

CFAC Member Spotlight

Heather Anders, Recovery Community Navigator



Heather Anders has recently joined the Wellbeing Initiative as another one of our new Recovery Community Navigators. We are thrilled that she has joined the team!

Heather was previously at Lutheran Family Services and Community Corrections where she worked as a Peer Support Specialist. She lost her mother 10 years ago to an overdose, so being able to share her experiences, strength, and hope with others to inspire recovery is beyond humbling to her. Heather's recovery thrives from community engagements and demonstrating to those she serves that kindness can go a long way.

"Working for the Wellbeing Initiative, I've been able to express and explore many pathways to recovery. Some of those pathways include reviewing 8 dimensions of wellness, spiritual growth and development, and committing to multiple committees or service work within my community. I've also developed a curriculum for a "Loneliness support group" and am currently writing a book about spiritual growth and development. My hope is to offer groups as such when the Wellness and Education Center opens. I take pride in volunteering and showing other peers they can do the same has been an honor. Making deep connections with people fills my cup."

She is a member of CFAC, ABATE of Nebraska, has supportive collaborations with BACA, and has also done service work with City Impact over the last 10 years. She graduated with honors from Bellevue University with her Bachelor's Degree in Human Resource Management and emphasis in Psychology. Some of her wellness tools include traveling, cooking, arts, reading, and of course motorcycle riding. She also enjoys spending quality time with family and her cat Dracula.

SMART Recovery®

Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating). Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by our science-based and sensible 4-Point Program®.

If you would like to receive SMART Recovery® materials, please contact Chris Allende at callende@winitiative.org

Would you like to join a SMART Recovery® group?

Online: Tuesday 1 – 2:00 p.m.

<https://us02web.zoom.us/j/5350523241?pwd=RmZCWkk3Zm9XQ0E2bHJBaHFvN Uc2QT09>





Community Spotlight: Otoe County

Mission Field, a Christian Treatment Facility, Nebraska City

Mission Field is a 34-bed private mental health care facility, specializing in substance use dependence. Mission Field is committed to offering an affordable well-maintained facility, providing mental health care in a safe Christian based environment. We offer state of the art treatments for substance use disorder through all levels of care.

Mission Field is a mental healthcare enhanced facility able to effectively deal with secondary psychiatric diagnoses. Staffed with doctors, nurse practitioners, registered nurses, licensed master's level mental health practitioners and addiction counselors. Many of our staff have over 25 years of experience in addiction rehabilitation, and related mental health diagnosis. Mission Field is fully licensed by the State of Nebraska, and received national accreditation with the Joint Commission in October, 2020.

Full medical detox services and on site pharmaceutical services available. Residential Treatment, Partial Hospitalization (day/night) services (PHP). Intensive Outpatient Program (IOP), Outpatient Treatment (OP) and Transitional Living for our graduates.

Faith based 12 step meetings on site. Available bible study groups facilitated by local clergy members and lay ministers nearly every day. Daily prayer being emphasized to facilitate spiritual practice. When feasible for appropriate levels of care, off-site recreational activities are offered. Many insurance coverages are accepted with private pay options available.

Call (402) 302-0397 for more information.

Mental and Behavioral Health Providers

Arbor Psychiatric & Wellness Center

<https://www.arborpsychiatric.com/>
1120 6th Corso, Nebraska City, NE 68410,
(402) 713-0110

Behavioral Health Solutions

<http://www.bhsne.com/6.html>
917 Wildwood Ln, Nebraska City, NE 68410
(402) 216-0561

Blue Valley Behavioral Health

<https://bvbh.net/>
1903 4th Corso, Nebraska City, NE 68410
(402) 873-5505

Region V Services Nebraska City

<http://www.regionvservicesnc.com/>
808 8th Corso, Nebraska City, NE 68410
(402) 873-3306

Domestic Abuse: Local support & Hotline

Project response
<https://projectresponseinc.org/>
110 N 9th St, Nebraska City, NE 68410
1(800) 456-5764

Nebraska City Food Pantry C/O First United Methodist Church

1023 1st Ave, Nebraska City, NE 68410, USA
402-873-3821

Keitha Thomson

First and third Mondays each month, 3:00 pm to 5:00 pm. Volunteers are currently bringing bags of food & hygiene items outside for curb-side pickup, observing physical distancing practices. To arrange an appointment for emergency needs, call the Church Office 402-873-3821.

Basic Needs:

Nebraska City Ministerial Association

917 Wildwood Ln, Nebraska City, NE 68410,
402-874-9638 or 402-209-0656
Dorothy Royal

The ministerial association is comprised of community clergy who are interested in helping people. To distribute faith and love in Nebraska City and to help financially through vouchers and energy assistance.



Community Spotlight: Otoe County

Basic Needs & Food Pantry

SENCA (Southeast Nebraska Community Action)

<https://www.senca.org/>

111 N 11th St, Nebraska City, NE 68410 402-297-7398 Carol Aufenkamp

SENCA's Otoe County Outreach is available to assist qualifying residents who are experiencing an emergency situation in areas such as rent, utilities and food insecurity. SENCA provides one-on-one holistic support by trained staff and can refer individuals to other in-house programs such as: job skills, weatherization, homebuyer education, down-payment assistance, owner-occupied rehab, radon mitigation, head start and court appointed special advocates (CASA).

Basic Needs

The Knights of Columbus

<https://www.nebraskakofc.org/>

218 N 6th St, Nebraska City, NE 68410 402-873-3024

The Knights of Columbus, a men's group of St. Mary's Catholic Church, were formed to render financial aid to members and their families. Mutual aid and assistance are offered to sick, disabled and needy members and their families. Social and intellectual fellowship is promoted among members and their families through educational, charitable, religious, social welfare, war relief and public relief works.



Help us expand in your area and become a part of our team!

The CFAC is seeking applications from individuals who are interested in helping to improve the quality of life for consumers and family members affected by mental health, substance use disorders, or other addictive disorders. We are interested in filling vacancies with those who have lived experience as a consumer or a family member of a behavioral health services consumer. (A term of service is 3 years)

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. CFAC meetings are open to the public and anyone is welcome to attend the monthly meetings; membership allows the person voting rights and the opportunity to be involved with decision-making, planning, and allocating funds.

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

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/>