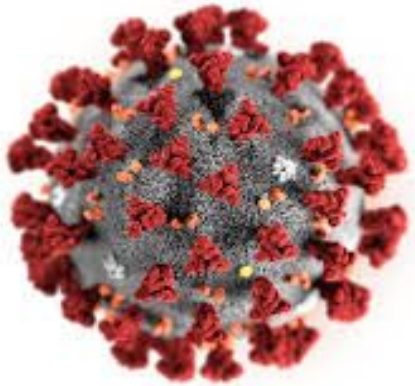


Member Meeting

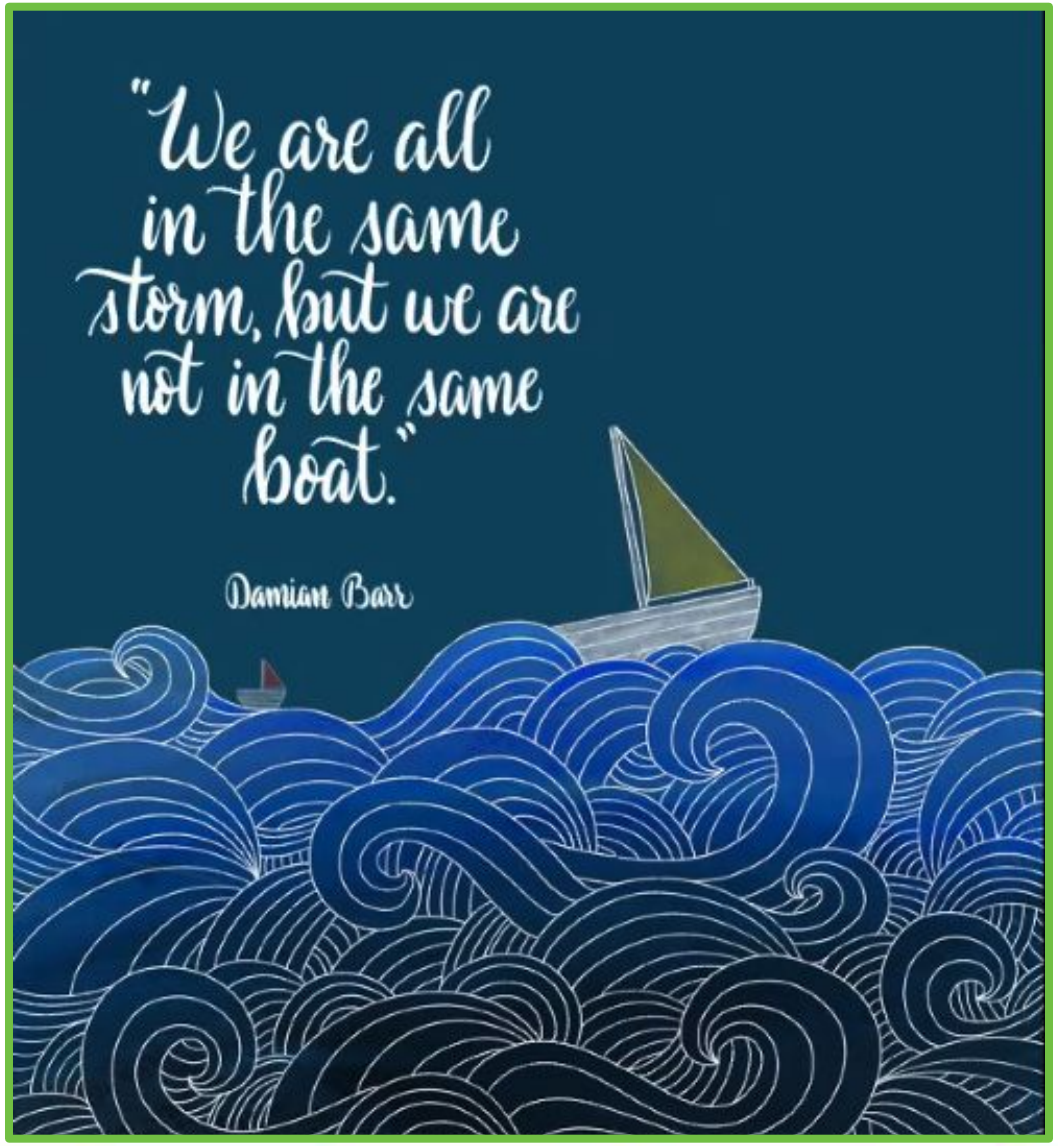
Thursday, November 12, 2020

The Connection
N.E.W. MENTAL HEALTH

WELCOME and THANK YOU

There have been few times in modern history where the helpers and the helpees are in the same storm at the same time…

Please take care of yourself!



2020 Membership

Membership Dues for 2020 were optional in recognition of the financial hardship of the pandemic on you, my member agencies

Your organization's membership dues were paid this year by the COVID-19 Community Response Fund

(a fund created by United Way Fox Cities, the Community Foundation for the Fox Valley Region, and generous donations from the community)

JJ Keller Foundation, ThedaCare and Ascension

THANK YOU!!!

Agenda:

- **Let's Vote:** New Board Members in 2020
- **Project Spotlight:** ThedaCare – Walk-in Clinic
- **Focus on Men:** Awareness campaign (ZS Community) targeting prevention for our highest risk group
- **School Staff and Students:** HTM is meeting everyone where they are in the 2020-2021 school year
- **Teen Qualitative Study:** Amplifying the voices of our youth
- **Screening:** Now, more than ever!
- **COVID-19 and Mental Health**
- **2021 Member Meetings**

Annual Meeting: Voting for BOD

New Board Members in 2020:

Dr. Todd McKenzie, Children's Hospital of Wisconsin

Sadie Bodenbach, Apricity

The Connection
N.E.W. MENTAL HEALTH

Project Spotlight!

Julie Meyer
Director of Behavioral Health

Type your questions into the chat box

ThedaCare®

Behavioral Health Walk-In Care

Overview

- Walk-In clinic for adults with immediate behavioral health care needs
- Same day access to nursing and therapy services
- Provides an assessment, counseling, referrals, and short term treatment

Description and Services

- Staffed by:
  - Nurse Care Managers
  - Therapists
- Available services:
  - Nursing Assessment
  - Referrals and Scheduling for Outpatient Care
  - Counseling
  - Treatment Referrals
  - Discharge Planning
  - Care Management

Who?

