

FY2022 Annual Report





ABOUT MID-PLAINS CENTER

Mid-Plains Center for Behavioral Healthcare Services, Inc. (Mid-Plains Center) is a non-profit, COA accredited, behavioral health organization. For over 50 years, Central Nebraskans have turned to Mid-Plains Center for quality, affordable behavioral health services. Established in 1971 as Mid-Nebraska Community Mental Health Center, Mid-Plains Center has expanded in the last 10 years to include a full range of behavioral services including prevention, treatment, crisis intervention, and aftercare services.



MISSION STATEMENT

Mid-Plains Center supports individuals and families in achieving their full potential in the community.



VISION STATEMENT

Mid-Plains Center is seen as a leader in the development of high quality, innovative, and cost-effective behavioral healthcare services. Services are designed to meet the needs of the community, based on input received from consumers, stakeholders, and Mid-Plains Center's most valuable resource, its employees.

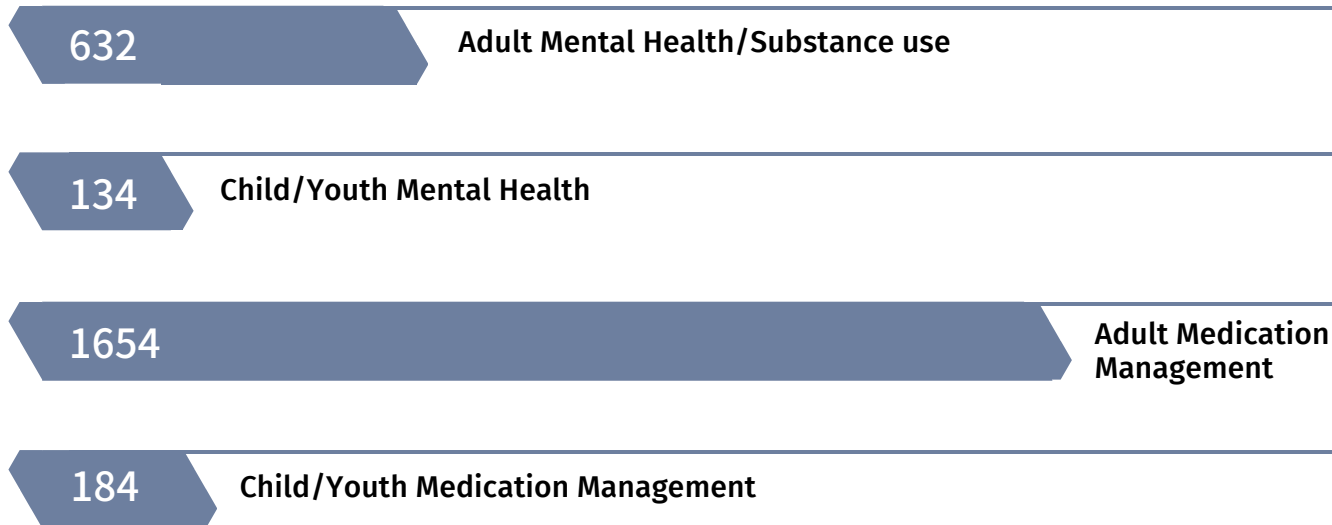


VALUE STATEMENT & GUIDING PRINCIPALS

Mid-Plains Center embraces the guiding principles of investing for results and outcomes, changing attitudes, building partnerships, committing to quality and working on a common goal to assure that there is access to individualized treatment and recovery. Mid-Plains Center does this by treating people with respect and dignity, providing services that emphasize hope and optimism, are family and consumer-centered, strength and recovery-based, and are culturally competent and affirmative. Community values are embraced, consumer involvement is expected, self-determination is respected and support services are designed to meet the needs of the individual. Mid-Plains Center values a competent workforce and endorses both promising and evidence-based practices.

OUTPATIENT CLINIC SERVICES

CLIENTS SERVED BY PROGRAM



CLIENTS SAID...



