

Consumer Family Advisory Committee Newsletter

Issue #2, November, 2021



Whispering Acres High Hopes was thankful to receive a grant from the Consumer Family Advisory Committee to assist with our Equine Assisted Learning (EAL) program. Our unique approach helps participants maximize their potential through high quality equine centered activities. In Equine Assisted Learning, participants engage in structured, facilitator-led sessions with constant feedback related to the participant's experiences. The horse is generally considered the teacher and a human facilitator/horse specialist is there to help guide the horse and participants, and to reflect on their experiences. The overall intent is to create opportunities for participant self-development and to internalize this awareness within the sessions and generalize it to other life situations. One of the priorities is to continue to support and develop prevention and pathways to success. Prevention programs and other services help to improve the lives of young people in our county and increase the odds of a successful transition into adulthood.

EAL activities can also help families with challenges that they are having. Horses can help address both verbal and non-verbal communication, expressing feelings, coping skills, confidence levels, self-esteem, teamwork and relationship issues. Any of these issues can cause a breakdown in communication, cause anxiety, increase stress levels and create feelings of helpless, frustration and fear. We look forward to continuing to help individuals of all ages develop skills for a healthier, happier life.

Testimonial by Jill Kuzelka with
Whispering Acres Equine
Assisted Learning
71765 581ST Ave., Jansen, NE

CFAC Member Spotlight—Danielle Smith

In 2016, I became a Certified Peer Support Specialist in the state of Nebraska. Since then, I've worked with the most vulnerable populations in Lincoln, NE, supported individuals in substance use treatment, and worked with individuals on their journey to wellness and recovery. After becoming a Certified Peer Support Specialist, I went back to college and received my associate's degree and attended classes in the drug and alcohol program at Southeast Community College. I currently work for the Wellbeing Initiative, Inc. as the Chief Visionary Officer. We are a peer run organization and our mission is to empower individuals living with mental health and substance use challenges to reach their fullest potential. I am the co-author of Periodical Nebraska Peer Support Curriculum which supports the training and education of Peer Support Specialists across Nebraska.



I've been a certified facilitator in Advance level WRAP (Wellness Recovery Action Plan), WHAM (Whole Health Action Management) and SMART Recovery (Self-Management and Recovery Training) for the last few years and absolutely love it. I currently serve as the Chair of the Mental Health Advisory Committee for the state of Nebraska, the Vice President of Consumer Affairs for the Nebraska Association of Behavioral Health Organizations, and the Secretary of the Board of Directors for St. Monica's Behavioral Health Services.

Spending time with my family and friends has supported me on my own journey in finding whole health and wellness. I have four beautiful daughters, a wonderful husband, along with a cat and dog (I love them as much as my humans). I am a huge fan of Nebraska Volleyball and riding horses and watching my girls ride too. Traveling around the United States is one of my passions outside of work, and I focus a lot on my own personal growth and wellness.

My passion today is to support the recovery and wellness community around me to reach its fullest potential. I believe all people deserve a chance to find themselves and receive the support they need to further their success in recovery. I strive to bring hope to people in recovery and a sense of belonging within their communities. My favorite quote ties into recovery well:

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new." - Socrates"

I have had the pleasure of serving on the Consumer Family Advisory Committee since 2016. In 2017, I was voted the Chair of the Consumer Family Advisory Committee. Serving on this committee has been one of the greatest parts of my wellness journey. I enjoy learning from others, supporting the Region V community, and sharing my experiences with other individuals. It is truly amazing to watch this community support individuals wanting to become experts or leaders in their own recovery.

2021 HOLIDAY PROGRAMS IN LANCASTER COUNTY

We have gathered a variety of holiday programs available in Lancaster County to help make your season a little brighter.

Saint Paul United Methodist Church, 1144 M St., Lincoln

Please join us in our 2nd annual Community Outreach Holiday Food Give-away on Sunday, Nov. 21, 2021, 11 am—3 pm. We will be giving turkey and food bags for up to 900 families, limit one per household, first come, first served. Thanksgiving basket will include: 3 boxes of macaroni & cheese, 2, 16 oz. cans of green beans, 2 boxes of stuffing, 2, 16 oz. cans of cranberry sauce, 2 boxes of bisquick or jiffy mix, 1 box of cake mix, 1 frosting mix, 1 pumpkin pie and 1 frozen turkey. There will also be free resource booths available.