- Adults (Over 18 years old)
- Urgent, needs to see someone today

- NOT for individuals who are:
  - Detoxing or need to detox
  - Actively suicidal
  - Acute crisis
  - Urgent medical need

Where? When?

ThedaCare Physicians – Neenah
333 N. Green Bay Road
Neenah, WI 54952
Entrance 3

1-833-BHWLKIN

Monday thru Friday
8am – 4:30pm

Men's Mental Health and Suicide Prevention

Awareness Campaign and Website

ZERO SUICIDE

WINNEBAGO
OUTAGAMIE
CALUMET

The Connection
N.E.W. MENTAL HEALTH

Project ZERO
EVERYONE MATTERS

Why Men's Mental Health

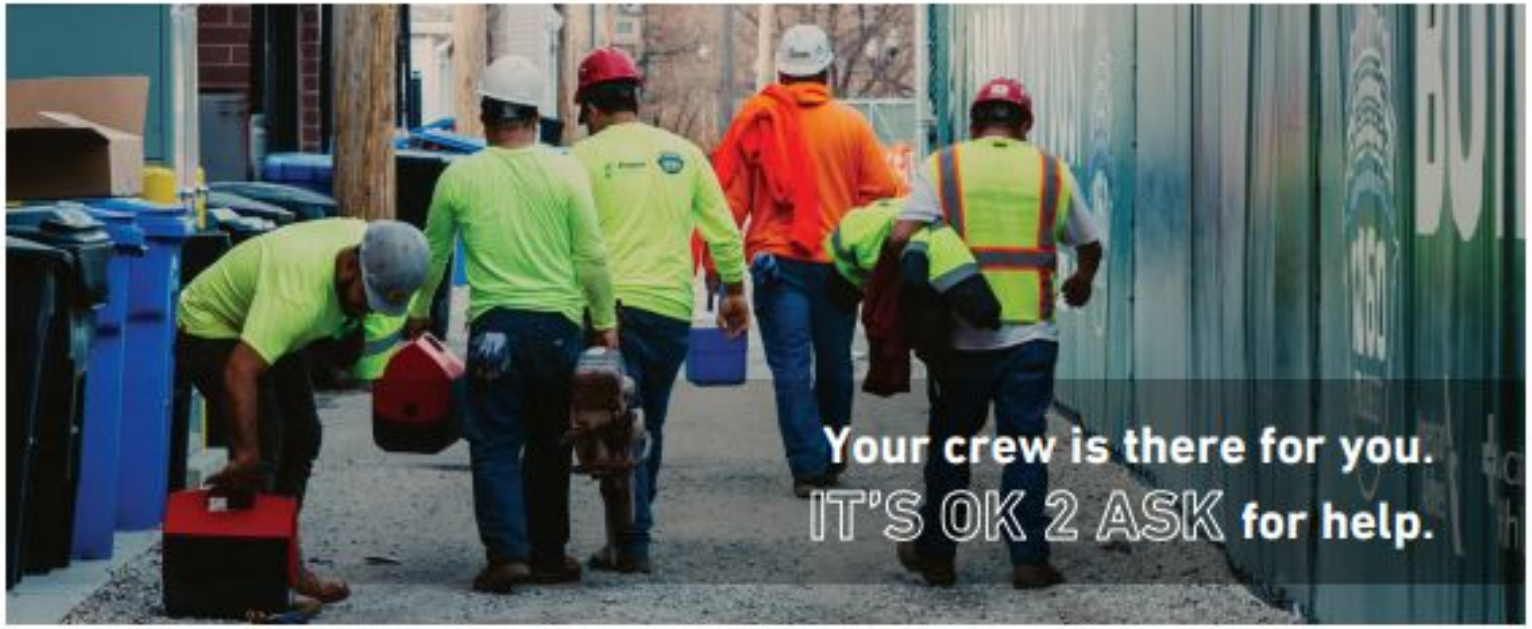
- In WI
  - 2013-2017 the majority of suicides were by MEN age 45-54
- In the Fox Valley
  - 2010-2019 Men age 45-64 have the highest rate of suicide in the Tri-County
- Men have a tendency to not talk about feelings and to "muscle through" "tough times"
- Awareness of when experiences are beyond what is typical can assist in knowing when help is needed
- Relating and identifying with the experiences of other men can be key

