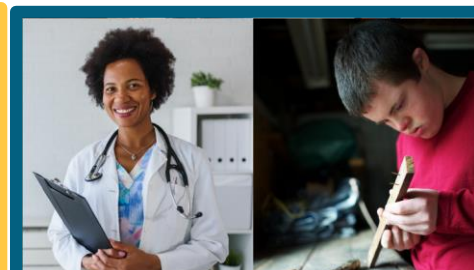


Behavioral Health Landscape



Nebraska Hospital Association
August 26, 2021

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

Sharing a Healthcare Vision

- Every Nebraskan deserves an opportunity to reach their full potential.
- Nebraskans are healthier.
- There is no health without behavioral health.
- Nebraska - a National Leader in service and outcomes.



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Invite and Design the Future

(Thinking differently about how and where we serve)



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Division of Behavioral Health



Shall serve as the chief behavioral health authority for the State of Nebraska and shall direct the administration and coordination of the public behavioral health system.

Neb. Rev. Stat. 71-806

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Nebraska Public Behavioral Health System

Role of the Division of Behavioral Health (DBH)

- Administer, fund, and oversee community-based prevention, treatment and recovery system
- Facilitate and support expansion of community service capacity (knowledge, skill, practice)
- Facilitate and support changes in service models (tele-health, in-home, sequential intercept)



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Nebraska Public Behavioral Health System

Neb. Rev. Stat. 71-804 (9)

Public behavioral health system means the statewide array of behavioral health services for children and adults provided by the public sector or private sector and supported in whole or in part with funding received and administered by the department, including behavioral health services provided under the medical assistance program;



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Nebraska Public Behavioral Health System

- The Division of Behavioral Health (DBH):
 - *Community Based Services Section*
- Regional Behavioral Health Authorities (RBHA), Regional Governing Boards
- Tribal Authorities
- Service Providers
- DHHS Behavioral Health
- Regional Centers

Service Eligibility:

Financially Eligible
Clinically Eligible



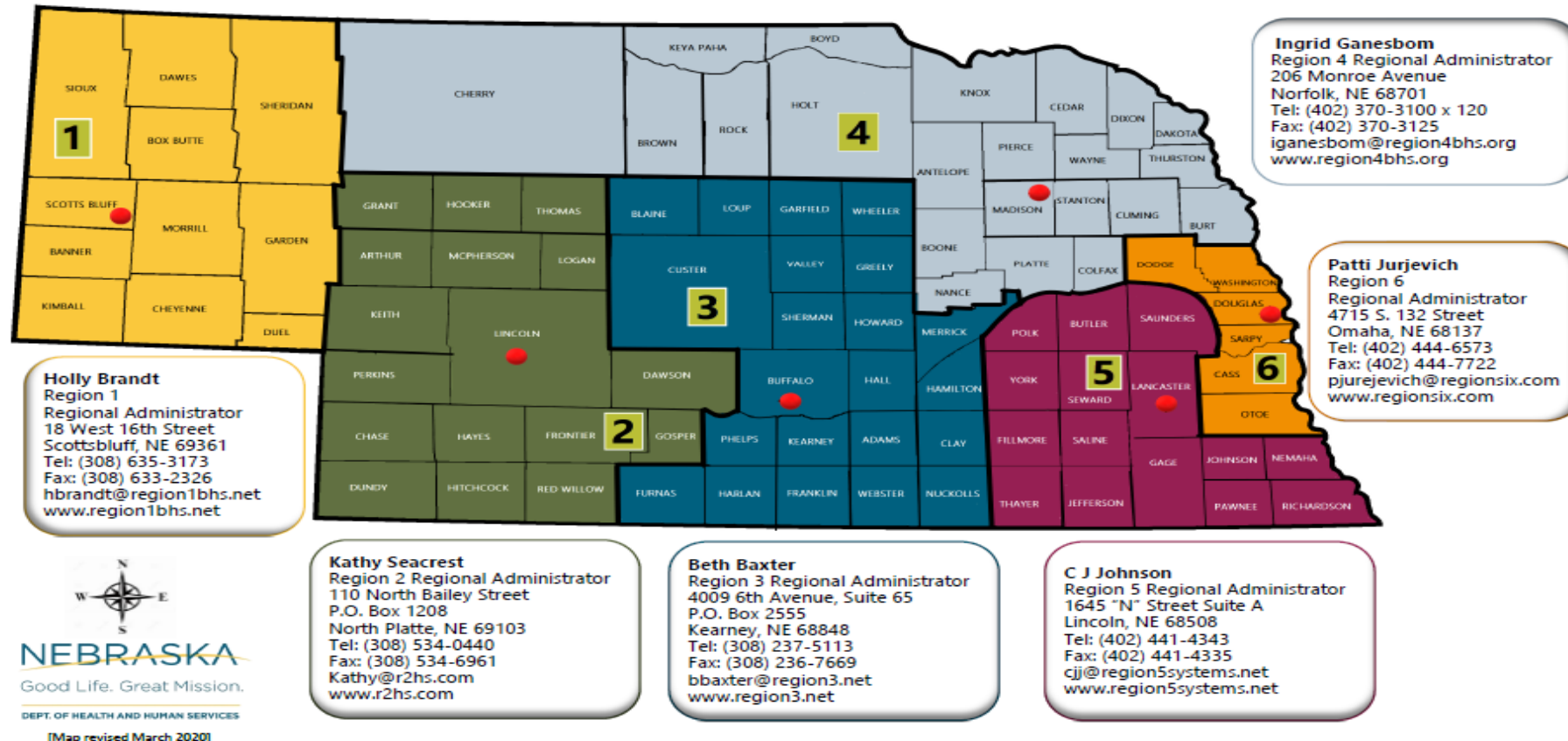
Priority Populations:

- **Federal Block Grant Priorities** – MH: services for adults with SMI and youth with SED. SU: Pregnant injecting drug users, other pregnant substance users, other injecting drug users, women with dependent children, all others.

