



# Reflections

on our partnerships with those  
we serve and our community



COMMUNITY ALLIANCE • 2023 ANNUAL REPORT





## Dear Friends and Colleagues,

An annual report is traditionally a time to reflect on the past year. Having announced my intent to retire in 2024, permit me to reflect not only on these past 12 months, but Community Alliance's four decade history of service.

My experience with Community Alliance began when I responded to a newspaper ad. Never could I have imagined that the grassroots organization I was hired to lead back then would develop into the impactful, multi-faceted, integrated health agency it is today.

The call that I responded to 42 years ago, and that our dedicated and compassionate staff and cadre of community volunteers have responded to ever since, was a call to be of service to both individual and community. It was a call to overcome the barriers faced by those living with mental illness and their families and to provide the services and supports needed to fully live, work, learn, contribute and thrive within the community.

In reflecting on how Community Alliance developed from that small, grassroots effort into the organization we are today, I can truthfully say it's has been the same blueprint again and again. A need is identified. A gap or weakness in services is exposed. A new community challenge presents itself and becomes our call to organize and to act on our enduring pledge - a pledge to listen to, partner with, and serve our community. We are not passive in our approach nor do we give up. We channel our resources, innovate and find solutions. It is this approach and commitment that has resulted in our decades-long ability to stay true to our mission, to lead, and to accomplish remarkable change.

We have never been an organization that threw up our hands and said, "There's nothing more we can do!" and I am confident we never will be. This has been true in our efforts to overcome the stigma of mental illness and the prevalence of homelessness and incarceration among those who experience mental health and substance use issues. It has also been true in our advocacy to diminish the disparity in physical health and life expectancy among those with mental illness and the general population, and changing public policy and funding mechanisms that keep people from accessing the life-saving and life-restoring services they need and deserve.





## REFLECTIONS

“We are not passive in our approach nor do we give up. We channel our resources, innovate and find solutions.”

Carole Boye, CEO

Digging deeper into the CA blueprint, I have also come to realize that our approach to community needs is built on our steadfast commitment to individual response and service that was and remains our foundational principle. A person or family comes to us facing a mental health or substance use challenge. We are not slow or passive in our response. We do not say that it's too hard or it will take too long. Rather, we roll up our sleeves, identify both immediate and long-term needs and then, as a team, we work to marshal the totality of resources and tools needed to support one's mental, physical and social well-being, and help each individual achieve their unique purpose and potential.

We formed such a partnership with over 6,000 individuals in 2023, and with tens of thousands of individuals since 1981. Our methods have become more effective over the years, informed by research and practice. Our scope of services has become broader, allowing for an even more individualized approach. We've worked to make it easier to ask for help and to simplify access when one does take that first courageous step no matter the scope of need or challenge. This is our legacy and it is our enduring future.

I invite you to read this annual report to see much of what we have accomplished in 2023 and how this has positioned us for an extraordinary year of growth in 2024. And, as you do so, I hope you see the impact of your support and partnership with Community Alliance and its outstanding staff and team of volunteers. We are grateful to each of you for your faith and confidence in us and in a future of even greater impact for all in our community who face a mental health or substance use challenge.

With heartfelt thanks,



Carole J. Boye  
CHIEF EXECUTIVE OFFICER



Community Alliance  
Center for Mental Health



# In Partnership with Those We Serve

With data continuing to show that mental health impacts physical health and vice versa, especially for those living with serious mental illness, and that social determinants of health also contribute significantly to one's recovery and quality of life, Community Alliance has fully adopted an integrated care approach throughout its service continuum. Working in partnership with each individual, along with their family members, friends, advocates, employers, and all who help form that individual's recovery support team, those we serve have experienced improved mental health, improved physical health, and improved social well-being. Eighty-nine (89%) percent of those responding to surveys reported satisfaction with services received.



