



# Expanding Our Vision



COMMUNITY ALLIANCE • 2022 ANNUAL REPORT



A vibrant landscape photograph of a field of yellow dandelions under a blue sky with wispy clouds. The field is filled with tall green grass and numerous bright yellow dandelion flowers. In the background, there is a line of green trees on a slight rise. The sky is a deep blue with soft, white clouds.

# Expanding Our Vision



## Dear Friends and Colleagues,

Throughout its history, Community Alliance has responded to meet the needs of our community and those facing mental health and substance use challenges. In our earliest days, this responsiveness had us focusing on housing and other basic needs of those moving in and out of our state psychiatric hospitals. Too many individuals were ending up dependent on parents or substandard housing, and without sufficient services and supports to effectively manage their illness or the stressors of daily living.

In our second decade, we saw the advent of new, evidenced-based models such as Assertive Community Treatment and Supported Employment. Community Alliance implemented these and other best practices, and emerged as leaders in increasing awareness and acceptance that people living with mental illness and substance use challenges can and do recover, living, working and contributing to both family and community.

Such progress notwithstanding, new research revealed that people living with serious mental illness were dying, on average, 20 to 25 years younger than those without mental illness. The vast majority of these premature deaths were attributable to treatable physical health conditions. Research also showed that access to physical health care was severely limited for those experiencing a serious mental illness. This precipitated Community Alliance's decision to introduce primary health care within our service continuum. Today, coming off

three years of physical and social-economic trauma brought on by a global pandemic, we continue to see increases across all age groups — adults, teens and children — in the prevalence of anxiety and depression, substance use and abuse, and emergency room visits attributable to mental health concerns. Once again we are called to expand our vision of an accessible, responsive mental health system for all in our community.

This expanded vision requires increasing access, developing new services and enhancing existing ones to fill identified needs and gaps. It means embracing a whole-person approach in defining what recovery really means, and further expanding our outreach and educational efforts to increase awareness. And it compels us to partner with others throughout our community to more effectively meet these needs. We have achieved significant success this past year in each of these areas, as reflected in this annual report. Yet, there is so much still to be done.

We must continue to learn, lead and partner with all in our community, and across the state, as we work towards a future in which all our friends, neighbors, and loved ones who face a mental health and substance use challenge attain the services and supports they need and deserve along their journey to recovery. We are immeasurably grateful to each and every one of you supporting us in this effort. Together, we can and will make progress and achieve the expanded vision we collectively share.



Carole J. Boye  
CHIEF EXECUTIVE OFFICER





# Expanding Our Vision of Access



It takes enormous strength and a good dose of courage to ask for help when facing a mental health challenge. When one summons such strength and courage, the mental health system must be there to respond in the moment.

Why is this so important? Because when people aren't able to access care in a timely manner, that moment of strength and courageous vulnerability may pass. And what may be a mild to moderate problem can grow in severity, ultimately leading to crisis and the potential for long-term disability. Wait lists in particular are detrimental to access and recovery. Research tells us that when individuals experience a delay in response or are put on a wait list, at least 25% and as many as 50% never enter into services.

At Community Alliance, we envision a system of care where people do not need to wait until there is a crisis, and then rely on an emergency room, to access the help they want and need. During 2022, we took active steps to achieve this vision by formalizing a centralized access team who can provide same-day connection to trained mental health workers via appointment, telephone, walk-in or scheduled appointment. Peer Support Specialists continue to be available by phone or in-person 24/7 at our Safe Harbor crisis diversion center to help individuals navigate stressful situations that do not require clinical intervention. We also modified our processes and adopted national standards related to timely access, as well as continued to work on increasing our capacities and responsiveness in identified service areas.

Our goal is clear: When one summons that strength and courage to ask for help, we will be there. We will be there to help identify and address the immediate need. We will be there to form a plan built on the understanding that you are not alone - by working together toward recovery, tomorrow can be better and more hopeful than today.



