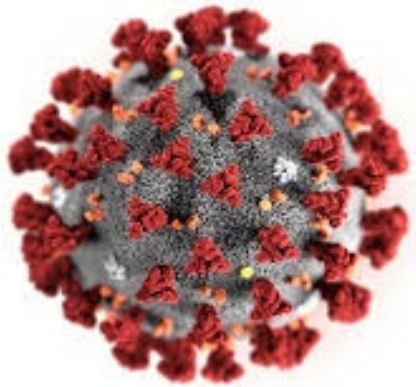




January



Member Meeting

Thursday, January 14, 2021



The Connection
N.E.W. MENTAL HEALTH



THANK YOU
For all you did
in 2020!

In 2020, therapists counseled people

through

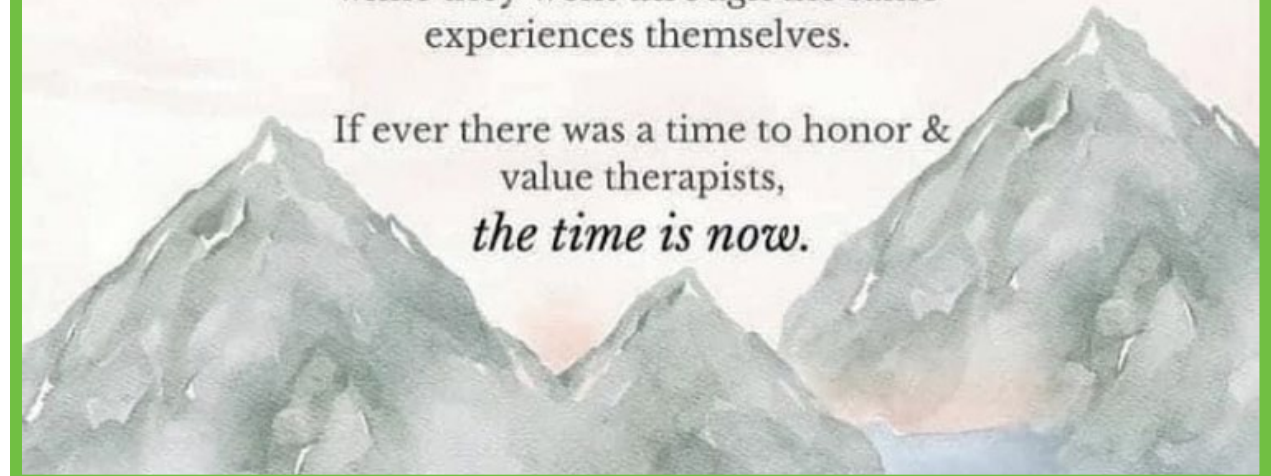
a global pandemic
an economic crisis
a politically polarized election
a racial justice movement
chronic uncertainty, anxiety and depression

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



MyConnectionNEW.org

CLICK. LINK. HELP.



PERSONAL
HEALTH
RECORD





MyConnectionNEW.org

CLICK. LINK. HELP.

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



MyConnectionNEW.org
CLICK. LINK. HELP.

- **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

Community Screening Tool: January – December 2020

Total screenings: 1065 % consistent/highly consistent

Depression	169	80%
Generalized Anxiety	183	84%
Bipolar	74	70%
Eating Disorder	55	74%
Adolescent Depression	9	86%
PTSD	51	92%
Alcohol misuse	22	50%
Substance use risk	23	100%
Psychosis	15	53%
Wide Range	396	96%
Wellbeing	68	59%



