



SquareOne

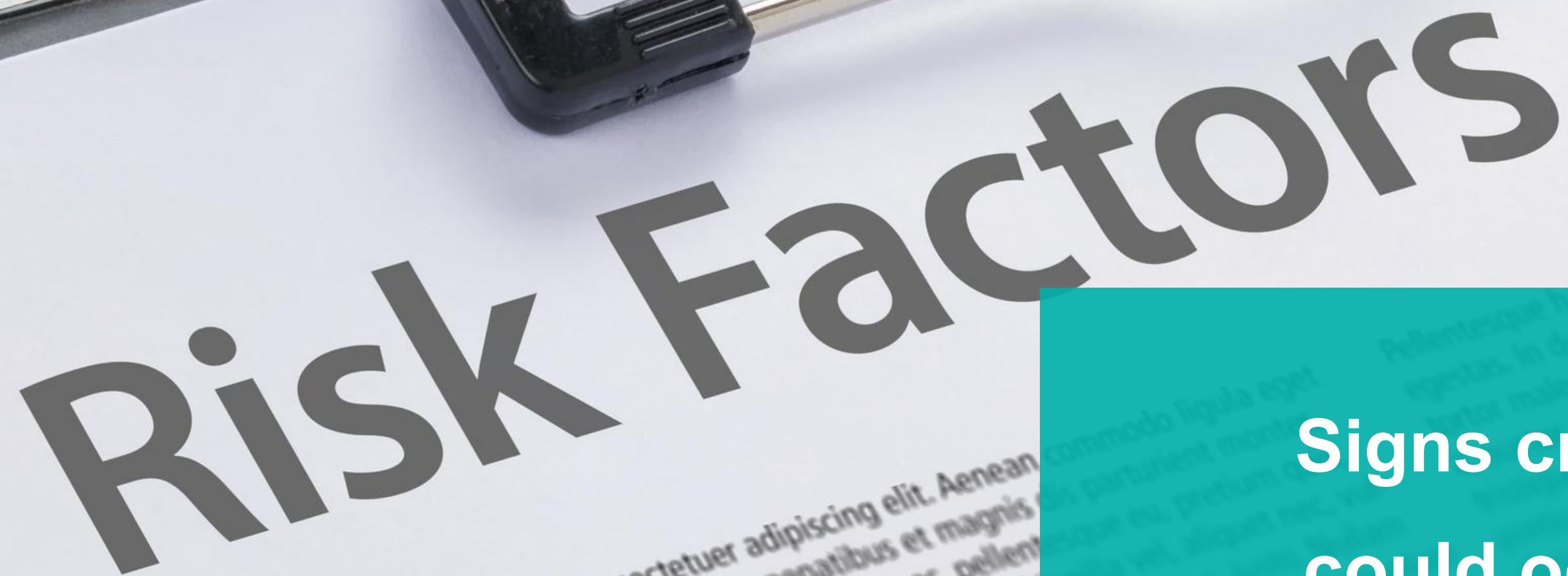
Learning Objectives

- Understand what a crisis is, including protective and risk factors and ways to support youth
- Review the Crisis Response System – Someone to Call, Someone to Response, and Somewhere to Go
- Learn about SquareOne Youth and Family Crisis Response
 - Services
 - Eligibility Criteria
 - Referral Process



What is a crisis?

- A disruption or breakdown in a normal or usual pattern of functioning.
- Cannot be resolved by usual problem-solving skills.
- Can look different for everyone.
- Basic elements
 - Stressful situation
 - Difficulty coping
 - Timing of Intervention



Risk Factors

Signs crisis
could occur

Risk Factors

- Family Situations
- Economic Situations
- Community Situations
- School Situations

- Changes in mood
- Changes in behavior
- Dangerous Behaviors

Protective Factors

- Positive physical development
- Academic/intellectual development
- High self-esteem
- Emotional self-regulation
- Good coping and problem-solving skills
- Engagement in two or more: school, with peers, athletics, employment, religion, culture
- Structure, limits, rules, monitoring, and predictability
- Clear expectations for behavior
- Supportive relationships with family
- Mentors and support for development of skills and interests
- Physical and psychological safety

