



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# Growing More Than Corn: Nebraska Behavioral Health Workforce Development Retaining Behavioral Health Professionals

Dr. Tara Wilson, LMHP, NCC  
Co-Director, BHECN Panhandle  
Associate Professor, CSC Counseling Program



# DISCLOSURES

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At the time of this publication, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use and Administrator of SAMHSA. The opinions expressed herein are the views of the speakers and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED/  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

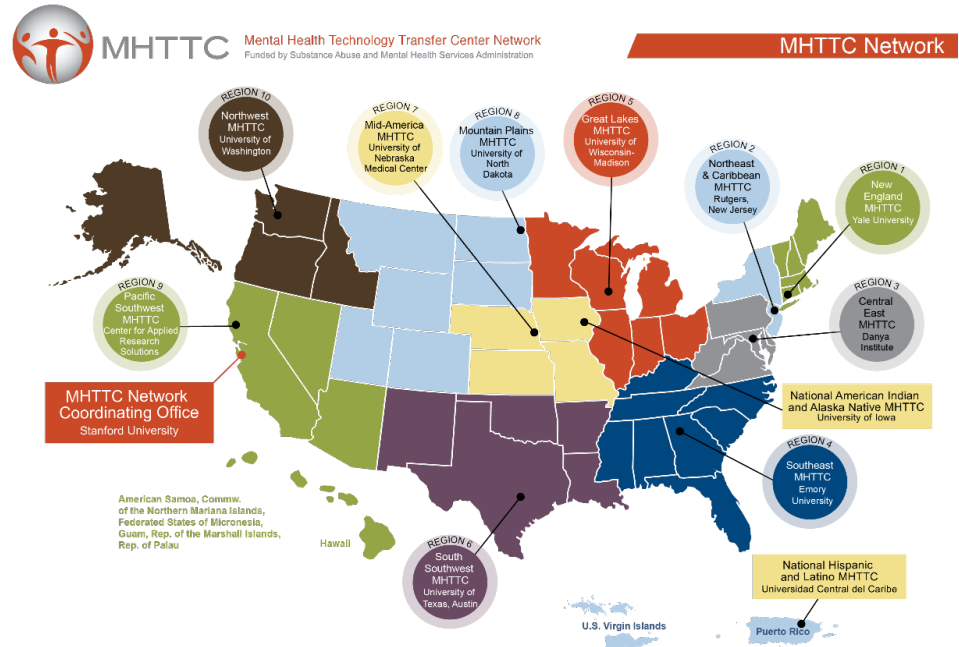
RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

# Mid-America Mental Health Technology Transfer Center

Established to increase utilization of evidence-based mental health practices.

- Missouri, Iowa, Nebraska, and Kansas.
- Free training and technical assistance.
- SAMHSA grant awarded to the Behavioral Health Education Center of Nebraska at University of Nebraska Medical Center.  
(5 years, \$3.7 million, grant number: H79SM081769)





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More information about BHECN can be found at [www.unmc.edu/bhecn](http://www.unmc.edu/bhecn)



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Services Administration



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# Growing More than Corn Retaining Nebraska's Behavioral Health Professionals

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Co-Director, BHECN Panhandle  
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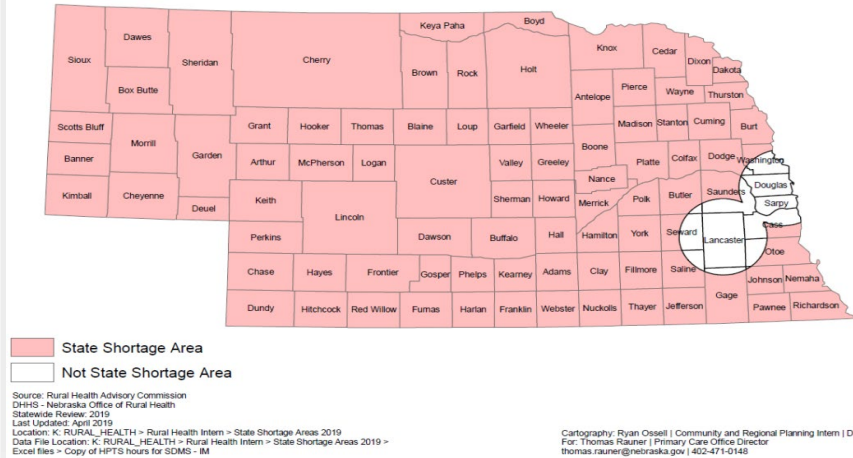
# Objectives

