



Magellan of Nebraska

Nebraska Peer Support Resource Guide

This guide is designed to provide you with easy access to connect with peer support recovery resources in the state of Nebraska.

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Peer Support FAQ

What is Peer Support?

- Peer Support Services (PSS) are designed to provide mutual support and assistance for individuals to promote recovery, resiliency, and wellness
- PSS are not clinical, and can be in addition to clinical services
- PSS can be thought of as a service focusing on the shared experience of living with a behavioral health condition or co-occurring disorder
- PSS focus on connecting with the individual to help develop:
 - Wellness plans
 - Personal recovery goals
 - Improve self-determination and self-direction
 - Promote community participation and networking
 - Improve personal health outcomes
- PSS are designed to develop a supportive relationship to help each individual realize their own recovery and wellness pathways
 - This is done through mentoring, navigating, advocacy, shared learning, and life planning

How can I get Peer Support?

- Peer-Run organization
 - Peer-run organizations have a variety of services and supports to offer you, including: self-help groups, warm lines, resources to help with housing and employment, and the opportunity to create your own wellness plan
 - They are run by people living with mental health issues themselves
 - They are moving along in their own recovery and want to help others
- Self Help Group
 - A group of people who have the same experiences as you, such as Alcoholics Anonymous.
 - Another example is Peer Support Whole Health and Resiliency groups. You can join others in learning how to create healthy lifestyle choices based on your own goals and hopes.
- Family/Parent-Run Organizations
 - Family peer support providers have a family member who is living with mental health or emotional issues.
 - They are run by family members and parents who can help by sharing their own experiences.
- Mental Health Provider
 - Some mental health providers offer peer support services
 - Ask your provider about any peer support services they may have available to you

How can I learn more?

- Call Magellan and ask to speak with a Peer Specialist at **1-800-424-0333** to learn more and get help connecting with services near you

National and Statewide Peer Support Resources

National Resources		
Organization	Organization Description	Contact Information
Academy of Peer Services	Supply practical knowledge and skills to support your role as a peer provider.	44 Holland Avenue Albany, NY 12229 1-800-597-8481
Depression and Bipolar Support Alliance	Group created and led by persons living with mood disorders. Offering support and resources for others living with mood disorders.	55 E. Jackson Blvd, Suite 490 Chicago, IL 60604 1-800-826-3632
GLBT National Help Center	Serving gay, bisexual, transgender, and questioning people by providing free and confidential peer support.	1-888-843-4564 1-800-246-7743-Youth up to 25 Online chat is also available
Institute for Recovery & Consumer Integration	Introducing and advancing the principles of mental health recovery and peer support.	1211 Chestnut St, 11th Floor Philadelphia, PA 19107 1-800-688-4226 x.265
Intentional Peer Support	Provide and coordinate trainings for peer support providers.	PO Box 259 West Chesterfield, NH 03466 1-802-453-6786
InterNational Association of Peer Supporters	Dedicated to promoting the use of peer support services worldwide.	PO Box 67 Trufant, MI 49347 1-616-773-8866
National Coalition for Mental Health Recovery	Resources and information about peer support.	611 Pennsylvania Ave. SE #133 Washington, D. C. 20003 1-877-246-9058
National Empowerment Center	Providing resources on consumer run organizations throughout the country.	599 Canal Street Lawrence, MA 01840 1-800-769-3728
National Mental Health Consumers' Self Help Clearinghouse	Foster peer empowerment through our website, up-to-date news and information announcements, a directory of peer-driven services, electronic and printed publications, training packages, and individual and onsite consultation.	1211 Chestnut St, Suite 1100 Philadelphia, PA 19107 1-800-553-4539

National Resources

Organization	Organization Description	Contact Information
<u>Peers for Progress</u>	Promote peer support as a key part of health, health care, and prevention around the world.	UNC Gillings School of Global Public Health 135 Dauer Drive 302 Rosenau Hall, CB #7440 Chapel Hill, NC 27599-7440 1-919-966-5771
<u>Tragedy Assistance Program for Survivors (TAPS)</u>	Peer mentoring available to family members who have lost someone serving in the Armed Forces.	3033 Wilson Boulevard, Suite 630 Arlington, VA 22201 1-800-959-8277
<u>Youth Move National</u>	Youth led national organization devoted to improving services and systems that support positive growth and development by uniting the voices of individuals who have lived experience in various systems including mental health, juvenile justice, education, and child welfare.	PO Box 2015 Decorah, IA 52101 1-800-580-6199