## IMPROVED MENTAL HEALTH

- Participants in psychiatric and counseling services who participated in an evaluation as part of our federal grant program showed a **statistically significant decrease in psychological distress** at 6 months, along with measurable improvements in daily functioning, personal relationships and social connectedness.
- **Nearly one in 3 persons** served with major depression or dysthymia reached remission at 12 months.
- **60%** of persons served in community support demonstrated improvement in functional domains as measured by the DLA-20.
- **99%** of persons served by the Safe Harbor Peer Crisis Diversion Program reported improvement in dealing with their crisis situation and that Safe Harbor helped them toward reaching their recovery goals.
- **69%** of youth and young adults served in the agency's First Episode Psychosis Services demonstrated significant improvement as measured by the Illness, Management and Recovery Scale.
- **93%** of all persons served were supported in their recovery at a level that psychiatric hospitalization was avoided.





# In Partnership with Those We Serve

## IMPROVED PHYSICAL HEALTH

- **54%** of persons diagnosed with hypertension experienced a clinically significant decrease in blood pressure at 6-month reassessment.
- Among those found to have high cholesterol at baseline, **24%** achieved HDL scores within target level at 6 months and **70%** achieved LDL scores within target level in the same timeframe.
- **706 individuals** participated in 2,775 health and wellness coaching sessions and activities, including nutrition, exercise, and smoking cessation classes during the year.



## REFLECTIONS

"To me, one of the most important lessons that we can all learn is that mental illness is a disease like any other health condition. It does not define who I or anyone else is or what we can contribute."

Community Alliance Participant





# In Partnership with Those We Serve



## IMPROVED SOCIAL WELL-BEING

- **98%** of persons experiencing homelessness and provided Recovery Support services through the agency's Homeless Services maintained stable housing for at least 180 days.
- **73%** of persons served in Employment Services were employed at time of discharge.
- **89%** of program participants in the newly initiated Re-Entry Program did not recidivate during the program year.



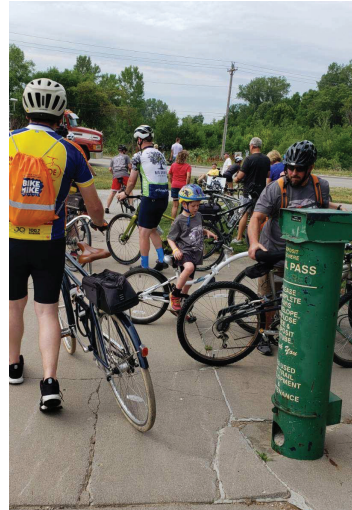
- **70%** of persons in residential services transitioned from residential care to a more independent level of care during the program year.
- **53,816** days of quality, safe and supportive housing was provided through Community Alliance apartments and group residential facilities.
- **28,884** meals were provided to program participants through the organization's Day Rehabilitation Services.
- **58%** of persons assisted in applying for SSI/SSDI benefits during the year through our SOAR program received financial benefits.



# In Partnership with Those We Serve

## PUBLIC EDUCATION AND AWARENESS

- Community Alliance provided education and support to 385 family members and significant others during the year; of those who participated in the 8 week Family-to-Family class and completing pre- and post-surveys, 86% cited improvement in their ability to support their loved one and 100% felt better equipped to handle a crisis.
- 1,434 members of the community participated in suicide prevention training provided by Community Alliance with the support of a federal grant.
- Breaking the Silence 2023 saw a record number of attendees come together to hear Presidential Historian Doris Kearns Goodwin share insight into the mental health challenges faced by four of our U.S. presidents and how it affected their leadership. From Abraham Lincoln and Teddy Roosevelt to FDR and Lyndon Johnson, the message was the same: a person can struggle, can endure profound adversity, and emerge stronger in their recovery - a message all of us can take to heart in facing our own challenges.



- The third annual Bike with Mike event, organized by the Kutilek family in honor of their son and brother Mike, brought together over 400 people for a 10 mile ride along the Wabash Trace Nature Trail ending in Mineola, Iowa for tacos and a program focused on increasing awareness about mental health and the importance of asking for help.
- Community Alliance extended its educational and awareness efforts by continuing to expand our communications throughout the year via social media, news articles, radio spots, billboards, podcasts, conferences and community presentations.



## REFLECTIONS

"A person can struggle, can endure profound adversity, and emerge stronger in their recovery – a message all of us can take to heart in facing our own challenges."