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Nebraska Public Behavioral Health System

Behavioral Health Regions and Regional Administrators



Regional Centers

Larry Kahl, DHHS COO/24 Hour Facilities

Lincoln Regional Center (LRC)

- General psychiatric services
- Forensic psychiatric services
- Sex offender final phase services
- Stakeholder planning with DBH Central Office
- Contact Pete Snyder



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Regional Centers

Norfolk and Whitehall



Norfolk Regional Center (NRC)

- Sex offender (SO) services
- Phase I of SO Program
- Contact: Don Whitmore

Whitehall

- PRTF for adolescent male substance use treatment
- PRTF for juvenile males who sexually harm
- Contact: Mark LaBouchardiere

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Nebraska Behavioral Health Landscape

31,704

(Source: FY20 CDS, 10.1.20)

Unique consumers who received **community-based services** funded by DBH in FY2020*

DBH 2020 AT A GLANCE

25,241

Mental Health (MH)

9,948

Substance Use Disorder (SUD)

** Some individuals engage in both MH and SUD services. As per federal reporting, consumers who receive dual services are counted in both mental and substance use disorder services; therefore, the sum of consumers across the service types is greater than the total served.*

45.5%
Females

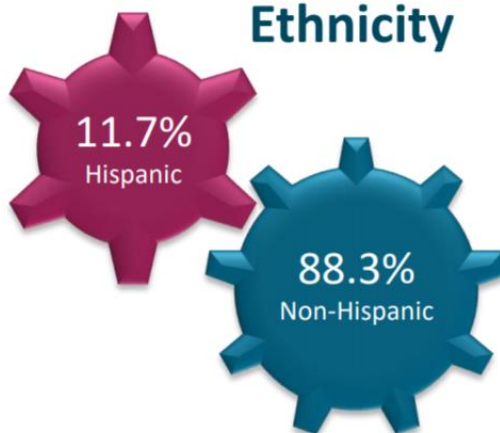
54.5%
Males

71.2%
25-64 years

Race

American Indian/Alaska	3.2%
Asian	0.8%
Black/African American	9.9%
Native Hawaiian/Other	0.4%
Two or More Races	1.6%
White	84.1%

Ethnicity



Source: Division of Behavioral Health FY2020 Annual Report

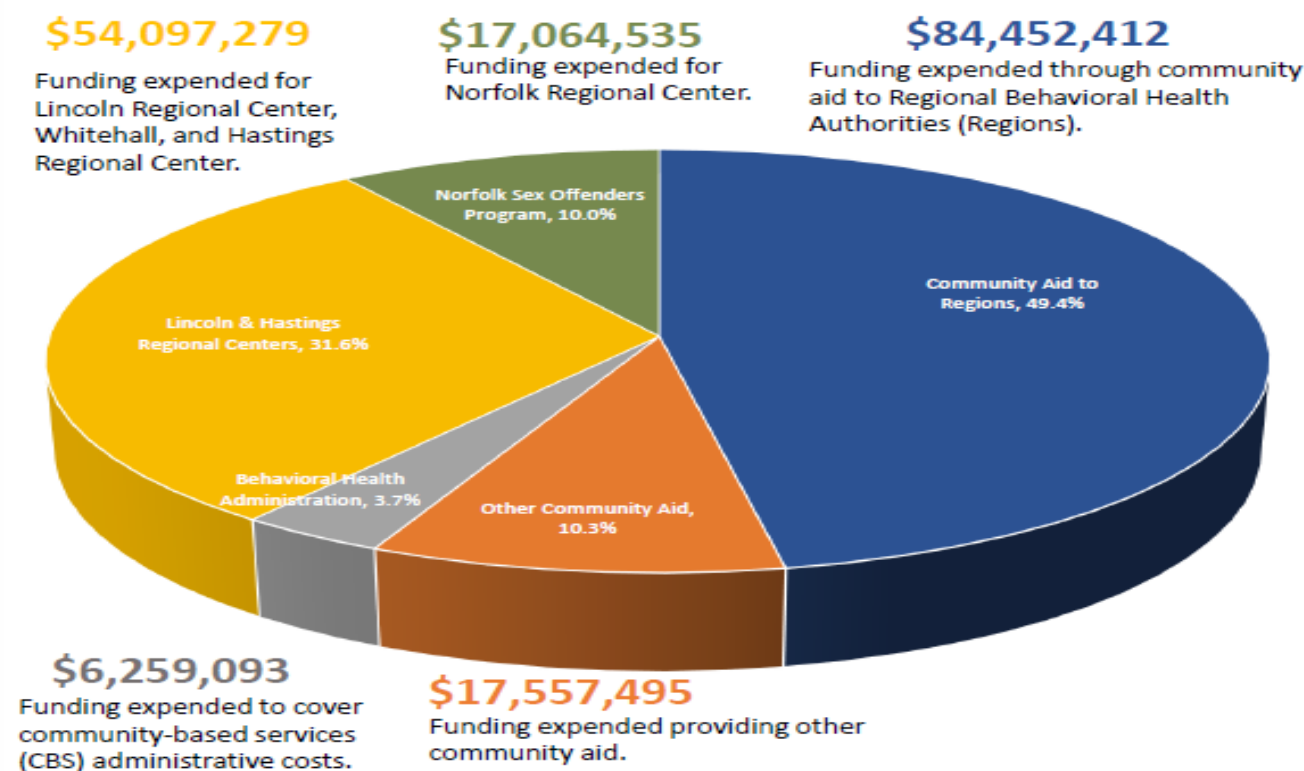
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Nebraska Behavioral Health Landscape

\$179,430,814

Total funding expended through the Division of Behavioral Health, FY2020.