National and Statewide Peer Support Resources

Statewide Resources

Organization	Organization Description	Contact
Alcoholics Anonymous - Nebraska	Fellowship of men and women who share their experience to recover from alcoholism. Call to find out more about locations and times of meetings.	1-877-226-3632
BHECN – Project Propel	A workforce development initiative for peer support professionals in Nebraska.	984242 Nebraska Medical Center Omaha, NE 68198 1-402-552-7697
The Kim Foundation	Providing information to get connected with area resources including many peer run support groups.	13609 California St Omaha, NE 68154 1-402- 891-6911
Mental Health Association of Nebraska	Consumer run education and advocacy group bringing together consumers, families, professionals, advocates, and concerned citizens to address mental health policy and provide resources and support through service programs.	1645 N Street, Lincoln, NE 68508 1-402-441-4371
National Alliance on Mental Illness Nebraska	Providing peer support for individuals in recovery for mental health.	415 S. 25th Ave, Bldg LH Omaha, NE 68131 1-402-345-8101
Nebraska Children and Families Foundation	Providing informal peer support through the voluntary youth councils.	215 Centennial Mall South, Suite 200 Lincoln, NE 68508 1-402-476-9401
Nebraska Federation of Families for Children’s Mental Health	Family peer support available for children’s behavioral health.	345 N. Minden Ave Minden, NE 68959 1-877-239-8880
Nebraska LOSS Team	Provides support and outreach services to those who have had a loved one complete suicide.	Donald.Belau@doane.edu 1-402-759-0573

Statewide Resources

Organization	Organization Description	Contact
PTI Nebraska	Support for families of children with disabilities or special health care needs.	2564 Leavenworth St , Suite 202 Omaha, NE 68105 1-402-346-0525
Right Turn	Peer support available for adoptive and guardianship families through Parent2Parent program.	124 S. 24th St Suite 200 Omaha, NE 68102 1-888-667-2399

Peer Support by Behavioral Health Regions

Region 1		
Organization	Organization Description	Contact Information
Cirrus House	A peer supported community where members can find belonging and purpose.	1509 1st Ave Scottsbluff, NE 69361 1-308-635-1488
NAMI Connection Support Group	Weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.	23 E 15th St or 1506 1st Ave (at intersection of 15th St. & 1st Ave) Scott's Bluff, NE 69361 1-877-463-6264
Region 1 Behavioral Health Authority	Peer support available through consumer coordination with the Partner's In Recovery Program.	18 W 16 th Street Scottsbluff, NE 69361 1-308-632-4412 Kim Strong, CSPWS Kori Mitich Christine Howlett
S.P.E.A.K.O.U.T.	Peer-to-peer advocacy to parents/caregivers of children with mental, emotional, behavioral and/or substance abuse challenges. Support group meets once a month.	212 W 27th St Scottsbluff, NE 69361 1-308-765-5413 Kristin Maag
Western Community Health Resources	Peer support is available through the Peer Partner program.	300 Shelton St Chadron, NE 69337 1-308-432-2747 Ida Woodden, CPSWS

Region 2

Organization	Organization Description	Contact Information
<u>Goodwill Industries</u>	Peer support is available within the behavioral health services.	2401 Plum Creek Pkwy Lexington, NE 68850 1-308-324-7277
<u>Heartland Counseling and Consulting Clinic</u>	Providing mental health and substance use peer support for adults, youth, and families.	110 North Bailey St North Platte, NE 69103 1-308-534-6029 1-877-269-2079 – crisis line
<u>Lutheran Family Services</u>	Peer support available through the At Ease program for veterans.	120 E 12th St North Platte, NE 69101 1-308-532-0587
<u>Region 2 Human Services</u>	Peer support available through consumer coordination providing one on one as well as groups. Classes include: WRAP, wellness, types of mental health, whole body health, and others.	1012 W 3rd McCook, NE 69001 1-308-345-2770 Nancy Rippen Corey Brockway
<u>S.P.E.A.K.O.U.T.</u>	Peer-to-peer advocacy to parents/caregivers of children with mental, emotional, behavioral and/or substance abuse challenges.	102 E 3rd St #104 North Platte, NE 69101 1-308-539-2447 Kent Hanson

