

# Consumer Family Advisory Committee

Newsletter Issue #14 March 2025



**The Vision of the Consumer/Family Advisory Committee (CFAC) is for a Behavioral Health System in Region V in which Consumers, Family, Organizations and Communities work together in partnership to promote recovery and ensure positive change to reduce stigma, support independent choices, and to treat consumers with both dignity and respect.**

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. (The 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.

Serving the counties of Butler, Fillmore, Gage, Jefferson, Johnson, Lancaster, Nemaha, Otoe, Pawnee, Polk, Richardson, Saline, Saunders, Seward, Thayer, and York.

Email us at: [region5cfac@gmail.com](mailto:region5cfac@gmail.com)



## ABATE of Nebraska District 2

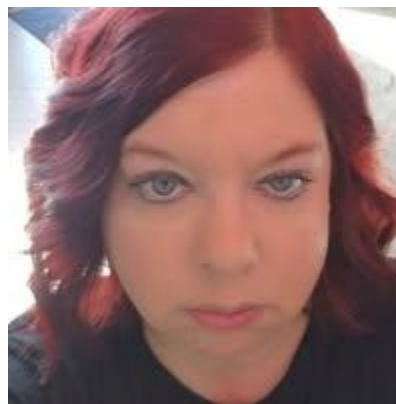
### Polar Bear Run

On October 13, 2024, Motorcyclists in the state gathered with compassionate hearts and rode over one hundred miles around Nebraska in efforts to support ending soldier suicide, a huge problem in our military culture. Every year, ABATE of Nebraska District 2 hosts a fundraiser for the choosing of a cause called the Polar Bear Run. This year's cause was for **Ruck-It-Up for Warriors**, a local non-profit that supports ending the stigma. The statistics of soldier suicides: twenty-two military take their lives a day, another twenty-three attempts every day. Participants of the event rode over one hundred miles in efforts to raise money and awareness about ending soldier suicide, a huge problem in our military culture. Of all days, it conveniently was the windiest and most blistery day of October. Thanks to CFAC, anyone attending the event and its volunteers received a welcome gift bag that contained veteran suicide awareness swag, a flyer for Region V trainings, and resources for suicide prevention. With \$3060 raised, the event was a tremendous success. Thank you to CFAC and our community members in helping us make this a success!



# NEW MEMBER SPOTLIGHT

Rhonda Morrison



Rhonda Morrison has been with CFAC for less than a year and is the Chair of the Funding Committee. She is currently working with Antelope Valley and Thrive to Inspire as a part-time Case Manager and Administrative Coordinator for the last 4+ years. Previously Rhonda worked at CenterPointe for over 4 years in case management. She has worked as a paralegal for 4 years, taught college for over 10 years and worked in the insurance industry for over 10 years. She has a master's in business administration and a master's in criminal justice with an emphasis in law. Rhonda currently teaches a *Women's Empowerment Group* to encourage and educate women to develop healthy coping skills to empower and inspire them to grow and encourage their journey in recovery with their mental health and or substance use.

Rhonda is married and she and her husband have a blended family with four adult children, who are married or have partners, and a total of three grandchildren. She enjoys spending time with her family and friends, reading mysteries and watching true crime shows.