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**

EARLY WARNING SYSTEM DATA

The Shadow Pandemic

60% increase in police contacts since March 2020

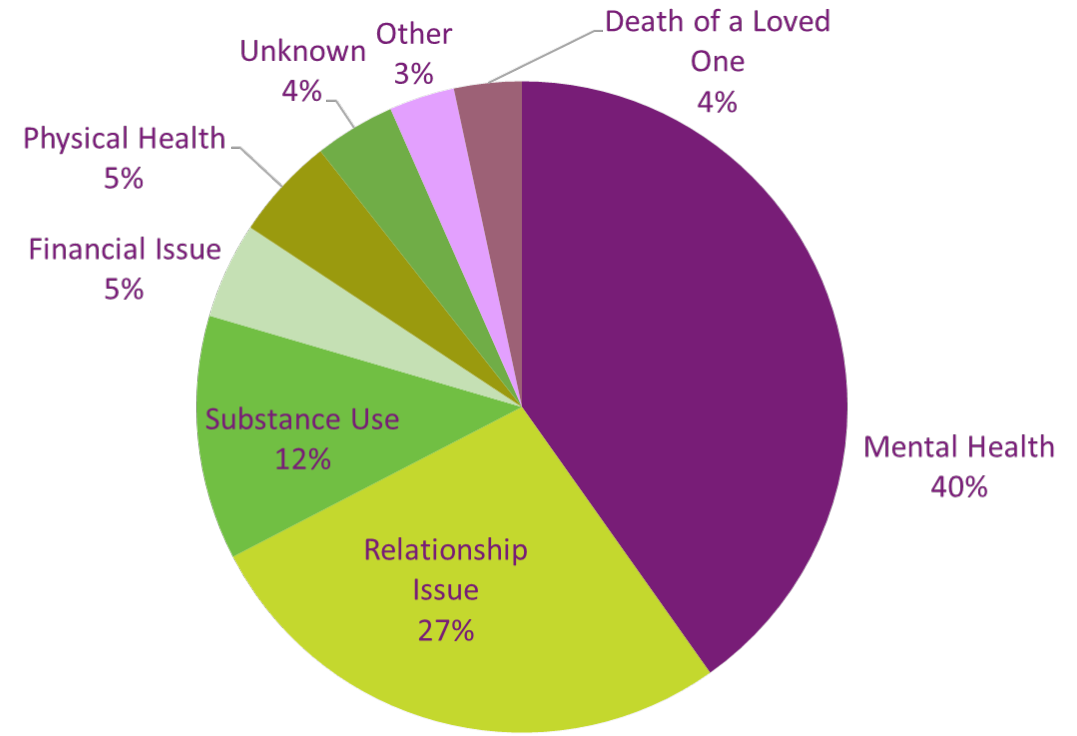


MORE THAN **ONE-THIRD** OF AMERICANS SAY THE CRISIS HAS HAD A SERIOUS IMPACT ON THEIR MENTAL HEALTH

% Call Type



Despair & Uncertainty



Triggering Event



**RIGHT PROFESSIONAL
RIGHT TIME
RIGHT PLACE**

Collaborating partners
include Appleton Police
Department and
Outagamie County Crisis &
Mental Health

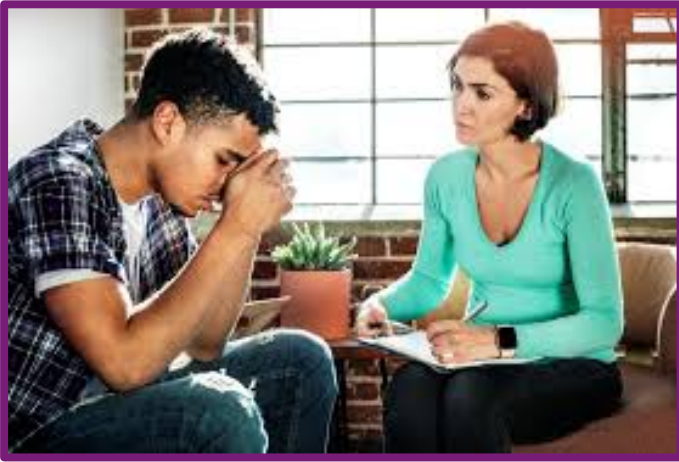
Co-Responder Project

- 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!**

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



Easy access to
open/urgent
appointments at an
outpatient level of care



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

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

STRONG MINDS 4 MEN

A Men's Mental Health Initiative

CLICK HERE!

