

# NEW Mental Health Connection

# Member Meeting

Thursday, March 13, 2025



# AGENDA



- **Welcome!**
- **Membership:** Understanding what you need
- **Agency Spotlight:** Partnership Community Health Center
- **Initiative Updates:** DRIVE Health, Connected Fox Valley, Project Zero
- **MHAM:** “Resource Rich, Community Strong: Support that Understands You”

# NEW Executive Director



- Part of The Connection since 2020
- Non-profit work in our community since 2004
- 3<sup>rd</sup> leader of The Connection-what an honor
- Collective impact and systems change
- “Container for change”- unique and dynamic
- Members define the work that needs to be done

**Workforce challenges**

**Social connection and belonging**

**Disparities in mental health**

**Intersectionality of substance use, mental health and suicide-Deaths of Despair**

**Upstream prevention-ACEs**

**TOGETHER we tackle the issues that no one person or organization can impact alone**

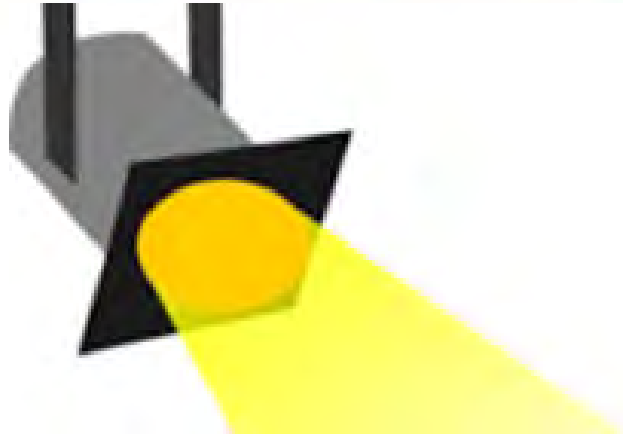


# Why be a Member...

- ❖ Access to free/reduced trainings
- ❖ Be a part of creating new initiatives and strategies for solving problems
- ❖ Join pop up committees working on specific issues of interest
- ❖ Opportunities to influence/drive strategy of The Connection
- ❖ Be a systems change agent and ecosystem enabler through Connection Membership
- ❖ Change at the population level is only achieved through the collective action
- ❖ Connections Membership reinforces community agreement that collective action is the way to address mental health and suicide prevention at the population level

**I will reach out over the next few months to connect and  
learn**





# The Connection's Agency Spotlight

**Trish Sarvela**  
**Chief Development Officer**







March 13<sup>th</sup>, 2025

# Improving Well-Being at Partnership Community Health Center





**Making a difference  
in the lives of people;  
creating a healthy community**



### **Primary Care**

- PCHC provides quality primary medical care for ages. Services range from wellness checks, physicals, and lab work all the way to acute illness and lifelong care services.



### **Pediatrics**

- Our pediatricians and family physicians provide compassionate healthcare to support you and your child through every stage of development.



### **Oral Health**

- Oral health is an important part of keeping your body healthy. PCHC offers dental services to meet the needs of you and your family.



### **Health Insurance Enrollment**

- Understanding health insurance isn't easy. Our certified enrollment assisters can help you enroll in health insurance through HealthCare.gov, BadgerCare/Medicaid and understand how to use your plan to get the health care you need.



# Integrated Behavioral Health Well-being Model

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- We follow a “whole person” care approach that integrates behavioral health with a patient’s primary medical care, providing access to mental health services right when they are needed.
- Our providers collaborate to address patient needs, like when habits, behaviors, stress, worry or emotional concerns interfere with daily life and overall health.
- Our team will see patients 7 years and up.