## Expanding Access...

- During 2022, Community Alliance responded to **1,210 referrals** and initial inquiries for services through our expanded response team, an increase of **34%** over the previous year.
- The Safe Harbor peer-run crisis diversion service responded to **701 guests** and **9,007 calls**, helping individuals in dealing with stressful situations; **98%** of persons surveyed reported the service prevented an emergency room visit or hospitalization.
- Intake and response processes were modified to improve timeliness, including adoption of new guidelines outlined under Certified Community Behavioral Health Center standards to provide access to screening and initial assistance within one business day for urgent needs and within 10 business days for non-urgent care. Delays in access to initial service were decreased by as much as **70%** across various program areas.
- Overall, Community Alliance enrolled **3,657** persons for mental health treatment, rehabilitation and recovery services and/or primary health care, an increase of **13%** over the prior year. An additional **1,386** persons received one-time assistance.



Construction of our new, centrally located headquarters at 72nd and Mercy Road in Omaha began in 2022. When completed in Spring 2024, this facility will fully support our integrated model of care and provide added service capacity for existing and new services going forward.



# Expanding Our Vision of Care



At Community Alliance, expanding our vision of care starts with fully embracing an integrated service model, meaning both existing and new services are organized in ways that recognize and address the inter-relationship between one's mental health, physical health and social-economic needs in a holistic manner. Among the benefits of such an approach is greater access to a broad spectrum of trained clinical and community specialists at a single point of entry, and a highly coordinated plan of care. This alleviates a person having to go to several different agencies to address multiple, inter-related problems. It also helps to assure that the various professionals working with the individual interact with one another, each offering their perspective and together determining a set of coordinated interventions and supports.

While proud of the breadth of our services, we are continuously evaluating both service capacities and service gaps. Historically, Community Alliance has focused on people living with serious mental illness and those most vulnerable, including individuals at risk of homelessness, people with very low income, those experiencing food insecurity and those reliant on public assistance. This population is also three times as likely to have a chronic physical condition and experience early mortality. Our commitment to those who are under-resourced and living with serious mental illness is unwavering.

At the same time, in listening to persons served, their families, and our community, we see clearly that more is needed. Such listening sessions have resulted in Community Alliance embracing a new, national framework for service delivery and expanding our service continuum this past year to better position ourselves as a resource to anyone facing a mental health or substance use challenge, across all ages and socio-economic levels.



## Expanding Care...

### **New service development and enhancement of current services in 2022 included the following:**

- Expanded psychiatric and therapy service capacity, including the recruitment of both on-site and telehealth providers.
- Hiring of a chief medical officer.
- Added levels of substance use treatment options, including assessment, outpatient and intensive outpatient modalities.
- Expanded employment services including embedding employment specialists within our day rehabilitation program sites.
- Initiation of team-based re-entry services for justice-involved individuals with mental health needs.
- Integration of population health and care coordination services within the integrated health clinic.
- Further expanding our health and wellness service capacity.
- Expanding peer support to our First Episode Psychosis Program.





# Expanding Our Vision of Recovery



Recovery is the term we use as a primary measure of impact and success at Community Alliance. Our vision of recovery starts with improvements in mental health and expands to incorporate overall physical health, social well-being, and living a purposeful life. This vision has been framed over the years by conversations with individuals and families we serve who, while recognizing the importance of staying out of the hospital, adhering to a medication regimen, and even increasing longevity of life, are seeking a connection with family and community that leads to a quality of life that is meaningful to them.

We firmly and unambiguously believe in the potential of holistic recovery for every person we serve — recognizing that recovery is never linear and that each individual will define their own goals and benchmarks along their personal journey. Our vision incorporates helping each individual achieve measurable improvement across four domains: mental health, physical health, social wellbeing, and meaningful purpose and contribution.



