



2024
**BEHAVIORAL &
MENTAL HEALTH**
RESOURCE FAIR
EXHIBITOR
GUIDE

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100 Black Men of Omaha

Established in 1995 when a group of concerned men realized that the survival of the Omaha community rested on their willingness to join together and be a vehicle for positive change. "Our mission is to improve the quality of life in Omaha by helping our youth to be respectful, responsible, and ready to lead."



211

211 is a free, comprehensive information and referral system. A one-stop source of information for people in need of assistance. When you reach out to 211, they'll assess your situation and then utilize an extensive, up-to-date database to find the best resource(s) to meet your needs. They act as a single point of contact for thousands of health and human service programs, community services, disaster services and governmental programs. They proudly serve Iowa, Illinois and Nebraska.

Al-Anon & Alateen

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

Alateen, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking, whether they are in your life drinking or not. By attending Alateen, teenagers meet other teenagers in similar situations. Alateen is not a religious program, and there are no fees or dues to belong to it.

Basic Hope Foundation

We created The SOAR program, which enhances learning experiences and outcomes for all students. A positive educational climate fosters partnerships between educators and families, ensuring each student feels connected, cared for, and physically and emotionally safe. Our core focus is on developing crucial social and emotional skills. We help students build their emotional vocabulary, improve self-awareness, and master conflict-resolution techniques. SOAR enables students to express themselves confidently and appropriately in various settings through structured group talk sessions and supportive relationships with peers and adults. SOAR provides a safe, open environment for social and emotional enrichment. We reinforce accumulated learning to maintain conflict resolution skills, improve self-management techniques, and promote trust and positive relationships. Our approach includes teaching students to recognize and understand their emotions, develop appropriate boundaries, and utilize calming techniques like "mindful minutes."

By equipping students with these essential life skills, SOAR prepares them for success not only in school but also in their communities and future endeavors. The program's impact is evident in our survey results, which show high positive response rates across key dimensions: 73.2% for Positive Peer Relationships, 74.5% for Growth Mindset, and 76.6% for Adult Who Cares.



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Be Kind Counseling

At Be Kind Counseling LLC, we believe in a positive therapeutic relationship and working collaboratively with each person that walks through our door. Our goal is to help you, your child, and your family thrive and have the mental clarity you've always desired which is why we utilize only the most effective treatment practices to provide healing and hope for a better tomorrow.

Big Brothers Big Sisters of the Midlands

Big Brothers Big Sisters of the Midlands (BBBSM) is a nonprofit committed to fostering one-to-one mentoring relationships that ignite the power and promise of youth. Our organization offers two unique programs: Community-based Mentoring and MentorU. In Community-based Mentoring, "Bigs" (mentors) are paired with "Littles" (youth aged 7-14) based on shared interests, engaging in activities like park walks, museum visits, or simply spending time together. This program focuses on building meaningful connections through enjoyable, interactive experiences.

MentorU connects screened and trained volunteer mentors with high school students enrolled in an academic enrichment class intended to keep students on track for graduation and success. Mentors and students interact weekly through the Chronus app, where mentors respond to messages about the week's topics. In addition, students and mentors meet during the school year to engage in activities at the school. Both programs, though distinct in their approach, are dedicated to making a positive impact on the lives of youth in our community.



Boys Town

Boys Town provides a wide array of services to children and families, depending on their needs. We provide a residential treatment center, 24/7 crisis line, and many other preventative mental health resources.

Boys Town National Hotline

The Boys Town National Hotline is available 24 hours a day, 365 days a year. It is staffed by specially trained crisis counselors who listen and provide support, assess safety issues, and offer additional resources when needed. The BT Hotline is accredited by the American Association of Suicidology (AAS). BTNH is also part of a network of crisis centers who answer calls for the 988/National Suicide Prevention Lifeline. As one of Lifeline's national back up centers, BTNH takes calls from people across the country, as well as those who call the number locally from Nebraska.



Your Life Your Voice – www.yourlifeyourvoice.org. As a leader in raising awareness of suicide prevention and providing support to teens, Boys Town National Hotline established Your Life Your Voice specifically for teens. The site provides the opportunity to reach out for support and ask questions via phone, text, or email. There are tips and tools available on the site for kids (as well as parents and teachers) that provide additional guidance in dealing with the everyday issues that teens face. A free app called My Life My Voice is also available for download on the website for teens to track their moods and journal their feelings.

