Nebraska’s
System of Care
An Introduction

BHECN
BEHAVIORAL HEALTH EDUCATION CENTER OF NEBRASKA

UNIVERSITY OF NEBRASKA MEDICAL CENTER™
MUNROE-MEYER INSTITUTE

Funded by SAMHSA: System of Care Expansion and Sustainability Grant #1H79SM063392-01
Our Agenda:

– What is a System of Care?

– Core Values & Guiding Principles

– Cultural & Linguistic Competency (CLAS Standards)
Why a System of Care?

• Insert family’s story – eventually video
Three types of challenges:

Simple

Complicated

Complex

How have systems addressed complex problems?

Source: Dan Embree, enroute Consulting & Training
Traditional systems work in isolation

Five Plans – Many Goals
Systems of care address complex challenges through partnerships.

Coordinated Plans: Moving the Same Direction

- Education
- Medical
- Mental Health
- Child Welfare/Legal
- Shared Vision
- Shared Outcomes
- Keep Family the focus
- Work together on same Challenges

Coordinated Plans:
Moving the Same Direction
Changing outcomes for children and youth: national findings

Decreased:
- Behavioral and emotional problems
- Suicide Rates
- Substance Abuse
- Juvenile Justice involvement

Increased:
- School attendance
- Grades
- Stability in living situation

Source: Nebraska Department of Health and Human Services, Division of Behavioral Health. Nebraska System of Care Strategic Planning Project, July 2013-July 2014.
Changing outcomes for families national findings

- Decreased
  - Caregiver strain

- Increased
  - Family functioning
  - Support Svc
  - Peer Support

Source: Nebraska Department of Health and Human Services, Division of Behavioral Health. Nebraska System of Care Strategic Planning Project, July 2013-July 2014.
Changing outcomes for service providers: national findings

- Home and community based services and supports
- Individualized services
- Family and youth involvement
- Use of evidence based practices (EBP)

Source: Nebraska Department of Health and Human Services, Division of Behavioral Health. Nebraska System of Care Strategic Planning Project, July 2013-July 2014.
Changing outcomes: quality & cost national findings

- Decreased utilization of inpatient and residential services
- Increased cross-system collaboration
- Improved use of Medicaid and other resources

Source: Nebraska Department of Health and Human Services, Division of Behavioral Health. Nebraska System of Care Strategic Planning Project, July 2013-July 2014.
Changing the outcomes: A Nebraska success story
System of Care Philosophy
The Systems of Care Philosophy

A spectrum of effective services and supports for children and youth with or at risk of health or other challenges and their families... organized into a coordinated network that builds meaningful partnerships with families and youth and addresses their cultural and linguistic needs... in order to help them function better in all life domains.
What is a System of Care?

System of Care:
A set of services and supports, guided by a common philosophy and supported by an infrastructure.
Services and supports

Goal:
That services and supports available to families are guided by the same common philosophy and supported by a common infrastructure.
**Philosophy**

**System of Care:**
A set of services and supports, guided by a philosophy and supported by an infrastructure.
System of Care: A set of services and supports, guided by a philosophy and supported by an infrastructure.
What it is (and is not)

“It is not a prescription, it’s a compass”
review of the system of care ???

• One of the primary goals of a System of Care is to increase collaboration among providers and to make families and youth full partners in their care - TRUE

• Systems of Care is a system of collaborated services, guided by a common philosophy, and supported by an infrastructure. – TRUE

• Compiled data from multiple states shows that using a System of Care improves outcomes for youth, families, and providers, and improves the quality and cost of care. - TRUE
Core Values & Guiding Principles
System of Care Principles

Core Values

13 Guiding Principles

Culturally & Linguistically Appropriate (CLAS)
Core Values

✔ Family driven and youth guided
✔ Community based
✔ Culturally and linguistically competent
What it really means to be family driven

