months for placement.
- Nelson spoke about the Rural Drug Addiction Research Center and the opportunities to partner with them. <https://rdar.unl.edu/>

Specific Case Discussion:

- **Case Staffing:** Reminder to reach out to the County Atty about concerns for people in the community experiencing a mental health crisis, reach out to Mental Health Board, especially if it is a high utilizer.

Updates:

- Centerpointe: Psych Res: 1 bed (male) open, female beds will be opening soon. Still no director for PIER.
- Adult Protective Services: Busy.

- Blue Valley: All rural- full of waiting lists; moving quickly. Referrals are 2-3 weeks out. Lincoln is full but taking referrals; open for med management and individual therapy.
- Aging Partners: Call main line for services. A staff of four take calls. There is a waitlist, depends on urgency. Typical wait is one to three weeks.
- St. Monica's: Full.
- Bryan LGH: Telehealth is full.
- LPD: Number of EPC (suicide) is down. Mental health investigations are on the rise, EPCs down. Time spent on the MHIs are lengthy.
- Public Defenders: Contact them directly or through an attorney. If a consumer is in custody, it takes about a week to be seen. PD is working with LRC to discharge people.
- Crisis Center: One consumer has been there over 50 days. CC is currently stressing importance of starting consumers on injectables (long acting, monthly then gradually move up to quarterly). Injectables are being shown to reduce recidivism. If you have a consumer that is not compliant with meds, speak up right away before they are extremely sick. Get the county attorney involved if needed. There are over 50 consumers currently on injectables.
- IPHS: One opening in psych residential.

Trainings and Events:

- Zero Suicide Academy. Free of charge. Requires a team of four- mixed employees (not just clinicians). <https://zerosuicide.sprc.org/>
- BETA January 23-24, 2020. \$50.00 for clinicians and free to sworn law enforcement.

Other Business:

- Discussion ensued about Jail Screenings. There are no updates. Right now the concerns are who will do the screenings/where the money will come from.

Next Meeting

- February 19, 2020 - 3rd Wednesday every month unless otherwise announced. There will be calendar invites from Gretchen Mills.