



## MEMBER SPOTLIGHT



**So Lieb Vanderlinden** is a Certified Peer Support Specialist with the Mental Health Association for the past three years. She has been a member of CFAC for two years and is currently serving as the Vice Chair. Her work involves facilitating WRAP in the Nebraska Department of Corrections facilities. "I have such a passion for WRAP and general wellness. I use WRAP in my own life to help me keep my life organized, and to maintain mental health wellness and it gives me such pleasure in sharing WRAP with individuals who are incarcerated so they have choices in maintaining wellness even on the inside." She is also an Advanced Level WRAP facilitator which gives her the opportunity to train other WRAP facilitators. She also works at a transitional living home where she supports individuals just coming out of incarceration so they can successfully transition into the community.

So speaks at various trainings and seminars telling her story of Mental Health struggles, overcoming trauma, and recovery to inspire hope. Working at MHA also gives her the opportunity to provide peer support to those in the community.

So is a member of the Omaha Tribe of Nebraska and loves being a part of her community, learning her Umohon language, enjoying their cultural activities, ceremonies and dances. In her spare time, you can find her using her wellness tools of hanging out with her husband, children, grandchildren, and her puppy Sugar. She also loves to play cards, watch horror classics, 80's and fantasy movies. She also likes to play Role Playing Games, read, listen to music and sing.

## Funding Recipient Testimonial: Sacred Voices Talking Circle

The financial support from the Consumer Family Advisory Committee allowed us to provide food and educational materials, including indigenous-centered recovery books, for our Sacred Voices Talking Circle at the Lincoln Indian Center. Without this assistance, it would have been difficult to continue to provide this much-needed resource for our local Native community. Wopilatanka!

## Sacred Voices TALKING CIRCLE

All are invited to this healing circle to learn how to heal through culture.





## Consumer Family Advisory Committee Newsletter

### Program Spotlight: Lutheran Family Services Lincoln, NE



Peer Support Services are currently available at Lutheran Family Services and Lancaster County Community Corrections. These services support individuals seeking wellness and recovery for Behavioral Health. Both organizations offer access to support groups and face-to-face interactions with Peer Support Specialists.

The role of the Peer Support Specialist is to walk alongside individuals, rediscovering the multiple pathways to wellness and recovery. They encourage individuals to identify and build on their strengths, empowering them to choose for themselves. The Peer Support Specialists focus is on mutual trust and respect through authentic engagement, and conscious exploration believing that anything is possible together.

**Lutheran Family Services Peer Support Groups:** Loneliness to Connections, Coping Strategies, Creative Expressions, Mid-Week Boost, WRAP (Wellness Recovery Action Plan), Surviving to Thriving, Support Group, and What You Didn't Learn in School About Adulthood.

\*\*\*If you have questions about these services or are interested in Peer Support, please contact CPSS Ashley Morin (402) 214-6508.

**Lancaster County Community Corrections Peer Support Groups:** Recovery Support Group, Family Ed, SMART (Self-Management and Recovery Training), and WRAP (Wellness Recovery Action Plan).

\*\*\* If you are participating in Adult Drug Court, Treatment Diversion, DUI Court/Diversion, and Re-entry, and have questions about these services or are interested in Peer Support, please contact PSS Julie Wismer (402) 713-4942.



## Consumer Family Advisory Committee Newsletter

### Program Spotlight: Matt Talbot Kitchen & Outreach Lincoln, NE



Matt Talbot Kitchen & Outreach is a hunger relief and outreach center for the homeless and near-homeless. Everyone is welcome to walk through our open doors and get a prepared, nutritious meal two times a day, every day of the year. While on-site for a meal, guests can learn about the other outreach and homeless prevention services available at Matt Talbot such as housing, case management, assistance with acquiring vital identification documents, substance use counseling & evaluations, message and mail services, shower and laundry services, and assistance with basic and emergency needs. It is a safe and welcoming place where those who struggle can find respite, hope and pathways to greater self-sufficiency. In addition, we oversee three transitional living houses, which gives our clients the opportunity to address housing, treatment, and long-term needs recovery.

From November 2021 – April 2022, 34,904 prepared nutritious meals and 22,526 outreach services were provided to 1,514 unduplicated guests. In addition, high quality donated food from local restaurants, farmers, and community members (equaling 27,112 meals) have been distributed to guests. That is a total of 62,016 meals provided in a six month period! We have continued this trend as summer is one of our busiest times of the year. We are also planning for a facility expansion that will add meeting/training space, as well as space for housing clients. We appreciate your partnership as we help those in need find hope and a path to a better life. If you have any questions, please don't hesitate to contact us at 402-477-4116.



## Consumer Family Advisory Committee Newsletter

Program Spotlight: The R.E.A.L. Program  
Lincoln, NE

### ABOUT R.E.A.L.

#### **respond empower advocate listen**

The REAL referral program works closely with law enforcement officials, community corrections officers and other local human service providers to offer diversion from higher levels of care and to provide a recovery model form of community support with the help of trained Peer Specialists.

