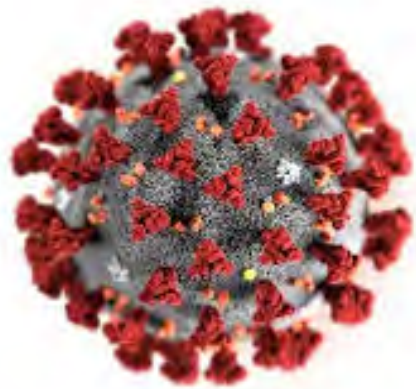




MARCH



Member Meeting

Thursday, March 11, 2021



The Connection
N.E.W. MENTAL HEALTH



- **Membership Dues in 2021**
- **Project Spotlight & Agency Update**
- **Upcoming Training**
- **“The New Practice of Problem Solving”**
- **Mental Health Awareness Month – May 2021**

What Are We Doing?

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

**Remember that 65%
of the operating
budget of The
Connection comes
from membership
dues...**

THANK YOU!!!



Project Spotlight

Outreach Center Youth and Young Adult Program

Presenters:

Joe Horsch- Outreach Center
Program Coordinator

Megan Gerl- VPI Director of
Mental Health and Education

Thank You To Our Partners



United Way Fox Cities

PRESENTATION OUTLINE

- ▶ Valley Packaging Industries Overview
- ▶ Outreach Center Overview
- ▶ Services Offered
- ▶ Youth and Young Adult Program Overview
- ▶ Questions

Valley Packaging Industries

- ▶ “To promote the dignity and worth of individuals who have disabilities or are disadvantaged and to assist them in developing their optimum level of social, vocational, and economic independence in the community.”

Valley Packaging Industries

- ▶ 501(C)3 non-profit
- ▶ Established in 1956 by families of individuals with disabilities.
- ▶ Production facilities use profits to support rehabilitation programs.

Valley Packaging Industries

- ▶ 2700
Individuals served in 2019
- ▶ 20
Unique Rehabilitation Programs
- ▶ 4
Counties served

Outreach Center

- ▶ “To provide a safe, supportive environment for individuals involved in the mental health recovery process, offering opportunities for connection, community engagement, skill development, and self-directed growth through shared experiences.”

Outreach Center

- ▶ Staffed by Certified Peer Specialists
- ▶ Offer one to one support when needed
- ▶ Two group activities offered each day
- ▶ 4 Outings a month:
 - ▶ Being Social
 - ▶ Being Active
 - ▶ Giving Back
 - ▶ Learning From
- ▶ Referrals and information to community resources, agencies, and services
- ▶ Computers with Internet Access
- ▶ Phone if needed
- ▶ Work with County/Private Providers to be an extension of treatment
- ▶ Services offered are also a preventative treatment for members

Group Activities Offered

- ▶ Book and Writing Club
- ▶ CHAMPS Cooking
- ▶ Cookbook Cooking
- ▶ Healthy Cooking
- ▶ Healthy Communication
- ▶ Health and Wellness
- ▶ Men's Group
- ▶ Music Group
- ▶ Outings Planning
- ▶ Skills to Pay the Bills
- ▶ Team Building
- ▶ Women's Group
- ▶ Yoga
- ▶ Roundtable

Youth and Young Adult Program

- ▶ Available to anyone who has a formal Mental Health and/or Substance Use Diagnosis
- ▶ Ages 14 to 24
- ▶ To provide In Vivo (Side by side) coaching in group and one to one formats
- ▶ Model of Discovery versus Recovery
- ▶ Learning opportunities to navigate first time experiences
- ▶ Provide Social outlet for learning from peers

Youth and Young Adult Program

- ▶ Staffed by Youth/Young Adult Specialist
- ▶ Flexed Hours of Operations
- ▶ Offer one to one support when needed
- ▶ Two group activities offered each day (Skill Development/Wellness Management)
- ▶ 4 Outings a month:
 - ▶ Being Social
 - ▶ Being Active
 - ▶ Giving Back
 - ▶ Learning From
- ▶ Referrals and information to community resources, agencies, and services (Warm Handoffs, making calls with members)
- ▶ Laptops with Internet Access for school use, applications, etc.
- ▶ Phone if needed
- ▶ Work with County/Private Providers to be an extension of treatment
- ▶ Services offered are also a preventative treatment for members
- ▶ Incentive Participation
- ▶ Living on own starter kits
- ▶ Provide experiences for learning

Youth and Young Adult Group Activities Offered

- ▶ Book and Writing Club
- ▶ CHAMPS Cooking
- ▶ Current Events Discussion
- ▶ Employment/School Prep
- ▶ Healthy Cooking
- ▶ Healthy Communication
- ▶ Health and Wellness
- ▶ LGBTQ+ Group
- ▶ Music Group
- ▶ Outings Planning
- ▶ Skills to Pay the Bills
- ▶ Team Building
- ▶ Teen Group
- ▶ Yoga
- ▶ Young Adult Group
- ▶ Roundtable