Catholic Social Services: 2241 O Street, Lincoln

Thanksgiving: Taking requests now until all food is reserved. Pick up will be Nov 19th. They will also be providing a coat drive Nov 13th. Call 402.474.1600 for more information.

Operation Santa Clause: Requests will be taken by phone beginning Nov. 29th. Pick up will be Dec. 15th. You will need to complete an application if you haven't received services in the past. You will also need to provide your ID.

Center for People in Need: 3901 N. 27th Street Unit 1, Lincoln

You will need to register for a CFPIN card before receiving services. A photo ID is required. You will need to renew or apply for CFPIN card by Oct. 21 to receive it in time for Thanksgiving. You can register for card during distribution times M-F 10 a.m.-1 p.m. and 4-6 p.m. on Tues.

Thanksgiving: You will need a CFPIN card on Nov. 20 (9-2), Nov. 22 (9-2), & Nov. 23 (10-1 & 4-6)

Toy Land for Kids: You will need your CFPIN card (child shopping for must be on card). Dec. 4 (9-3), Dec. 5 (11-1), Dec. 6 (9-2) & Dec. 7 (9-2). You can pick toys by age groups and possibly stocking stuffers. Regular food distributions will also be available. Call 402.476.4357 for more information.

City Impact Gifts of Love: 1035 N. 33rd Street, Lincoln: You will need to register in person on Nov. 7 (2pm-7pm) & Nov. 8 (8:30am-7pm) **OR** online Nov 9 12 at www.cityimpact.org. You will need a current photo ID, SS card for each child (or Medicaid card, 2019 tax return, passport, govt. issued ID), & one of the following: LPS free lunch, letter with SNAP case #, recent paystub for each adult. Gifts of Love store opens Dec 9-11. You will pick the shopping day when you register. Call 402.477.8080 for more information.



2021 HOLIDAY PROGRAMS IN LANCASTER COUNTY

KFOR Operation Santa Claus, Lincoln: You can register at Catholic Social Services, El Centro De Las Americas, Lancaster Veterans Service center, Lancaster City Health Dept., Malone Center, Ponca Tribe of NE, Region V Systems, Hope Spoke, NE Family Center & Voices of Hope. Check with individual agency for registration times and dates but only sign up through one agency. Taking applications now. Duplicate registrations will be checked.



Matt Talbot, 2121 N. 27th Street, Lincoln

Thanksgiving evening meals Nov. 25th 5:30-6:30pm. Christmas day lunch 11:30am-12:30pm & dinner 5:30-6:30pm. Call 402.477.4116 for more information.

Peoples City Mission Help Center: 6800 P Street, Lincoln PCM would appreciate participants to come in to complete the information for the Clarity Card, however, it is not required. Items are first come, first serve basis.

Thanksgiving: Basket give away Nov. 20th from 10 a.m.- 2 p.m. We will have turkey, ham and side dishes.

Christmas: Santa’s Workshop Dec. 18th from 10 a.m.- 2 p.m. We will give away new toys for children of all ages, food baskets with a ham & sides, and also provide a diaper give away. Call 402.475.6888 or 402.217.2981 for more information.

Salvation Army: 2625 Potter Street , Lincoln

Thanksgiving: Start sign up for baskets Nov 1-12th. Can come in the office M-F 10 am-12 pm and 1-4pm, and Sat. Nov. 6th 10 am - 12 pm. You will set up a time to pick up the baskets when you register.

Christmas Gift Assistance: No specific dates on when applications will be taken but possibly end of November. Call 402.474.6263 at the end of November for more information. Come in to the office to register for assistance. Please bring SS card, ID and proof of residence.



Naloxone Distribution Program’s Mission: To distribute Narcan (generic: naloxone) a medication administered to counter the effects of an opioid overdose, to consumers either at risk themselves or know someone at risk for an opioid overdose at no cost to the consumer or the pharmacy. **Does your county have a Narcan distribution point?** Check the map located at:
<https://dhhs.ne.gov/Behavioral%20Health%20Documents/NaloxoneMap.pdf>



*****Upcoming Region V Systems Sponsored Trainings*****

See Region V website to register for trainings.

<https://region5systems.net/whats-happening/training/>

***** For funding opportunities through the CFAC, please see the link below:**

<https://region5systems.net/how-we-help/consumer-family-advisory-committee/funding-opportunities/>