When a referral is made to the REAL program Peer Specialists begin the process of contacting the person whom was referred. Individuals are asked if they would like to participate in the program. If a person decides to participate, the individual can expect a well-trained peer to work mutually with and support them as they move towards recovery. The information gathered is used to discover what services would be most effective and If needed the individual will receive help in accessing programs or services they want to receive. (examples: housing issues, personal relationships, etc.) On going contact is made with the individual to help ensure their concerns and needs were met and to continue support if wanted.

The first referral for the program was received in September 2011. During the program's eight and a half years in operation almost 4000 referrals have been made by over 300 separate officers. Current program data shows evidence of its effectiveness in outreach, community support, and improved quality of life for those people facing difficulty with mental health concerns.

During the spring of 2015 the Mental Health Association of Nebraska and the REAL Referral Program began to collaborate with the state of Nebraska's Corrections Systems to offer the same types of supports to individuals whom have recently been freed from incarceration at one of the state's facilities. Follow-up contact is made with program participants to help them successfully transition back into the community.

The program is only possible through strong partnership with a progressive police force, an evolving correction systems and funding from the City of Lincoln, the Community Health Endowment and the Nebraska Department of Correctional Services concerned with finding new more effective ways of serving those in need. All peers on the REAL team receive ongoing training including the Intentional Peer Support (IPS) model and facilitating the Wellness Recovery Action Plan (WRAP).

Chad Magdanz, R.E.A.L. Referral Program Coordinator

For more information please call us at (402) 441-4372 and we would be glad to assist you.



# Consumer Family Advisory Committee Newsletter

September is National Recovery Month!

The Wellbeing Initiative invites you to join us in celebrating

## NATIONAL RECOVERY MONTH

Friday, September 23

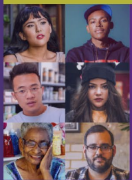
1:00-3:00pm

at The Wellbeing Initiative  
5530 O St, Suite 2

Contact Chris Allende for more info at: [callende@winitiative.org](mailto:callende@winitiative.org) or (402) 309-0411

Join us for:

- \*An exciting speaker
- \*An art viewing of pieces from the "Artists Recover" contest
- \*Announcement of "Artists Recover" winner
- \*An afternoon of connecting with peers in recovery
- \*Light refreshments



## NATIONAL RECOVERY MONTH

RECOVERY IS FOR EVERYONE:  
Every Person, Every Family, Every Community



# RECOVERY IS FOR EVERYONE

Every person, every family, every community.



**SECOND ANNUAL ARTISTS RECOVER!**

September is Recovery Month  
To celebrate we are inviting YOU to submit visual art, written word short stories and poetry, and spoken word pieces that represent recovery.

People will have the chance to vote on their favorite piece. A link to vote will be sent out via email blast and on social media the week of September 19<sup>th</sup> - September 22<sup>nd</sup>, 2022. We will display the art and announce the winner on September 23<sup>rd</sup> at our Recovery Month event.

**Winner will receive a spotlight on our social media, website, and in our November Newsletter, as well as a \$100 gift card!**

Call Chris Allende, @402.309.0411 with Questions

Please be sure your work represents what recovery means to you!

Submit your work by September 16<sup>th</sup>, 2022 to [callende@winitiative.org](mailto:callende@winitiative.org)

In celebration of Recovery Month, you are formally invited to share a creative piece with the community that represents what recovery means to you! Please read through the image for details and contact info. We are excited to see the wonderful art you create! Contact Chris Allende if you have questions at: (402)309-0411.



# Upcoming Event!

# Project Connect Lincoln

**Tuesday**

**September 27, 2022**

**9AM-3PM**

**Pinnacle Bank Arena**

Haymarket

(Masks Required Inside Arena)

***One day, one stop event for people who are experiencing or "at-risk" of homelessness. Get the services you need for free!***



**NO ID NEEDED TO ENTER**

*Some agency booths may require ID or income verification for services. If interested in tax preparation, bring W-2s, if available.*

***Childcare provided while parents attend event!***

Interested in volunteering or donating resources? Please visit:  
[www.lincolnhomelesscoalition.org](http://www.lincolnhomelesscoalition.org)

- Health Services
  - Employment and Education
  - Legal Assistance
  - Dental and Vision Services
  - Flu & Other Vaccines
  - Social Services
  - Housing Assistance
  - Mental Health & Substance Use Support Referrals
  - On-Site Bike Repair
  - Haircuts
  - Income tax preparation
  - Tenant Rights Counseling
  - Clothing
  - Basic Needs Assistance
  - On-site Basic Veterinary Care & Grooming for Pets
- Including SERVICES FOR VETERANS ...and much more!***

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

See Region V Systems website to register

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

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