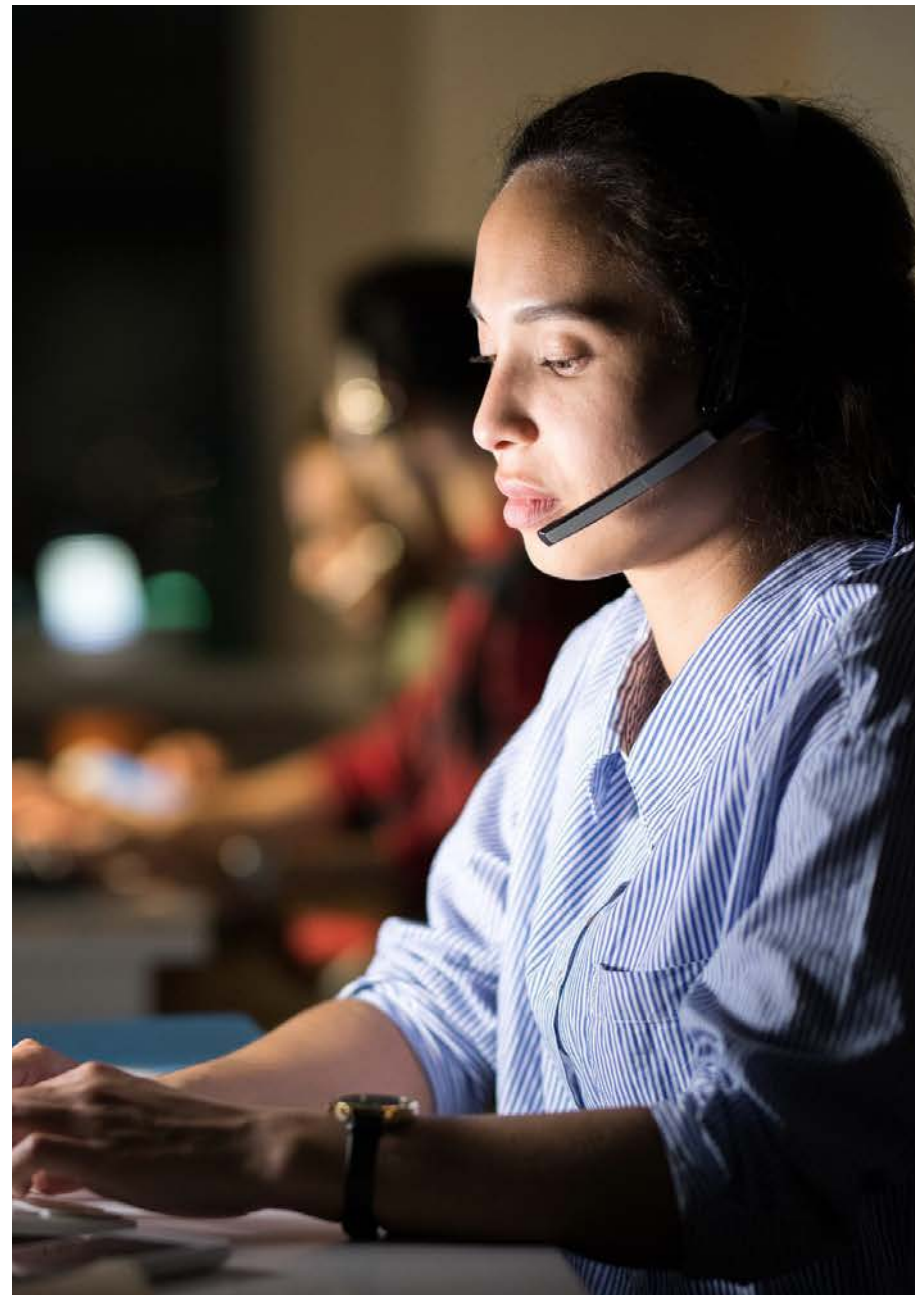


HOW TO SUPPORT YOUTH?