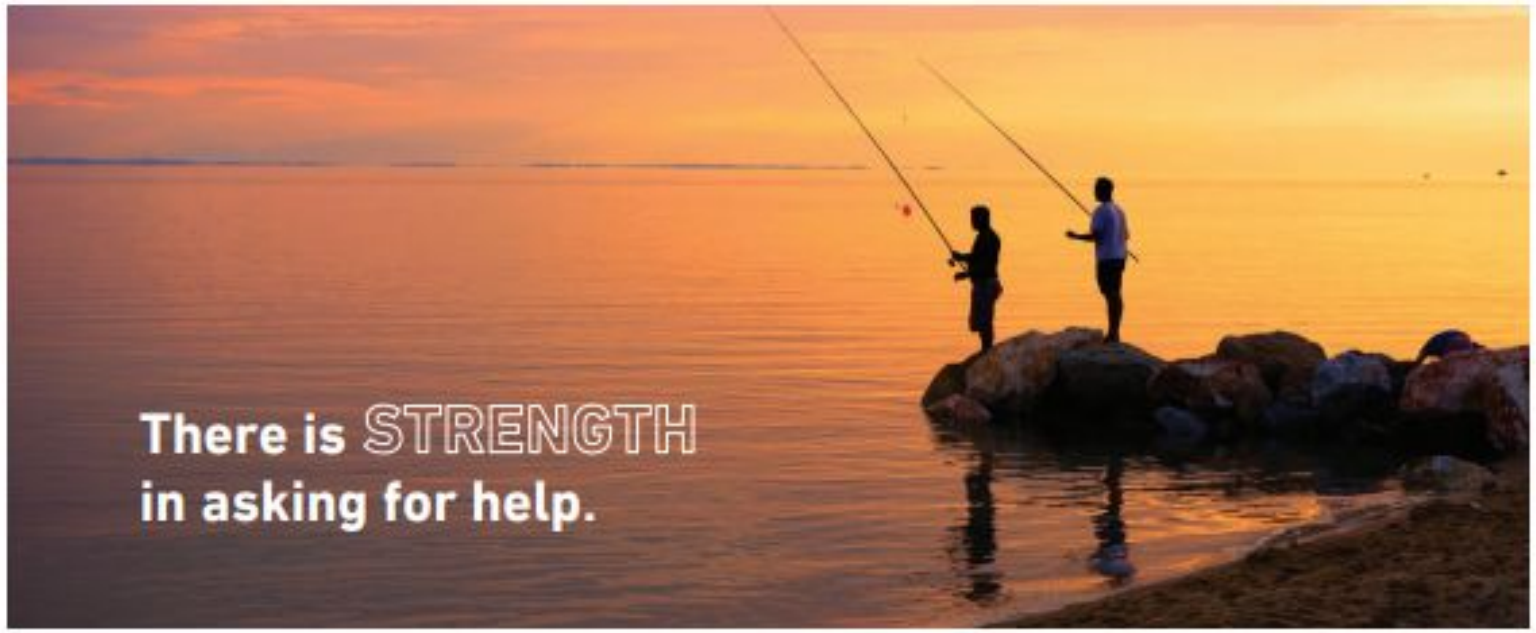
Awareness Campaign

Make it OK 2 Ask for help

Bring attention to recognizing the signs and symptoms and know when and how to get help

Launch kit for Members!





Project ZERO
EVERYONE MATTERS

Campaign Call to Action

Men's Mental Health Website

MENTAL HEALTH FOR MEN

The Connection
N.E.W. MENTAL HEALTH

WELCOME

We're glad you're here. This is a place where you can find resources to address the concerns that brought you here. Depression, anxiety, and suicidal thoughts are serious, yet treatable, mental health disorders that do not discriminate. These issues are not due to personal flaws or weaknesses. They are the result of brain chemistry as well as other triggers, including major life stressors (like divorce, job loss, or the death of a loved one). Mental health disorders can also be caused by physical problems.

What do symptoms of a mental health concern look like?

- Anger
- Irritability
- Aggressiveness
- Restless or "on edge"
- Feeling very tired
- Feeling "stuck in a rut"
- Loss of interest in work, family, or hobbies
- Problems with sexual desire or performance
- Difficulty sleeping/concentration
- Racing heart
- Tightening chest
- Ongoing headaches
- Digestive issues
- Engaging in high risk activities
- A need for drugs/alcohol

If any of these are affecting your work, your relationships, your ability to meet responsibilities, or your ability to simply enjoy life, it's time to get help.

The way you are feeling is not unusual. **1 out of 3** people will experience similar thoughts and feelings at some time in their life. There is hope and there is help. Coming to this site was a great first step. Scroll down to find resources that can help you feel more like yourself.

The Landing Page…half of it 😊

Common Symptoms

"…effecting your work, your relationships, your ability to meet your responsibilities or simply your ability to enjoy life, it's time to get help."

Normalize…

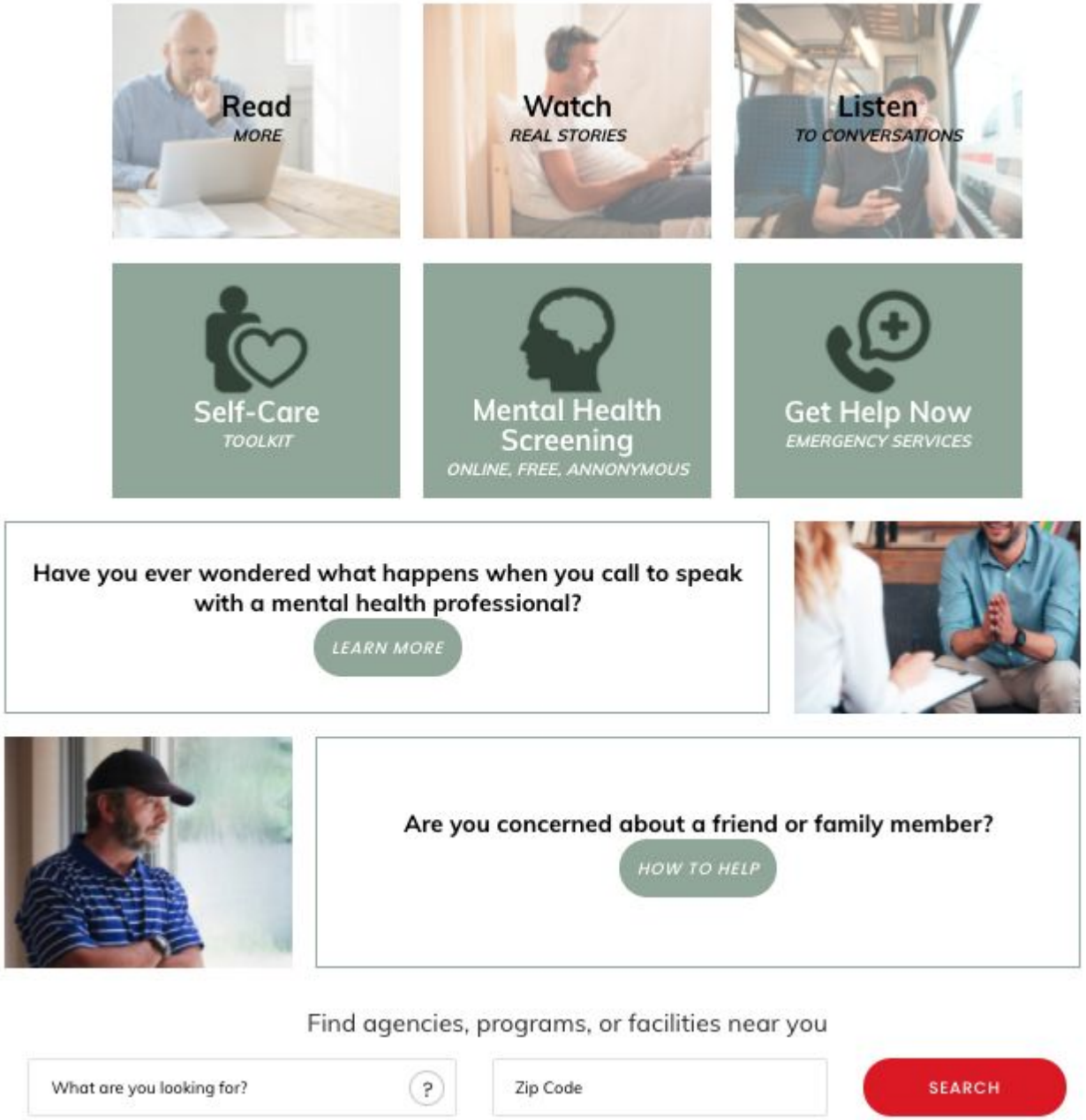
"…1 in 3 people will experience similar thoughts and feelings at some point in their life."

