



ADVANCING A HEALTHIER
WISCONSIN ENDOWMENT



Southwestern Wisconsin
Behavioral Health Partnership



wise END
STIGMA
TOGETHER
one story at a time

Welcome to Autumn, Southwest Wisconsin Behavioral Health Partners!

Our Behavioral Health Partnership is funded by the Medical College of Wisconsin, Advancing a Healthier Wisconsin Endowment for the coming five years, July 1, 2017-June 30, 2022.

Our Story in a Nutshell:

SWCAP and many other partner organizations throughout the region have for a long time recognized growing issues and needs around mental and behavioral health. These include significant provider shortages when compared to other parts of the state, especially psychiatrists; long waiting lists to get mental health care; increased concerns about suicide, substance use, and access to services and support. Through our community conversations, we learned about some additional barriers, like stigma. We also discovered some of the resources and strengths in our communities that we can build and strengthen. We continue to journey down this road of discovering community strengths, and have designed a big and inclusive work-plan.

Here's what we will be working on together and can use funding to accomplish:

1. **Acceptability: Stigma reduction and mental health literacy efforts in communities**
2. **Accessibility: Development and use of a powerful resource /referral tool**
3. **Availability:**
 - **Primary care provider capacity building to feel more comfortable providing behavioral health services, screening and referral**
 - **Peer support training and network development**

One-on-ones and Asset-mapping: [Tom Mosgaller](#), an expert in healthcare systems change and Asset-Based Community Development and I are working to have conversations with many of you. We are also conducting asset/resource mapping in each county. We want to strengthen our partnerships and referral networks and make meaningful, measurable change – relationships are foundational to all the work we do!

Carly Kurth: Carly is a nursing student with the UW-School of Nursing, and will be working with us this semester to build an initial behavioral health resource directory for the region. She will also do some investigation to begin to understand how healthcare systems intersect with behavioral health issues and are a part of the resource network.

Mental Health First Aid (MHFA) Dates and registration for Fall 2017: We know that approximately 1 in 4 Americans experiences mental health problems or disorders in any given year. This means that someone we care about or work with is experiencing mental health problems right now. When support or treatment is delayed, or when people struggle in isolation, these problems can worsen. The good thing is, each one of us can be there to help and support. Mental Health First Aid is a program designed to help people and professionals feel more comfortable talking about mental health concerns and handling potential crises of those we interact with each day.



Platteville: Thursday October 19th 8:00-5:00 at the new Platteville Public Library
[Platteville MHFA Registration Link](#)

Richland Center: Thursday October 26th 8:00-5:00 at the UW-Extension Large Meeting Room
[Richland Center MHFA Registration Link](#)

Dodgeville: Thursday November 2nd 8:00-5:00 at the Social Services Building Community Room
[Dodgeville MHFA Registration Link](#)

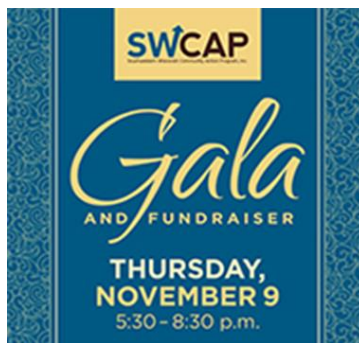
Reducing Stigma in Our Communities: A key strategy of our project is to reduce the impact of both social and internalized stigma on people's access to mental/behavioral health support and services. Stigma refers to negative attitudes and discrimination directed toward and experienced by people with mental health problems. Stigma can prevent people from seeking support from their natural support networks and from accessing behavioral health care for years, even decades. People wait until they are in crisis, or until things have drastically deteriorated.



We are partnering with [WISE Wisconsin](#) to work with organizations and communities to improve how we do things (systems) and our perspectives and supportiveness of people with mental health issues. Wise Wisconsin can provide some excellent trainings, such as [Honest, Open, Proud \(HOP\) & Compassion Resiliency](#) (see [other attachment to the email for more information](#)). Both of these lead to increased confidence in both seeking and providing support, and we can be trained as trainers in our own organizations and communities! Look for a couple of dates soon.

Primary Care Provider's Role in Behavioral Health Care: Due to the limited number of both counseling professionals and especially those who specialize in psychiatric care, primary care providers are being called upon to do more in the realm of behavioral health care. We will be building resources and links to CME's and consultation to help providers feel more comfortable in providing a basic level of behavioral health care, including screening and referrals.

Related news and events:



The SWCAP GALA and Fundraiser will be raising money this year to support the needs of behavioral health services and programs. They hope to add a psychiatric nurse practitioner to the existing Neighborhood Health Partners Clinic.

Guest Speaker: Suzette Urbashich, WISE Wisconsin

WHEN: Thursday November 9th, 5:30-8:30pm

WHERE: Deer Valley Lodge – Barneveld

TICKETS: \$35 – Call in advance (608)935-2326 | Hor d'oeuvres & live music | Cash bar -1 free w/ticket

** Support the SWCAP Annual Gala by sponsoring the event, donating an auction item, or buying tickets!

Key mental health related issues and resources:

- **NAMI Wisconsin Annual Conference** – April 20-21, 2018 Elkhart Lake, [NAMI WI 2018 Conference Link](#)
- **Survivors of Suicide Local Peer Support Groups**
 - Dodgeville - Thursday, October 12, 7-9PM Health & Human Services Bldg, Dodgeville. 303 W. Chapel St
 - UW-Platteville – 5:00-6:30pm Oct. 19, Nov. 2 & 16, Dec. 7 - Royce Hall Rm 223
- **International Survivors of Suicide Loss Day** – Saturday November 18, 2017 12-4pm Nicolet High School, Milwaukee: <http://www.mhawisconsin.org/isos>

National Suicide Hotline **1-800-273-8255 or **TEXT 839863** (immediate, live, trained responders)

Wishes for a Happy and Healthy Autumn!

Bridget Mouchon-Humphrey

Program Director | Southwest Wisconsin Behavioral Health Partnership

Southwestern Wisconsin Community Action Program | 149 N. Iowa St. | Dodgeville, WI 53533

(608)341-6608 | b.mouchon-humphrey@swcap.org