# Diagnoses Treated

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## **Including but not limited to:**

- Adjustment Issues
- Anger
- Anxiety
- Behavior Problems
- Chronic Pain
- Depression/Grief
- Diabetes
- Difficulty concentrating or paying attention
- Eating Disorders
- Headaches
- High Blood Pressure
- Insomnia
- Managing work-related stress
- Obesity
- Pain Management
- Substance Use Disorders, including alcohol and other drugs
- Tobacco Cessation

# Behavioral Health Services

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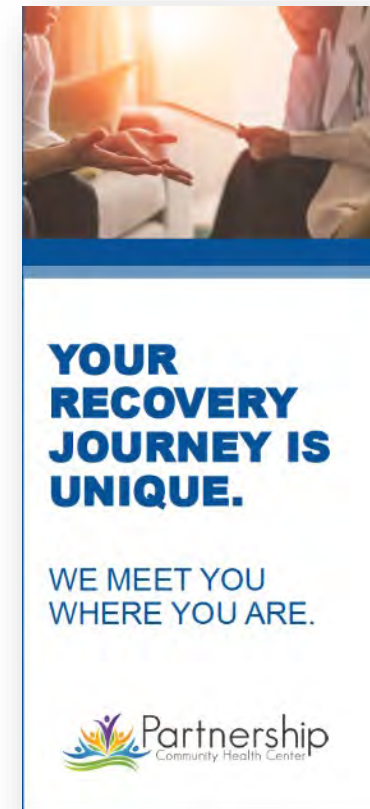


- Behavioral Health Screenings
- Brief Consultations during Medical Exams
- Medication Assisted Recovery (MAR)
- Behavioral Health Medication Prescription and Management
- Behavioral Health/Chronic Disease RN Care Management

# What MAR services does Partnership provide?

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- Partnership offers MAR services for opioid, stimulant and alcohol use disorders in an outpatient setting.
- MAR is integrated into the treatment plan to meet the unique needs of the patient in order to treat substance use, help sustain recovery, and prevent overdose.
- Our providers and care team will work to create a treatment plan that lays out short-and long-term recovery goals, as well as connect the patient with appropriate counseling and support services at PCHC and within the community.
- We can prescribe a number of FDA-approved medications, including buprenorphine (Suboxone®) and naltrexone (Vivitrol®) for opioid use disorder and Antabuse® for alcohol use disorder.





# New Opportunities Coming Soon!

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## Psychiatric Trained Nurse Practitioner Prescriber

- Evaluate and diagnose psychiatric illnesses
- Prescribe and manage psychiatric medications
- Appropriately counsel psychiatric patients

## LCSW or LPC onsite within medical practice

- Traditional Counseling and Therapy
- Brief consultations during medical exams
- Group therapy



**Mark Hillesheim, PT MSH**

Project Manager

[Mark.Hillesheim@thedacare.org](mailto:Mark.Hillesheim@thedacare.org)



# The D.R.I.V.E Health Project

Our Project Values: **Disrupt. Respond. Innovate. Voice. Equity.**

**Suicide Prevention & Mental Health in the Black & Hmong Communities**



- Building culturally responsive health, mental healthcare, resource network
- Creating & institutionalizing safe, culturally-specific referral pathways into/out from care
- Community self-determination

- ❖ Cultural Competency Cohorts
- ❖ Health Equity and Suicide Prevention Coordinators
- ❖ Community Health Workers
- ❖ Enhancing Organizational Capacity
- ❖ Build Community Capacity



United Way Fox Cities





# 2025 Cultural Competency Learning Circles

- 3 Cohorts Completed the Year long journey

- 5 Cohorts for 2025

- ThedaCare Primary Care Physicians
- Partnership Community Health Center
- United Way Fox Cities

- 2 Mixed Cohorts

- Harbor House
- Youth Go
- Heads Up Fox Cities
- Feeding America
- Samaritan Counseling
- Winnebago County Health Dept
- Outagamie County Health & Human Services
- Blue Door Consulting
- NEW Hmong
- Multicultural Coalition



Contact Sarah Bassing-Sutton at [sarah@newmentalhealthconnection.org](mailto:sarah@newmentalhealthconnection.org)