**DBH 2020
Expenditures
at a
Glance**



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Nebraska Behavioral Health Landscape

How is DBH different from Medicaid BH?

DBH

- Serves Adults and Youth
- More Funding for ADULTS (MH, SA)
- Funding capped; no entitlement
- Recovery and rehab service model
- Has “in-house” information systems to collect clinical and fiscal/billing data
- Through direct contract and intermediaries

Medicaid

- Serves Adults and Youth
- Serves more CHILDREN than NBHS (limited services for children with SA needs)
- Entitlement, if eligible
- Medical “necessity” model
- Has “in-house” information system to collect claims data
- Heritage Health – MCOs (integrated PH, BH, Rx)
- Direct to providers

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Nebraska Behavioral Health Landscape

Shared Services – DBH and Medicaid

Mental Health (Shared Medicaid Service)

Acute/Sub-Acute Psychiatric Inpatient	Outpatient Therapy Dual (I/F/G)
Assertive Community Treatment	Professional Partners (<i>WrapAround – Youth</i>)
Benefit Services	Psychiatric Residential Rehab
Community Support	Psych Respite
Crisis Assessment/Evaluation (regular and inpatient)	Psychological Testing
Crisis Stabilization/Treatment	Recovery Support
Day Rehabilitation	Peer Support
Day Support	Secure Residential
Dual Residential Treatment (MH/SUD)	SOAR
Emergency Community Support	Supported Education
Emergency Psychiatric Observation	Supported Employment
Family Navigator	Supported Housing
First Episode Psychosis** (some Components funded by Medicaid)	Supportive Living
Hospital Diversion	Warm Handoff
Intensive Case Management	Youth Respite Care
Medication Management	24 hour Crisis Line
Mental Health Promotion	
Mobile Crisis Response	
Multi-Systemic Therapy (Youth)	
Outpatient Therapy (I/F/G) <i>Adult/Youth/Urgent</i>	

Substance Use Disorders (Shared Medicaid Service)

Assessment/Evaluation Only
Medically Managed Withdrawal Management
Community Support
Crisis Assessment
Crisis Stabilization/Treatment
Dual Residential Treatment (MH/SUD)
Halfway House
Intensive Case Management
Intensive Outpatient Therapy
Intensive Outpatient - Matrix
Intermediate Residential
Medication Assisted Treatment
Opioid Treatment Program
Outpatient Therapy (I/F/G) *Adult/Youth/Urgent*
Outpatient Therapy Dual (I/F/G)
Primary Prevention
Recovery Homes (Oxford)
Social Detoxification
Supported Employment
Supported Housing
Short-Term Residential
Therapeutic Community
Recovery Homes (Oxford)
Recovery Support
Peer Support

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Nebraska Behavioral Health Landscape

Prevalence

Adults		
	National Prevalence	# of People in Nebraska based on National Prevalence
NE population 1,934,408 2019 ACS 1 year estimate		Age 18 + 1,459,312
Any Mental Illness (AMI)	20.60%	300,618
Serious Mental Illness (SMI)	5.20%	75,884
Substance Use Disorder (SUD)	7.70%	112,367
Co-Occurring AMI and SUD	3.80%	55,454
Source: 2019 National Survey on Drug Use and Health		

Youth		
	National Prevalence	# of People in Nebraska based on National Prevalence
NE population 1,934,408 2019 ACS 1 year estimate		Age 12-17 157,118
Substance Use Disorder (SUD)	4.50%	7,070
Major Depressive Episode (MDE)	15.70%	24,668
MDE with Severe Impairment (MDESI)	11.10%	17,440
Co-Occurring MDE and SUD	1.70%	2,671
Co-Occurring MDESI and SUD	1.40%	2,200
Source: 2019 National Survey on Drug Use and Health		



National Prevalence Ratios
Adult AMI 1:5
Adult SMI 1:19
Adult SUD 1:13
Adult MDE 1:13
Adult MDESI 1:19
Adult Co-Occur SUD MH 1:26
Youth SUD 1:22
Youth MDE 1:6
Youth MDESI 1:9
Youth Co-Occur MDE SUD 1:59
Youth Co-Occur MDESI SED 1:71

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Nebraska Behavioral Health Landscape