Doris Kearns Goodwin  
2023 Breaking The Silence speaker



# In Partnership with Community

## PHYSICAL EXPANSION & GROWTH

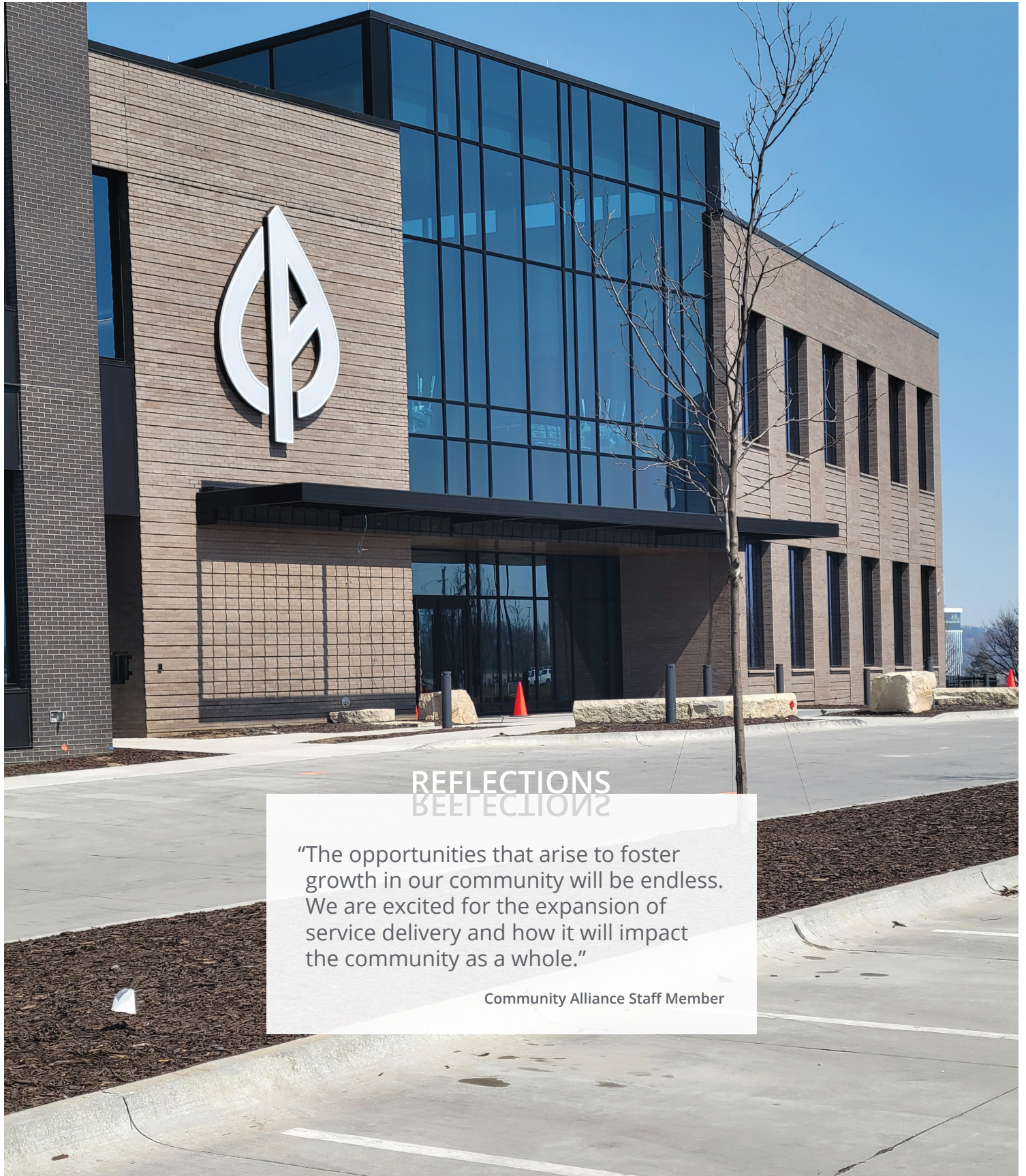
With tremendous support and collaboration from across our community, we successfully completed our capital campaign for a new program headquarters being constructed at 72nd and Arbor Street in Omaha. On target for a late Spring, 2024 completion of construction, this new facility will provide the opportunity to serve more people, be a more visible resource for those in our community facing mental health and substance use challenges, and continue to build on an integrated care approach aligned with best practices. Among the facility's features:

- Triple the program space overall
- Expanded capacity for psychiatry, counseling and primary care, community supports, and employment services
- A dedicated health and wellness space including fitness areas and classroom
- Large collaborative meeting/training site for both internal and external groups
- Combining our two day rehabilitation locations into one
- Relocating Safe Harbor peer services from rented space to the new facility to provide added support for this program





# In Partnership with Community



## REFLECTIONS

"The opportunities that arise to foster growth in our community will be endless. We are excited for the expansion of service delivery and how it will impact the community as a whole."

Community Alliance Staff Member



# In Partnership with Community

## COLLABORATIONS

- Joining with state legislators, colleagues and professional organizations, Community Alliance was part of a state-wide coalition that successfully advocated for the passage of the Certified Community Behavioral Health Clinic (CCBHC) Act. Built on robust national standards and shown to support expanded access to care and improved outcomes for those facing mental illness and substance use challenges, Community Alliance was the first in Omaha to meet CCBHC criteria. The legislation adopted by the Unicameral and signed by the Governor is scheduled to be fully implemented in Nebraska by January, 2026.
- Community Alliance entered into its 4th year of a five year partnership with the Nebraska Division of Public Health, utilizing federal grant funds to implement a replicable integrated behavioral health and primary health care model for those experiencing serious mental illness and chronic health conditions.
- 95% of community partners, including family members, referral sources, colleague organizations and employers reported satisfaction with Community Alliance services and responsiveness.



- The agency hosted 433 students and residents, representing 10 disciplines, in collaboration with ten academic institutions during the year.
- Community Alliance continued our active involvement in multiple collective impact and networking efforts throughout the year 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.
- This network was further expanded in 2023 via new partnerships with various agencies and programs including the American Heart Association and Nebraska Living Well.
- Our active community involvement included the sponsoring of walk teams in the annual American Foundation for Suicide Prevention - Nebraska Chapter and NAMI-Nebraska walks, and participation in the MAHA Festival Community Village.







## OUR MISSION

Helping individuals experiencing mental health and substance use challenges achieve their unique potential and to live, work, learn and contribute in a community of mutual support.



# The People We Serve

## TOTAL PERSONS SERVED

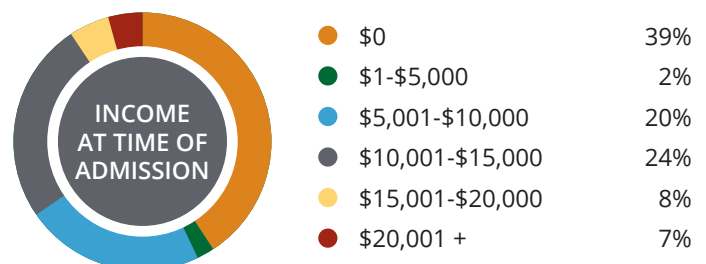
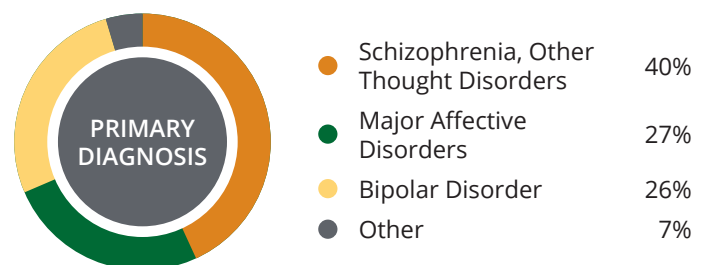
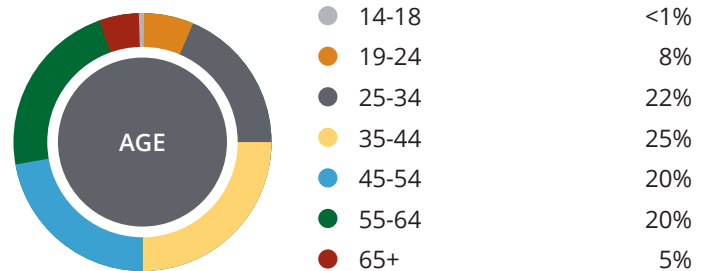
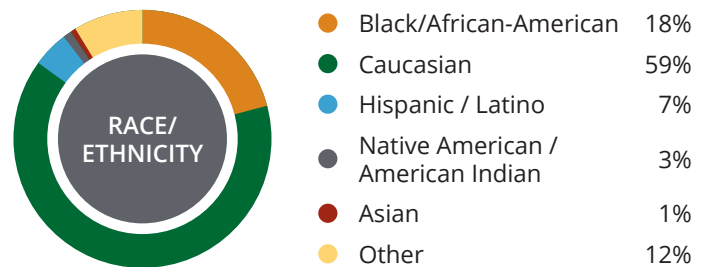
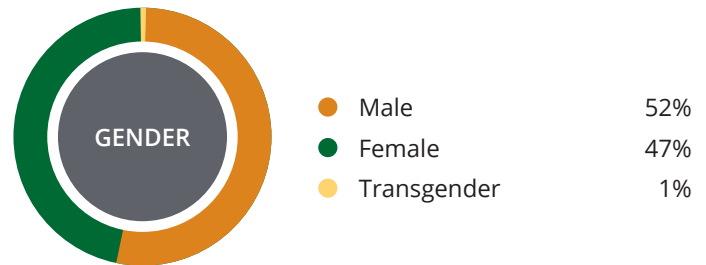
2022	2023
5,043	6,116

