



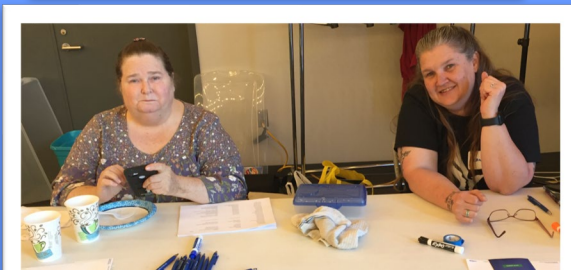
The 2022 Many Pathways to Recovery – Rising Up Together Behavioral Health Conference



The 2022 Many Pathways to Recovery – Rising Up Together Behavioral Health Conference was held on June 2 at the City Impact in Lincoln, NE. With over 100 attendees, it was a great day filled with speakers, workshops, food and fellowship.

The keynote speakers were Nate Smith, Jason Witmer and Shelley Barker.

Workshops included: Strengthened Families: Self-Advocacy, Prevention, and Building Supports by Sam Gross; Uncovering Your Origin Story by Alex Goodier, CPSS; Finding HOPE in Learning the Language of Wellness: Stories of Resiliency and Bravery by Khamisa Abdulla, Thuy Ngoc Ho, Fariha Mohmand, Marcela Inzunza, Lanetta Edison, Lorna Sheridan, Shelia Dorsey Vinton & Maria Elena Villasanted, MS; Hope and Healing for Families of Substance Use Disorders by Amy Larue; QPR (Question, Persuade, and Refer) Suicide Prevention by Christina Lyons and Jill Kuzelka; Empowering Abused Children to Not Be Afraid of the World in Which They Live by B.A.C.A. (Biker's Against Child Abuse) members Choppy and Bacon-Man; Human Trafficking 101 by Natasha Stogdill and Leading a Resistance Against Complacency by Matt Jeffrey.





The 2022 Many Pathways to Recovery – Rising Up Together Behavioral Health Conference





Member Spotlight: Peggy Galloway, Director, Jefferson County Diversion & Pretrial Services

The majority of my life has been spent in southeast Nebraska and northeast Kansas. This area is my home.

My roots are here. My heart is here. Moving back almost eight years ago, what I saw was shocking to me. Properties had deteriorated, arrests and truancy were way up, and people were not as friendly as I had remembered them to be. It seemed that the entire area had lost hope. I felt I had to do something.

Taking the position with Diversion and Pretrial Services opened my eyes to the challenges that were happening within my home town with mental health, addictions and criminal activity. I couldn't just sit by and wring my hands over it. I felt God had brought me back to do something purposeful, to help, and one way or another, I was going to find a way to make a difference.

I have spent my entire life surrounded by family and friends who suffer from mental health issues and/or addictions in one form or other. Having decades of lived experience in trying to find ways to help them has given me the passion to seek help for others who find themselves in similar situations. When one person in a family suffers, the entire family suffers.

As the Director of the Diversion and Pretrial Services office, I work to find solutions for my clients. I take it personally. Each individual is unique in their situation and their needs to remedy that situation. I tell them, "I don't care if your 8 or 68, if you're in my program, you become one of my kids and I will fight for you to rebuild your life in every way I possibly can." Being in a rural community, finding services to help isn't easy, but we are gaining ground. Piece by piece we are bringing positive change to make our community better for all of our residents.

Teaming up with the Consumer Family Advisory Committee has given me a whole new family to learn from to help others. Such an amazing group of people! They are truly a daily inspiration for me to keep moving forward to let others know it is possible to overcome adversities that feel like roadblocks in living a joyful life, no matter how big or small. It can be done!

My free time is spent with my family as much as possible. I have three beautiful grandchildren and another due in August 2022. My sons and their families live close and my mom is just a couple of blocks from me which makes it nice for quality time. My husband Tim, our dog Molly and I love spending time on our acreage watching the birds and enjoying the peace and quiet of country life.



*I can do all things
through Christ
who strengthens me.*



Community Spotlight: Jefferson County, Nebraska

Resources in rural Nebraska to assist individuals with mental health and/or substance use issues are not as abundant as the urban areas. While the gap is still considerable, Jefferson County is making some headway. We also have referrals to organizations outside of Jefferson County.

Mental and Behavioral Health Assistance

Blue Valley Behavioral Health: 521 "E" Street, Fairbury (P) 402.729.2272 Open T-W-Th

Dr. Allen Meyer: 510 D St, Fairbury (P) 402.729.6379

Lutheran Family Services (via telehealth): Available at Blue Valley Community Action, 624 5th Street, Fairbury 402.729.5568

Coming soon! Daring Minds Therapy (partnering with Jefferson Community Health & Life)

Overdose Prevention: If you have a family member who is struggling with substance use and/or mental health in the Region V area (which covers Butler, Fillmore, Gage, Jefferson, Johnson, Lancaster, Nemaha, Otoe, Pawnee, Polk, Richardson, Saline, Saunders, Seward, Thayer, and York counties in Nebraska) that you fear could easily overdose, you can refer them to the Wellbeing Initiative's Recovery Community Navigators. The Recovery Community Navigators will connect with the individual within 24 hours of the referral. They are peer support specialists who can help navigate your loved one to a new path of recovery. Please call 531-249-2196 or refer online at <https://zfrmz.com/4qDXJBcmCxV6toaDY06V>

Domestic Violence

Hope Crisis Center: 515 4th St, Fairbury (P) 402.729.2570

Voices of Hope: 2545 N St, Lincoln (P) 402.476.2110 <https://www.voicesofhopelincn.org>

General Assistance

Blue Valley Community Action: 624 5th Street, Fairbury 402.729.5568 Services include:

- Emergency Assistance – Contact Melanie Hooper at 402.729.5568
- Weatherization Assistance – Contact Kim Clark at 402.729.5568
- Education Programs: Head Start, Family & Youth Involvement Center and the Infant/Toddler Quality Early Childhood Initiative Program
- Food Program: BVCA distributes donated perishable and non-perishable food, household items, and paper products to families and individuals in emergency situations. Several centers receive donations of USDA food from the Lincoln Food Bank.
- Commodity Supplemental Food Program (CSFP) provides nutritious supplemental food from USDA to seniors 60 years of age and older. Participants must meet income guidelines.

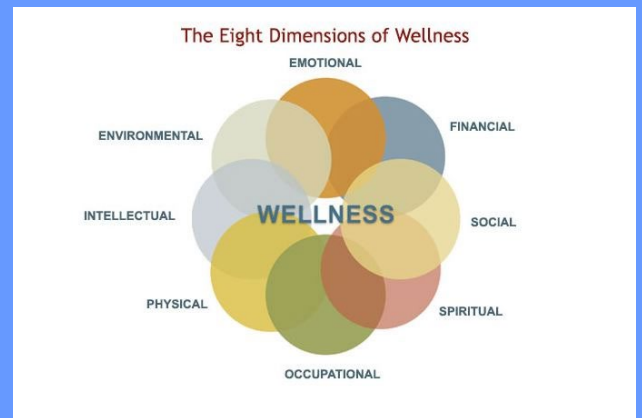


Help us expand in your area and become a part of our team!

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/>



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>

Upcoming Region V Systems Sponsored Trainings

See Region V Systems website to register

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