Statewide Impacts of COVID-19 Estimated Number of Persons Impacted

Service Provider Name and Service Areas	Total Census Population in Service Area	Estimated Number of Persons Impacted	
		Minimum (0.75% of population)	Maximum (2% of population)
Region 1 Behavioral Health Authority (Banner, Box Butte, Cheyenne, Dawes, Deuel, Garden, Kimball, Morrill, Scotts Bluff, Sheridan, and Sioux Counties)	82,962	622	1,659
Region II Human Services (Arthur, Chase, Dawson, Dundy, Frontier, Gosper, Grant, Hayes, Hitchcock, Hooker, Keith, Lincoln, Logan, McPherson, Perkins, Red Willow, and Thomas Counties)	97,808	734	1,956
Region 3 Behavioral Health Services (Adams, Blaine, Buffalo, Clay, Custer, Franklin, Furnas, Garfield, Greeley, Hall, Hamilton, Harlan, Howard, Kearney, Loup, Merrick, Nuckolls, Phelps, Sherman, Valley, Webster, and Wheeler Counties)	230,474	1,729	4,609
Region 4 Behavioral Health System (Antelope, Boone, Boyd, Brown, Burt, Cedar, Cherry, Colfax, Cuming, Dakota, Dixon, Holt, Keya Paha, Knox, Madison, Nance, Pierce, Platte, Rock, Stanton, Thurston, and Wayne Counties)	204,458	1,533	4,089
Region V Systems (Butler, Filmore, Gage, Jefferson, Johnson, Lancaster, Nemaha, Otoe, Pawnee, Polk, Richardson, Saline, Saunders, Seward, Thayer, and York Counties)	476,641	3,575	9,533
Region 6 Behavioral Healthcare (Cass, Dodge, Douglas, Sarpy, and Washington Counties)	842,065	6,315	16,841
Totals:	1,934,408	14,508	38,688

**COVID-19
Impact**

Nebraska Behavioral Health Landscape

Waitlist Information (DBH only)

Waitlist Data	Number on Waitlist	Average Length of Wait
Therapeutic Community - SUD	2	3 Days
Short Term Residential - SUD	64	31.7 Days
Dual Disorder Residential - SUD	4	74.7 Days
Halfway House - SUD	0	0 Days
Community Support - SUD	0	0 Days
Community Support - MH	7	39.7 Days
Secure Residential - MH	8	25.6 Days
Professional Partner – MH	49	108.7 Days
Psychiatric Residential Rehabilitation - MH	0	0 Days
Source: CDS data pull 7-22-2021 Point In Time		

Issues impacting waitlist information:

- Waitlist information is not collected for all services
- Inability to capture all populations on waitlists (providers serve all payer sources)
- Consistent/shared terminology and interoperability between systems (EHRs/EPMs)
- Cross-system waitlist and capacity management

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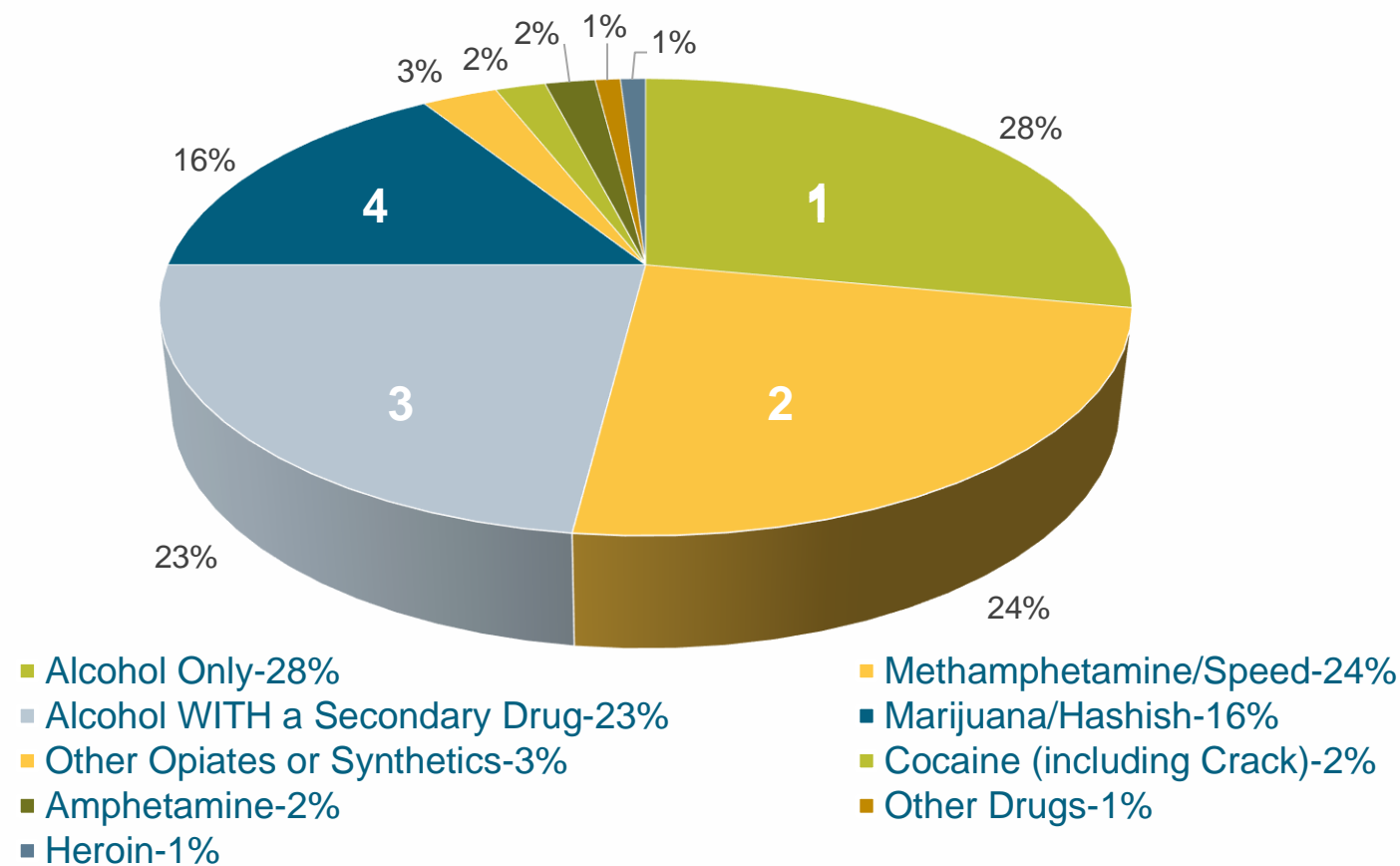
Nebraska Behavioral Health Landscape