# Health Equity and Suicide Prevention Coordinators

**Touger Lee**

**Chloe Thomas**



# NEW Hmong - DRIVE Health 2025



Community Health Worker  
Training

**Different titles, same goals. Training will help develop skills and knowledge so we can help the community. (Health education, community outreach, public health emergencies, to more)**

Samaritan Support  
Group

**Partnering up with Samaritan. Develop a psychoeducational group for Hmong adults. Aims to address mental health disparities, create cultural safe space and enhance knowledge and resilience.**

Mental Health Awareness  
Month

**Aim to raise awareness about mental health issues, reduce stigma and promote resources for mental well-being in the Hmong community and community overall.**

# DRIVE Health Project

## People of Progression



**Our project utilizes a public health lens and is social justice oriented (nonclinical). DRIVE aims to use cultural connectedness and social connectedness as protective factors against suicide.**

### Holiday 2024 PROGRAMS

- Ubuntu Holiday Meal
- Kwanzaa Youth Workshop

### CRA INTERVIEWS

- 28 Black individuals that live within the tri-county interviewed (in person and over Zoom)
- First session of interviews completed end of 2023 - early 2024
- Final session of interviews completed towards the end of 2025

*Importance of letting your data inform your method*

### LOOKING FORWARD

- Community Health Worker training (March 10th - April 12th)
- Emotional support group restructuring
  - Collaboration with Dr Shawntell Pace on Black specific 8 week curriculum
  - Medical College of WI technical assistance with evaluation tool
    - Importance of storytelling and incorporating the zoomed out journey of DRIVE in our reporting
- Campaigning/ marketing

# DRIVE Health Project

## People of Progression

The goal of a CRA is to gauge where the community currently is in addressing a particular issue. As someone that is interviewing, **my job is not to convince, sway, or educate in the moment.** My personal disagreement with a statement is something that I **internally acknowledge** as I am in the room with someone but my judgement can easily shut down their flow of consciousness. I did **validate** the inherent worth of **what** they wanted to say and **how** they said it.

What type(s) of knowledge are we taught to (de)value?

**My role as an interviewer**

As someone that is interviewing, I am centering the interviewees **agency**. **Consent is ongoing** and the interview can be stopped at any time. Questions can be skipped or left unanswered. I am asking questions but I am **NOT** entitled to answers.

I want to let what people decided to share with me speak for itself without exploiting their vulnerability. I feel very protective over the details people that were interviewees shared with me. The "bias" I have as interviewer is something that I honor rather than ignore. It is not solely about extracting answers but also about the **experiences that I had in the room with the person.**

As someone that is interviewing, I am taking note of **tone, cultural context, humor, silence/pause, body language** and attempting to translate this into the transcription. I analyze this information with intention and care WHILE taking into account the **assumptions embedded in the standardized (CRA) tool.**





# Introducing: **Connected** *Fox Valley*

## **Mission:**

Engage diverse partners in reimagining how we can combat the root causes and the adverse consequences of social isolation and loneliness among residents living in Calumet, Outagamie and Winnebago counties.



# Connected *Fox Valley*

## What will we create?

A community report featuring a comprehensive set of recommendations that foster social connectedness and belonging across the tri-county region of Calumet, Outagamie and Winnebago counties.

# Connected Fox Valley

## Did you know...

- More than 1/3 adults aged 45+ feel lonely.
- Gen Z is the loneliness generation.
- Nearly ¼ adults 65+ are considered to be socially isolated
- 10% of people live alone
- 40% of adults with debilitating disability or chronic condition report feeling lonely or socially isolated
- 68% of Black adults and 75% of Latinx adults reported feeling lonely.
- The LGBTQ+ community experiences isolation due to stigma, discrimination and barriers to care.