- Actively listen
- Meet them where they are
- Validate how they are feeling
- Use person centered language
- Build rapport
- Create a safe environment
- Help connect with resources



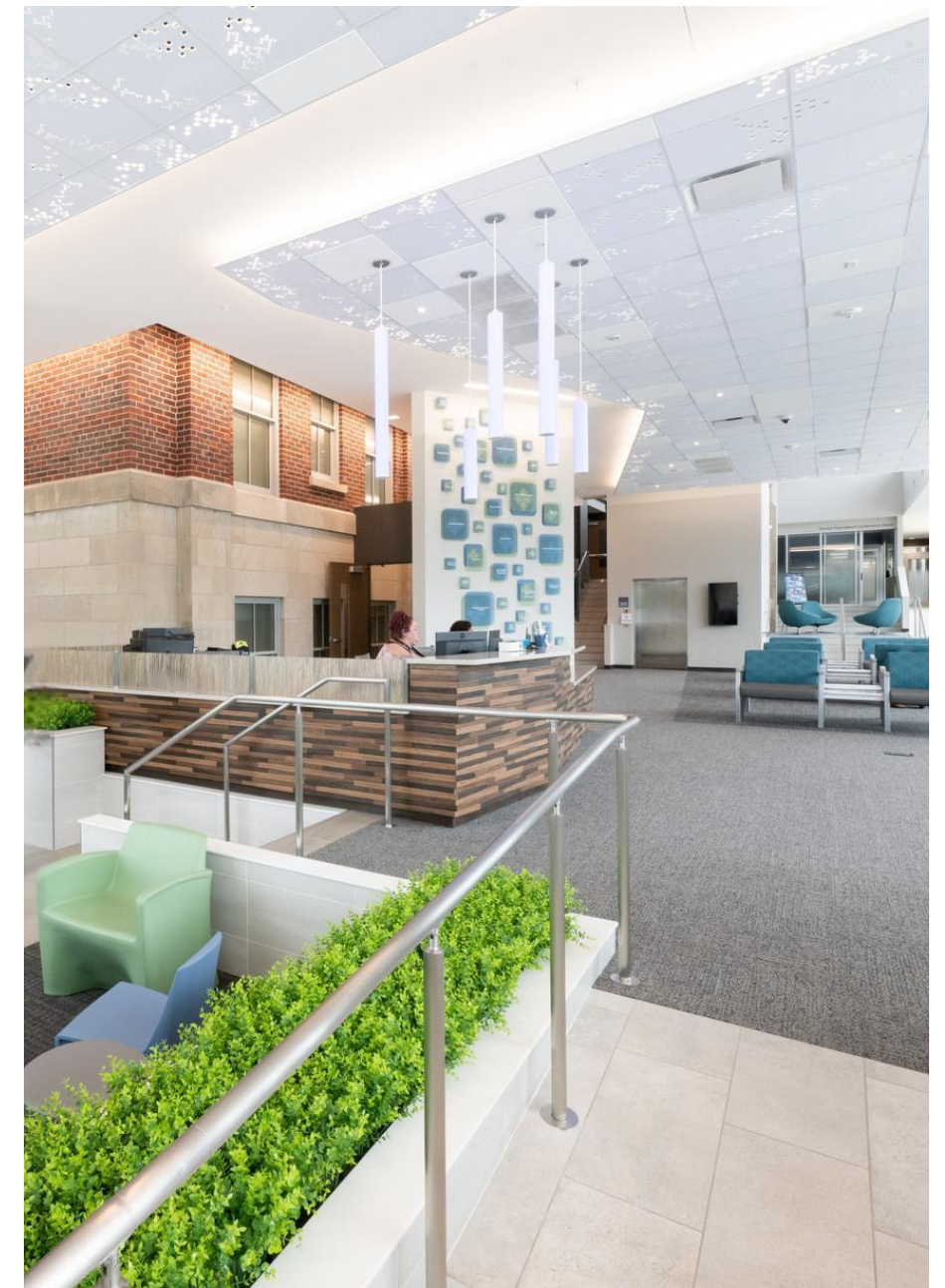
CORE COMPONENTS OF CRISIS RESPONSE SYSTEM