Risk Behaviors

Indicator	Data Source/Year	Estimated Persons	Nebraska	Nation
Self-reported poor mental health (frequent mental distress) - over age 18	BRFSS 2019	164,902	11.3%	13.8%
Heavy drinking - over age 18	BRFSS 2019	90,477	6.2%	6.5%
Binge drinking - over age 18	BRFSS 2019	304,996	20.9%	16.8%
Youth binge drinking grades 9-12	YRBS 2019	12,884	8.2%	13.7%
Non-medical use of pain relievers - over age 18	NSDUH 2018/2019	49,617	3.4%	3.7%
Suicide ideation- over age 18	NSDUH 2018/2019	71,506	4.9%	4.6%
Suicide ideation- grades 9-12	YRBS 2019	27,810	17.7%	18.8%

Nebraska Behavioral Health Landscape

Top Substance Use Reported at Admission FY 2020



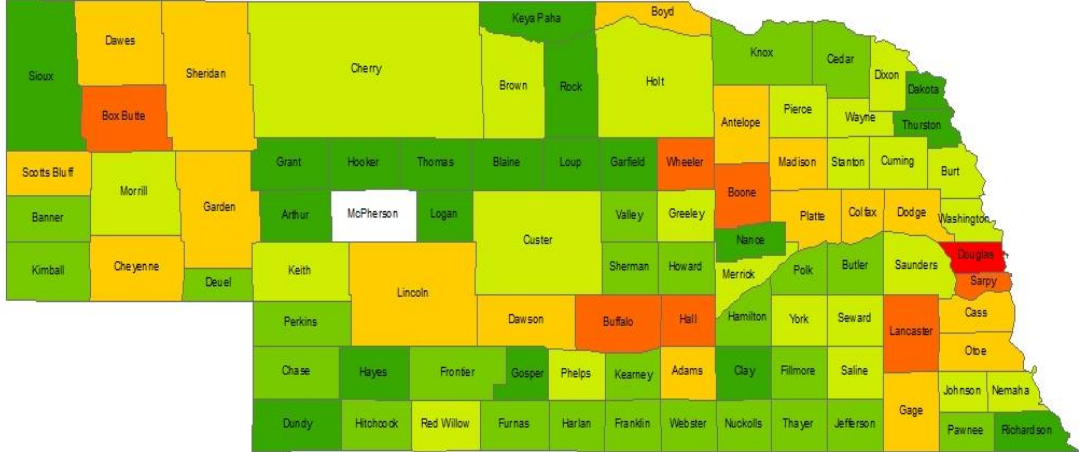
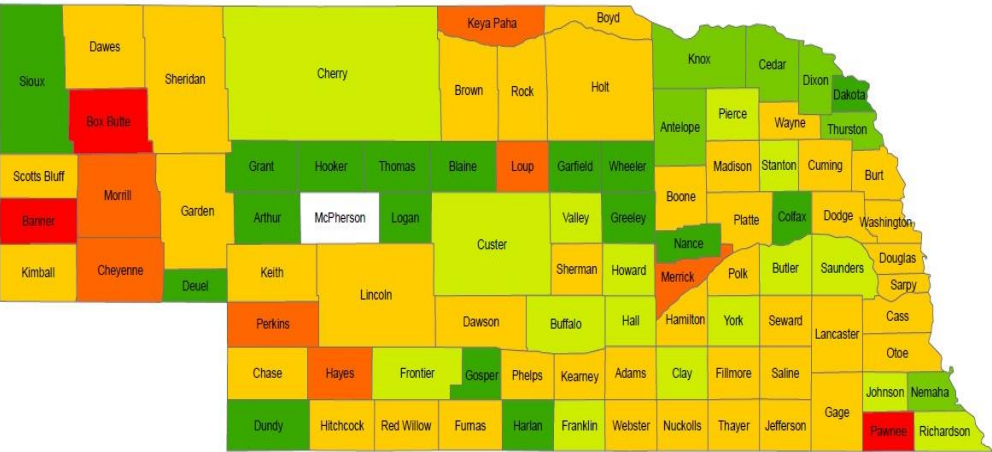
DBH-funded services in Nebraska – FY 20
40% of all admissions reported one or more substances used.

Data Source: DBH/CDS

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Nebraska Behavioral Health Landscape

Drug Overdose



Drug Overdoses / County Population

- 0
- 1 per 100,000 - 25 per 100,000
- 25 per 100,000 - 50 per 100,000
- 50 per 100,000 - 100 per 100,000
- 100 per 100,000 - 200 per 100,000
- 200+ per 100,000

Rate of **unintentional** drug overdose in the emergency department by county, Centers for Disease Control and Prevention, Nebraska, 2019

Drug Overdoses / County Population

- 0
- 1 per 100,000 - 15 per 100,000
- 15 per 100,000 - 50 per 100,000
- 50 per 100,000 - 100 per 100,000
- 100 per 100,000 - 500 per 100,000
- 500+ per 100,000

Rate of **intentional** drug overdose in the emergency department by county, Centers for Disease Control and Prevention, Nebraska, 2019

