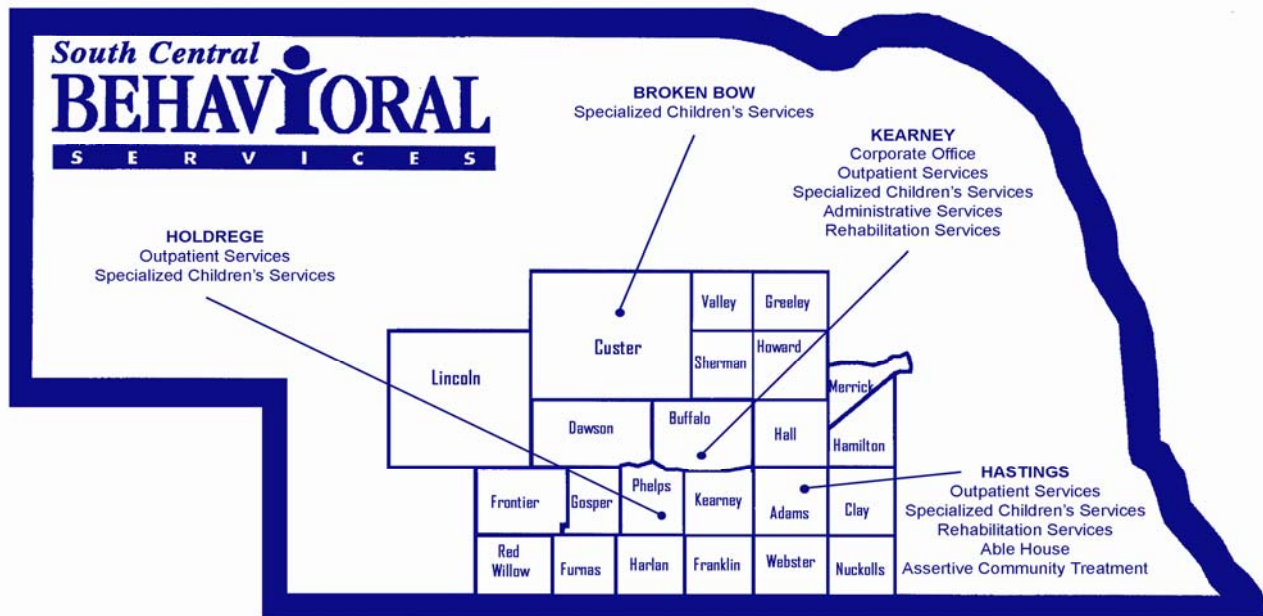


# Annual Report 2010-2011

*South Central Behavioral Services, Inc. (SCBS)*

## Making a Difference

*SCBS provided services to over 1,500 individuals in a variety of community-based programs throughout the service area. Our goals are to promote recovery, reduce stigma and provide services which are trauma-informed and demonstrate effectiveness.*



*Behavioral Health is essential to overall health. Treatment is effective and people can and do recover.*

## Outpatient Services

# Program

# Highlights

- ◆ Services provided in Kearney, Hastings and Holdrege.
- ◆ 1,055 unduplicated individuals were served in an array of community mental health and substance abuse services.
- ◆ Behavioral healthcare outreach within criminal justice system
- ◆ Numbers served by level of care:
  - Adult Intensive Outpatient (IOP) = 105
  - Specialized Substance Abuse Services for Adolescents = 15
  - Child/Youth Mental Health = 38
  - Adult Mental Health = 461
  - Adult Substance Abuse = 522
  - Crisis Response = 381
  - Substance Use Awareness Class = 141

*"I have learned a lot so far, have a long way to go and I feel empowered by the skills I have learned."*

## Specialized Children's Services (SCS)

### Making Permanency Happen...

In FY11 SCS provided Agency Supported Foster Care with offices located in Kearney, Hastings, Holdrege and Broken Bow.

Agency Supported Foster Care provides frequent contact with youth and foster families in addition to recruitment, licensing and ongoing training for foster families.

A total of 23,573 foster care days were provided to 144 youth.

SCS has 45 foster families located throughout the Central and Western Service Areas.