Region 3

Organization	Organization Description	Contact Information
<u>Alcoholics Anonymous - Hastings</u>	Fellowship of men and women who share their experience to recover from alcoholism. Call to find out more about locations and times of meetings.	Hastings Nebraska Intergroup 1-402-463-9024
<u>Autism Society of Nebraska – Grand Island</u>	Offering monthly family peer support group.	4100 W. 13 th Street Grand Island, NE 68803 1-402-679-1115 Andrea Beck
<u>Families CARE</u>	Advocacy and support is provided by peers; parents who have lived experience to share with other parents. Advocacy and support for transition age youth provided by a young adult who has lived experience to share with older adolescents and young adults.	4009 6th Ave, Suite 55 Kearney NE 68845 1-308-237-1102
<u>Goodwill Industries</u>	Peer support is available within the behavioral health services.	1804 S. Eddy St Grand Island, NE 68801 1-308-384-7896
<u>Lutheran Family Services</u>	Peer support available through the At Ease program for veterans.	1811 W. 2nd St, Suite 440 Grand Island, NE 68803 1-308-382-4255
<u>NAMI Connection Meeting – Broken Bow</u>	Recovery support group for people living with mental illness in which people learn from each others’ experiences. Locations and times change each month. Visit website or call NAMI Nebraska for updated locations and times.	415 S. 25th Ave, Bldg LH Omaha, NE 68131 1-402-345-8101
<u>NAMI Connection Meeting - Hastings</u>	Recovery support group for people living with mental illness in which people learn from each others’ experiences. Group meets monthly.	835 South Burlington Hastings, NE 1-402-469-6391
<u>NAMI Connection Meeting - Kearney</u>	Recovery support group for people living with mental illness in which people learn from each others’ experiences. Group meets monthly.	3315 11th Avenue Kearney, NE 1-308-236-6327

Region 3

Organization	Organization Description	Contact Information
<u>NAMI Family and Friends Support Group - Aurora</u>	Meets monthly for family and friends of individuals with mental health challenges.	1104 A Street Aurora NE 68818 1-402-345-8101
<u>Mid-Plains Center for Behavioral Healthcare Services, Inc.</u>	Peer support is available through the crisis stabilization unit.	914 Baumann Dr Grand Island, NE 68803 1-308-385-5250 1-800-515-3326 – crisis line
<u>Region 3 Behavioral Health Services</u>	Peer support available through consumer advocacy.	4009 6th Ave, Suite #65 Kearney, NE 68848 1-308-237-5113 Tammy Fiala
<u>Richard Young Behavioral Health Center</u>	Offering peer support within the adult mental health services.	1755 Prairie View Place Kearney, NE 68848 1-308-865-2000
<u>South Central Behavioral Services</u>	Peer Support workers provide appropriate levels of support to individuals over the course of transitioning between the various stages of recovery. Peer Support worker in the Hastings area provides support to individuals who experience a behavioral health disorder who are in jail to assist with transitioning to the community.	Locations in: Hastings: 1-402-463-5684 Holdrege: 1-308-237-5951 Kearney: 1-308-237-5951

Region 4

Organization	Organization Description	Contact Information
<u>Alcoholics Anonymous - Norfolk</u>	Fellowship of men and women who share their experience to recover from alcoholism. Visit website or call for meeting location and times. Phones are answered 24 hours.	Norfolk Area Intergroup 1-402-371-9859
<u>Alcoholics Anonymous - Plainview</u>	Fellowship of men and women who share their experience to recover from alcoholism. Visit website or call for meeting location and times. Phones are answered 24 hours.	Northeast Nebraska Answering Service 1-402-582-3944
<u>Behavioral Health Specialists, Inc.</u>	Peer support available through community support services, crisis care line, and referral services.	900 W. Norfolk Ave Norfolk, NE 68701 1-402-370-3140 CARE Line: 1-888-370-7003 Heidi Webb
<u>Heartland Counseling Services</u>	Providing peer support services for those in mental health recovery.	917 W 21st St South Sioux City, NE 68776 1-402-494-3337 Madalen Larrabee
<u>Narcotics Anonymous – Elkhorn Valley Area</u>	Fellowship or society of men and women for whom drugs had become a major problem. Visit website or call for meeting locations and times.	PO Box 2425 Norfolk, NE 68702 1-402-841-6014
<u>Parent to Parent</u>	Developed by and for parents of children with behavioral/emotional challenges to provide support and understanding.	201 Miller Ave Norfolk, NE 68701 1-402-379-2268