99.7%
Appointments
were available
when needed



99.6%
Information
was explained



99.4%
Quality of life
was improved



99.6%
Questions
were answered



98.9%
Facilities were
comfortable and
clean

OUTPATIENT CLINIC SERVICES



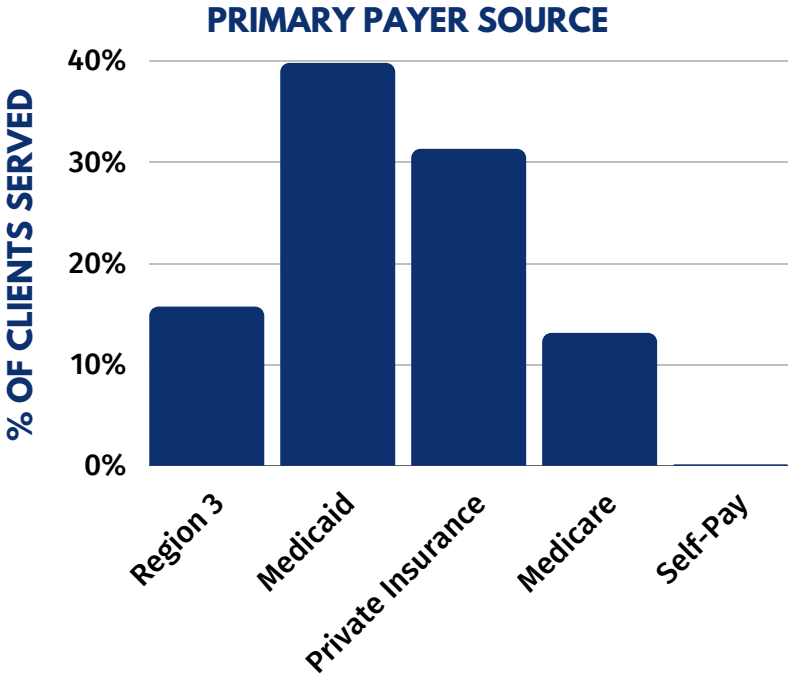
YOUTH CRISIS RESPONSE

144 CALLS RECEIVED

REFERRAL SOURCES

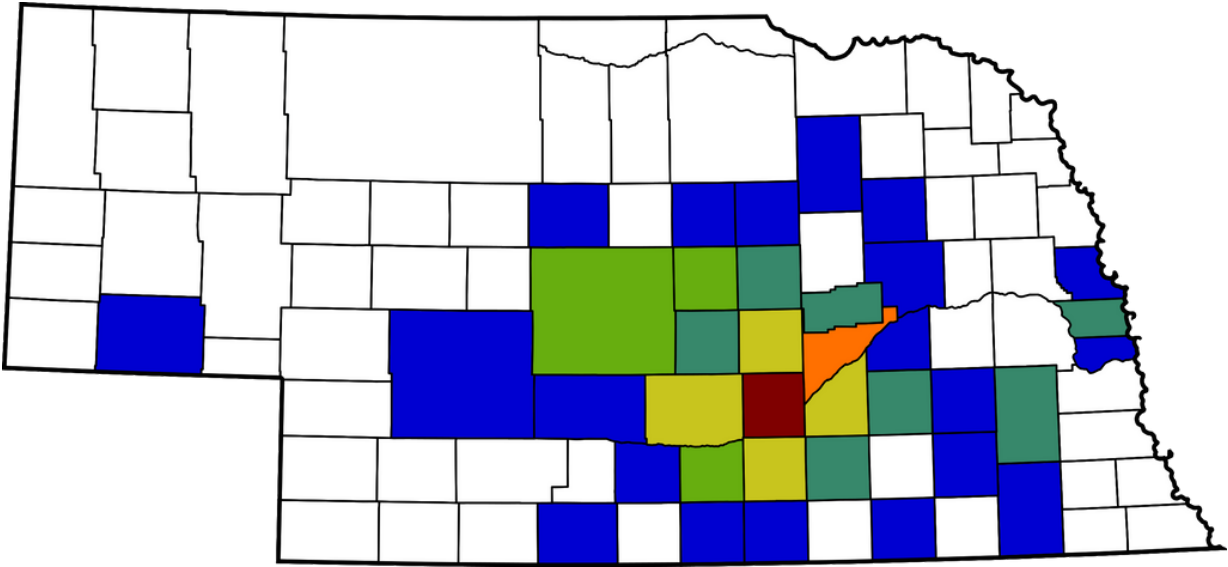
SELF	51
SCHOOL	49
FAMILY/FRIEND	24
LAW ENFORCEMENT	13
PROFESSIONAL	7

OUTPATIENT CLINIC SERVICES

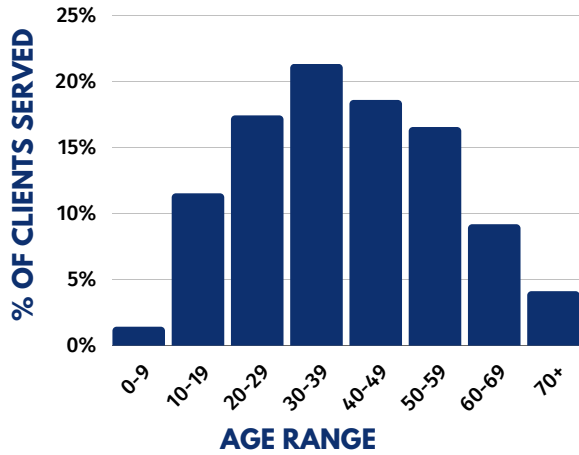


**381 SESSIONS
TRANSLATED BY
STAFF**

