

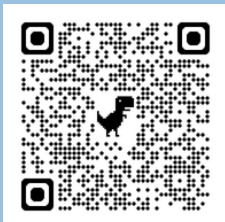
Consumer Family Advisory Committee

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

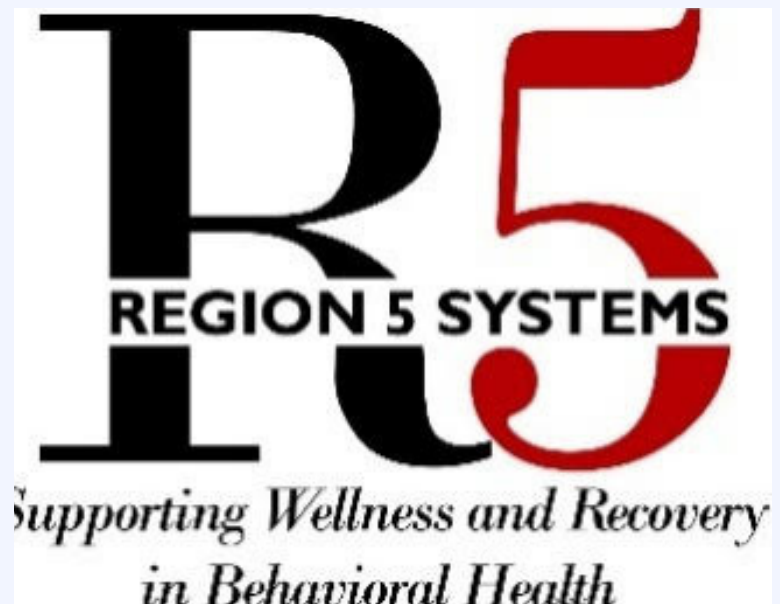
Building Bridges in Behavioral Health



On June 5th we had a great turn out for the 2026 Region 5 CFAC Behavioral Health Conference!

Over 100 participants come and join us learning how to build strong connections strengthen hope, recovery, and community well-being! We had 14 community organizations table the event, and six breakout sessions.

Our keynote speaker was Georgann Roth with the Lincoln Food Bank who shared some of her story as well as a brief overview of the Bridges out of Poverty.



BHC 2026

behavioral health conference

Building Bridges in Behavioral Health



Taisa's Corner

our Regional Consumer Specialist

Taisa has been supporting several other community partners including Marvilees All School Graduation Party, and The Green Light Project shine a light for mental health awareness. Taisa also attended Hill Day in Washington for advocacy efforts and used her lived experience to advocate for peer support and mental health care.

Taisa enjoys connecting with other community providers and supporting the work they do for the community. Taisa is excited to connect with more organizations in the future.

Taisa recently created a survey for consumers "your voice matters." Taisa plans to hold focus groups for consumers to attend and share feedback and behavioral health advocacy. Personally Taisa has been enjoying time at the pool with her kids and cheering her kids on while they play sports!



CFAC Committee Chairs and Co-chairs

Funding Committee Chair: TBD Crew / Co-Chair TBD

Membership Committee Chair: Kurt Lockard / Co-Chair TBD

Bylaws Committee Chair: TBD

Special Projects Chair: Erica Craig

New Member Spotlight

Kailla melby

Kailla just recently moved to Lincoln from York, and is so happy to be here! Kailla works at Wellbeing Initiative as a Recovery Community Navigator (CPSS) for both youth and adults, and also works with youth who come to the Day Reporting Center.



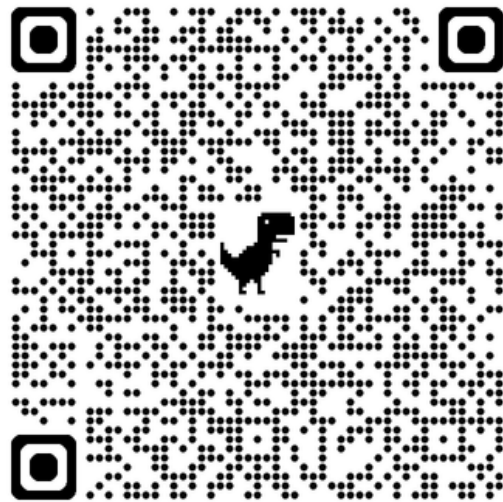
Kailla has lived experience in both mental health and substance use and wants to support others who have had those same experiences.

Kailla has a dog named Pooh Ann and a cat named Drizzy who are Kailla's whole wide world. Kailla loves to build Legos, read, and support their community by helping fill Little Free Pantries around Lincoln in their spare time. Kailli also volunteers for CASA of York to help uplift the voices of kids who are in Foster Care.

Kailla is really excited to serve on CFAC and can't wait to support thier community even more!

International Overdose Awareness Day

August 31st is
International Overdose
awareness day, scan the
QR code for free resources
to help prevent death from
overdose



STOP OVERDOSE NEBRASKA
Help Save A Life

Stop Overdose Nebraska works to educate the public about life-saving NARCAN, a fast-acting drug that can save someone who is experiencing an opioid overdose. STOP ODNE is also committed to providing information for resources to get people the help they need.

Visit stopodne.com to find Narcan in your area, or to find out more.