Landing Page part 2…..

6 Simple Buttons

2 “Learn More” buttons

Search for Services



Add To Favorites

LISTEN TO CONVERSATIONS

Mental Illness Happy Hour

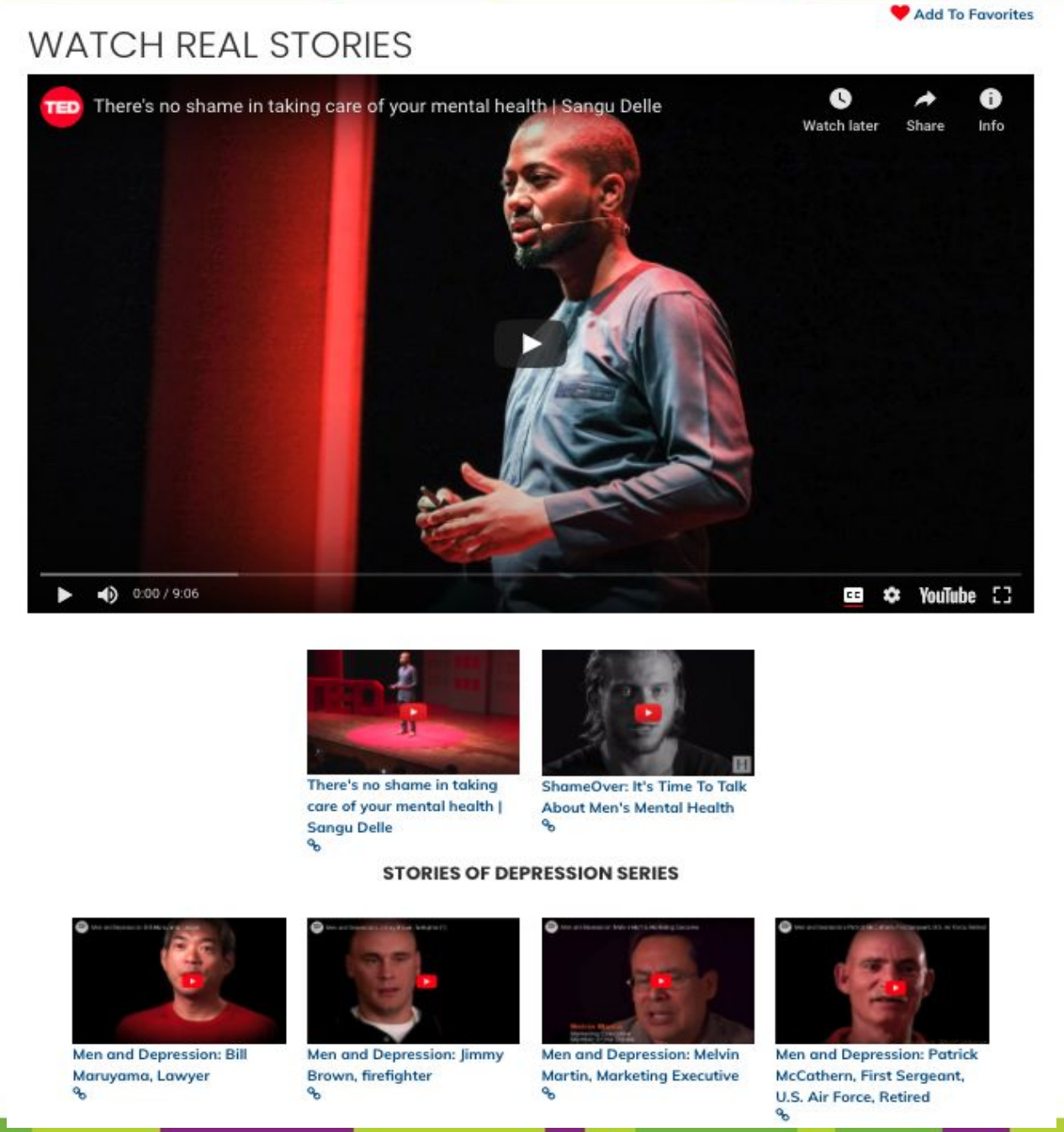
A weekly online podcast that interviews comedians, artists, friends, and the occasional doctor. Each episode explores mental illness, trauma, addiction and negative thinking.

The Depression Files

Interviews of men who have suffered from depression. Taking a deep dive into mental health topics with guest experts, educating some, supporting others, and chipping away at the stigma!

LISTEN button:
A list of about 10 **Podcasts** to choose from that are about mental health with men as the host sharing experience and asking questions

WATCH button:
Real Stories of other men who have experienced Depression, Anxiety, Suicidal Ideation, and RECOVERY!



SELF CARE TIPS AND RESOURCES

Practicing self-care means taking care of your mental AND physical health. In fact, taking care of our physical health can make a significant positive impact on our mental health. **Methods of self-care include exercise, good sleep, healthy eating, mindfulness/meditation, stress management, and staying connected with family/friend.** What works for one person may not resonate with another. Finding what works for you is important. The following resources can help.

