
Keya House

The word “Keya” means “turtle” in Lakota, a Native American language.

Keya is believed to be a symbol of good health and long life. Keya demonstrates the ability to adapt to changes and new surroundings by living in and out of water—a trait symbolizing the power of individuals to adapt to healthier activities and a new lifestyle.

Keya is also accepting and uncomplaining, and it moves with a slow and steady pace forward—traits symbolizing an individual’s realization that health improvements don’t happen quickly and it takes a steady pace of growth and change in order to recover and attain a state of wellness.

How Can You Help?

We accept any donations that promote recovery and wellness. For more information, call 402-441-4371, or e-mail Alan Green at agreen@mha-ne.org.

Keya House is made possible through the generous support of Region V Systems and the Nebraska Division of Behavioral Health Services.



Who We Are

The Mental Health Association of Nebraska (MHA-NE) is a consumer-run, voluntary, non-profit, statewide association with chapters located in communities throughout Nebraska.

MHA-NE brings together people with lived experience with mental illness, families, professionals, advocates, and concerned citizens to address all aspects of mental health and mental illness.

We are dedicated to ensuring that public mental health policy is just, fair, and promotes equality and opportunity.

MHA-NE supports freedom for individuals with mental illness. Freedom to take advantage of life’s opportunities. Freedom to decide where one lives, works, the important things people will do with their lives, the relationships they establish, how they choose to contribute to the community, and what services they will use.



Mental Health
Association of Nebraska

1645 "N" Street, Suite A
Lincoln, NE 68508
Phone: 402-441-4371
Fax: 402-441-4377
www.mha-ne.org



KEYA HOUSE



**A PEER-RUN,
SUPPORTIVE ENVIRONMENT
THAT PROMOTES EMPOWERMENT,
RECOVERY, AND HEALING .**

**2817 S. 14th Street
Lincoln, NE 68502-4525
402-261-5959**

keya.mha-ne.org



Who Qualifies?

Keya House is for adults at least nineteen years old with a behavioral health diagnosis, and who live in the Region V Systems service area.

What We Offer

- ✚ Peers helping peers with crisis prevention and diversion from psychiatric distress that may lead to hospitalization.
- ✚ A comfortable, clean, and furnished four-bedroom house in a quiet and safe neighborhood.
- ✚ Self help and proactive recovery tools to regain and maintain wellness.
- ✚ Trained peer companions who are compassionate, understanding, empowering, and available twenty-four hours a day.

Why Peers?

Peers have all experienced what it is like to be on the verge of crisis, if not surrounded by it. We understand the need for support during those difficult times, which is why we offer strength, hope, and knowledge about recovery to those individuals who need a supportive and healing environment.

How It's Done

This program is strictly voluntary and free of charge. You can self-refer or be referred by a health professional or a family member. There is a registration process to ensure the appropriateness of the program for each individual as well as for the comfort of other guests.

- ✚ We offer a stay of up to five days.
- ✚ Peer companions staff the house twenty-four hours a day.
- ✚ Staff can maintain contact and support at your request after you finish your stay.

Guidelines

- ✚ You must not be in crisis or severe emotional distress.
- ✚ You must have transportation to and from the house.
- ✚ You must not have any known physical illness (e.g., fever, flu symptoms, intestinal distress).
- ✚ You must be able to maintain acceptable personal hygiene.
- ✚ You must be responsible for preparing your meals and cleaning up after yourself.
- ✚ You must understand and sign a safety and responsibility contract.
- ✚ You must have permanent housing after your stay.
- ✚ You must follow the house rules which will be fully explained when you enter the house.