# Expanding Recovery...

## Mental Health

- **80%** of participants in our outpatient psychiatric treatment and counseling programs and evaluated as part of our federal grant programs reported improvement or alleviation of impact of mental health symptoms after 6 months of engagement, and a statistically significant reduction in psychological distress and an associated increase in ability to effectively deal with daily activities.
- **94%** of survey participants agreed or strongly agreed that services helped them to obtain the information needed to take charge of managing their illness.
- **65%** of participants served in community support services showed improvement in daily living skills.
- **75%** of persons enrolled in residential services were able to transition to a more independent level of care.
- **92%** of all persons served achieved a level of recovery and community tenure that averted the need for psychiatric hospitalization throughout the year.

## Social Wellbeing

- **75,555** days of community housing were provided through Community Alliance-owned apartments and group residences.
- **8 out of 10** persons without any source of income at time of admissions were aided in obtaining financial resources through employment, federal and state assistance programs, or other means.
- External evaluators found a **statistically significant reduction** in “troubled nights” — defined as nights in jail, detoxification, or hospital after 6 months program engagement in one or more of Community Alliance’s federally funded grant programs.



## Physical Health

Improvements in physical health were also found by our external evaluators. These include:

- **49%** of persons with hypertension and at greater risk for stroke achieved normal levels of systolic blood pressure after 6 months of program engagement; 41% saw normal levels for diastolic blood pressure during the same timeframe.
- **63%** of individuals diagnosed as diabetic or pre-diabetic were able to lower their A1C level.
- **60%** of enrolled clients that were assessed as obese based on BMI showed improvement in weight or waist circumference at six month reassessment.
- **1,894** individuals across all program areas participated in Community Alliance-provided health and wellness activities including exercise classes, diabetes management, stress reduction, weight management and smoking cessation.

## Meaningful Purpose and Contribution

- A decrease from **29% to 16%** of respondents reporting not having a sense of belonging within the community after six months of services.
- A decrease from **25% to 13%** in persons rating quality of life as poor or very poor during the same six month period.

# Expanding Our Vision of Outreach & Partnership



Even while the need for mental health services seems to be growing exponentially, people still don't know where to go for support and the stigma still keeps too many from asking for help. Our expanded vision of outreach and partnership incorporates both destigmatizing and demystifying mental health challenges. Our approach involves education and training – with individuals, families, students, businesses, civic organizations and more, and in collaboration with others. Our goal: providing greater access to tools and resources that make asking for help easier, whether for yourself or in support of someone who may be struggling — and to increase the visibility of the treatment and supports that are available.



# Expanding Outreach & Partnership...

Throughout 2022 our outreach and partnership took many forms including:

- Providing suicide prevention, education and training to 1,937 people over the course of the year.
- Hosting Breaking the Silence, our annual community education effort to expand awareness, education and support. In 2022, more than 600 individuals joined us to hear actor, producer and director Sean Astin talk about coming to understand his mother's - Patty Duke - struggle with mental illness, and the importance of advocacy for our loved ones.
- In partnership with the Nebraska Division of Public Health, providing leadership in the state-wide Nebraska Integrated Health Task Force to advance integrated behavioral health and primary health care for those experiencing serious mental illness and chronic health conditions.
- Joining with the Kutilek family for the second annual Bike with Mike event, held in honor of their son and brother, and reaching out to the hundreds who participated with a message that it's okay to ask for help.
- Participating in community awareness events including AFSP Nebraska Out of the Darkness walk, NAMI Nebraska Mental Health for All walk, and the summer Maha Festival community village.
- Expanding family education outreach and support, with the support of the City of Omaha and the Medica Foundation.
- Facilitating multiple peer support training classes, resulting in the graduation of 47 individuals and preparing them for State certification as Peer Support Specialists.
- Hosting 472 students from 14 academic institutions across 10 disciplines to help educate and grow the behavioral health workforce in collaboration with the Behavioral Health Education Center of Nebraska.
- Participating in more than 100 presentations and community forums related to mental health and substance use challenges, services, and tools for recovery and wellbeing.
- Providing information and outreach to legislators and public policy makers about the impact and benefits of the new federal framework for mental health service delivery, Certified Community Behavioral Health Centers (CCBHC) and adoption of other emerging best practices.
- Maintaining strong working relationships with colleagues in a wide range of collective impact efforts, including Metro Area Continuum of Care for the Homeless, Nebraska Association of Behavioral Health Organizations, Metro Area Suicide Prevention Coalition, and Nonprofit Association of the Midlands.



