



**Mid-Plains Center**  
for Behavioral Healthcare Services, Inc.

# ANNUAL REPORT FY2020

# **ABOUT MID-PLAINS CENTER**

Mid-Plains Center for Behavioral Healthcare Services, Inc. (Mid-Plains Center) is a non-profit, COA accredited, mental health organization. For nearly 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 PRINCIPLES**

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.

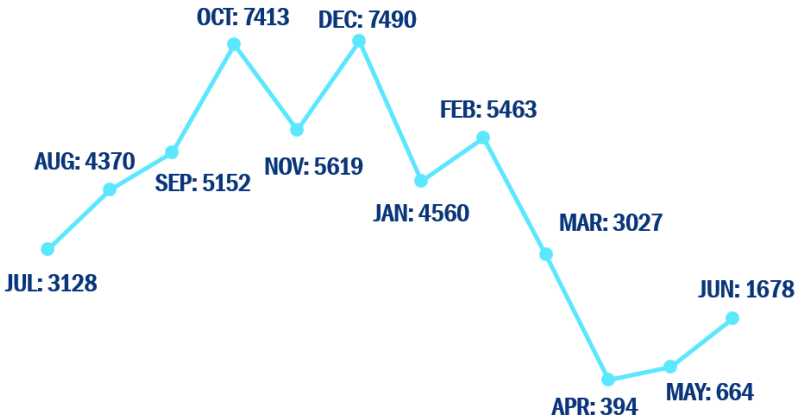
# YOUTH TRANSPORTATION PROGRAM

**411**  
TRANSPORTS  
COMPLETED

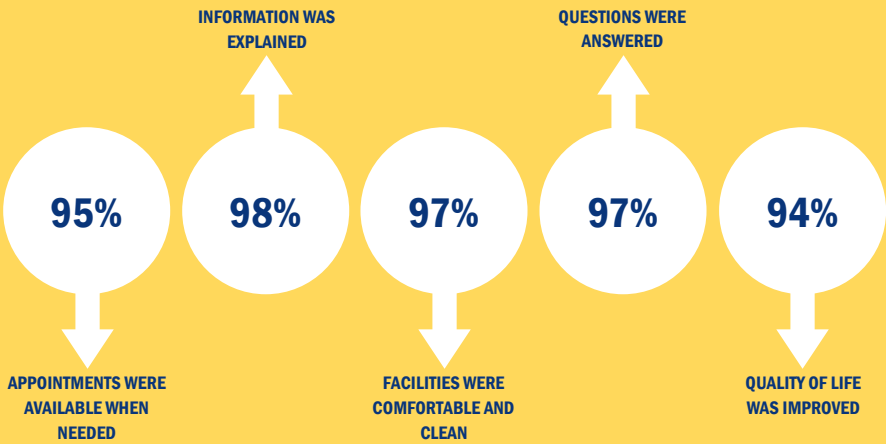


**48,958**  
LOADED MILES  
DRIVEN

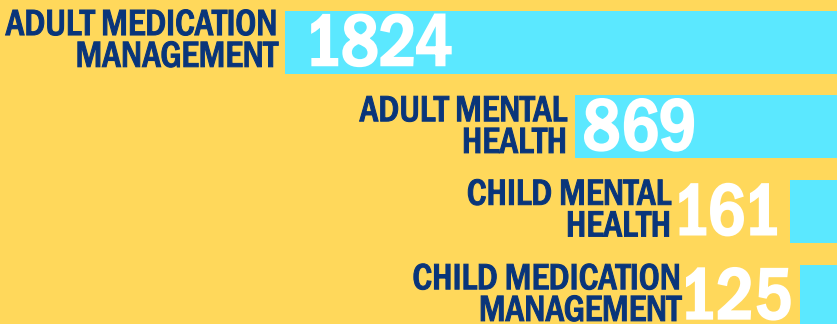
## MILES DRIVEN BY MONTH



# OUTPATIENT CLINIC SERVICES

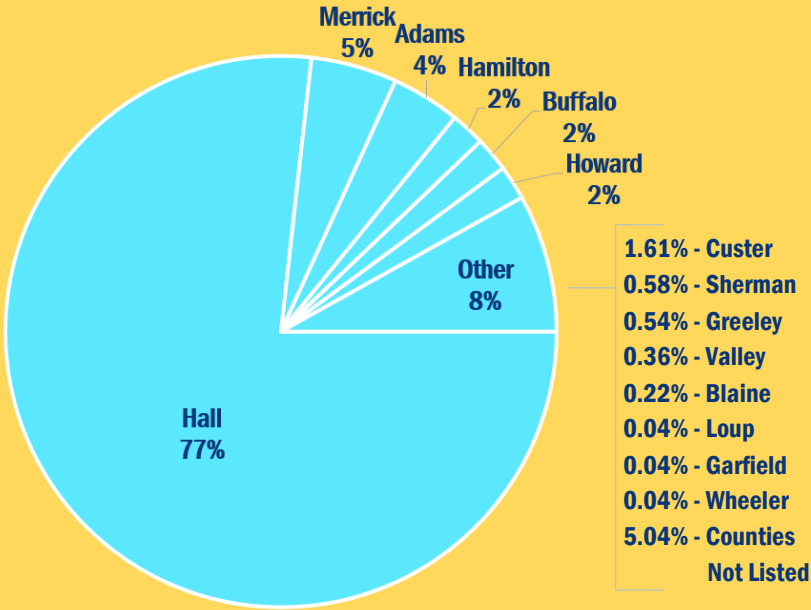


## CLIENTS SERVED BY PROGRAM



\*Unduplicated client numbers

# COUNTY OF RESIDENCE



# PRESCRIPTION ASSISTANCE PROGRAM



**165**  
CLIENTS  
ASSISTED



**765**  
MEDICATIONS  
DISPENSED

# OUTPATIENT CLINIC SERVICES (cont.)

## NUMBER OF SESSIONS TRANSLATED BY STAFF



**42%** OF CLIENTS  
RECEIVED REGION 3  
FUNDING

**466 MED MANAGEMENT ADMISSIONS**

**489 MED MANAGEMENT DISCHARGES**

**426 THERAPY ADMISSIONS**

**439 THERAPY DISCHARGES**

**📞 144 CRISIS CALLS RECEIVED**

**45**  
SELF

**25**  
SCHOOL

**23**  
FAMILY/  
FRIEND

**20**  
PROFES-  
SIONAL

**19**  
LAW  
ENFORCE-  
MENT

**9**  
OTHER

**CRISIS CALL REFERRAL SOURCES**

# CRISIS STABILIZATION UNIT

1290

CLIENTS ASSESSED

5.7

AVERAGE LENGTH OF STAY  
(DAYS)