ASK4HELPOFOXVALLEY.ORG

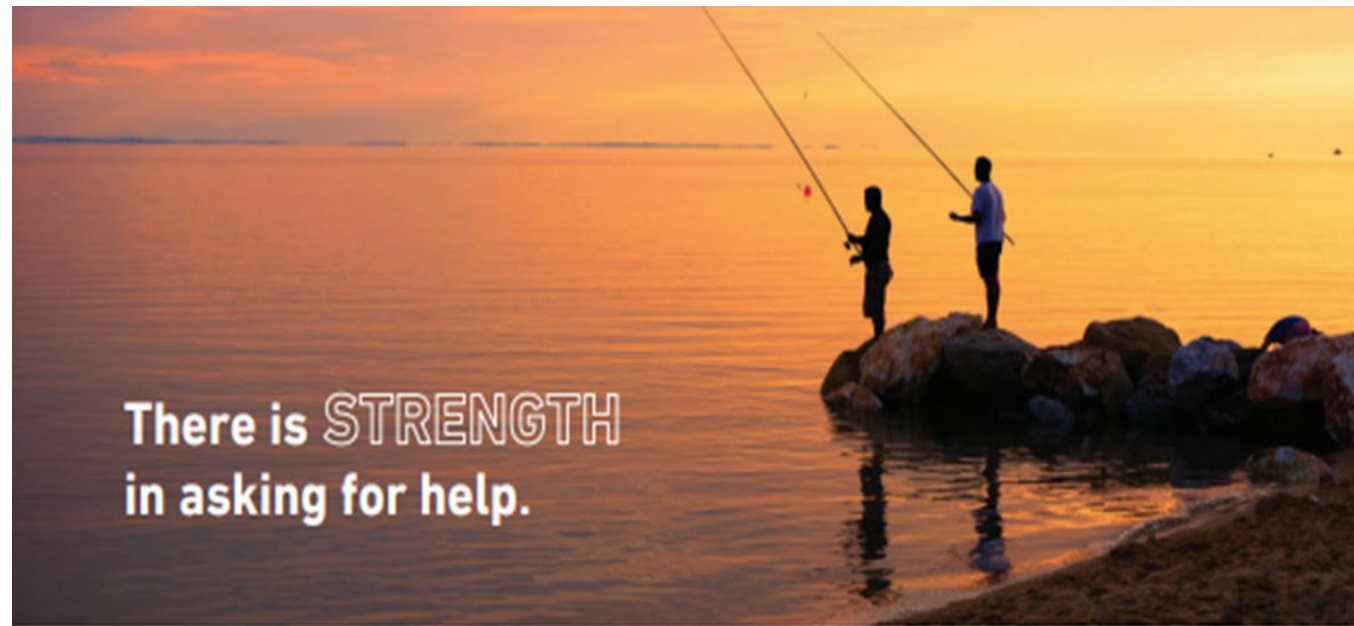
Mental health concerns & risk factors

Self-care tools & resources

Men sharing lived experiences

Free, online, anonymous screening

When & how to seek help



There is **STRENGTH**
in asking for help.

Men's Mental Health Website: A virtual tour

**Project
ZERO**
EVERYONE
MATTERS

MENTAL HEALTH FOR MEN



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

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

Normalize...

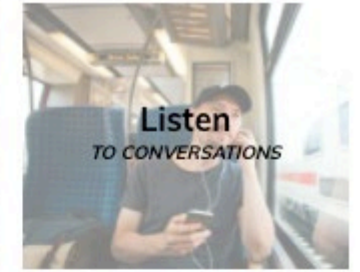
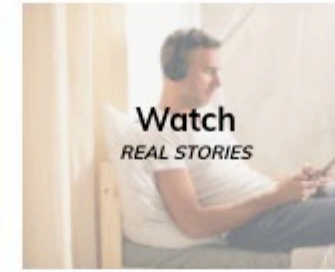
"...1 in 3 people will experience similar thoughts and feelings at some point in their life."

Landing Page part 2.....

6 Simple Buttons

2 “Learn More” buttons

Search for Services



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

[LEARN MORE](#)



Are you concerned about a friend or family member?

[HOW TO HELP](#)

Find agencies, programs, or facilities near you

What are you looking for?



Zip Code

[SEARCH](#)

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 REAL STORIES



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



There's no shame in taking care of your mental health | Sangu Delle



ShameOver: It's Time To Talk About Men's Mental Health

STORIES OF DEPRESSION SERIES



Men and Depression: Bill Maruyama, Lawyer



Men and Depression: Jimmy Brown, firefighter



Men and Depression: Melvin Martin, Marketing Executive



Men and Depression: Patrick McCathern, First Sergeant, U.S. Air Force, Retired

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](#)



[ONE MIND PsyberGuide: Apps & Digital Health Resources](#)



[Rethink Your Drink](#)



[Sleep Strategies](#)



[Combat Loneliness](#)



[Managing Anger](#)

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!

STRONG MINDS 4 MEN

A Men's Mental Health Initiative

CLICK HERE!