*Lord of the Rings* actor Sean Astin, this year's guest speaker at Breaking the Silence.



Sharing some fun along with information on mental health at 2022 Maha Festival.

# The People We Serve

## TOTAL PERSONS SERVED

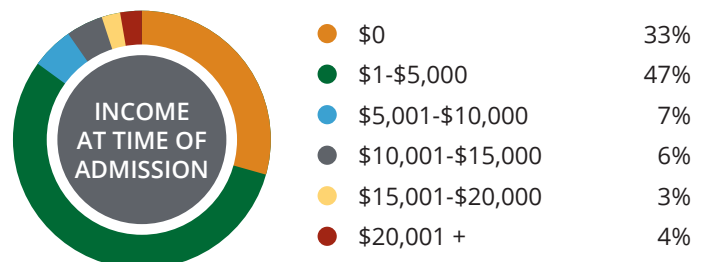
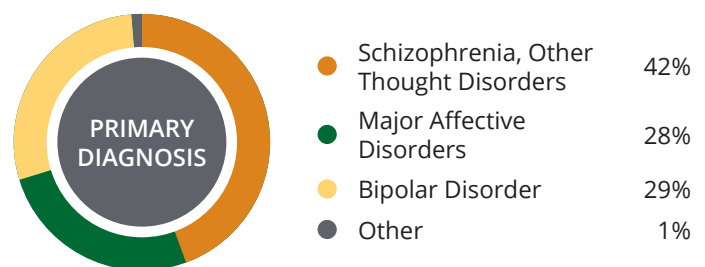
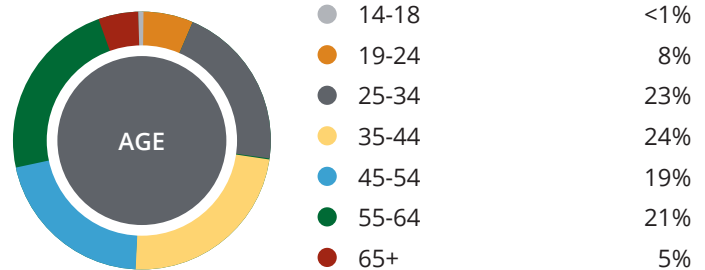
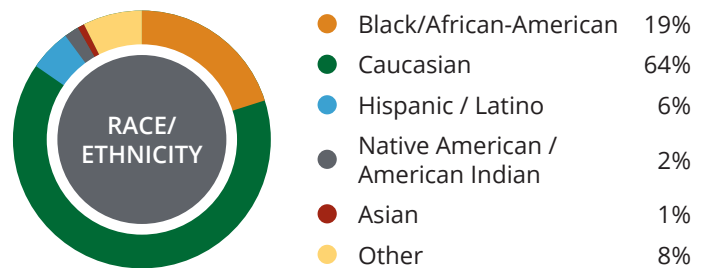
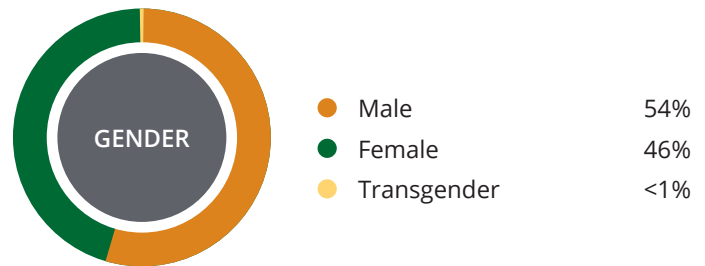
2022
5,043