November 2020 Mock Calendar

MONDAY 3pm to 8pm	TUESDAY 3pm to 8pm	WEDNESDAY 12pm to 5pm	THURSDAY 3pm to 8pm	FRIDAY 12pm to 5pm	SATURDAY 12pm to 5pm
2 4:30pm: Skills to Pay the Bills 6:00pm: Healthy Cooking	3 <u>Outing</u> Appleton YMCA (4:00pm to 7pm) Sign Up in Advance Depart ORC at 3:45pm	4 1:30pm: Yoga 3:00pm: Current Events Discussion	5 4:30pm: Healthy Communication 6:00pm: Teen Group	6 1:30pm: Music Group 3:00pm: December Planning	7 1:30pm: Games 3:00pm: LGBTQ Group
9 4:30pm: Skills to Pay the Bills 6:00pm: Thanksgiving Celebration Planning	10 4:30pm: Health and Wellness (Cooking) 6:00pm: Young Adult Group	11 <u>Outing</u> Volunteer at Feeding America (1:00pm to 4pm) Sign Up in Advance Depart ORC at 12:45pm	12 4:30pm: Healthy Communication 6:00pm: Teen Group	13 1:30pm: Music Group 3:00pm: Team Building (Family Feud Game)	14 1:30pm: Adulting 101 3:00pm: Expand Your Taste Buds Cooking
16 4:30pm: Skills to Pay the Bills 6:00pm: Bingo	17 4:30pm: Health and Wellness (Meditation) 6:00pm: Young Adult Group	18 1:30pm: Yoga 3:00pm: CHAMPS Cooking	19 4:30pm: Healthy Communication 6:00pm: Teen Group	20 <u>Outing</u> COTS Informational Tour (1:00pm to 3:00pm) Sign Up in Advance Depart ORC at 12:45pm	21 1:30pm: Employment/School Prep 3:00pm: Movie at ORC
23 <u>Outing</u> Community Scavenger Hunt (4:00pm to 6:00pm) Sign Up in Advance Depart ORC at 3:45pm	24 4:30pm: Health and Wellness (Guided Workout) 6:00pm: Young Adult Group	25 1:30pm: Thanksgiving Celebration	26 CLOSED HAPPY THANKSGIVING!	27 CLOSED HAPPY THANKSGIVING!	28 CLOSED HAPPY THANKSGIVING!
30 4:30pm: Skills to Pay the Bills 6:00: Book and Writing Club	<p><u>Available Daily:</u> One on one coaching with Young Adult Staff and Coordinator, Craft Supplies and Projects, Mindful Coloring, Computers with Internet Access, Help Wanted (Community Service at ORC to keep up center), Board and Card Games, Group Activities, Outings, and Referrals to community resources, agencies, services.</p> <p>Please note that the ORC will be open Before/After scheduled outings as time permits. All outings are dependent on possible changes due to COVID-19. Weather Reminder: The Outreach Center will be closed if the Appleton School District is closed for the day due to weather.</p>				

Youth and Young Adult Program Timeline

- ▶ Currently looking to fill our 2 Youth and Young Adult Specialist positions
 - ▶ Training staff members
 - ▶ Outreaching to potential community partners
 - ▶ Gathering community resources
 - ▶ Building group curriculum
- ▶ Preparing building for new programming
- ▶ Open program on June 1, 2021

Contact Information

Joe Horsch- jhorsch@vpind.com

Megan Gerl- mgerl@vpind.com

QUESTIONS?

Spotlight on Agency Updates



Catalpa Health™



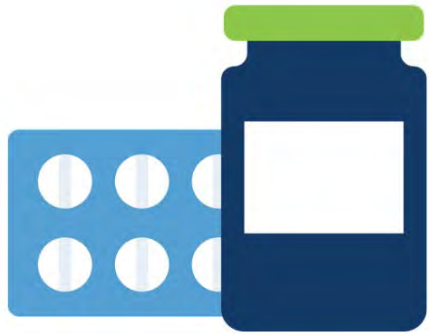
Catalpa Health Updates

New @ Catalpa

- New Appleton Clinic Location: 4635 W. College Ave
(therapy, psychology, psychiatry, intensive outpatient)
- Genoa pharmacy + benefits

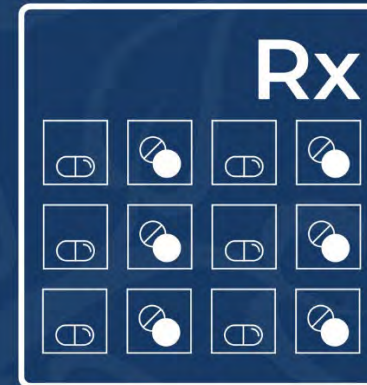


Catalpa Health Updates



As a busy parent or caregiver,
imagine a pharmacy that can fill
ALL of your medications & deliver
them to you at no additional cost.