Region 4

Organization	Organization Description	Contact Information
<u>Rainbow Center, Inc.</u>	Offering peer support through the day support program.	3602 16th St Columbus, NE 68601 1-402-564-6622
<u>Region 4 Behavioral Health System</u>	Peer support available through integrated care coordination.	206 Monroe Avenue Norfolk, NE 68701 1-402-370-3100 x.127 Tommy Newcombe, CPSWS
<u>The Link, Inc.</u>	Offering peer support to the community through their Recovery Support Specialist.	1001 W Norfolk Ave, Norfolk, NE 68701 1-402-371-5310 Brad Tittel

Region 5

Organization	Organization Description	Contact Information
<u>Alcoholics Anonymous - Lincoln</u>	Fellowship of men and women who share their experience to recover from alcoholism. Visit website or call to find meeting locations and times. Phones answered 24 hours.	2748 S St., Suite AA Lincoln, NE 68503 1-402-438-5214
<u>Autism Family Network</u>	Offering monthly family peer support group.	5730 R Street, Suite C2 Lincoln NE 68505 402-421-0874
<u>Bryan Medical Center</u>	Peer support available in the psychiatric emergency department and on the adult psychiatric wards.	2300 S 16th St Lincoln, NE 68506 1-402-481-5991
<u>CenterPointe</u>	Peer support is available within the community support services to help with long-term recovery and independent living skills.	2633 P Street Lincoln, NE 68503 1-402-475-8717
<u>Families Inspiring Families</u>	Families encourage other families through advocacy and positive communication.	1645 N Street, Suite A Lincoln, NE 68508 1-402-441-4369
<u>Healthy Families Project</u>	Family-to-family service and support program that provides assistance to families.	2202 S 11th St, #400 Lincoln, NE 68502 1-402-441-3805
<u>Home B.A.S.E.</u>	Initiative to provide support in the middle and high schools within Lincoln and Lancaster County to eliminate bullying and suicide.	1645 N Street Lincoln, NE 68508 1-402-441-4371
<u>Keya House</u>	Peers helping peers with crisis aversion as well as diverting from psychiatric distress that may lead to hospitalization.	2817 S 14th St Lincoln, NE. 68502 1-402-261-5959
<u>Lincoln Regional Center</u>	Providing peer support as a part of recovery services.	801 W Prospector Pl Lincoln, NE 68522 1-402-479-5492 Scott Loder, M.B.A., M.S., CPSWS

Region 5

Organization	Organization Description	Contact Information
<u>Lutheran Family Services</u>	Peer support available through the At Ease program for veterans.	2201 S 17th St Lincoln, NE 68502 1-402- 441-7940
<u>NAMI Connection Meeting - Lincoln</u>	Recovery support group for people living with mental illness in which people learn from each others' experiences. Meetings take place weekly at the VA and Bryan Medical Center. Visit website or call for specific locations and times.	415 S. 25th Ave, Bldg LH Omaha, NE 68131 1-402-345-8101
<u>Narcotics Anonymous – Southeast Area</u>	Fellowship or society of men and women for whom drugs had become a major problem. Visit website or call for meeting locations and times. Phones answered 24 hours.	P O Box 80902 Lincoln NE 68501 1-888-347-4446
<u>Region 5 Behavioral Health Authority</u>	Peer support available through Consumer Family Coalition.	1645 N Street Lincoln, Nebraska 68508 1-402-441-4343 Phyllis McCaul
<u>St. Monica's</u>	Peer supported groups are available through the outpatient mental health services.	120 Wedgewood Dr Lincoln, NE 68510 1-402-441-3768
<u>The Arc of Lincoln</u>	Peer groups available for individuals with developmental disabilities well as for their brothers and sisters.	5730 R Street, Suite C-2 Lincoln, NE 68505 1-402-421-8866
<u>The Orchard</u>	Peer led crisis diversion service where people with lived experience of mental illness and recovery can connect with each other in a spirit of safety and support.	300 S. 13 th Street Lincoln, NE 68508 1-402-499-1322 Ken Timmerman