## BY SERVICE AREA

SERVICE AREA	2022
Psychiatric Services	749
Mental Health, Substance Use Counseling Services	311
Primary Health Care	647
Navigate to Success (First Episode Psychosis) Services	25
Assertive Community Treatment	89
Residential Rehabilitation Services	147
Day Rehabilitation Services	667
Employment Services	145
Community Support Services	431
Family Education & Support	170
Peer Support Services	129
Peer Crisis Diversion	
Callers	793
Guests	255
Homeless Outreach/Transition Services	282
Social Security Outreach, Access and Recovery (SOAR)	335
Emergency Rental Assistance Program	1386
Supportive Housing	226

Total by service exceeds agency total as persons may be served in more than one service area during the program year. Data is for the 2022 program year.

## BY DEMOGRAPHICS





# 2022 Donations

Our sincere thanks to all who, through their financial contributions, in-kind gifts and other donations, gave to Community Alliance in support of its mission and services in 2022.

John Addy	Blue Cross and Blue Shield of Nebraska	John Coffey	Martha Elias
Alley Poyner Macchietto Architecture	Bluestem Capital Partners	Concentric Corporation	Kerry Ellis
Allied Staffing Partners	Rex Boehler	Ed and Beth Conoan	Emspace + Lovgren
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# 2022 Donations