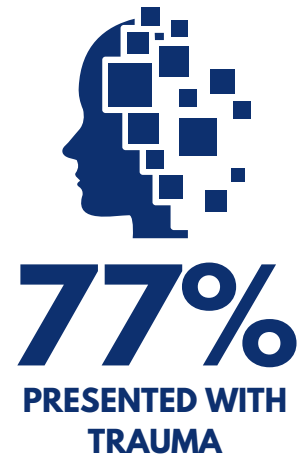
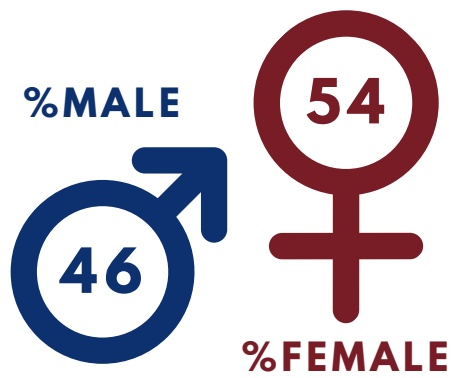
COUNTY OF RESIDENCE



OUTPATIENT CLINIC SERVICES



41
VETERANS
SERVED ★



RACE



CRISIS STABILIZATION UNIT

1178 NURSE ASSESSMENTS COMPLETED

935 RISK ASSESSMENTS COMPLETED

RISK ASSESSMENT OUTCOMES

45%

CSU ADMISSION
(SUBSTANCE USE)

9%

CSU ADMISSION
(MENTAL HEALTH)

15%

VOLUNTARY
ADMIT TO HIGHER
LEVEL OF CARE

12%

OPEN ACCESS
APPOINTMENT

5%

OUTPATIENT
THERAPY & MED
MANAGEMENT

4%

OTHER
COMMUNITY
SERVICE

3%

OUTPATIENT
THERAPY

2%

HOSPITAL/E.R.