Region 6

Organization	Organization Description	Contact Information
<u>Alcoholics Anonymous – Omaha Area</u>	Fellowship of men and women who share their experience to recover from alcoholism. Visit website or call to find meeting location and times. Phones answered 24 hours.	4901 Dodge Street Omaha NE 68132 1-402-556-1880
<u>Art of Becoming</u>	Trauma-informed peer support using art as a way for trauma survivors to heal.	Paulissa Edana Kipp, CPSWS 1-402-880-6139 paulissaisms@gmail.com
<u>Autism Society of Nebraska – Omaha Support Network</u>	Peer support group available for adult caregivers; meets every other week.	Autism Center of Nebraska, Inc. 9012 Q Street Omaha, Nebraska 68127-3549 1-402-315-1000
<u>Community Alliance</u>	Peer support is available through several programs, including a peer run crisis diversion program (Safe Harbor – contact info listed lower).	4001 Leavenworth St Omaha, NE 68105 1-402-341-5128
<u>Douglas County Mental Health Center</u>	Peer support for inpatient and outpatient, workshops, support groups, and groups in day treatment. Groups include: NAMI Connection, Family Support, Schizophrenia/Schizoaffective, and Supportive Game Night on Saturdays. Contact for more information about days and times.	4102 Woolworth Avenue Omaha, NE 68105 1-402-444-7449 Groups are held on the 5 th floor
<u>Friendship Program</u>	Peer support is available through the day rehabilitation program for adults in mental health recovery.	7315 Maple St # 1 Omaha, NE 68134 1-402-393-6911 John Friday, M. Ed., CPSWS
<u>Heartland Family Service</u>	Providing peer support for families recovering from addiction through the Better Together program.	2517 Caldwell St, Apt. 139 Omaha, NE 68131 1-402-522-7015 Lisa Bayounne
<u>Lutheran Family Services</u>	Peer support available through the At Ease program for veterans.	730 Fort Crook Road North Bellevue, NE 68005 1-402-292-9105

Region 6

Organization	Organization Description	Contact Information
<u>NAMI Connection Support Group-Omaha</u>	Recovery support group for people living with mental illness in which people learn from each others' experiences. Omaha offers eight different support groups. Visit website or call NAMI Nebraska for specific locations and times.	415 S. 25th Ave, Bldg LH Omaha, NE 68131 1-402-345-8101
<u>NAMI Connection Support Group - Fremont</u>	Recovery support group for people living with mental illness in which people learn from each others' experiences. Meetings are monthly.	2340 N Clarkson St Fremont, NE 68025 1-402-345-8101
<u>NAMI Family Support Group</u>	Omaha offers four family support groups. Visit website or call NAMI Nebraska for specific location and times.	415 S. 25th Ave, Bldg LH Omaha, NE 68131 1-402-345-8101
<u>NAMI Papillion Support Group</u>	Weekly support group for family members and friends of people living with mental illness.	222 N. Jefferson Street Papillion, NE 1-402-517-5772
<u>Narcotics Anonymous – Eastern Nebraska</u>	Fellowship or society of men and women for whom drugs had become a major problem. Visit website or call for more information about meeting times and locations.	Omaha, NE 68124 1-402-660-3662
<u>Nebraska Family Support Network</u>	Peer to peer mentors and family peer support available.	3568 Dodge St Omaha, NE 68131, USA 1-402-345-0791
<u>Nova Treatment Community</u>	Offering peer support services through the adult programs.	8502 Mormon Bridge Rd Omaha, NE 68152 1-402-455-8303
<u>Omaha Peer Support Services</u>	John Friday identified a gap in services when he saw individuals were being discharged from programs, and losing their access to peer support services. He decided to try and meet that need by starting his own peer support business.	John Friday, M. Ed., CPSWS john.friday.cpsws@gmail.com 1-402-206-7504
<u>Region 6 Behavioral Healthcare</u>	Peer support and peer support groups are available within the youth services.	3801 Harney St Omaha, NE 68131 1-402-444-6573 Jonathan Koley

Region 6

Organization	Organization Description	Contact Information
<u>Safe Harbor Peer Run Crisis Diversion Program</u>	Peer run program for those experiencing mental health crisis. Offering a safe place for short term visits to relax and work through crisis. Warm line is also available to call in and talk to someone on the phone.	415 South 25th Ave, Annex Building Omaha, NE 68131 1-402-884-9044 1-402-715-4226 – Warm Line
<u>Santa Monica House</u>	Family-style residential treatment designed for women recovering from addiction. Alumni of the program mentor new graduates and help one another maintain sobriety.	Call: 1-402-558-7088 for more information
<u>Ted E. Bear Hollow</u>	Peer support programs for grieving children, teens, and adults.	7811 Farnam Dr Omaha, NE 68114 1-402-502-2773