- Discuss current workforce retention efforts to support behavioral health professionals.
- Describe the importance of creating partnerships and opportunities with satellite and rural locations for more timely outreach.
- Explain how networking opportunities amongst behavioral health trainees and community members strengthen workforce retention

# BHECN: Legislative response to the BH workforce shortage

The Behavioral Health Education Center of Nebraska (BHECN) was created by the Legislature in 2009 (LB603) to address the shortage of trained behavioral health providers in rural and urban underserved areas.

## State-Designated Shortage Areas Psychiatry and Mental Health





# Locations

## **BHECN Omaha**

UNMC

(established 2009)

## **BHECN Kearney**

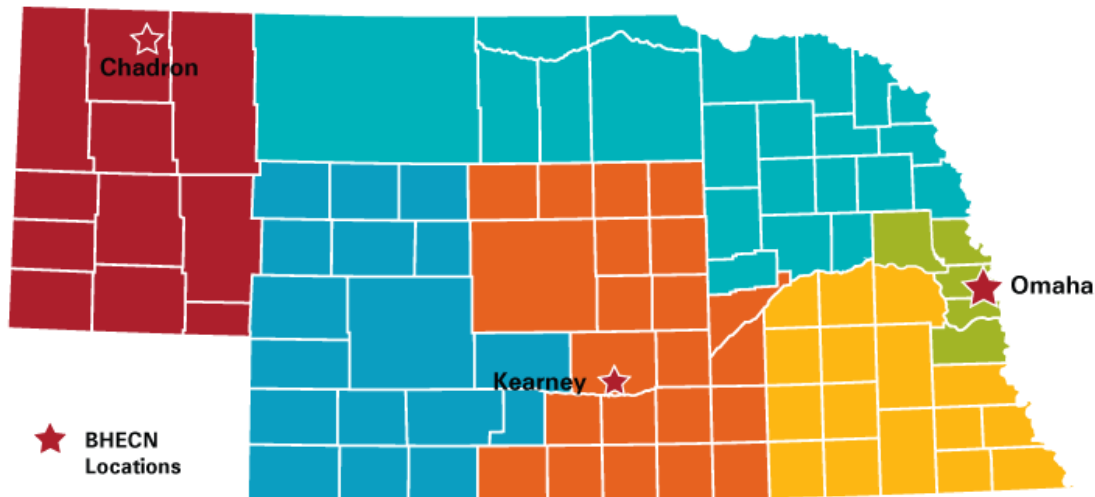
UN-Kearney

(established 2015)

## **BHECN Panhandle**

Chadron State College

(established 2019)




# BHECN's Mission



Recruit, Educate, and Mentor Students



Train and Retain Professionals



# It takes a team effort: Partnering across the state

- BHECN Panhandle (Chadron State College)
- BHECN Kearney (UNK)
- Nebraska Behavioral Health Education Partnership (NeBHEP)
- Creighton University
- Behavioral Health Regions
- Department of Corrections
- DHHS Division of Behavioral Health
- Munroe-Meyer Institute
- Great Plains Health
- Richard Young Hospital
- Community Alliance
- Lasting Hope Recovery Hospital

# Retention

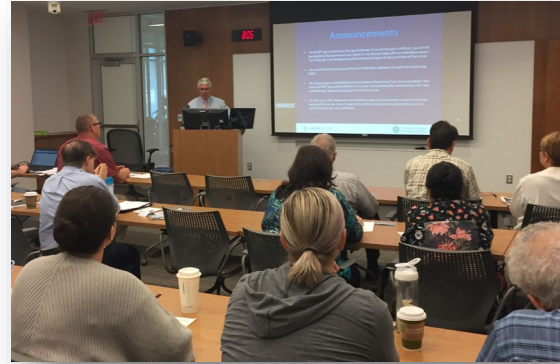
## What we do:

Conferences and Summits

Webinars

Online Training Modules

In-Person Live Training



- Committed to retaining a skilled and passionate workforce in Nebraska



# Behavioral Health Providers in Nebraska

Psychiatrists

Physician Assistants

Psych APRNs

Clinical Psychologists

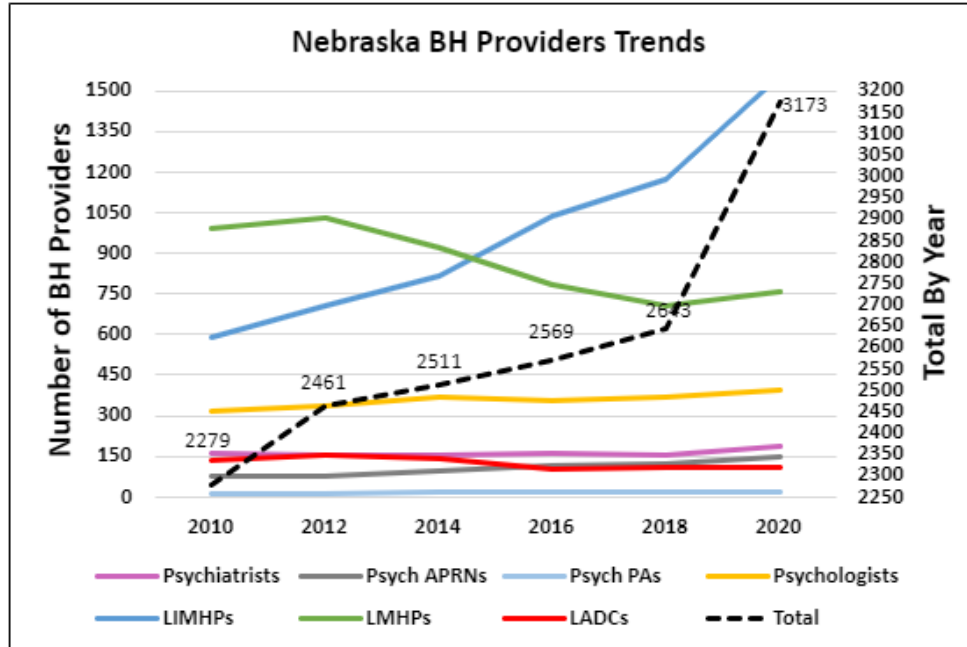
Clinical Social Workers

Clinical Mental Health Counselors

Licensed Marriage and Family Therapists

Licensed Addiction Counselors

# Preliminary Nebraska Provider Trends: 2010-2020





# Monitoring Growth Behavioral Health Workers in Nebraska

- From 2010 to 2020, the **supply of behavioral health providers has increased** by 32 percent among psychiatric prescribers and 39 percent among psychologists and mental health therapists
- BHECN has strengthened **partnerships with the 18 academic** institutions providing graduate and doctoral behavioral health education in the state to collaborate on training and workforce retention
- BHECN provided professional **training for more than 4,914** individuals during fiscal years 2020-2021, a 49% increase over 2018-2019. The coronavirus pandemic swiftly shut down our plans for in-person conferences and training at the start of 2020. BHECN was able to adapt quickly and offer training virtually



# Quick Facts about Behavioral Health in Nebraska

- Nearly 1 in 5 Nebraskan's have a mental illness <sup>(1)</sup>
- 88 of 93 counties in Nebraska are designated as HRSA Mental Health Professions Shortage Areas <sup>(2)</sup>
- 29 Counties have no behavioral health provider of any kind <sup>(3)</sup>



# Core Topic Series



**Core Topics Webinar Series**  
for Behavioral Health Providers

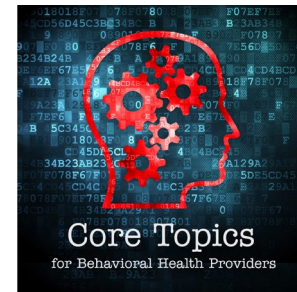
Join us on Mondays at Noon!  
Starting February 7 - Ending March 7

[Click to Register Today!](#)