2%

LEFT BEFORE
ADMISSION

1%

MEDICATION
MANAGEMENT

1%

MEDICAL
APPOINTMENT

1%

LAW
ENFORCEMENT
OR EPC

CRISIS STABILIZATION UNIT

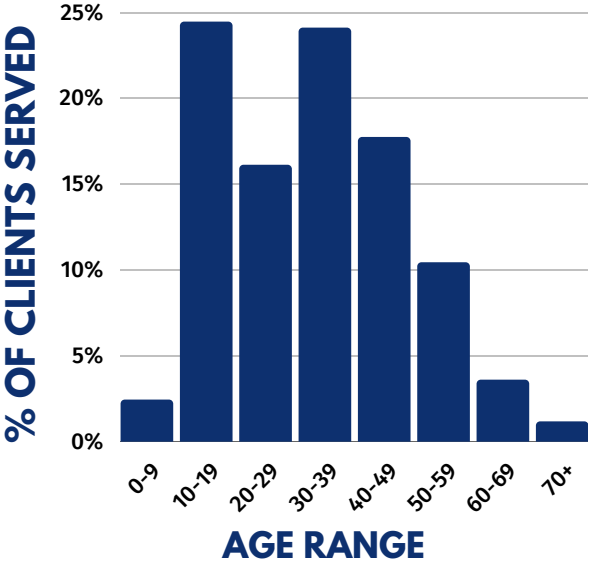
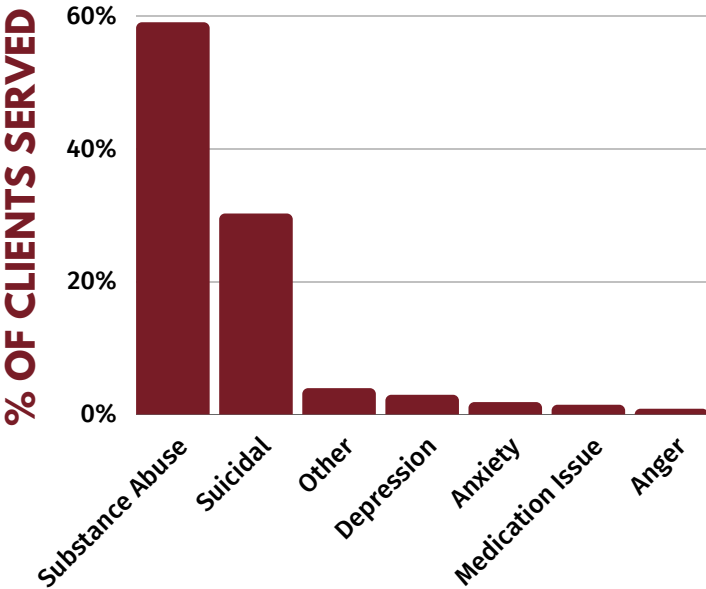


BED DAYS USED

1,468 MENTAL HEALTH BEDS

1,420 SUBSTANCE USE BEDS

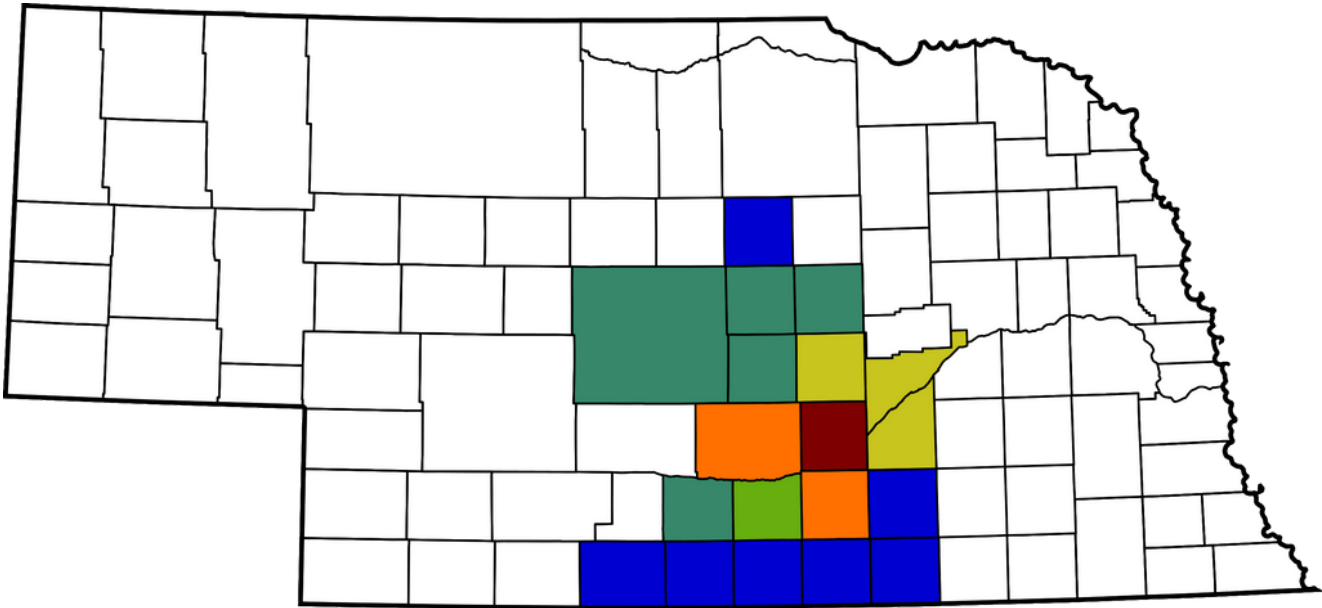
ISSUE AT CONTACT



CRISIS STABILIZATION UNIT

231 Group Sessions Held (1464 Clients)	4.5 Days Average Length of Stay	66% Bed Utilization Rate
517 Psychiatric Evaluations Completed	10,808 Miles Driven (233 Clients)	1,411 Client Calls Taken

