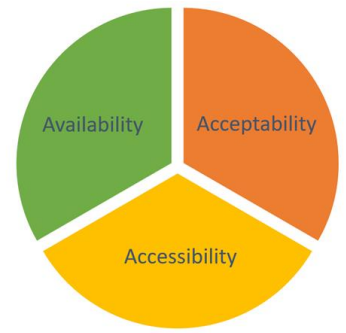


# SW WISCONSIN BEHAVIORAL HEALTH PARTNERSHIP



WINTER 2017-18

## UPCOMING EVENTS

**January 26** - Honest Open Proud Class – UW-Platteville

**April 20-21** - NAMI Wisconsin Annual Conference – Elkhart Lake, Osthoff Resort

**May 7-11** - Mental Health First Aid Instructor Training - Madison

**May 7-11** Crisis Intervention Team training for law enforcement - SW Tech

**June 5** – Behavioral Health State Conference, Advancing a Healthier Wisconsin Endowment – Kalahari Resort, Wisconsin Dells – details forthcoming!

### WPP Recovery Pathways Project to start in Iowa and Richland Counties:

SWCAP has received notification that we will be funded to start a program to address opioid addiction. The funding will come from the UW-School of Medicine and Public Health's Wisconsin Partnership Program office. This Community Impact grant will support the development of a community-based addiction treatment and support program, and will include sober housing and medication assisted treatment.

## ACCEPTABILITY

Acceptability refers to how we respond to and provide welcoming and support for people with mental health issues and disorders. Another way to think about this is to consider the stigma people experience from others, and toward themselves – a sense of being judged, devalued and even discriminated against. We want communities and organizations to better be able reduce stigma's impact as a barrier to support or services.

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*“When a loved one has cancer, families rally around — they cook, clean, drive their loved ones to doctor’s appointments... But when someone is struggling with depression, anxiety, trauma, or other mental conditions, family members are not sure what to do.”*

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## Mental Health First Aid

We have held our first Mental Health First Aid classes in Platteville, Richland Center, and Dodgeville. Monroe also held a Mental Health First Aid through the support of the Monroe Clinic. These classes familiarize community members with common mental health and substance abuse disorders and give people the opportunity to develop skills to provide “first aid”. People feel more confident and can respond to give others help and support when they notice emotional or behavioral changes – or in times of crisis. This is a fantastic day-long class. Look for more of these coming up in the next year! One will be held in Darlington and a Youth version in Richland Center. Consider becoming trained as a Mental Health First Aid Instructor – we can help!

## Honest Open Proud Training – January 26<sup>th</sup> – UW-Platteville

Our very first Honest, Open, Proud training will be held on the UW-Platteville campus from 9am-3pm on Thursday January 26<sup>th</sup>. Honest, Open, Proud (HOP) is a decision making process that provides skills, support, and practice for anyone who considers if, how, when, and to whom they might choose to disclose their mental health challenges. HOP seeks to replace the self-stigma that some who have faced trauma, mental illness, and other challenges have developed with beliefs of recovery, empowerment, and hope.

Key components include: a look at the story one has been telling oneself, discern helpful and hurtful self-attitudes, analyze the pros and cons of disclosing in different settings to different people, testing who might be safe to disclose to, and how to prepare for the unexpected response. CEU's are available.

## ACCESSIBILITY

Even helping professionals have a limited knowledge of community resources and feel disconnected – we live in “silos”. Linking and networking with other organizations and professionals or supportive community groups is difficult within our individual and organizational roles. Of course, people who need support or help often don't have just a single problem or issue – we need to connect them with community resources in a more holistic way.

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*“If as professionals, we don't know all of the resources and what to do, how are other community members supposed to figure it out?”*

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We have been conducting Asset-Based Community Development asset-mapping and planning in our five county region, and have discovered a wealth of resources within our professionally run organizations and institutions, as well as many informal resources in our communities. We are working to develop a comprehensive and user-friendly directory, and to develop and pilot ways to help us all – people looking for help and people who want to help - to navigate the systems and resources in our local communities.

## AVAILABILITY

We will be working to increase people's ability to connect with services and support earlier and improve overall availability and accessibility. Primary care providers are already providing behavioral health services; we will help them feel more comfortable and supported in doing this work through training and consultation. There are also many people in our communities already providing support and a listening ear (e.g. family members, pastors, domestic violence agency staff...) and we can provide them with training and support in being peer specialists. The partnership will support other efforts to bring more behavioral health providers to Southwestern Wisconsin, and innovative ways to reduce barriers to access, like transportation and cost.

## KEY NEWS – WORTH A READ

[Why are Farmers Killing Themselves in Record Numbers? - The Guardian](#)

[Cost of not caring: Nowhere to go - The financial and human toll for neglecting the mentally ill - USA Today](#)



ADVANCING A HEALTHIER  
WISCONSIN ENDOWMENT



Southwestern Wisconsin  
Behavioral Health Partnership



wise END  
STIGMA  
TOGETHER  
one story at a time

Bridget Mouchon-Humphrey

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Find out more about efforts in  
your county!

## Advisory Board

Grant County:

- Jeff Kindrai – Director of Public Health
- Jodi Moen – UW-Platteville Counselor
- Eric Swan – Director of Community Realties - Gundersen, Boscobel

Green County:

- Rob Miles – Green Co. Human Services Mental Health Supervisor
- Frank and Carol Mixdorf – NAMI Green County

Iowa County:

- Kim Emerson – Upland Hills Health – Hospital Social Worker
- Steve Michek – Iowa County Sheriff
- Tom Slaney – Iowa County Director of Social Services

Lafayette County:

- Justin Brent – Funeral Director
- Candi Fitzsimons – Director of Darlington Public Library
- Jason King – Darlington Chief of Police

Richland County:

- Mike Breininger – Pastor Richland Center Fellowship
- Janis Peterson – Community Peer Supporter

At Large:

- Deb Goold – CESA 3 School Counselor Liaison
- Jeff Lockhart – Director, Unified Community Services, Grant & Iowa Counties
- Mary Mezera – Regional Director – SW WI Aging & Disability Resource Center