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
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

Community Foundation for the Fox Valley Region

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>3pm to 8pm</td>
<td>3pm to 8pm</td>
<td>12pm to 5pm</td>
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<td>2</td>
<td>4:30pm: Skills to Pay the Bills</td>
<td>3</td>
<td>1:30pm: Yoga</td>
<td>4</td>
<td>1:30pm: Music Group</td>
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<td></td>
<td>6:00pm: Healthy Cooking</td>
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<td>3:00pm: Current Events Discussion</td>
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<td>3:00pm: December Planning</td>
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<td>3</td>
<td>Outing Appleton YMCA (4:00pm to 7pm)</td>
<td>5</td>
<td>4:30pm: Healthy Communication</td>
<td>6</td>
<td>1:30pm: Music Group</td>
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<tr>
<td></td>
<td>Sign Up in Advance Depart ORC at 3:45pm</td>
<td></td>
<td>6:00pm: Teen Group</td>
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<td>3:00pm: December Planning</td>
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<tr>
<td>4</td>
<td>1:30pm: Yoga</td>
<td>7</td>
<td>1:30pm: Music Group</td>
<td>8</td>
<td>4:30pm: Healthy Communication</td>
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<tr>
<td>6:00pm: Healthy Cooking</td>
<td>3:00pm: Current Events Discussion</td>
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<td>6:00pm: Teen Group</td>
<td>9</td>
<td>3:00pm: Team Building (Family Feud Game)</td>
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<tr>
<td>6:00pm: Young Adult Group</td>
<td>10</td>
<td>Outing Volunteer at Feeding America (1:00pm to 4pm)</td>
<td>11</td>
<td>4:30pm: Healthy Communication</td>
<td>6:00pm: Teen Group</td>
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<td>11</td>
<td>Sign Up in Advance Depart ORC at 12:45pm</td>
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<tr>
<td>12</td>
<td>1:30pm: Music Group</td>
<td>13</td>
<td>1:30pm: Adulting 101</td>
<td>14</td>
<td>3:00pm: Expand Your Taste Buds Cooking</td>
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<tr>
<td>6:00pm: Young Adult Group</td>
<td>15</td>
<td>4:30pm: Healthy Communication</td>
<td>16</td>
<td>6:00pm: Teen Group</td>
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<td>15</td>
<td>1:30pm: Yoga</td>
<td>17</td>
<td>4:30pm: Health and Wellness (Meditation)</td>
<td>18</td>
<td>3:00pm: CHAMPS Cooking</td>
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<td></td>
<td>6:00pm: Young Adult Group</td>
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<td>6:00pm: Young Adult Group</td>
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<tr>
<td>18</td>
<td>3:00pm: CHAMPS Cooking</td>
<td>19</td>
<td>Outing COTS Informational Tour (1:00pm to 3:00pm)</td>
<td>20</td>
<td>1:30pm: Employment/School Prep</td>
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<td>Sign Up in Advance Depart ORC at 12:45pm</td>
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<td>Sign Up in Advance Depart ORC at 12:45pm</td>
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<td>3:00pm: Movie at ORC</td>
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<td>20</td>
<td>1:30pm: Employment/School Prep</td>
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<td>4:30pm: Healthy Communication</td>
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<tr>
<td>21</td>
<td>6:00pm: Teen Group</td>
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<td>6:00pm: Teen Group</td>
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<tr>
<td>23</td>
<td>Outing Community Scavenger Hunt (4:00pm to 6:00pm)</td>
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<td>4:30pm: Health and Wellness (Guided Workout)</td>
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<td>6:00pm: Young Adult Group</td>
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<td>1:30pm: Thanksgiving Celebration</td>
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<td>Available Daily: 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.</td>
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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.
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
New @ Catalpa

• New Appleton Clinic Location: 4635 W. College Ave
  (therapy, psychology, psychiatry, intensive outpatient)

• Genoa pharmacy + benefits
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.
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
<table>
<thead>
<tr>
<th>Mental Health Condition</th>
<th>Total Screenings</th>
<th>% Consistent/Highly Consistent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>169</td>
<td>80%</td>
</tr>
<tr>
<td>Generalized Anxiety</td>
<td>183</td>
<td>84%</td>
</tr>
<tr>
<td>Bipolar</td>
<td>74</td>
<td>70%</td>
</tr>
<tr>
<td>Eating Disorder</td>
<td>55</td>
<td>74%</td>
</tr>
<tr>
<td>Adolescent Depression</td>
<td>9</td>
<td>86%</td>
</tr>
<tr>
<td>PTSD</td>
<td>51</td>
<td>92%</td>
</tr>
<tr>
<td>Alcohol misuse</td>
<td>22</td>
<td>50%</td>
</tr>
<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><strong>Wide Range</strong></td>
<td><strong>396</strong></td>
<td><strong>96%</strong></td>
</tr>
<tr>
<td>Wellbeing</td>
<td>68</td>
<td>59%</td>
</tr>
</tbody>
</table>

**Total screenings: 1065**

Mental Health Screening is critical right now!

Supports people in accessing professional help when needed!

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

MyConnectionNEW.org
CLICK. LINK. HELP.
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
The “Helpers”: Health care and frontline workers
The “Handy”: Manufacturing and construction
The “Heroes”: Law enforcement and veterans
The “Providers”: Farmers & recently unemployed

WHO is in crisis?
Highest risk group is white males age 35+ (working age)
Each Week in May!

- Safe Messaging
- Kick off: Strong Minds for Men
- Alignment of Local Work with State Recommendations
- “Mind the Workplace”
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!
Next Meeting:
May 13, 2021

Member Agency Announcements?

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