7 Daily Habits To BEAT Depression & Anxiety

How to Deal With Stress & Anxiety

EXERCISE improves mental health

Men's Health: The Physical & Mental Connection

The Mental Health Benefits of Exercise

Depression and Exercise - A simple workout by Anthony Mayatt

Man Flow Yoga by Dean Pullman

SELF-CARE TOOLKIT button

7 Daily Habits to BEAT Depression and Anxiety

How to deal with Stress and Anxiety

EXERCISE Improves mental Health

More TOOLS…

SLEEP matters

What you EAT matters

Meditation and MINDfulness

Helpful INFOGRAPHICS

Meditation & MINDfulness

Meditation, Stress, and Your Health

Headspace: Meditation for Stress

Meditation For Men with John Wineland

Man Flow Yoga: Develop Mindfulness for Stress Relief

Progressive Muscle Relaxation

Complete Guide to Goal Setting

PsyberGuide

ONE MIND PsyberGuide: Apps & Digital Health Resources

Rethink Your Drink

Sleep Strategies

Combat Loneliness

Managing Anger

Add To Favorites

CONTACTING A HEALTH PROFESSIONAL

The initial appointment with a mental health professional is about an hour long and consists of the "get to know you". You will not be put "on trial". The goal of the therapy relationship is to create a comfortable space for you to speak on your own terms. The gender of the therapist does not matter, other than what you are most comfortable with - there is no wrong answer! The truth is, the rapport you build with your therapist is the most significant factor in therapy "working".

Most counseling agencies have therapist bios on their website you can view to learn more.

Mental health professionals can help you develop strategies to overcome negative thought patterns and destructive behaviors you may have.

The biggest impact of therapy is felt in the first few sessions. Depending on what you are working on, counseling could be weekly, bi-weekly, or monthly and could last just 3 sessions or possibly many more. The impact and rate of improvement tend to slow after the first few sessions.

Once you have tackled the issue at hand, don't throw out your therapist's number! In a year or so, you may find you want to check in again...life happens!

MEDICATION +

COST OF THERAPY +

TERMINOLOGY +

BENEFITS OF THERAPY +

WAYS TO GET CONNECTED TO A MENTAL HEALTH PROFESSIONAL +

TIPS FOR TALKING WITH A MENTAL HEALTH CARE PROVIDER +

"Have you ever wondered what happens when you call to speak with a mental health professional?"

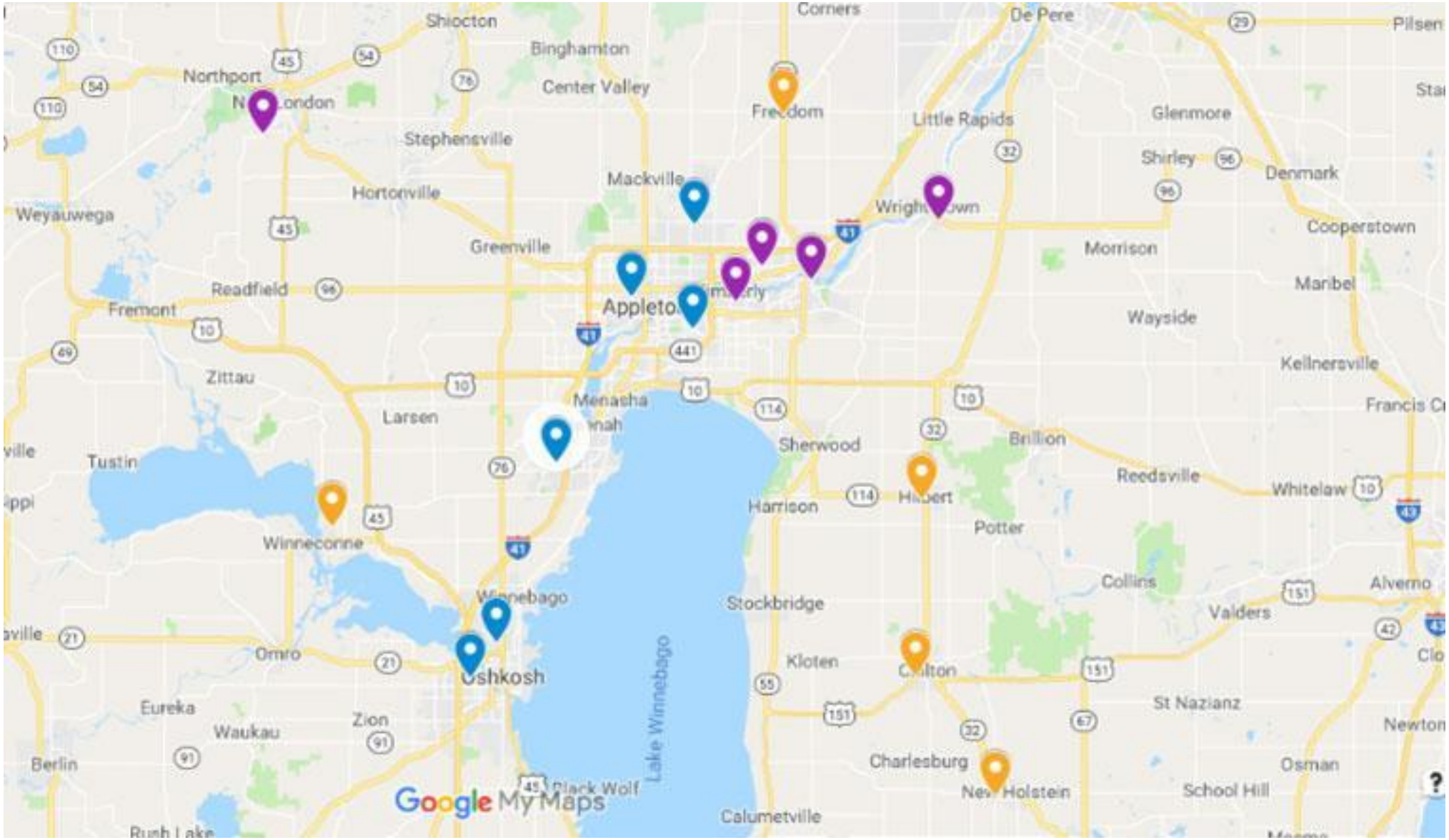
LEARN MORE button

Many collapsible topics to choose from for more information!

When? Where? How?....stay tuned 😊

- The campaign name and URL will be announced soon…
- There will be a keyword to text and get a link to the site sent directly to your phone to browse in private
- There will be print material you can post and distribute
- The launch date (fingers crossed!) will be before Thanksgiving!

