



MEMBER SPOTLIGHT

Jeanette Wachtel



I have been with CFAC since 2020 and serve on the membership committee. I have lived in Lincoln, NE my entire life. I am a Certified Peer Support Specialist and I work for St. Monica's where I have been for the last three and a half years. I have held many positions while at St. Monica's including Mentor, Peer Support Specialist, Program Coordinator for Woman are Sacred and Float Program Coordinator.

I had addiction problems for 25 years and had attended many treatment centers until finally hitting my last bottom on January 29, 2011 and going into treatment at St. Monica's. St. Monica's saved my life and now I get to give back to women in recovery. Since being in recovery, I have obtained an Associates degree of Applied Science in Human Services with an emphasis on Drug and Alcohol Counseling from Southeast Community College. I have obtained a bachelor's degree in behavioral science, and I am currently working on a Master's degree in Child, Youth, and Family Studies at Bellevue University.

Some things I enjoy doing in my free time are going to the coffee shop with friends and playing dice. I like to spend time with family and travel. When I travel I try to go places that I have never been before.

"I think a hero is any person really intent on making the world a better place for all people." ~ Maya Angelou



Funding Recipient Testimonial: The Serenity Room at Centerpointe by Makenzie Crew

Many of the individuals who attend our day rehab program experience various struggles related to mental health and substance use. Some experience a reality that others don't experience, sudden strong emotions, thoughts of self-harm or suicide, as examples.

Group programming can be triggering and we've had individuals leave programming early to go home and cope on their own, unable to find a private and calming space at the facility. The CFAC funding gave us the opportunity to create a serenity room that individuals can use to take breaks, calm down, or practice/learn new wellness tools whenever they need. We wanted to incorporate the five senses in how our room is set up, so we have things for each sense. To name a few items, we have weighted lap blankets for touch, a sound machine for hearing, essential oil diffuser for smell, peppermints for taste, and the ability to change the lighting color and brightness for sight.

Creating a serenity room has allowed individuals to take breaks during the day, in a safe and calm environment, so they can return to groups and get the most out of their program. The first day we had the serenity room, someone became upset and felt like they were being followed and harassed by something, so they wanted to go home. Instead, we tried out the serenity room together and used the sound machine, diffuser, some fidget toys and a weighted lap blanket. After a few minutes, they returned to group and later told me they were thankful for being able to use the serenity room to get through that moment. Our serenity room has only been available for a couple weeks now and has been used frequently every day. We are thankful to have had the CFAC funding to complete this project for the people who use our services.





Program Spotlight: Bikers Against Child Abuse Lincoln, NE

BIKERS AGAINST CHILD ABUSE® (B.A.C.A.®)

Creating a Safer Environment for Abused Children

B.A.C.A. is an international 501(c)(3) body of bikers existing with the mission to empower abused children to not feel afraid of the world in which they live.

We desire to send a message to all involved with the abused child that the child is part of B.A.C.A. and we are prepared to lend our physical and emotional support by affiliation and our physical presence. B.A.C.A. stands ready to shield the child from further abuse.

How do we accomplish our mission? B.A.C.A. Works in conjunction with local and state officials already in place to protect children. Referrals come from parents or legal guardians.

From our first meeting with the child, we let the child know B.A.C.A. will be there for them.

We also begin the process of allowing the child to make choices about B.A.C.A. involvement in their life. This is the first step of giving the child appropriate control of their life.

The child is assigned two back patch members as primaries who meet with the child multiple times over the period of a few months. Primaries make sure the child knows they are ready to talk with them 24x7 if the child is afraid, has a bad or good day, or just needs someone to talk to; their primaries are always available for them. If the child requests our presence, we will escort the child to court.

There are three B.A.C.A. chapters in Nebraska.

The Star City chapter in Lincoln. The Eastern chapter is based in Omaha. The Central Chapter located in Hastings. They work together, and with chapters in other states, to fulfill our mission, regardless of where the abused child lives.

There is a video on the front page of the B.A.C.A. International website (BACAworld.org) that explains what we do in more detail. It also gives a testimonial from a former B.A.C.A. child. It is worth your time.

See Nebraska.BACAworld.org/ for more information about Nebraska chapters meeting times and locations.

If your organization is interested in having B.A.C.A. give a more detailed presentation about how we accomplish our mission, please email the Agency Liaison for the chapter closest to your organization at:

- AgencyLiaison@sc-ne.BACAworld.org for the Star City chapter based in Lincoln.
- AgencyLiaison@ea-ne.BACAworld.org for the Eastern chapter based in Omaha.
- AgencyLiaison@ce-ne.BACAworld.org for the Central chapter based in Hastings.

No Child Deserves to Live in Fear™



Funding Opportunities Through Region V Systems'

Consumer Family Advisory Committee

Region V Systems' Consumer/Family Advisory Committee (CFAC) accepts Funding Applications by the 15th of each month 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.

The CFAC funds a variety of projects positively affecting consumers and families. A few examples of past funded projects include: Whispering Acres High Hopes Equine Assisted Learning, Project Connect Lincoln, SMART Recovery, The Serenity Room at Centerpointe and the Behavioral Health Conference in Lincoln. The CFAC works together with organizations and the community to achieve recovery and positive change, eliminate stigma and discrimination, realize independent choices, and honor consumers with dignity and respect.

If you or someone you know would be interested in applying for funds, please complete the CFAC Funding Application form and return it to Region V Systems. Consumer/Family Advisory Committee—Where every member is valued and every voice is heard.

For your application to be considered, you must review and follow the instructions in the Funding Procedures manual. Failure to do so could result in a delay of your application's approval.

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