SCS provided 2,206 hours of in-home services, including: Family Support, Supervised Visitation, Drug Screening & Drug Testing (DST).

*"We're on the road to being able to adopt, what more could we ask for."*  
-Foster Parent

*"Being adopted was awesome, I enjoyed being a princess for a day...it was my special day!"*



## Assertive Community Treatment (ACT)

### Providing 'Whatever it Takes'...

The ACT Team is composed of Psychiatrists, an APRN, Psychiatric Nurses, Therapists, Mental Health Workers and a Peer Support Worker. The team serves individuals who live in the community but require intensive services with the goal of preventing psychiatric hospitalization and increasing independent living skills.

In FY11, 74 individuals were served in the following communities: Hastings, Kearney, Grand Island, Aurora, Central City, Pleasanton and Blue Hill.

*"The organization is problem-solving oriented and draws on my own experiences to model solutions for myself"*

*"The ACT Team supported me in keeping my job and my work hours have increased by 5 more hours a week."*

*"The entire ACT Team is aware of my treatment plan and progress towards my personal growth"*

## Rehabilitation Services

### Focusing on Recovery...

**Community Support** assist individuals living in the community in accessing medical, housing, transportation and other community services.

- ◆ 198 individuals were served through Community Support—Mental Health
- ◆ 36 individuals were served through Community Support—Substance Abuse

*“I wanted you to be the first to know that I got approved for benefits, because you were the one that got me to complete the paperwork”*

**Peer Support** Staff work to instill hope for recovery through shared personal experiences and help individuals to better integrate into the community. Services are available to assist individuals in Adult Intensive Outpatient (IOP), Rehabilitation Services and Assertive Community Treatment (ACT)

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*“I have gone a step further to learn about peer to peer services, I started off just taking classes, now I am teaching two classes”*

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**Day Rehabilitation** provides a daily structured program for individuals with severe and persistent mental illness. Day Rehab develops skills to continue to live in the community and reduce psychiatric hospitalizations. Unity House in Kearney provided services to 33 individuals and Opportunity House in Hastings served 93 individuals.

*“Rehab has helped me to socialize, open up, and make new friends. It has helped me to know that I am not the only one with a mental illness.”*

### Psychiatric Residential Rehabilitation

Supports individuals to develop skills to move into independent living. ABLE House is a 9-bed residential facility located in Hastings, serving 15 individuals in FY11.

## Peer Support...



*“Peer Support taught me how to accomplish a home life after ABLE [House]”*  
*“I feel well served and looked after and am learning about myself emotionally and physically”*

**SCBS has committed to using evidence-based and promising practices in service delivery. These include...**

- ◆ **Dialectical Behavioral Therapy (DBT)** a skills training group.
- ◆ **Double Trouble Group** for individuals struggling with both mental health and addiction issues.
- ◆ **WRAP Group** to assist individuals with their Wellness Recovery Action Plans.
- ◆ **Seeking Safety for Trauma and Substance Abuse**
- ◆ **Gender Specific Adult IOP**
- ◆ **Motivational Interviewing**
- ◆ **Trauma Based Cognitive Behavioral Therapy for Children**
- ◆ **Mental Health First Aid**
- ◆ **Assertive Community Treatment (ACT)**

***Corporate  
Office***

3810 Central Avenue  
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***Outpatient  
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**Visit our Website**  
***www.scbsne.com***

***Specialized Children's  
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Fax: 308-872-6368

***Assertive  
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Treatment***

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Fax: 402-462-4201

***Rehabilitation  
Offices***

**Opportunity House**  
724 S. Burlington  
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Phone: 402-463-7435  
Fax: 402-463-0687

**Unity House**  
4111 4th Avenue, Suite 2  
Kearney, NE. 68845  
Phone: 308-698-0535  
Fax: 308-698-0536

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*Loomis, NE*

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*Kearney, NE*

**Nadine Stuehm**  
*Kearney, NE*

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*Hastings, NE*

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*Miller, NE*

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*Hastings, NE*

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**South Central Behavioral Services, Inc.  
has been CARF accredited since 1996.**