EMERGENCY COORDINATION & SUPPORT SERVICES

Emergency Support services are offered to any individual who is experiencing a mental health and/or substance abuse crisis/emergency. Emergency Support is also a resource for law enforcement, hospitals, and physicians by providing therapists to do Crisis Response Assessments on individuals in their care/custody who are at risk for an EPC. This service is designed around consumer needs and is provided by staff who can teach skills as well as connect consumers with resources and services. Services are available in all 17 counties served by Region II Human Services, 24 hours a day/7 days a week. Contact any of the Heartlands or the Emergency Program Director at (308) 390-4645.

Behavorial Health System Emergency #: 1-877-269-2079

PREVENTION SERVICES

Region II Human Services prevention programs are both evidence based and community based. Programs for children and youth include Healthy Alternatives for Little Ones, All-Stars, and Asset Teams. Parenting classes are available. Video and other resources are available in each Heartland office.

Prevention Specialists work with community teams to assess and create strategic prevention plans for prevention. Mini grants are available to help teams achieve goals that help change the norms and reduce the use and abuse of substances.

Call any Heartland and ask for the Prevention Specialist for more information.

REGIONAL CONSUMER SPECIALISTS

Regional Consumer Specialists provide leadership and support to assist mental health, substance abuse and gambling addicted consumers, family members and support groups, to know and understand how they may strive for recovery and wellness within the Behavioral Health System. Regional Consumer Specialists aid the consumer in understanding and accessing services and act as the consumer's voice to influence policy-making as the system transforms to be more consumer oriented.

CONTRACTED SERVICES include:

Emergency Protective Custody Services.
When law enforcement determines that a person is mentally ill and/or substance addicted and dangerous, Region II Human Services has access to hospitals who will admit patients to this level of care.

Acute/Secure Sub-Acute Care:
If a mental health board commits a person to inpatient services, the Region has contracts with hospitals for this level of inpatient care.

Substance Abuse Short Term Residential Services.
The Region has contracts with treatment centers for residential services for persons addicted to alcohol or other drugs.

Community Support Services (Mental Health & Substance Abuse).
The Region contracts for this one-to-one wrap-around service in Dawson, Gosper, and Lincoln counties.

Crisis Respite.
If a person in Region II needs some additional support for a few days to remain on medication and stable, the Region contracts to place clients in a safe environment with the added support needed.

Dual Diagnosis Residential.
The Region contracts with a facility that treats individuals who have a mental health and substance addiction problem. This is a long term placement intended to stabilize the client.

Supported Employment.
The Region contracts to provide help with employment for clients who meet criteria and who want to work.

Transitional Housing.
Persons who have a severe and persistent mental illness and/or are in recovery from a substance addiction and who meet the poverty guidelines can be eligible for a housing voucher. Clients must be willing to be part of a community support program.

Halfway House.
The Region contracts for this residential service for persons getting out of a residential treatment center and needing the structure of group living to remain in recovery.

Therapeutic Community.
The Region contracts for residential services for women who need to transition from treatment to a structured living environment to maintain sobriety.

Intensive Outpatient Substance Abuse Services.
A 6-10 week program for substance addicted persons who need more than individual outpatient care. This program provides group and individual counseling. Clients are in service a minimum of 10 hours a week, 3-5 times a week.

If you have questions on any of the contracted services, please call 308-534-0440.

Funding Statement: Region II Human Services is funded by federal, state and county dollars. Your tax dollars help make services available to persons who cannot afford mental health and substance abuse services. Client fees and third party pay are collected when possible. Funding is provided through the Regional Governing Board with state funding from Nebraska Health & Human Services.

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REGION II HUMAN SERVICES

REGION II HUMAN SERVICES PROVIDES MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES FOR 17 COUNTIES IN WEST CENTRAL NEBRASKA

SERVICE MISSION:

"To work toward the health, happiness and well-being of every person who works within our organization and every person served by our organization."

"To provide the highest quality Substance Abuse and Mental Health services to any person in need of those services."

Region II Human Services is the administrative office for the programs listed in this brochure.

Kathy Seacrest, Regional Administrator

REGION II HUMAN SERVICES

110 NORTH BAILEY • NORTH PLATTE NE 69103
(308) 534-0440

Region II Human Services is governed by a County Commissioner from each county served. Arthur, Chase, Dawson, Dundy, Frontier, Gosper, Grant, Hayes, Hitchcock, Hooker, Keith, Lincoln, Logan, McPherson, Perkins, Red Willow & Thomas

HEARTLAND COUNSELING & CONSULTING CLINICS

The following services and programs are all available through the Heartland Counseling and Consulting Clinics. The locations and phones are listed below. Call any of the Heartlands or the Region II Human Services office, (308) 534-0440, for more information.

110 North Bailey • PO Box 1209
North Platte NE 69103-1209
(308) 534 • 6029

1012 West 3rd • PO Box 818
McCook NE 69001-0818
(308) 345 • 2770

307 East 5th • PO Box 519
Lexington NE 68850-0519
(308) 324 • 6754
Bilingual Services Available

401 West 1st
Ogallala NE 69153
(308) 284 • 6767

Imperial (308) 882 • 4203

OUTPATIENT SERVICES

Therapy and counseling for persons and families needing help in coping with individual, family and/or marital problems. Substance abuse and mental health services are provided on a sliding fee scale based on income. Psychologists, masters level therapists and licensed substance abuse counselors on staff. Medication Management, Psychological evaluations, substance abuse evaluations, individual, family and group therapy/counseling are available in all offices. Call any of the Heartlands or the Region II Human Services office for more information.

ARM in ARM AIDING RECOVERING MOMS

This program is designed to meet individual needs of pregnant and/or parenting women who also have problems with substance abuse. A one-to-one link with staff assures coordination of care and access to whatever support is needed in order for recovery to be successful. Call any of the Heartlands or 532-4860, ext 304 for more information.

COMMUNITY SUPPORT SUBSTANCE ABUSE

This service is an adult program offered to persons in substance abuse recovery. One-to-one contact with staff and recovering person to establish a recovery program in whatever community the recovering person resides. Community Support Coordinators work with employers, family, physicians and recovering person to put a plan in place that includes relapse prevention. The goal of this program is to empower and motivate individuals in their efforts to live as independently and to live in recovery. Contact any of the Heartland offices for more information.

DAY REHABILITATION, DAY SUPPORT

Activities, classes, group discussions, and work units for adults diagnosed with a severe and persistent mental illness. This program is designed to enhance each participant's ability to interact and live successfully in the community. Serving the Region at two locations; Frontier House located at 114 So. Chestnut in North Platte and Pioneer House at 1012 W. 3rd in McCook.

(308) 532-4730 - North Platte
(308) 345-2770 - McCook

YOUTH CARE COORDINATION PROGRAM

This regionwide program offers one-to-one support and case management services for children and youth with a severe emotional disturbance (SED) diagnosis. A Youth Care Coordinator works with each family to access the needs and build a team to meet the needs. The program helps families access needed services by providing early intervention thereby maintaining the child in the home and community.
Call (308) 284-6767 for more information.

COMMUNITY SUPPORT MENTAL HEALTH

This service is developed to assist adult persons with severe and persistent mental illness. This one-to-one service help clients live in a residence of their choice by providing assessment, planning, linking and monitoring services to meet the range of consumer needs. The goal of this program is to empower and motivate individuals in their efforts to live as independently as possible. Contact any of the Heartland offices for more information.