Member Meeting
Thursday, January 14, 2021
THANK YOU
For all you did in 2020!

In 2020, therapists counseled people through
a global pandemic
an economic crisis
a politically polarized election
a racial justice movement
chronic uncertainty, anxiety and depression

With no preparation,
warning,
or special training
ALL
while they went through the same experiences themselves.

If ever there was a time to honor & value therapists,
the time is now.
Behavioral Health
Walk-In Care

ThedaCare Physicians – Neenah, Entrance 3
333 N. Green Bay Road
Neenah, WI  54952
1-833-BHWLKIN

• 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
• Staffed by:
  • Nurse Care Managers
  • Therapists

Monday thru Friday
8am – 4:30pm

There is CAPACITY!!
Help spread the word about this critical resource!
Agenda:

• Membership Dues in 2021

• 2020 successes - in the midst of the pandemic!

• Project Zero Updates: Co-Responder project
  Crisis to Care project
  ZS training in 2021
  Strong Minds for Men

• Systems Change and the pandemic - Exciting opportunities to do things differently

Returning to our original meeting time of 7:30 – 8:30, as a result of your requests!
2021 Membership

New and renewing members will have 3 options for Membership Dues in 2021 in recognition of the financial hardship of the pandemic...

1. For members who are able, please pay your membership dues at your regular rate

2. For members who are stretched, but able, please pay 50% of your regular rate

3. For members who are still in financial hardship, you may request a waiver for 2021 (we have funders willing to cover some unpaid dues)

Remember that 60% of the operating budget of The Connection comes from membership dues...

THANK YOU!!!
2020 Successes:

MyConnectionNEW.org
CLICK. LINK. HELP.

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
Improvements: Added Wide Range Screener and Strong Minds for Men page
May 2017 – December 2020

MyConnectionNEW.org is a service navigation site for all mental health and substance use providers in Outagamie, Calumet, Winnebago and Brown County – in partnership with United Way’s 2-1-1

- Total visits 220,000
- Page views 483,000
- Average visits per day 250
- Average page views per day 360
- Average length of engagement 12 minutes 40 seconds
• **Top viewed pages:** service directory, emergency services page, library

• **Top library searches:** depression, anxiety, substance abuse, stress

• **Top 10 keyword searches:** depression, substance abuse, stress, anxiety, suicide, COVID-19, ADHD, bipolar, PTSD, OCD
<table>
<thead>
<tr>
<th>Condition</th>
<th>Total</th>
<th>Consistent/Highly Consistent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total screenings:</td>
<td>1065</td>
<td>% consistent/highly consistent</td>
</tr>
<tr>
<td>Depression</td>
<td>169</td>
<td>80%</td>
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<tr>
<td>Generalized Anxiety</td>
<td>183</td>
<td>84%</td>
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<tr>
<td>Bipolar</td>
<td>74</td>
<td>70%</td>
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<tr>
<td>Eating Disorder</td>
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<td>Adolescent Depression</td>
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<td>86%</td>
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<tr>
<td>PTSD</td>
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<td>92%</td>
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<tr>
<td>Alcohol misuse</td>
<td>22</td>
<td>50%</td>
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<tr>
<td>Substance use risk</td>
<td>23</td>
<td>100%</td>
</tr>
<tr>
<td>Psychosis</td>
<td>15</td>
<td>53%</td>
</tr>
<tr>
<td>Wide Range</td>
<td>396</td>
<td>96%</td>
</tr>
<tr>
<td>Wellbeing</td>
<td>68</td>
<td>59%</td>
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</table>
PZ Workplan Pivot Due to COVID-19...

- Creation of the **Early Warning System** and data sharing with the community regarding the mental health and suicide impacts of the pandemic

- Held **Table-Top Exercises** in Outagamie and Winnebago Counties with representatives from law enforcement, dispatch, county crisis, county mental health, emergency departments, Victim Crisis Responders, consumers – with the purpose of walking real cases through the process from crisis to care, looking for systems change opportunities

- Created the “Dream Team” to work on dreaming up an **ideal system response**, in other words, how we’d like it to work if we didn’t have any constraints

- **Projects** that flowed from the Table Top Exercises and the Dream Teams Ideal System Response include: The Crisis to Care Project and The Co-Responder Project
The Shadow Pandemic
60% increase in police contacts since March 2020

