

CELEBRATING  
**35 years**  
OF SERVICE



## *Annual Report 2010-2011*

### **Mission Statement:**

**The Community Mental Health Center of Lancaster County is dedicated to providing quality mental health care and rehabilitation services for adults who experience acute psychological distress or serious mental illness.**

### **Programs & Services**

- ◆ **Community Support** - Case management and services to adults and vulnerable elderly through the Harvest Project, and residential support services at The Heather, Independent Living Project, and Transitional Living for adults with severe and persistent mental illness.
- ◆ **Medical Services** - Outpatient psychiatric services for CMHC consumers including assessment, therapy, medication education and management, and inpatient psychiatric care.
- ◆ **Outpatient Therapy** - Individual and group therapy sessions focused on symptom alleviation, stabilization, and recovery. Community-based sex offender management.
- ◆ **Day Treatment / Partial Hospitalization Program** - Short term, intensive treatment provided through group formats, 6 ½ hours daily, Monday - Friday. May serve as an alternative to inpatient treatment or as a step down for individuals making the transition from a hospital setting to the community.
- ◆ **Day Rehabilitation** - The Midtown Center, open Monday - Saturday, is a clinical rehabilitation program engaging consumers in life skills, recovery and vocational activities. Employment and benefits counseling, job placement and training for consumers of CMHC services are also available through the AWARE program.
- ◆ **Homeless / Special Needs Outreach** - Outreach and case management for adults who have a mental illness and are homeless, near homeless or in contact with the criminal justice system.
- ◆ **Psychiatric Residential Rehabilitation** - The Heather is a structured residential facility operated by CMHC, and OUR Homes as a residential transition from the Lincoln Regional Center back into the community.
- ◆ **Crisis Center** - An assessment and crisis stabilization facility for adults placed on emergency protective custody by law enforcement in the 16 Counties of Region V.
- ◆ **Peer, Volunteer & Student Placement** - Students, volunteers, and peer recovery specialists augment the work of CMHC staff members in social and recreational activities, treatment and rehabilitation services.
- ◆ **Behavioral Health Jail Diversion Program** - This Program seeks to identify and divert individuals from jail with a mental illness or co-occurring substance use disorder who have committed a non-violent offense. The Program then links these persons to an array of community-based services with intensive case management.
- ◆ **Open Studio/Writers Wordshop** - A collaborative effort by CMHC, Centerpointe, and Parks and Recreation for adult artists and writers we serve. Open-studio sessions, workshops, readings, and many exhibitions each year are provided to those using the arts as a means of expression and maintenance of wellness.
- ◆ **PIER** - A collaboration designed to serve individuals who have not responded well to traditional outpatient care. Services are provided to the client in their home and the community. Office is at 2000 P Street. Phone number - 435-4044.
- ◆ **24 hour Crisis Line/ Mobile Crisis Service** - Crisis assessment, intervention, and information available 24 hours by phone. Mobile services available to law enforcement or agencies requesting consultation / intervention, after regular business hours (441-7940).

2201 S. 17<sup>th</sup> Street  
Lincoln, NE 68502

Tel: 402-441-7940

Fax: 402-441-8625

[www.lancaster.ne.gov/cnty/mental](http://www.lancaster.ne.gov/cnty/mental)

Lancaster County Board of Commissioners

Bernie Heier

Larry Hudkins

Jane Raybould

Deb Schorr

Brent Smoyer

### **Strengths-Based**

#### **Quality Care**

#### **Recovery**

#### **Hope**

#### **Wellness**

#### **Access**

#### **Choice**

### **Evidence Based Programs**

Services accredited by:



CMHC is funded by Region V Systems,  
State of Nebraska, Federal Grants,  
the City of Lincoln and Lancaster County

## Persons Served

Duplicates included

## Demographics

Unduplicated

N = 4,911

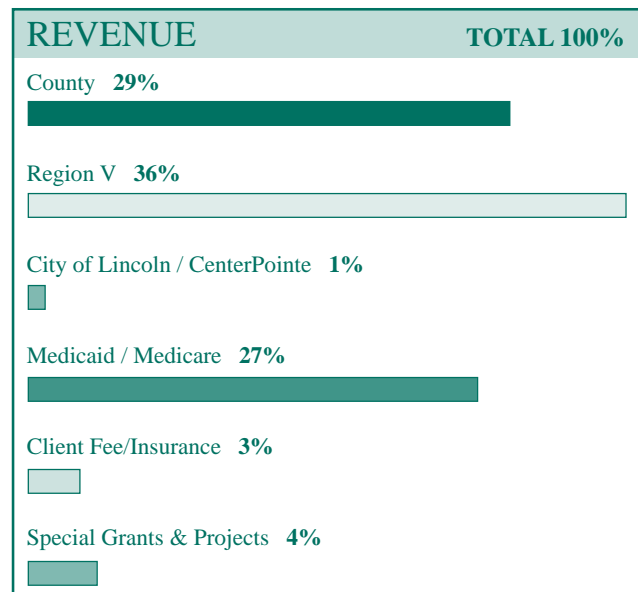
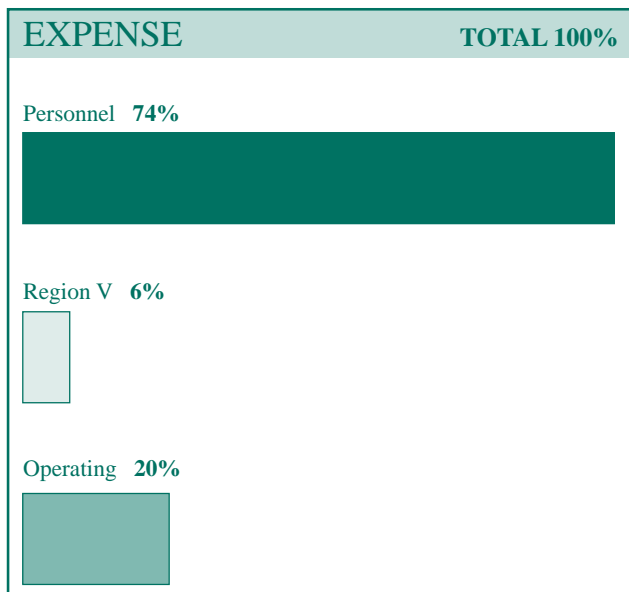
Program	Number
Community Support	1,085
Medical Services	1,909
Inpatient Psychiatric Services	347
Outpatient Therapy	883
Day Treatment / Partial Hospitalization	227
24 Hour Crisis Services	4,897
Day Rehabilitation Services	195
Homeless / Special Needs	253
Psychiatric Residential Rehabilitation	28
Crisis Center	615
Vocational Support	44
Harvest Project *	153
Mental Health Jail Diversion	48
PIER **	79
Open Studio / Wordshop ***	342
<b>Total number served</b>	<b>11,105</b>

**48% Women**      **52% Men**

Age	
18 - 34	31%
35 - 49	39%
50+	30%

**Caucasian 85%**  
**Black 5%**  
**Hispanic 5%**  
**Other 2%**  
**Native American 2%**  
**Asian 1%**

**\$10,149,301**



\*Collaborative Project with Aging Partners and CenterPointe, Inc.

\*\*A collaborative project with CenterPointe and Lutheran Family Service

\*\*\*A collaborative project with CenterPointe and Lincoln Parks and Recreation