

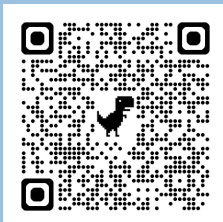
# Consumer Family Advisory Committee

*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.



The Consumer Family Advisory Committee is looking for individuals to join the committee. Anyone can join consumers, family members, peers, and colleagues. We meet on the second Tuesday of the Month at 9:30am in person in Lincoln at Region 5 or zoom

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)

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

# BHC 2026

*behavioral health conference*

## Building Bridges in Behavioral Health

The Region 5 CFAC Behavioral Health Conference is a one-day, community-driven gathering that strengthened wellness and recovery across our behavioral health system.

Join us to discover how building strong connections strengthens hope, recovery, and community well-being!



**When: June 5th**

**Time: 8am-3pm**

**Where: City Impact,  
1035 N 33rd street  
Lincoln Ne**



# Committee Highlights

## our Regional Consumer Specialist

Taisa Brumagen is the Regional consumer specialist. With this position, Taisa supports the CFAC committee, and represents the voice for consumers and family members and supports needs and advocacy in behavioral health.

Taisa has been doing quite a bit supporting NABHO in the legislative area, and using her lived experience to support advocacy with bills that would impact behavioral health. Taisa has attended advocacy action day at the Capital for suicide prevention.

Taisa shared her lived experience with boundaries for a community webinar that brought peers together for a learning session on self care and boundaries.

Taisa has been networking with other providers and supporting their needs with hygiene drives and donations to support their consumers in services. .



## 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

## Cassie Nicholls

Cassie Nicholls is currently the Lead Outreach Working on the R.E.A.L. (Respond, Empower, Advocate, Listen) at MHA-Ne. She is a person with lived experience in recovery and mental health. Cassie's recovery journey started on October of 2021 and has been able to find a life worth living over the last 4 and a half years. Not only is Cassie a Peer Specialist, having been trained in Intentional Peer Support, but she is also an Advanced Level Facilitator for WRAP (Wellness Recovery Action Plan).



Cassie is a proud mom to 3 children; Twins (14), Jacob and Lyla and 2 year old Atlas. Although motherhood has been a rocky journey, she dedicates her wellness and recovery to her kids and is such a proud mom. When not working, Cassie enjoys the past time of binge watching Rom-Com TV shows, reading fantasy novels, playing softball in the warmer seasons, and participating in her Recovery Journey

Cassie joined CFAC about a year ago, hoping to best support the community and bridge the gaps and un-silo the separations between organizations.



## New Member Spotlight

### Erica Craig

Erica Craig is the Director of Health & Healing at the Malone Center, and a Certified Peer Support Specialist. Excellence, authenticity, and love of neighbor have guided her work in direct service, advocacy, and leadership.

Erica is mother to an active preschooler, who has brought great curiosity, joy, and purpose to her life. In her free time, Erica loves to cook, spend time with her family, and watch sports.

In July of 2024, Erica joined the Consumer Family Advisory Committee, where she is grateful to serve as the Chair of Special Projects. It is her personal mission to inspire new pathways of hope and meaning for those seeking recovery, and those who still suffer.



Use the QR code below, or search for Mylink. to access a free, searchable, comprehensive list of support groups and organizations in Nebraska

