



ADVANCING A HEALTHIER
WISCONSIN ENDOWMENT



Southwestern Wisconsin
Behavioral Health Partnership



wise END
STIGMA
TOGETHER
one story at a time

Happy Summer, Southwest Wisconsin Behavioral Health Partners!

Our Behavioral Health Partnership project was submitted and accepted by the Medical College of Wisconsin, Advancing a Healthier Wisconsin Endowment! We will be funded for the coming five years, July 1, 2017-June 30, 2022. Through conversations in all five counties and our web-based partner meetings, we developed a plan that is aligned with what community members shared were the biggest needs and what they felt would be most effective – and interestingly are also aligned with research and evidence. 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**

Each of us needs to participate and provide input to move us forward! To kick us off, I will be working with you to set up some events and work on some community outreach and messaging. Here’s what we plan to accomplish in our communities and organizations starting this Fall:

One-on-ones: [Tom Mosgaller](#), an expert in healthcare systems change and Asset-Based Community Development and I will be setting up one-on-ones with many of you over the next few months. We want to strengthen our partnership and make meaningful, measurable change – relationships are foundational to all the work we do!

Mental Health First Aid (MHFA) and Mental Health Literacy: 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. **Dates for Fall 2017:**

- Monroe: Wednesday October 4th 8:00-5:00 at Union Presbyterian Church – Sponsored by the Monroe Clinic
- Platteville: Thursday October 19th 8:00-5:00 at the new Platteville Public Library
- Richland Center: Thursday October 26th 8:00-5:00 at the UW-Extension Large Meeting Room
- Dodgeville: Thursday November 2nd 8:00-5:00 at the Social Services Building Community Room
- Youth MHFA: August 23rd – Led by and held at the CESA 3 Building, Fennimore

Compassion Resiliency train-the-trainer from [WISE Wisconsin](#): Find yourself hitting an emotional wall? Do you have staff who have stopped trying to understand those they serve and instead rely on descriptors such as: manipulative, attention seeking, frequent flyers, noncompliant,.....hopeless? Looking for ways to inspire yourself and others for the work ahead? Compassion resilience is the power to maintain a position of empathy, strength, and hope, in the daily witnessing of other's trauma and challenges. Unless we and our staffs are able to manage the emotional impact of seeing the effects of trauma on those we serve, the visions we hold for our communities cannot be reached. This unique program offers you an opportunity to address your own “compassion fatigue,” grow your “compassion resilience,” and cultivate the collegial supports and compassionate boundaries to do so.

Honest, Open, Proud (HOP) train the trainer from WISE Wisconsin: 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. Versions of HOP are offered for adults, youth, and coming soon-parents! Community members, providers, educators and others will be trained to facilitate HOP groups.

Asset-mapping the ABCD way: We will be working with each county to bring together key stakeholders, including people who use community services and resources. Asset-mapping gives us critical information about what resources we already have, some that may be hidden or not well-known. We will explore how connections and hand-offs are made and how we are already working together. By doing this, we can see how we can make those connections better, make new connections, and identify gaps in services/resources and where people may be “falling through the cracks”.

Anti-Stigma Messaging Focus Groups: We have WISE experts and evidence of strategies that work to reduce mental health stigma. We want to understand better how to reach out and message to people living in our small rural areas and build more welcoming, accepting communities. We will be reaching out to communities and hold focus groups to find messages that will work – in newspaper articles, from the pulpit in church, in presentations to county boards, etc.

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.

Key mental health related issues and resources:

Thirteen Reasons Why:

Suicide is a tough, but necessary subject to address and one that is often avoided by media due to its sensitive subject matter. This avoidance isn’t surprising as suicide can be upsetting to discuss, but it also speaks to how we manage these topics culturally – often, by omitting them. It’s rare then when an outlet chooses to tackle this subject head-on as is the case in Netflix’s 13 Reasons Why. [WISE Wisconsin’s article: 13 Reasons Why](#)

** Upcoming Event - Healthcare Reform and Medicaid:

You have been reading all kinds of updates and commentary on the Affordable Healthcare Act Repeal and Replace efforts in both the House of Representatives, and now the Senate. I want to let you know about an upcoming opportunity to hear from experts what they think the likely impact of the new healthcare reform will be. Click on this link to an [upcoming event in Madison on July 19th](#), put together by Wisconsin Health News. Also see:

- [Health Affairs - Senate Healthcare Bill](#)
- [Kaiser Family Foundation Senate Healthcare Bill](#)

Updates on Health and Behavioral Health Related Issues and Events: <https://www.ruralhealthinfo.org/updates>

Some Favorite Websites/Resources to Reframe my Perspective and my Work:

- <https://www.brainpickings.org/>
- https://greatergood.berkeley.edu/article/item/how_to_turn_stigma_about_mental_illness_into_compassion

Wishes for a Happy and Healthy Summer!

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