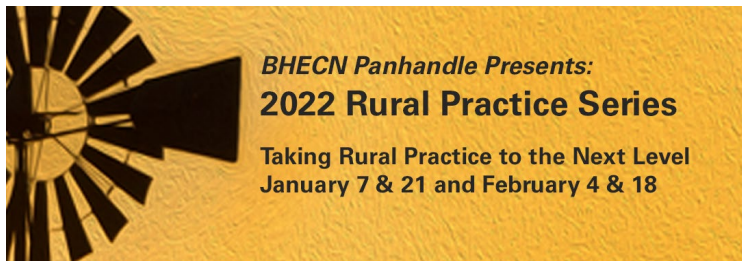
- Call for presentations based out of NeBHEP
- Intended for behavioral health providers to include psychologists, advanced practice nurses, nurses, licensed mental health therapists, and social workers
- Live and Enduring CEUs
- 561 participants in 2022

# 2022 Core Topic Series, Cont.

- Mental Health and Aging: The Invisible Epidemic
- Don't Do This! Ethics and Licensure Violations
- Racial and Culturally Sensitive Trauma-informed Care
- An Interdisciplinary Approach to Supporting Transgender and Gender Expansive Children: Discussing the Gender Affirmative Model
- Expanding our Reach: Improving Access to Parent-Child Interaction Therapy Tailored to Families of Children with Autism Spectrum Disorder



# Rural Provider Series



## 2022 Topics

- Credentialing and Billing in Rural Practice
- Diagnosis in Rural Practice
- The Ethical Side of Self Care in Rural Practice
- Working Smarter not Harder in Rural Practice
- 74 participants in 2022

# Supervision Bootcamp Series



- Based on request from key stakeholders
- Series of 7 Webinars
- Lead by BHECN team members
- 140 attendees

# Supervision Bootcamp, cont.

## Topics

Intro to Supervision

Supervision via Telehealth

Professionalism

Managing suicidal and self-injurious clients

Increasing confidence and competency

Ethics in Supervision



# Webinars to Meet Current Need



Mental Health | Social Work | Alcohol & Drug Counselor

## Regulations Update Webinar 2022

Learn about the changes for mental health, social work  
and drug & alcohol professionals.

Upcoming:  
Webinar on DSM-5-TR updates

# BHECN Serenity Project: 26 days of yoga and wellness



“BHECN is dedicated to the behavioral health of all Nebraskans,” Dr. Doyle said. “And especially of behavioral health providers and frontline responders. We feel it is important to give these courageous men and women the tools they need to manage the high stress they meet daily.”

# Heal the Healer



Taryn Hughes of Forest, Hughes & Associates, presents at Heal the Healer 2020.

## 2020 Heal the Healer

- Participants discussed personal health and well-being, compassion fatigue, and secondary traumatic stress as it pertains to the professional role.
- Last live conference before the coronavirus pandemic shut down of live events
- 113 participants



# Flood Webinar Series

A graphic for a webinar series. It features a central photograph of a wide river flowing through a lush green landscape. The text 'Grief and Depression: How you may feel after the waters recede' is overlaid on the left side of the image in white. Below the image, there is a white banner with logos and text. On the left, it says 'Marley Doyle, M.D. Director, BHECN Assistant Professor of Psychiatry'. In the center, it says 'BHECN | BEHAVIORAL HEALTH EDUCATION CENTER OF NEBRASKA'. On the right, it features the UNMC logo, which consists of a stylized red 'U' and 'N' followed by the text 'UNMC'.

**Grief and Depression:**  
How you may feel after the waters recede

Marley Doyle, M.D.  
Director, BHECN  
Assistant Professor of Psychiatry

**BHECN** | BEHAVIORAL HEALTH  
EDUCATION CENTER  
OF NEBRASKA

**UNMC**


- Response to a natural disaster
- Collaboration effort from BHECN, UNMC, Nebraska Medicine
- Intended for both professionals and community members
- Topics covered information and resources on how to deal with the mental health effects in the aftermath of a natural disaster