73%

UTILIZATION RATE  
GOAL: 65%

68%

SUCCESSFULLY  
DISCHARGED

## BED DAYS USED

1850

MENTAL HEALTH BEDS

1367

SUBSTANCE USE BEDS



# RISK ASSESSMENT OUTCOME



# CRISIS STABILIZATION UNIT (cont.)


## ISSUE AT CONTACT

SUICIDAL 22.3%   60.9% SUBSTANCE USE

DEPRESSION 4.5%   7.4% OTHER

ANXIETY 3.6%   1.2% MEDICATION ISSUE

**484** GROUP  
SESSIONS  
PERFORMED

 **2078**  
CLIENT  
CALLS TAKEN

 **162**  
CLIENT  
TRANSPORTS

## REFERRAL SOURCE

**686** SELF REFERRED

**197** FAMILY/FRIEND

**170** PROFESSIONAL

**94** LAW ENFORCEMENT

**68** SCHOOL

**44** PROBATION/PAROLE

**31** OTHER

# MEDICAL ASSESSMENTS CONDUCTED

496

PSYCHIATRIC  
EVALUATIONS

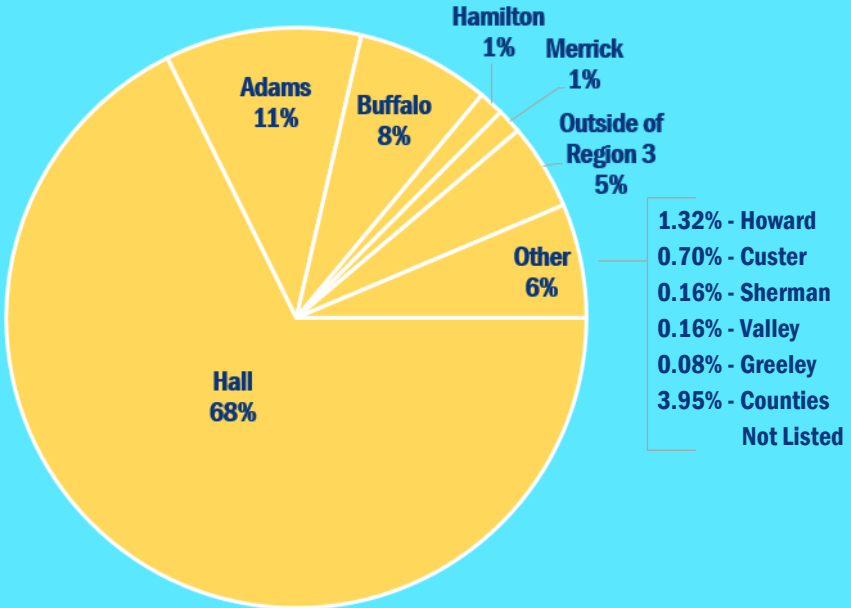
399

HISTORY &  
PHYSICALS

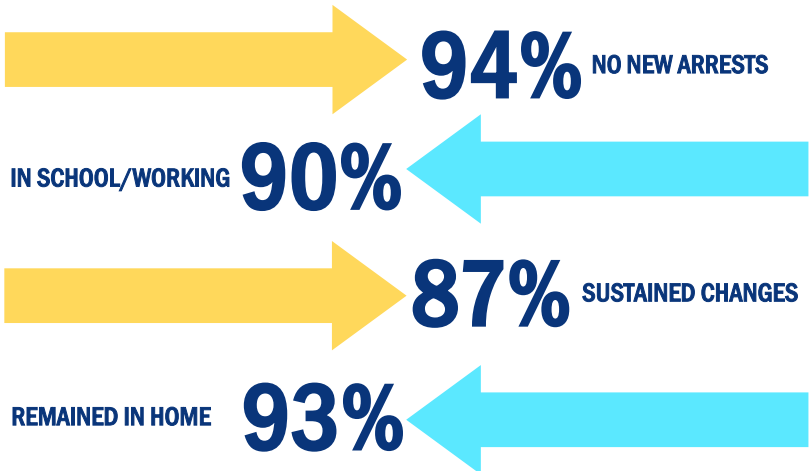
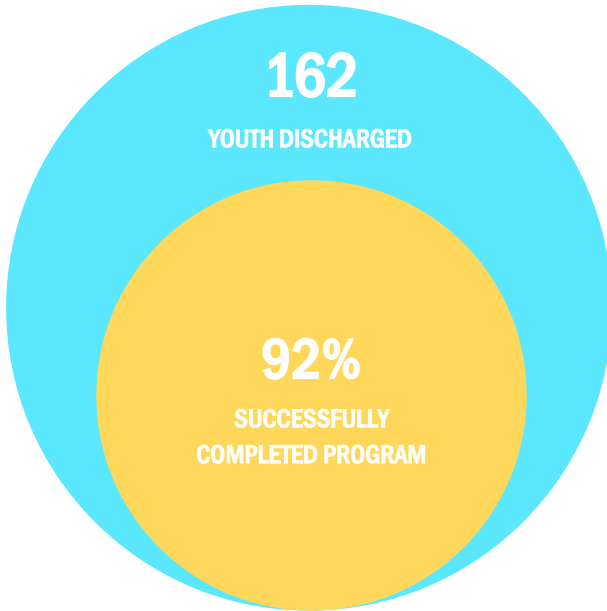
512

