

A Safer, Stronger Community What You Need to Know

Nebraska Panhandle
Counseling Center

Region 1
Behavioral Health Authority



Thank you for your interest in our project and the services coming to Kimball. We understand that new developments—especially in behavioral health—can raise questions. Our goal is to be transparent, address concerns directly, and show how this project will strengthen community health and provide vital local resources.

ABOUT THE PROJECT

Q What are the Crisis Stabilization Services?

A Crisis Stabilization provides immediate, short-term, individualized treatment and recovery needed to stabilize acute symptoms of mental illness, alcohol or substance use, and/or emotional distress. The intent of the service is to treat and support the individual throughout the crisis; provide crisis assessment and interventions; medication management; linkages to needed behavioral health services; and assist in transition back to the individual's typical living situation.

Components of crisis stabilization include:

- Multidisciplinary/bio-psychosocial assessments, including history and physical, and substance use within 24 hours of admission
- Psychiatric interventions
- Medicated withdrawal management
- Individual, group, and family therapy using evidence-based, trauma-informed practices
- Relapse and crisis prevention planning within discharge plan

Q Services to be Provided?

- A**
- 12 Adult sub-acute crisis stabilization beds and medically monitored detox beds
 - 6 Adolescent crisis stabilization beds
 - 16 Short term residential beds for mental health and substance use disorder treatment. The STR beds will be able to take dual diagnosis individuals.
 - Mobile Crisis Unit able to provide services starting in Garden, Deuel, Cheyenne, and Kimball Counties for Crisis Response. Medicated Assisted Treatment, Medication Management, Outpatient services, and Assessments offered Region wide. Will be able to provide services at individuals home for follow up after hospitalization.

ABOUT THE PROJECT

Q What staffing runs the Crisis Stabilization Center?

A Staff will include a Medical Director, Psychiatrist, Clinical Directors, Therapists (LCSW, LIMHP, LMHP/LADC), nursing (APRNs and RNs), Peer Specialists (those with lived experience), and direct care staff. Staffing ratios defined by the State of Nebraska will be upheld and maintained: 1 staff to 4 clients during the awake hours; 1 staff to 6 clients during overnight hours with on-call availability of additional support. RN services and therapy services in a staff-to-client ratio to meet client care needs.

WHO WE WILL SERVE

Q Who are the people receiving services here?

A The individuals we serve are our neighbors, coworkers, and family members—people already living in western Nebraska who need temporary, professional help to manage a crisis or safely detox. These are not people being bused in from other states or cities.

COMMUNITY IMPACT

Q How will this benefit Our Community?

- A
- Individuals in need receive services in their community.
 - Reduction of Out of Region crisis transports by 50%.
 - Reduction in EPC's, Emergency department visits, and Law Enforcement involvement for behavioral health and substance use.
 - Crisis services are available for youth in our community.
 - Reduction in jail days related to Substance use incidents.
 - Crisis Stabilization cost 85% less than the cost of someone visiting the Emergency Departments.

Q How Can I Help?

A If you currently have Opioid Settlement dollars that you have not spent, Those funds can be donated to this project and will help cover on-going unexpected expenses.

FOR MORE INFORMATION

Q How can I share my input or ask more questions?

A For questions or media inquiries, contact:

Nebraska Panhandle Counseling Center

Jim Cowser

✉ jcowser@cwcc.us ☎ 307-237-9583

Kendall Hickman

✉ khickman@cwcc.us ☎ 307-776-0232

Region 1 Behavioral Health Authority

Holly Brandt

✉ hbrandt@region1bhs.net ☎ 308-635-3173

Kim Burry

✉ kburry@region1bhs.net ☎ 308-635-3173