## BY SERVICE AREA

SERVICE AREA	2022	2023
Psychiatric Services	749	1,086
Mental Health, Substance Use Counseling Services	311	324
Intensive Outpatient Services	-	28
Primary Health Care	647	818
Navigate to Success (First Episode Psychosis) Services	25	28
Assertive Community Treatment	89	69
Residential Rehabilitation Services	147	140
Day Rehabilitation Services	667	634
Employment Services	145	165
Community Support Services	431	444
Reentry Services	-	19
Family Education & Support	170	385
Peer Support Services	129	306
Safe Harbor Peer Crisis Diversion Services		
Callers	793	789
Guests	255	251
Homeless Outreach/Transition Services	282	280
Social Security Outreach, Access and Recovery (SOAR)	95	167
Emergency Rental Assistance Program	1,386	1,557
Supportive Housing	226	305

Total by service exceeds agency total as persons may be served in more than one service area during the 2023 program year.

## BY DEMOGRAPHICS





# Financial Summary

REVENUE & SUPPORT	2023
Earned Contracts & Fee for Service	\$ 19,776,142
Rent & Other Housing Related	1,214,336
Restricted Grants & Contributions	1,336,707
Fundraising & Other Donations	1,282,364
Interest & Other Income	1,727,170
Total Operating Revenue	\$ 25,336,719

OPERATING EXPENSES	
Residential Rehabilitation Services	\$ 2,417,163
Assertive Community Treatment	1,000,741
Day Rehabilitation Services	929,932
Community Support Services	1,587,079
Outpatient/Integrated Care Services	4,226,859
Homeless Services	1,424,638
Employment Services	384,212
Family & Peer Support Services	948,651
Housing Services	1,805,599
Covid-19 Response	6,481,103
Other	307,832
Management & Fundraising	3,306,986
Total Operating Expense	\$ 24,820,795

NET OPERATING GAIN (LOSS)	
Before Capital Investments	\$ 515,924

CAPITAL INVESTMENTS	
Capital Grants & Donations	\$ 41,402,421
New Facility Construction Related	(24,113,251)
Other Capital Items	423,366
Total Capital Investments	\$ 17,712,536



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; City of Omaha 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/or the City of Omaha. Community Alliance received federal funding directly 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.