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Bob Herbolzheimer

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Stephen and Mary Abram

Edna Baldozier

Rick and Cindy Baldozier

Kathleen Barrett

Samantha Bass

Sarah Bass

John Bauerle

Randy and Peg Boice

Becky Brown

Lee and Julie Coe

Frank and Betty Coppola

Jim and Dustie Davis

Steve and Joan Fredrickson

David and Beth Girman

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Cindy Hamm

Ben Heald

Diane Howard

Keith Howard

Carolyn Kesick

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Bev Kruger

Tarry Lawson

Mary Loday

Martha Medina

Faron Meyers

Robin Nicolaisen

Brett and Cindy Niebur

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Marcia and William

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Mark Patterson

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Jeff and Cara Remmert

Andy and Patty Russell

John and Sue Russell

Karen Russell

Rusty and Debbie Russell

Bill and Joyce Sargent

Dave and Donna

Shellenberger

Joe and Arlene Spivey

Kendra Stubblefield

Pat and Cornelia Sullivan

John and Nancy Svoboda

Steve and Ann Tripp

Maggie VanRooyan

Roger and Judy Waible

Randy and Sharon Woods

## **In Memory of Marshall Becker**

Steve and Anne Kutilek

## **In Memory of Nathan Bruce, MD**

Kate Robertson, MD

## **In Memory of Heather Lynn Dworak**

Gus and Carol Dworak

## **In Memory of Bob Fitzsimmons**

Steve and Anne Kutilek

## **In Memory of Ann Fricke**

Doug and Michele Grewcock

Stavely and Ellen Wright

## **In Memory of Susan Furay**

Edward Furay

## **In Memory of Mack Greder, DDS**

Leslie Peterson

## **In Honor of Rhonda and Howard Hawks**

Jim and Maureen Waldron

Jolene Wohlers

## **In Memory of Dr. James Huerter**

Steve and Anne Kutilek

## **In Memory of Shauna Hautzinger**

Jennifer Walet

## **In Memory of Mary Maher**

Steve and Anne Kutilek

## **In Memory of Gary McClure**

John & Sharon McClure

## **In Memory of Kathryn Neumann**

Charles Neumann

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Francis and Marjorie

O'Meara

## **In memory of Gary M Phillips Jr**

Gary and Maralyn Phillips

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Steve and Anne Kutilek

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Steve and Anne Kutilek

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William and Mary Bonneau

Jon and Dianne Botsch

Gregory and Kathryn Boulay

Mark and Leann Boulay

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Mary Cohen

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Catherine Stegman

James and Marcy Stern

Jerry and Deloris Streight

Joshua and Michelle

Tresemmer

Justin and Nicole Vossen

Marlyn Wilke

Ruth Woodland

## **In Memory of James Stern**

Steve and Anne Kutilek

## **In Memory of Brian Stewart and Kevin Stewart**

Deb Stewart



# 2022 Memorials and Tributes

## **In Honor of Ann and Ken Stinson**

Theodore Stinson

## **In Memory of Anne Elizabeth Waldman**

Mark Ahlers  
Charlene Albanese  
Bill and Connie Allan  
Richard Anderl  
Anonymous (6)  
Ashbury Elementary PTO  
Tara Athy  
Kenneth Barnes  
Debra Basaraba  
Angela Batson  
Craig Beazer  
Christian and Gina Bessmer  
Timothy Blum  
Dana Borrelli-Murray  
Anne Brogan  
Kerry Brooks  
Adrian Butler  
Laura, Rob & Megan Childers  
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Kelly Conroy  
Susan Courtney  
Cheryl Crowell  
Chip and Debbie Cunningham  
Nandita Dalal  
The Davey Family  
Jennifer DeGraaff  
Nicole Delimitros  
Lee Denker  
Mark and Elizabeth Dietz  
Debbie Drake  
Ellen Duffy  
Diane Duren  
Steve and Beth Epp  
Tom and Janine Erickson  
John and Margaret Falck  
The McClellan Family  
Chloe Fecci  
Laura Fender

Ralph and Veronica Ferraro  
Shari Flowers  
Janice Fonda  
Peter and Amie Gamboian  
Libby Garfoot  
Coree Garfoot  
Emma Garfoot  
Emily Gilbert  
Girl Scouts Spirit of Nebraska  
Cynthia Goff  
Corey and Stacey Golde  
Jennifer Goodhope  
Alexa Greenberg  
John Gruhl  
Jenni Haan  
Patrick and Shannon Halsted  
Hailey Haycox, Aaron and Kristin Baldwin  
Bill and Susan Heavey  
Rich Henry  
Ronnie Holinsky  
Emily Igrejas  
Annie Jantz  
Jeff and Natalie Jelinek  
Chris and Jennifer Jerram  
Bruce Johnson  
Chloe Johnson  
Amanda McGill Johnson  
Shannon Johnson  
Aubrie Jones  
Alice Kang  
Sandra Kenoff  
Tim and Shelli Koester  
Kokuuslu Family  
Gina Ladd  
Erin Lane  
Susan Lewis  
Anne Lezzi  
LFG Team  
Colleen Maciejewski  
Celene Mackerdichian  
Deb Mainelli  
Cody and Courtney Mann  
Tracy Martinotti  
Melissa Mayo  
Graeme and Susan McDonic

Paula McGee  
Jaclyn and Shann McKeever  
Merri Melvin  
Jane Miller  
Scott Miller  
Elitza Miteva  
Barbara Molargik-Fitch  
Denise Moore  
The Moore Family  
Sydney Morton  
Dick and Rosalie Mucci  
Bradley and Lynn Muse  
Christopher and Stacy Neil  
Amanda Niemiec  
Carla and Tod Ochsner  
Abigail O'Connell  
Jamie Ohl  
Lisa and Doug Ourada  
Abbie Pancoast  
Jennifer Patten Benson  
Steph Patzer  
Carri Pavlik  
Gilinda Giles and Mike Peterson  
Robert Peterson  
Shannon Peterson  
Madi Pfeiffer  
Joan Polk  
Eric Reisenwitz and David Jacobs  
Justin and Darla Roche  
Brian Rupe  
Hannah Saroka  
Sharon Scanlon  
Joseph Schmitt  
Kristin Seidman  
Seline Family Foundation  
David Shulman  
Ryan and Michelle Sis  
Linda Skibik  
Joe Spada  
Bram and Juliet Spector  
Richard Fitz and Kathy Spiegel  
Angela Sumter  
Jacqueline Tabke  
Pam Telfer  
Jenny Tesnohldek