Someone to call



Someone to
respond



Some place to go

SquareOne Services
provided by



Helping the people we serve get
better, sooner, for longer



Pillar 1

Bio-Psycho-Social
Model of Integrated
Care



Pillar 2

Housing First,
Harm-Reduction
Approach



Pillar 3

Philosophy of Strength-Based,
Culturally Appropriate, &
Person-Centered Care



Pillar 4

Using Evidence-Based
Practices



Pillar 5

Making
Data-Informed
Decisions



Youth and Family Crisis Response in Lincoln, NE. SquareOne is a collaborative program with Lancaster County and Region 5 that provides 24/7 access to crisis services for the 16 counties throughout Region 5.

Services include

- **24/7** Crisis Response
- Crisis Psychotherapy
- Emergency Community Support.
- Respite services beginning in 2025/2026

402-899-8608
2202 S 11th St Lincoln Ne 68502



Eligibility Criteria



- Age
- Residence
- Informed consent
- Medical stability
- Suicidality/homicidality
- Violence/acting out
- Under the influence

we are on
your side.



Crisis Response

- 24/7 access to walk-in and mobile crisis response for youth and families.
 - Monday through Friday 8:00am-8:00pm
 - Provides mobile crisis for community partners within 30 miles of Lincoln city limits.
- All youth are screened for suicide, given a risk assessment, counseling on access to lethal means, and safety planning is done as needed.
- Staff assist with identifying coping skills, social supports, and resources.

402-899-8608

2202 S 11th St Lincoln Ne 68502





Crisis Psychotherapy

- Up to 2 sessions with a licensed therapist- can include an assessment and follow up to go over recommendations and referral to ongoing services.
- Can provide face-to-face intervention for youth walking into services.