Source: DBH Epi Profile 2020

Nebraska Behavioral Health Landscape

Helpline Calls / Access FY 2021

- 10,854 total inbound calls in FY21, an 86% increase from FY20
- Of those with insurance, 44% Medicaid, 35% private insurance, 7% no insurance
- 33% reported previous mental health diagnosis for child
- 35% reported stress over accessing services
- 11% callers self-reported mental health issues for self/caregiver
- Requested referral service types
 - Benefits – 23%
 - Mental health – 18%
 - Basic needs – 16%
 - Parent education & support – 11%
 - Legal and court services – 9%
- Family Navigators: (preliminary)
 - FY21: offered to 442 families with 347 families accepting Family Navigator service – an 79% acceptance rate
 - FY20: offered to 426 families with 348 families accepting Family Navigator service – an 82% acceptance rate



NEBRASKA FAMILY
HELPLINE
1-888-866-8660

A 24/7/365 resource
for families of youth
experiencing
behavioral health
challenges.

Source: Nebraska Family Helpline FY21 Summary Report

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Nebraska Behavioral Health Landscape

Prevention Works

Strategic Prevention Framework Partnership for Success (October 2018- September 2023 Grant)

Goal: To prevent the onset or reduce the progression of underage alcohol use, binge drinking, and marijuana among the 9-20 year old population.

- 432,935** persons were indirectly reached through universal prevention strategies such as social media campaigns, radio and TV PSA's, or other information dissemination strategies.
- 23,555** persons were served through direct prevention strategies such as community-based programs, school-based education programs, and environmental strategies.
- 74.6%** of the 30 programs and strategies targeting underage and binge drinking were evidence-based programs and strategies.



- 98.9%** of the 1,777 trained would recommend Mental Health First Aid training to others.
- 97.5%** are now able to recognize the signs of a MH crisis.
- 96.8%** are now able to connect someone with community, peer, and personal supports.



Synar Tobacco Compliance Checks The Division of Behavioral Health conducts this project in collaboration with the Nebraska State Patrol and Omaha Police Department. Given the COVID-19 restrictions, many of the underage tobacco compliance checks during CY2020 did not occur. Only 25% of checks were able to be completed while trying to maintain youth inspector and law enforcement safety in a pandemic. Of the completed checks, only 1.8% resulted in a retail violation.

Nebraska Behavioral Health Landscape

Prevention Works

SOR

State Opioid Response (SOR) Grant
\$4,030,457 per year
(9/30/2018-Present)



Accomplishments

3,022

Number of prescription lockboxes distributed with educational materials for collection of medications.

2,836

Naloxone nasal spray kits distributed. Naloxone can help to reverse the effects of an opioid overdose in an emergency.

914

Pounds of unused medicine collected in take-backs through end of FY2020.

12

Executive fellows have completed the Addiction Medicine Executive Fellowship.

2,527

Views of DBH's Pain Management Guidance document videos.

40,519
radio spots

Aired with opioid awareness media campaign.

Source: Division of Behavioral Health FY2020 Annual Report

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Nebraska Behavioral Health Landscape

Prevention Works

Suicide Prevention

- More than 67,649 K-12 educators and school personnel have received Kognito suicide prevention training and 22,072 have been trained in Suicide Safe Schools.
- 29,717 gatekeepers completed Question, Persuade & Refer [QPR] training in Nebraska.
- Nebraska has active Local Outreach to Suicide Survivors (LOSS) teams.
- Statewide Suicide Prevention Coalition.

Nebraska Needs You: Suicide Prevention Social Media Campaign

- Targets adolescents ages 12-18 in rural communities
- 30 second spots airing during Boys/Girls state basketball tournaments and Big Red Wrapup



Other Media Campaigns

- **Talk, They Hear You:** SAMHSA-sponsored campaign to reduce underage drinking - airing through Nebraska Broadcaster's Association
- **Keep Your Kids (Substance) Free:** Developed with KidGlov (marketing firm) in Year 2 of PFS grant. Aimed at parents of youth.

Nebraska Behavioral Health Landscape

9-8-8 National Lifeline

- **July 2022**, 9-8-8 launches as national three-digit dialing code for the National Suicide Prevention Lifeline. Nebraska received planning grant for building infrastructure.
- LB247 Task Force
- Lifeline Center capacity to manage 988 calls, chats, texts, follow up contact and best practices.
- Operational, clinical, and performance standards.
- Crisis response system planning.
- 988 Implementation Team and Stakeholder information.
- Linkage to 911, mobile crisis, and other alternatives.
- Public messaging.
- Implementation and funding recommendations.

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Nebraska Behavioral Health Landscape

Prevention Works

Opioid Prevention

- **LB 1124 Opioid Prevention and Treatment Act** (January 2020, Sen. Sara Howard)
 - Created the Nebraska Opioid Recovery Fund to provide for the use of dedicated recovery revenue for opioid-disorder-related treatment and prevention
 - DHHS – DBH engaged with Attorney General Office Workgroup
- **National Opioid Settlement**
 - NE receiving up to \$110 million over several years.
 - Used to address problems caused by opioids
- **Pharmacy Naloxone Program** Under SOR Grant II:
 - Free Narcan in participating pharmacies
 - 190 kits have been distributed through pharmacies to community members

Nebraska Behavioral Health Landscape

Treatment Is Effective



95% of consumers were offered medication management services within 21 days of discharge from inpatient care



2,836 Naloxone nasal spray kits distributed to reverse the effects of an opioid overdose



75% of youth successfully served in Mobile Crisis Response and were able to remain at home or with family/friend



94 confirmed active Medication Assisted Treatment prescribers



82% of consumers agreed that the services they received improved their quality of life. **88%** were satisfied with the services they received.