ASK4HELPFOXVALLEY.ORG

Mental health concerns & risk factors

Self-care tools & resources

Men sharing lived experiences

Free, online, anonymous screening

When & how to seek help

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](#)

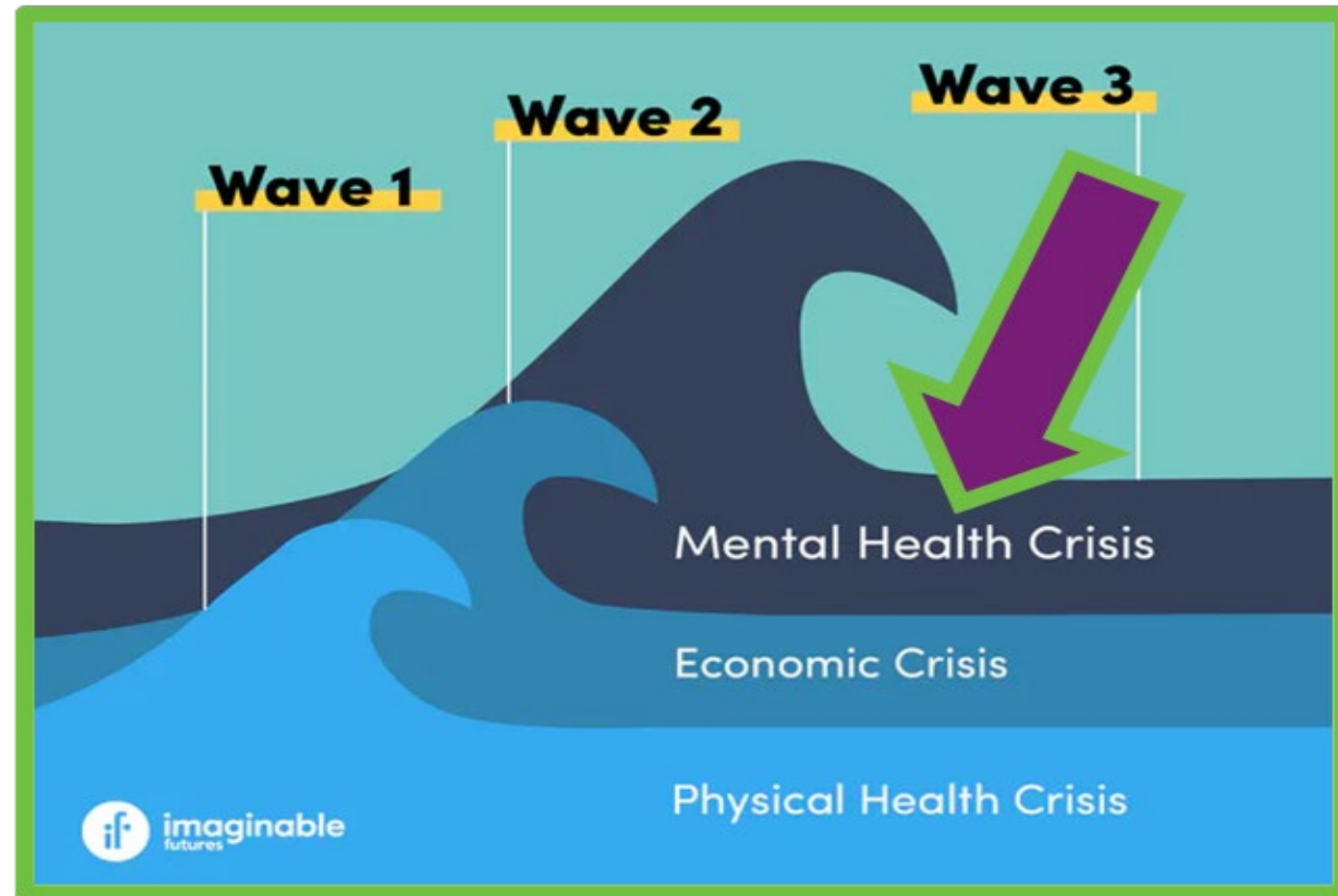
COVID-19 & Mental Health: A “Perfect Storm”