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Catholic Charities

For nearly a century, Catholic Charities has ministered to the greatest and most fundamental needs of our community – providing food to the hungry, safety to the endangered, and support to those who are suffering – regardless of race, religion, creed, or socioeconomic status. Together with countless volunteers and donors, and in conjunction with other public and private organizations, we are harnessing the strength of the human spirit and the power of community to shine a light for those in darkness.



Centerpointe

Campus for Hope is an Omaha facility that offers co-occurring residential and short-term residential treatment programs for the greater Omaha metro area and all of Cass, Dodge, Douglas, Sarpy, and Washington counties. In addition, the facility also offers outpatient community support. Both programs serve unsheltered and low-income adults 19 and older. Both programs provide Individual, group, and family therapy, psychiatric care, nursing care, recreational therapy, nutritional services, mental health, substance use, life skills education, community support/care management, and peer support



Co-occurring Residential Treatment - This is an in-depth treatment experience designed to help you understand how your mental illness and addiction interact with each other.

Short-term Residential Treatment - Provides short-term, residential treatment for addiction or co-occurring mental health and addiction issues, regardless of socioeconomic status.

Charles Drew Health Center Inc.

For over 40 years, Charles Drew Health Center has provided affordable health care in Metropolitan Omaha for individuals and families with limited or no health insurance coverage. True to its mission, CDHC remains dedicated to providing quality, comprehensive health care in a manner that acknowledges the dignity of the individual, the strength of the family and the supportive network of the community. We provide medical, dental and behavioral health services, and a full pharmacy.



Charles Drew
HEALTH CENTER, INC.

Chayah Ministries

We provide Christ-centered discipleship resources for women and their children suffering from trauma, addiction, or mental health challenges, guiding them toward healing and hope.



CHI Health

Our clinically- trained staff, including physicians, nurse practitioners, psychologists, nurses, and therapists, will listen to you and work to identify the service that best meets you and your loved one's unique needs. Every situation is different, and our program highlights include comprehensive evaluations for mental health and substance abuse, medication management, individual therapy, group therapy, family therapy, psychological testing, and educational classes. CHI Health is dedicated to healing the body, mind, and spirit of every patient we serve. We deliver personalized care that focuses on your strengths and involves the important people in your life. We provide a safe, caring environment where we recognize you as a unique individual with your own life goals. Our supportive staff is truly committed to bringing hope, compassion, and dignity to your healing journey.



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Children's Nebraska

Behavioral health professionals at Children's Nebraska are experts at treating children of all ages with behavioral or mental health disorders. Our mental health practitioners, psychologists, psychiatrists, and nutrition therapists work closely with each patient's physician and school to provide individualized treatment and improve their quality of life. Also under construction is the state-of-the-art Behavioral Health & Wellness Center. Opening in early 2026, this comprehensive, world-class facility will help us address the growing pediatric mental health crisis, providing area families with the behavioral health services they need close to home.



Community Alliance

Community Alliance

We are Community Alliance, an integrated healthcare organization that offers a whole-person approach, including psychiatric services, mental health and substance use counseling, primary medical care, and a range of rehabilitation, employment; community supports, and family and peer support. We meet you where you are, and work to address your specific needs. Our quality of care has earned us top-tier national accreditation scores. The hope, integrity, and respect we bring to people who struggle with mental illness and other mental health challenges is why we are a place where recovery is a reality.



Completely KIDS

Completely KIDS educates and empowers KIDS and families to create a safe, healthy, successful and connected community. In supporting our mission, we assist more than 2,000 KIDS and their families via school, homeless shelter and other partnerships to overcome barriers to their success. Our headquarters at 2566 St. Mary's Avenue is at the heart of the community we serve. As such, we can better understand the challenges our families face and provide them with easier access to our services.



CRCC

CRCC provides an array of specialized services to kids with special needs. Our focus for the fair will be on promoting our mental and behavioral health services (school-based and outpatient therapy services)



Depression and Bipolar Support Alliance

Depression Bipolar Support Alliance (DBSA)

DBSA provides peer support for people living with depression, bipolar disorder, or another mood disorder, as well as their family and friends. We do this through lively discussion, heartfelt sharing times, with frequent laughter and sometimes tears. We're here to help through good times and bad, as well as your issues and concerns, with camaraderie and compassion. While we meet at Morning Star Lutheran Church, we are not a faith-based group. Our topics and discussions are based in our life experiences. Join us for our weekly gathering on Thursdays at 7 PM. Our first hour is usually a discussion topic, guest speaker or activity. Our second hour is a sharing hour, where we break into smaller groups, and you get to discuss what is going on in your life with a group of peers. New members are always welcome; just show up.