# Connected *Fox Valley*

## High-quality social connection:

- Reduces levels of depression, anxiety, and stress.
- Protects against heart disease, dementia, and Alzheimer's.
- Lowers the risk of early death and can boost a person's survival by 50%.
- Helps our youth succeed in school.
- Makes it easier for employees to create a healthy work-life balance.
- Social connection plays a crucial role in our community's health, safety, and success. Belonging and civic engagement are crucial for thriving communities.

# Connected *Fox Valley*

## **We believe that...**

Community members and leaders are the experts of their own communities and can determine the best courses of action to suit their unique contexts.



# Connected *Fox Valley*

**All of us are at risk, but some are more vulnerable**

- Gen Z and Millennials
- People experiencing lower socioeconomic status
- Unmarried/unpartnered individuals
- People with chronic physical & mental health conditions and other disabilities
- BIPOC individuals
- LGBTQ+ individuals
- Caregivers and new parents
- Veterans
- Members of immigrant communities
- Individuals who live in rural areas

# Connected *Fox Valley*

## Our Advisory Group To Guide this Work:

- ADRC (Aging & Disability Resource Center) of Calumet County
- Appleton Pentecostal Assembly
- Appleton Health Department
- Chilton Public Library
- ESTHER
- First Five Fox Valley
- Fox Valley Literacy Coalition
- Heads Up
- LEAVEN Fox Cities
- Long Chen Senior Center
- Menasha Joint School District
- Multicultural Coalition
- NAMI Fox Valley
- NEW Hmong Professionals
- Oshkosh Community YMCA
- People of Progression
- Pointers Community Initiatives
- Rainbow Alliance Advocacy
- Thompson Center on Lourdes
- Valley Transit
- Winnebago County Health Department

# Connected *Fox Valley*

How Will We Lead this work:

*Introducing our Co-Facilitators*



*Meet  
Karen*

Karen Iverson Riggers is a writer, entrepreneur, activist, advocate, trainer, and Mom. She is a trainer of Emotional CPR and Emotions Education 101 and co-creator of The Missing Piece: Emotional Health & Wellness curriculum. She is a founding worker/owner of Ebb & Flow Connections Cooperative, a Wisconsin based worker owned cooperative that provides training, consultation, and listening spaces related to emotional health and wellness



*Meet  
Lynn*

Lynn McLaughlin is an entrepreneur, author, peer, trainer, and consultant. She has a vibrant passion for life and deep empathy for the stories of others, which shows up in all facets of her work. She is a trainer of Emotional CPR and Emotions Education 101, co-creator of The Missing Piece: Emotional Health & Wellness curriculum, founding worker/owner of Ebb & Flow Connections Cooperative, and co-host of the Real Vibes Only podcast which talks about real life and emotions.

# Connected *Fox Valley*

## Our Goals, Work Plan and Timeline:

- Map existing efforts and resources. What do we do well? Where are there opportunities?
- Study/review data trends to better understand the drivers that affect social connectedness. Where are their leverage points?
- Convene community listening sessions to better understand social connectedness across the many different communities.
- Explore and vet new strategies what would be a good fit for our community.
- Synthesize the qualitative and quantitative data, the groups' learnings and recommendations, into a community report
- Host dissemination event in spring 2026

# Connected Fox Valley

[www.newmentalhealthconnection.org/initiatives/connected-fox-valley/](http://www.newmentalhealthconnection.org/initiatives/connected-fox-valley/)

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**Project Coordinator**  
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**920.252.5927**

The screenshot displays the website for 'The Connection N.E.W. MENTAL HEALTH'. The navigation bar includes links for Home, About Us, Blog, Member Meetings, Initiatives, Resources & Training, News & Events, and Contact Us. The 'Initiatives' dropdown menu is open, with 'Connected Fox Valley' selected and highlighted by a red arrow. The main content area features a banner for a 'March member meeting' on Thursday, March 13, 2025, with details for in-person attendance at Catalpa Health (7:30-8:30 am) and Zoom attendance (11:30 am - 12:30 pm). A link is provided for more details and the Zoom link. On the right side, there is a 'Join Our Mailing List' form with fields for email address, first name, last name, and organization or agency, along with a 'Submit' button. The footer includes 'Our Mission' text: 'The mission of The Connection is to lead a coalition of diverse stakeholders to champion mental health for everyone in the Fox Valley by addressing barriers, challenging systems, creating solutions, and prioritizing care and support.'