COUNTY OF RESIDENCE



*49 Clients Outside Region 3



CRISIS STABILIZATION UNIT



255 YOUTH ASSESSED

45 VETERANS SERVED ★



87% PRESENTED WITH TRAUMA

%MALE

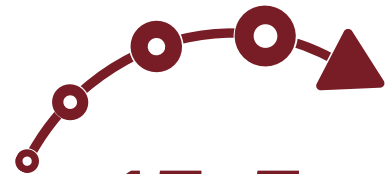


%FEMALE

RACE



ETHNICITY



15.5 AVERAGE AGE OF FIRST SUBSTANCE USE

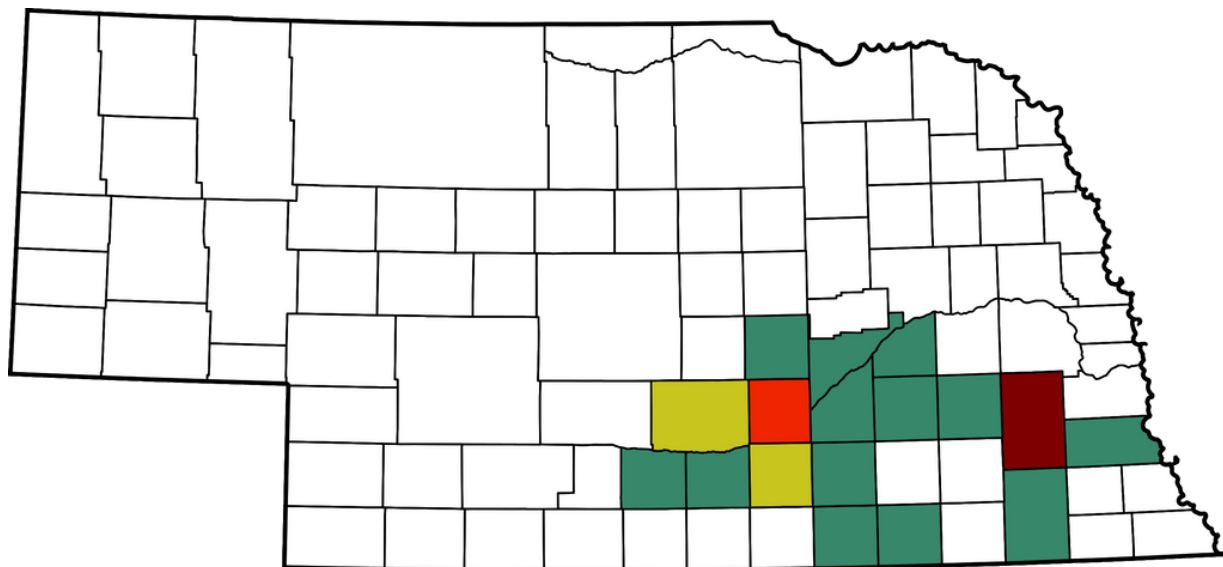
MULTISYSTEMIC THERAPY



**114 YOUTH
DISCHARGED FROM
PROGRAM**

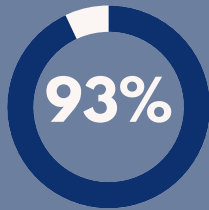
123 DAYS AVERAGE DURATION
OF TREATMENT

COUNTY OF RESIDENCE

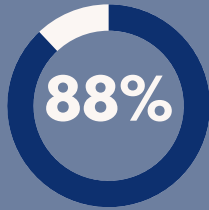


MULTISYSTEMIC THERAPY

PERCENT OF YOUTH...



REMAINED IN HOME



REMAINED IN
SCHOOL/WORKING



IMPROVED NETWORK
OF SUPPORTS



EXPERIENCED NO
NEW ARRESTS



**97% OVERALL PROGRAM
SATISFACTION RATING**

MULTISYSTEMIC THERAPY



**2419 FAMILY
THERAPY
SESSIONS
CONDUCTED**



**689 INDIVIDUAL
THERAPY
SESSIONS
CONDUCTED**



4.4

**AVERAGE NUMBER OF
FAMILIES SERVED PER
THERAPIST**

FAMILY MEMBERS SAID THEIR THERAPIST...