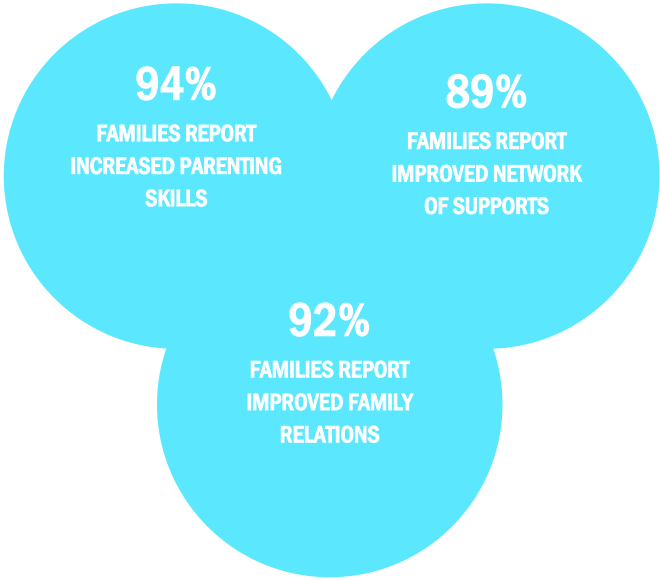
DISCHARGE  
SUMMARIES

# COUNTY OF RESIDENCE

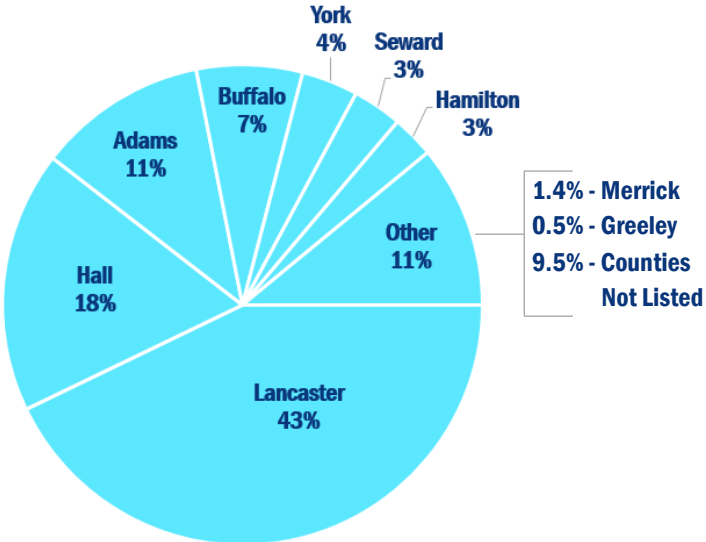


# MULTISYSTEMIC THERAPY





# 120 DAYS AVERAGE DURATION OF TREATMENT



## COUNTY OF RESIDENCE

# MULTISYSTEMIC THERAPY (cont.)

**99%**

of family members said their therapist recommended they do specific things to solve their problems

of family members said their therapist helped them talk with each other to solve problems

**97%**

**98%**

of family members said their therapist helped them to enforce rules for their child

of family members said their therapist made good use of their family's strengths

**98%**

**99%**

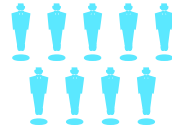
of family members said their therapist talked to them in a way they could understand

# ADULT PROBATION GROUPS

## PRE-TREATMENT GROUPS



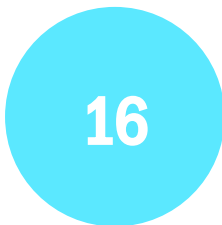
**SESSIONS  
CONDUCTED**



157

**CLIENTS  
ATTENDED**

## ANGER MANAGEMENT GROUPS



**SESSIONS  
CONDUCTED**



72

**CLIENTS  
ATTENDED**

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