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Eastern Nebraska Office on Aging

ENOA's mission is to promote choice and enhance the wellbeing and dignity of aging adults, caregivers, adults with disabilities, and those with the greatest economic need so they may live independently.

Education Rights Counsel

Education Rights Counsel's (ERC) mission is to create systemic change by removing legal barriers to educational equity. ERC ensures that all children stay in school and thrive by providing education consultations, direct limited representation for education matters, and by building an alliance of educational advocates through training and coaching.



First Responders Foundation

The mission of the First Responders Foundation is to serve and honor all our First Responders, Veterans, and their families; build appreciation and respect for their work; and enhance public safety. Behavioral health services are available for all first responders, including fire, police, EMS, dispatch, corrections, and military (including vets). We also serve medical personnel and their families. Services are also available to significant others, partners, and family members of first responders. Our therapists specialize in dealing with a variety of issues, such as acute trauma, post-traumatic stress, trauma, anxiety, depression, sexual addiction, substance use, co-occurring disorders, and significant persistent mental illness. Modalities used: Eye Movement Desensitization and Reprocessing (EMDR), Brainspotting, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Cognitive Processing Therapy.



Heartland Family Service

A part of the community since 1875, Heartland Family Service provides inclusive and critical human services in the focus areas of Housing, Safety & Community Well-Being, and Counseling & Prevention. Services in Housing, Safety, & Community Well-Being provide immediate and long-term assistance to community members experiencing crises such as domestic violence, sexual assault, trafficking, and homelessness, among others. Counseling & Prevention offers services that share a central focus on therapeutic treatments to help manage chronic mental health illnesses, provide early intervention services, work to prevent problems with substance use and problem gambling before they occur, and provide therapeutic education for children before adulthood.



To maximize the effectiveness and impact of services, Heartland Family Service incorporates evidence-based practices into a multi-service approach. The goal is to empower and strengthen individuals and families in addition to building strong communities.

HETRA- Heartland Equine Therapeutic Riding Academy

Equine-Facilitated Mental Health is a specialty area of practice in which licensed mental health professionals provide regulated mental health services in an environment working with horses. HETRA offers Individual Mental Health Sessions both mounted and unmounted along with multiple groups.



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KVC Nebraska

KVC Nebraska is a private nonprofit organization that provides a variety of programs and services to meet the diverse needs of Nebraskans. Our mission is to enrich and enhance the lives of Nebraska youth, individuals, and families. KVC Nebraska provides foster care, shared living, outpatient therapy, substance abuse therapy and evaluations, DBT groups, IOP groups, intensive in-home services, in-home therapy, and fostering educational support.



Metro Omaha Tobacco Action Coalition

The Metro Omaha Tobacco Action Coalition (MOTAC) was formed in 1992 to strengthen tobacco prevention and control efforts in the Omaha metro area. We lead Douglas County in addressing tobacco-related issues through public policy, education, and community action.



Munroe Meyer Institute

The Munroe Meyer Institute's Integrated Center for Autism Spectrum Disorders collaborates with families and other departments to positively transform the lives of individuals with autism spectrum disorder and related conditions. Our services include Applied Behavior Analysis assessments and interventions, diagnostic evaluations, and family support. Additionally, we will provide information on careers in the field and information on evidence-based strategies to address socially significant concerns.



NAMI Nebraska & Omaha Chapters

A champion for recovery, NAMI Nebraska is a statewide, not-for-profit organization that provides high-quality education and support services to effect positive change for those impacted by mental illness. We collaborate with affiliates, organizations, governmental bodies, and advocates to improve services and the quality of life for people with mental illnesses and their families.



Nebraska Children's Home Society

We're a group committed to creating the best home environment for children possible. Our services and community connections help put children first by prioritizing their needs and providing support to the parents, grandparents, siblings, and caregivers who care for the children in their lives.



Nebraska Commission for the Deaf and Hard of Hearing

We advocate to create opportunities by raising awareness through collaboration. Our goals are: Empower through training and provide services to create awareness. Collaborate with stakeholders to implement and maintain programs. Promote awareness through the collection and distribution of information. Ensure access to health care. Ensure access to effective and quality interpreting, and Educate and promote awareness of Deaf Culture.



1-888-866-8660

Nebraska Family Helpline

The Nebraska Family Helpline at (888) 866-8660 makes it easier for families to obtain assistance by providing a single contact point 24 hours a day, seven days a week. Trained Helpline operators screen calls to assess immediate safety needs, identify the potential level of a behavioral health crisis, make recommendations or referrals to appropriate resources, and help callers connect to emergency resources or providers.

