

Region V Systems

Promoting Comprehensive Partnerships in Behavioral Health

Region V Systems: Level of Care Meeting

March 17, 2021

1:00 p.m.

Zoom Teleconference

Present: Present: Alex Espinoza-Andersen, Associates in Counseling and Treatment; Kim Scrivner, Blue Valley Behavioral Health; Katie Kimmerling, The Bridge Behavioral Health; Shala Heartman, Stephanie McLeese, CenterPointe; Ashely Borchers, Community Corrections; Tim Kennett, Lincoln Police Department; Heather Miller, Lutheran Family Services; Scott Etherton, Mental Health Crisis Center; Amy Rezny, Nebraska Department of Correctional Services; Donna Garder, St. Monica's; Keri Peterson, Kristin Nelson, Gretchen Mills, Region V Systems

Welcomes were made followed by brief introductions.

System Updates

- Nelson reported a statewide phone call that brought it to her attention that there has been an increase in need for detox beds across the state. Donna, from St. Monica's discussed there are limited beds for women. St. Monica's will up their capacity, however, they do not have their third counselor yet, and once they have one hired, the capacity will go up to 20 (from 16). Katie, from the Bridge, talked about having reduced capacity and slowly upping their capacity. CenterPointe's long-term and short-term programs are at capacity, they have a facility with single bedrooms with attached baths.
- The Mental Health Crisis Center was full as of yesterday, there has not been an increase in EPCs, however, the stay at the center is longer, and they are seeing consumers with unique needs.
- The High Utilizer Review Team (HURT) meets every Thursday. If you have a complex consumer that may need some more individualized care, and you need ideas from this team, send Nelson an e-mail and describe the challenges the consumer faces. After signing a release, you will be able to join the call and be able to brainstorm ideas about the specific consumer.
- Lincoln Fire and Rescue requested mini-BETA trainings for their entire staff. Nelson is going to facilitate 15 trainings with the Hearing Voices training which teaches empathy of individuals living with Severe and Persistent Mental Illness, and the Mental Health Association will present on lived experiences.

Agency Updates

- **Department of Corrections:** Rezny will contact Nelson regarding a specific consumer and to involve the HURT team. They are working on discharges and parole planning.
- **Community Transitions:** There are 15 on the wait list, a male and female will open in May.
- **Blue Valley Behavioral Health:** They are staying very busy and the rural areas have a lot of referrals, people are showing a need for socialization, depression, and fear of the virus. BVBH is assisting to getting them to see a therapist and work within a therapeutic setting for trauma issues.

- **CenterPointe:** Outpatient is open as per usual, crisis services are walk in. PIER is accepting referrals, there are 5 on the wait list and will have openings in April. Adult Residential has immediate openings. Long-term residentials are moving in quickly. Short term residentials are two weeks out for priorities, 5 weeks out for non-priorities.
- **Saint Monica's:** There are 34 priorities on their short-term waitlist, their waitlists are long right now. They are almost up to capacity but must hire an additional counselor. Therapeutic communities will open in June. Women are Sacred (at Indian Center) should be opening soon, it is a mommy and me program for Native women and children. They have to hire additional staff for that as well.
- **Nebraska Disaster Relief (NDRA):** Peterson, in charge of the program, described the grant she oversees, which consists of mental health programming for those involved and affected by the floods two years ago. They have given 1,300 vouchers for therapy services. Referrals are made via the Rural Response Hotline; you can also contact her through Region V Systems for more information.
- **The Bridge Behavioral Health:** The Bridge is still seeing clients, and they've started doing in-person, in-building evaluations. They are at capacity, adding beds each month. Waitlist for priority is 2 weeks out, non-priority is 6-8 weeks out.
- **Associates in Counseling and Treatment:** They are very busy and doing in person evals, they have a second counselor now, return times on evals are at 1-2 days.
- **Mental Health Crisis Center:** They are seeing people, as per usual. EPCs were down from last year, however people are needing longer stabilization times.
- **Community Corrections:** Not much to report; AA and NA have started back up in jail.
- **Lutheran Family Services:** They are still fully remote.
- **Lincoln Police Department:** LPD is very busy and are still hiring. There is no word on the hiring search for a new Chief of Police.

Other Business

Nelson reminded everyone that licensure is due on June 20, 2021. Region V Systems is back in full office operation on May 3, 2021. This group will discuss the needs of a monthly vs every other month meeting and discuss the pros/cons of meeting in person and/or on Zoom.

Next Meeting

- April 21, 2021 via Zoom. Gretchen will send out an invitation, minutes, and agenda.