437 trained in workforce competencies that targeted evidenced-based practices.

People Recover



Supported Employment: **74%** of consumers were employed at discharge from Supported Employment services



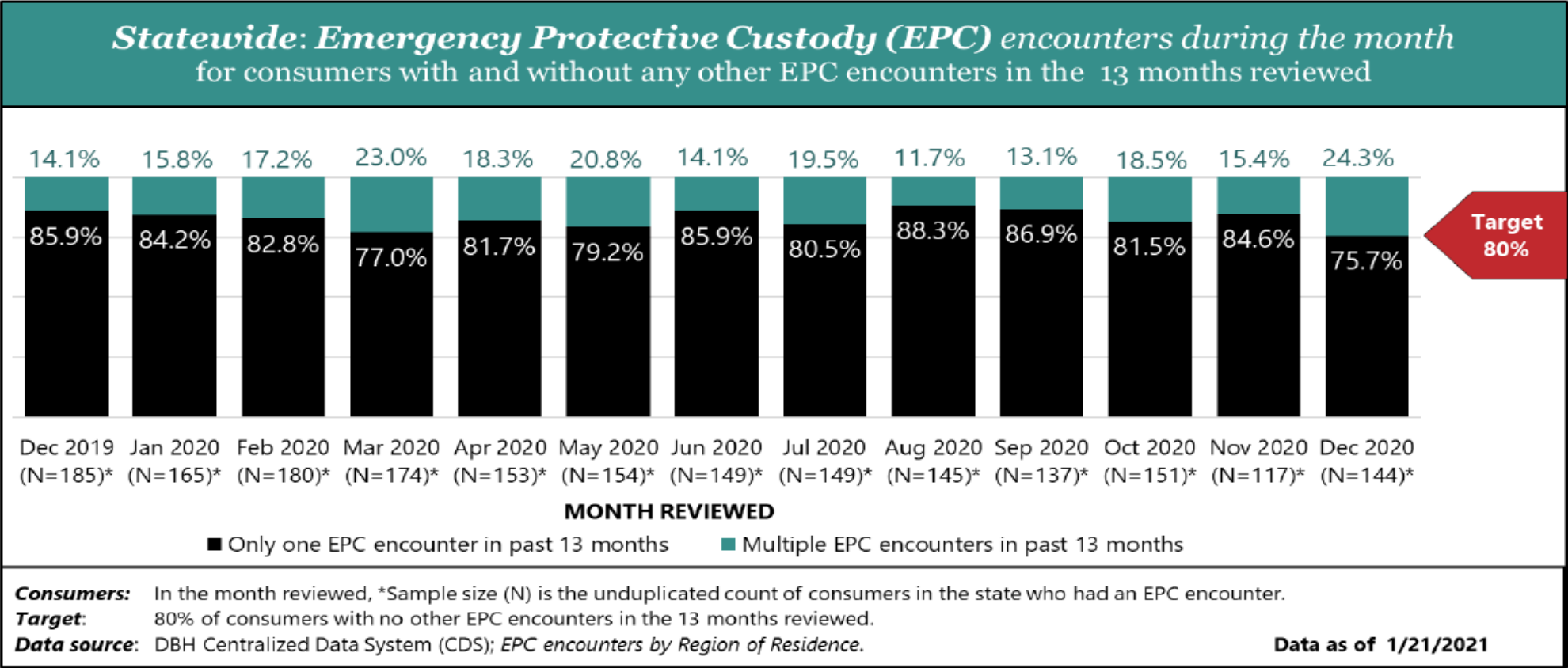
Stable Living Arrangements: Stable living is operationalized as a reported living arrangement that is not “homeless” nor “homeless shelter”. **83%** were discharged to stable living arrangements across all services.

Source: DBH Annual Report 2020

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Nebraska Behavioral Health Landscape

