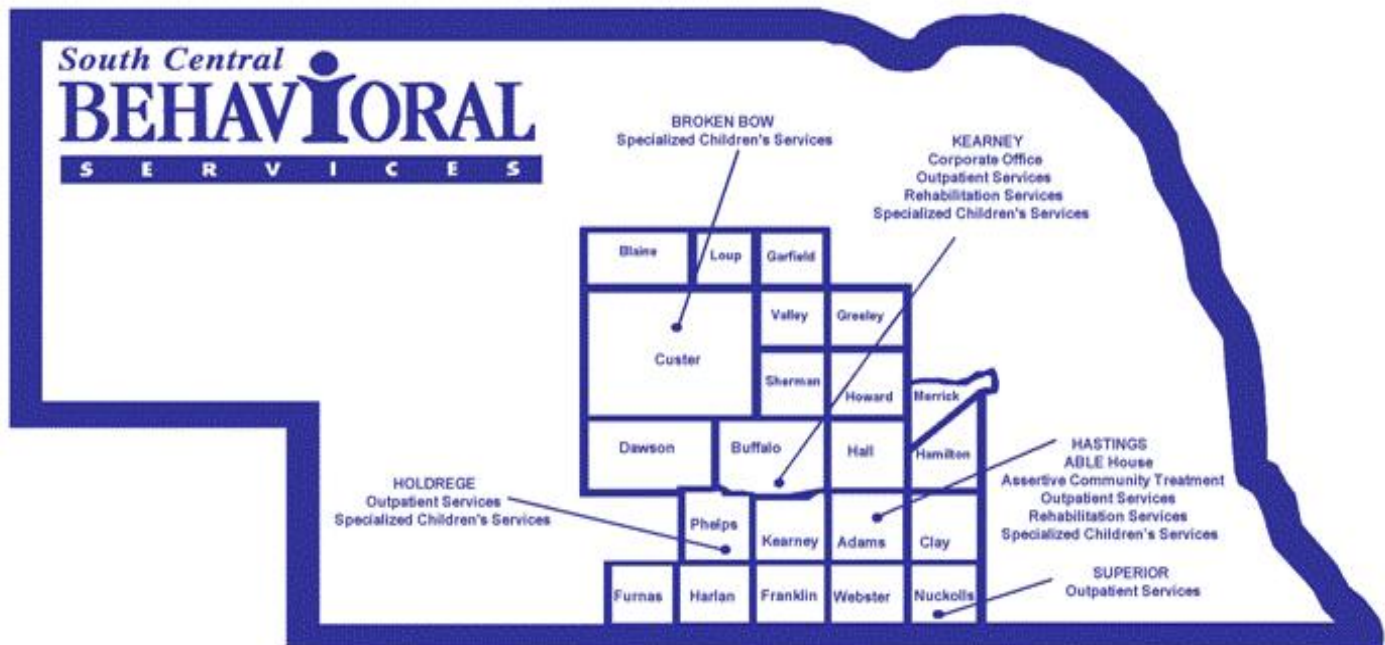


*South Central Behavioral Services, Inc.*

# Making a Difference

*SCBS provided services to over 1,600 individuals in a variety of community-based programs throughout the service area which includes the following counties in South Central Nebraska: Adams, Buffalo, Clay, Franklin, Furnas, Harlan, Kearney, Nuckolls, Phelps and Webster.*

*We serve those who are in need of mental health and/or substance abuse treatment, rehabilitation, support and foster care regardless of intensity of need. Our goals are to promote recovery, reduce stigma, provide services which are trauma-informed and support Behavioral Health and Child Welfare Reform in Nebraska.*



*Recovery is the process of gaining control over one's life and the direction one wants that life to go.*

## Outpatient Services

# Program Highlights

*"I would pick a 10 if I could. I loved it [IOP]. I learned so much!"*

- ◆ Services provided in Kearney, Hastings, Holdrege and Superior
- ◆ 1,119 unduplicated individuals were served in an array of community mental health and substance abuse services
- ◆ Numbers served by level of care:
  - Adult Intensive Outpatient (IOP) = 107
  - Specialized Substance Abuse Services for Adolescents = 74
  - Child/Youth Mental Health = 86
  - Adult Mental Health/Urgent Outpatient = 523
  - Adult Substance Abuse = 491

## Specialized Children's Services

**Making Permanency Happen...**

*"I like Jean [foster parent] and Renee [Youth & Family Specialist]. They helped me go home."*



In FY09 SCS provided Agency Supported Foster Care, In-Home Services and Post-Adoption and Guardianship follow-up with offices located in Kearney, Hastings 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 21,420 foster care days were provided to 165 youth.

SCS has 49 foster families located throughout the Central Service Area and 6 families in the Western Service Area.

In-Home Services included:

- 1,113 hours of Supervised Visitation
- 1,273 Tracker days
- 292 hours of Family Support

## 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. This team serves individuals who live in the community but require intensive services with the goal of preventing psychiatric hospitalization.

In FY09, 78 individuals were served in the following communities: Hastings, Kearney, Aurora, Central City and Blue Hill.

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*ACT helps me "keep in touch with my family better".*

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## Rehabilitation Services

### Focusing on Recovery...

**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 34 individuals and Opportunity House in Hastings served 95.

**Community Support** Workers assist individuals in the community by providing assistance in accessing medical, housing, transportation and other community services.

- ◇ 207 individuals were served through Community Support—Mental Health
- ◇ 49 individuals were served through Community Support—Substance Abuse

**Psychiatric Residential Rehabilitation**—Developing skills to live independently...

- ◇ ABLE House is a 9-bed residential facility located in Hastings, serving 19 individuals in FY09.

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*"I have never been treated in such a positive atmosphere as Unity House. There are no negative messages and the staff even interact with us and I have never experienced that before."*

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*"I think Opportunity House is one of the best things that has ever happened to me. I love coming here everyday and seeing all the people. They all greet me as I come in the door. It's like I have a second family here."*

## Peer Support...

**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) Services.

## Additional Services...

- ◇ **Supported Housing** for low-income adults and families.
- ◇ **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.
- ◇ **Recovery Café** is a non-alcoholic social event for anyone who desires recovery.
- ◇ **Substance Use Awareness Classes**

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