100%

**RECOMMENDED THEY DO SPECIFIC
THINGS TO SOLVE THEIR PROBLEMS.**

99.7%

**TALKED TO THEM IN A WAY
THEY COULD UNDERSTAND.**

99.4%

**HELPED THEM TO ENFORCE
RULES FOR THEIR CHILD.**

100%

**MADE GOOD USE OF THEIR
FAMILY'S STRENGTHS.**

99.7%

**HELPED THEM TALK WITH
EACH OTHER TO SOLVE PROBLEMS.**

YOUTH TRANSPORTATION PROGRAM

38

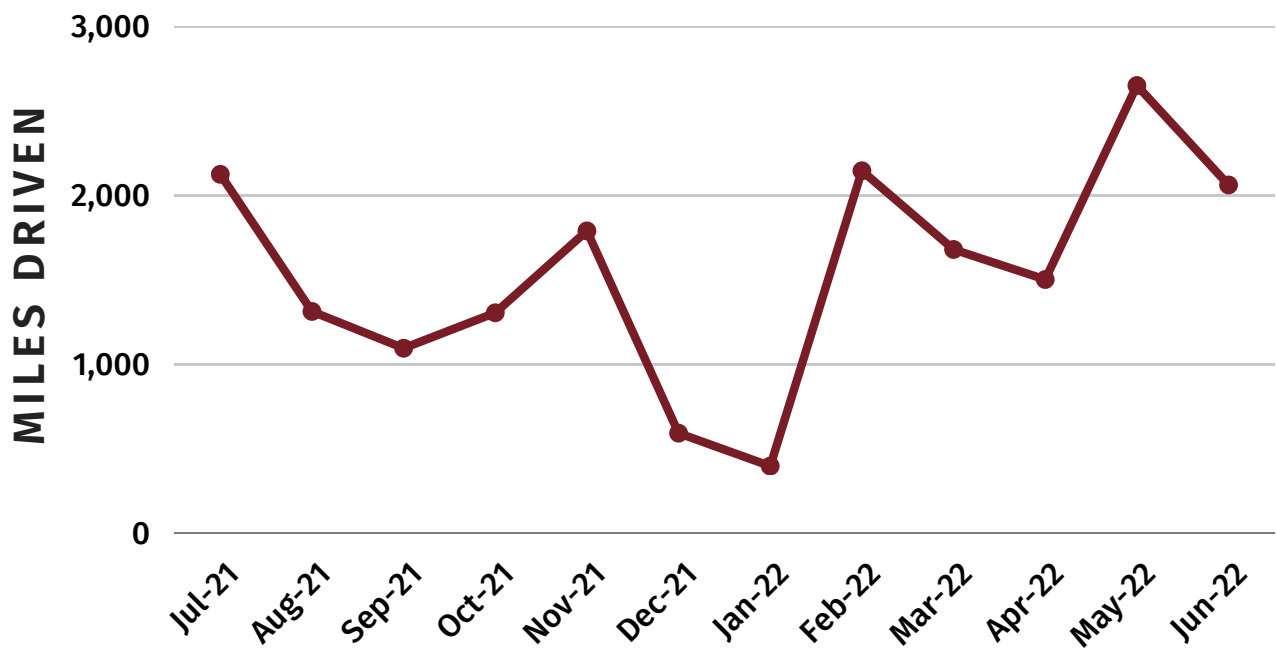


YOUTH TRANSPORTED



494

TRANSPORTS COMPLETED

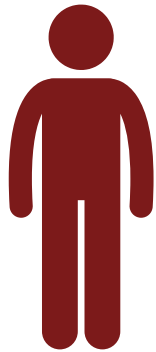


ADULT PROBATION GROUPS

PRE-TREATMENT GROUPS

51

SESSIONS
CONDUCTED



200
CLIENTS
ATTENDED

ANGER MANAGEMENT GROUPS

24

SESSIONS
CONDUCTED



145
CLIENTS
ATTENDED

MEN'S DIALECTICAL BEHAVIOR THERAPY GROUPS

137

SESSIONS
CONDUCTED



765
CLIENTS
ATTENDED

WOMEN'S DIALECTICAL BEHAVIOR THERAPY GROUPS

45

SESSIONS
CONDUCTED



286
CLIENTS
ATTENDED

WWW.MIDPLAINSCENTER.ORG