SOURCES
OF STRENGTH


Shiocton
Corners
De Pere
Pilsen
Binghamton
Northport
Center Valley
Freedom
Little Rapids
Glenmore
Stephensville
Shirley
Denmark
Mackville
Hortonville
Weyauwega
Cooperstown
Morrison
Greenville
Readfield
Maribel
Fremont
Wayside
Zittau
Kellnersville
Menasha
Larsen
Sherwood
Brillion
Tustin
Reedsville
Whitelaw
Harrison
Potter
Winneconne
Collins
Alverno
Stockbridge
Valders
Omro
Kloten
Oshkosh
Eureka
St Nazianz
Waukau
Zion
Newton
Berlin
Charlesburg
Osman
Black Wolf
Lake Winnebago
School Hill
Calumetville
Google My Maps

HOPE · HELP
Strength
NOT SAD, SHOCK, TRAUMA

Teens Informing the Prevention of Suicide
(Qualitative Study)
Tri-county: Calumet, Outagamie and Winnebago Counties

- We held our first round of the Youth Advisory Committees, virtually!
- The youth were very engaged and wanted to share about their experiences, thoughts and feelings
- They spontaneously spoke about school stress, home life, community programs, mental health, and the pandemic
- Second round begins in January

Get a CHECK UP from the NECK UP

Take a free, anonymous mental health screening

FOR YOUTH!

Get a CHECK UP...

...from the NECK UP

Take a free, anonymous mental health screening

Text "ScreenMe" to 31996

To receive a text with links to both the Adult and Youth Screener

Examples of free, anonymous screening available through the link:

- Alcohol use / Substance use / Opioid misuse
- Depression
- Anxiety
- Bipolar disorder
- Eating disorders
- PTSD
- Psychosis
- **Not sure what you're feeling? Wide range screener**
- Wellbeing screener

MyConnectionNEW.org

CLICK. LINK. HELP.

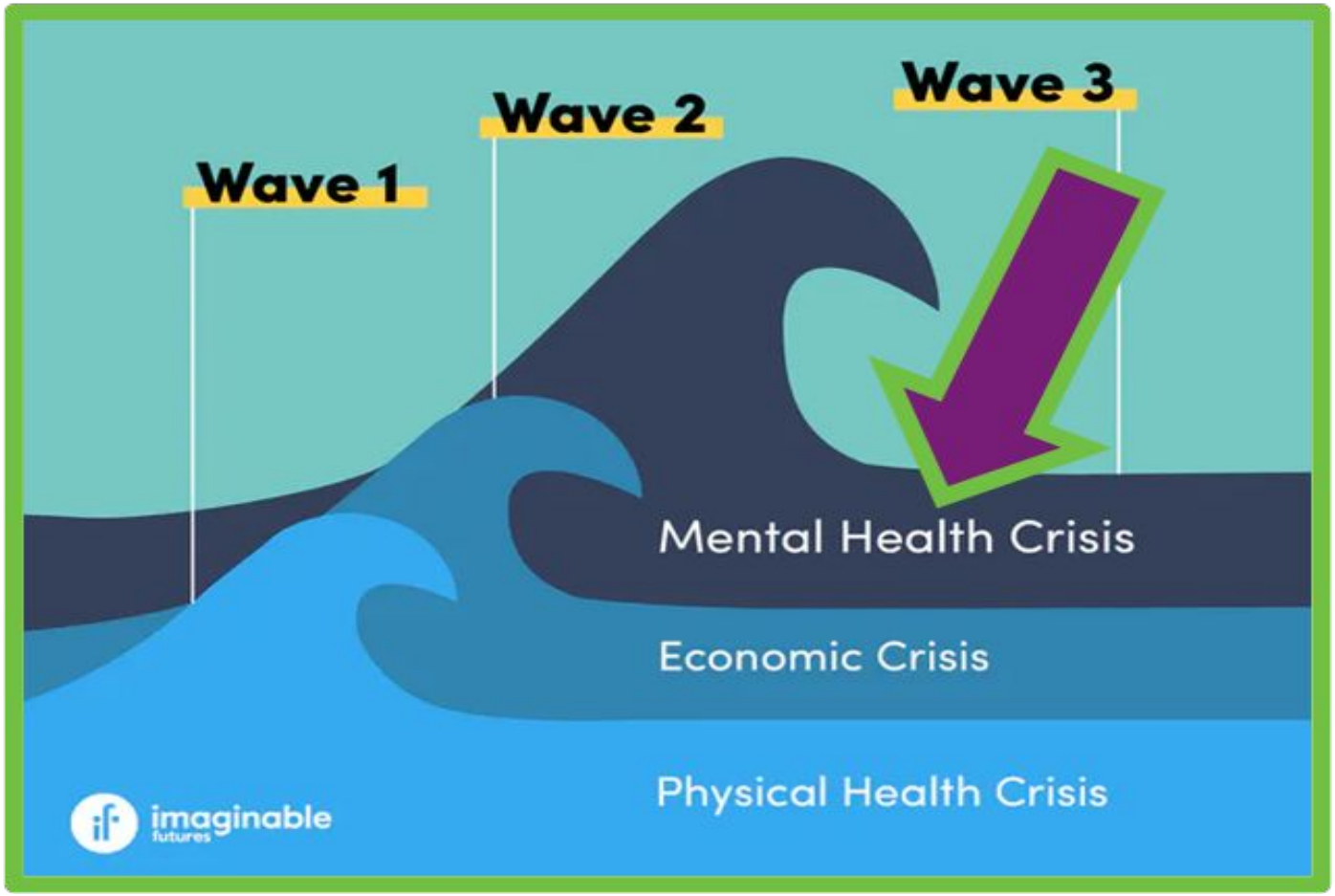
COVID-19 & Mental Health:
A "Perfect Storm"

INCREASING Risk Factors:

Isolation & disconnection
Loss of natural supports
Financial instability / Job loss
Relationship stress
Limited access to healthcare
Alcohol use (up 60%)
Feeling hopeless/burdensome
Access to lethal means (guns, prescription meds, etc.)
Uncertainty

DECREASING Protective Factors:

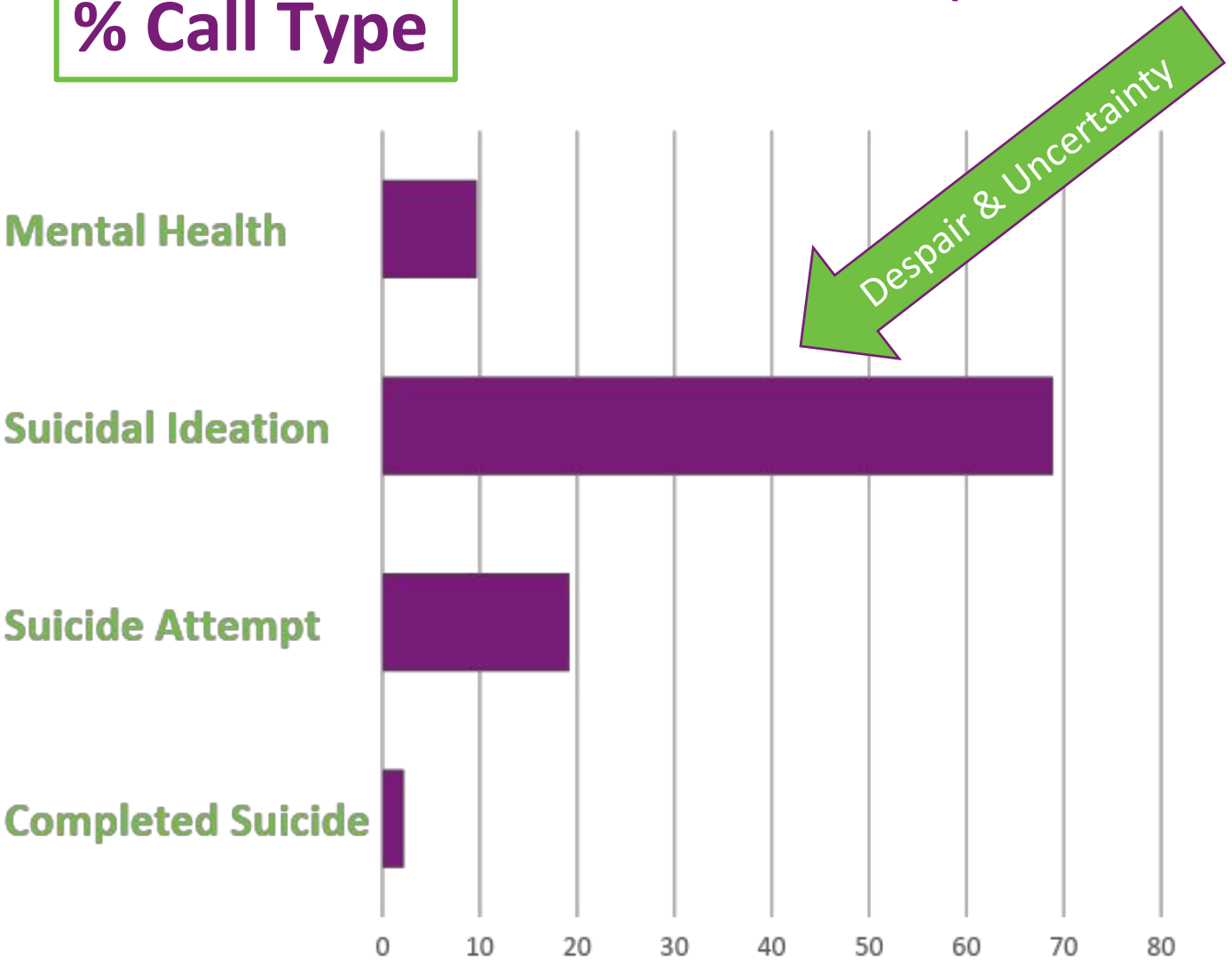
Connectedness & Relationships
Access to preventive healthcare
Social supports
Sense of purpose/meaningfulness (job or hobby)
Resilience / Distress Tolerance
Engagement in faith community
Empowerment
Healthy Coping Skills
Routine