- **Family driven** means families have a primary decision-making role in the care of their own children as well as the policies and procedures governing care for all children in their community, state, tribe, territory and nation. This includes: choosing supports, services, and providers; setting goals; designing and implementing programs; monitoring outcomes; and determining the effectiveness of all efforts to promote the mental health of children and youth.
What it really means to be youth guided

Youth guided means that youth are engaged as equal partners in creating systems change in policies and procedures at the individual, community, state and national levels. Applicants are required to develop plans for infusing a youth-guided approach throughout the system of care, including plans for training and supporting youth in positions of leadership and system transformation.
From Expert to Family Driven Models

I AM AN EXPERT

VS

Family Driven

Solutions
Involved at all levels

Family and Youth should have a seat at the table in **EVERY** part of the System of Care process

- **Policy**
  - Work groups and Advisory body

- **Administration**
  - Evaluation, Personnel, and Training

- **Service Delivery**
  - Peer mentors and system navigators
Community-based

Services are available and provided in the community or nearby
Culturally & Linguistically Appropriate

• Principle Standard: Provide effective, equitable, understandable, and respectful quality care and services that are responsive to diverse cultural health beliefs and practices, preferred languages, health literacy and other communication needs.
System of Care Principles

Core Values

13 Guiding Principles

Culturally & Linguistically Appropriate (CLAS)
The 13 guiding principles of a system of care (button for each)

1. Families & Youth are full partners at all levels
2. Community-based services
3. Individual, strengths based approach
4. Evidence-based and promising practices
5. Least restrictive environments
6. Services integrated at the system level
7. Care management and wraparound services
8. Developmentally appropriate behavioral health services
9. Developmentally appropriate trauma informed services
10. Earlier identification of needs
11. Accountability and Quality Improvement
12. Protect rights and support advocacy
13. Non-discrimination
Review: core values & guiding principles

• The System of Care as adopted _____ principles which guide its efforts.
  a) 10  
  B) 7  
  C) 20  
  D) 13

• Under the System of Care, families and youth should become ______________ in their care.
  a) full partners  
  B) participants  
  C) observers  
  D) none of the above
Review: core values & guiding principles

• The System of Care encourages the use of ________________ practices.

  a) evidence based
  B) trauma informed
  C) developmentally appropriate
  D) all of the above.
Cultural & Linguistic (CLAS) Standards
System of Care Principles

- Core Values
- Culturally & Linguistically Appropriate (CLAS)
- 13 Guiding Principles
Changing demographics

Nebraska is becoming increasingly diverse

Minorities make up 17% of the total population of Nebraska

From 2000 – 2010, Nebraska’s minority population increased 50.7%

The Hispanic/Latino population increased 352% between 1990 and 2010

Nebraska has received 5400 refugees

Cultural and Linguistic standards:
Why it matters (video)....

Photo by Slava Bowman on Unsplash
Cultural and linguistic (CLAS) standards

Primary Purposes:

» Advance health equality
» Improve quality of care
» Help eliminate health care disparities

• Principle Standard: Provide effective, equitable, understandable, and respectful quality care and services that are responsive to diverse cultural health beliefs and practices, preferred languages, health literacy and other communication needs.
Remember:

• We all have “blind spots”

• Our own culture influences the way we interact with those around us in all capacities

• We are most helpful when we understand how our own culture influences our work
Putting it all together
What it means to me…

• What does the System of Care model mean to my work?

• How am I already practicing System of Care values?

• What gets in the way of practicing System of Care values? What can I do about it?
Learn more about Nebraska’s initiatives

Click here to Access More SOC Resources (next page)
Resources:

- Nebraska’s System of Care Website:  
  http://dhhs.ne.gov/behavioral_health/SOC/Pages/Home.aspx
- Nebraska’s Behavioral Health Regions  
  http://dhhs.ne.gov/behavioral_health/SOC/Pages/Home.aspx
- Nebraska Children and Families Foundation  
  http://www.nebraskachildren.org
- Nebraska’s Family Run Organizations  
  https://nefamilies4kids.org/