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Nebraska Lifespan Respite Network

The Nebraska Lifespan Respite Network provides short-term breaks to unpaid family caregivers who are caring for a loved one with a disability, chronic health condition, or limitations due to aging. We are a network of screen providers who can provide respite both in the home and out in the community. Families receiving occasional respite services are less likely to request admission of an individual to a nursing home, foster care, or other out-of-home care at public expense. Respite services reduce family and caregiver stress, enhance family and caregiver coping ability, and strengthen family and caregiver ability to meet the challenging demands of caring for family members. Respite services reduce the risk of abuse and neglect of children, senior citizens, and other vulnerable groups.



Nebraska Resource Project for Vulnerable Young Children

We support and strengthen professionals serving vulnerable young children across Nebraska Systems. We provide reflective practice training and support for professionals working in a helping profession. We strive to equip professionals with the knowledge and skills to attune with self and others, which has been shown to decrease personal distress, increase self-emotional appraisal, and regulate emotions. We also provide support for IECMH services across Nebraska with our resources and training programs, including CPP, PCIT, Circle of Security, and attachment and trauma.

Nebraska Total Care



Established to deliver quality healthcare in the state of Nebraska through local, regional and community-based resources, Nebraska Total Care is a Managed Care Organization and subsidiary of Centene Corporation (Centene). Nebraska Total Care exists to improve the health of its beneficiaries through focused, compassionate and coordinated care. Our approach is based on the core belief that quality healthcare is best delivered locally.



New Path Nebraska

Located in Gretna, NE. We offer a variety of evidence-based therapeutic approaches tailored to your individual needs. Whether you're dealing with anxiety, depression, trauma, relationship issues, or any other mental health concern, we're here to help.

NExT Foundation (Nebraska Expressive Arts Therapy)

Our mission to improve mental health in Nebraska through Expressive Arts therapy. NExT runs programs for a diverse array of groups, including programs for youth and teens, women who have experienced severe trauma, and individuals who are un/under-insured. Our free programs offer a safe, community-based avenue for mental health care. The GREAT Kids group for kids and teens is an Expressive arts-based group provided at our downtown location.

These groups help area youth connect in person and enlist their creative talents to address social issues, anxiety, depression, and loneliness. NExT Foundations Groups for Women include the WOC (Women of Change) Group and Women ReWoven. WOC serves women who are in a time of transition and in need of community-based support. This program will provide a supportive transition for women who have completed in-patient or intensive outpatient (IOP) treatment for Substance Misuse Disorder. Women ReWoven offers a creative support group for women who have experienced trauma and seek to resolve symptoms within a safe, community-based setting.



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OPD Behavioral Health and Wellness Unit

The Behavioral Health and Wellness (BHWU) Unit is committed to ensuring the best opportunity for safe and successful resolutions to behavioral health-related calls for service. The BHWU is dedicated to ensuring Omaha Police Department (OPD) employees are trained in the most up-to-date best practices so that they are able to effectively assist with interventions in the community. The BHWU is a highly collaborative unit whose primary functions are to plan, coordinate, and manage the department's behavioral health and wellness response and support functions, including processes involving community and outside agencies. The unit includes the OPD Mental Health Coordinator, Co-Responder Squad, CORE (Collaborative Outreach, Response, and Engagement) Squad, and Employee Resources Squad.

Omni Inventive Care



Omni works with individuals who have a significant impairment. We're known for taking on the most challenging cases, serving the most complex needs within the natural community, and succeeding by implementing research-based practices to design inventive integrated care solutions.



Open Door Mission

Open Door Mission is a Gospel Rescue Mission committed to breaking the cycle of homelessness and poverty. Each day, Open Door Missions' campus offers 916 safe, shelter beds to people experiencing homelessness, serves over 4,747 nutritious meals to feed the hungry, and provides homeless preventive resources to more than 1,000 people living in poverty to empower them to remain in their own homes.

PMP - Prevention Means Progress



PMP, Prevention Means Progress, is an organization that helps youth and adults in the Omaha Metro Area distinguish between high-risk and low-risk choices regarding substance use and addiction. It is a community-based Prevention and Recovery Coalition committed to providing education and increasing awareness to help individuals and communities Stay Ahead of Substance Abuse.

Stay Ahead of Substance Abuse

Project Extra Mile



Our organization's mission is to advocate for evidence-based policies & practices to prevent & reduce alcohol-related harms in our communities. We work to achieve this through policy changes, enforcement collaborations, community engagement, youth engagement, and media advocacy.