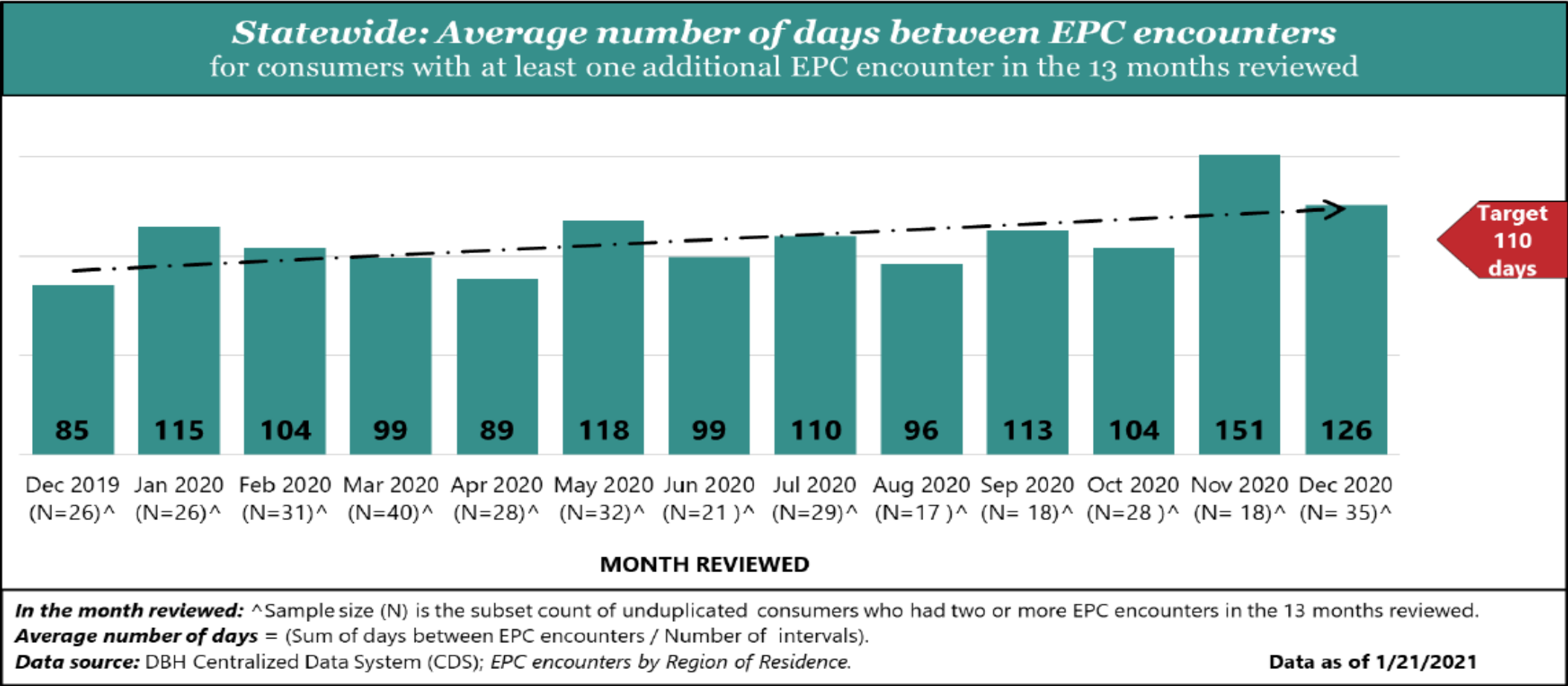
Emergency Protective Custody (EPC)



In 10 of the 13 months reported, the state was at or above the 80% target.

Nebraska Behavioral Health Landscape

Average Number of Days between EPCs



In 6 of the 13 months reported, the state was at or above the 110 day target.

Nebraska Behavioral Health Landscape

Providing Support and Help



Nebraska Family Helpline

- **48,110 Calls** into the Helpline since the start of operations in 2010— providing support and referrals to local services.
- **3,956 New Families** have been served in FY20 by Helpline counselors.



Rural Response Hotline

- Voucher Program – Rural MH Legal Aid Society
- SEG – Healthcare Professional Assistance



Consumer Advocacy - Office of Consumer Affairs

- Leads the Division of Behavioral Health's support and recovery.
- **106** people with lived experience trained as Certified Peer Support Specialists (CPSS). **866 Families** have been served by state Family Organizations.

Network of Care

- **Provides** a comprehensive web-based directory of behavioral health services by Region, enabling consumers to quickly locate local programs and resources. **125,522** total web site visits in FY20.

Source: DBH Annual Report 2020

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Future of Behavioral Health in Nebraska

Nebraska Strategic Plan 2022-2024



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Future of Behavioral Health in Nebraska

Guided By Strategic Planning

Pillars of Transformation

Pillar 1: Enhance Behavioral Health **Influence**

Pillar 2: Implement an **Integration** Strategy

Pillar 3: Promote Stakeholder **Inclusion**

Pillar 4: Drive **Innovation** and Improve Outcomes

Pillar 5: Demonstrate and Drive **Value**

DHHS
Behavioral
Health

**Strategic
Plan**

2022-2024



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Work in Progress - Behavioral Health in Nebraska

Community-Based Services



Kepro: New Vendor for PASRR beginning January 1, 2021

- Preadmission Screening and Resident Review (PASRR)
- Providing PASRR Level I screening and Level II evaluations and determinations
- Online provider portal: Instant Level I results and timely Level II outcomes
- Outcomes viewed, printed and easily stored in individual nursing home files
- Comprehensive training to assist providers in registering and using the new portal

New Pilot Program: OpenBeds

- Partnership between DHHS/DBH, Region 6 and OpenBeds, an Apriss Health Company
- Provides timely access to inpatient mental healthcare in and around Omaha
- Identifies, unifies and tracks behavioral health resources to facilitate rapid access
- Timely access to vital services for individuals in crisis
- Helps providers in Cass, Dodge, Douglas, Sarpy and Washington Counties connect patients to a network of inpatient mental health providers

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Work in Progress - Behavioral Health in Nebraska

OCR - Outpatient Competency Restoration

- Mental competency restoration for defendants found incompetent to stand trial.
- Implementation will take place in July 2021
- Aim to reduce court waitlists and provide an outpatient option
- Plan to serve approximately 20-25 individuals per year

Housing-Related Assistance

- Safe and affordable housing
- Support development and voucher assistance

Nebraska System of Care (NeSOC)

- Children's Impact Collective

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RESOURCES ❖ RESOURCES ❖ RESOURCES



FY2020 Annual Report

[Behavioral Health Annual Report - 2020](#)

Nebraska Network of Care

dhhs.ne.gov/behavioral_health/Pages/networkofcare

SAMHSA Helpline: 800.662.HELP (4357)

! Adult & Child Abuse & Neglect Hotline

(800) 652-1999



NEBRASKA FAMILY
HELPLINE
1-888-866-8660

A 24/7/365 resource
for families of youth
experiencing
behavioral health
challenges.

Rural Response Hotline, (800) 464-0258

National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522

National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453

Helping People Live Better Lives.

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