CFDA 93.243 SAMHSA Grants for the Benefit of Homeless Individuals, Award No. H79TI082691

Of total program costs incurred by Community Alliance, \$11,744,851 or 47% represents federal funding received through these grants or passed through by other governmental authorities. In addition, Community Alliance received \$10,000,000 in federal dollars through the State of Nebraska Department of Economic Development COVID-19 - Coronavirus State and Local Fiscal Recovery Fund, Build Mental Health Care and Education Capacity Grant Program for its capital project.





Our heartfelt thanks to the many individuals, organizations, businesses and foundations who partnered with Community Alliance through their donations in 2023.

## 2023 Donations

Stephen Abraham  
Access Group  
Deanna Ackerman  
Alley Poyner Macchietto  
Architecture  
All Makes Office Equipment  
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# 2023 Donations

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Steve and Kerry	Imagine360	Michael S. Kutilek Memorial	Michael and Ruth McGrath
Grossoehme	Immanuel Communities	Fund	Cheri McGregor
Josh and Danielle Gustafson	Steve and Bambi Ineson	Steve and Anne Kutilek	Jeff McKain
Susan Haddix	Karen Jacobi	Thomas and Annette Kutilek	Karen McMillan
Peggy Hall	Connor Jensen	Amy Lacroix	Scott and Melissa McMullen
Susan Hall	Scott and Dana Jermain	The Charles E. Lakin	McNeil Company
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Nick and Melanie Parrish	Rick and Margaret Scofield	Tenaska	Gloria Zinn
	Harley and Beth Schrager Foundation	Janice Terry	Estate of Margaret Zion





# 2023 Memorials and Tributes

**In Memory of John B. Baer**  
Baer Foundation

**In Memory of Christian Bauerle**  
Jack and Patty Bauerle

**In Memory of Dr. John Bolamperti**  
Steve and Anne Kutilek

**In Honor of Scot and Cathy Bonnesen**  
Stavely and Ellen Wright

**In Memory of Philip Calek**  
Terry Calek

**In Memory of Mac Campbell**  
Diane Bessette  
I B Campbell  
T. Campbell  
Louis and Catherine Cappellano  
Louis and Jane Delouca  
Jaime Hackbart  
Richard and Kathleen Kalal  
Carol Lamb

Linda Marchello and  
Michael Carroll  
John and Joyce McArthur  
Renee McArthur  
Bonnie O'Connell  
Leslie Peterson  
Carolyn Warne  
Joel Wentworth and  
Laurey Steinke  
Lucia Williams

**In Memory of Diane Ehrhart**  
Anonymous  
Patricia Brennan  
Linda Ehrhart  
Greater Omaha Genealogical Society  
Debby Howard  
Jim Hubschman  
Gary and Shirley Jackson  
Daniel and Donna Kutilek  
Steve and Anne Kutilek  
H. Arthur Mayer  
Jeffrey Pagett and  
Ellen Ramsey Pagett  
John and Joyce Passarelli  
Mark and Eileen Ramsey

**In Honor of Chuck Ellick**  
Betsy Kinnick

**In Memory of Zach Fockeck**  
Rebecca Treiber

**In Memory of Anne Foley**  
Steve and Anne Kutilek

**In Memory of Friends and Family**  
Nikki Heim

**In Memory of Janet Haney**  
Steve and Anne Kutilek

**In Memory of Will Hanna**  
Dr. Mary Jo Hanigan

**In Memory of Shauna Hautzinger**  
Steve and Anne Kutilek  
Jennifer Walet

**In Memory of Mae Horgan**  
Adult Pediatric Urology &  
Urogynecology  
Paul Andrews

Frank and Julie Bacon  
John Bendon  
Patricia Boettger  
Tim and Janet Braun  
Lisa Brockhoff  
Molly and Claire Burns  
Rebecca Cameron  
Carlson and Blakeman  
Chris Abboud Public Affairs GR  
Roberta Christensen  
Robert and Susan Cimino  
Kathleen Cordell  
David and Jean Dare  
Duchesne Class of 2010  
James Dunlap  
Gus and Carol Dworak  
Joann Evon  
Rich and Kate Gilloon  
Megan Gilloon  
Alisa Graff  
Geoffry Hall  
Nicholas Hall  
John Horgan  
Michael and Jacquelyn Hyland  
Rudy Jansen  
Misty Javorsky  
Tod Kellen