Emergency Community Support

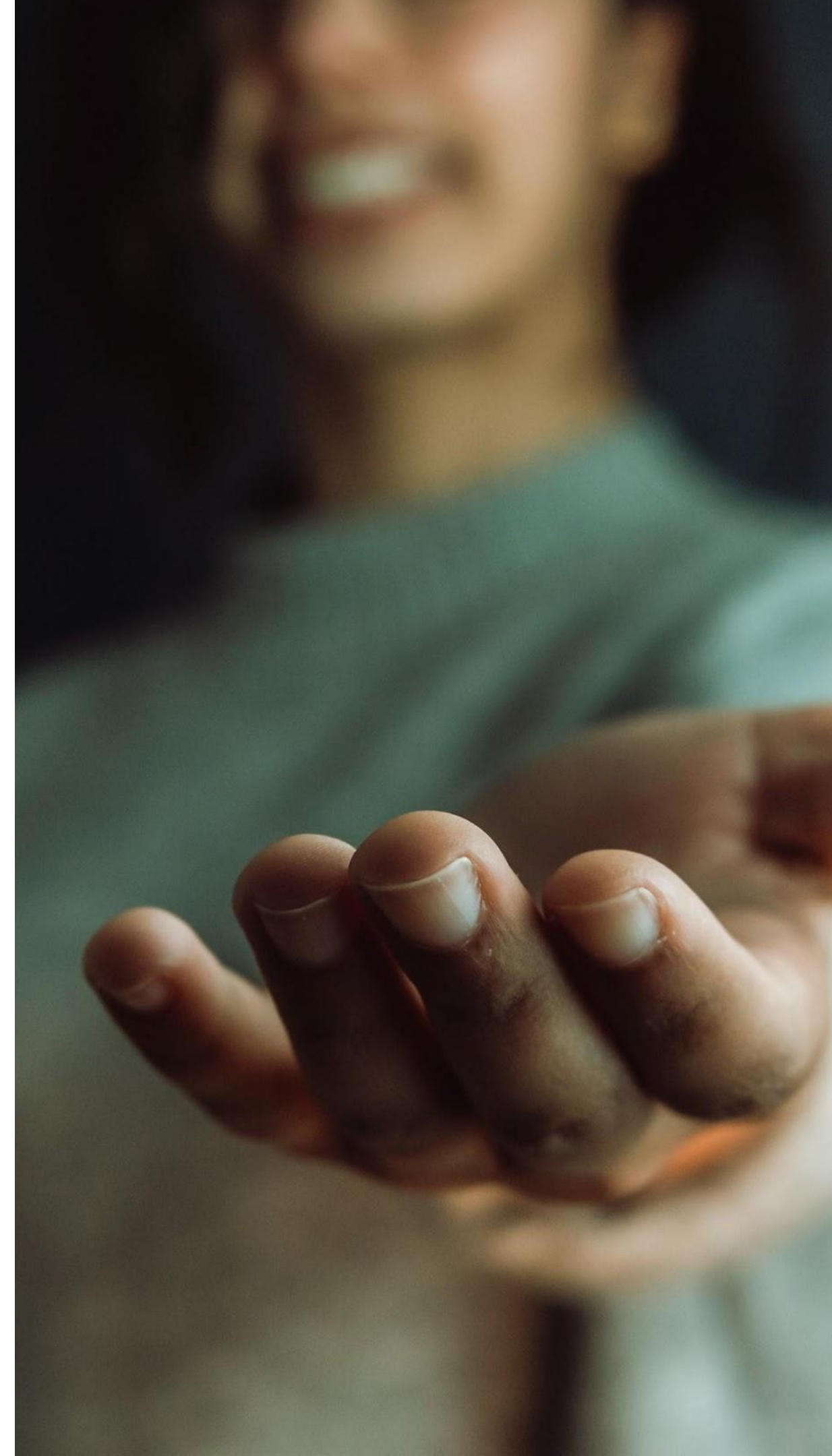
- Provides youth and families with ongoing support for an average of 90 days.
- Work with a family support worker to create a recovery plan to identify goals and coordinate care.
- Service is provided in the home and other community settings.
 - in-person
 - telehealth
 - phone





Referral process

- Youth and Families can voluntarily seek services at Campus for Health and WellBeing or by calling the SquareOne line at (402) 899-8608.
- Community Partners initiate mobile crisis response or request SquareOne staff meet them at the Campus for Health and WellBeing facility.
- Referrals can be sent to youthcrisis@centerpointe.org.
- Internal CenterPointe referrals.