Ask your Catalpa provider about our
Genoa Healthcare onsite pharmacy.



Safe and easy pre-filled pill
organizers make it easy to
take medications when and
where you need them.





Catalpa Health Updates

Access Updates

- Psychology access - hiring and COVID impact, implications for 2021 testing
- Psychiatry access
- Therapy access + community partnerships/referral process
- Urgent appointments
- Update on telehealth and in-person offerings

QUESTIONS?

Zero Suicide Training



July 21-23, 2021-VIRTUAL

- Cost will be approx. \$250/team (talk to Sarah re: scholarship availability for Members)
- Training will be tailored to what teams need! Feeling rusty on the elements of Zero Suicide? Sign up!
- Application & Organizational Self Study required

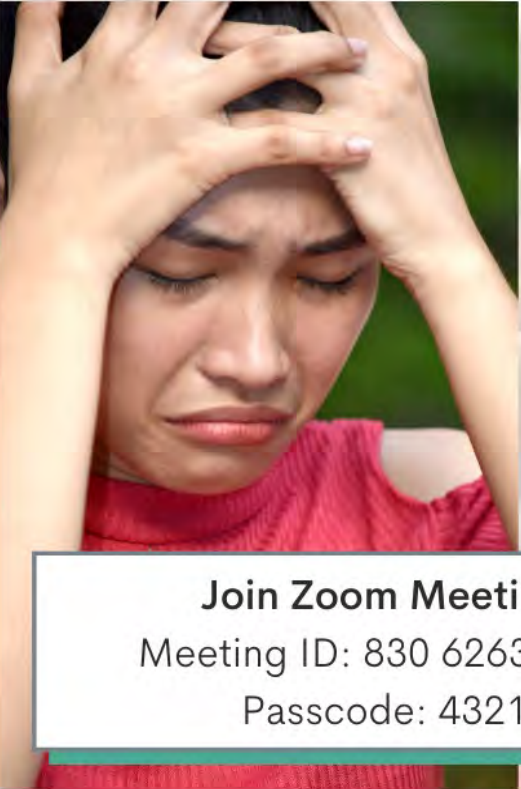
Immediately after this meeting...

The Fox Cities Youth Advocacy Network invites you to:

Youth Stress & Trustworthy Adults

Thursday, March 11
9:00 to 10:30am

Presented by:
Carlyn Andrew
Senior Director of Counseling & Training
Boys & Girls Clubs of the Fox Valley



Join Zoom Meeting
Meeting ID: 830 6263 6659
Passcode: 4321



Fox Cities
YOUTH ADVOCACY NETWORK



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



Mental Health
Screening is
critical right
now!

Supports
people in
accessing
professional
help when
needed!

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%



MyConnectionNEW.org
CLICK. LINK. HELP.