# 2023 Memorials and Tributes

Kate Knowles  
Michael S. Kutilek  
Memorial Fund  
Steve and Anne Kutilek  
Clarence and Patricia  
Landen  
Thomas and Beth Lind  
John and Tara Lundgren  
Lutz & Company, PC  
Garry Malmberg  
Catherine Mandl  
Hannah Martin  
Anne McCormick  
Curt and Janice McKeever  
Laura McQueen  
Molly Meyer  
Dr. Mary and Gregory Mikuls  
Stephen Mikuls  
Connie Murtaugh  
Joe and Kathy O'Connor  
Sarah O'Connor  
Tim O'Neill  
Kristen Palaschak  
Paulsen Anesthesia  
Dylan Parlor  
John and Joyce Passarelli  
John Peters  
David Peters  
Bridget Poznanski  
Anne Raynor  
Maureen Raynor  
Joan Rhode  
Michael and Deborah Rowe  
Kristen Sales  
Jolene Schack  
Schamel Auto Supply Inc.  
Dave and Deb Selby  
Seline Family Foundation  
David Shabram  
Leonard and Kate Sommer  
Cynthia Stoneking  
Holly Taylor  
Jeffrey and Nancy Tiedeman  
Ann Veys  
Ryan and Catherine  
Wieczorek

Brian Wilson  
Gary Witt

**In Memory of Teresa Hunzeker**  
Fred Hunzeker

**In Memory of Mary Anne Kettering**  
Steve and Anne Kutilek

**In Memory of David Loyd**  
William Loyd

**In Memory of Gary McClure**  
John and Sharon McClure

**In Memory of Kathryn Neumann**  
Charles Neumann

**In Honor of Michael O'Meara**  
Francis and Marjorie  
O'Meara

**In Memory of Eric Ostergaard**  
Delbert and Jean Ostergaard

**In Memory of Gary Phillips Jr.**  
Gary and Maralyn Phillips

**In Memory of Ty Rannals**  
Bill and Deb Auxier  
Jim Barger  
Cheryl Boice  
Robert and Virginia  
Bressette  
Clifford and Mary Ehlers  
Lee and Ellen Ehlers  
Mike and Margie Heller  
Judy Henley  
Jewish Federation of Omaha

John LaRondeau  
Joe and Kacey Lempka  
Robin Lindley  
Doug and Kathy Markin  
McKay Landscape Lighting  
Colleen McLaughlin  
Edward and Frances Morris  
Peterson Investment  
Management Co.  
Todd and Luann Rannals  
Security National Bank  
Kenneth Simons  
Cindy Smith  
Daniel and Jennifer Taute  
Kathleen Thamm and  
Michelle Eitzmann  
Andrew and Jennifer White  
Mary Willard  
Jason Warboys

**In Memory of Virginia Louise Reeder**  
Steve and Anne Kutilek

**In Honor of Tracy Rinehart**  
John and Kristi Haynie

**In Memory of Nathan Selby**  
Steve and Anne Kutilek

**In Memory of Dr. Edward Sterba**  
Barry Bess  
Patricia Buckley  
Joshua Coleman  
Jeanne DeMars  
Marvin and Lynette Dvorak  
John Green  
Janet Harley  
W.T. and Salie Holthaus  
Nancy Crosby Kelly  
Richard and Karol Kubat  
Tom and Annette Kutilek  
Michael S. Kutilek  
Memorial Fund

Scott Quinn  
Helin Radil Family  
Marikay Schwaller  
Ryan Wieczorek

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

**In Honor of Ann Stinson**  
Linda Grubb

**In Memory of Lynn Toman**  
Timothy Kurlmel  
Frances Van Meter and  
Kristen Kelly

**In Memory of Belinda Sue Willis**  
Michele Budnik-Herrington  
John Cole  
Bruce Cross  
Sara Klock  
John MacDougall  
Abbey Ruby  
Rod and Karen Schroeder  
Nina Smith  
Lyle Snitker

We regret any errors or omissions in acknowledging our friends, supporters, and those who paid tribute.





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**Community Alliance**  
Center for Mental Health

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