# Flood Webinar Series

- The Emotional Impact and Stages of Natural Disasters and Recovery
- My story: How I experienced the flood and advice from a mental health nurse
- Stages of grief and depression: How you may feel with the waters recede
- Surviving a natural disaster: Trauma and survivor guilt
- Natural Disasters and Anxiety: What is normal?
- Children and natural disasters: How to talk to your kids
- Staying well in times of stress

# BHECN Panhandle



**ALL RURAL  
BEHAVIORAL  
HEALTH  
PROVIDERS AND  
STUDENTS  
WELCOME!**

**COME JOIN US!**

**WHAT**  
Rural Provider Virtual Happy  
Hour

**WHEN**  
April 7, 2022  
5:30 PM MST

**WHERE**  
Zoom Room  
#686 961 6218

**Put on some  
comfy clothes,  
grab a favorite  
beverage, and  
join us for some  
interaction and  
support!**

**This Month's  
Topic:  
Working Smarter,  
Not Harder-  
Part 2**

## Virtual Happy Hours

- Created during pandemic to connect and network
- Monthly
- Average 10 behavioral health professionals per event

# BHECN Panhandle Conference



- Conference held in western Nebraska
- Rotates between Chadron, Alliance, and Scottsbluff
- Brings content experts to rural Nebraska



# BHECN Kearney

Diagnostic Seminars

Nursing Residents Education at KRMC (Kearney Regional Medical Center)

TLSC Conflict Resolution Training

Destigmatizing PTSD, Mental Health, and Wellness Presentation

# Partnership with Region 3

## **Trainings Offered**

Compassion Fatigue

Trauma 101 and Recovery

Strategies for Restoring and Empowering  
Traumatized Youth

Effective Strategies for Children with  
Developmental Trauma

Training of Trainers Workshop: Orientation for  
Trauma Informed Care

Calmer Classrooms: Working with Traumatized  
Students

Introduction to Mindfulness Skills

- In FY 2020-2021, 2,952 individuals completed training, all from rural areas
- Most popular training topics included: Compassion Fatigue, Coping with COVID, and Trauma 101



NEBHjobs.com

**NEBHjobs.com**

Nebraska Behavioral Health Jobs

- 327,000 page views since its inception
- 442 behavioral health jobs posted in 2020/2021

# of Participants	Virtual Conferences, Webinars, and Training
213	2020 Core Topic Webinars
113	2020 Heal the Healer
95	2020 3rd Annual Rural Provider Conference
70	The Intersection of Brain Injury and BH Needs
113	Focus on Forensics (Partnership with UNL Public Policy)
382	2021 Core Topics Webinars
N/A	Behavioral Health Integration for Primary Care Nurses
109	2021 4th Annual Rural Provider Conference
80	Tele-Behavioral Health Consultation: Primary Care Webinar Series
147	2021 Rural Practice Series
83	2021 Virtual Student Conference
<b>1,405</b>	<b>Total Attendees</b>



# Annual Awards



**Ambassador Award** - Recognizes outstanding efforts of an individual student or early career professional to reach out to other students/providers in building the future behavioral health care workforce across the state of Nebraska.

**Courage Award** - Recognizes outstanding service and outreach to the community by a consumer of behavioral health services or a family member.

**Champion Award**- Recognizes professionals who are champions for behavioral health in their community.

**Distinguished Service Award**- Internal award that recognizes a behavioral health professional who has had a lasting impact on behavioral health in Nebraska.



# Future of BHECN

Continue offering Virtual Trainings

Return to in-person trainings

Continue to meet the needs of the state

Stretch our programming and expand our reach

## Follow BHECN



**@BHECN1**



**facebook.com/BHECN**



**vimeo.com/bhecn**

# References

- 1 Nearly 1 in 5 Nebraskans have a mental illness. Source: “Key Substance Use and Mental Health Indicators in the United States: Results from the 2020 National Survey on Drug Use and Health.” <https://bit.ly/1in5SAMHSAReport>
- 2 According to the HRSA website 88 counties in NE are designated as mental health Health Professions Shortage Areas (HPSA) Also see: State Shortage Areas Psychiatry and Mental Health (04-19).pdf (ne.gov) from Nebraska DHHS.
- 3 According to the most recent Nebraska BH workforce survey, 29 counties have no BH provider of any kind



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