THE COST OF
FINANCIAL PRECARITY
By Carrie Leana

COMMUNITIES NEED
NEIGHBORHOOD TRUSTS
By Joseph Margulies

THE CRISIS OF YOUTH
MENTAL HEALTH
By Eliot Brenner

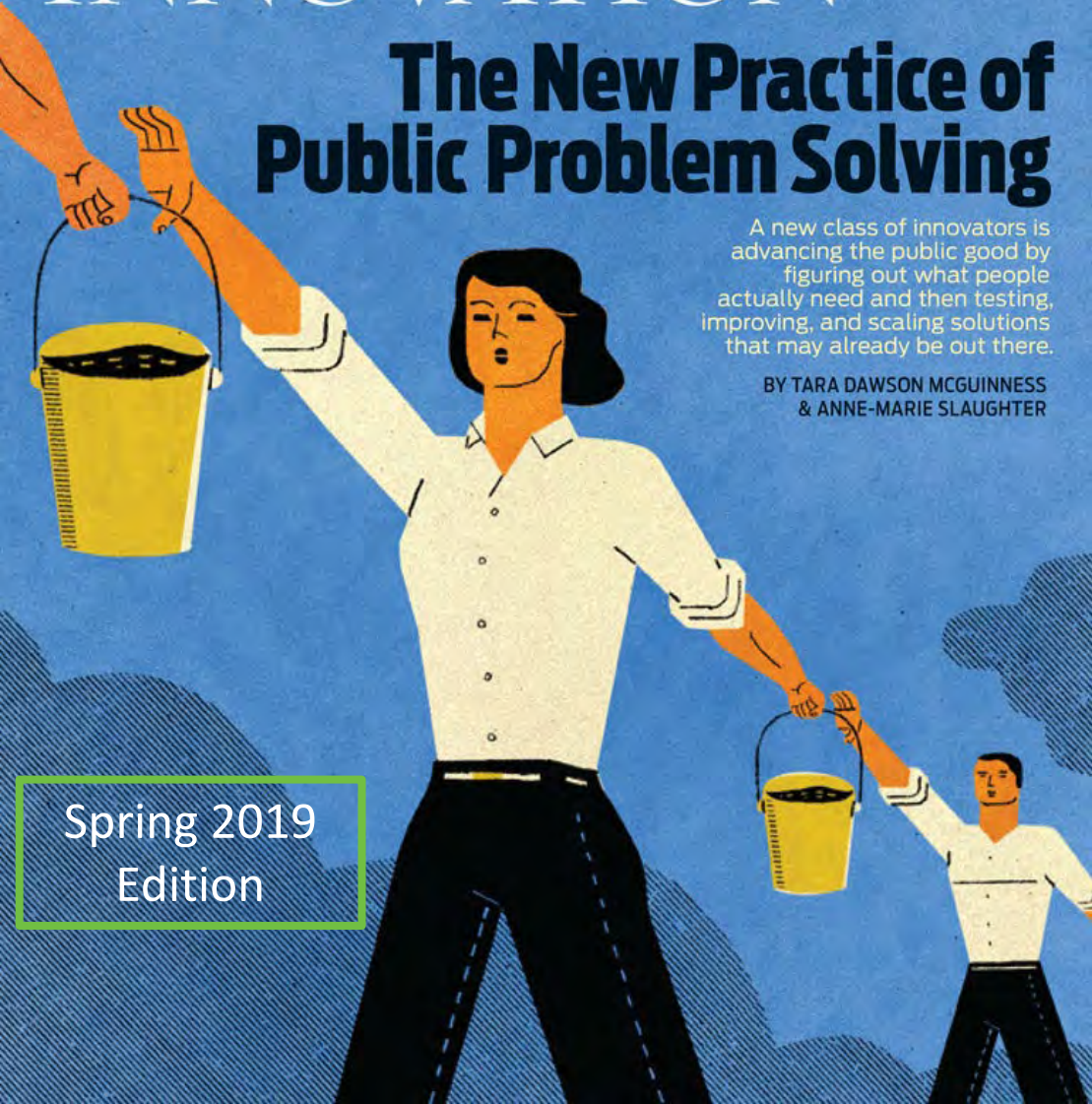
Stanford SOCIAL INNOVATION Review

SPRING 2019
VOLUME 17, NUMBER 2

The New Practice of Public Problem Solving

A new class of innovators is advancing the public good by figuring out what people actually need and then testing, improving, and scaling solutions that may already be out there.

BY TARA DAWSON MCGUINNESS
& ANNE-MARIE SLAUGHTER



Spring 2019
Edition

A new class of innovators is advancing the public good by figuring out what people actually need and then testing, improving, and scaling solutions...

The four elements of the method:

1. People-centered
2. Data-enabled
3. Experimental
4. Designed to scale

Have you ever wondered what Beth does on Fridays?

Adult Behavioral Health Survey: Why?

Because we need better surveillance data on adults...



- Deep dive into the mental health of adults in our community
- Need 32,000 surveys back to get a representative sample of the Tri-County
- Data will guide our work from the system, organizational and population health perspective
- IRB approved tool & process

STRONG MINDS 4 MEN

A Men's Mental Health Initiative

CLICK HERE!

ASK4HELPPFOXVALLEY.ORG

Mental health concerns & risk factors

Self-care tools & resources

Men sharing lived experiences

Free, online, anonymous screening

When & how to seek help

**Project
ZERO**
EVERYONE
MATTERS

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

WHO is in crisis?

Highest risk group is white males age 35+ (working age)

The “Helpers”: Health care and frontline workers

The “Handy”: Manufacturing and construction

The “Heroes”: Law enforcement and veterans

The “Providers”: Farmers & recently unemployed

Each Week in May!

- Safe Messaging
- Kick off: Strong Minds for Men
- Alignment of Local Work with State Recommendations
- “Mind the Workplace”



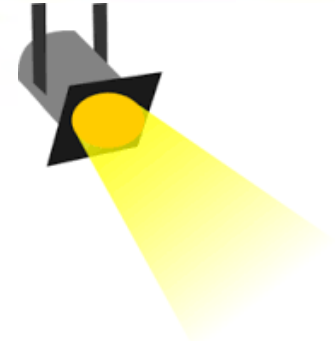
 **MHAM Series** 



**NEW Mental Health Connection Web page REFRESH 2021:
To better reflect the work we've done, the work we're doing and the
work we plan to do!**

**Member Agency
Announcements?**

YOU
are
AMAZING



**May Member
Meeting is
the MHAM
Kick Off...
JOIN US!**

**Next Meeting:
May 13, 2021**