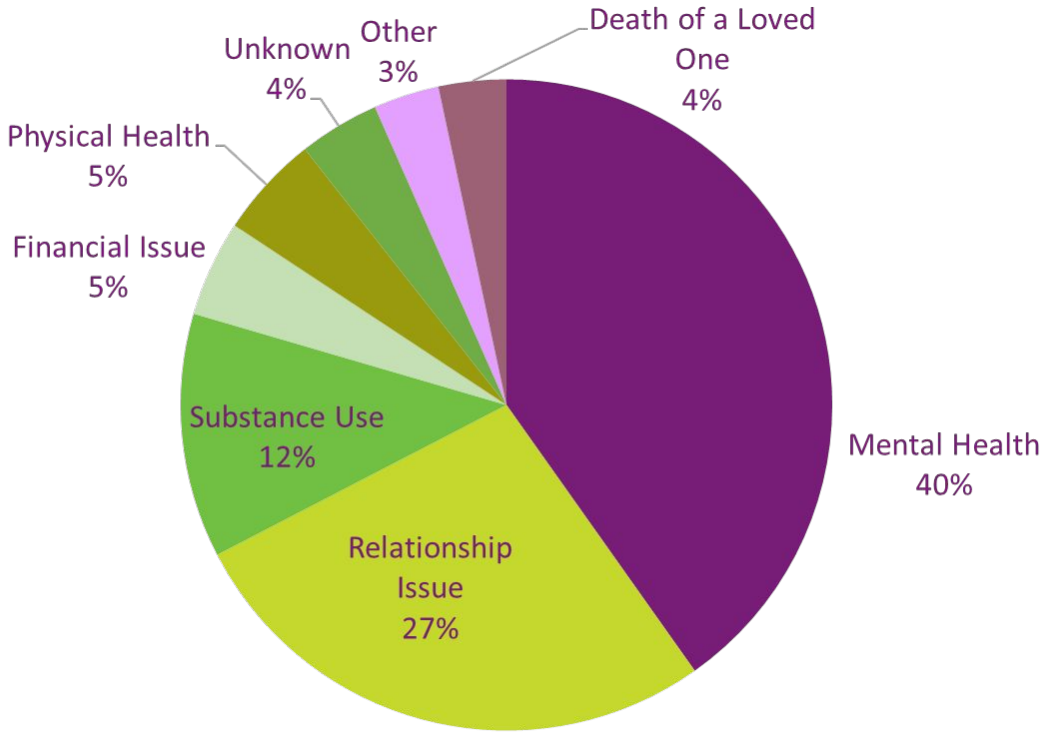


The Shadow Pandemic

45% increase in police contacts since March 2020

% Call Type

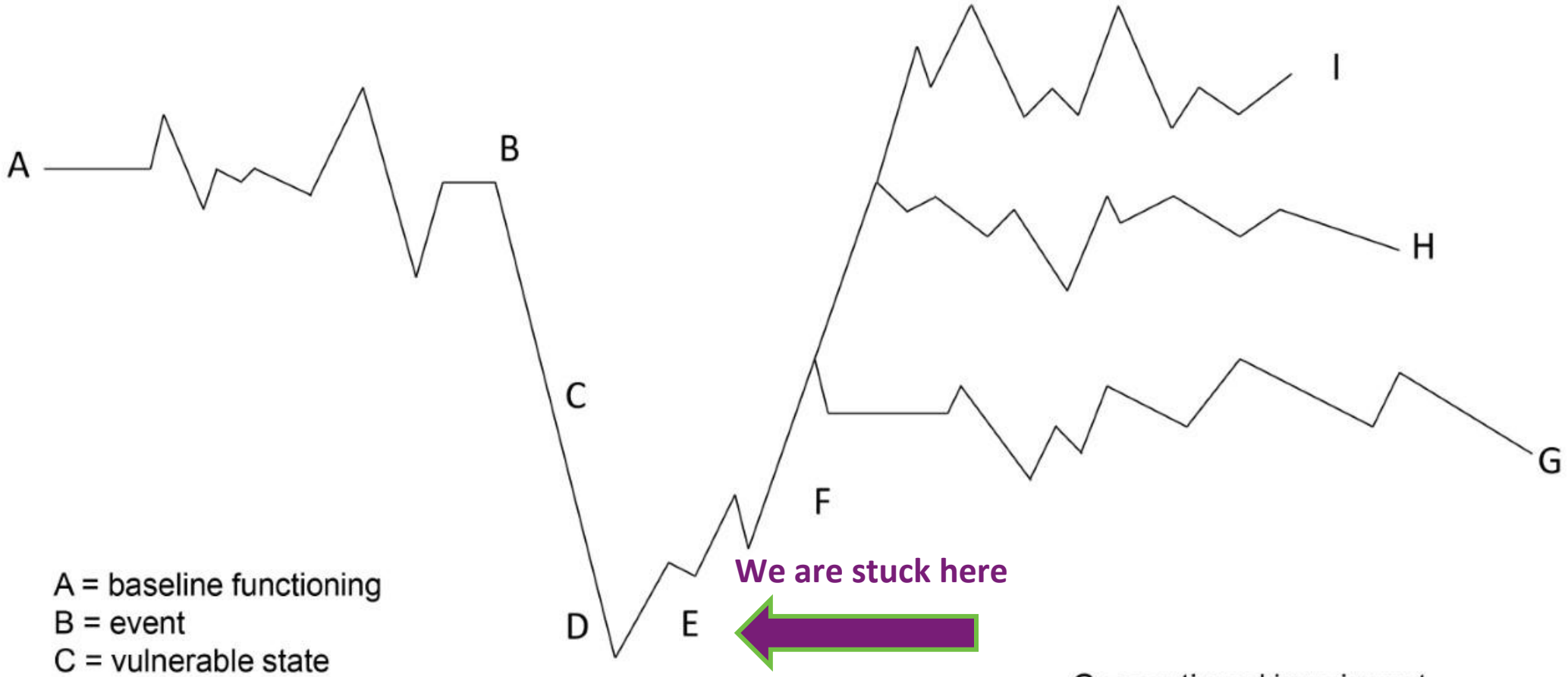




Triggering Event

Youth & Adult Adjustment Over Time in Crisis

(The arc of recovery is long for all, unending for some)



A = baseline functioning
B = event
C = vulnerable state
D = usual coping mechanisms fail
E = helplessness, hopelessness
F = improved functioning

G = continued impairment
H = return to baseline
I = post-traumatic growth

Incubating Projects:

- Solving problems. Not managing them. It's time for BOLD ideas.
- COVID-19 has created chaos and opportunity… and unusual flexibility where we normally hit walls with our passion for quality improvement!
- Project Zero is working for change within our Crisis Response System
- We need people in crisis to get connected to care quickly & humanely

Mental Health Navigator(s)

- 1st and 2nd shift
- Manages shared calendar of available, same/next day appointments
- Accessed by system partners (first responders, 2-1-1, EDs, etc.) not public-facing
- Sits in the Access Dead Zone – document system gaps
- Connects highest risk folks quickly and directly to treatment
- Runs "Friday Feedback" – users provide feedback about the process

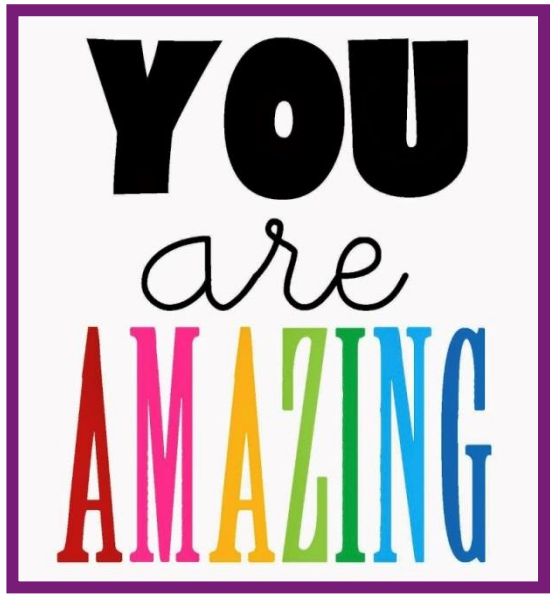
Open/Urgent Appointments

- **Recruit provider partners** to participate in the model – offer open appointments to the shared calendar
- Navigators fill appointments as calls come in for same/next day availability
- Creation of no-risk reimbursement fund
- Offer training for participating providers in risk assessment, crisis counseling and safe suicide care

Member Meetings 2021

- Look for a survey in your email inbox…
- This is the time of year when we reassess the logistics of our Member Meetings – the time of day, the day of week, and the week of month
- There have been benefits to holding the Member Meetings virtually this year!
- In 2020, we added the Agency/Project Spotlight and well as some mini trainings
- Looking for your bright ideas about what to add in 2021 to make this meeting the one you never want to miss!

Member Agency Announcements?



Next Meeting:

January 14, 2021

SEE YOU NEXT YEAR!!!