**Project**  
**ZERO**  
**EVERYONE**  
**MATTERS**



**Community-Led  
Suicide Prevention**



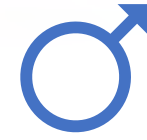
**Open until July 2025**

**GOAL:** *3200 responses*

**Give the data back to the community**

- Adult mental health surveillance tool
  - Depression
  - Anxiety
  - Thoughts of suicide
  - Lifestyle factors-sleep, pain, screen time
  - Companionship/isolation
  - Coping
  - Mental Health Resources
- MYWS 1.0 in 2021-2022
- Updated with culturally informed questions

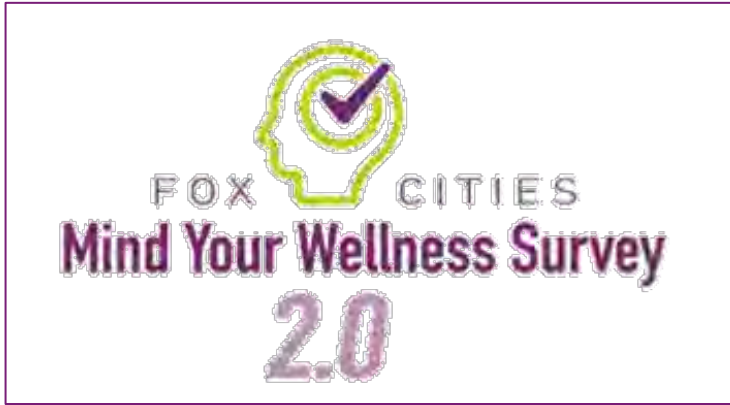
# Responses Needed...



Males



Veterans



Hispanic Community members



Age 65+



Age 18-24



Low Income

# Suicide Prevention Action Team

- **Tri-County**
- **High Risk Populations identified: LGBTQ+ and Adolescents**
- **ACTION: 4+ Objectives**
- **Death Review team recommendations**





# Mental Health Awareness Month

***“Resource Rich, Community Strong: Support That Understands You”***

***DRIVE Health and Connected Fox Valley***

***Raise awareness*** about how mental health and suicide are viewed from multiple cultural lenses and the resources that improve mental health and protect against suicide.

***Social Connection, belonging and the impact of isolation*** have come into the spotlight; disparately impacted populations; effects mental health and suicide prevention

***You will be getting a poll asking for your input and updates!***

***STAY TUNED 😊***





# What resources did we miss???



**MyConnectionNEW.org**

CLICK. LINK. HELP.



- Local Agencies Offering Services & Supports
- Hot Lines & Help Lines
- Therapy Finders & Treatment Directories
- Advocacy and Resources



# Project ZERO

EVERYONE MATTERS

Is **HIRING!**



- ✓ Job description can be found on **The Connection's** website **United Way Fox Cities** and **Winnebago County** websites
- ✓ Community Suicide Prevention Coordinator to carry out the remaining workplan for Project Zero (Community Health Strategist)
- ✓ Apply directly on the Winnebago County website

Slide deck & recording of today's meeting can be found at:

[www.newmentalhealthconnection.org](http://www.newmentalhealthconnection.org)

**YOU**  
are  
**AMAZING**



## **Next Meeting:** Mental Health Awareness Month

*“Resource Rich, Community Strong  
Support that Understands You”*

**May 8, 2025 in person at Catalpa 7:30-8:30 or Zoom 11:30-12:30PM**