Project Harmony - Connections



Connections brings therapists, schools, students and parents together to provide accessible, supportive mental health care for Omaha-area children.

RADIUS



RADIUS is a non-profit organization serving girls and boys ages 12-18 with a focus on restoring relationships between youth, families, and their community.

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Region 6 Behavioral Healthcare

Wraparound care coordination for youth and young adults impacted by mental health concerns.

RESPECT

Our Mission is Building Healthy Relationships Using Theatre and Community Collaboration. Our goal is Staging Conversations with a vision of Healthy Relationships for All. Our objectives are: to provide information about healthy relationships, the importance of personal boundaries, and how to identify and respond to big emotions; to demonstrate social-emotional learning strategies, problem-solving processes, and empathy; to provide an opportunity for students to rehearse and practice skills; and to provide community resources available to students, teachers, and parents.

RESPECT harnesses the power of theater to create an experience where social-emotional learning can flourish. RESPECT provides a safe and collaborative environment in which audiences are invited to “try on” new behaviors, practice new skills, and reimagine how to handle difficult situations. Theatre captivates attention and is an efficient way to “Stage Conversations” so students and teachers can safely share and learn from each other. RESPECT programs consist of educational theatre presentations paired with panel or group interactions led by community professionals and our Actor Educators.

Santa Monica, Inc

Founded in 1972 Santa Monica has partnered with over 3,000 women on their journey to recovery from addiction and alcoholism. Reuniting families, reintegrating women to the community and providing exceptional service has been the vision of Santa Monica and continues to be for the future. Santa Monica provides a full continuum of care; Intermediate Residential program, Halfway House program with a step-down level of care to a ¾ way house and an II unit apartment building for women and children. Peer Support Recovery services for the ¾ way and apartment programs. Chemical Dependency Evaluations are available to the community.

School Community Intervention & Prevention (SCIP)

Our mission is to provide an effective prevention and early identification process to help students and their families address behavioral and mental health concerns so that students may lead healthy, productive lives. SCIP is a student assistance program designed to bring together families, schools and community behavioral agencies to support student mental and emotional health by addressing the individual and environmental elements that influence student behavior. When a student is displaying concerning behavior either at school, at home, or in the community, the student can be referred to the SCIP Team within the student's school. The SCIP Team will work to support the student and their family by connecting them with services and resources both within the school building and outside of the school environment. SCIP collaborates with community behavioral health agencies that can provide screenings at no cost for the student.

The Center for Holistic Development

The Center for Holistic Development (CHD) is a mental and behavioral health agency that has been serving children and families in Omaha, NE since 2001. CHD predominantly services African American and other marginalized communities.



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The Collective for Hope

We believe everyone should have access to free, competent grief and survivorship support and that our community is made more compassionate, stronger, and resilient as the result of it. To that end, the agency is steadfast in its commitment to improving and expanding its outreach and inclusion work. All services are designed to level the playing field, mitigate vulnerabilities, and foster positive outcomes for all who are grieving.

The Kim Foundation

Since 2001, The Kim Foundation has worked to increase awareness around mental health and suicide prevention in Nebraska, serving as a communication and connection link between individuals, organizations and communities. Local data and national best practices inform our legislative advocacy, awareness campaigns and free programming to support suicide loss survivors and educate anyone who is interested in helping others.



Youth Care & Beyond

We are dedicated to transforming the lives of individuals and families affected by mental health challenges, trauma, and intellectual disabilities. Our goal is to foster positive change by addressing and reshaping problematic behaviors and thought patterns, ultimately enhancing the well-being of individuals, families, and communities.



We offer comprehensive support tailored to meet the unique needs of our clients. Through evidence-based therapies, personalized care plans, and community outreach, we work collaboratively to empower individuals and families. Our approach is holistic, ensuring that every aspect of our client's mental, emotional, and behavioral health is addressed, leading to sustainable, positive outcomes. We believe in the power of change and are committed to being a catalyst for that transformation in the lives we touch.

Youth Emergency Services

YES provides housing and support to youth experiencing instability, crisis, and homelessness. We offer a continuum of services through the operation of three key programs: Street Outreach, Emergency Shelter, and Housing Programs, including Transitional Living Program, Maternity Group Home, and Transition in Place. The programming and continuum of services offered by YES is based on trauma-informed best practices to help youth break the cycle of homelessness.



**Thank you for attending the
2024 Behavioral and Mental Health Resource Fair
hosted by The Kim Foundation!**