Hailey Thiem  
Lonnie and Sandie Thomas  
Brad and Laura Thompson  
The Unverzagt Family  
Tom and Sarah Waldman  
Jerome, Kari & Taylor Waterbeck  
Scott and Alexi Wellman  
Ed Bennett and Margot Wickman-Bennett  
Katie Wills  
Andy and Vika Wilson  
Nancy Wolf  
Abbie Wolfe  
Jeanette Zenner

## **In Memory of Patty Wright**

Sissy Silber

# Financial Summary

REVENUE & SUPPORT	2022
Earned Contracts & Fee for Service	\$ 15,500,698
Rent & Other Housing Related	568,992
Client Fees	289,114
Restricted Grants & Contributions	365,719
Fundraising & Other Donations	1,237,383
Interest & Other Income	1,165,599
Total Operating Revenue	\$ 19,127,505

OPERATING EXPENSES	
Residential Rehabilitation Services	\$ 2,243,151
Assertive Community Treatment	1,026,285
Day Rehabilitation Services	1,023,866
Community Support Services	1,670,662
Outpatient/Integrated Care Services	2,601,406
Homeless Services	1,101,360
Employment Services	373,467
Family & Peer Support Services	901,297
Housing Services	726,157
Covid Response	4,690,850
Other	76,275
Management & Fundraising	2,405,408
Total Operating Expense	\$ 18,840,184

NET OPERATING GAIN (LOSS)	
Before Capital Investments	\$ 287,321

CAPITAL INVESTMENTS	
Capital Grants & Donations	\$6,247,210
Capital Expenditures	8,828,866
Total Capital Investments	\$(2,581,656)



The services of Community Alliance are funded, in part, by the Nebraska Department of Health and Human Services; Region 6 Behavioral Healthcare; Nebraska Department of Education, Division of Vocational Rehabilitation; Nebraska Department of Corrections; U.S. Department of Health and Human Services; U.S. Department of Housing and Urban Development; and United Way of the Midlands. Federal financial support is received both directly and through contractual arrangements with the State of Nebraska, Region 6 Behavioral Healthcare, and the City of Omaha. Community Alliance received direct federal funding from the federal Substance Abuse and Mental Health Services Administration (SAMHSA), a division of the U.S. Department of Health and Human Services under the following grant awards:

CFDA 93.839 ,SAMHSA Certified Community Behavioral Health Centers Expansion Grants, Award No. H79SM085230.

CFDA 93.665, SAMHSA COVID-19 Emergency Response for Suicide Prevention Grants, Award No. H79FG000379.

CFDA 93.958, SAMHSA Community Mental Health Centers Grant Program, Award No. H79SM085420.

Of total program costs incurred by Community Alliance, \$8,202,618 or 44% represents federal funding received through these grants or passed through by other governmental authorities.

# 2022 Board of Directors

**Jane Alseth**

Tenaska (retired)

**Cathy Bonnesen**

Community Volunteer

**Jon Breuning**

Baird Holm LLP

**Gray Derrick**

Baird Holm LLP

**Stu Dornan**

Dornan, Troia, Howard,  
Breitkreutz & Conway

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**Kathy Gerber**

Community Volunteer

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Legal Aid of Nebraska

**Margie Heller**

Mutual of Omaha Bank (retired)

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Kiewit Corporation (retired)

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Union Bank & Trust

**Tara Wisdom**

OrthoNebraska



This annual report is a publication of Community Alliance. The Board of Directors and all employees are committed to carrying out their responsibilities in a professional and ethical manner reflecting Community Alliance's mission, values and purpose. Community Alliance operates within a multi-corporate structure designed to enhance the effectiveness and efficiency of its many operations and to meet various statutory and regulatory requirements. Our service area includes the greater Omaha area and the five Nebraska counties within the Region 6 behavioral health area. All corporations comprising the Community Alliance system are recognized as nonprofit, charitable corporations under Section 501(c)(3) of the Internal Revenue Code. Contributions are tax deductible as permitted by law.





### OUR MISSION

Helping individuals with  
mental illness achieve their  
unique potential and to live,  
work, learn and contribute in a  
community of mutual support.



**Community Alliance**  
Center for Mental Health

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