% Call Type

Mental Health
Suicidal Ideation
Suicide Attempt
Completed Suicide

Triggering Event

EARLY WARNING SYSTEM DATA

DESPAIR & UNCERTAINTY

Mental Health

Triggering Event

Mental Health 40%
Relationship Issue 27%
Substance Use 12%
Financial Issue 5%
Physical Health 5%
Unknown 4%
Other 3%
Death of a Loved One 4%

MORE THAN ONE-THIRD OF AMERICANS SAY THE CRISIS HAS HAD A SERIOUS IMPACT ON THEIR MENTAL HEALTH
Co-Responder Project

- Clinical therapist housed in Appleton Police Department
- Clinician co-responds with Law Enforcement for mental health/suicide/AODA type calls
- Providing a mental health response to a mental health issue
- Goal is de-escalation and connection to care
- Mobile response providing mental health assessment, safety planning and connection to an open/urgent appointment AT THE SCENE!

RIGHT PROFESSIONAL
RIGHT TIME
RIGHT PLACE

Collaborating partners include Appleton Police Department and Outagamie County Crisis & Mental Health
Co-Responder Expected Outcomes

• Reduce the number of Emergency Detentions
• Reduce the number of trips to the Emergency Department
• Reduce referrals to the DA for police battery (as a result of escalation)
• Increase the number of diversions to least restrictive level of care
• Increase the number of safety plans
• Evaluate and connect those in crisis directly to the proper level of care
• Ongoing evaluation to support data driven decision making

OTHER COMMUNITIES HAVE ALREADY PILOTED THIS PROJECT WITH PHENOMENAL RESULTS – especially for consumers
Crisis to Care Project

• Collecting open/urgent appointment slots from across the mental health system of care – Adult and Youth
• Professional-facing contact number to call to access open appointments – same or next day
• Law enforcement’s goal on mental health, suicide or substance use calls is to humanely and quickly connect a consumer with the least restrictive access point of care
• This includes usage of Walk-In Clinics (ThedaCare and County Walk-Ins), and resources such as Iris Place

Easy access to open/urgent appointments at an outpatient level of care
Zero Suicide Training 2021

July 21-23, 2021-VIRTUAL

• Cost will be approx. $250/team (talk to Sarah re: scholarship availability)
• Training will be tailored to what teams need! Feeling rusty on the elements of Zero Suicide...sign up!
• Application and Organizational Self Study required
Men’s Mental Health Website: A virtual tour

Mental health concerns & risk factors
Self-care tools & resources
Men sharing lived experiences
Free, online, anonymous screening
When & how to seek help

There is strength in asking for help.
MENTAL HEALTH FOR MEN

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 point 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.

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
LISTEN TO CONVERSATIONS

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 and 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
More TOOLS...

SLEEP matters

What you EAT matters

Meditation and MINDfulness

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

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!

<table>
<thead>
<tr>
<th>MEDICATION</th>
<th>+</th>
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<tbody>
<tr>
<td>COST OF THERAPY</td>
<td>+</td>
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<tr>
<td>TERMINOLOGY</td>
<td>+</td>
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<tr>
<td>BENEFITS OF THERAPY</td>
<td>+</td>
</tr>
<tr>
<td>WAYS TO GET CONNECTED TO A MENTAL HEALTH PROFESSIONAL</td>
<td>+</td>
</tr>
<tr>
<td>TIPS FOR TALKING WITH A MENTAL HEALTH CARE PROVIDER</td>
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Go get the Toolkit!

Strong Minds 4 Men Marketing Toolkit
We invite you to download, print and/or share the materials below! Please join us on social media and share the content provided in our social media kit.

Press release
Campaign poster 1 (8.5×11)
Campaign poster 2 (11×17)
Campaign poster 3 (11×17)
Social Media Kit with images
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
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
The pandemic has shown us all how well we can pivot, how quickly we can reprioritize, how effectively we tackle big barriers together, and how ready we are to shirk old mental models. We are in a chronic state of discomfort, so changing things is less disruptive than usual!
Mental Health Awareness Month Kickoff will be a Birthday party for The Connection!

The Connection is 10 years old!!
Let’s celebrate all we’ve done together

We are collecting memories... do you have any?

Were you part of the early years?
Friday, February 19, 2021
Topic: TBD
Virtual, until further notice

What is it?
Regular Meeting to update on new providers, new program offerings, agency changes and to look at treatment needs/gaps in the community

Want more info:
Amanda Puhl, Rogers Appleton
Email: Amanda.Puhl@rogersbh.org
Phone: 920-213-5211
Next Meeting: March 11, 2021

Member Agency Announcements?

March Project Spotlight: Behavioral Health Officer for Outagamie County Sheriff’s Department and the FLAG Project