MENTAL HEALTH IN LINCOLN NEBRASKA

A Unique Partnership of Mental Health Peers and Law Enforcement Officers
Mental Health Association of Nebraska
MHA-NE

- Founded in 2001 with only 2 staff
- Currently have 48 staff

- Peer-Developed
- Peer-Implemented
- Peer-Operated
- Person Driven!
Lincoln Police Department

2019

- Lincoln Population almost 300,000
- Commissioned Personnel: 350 (+11 Recruits)
- Total Personnel: 518
- Calls for Service: 121,079
- Mental Health Investigations: 3,169 (-4.42%)
- Investigations With EPC – 340 (+9.71%)
- No EPC – 2829 (-6.12)
Tessa’s Story

• Trauma and Domestic violence both as a child and as an adult
• History of mental health struggles and state hospital stays
• 20yr struggle with addiction starting at 13
• Several county incarcerations as well as well as a prison sentence

TODAY........

• Met MHA while in prison in 2016
• Regained custody of all 5 of her children
• Currently works as an outreach worker with our LPD referral program(and I like them)
• Advanced level WRAP facilitator and a Nation IPS facilitator
• Currently working towards a bachelors degree in business
Aime’s Story

• First drink of alcohol at age 12
• Started doing meth at 19
• 56 criminal convictions
• Mental health psychosis

TODAY........
• Full-time Peer Specialist
• Clean
• Housed independently for first time in 8 years
• Reunited with children/family
• Works as a Peer Specialist inside the state prison where she was previously housed
The Traditional Law Enforcement Approach

Three Traditional Responses:

• Informal “counseling”

• Arrest

• Emergency Protective Custody (EPC)

What happens when the cops go home?
The R.E.A.L. Program – Respond, Empower, Advocate and Listen

- LPD refers people with mental illness for voluntary help provided by trained Peer Specialists who have lived experience with mental illness and/or substance abuse.

- 4,000 referrals since 2011
  - Currently 5-6+ referrals per week from LPD
  - Other referrals from physicians, bus drivers, landlords, elected officials, other law enforcement, family and self.

- More than 320 (Over 90%) LPD officers have referred to MHA

- Recovery model

- Diversion from higher levels of care
HOW IT WORKS

• LPD determines that a R.E.A.L. Program referral is appropriate.

• Responding officer e-mails a referral to MHA-NE that briefly describes contact, explains relevant mental health issues, and provides contact information.
HOW IT WORKS

• Peer Specialist contacts the consumer within 24 hours with an offer of free, voluntary, and non-clinical support.

• Credibility and empathy

• Peer Specialists may help the consumer:
  • By sharing their lived experience
  • Find a support group
  • Develop a mental health plan (eg WRAP)
  • Assist in finding a psychiatrist, therapist, physician, or other professional
  • Secure housing and/or employment
  • Discuss medication compliance
  • Assist in developing payment plans
  • Obtain eligible resources
  • More......
Successful Contacts

• Out of all referred individuals about 62% are contacted by Peers
  (This number has significantly increased with additional staff and shorter response time)

• Reasons we are unable to make contact:
  - Homeless
  - Couch surfing
  - No phone - phone dies
  - Unable to locate them
  - Secure buildings / No access

*** 85% of those contacted accept services
R.E.A.L. Program Findings

• Being referred to the R.E.A.L. Program **positively** impacts future mental health calls for service and Emergency Protective Custody (EPC):

  • While there is no difference in the number of mental health calls for service or EPC holds 12 months after a law-abated crisis, both are statistically reduced at 24 and 36 months.

  • Significant impact of the R.E.A.L. Program begins 1-2 years after LPD referral.

  • The delayed effect is not surprising due to complexity of mental illness, waiting lists, medication changes, securing employment, establishing a support network and other challenges.

  • There was a statistically significant reduction in the number of mental health calls for service at 12, 24, and 36 months among consumers with lengthier histories of mental health calls. By 36 months, the number of mental health calls for service was reduced by one-third.
Law Enforcement Training

- New Recruits
- New Dispatchers and LFR
- BETA Training
  - 10 Years
  - Average of 65 per training
- Youth BETA Training – School Resource Officers
Keya House & Warm Line

- A comfortable, clean and furnished four-bedroom home in a quiet and safe neighborhood.
- Self help and proactive recovery tools to regain and maintain wellness.
- Staffed 24/7 with trained Peer Specialists
- Must be 19 years and older
- 800 unduplicated guests
- Average stay: 5 days
- Average number of calls to warm line per month: 375
- 7 Police Calls for Service in 2019
HONU Home

- Peer-Operated Respite 24/7
- New facility opened Summer 2018
- Serves peers within 18 months of release from Dept. of Corrections, Parole, Post-Release, or Probation.
- Peers who live with significant mental health or substance abuse issues who do not wish to live on their own.
- 20 individual bedrooms/14 baths
- 157 stays with average stay of 90 days
- NOT a group home, half-way house, or treatment program.
- Open to Peer who are ready to take charge of their lives.
- 26 Police Calls for Service in 2019
Welcome To Our Neighborhood

The Lexington Assisted Living

Tables at the neighborhood events

Distribute newsletters

Neighborhood annual garage sales

Holiday events
The Value of Community Partnerships

We are not in this alone
Other Community Partners

• Bryan Health Hospitals
• St Elizabeth’s Hospital
• The Bridge Behavioral Health – Treatment Center and Detox
• T.A.S.C. - Targeted Adult Service Coordination
  (LPD Record Management System Flagging)
• P.I.E.R. – Partners In Empowerment and Recovery
  (LPD Record Management System Flagging)
Why is this Partnership unique? Should this be unique or the norm?
Kasey Moyer
Executive Director
Mental Health Association of Nebraska
1645 “N” Street
Lincoln, NE 68508
402-441-4382
kmoyer@mha-ne.org

Captain Michael Woolman
Southeast Team
Lincoln Police Department
6601 Pine Lake Road
Lincoln, NE 68516
402-441-7755
mwoolman@lincoln.ne.gov