173

individuals served
through crisis response
52

individuals served
through emergency
psychotherapy
71

individuals served
through emergency
community support
91%

individuals de-escalated
121

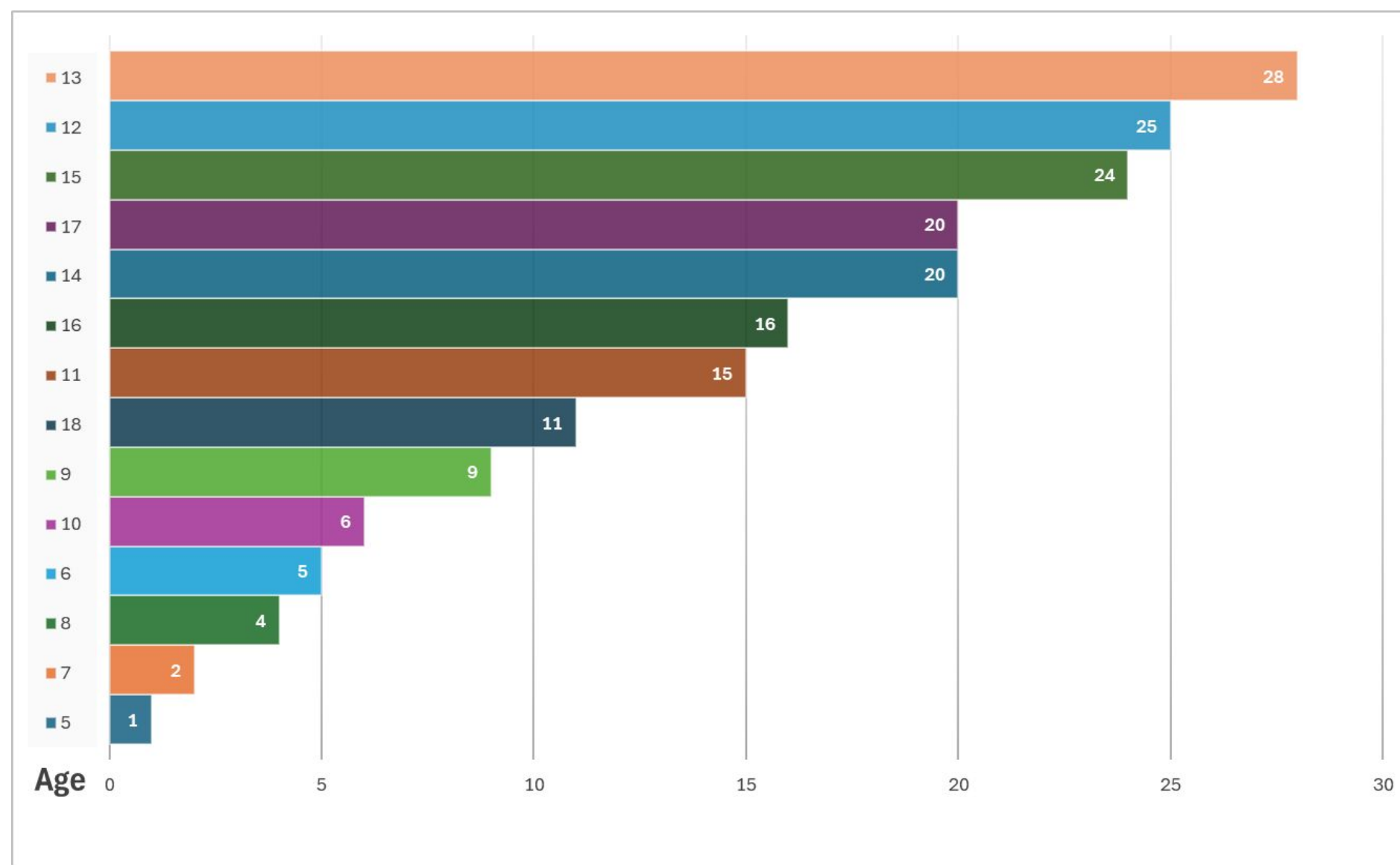
individuals diverted
from hospital

you've
got this.

202

unique individuals
served

begin
again at
SquareOne



Family Resource Center

220 S 17th St.

**Youth Mental
Health Respite**

24/7 Access

Navigator

**Community
Providers**



Youth Mental Health Respite

- Beginning 2025/2026 – will be located at 220 S. 17th St.
- 4 beds for youth to stay for up to 5 days
- Provides youth a break from their home environment
- Eligibility criteria that will be implemented are as follows:
 - Age 18 and under
 - Signed Informed Consent by parent or legal guardian and youth for the receipt of these respite services.
- Exclusionary criteria are as follows:
 - Acute threat to safety of other youth in the program and/or staff
 - Acute suicidal/homicidal ideation
 - Acute medical/psychiatric issues
 - Unresolvable conflict of interest with staff on site (i.e., immediate family member of staff on site).



Other Resources

Bryan Health

402-481-1111

2300 S. 16th St Lincoln Ne

Cedars

- CEDARS Pioneer Center
- Street outreach and Youth Opportunity Center



Trevor Project

402-481-1111

crisis and suicide prevention for
LGBTQ + young people.

988

Call or text 988



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