



MEMBER SPOTLIGHT

Brian Linderholm

My name is Brian Linderholm. I currently work for the Mental Health Association of Nebraska as a data entry/exit specialist in the H.O.P.E. office. H.O.P.E. is an acronym that stands for Higher Opportunities through the Power of Employment. We help marginalized participants such as people in correctional facilities who are eligible for work-release and those who have mental health diagnoses to obtain employment.



I'm a never-married bachelor with no children. I currently live in a group home here in Lincoln, Nebraska as I have been diagnosed with paranoid schizophrenia. I have been stable on antipsychotic medications for decades now. I was once a participant in the H.O.P.E. program, but after a twelve-week internship arranged by Nebraska Vocational Rehabilitation, I was offered a position with the H.O.P.E. re-entry team. I worked at Honu Home throughout most of 2022. Honu Home is a short-term residence for participants leaving a correctional facility and who want to obtain paid employment and then long term housing.

Before I began working for H.O.P.E., I had been chronically unemployed for about fifteen years. I had failed an attempt at getting a Bachelor of Science Degree in IT from 2012-2016 in order to upgrade my Associate of Applied Science in Computer Programming at Kaplan University which later failed financially. I was mostly resigned to being out of work for the rest of my life. But due to fortunate timing, a position within MHA-Nebraska opened. Once I had finished my internship through Nebraska VR, I became employed once again in early 2022 during the height of the COVID era. Finally, before 2007, I worked for the Mental Health Voter Empowerment Project through a faith-based initiative federal grant going back to 2002, again with MHA-Nebraska once they began hosting the project, doing the same type of work that I do now.





2023 Behavioral Health Conference

Many Pathways to Recovery Stronger Together



The 2023 Many Pathways to Recovery Behavioral Health Conference! Conference was held on Friday, June 23, 2023 at City Impact, Lincoln, NE.

Over 100 individuals attended this year's event. Main Speakers included Jae Job, Cheryl Chavez and Destenie Commuso. Breakout sessions included Taisa Brumagen, Overdose Prevention and Narcan Education, Alex Goodier, Gender Identity 101, Cameron Hayes, SMART Recovery, Lia DeCoteau, WHEST, Suzi Scholfield, DBT Presentation, Matt Jeffrey Quitting, Undertaking Internal Transformation, and Katrina Bishop, Mindfulness/Hypnosis.





New Member Spotlight Makenzie Crew

Makenzie Crew has worked as a certified peer support specialist with Centerpointe for 2 years. She has a bachelor's degree in psychology and was previously a preschool teacher for 5 years. She lost her dad as a teen, experienced various traumatic events, resulting in struggles with mental health and substance use. She began her recovery journey of dialectical behavioral therapy (DBT) 10 years ago and is committed to her recovery. She is passionate about supporting individuals on their personal journey of wellness and recovery.



Makenzie has a 4-year-old son and enjoys spending time with him, which mostly consists of playing outside and all things dinosaurs and sharks. She is the oldest of four girls and enjoys spending time with her sisters. Quality time with family and friends, doing yoga and traveling are her favorite wellness tools.

Help us grow!

The Consumer Family Advisory Membership Committee would like to extend our membership to all counties in Region V. Please share the newsletter with your friends, family and peers and encourage each to sign up to receive the newsletter. Simply click on the link to be added to the list serve.

<https://forms.gle/KuAquYgdeDFQRLeN8>



Peer support changes lives.



Consumer Family
Advisory Committee

Funded by Region V Systems

Community Program Spotlight Partners for Otoe County, Nebraska City, NE



Partners for Otoe County's purpose is to function as a backbone organization for Otoe County's many collaborative groups to encourage collective impact and provide capacity-building opportunities to individuals, families, and service providers in the community.

Partners for Otoe County (P4OC) is a nonprofit organization focused on increasing capacity and strengthening partnerships among community organizations, businesses, and individuals interested in working together to provide positive change in the lives of families, children, and individuals in Otoe County Nebraska.

Referrals for families in need of assistance will find guidance at P4OC. Resources available include:

Behavioral & Mental Health Services

Churches

Education

Family Coaching

Hotlines

Medical Services

Transportation

Childcare

Domestic Violence

Elderly Services

Food & Basic Needs

Legal Services

Parent & Family Support

Workforce



Connecting People and Community Resources



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/>