

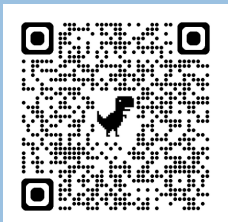
# Consumer Family Advisory Committee

*A newsletter to keep you in the know about CFAC*



## **WHAT IS CFAC?**

The Vision of the Consumer/Family Advisory Committee (CFAC) is for a Behavioral Health System in Region 5 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.



## **Want to join CFAC?**

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.

# Committee Highlights

## our new Chair of CFAC Brandy Nichols



*"I am deeply grateful for the opportunity to use my lived experience to support others and help strengthen our community."*

Brandy is a person with lived experience in recovery and mental health. In 2024, she became a Certified Peer Support Specialist (CPSS) and WRAP (Wellness Recovery Action Plan) Facilitator, and is grateful to put these skills to use through various volunteer opportunities that have come my way.

Brandy is aa proud mom to her grown daughter, Desirae, and “YiaYia” to two amazing grandsons. She is fortunate to play an active role in their lives—carpooling them to and from school/activities and spending our Sundays together with her partner, Tim.

When they are not enjoying our favorite music by The Avett Brothers and Bob Dylan, They are traveling. They are currently on a mission to visit all the presidential libraries across the country—four down, thirteen to go!

In August 2024, Brandy joined the Consumer Family Advisory Committee, where she is honored to serve as the current Chairperson.

### CFAC Committee Chairs and Co-chairs

Funding Committee Chair: Makenzie Crew/Co-Chair Rhonda Morrison  
Membership Committee Chair: Kurt Lockard / Co-Chair Cassie Nicholls  
Bylaws Committee Chair: Makenzie Crew  
Special Projects Chair: Erica Craig

# New Member Spotlight

## Michaela Call

Michaela Call is a Case Manager with Antelope Valley Community Support and a Certified Peer Support Specialist, whose life experience, resilience, and compassion form the foundation of her work.

Michaela's journey began with significant challenges. As a foster child that led to her being a youth runaway, she experienced homelessness and the many hardships that come with surviving alone as a teen. During that time, she turned to drugs and alcohol as coping mechanisms but also met several caring "moms" along the way who showed her what love looked like, giving her hope when she needed it most.



At 18, Michaela met the man who would become her lifelong partner, and together they began a path of recovery and healing that redefined stability, family, and love. They married after just four months and are joyfully approaching their 38th anniversary this year.

Motivated by her past, Michaela developed a deep commitment to helping children and families. With her husband, she has fostered for more than 25 years, adopted 10 children (soon to be 11), provided 1 guardianship, and raised 2 biological sons—creating a home filled with love, structure, and second chances.

After surviving cancer in 2020, Michaela transitioned from owning and operating a Title Insurance Company into community work, beginning as a Rural Community Navigator through a Wellbeing Initiative contract. When that contract concluded, she joined AVCS as a Peer Support Specialist and ultimately discovered her true calling as a Case Manager—a role where her nurturing, “mom-at-heart” instinct shines brightly in every interaction. Michaela is currently nearing the end of her second battle with cancer and continues to thrive even through the hardest days with courage and determination. She was once described as having her life through the lens of kintsugi, the Japanese art of repairing broken pottery with gold. Rather than hiding the cracks, kintsugi highlights them honoring the beauty in healing, resilience, and transformation. Michaela believes this philosophy resonates with her own journey and the journeys of those she serves: that wholeness is not the absence of fracture, but the artful, intentional mending of it.

Her story is one of strength, compassion, and unwavering dedication, an inspiration to the community she serves.



# BHC 2025

*behavioral health  
conference*

The Region 5 CFAC Behavioral Health Conference was a one-day, community-driven gathering that strengthened wellness and recovery across our behavioral health system. Held on June 6, 2025, it brought together peers, families, providers, and advocates to explore the Eight Dimensions of Wellness through inspiring speakers, practical tools, and meaningful connection. It created a welcoming space where people shared experiences, learned together, and left with renewed hope and concrete strategies to support themselves and others on the recovery journey.