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

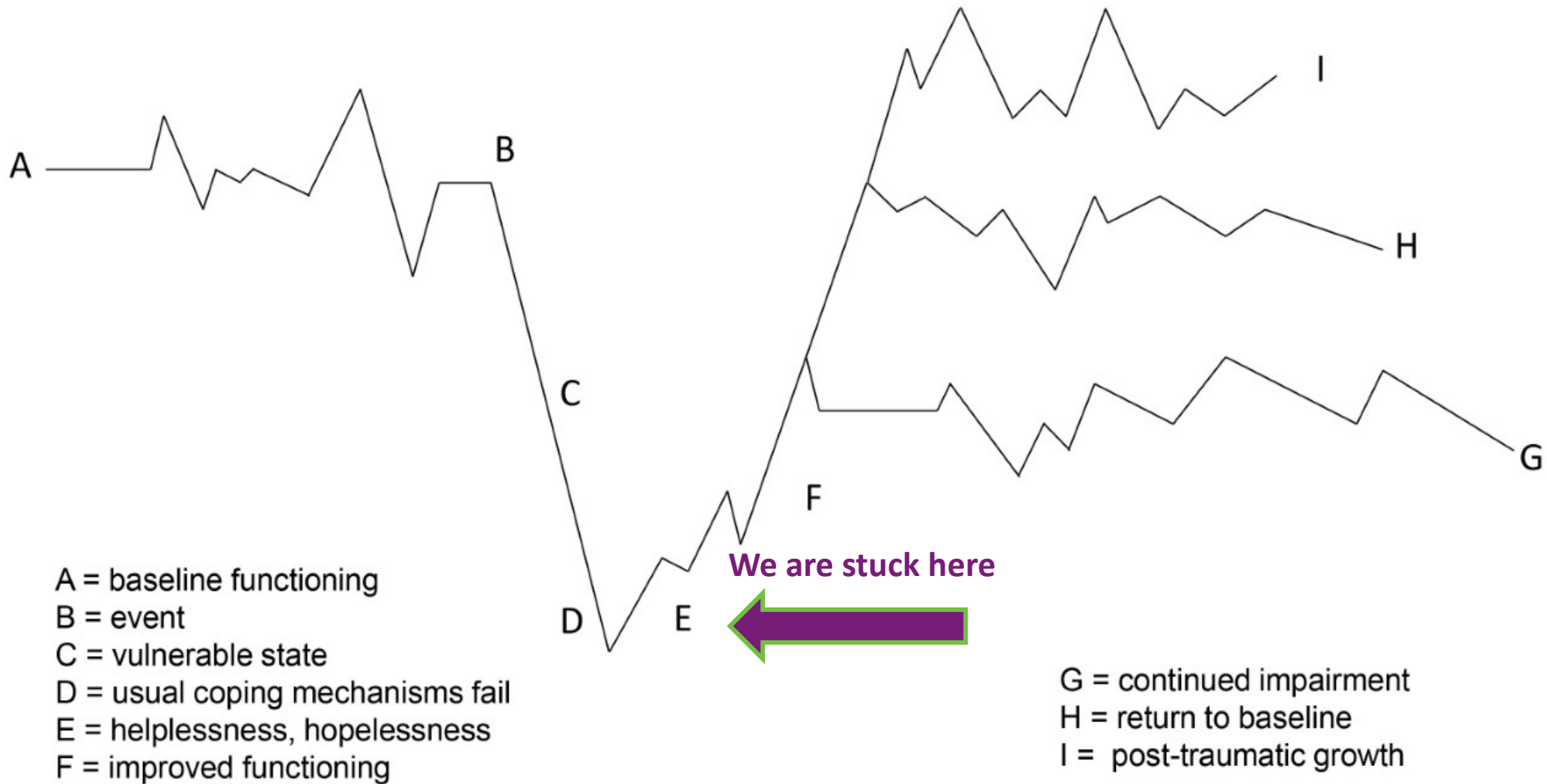
DECREASING Protective Factors:

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

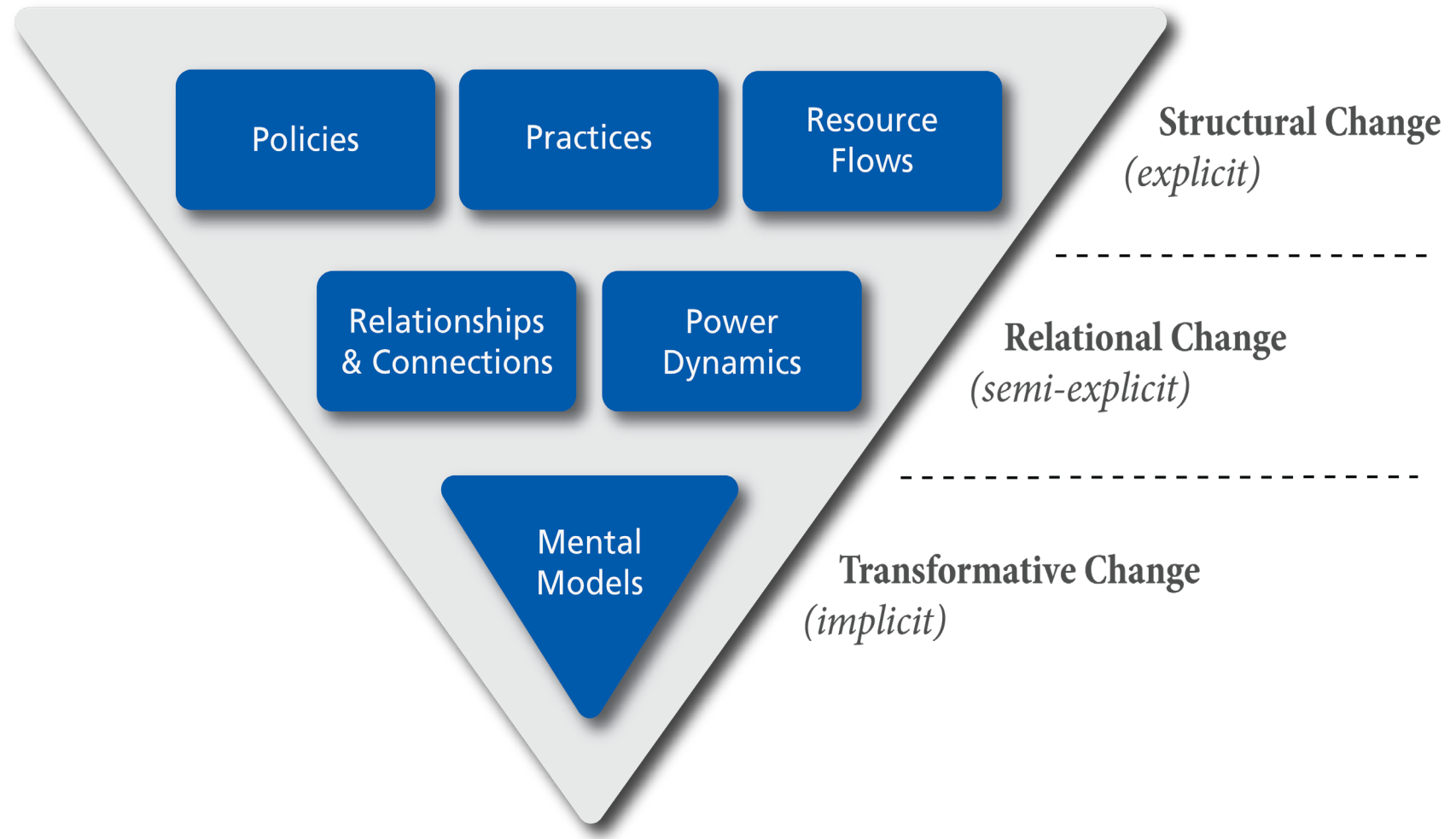
(The arc of recovery is long for all, unending for some)



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!

Six Conditions of Systems Change



Mental Health Awareness Month Kickoff will be a Birthday party for The Connection!

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

TELLING
OUR
STORY

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

Were you part of
the early years?



OUTREACH
**SPEED
DATING**

Friday, February 19, 2021
Topic: TBD
Virtual, until further notice



What is it?

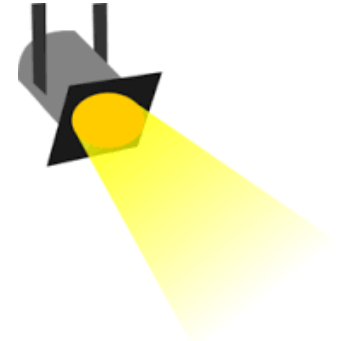
Regular Meeting to update on new providers, new program offerings, agency changes and to look at treatment needs/gaps in the community

Want more info:

Amanda Puhl, Rogers Appleton
Email: Amanda.Puhl@rogersbh.org
Phone: 920-213-5211

**Member Agency
Announcements?**

YOU
are
AMAZING



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

**Next Meeting:
March 11, 2021**