



# RESOURCE RICH COMMUNITY STRONG

SUPPORT THAT  
UNDERSTANDS

*you*

**MENTAL HEALTH MONTH 2025**



**MyConnectionNEW.org**  
CLICK. LINK. HELP.



# AGENDA



- Meet our new Community Suicide Prevention Coordinator!
- Mental Health Awareness Month Campaign: Raising awareness about mental health disparities and resources tailored to meet unique cultural needs
- MyConnectionNEW redesign
- "Connected Fox Valley" updates and learnings



How can  
support YOU our members?



The Connection  
N.E.W. MENTAL HEALTH

Scan Here

Supporting Our Members



## NPLI has a "One Stop Shop"

- **2025 Resources for Preparedness and Planning** <https://npleadershipfv.org/resources/>
  - Chart of Executive Orders and related actions (National Council of Non-Profits)
  - SHRM-EO Impact Zone; A Guide for HR Leaders
  - Federal Funding Pauses
- **"From Crisis to Clarity: Navigating Uncertainty through Financial Scenario Planning"**- virtual May 22 from 9am-11am

<https://nonprofitleadershipinitiative.wildapricot.org/event-6134924>



United Way Fox Cities



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Lindsey DeVries

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**Project ZERO**  
EVERYONE MATTERS



# Mental Health Awareness Month - May 2025

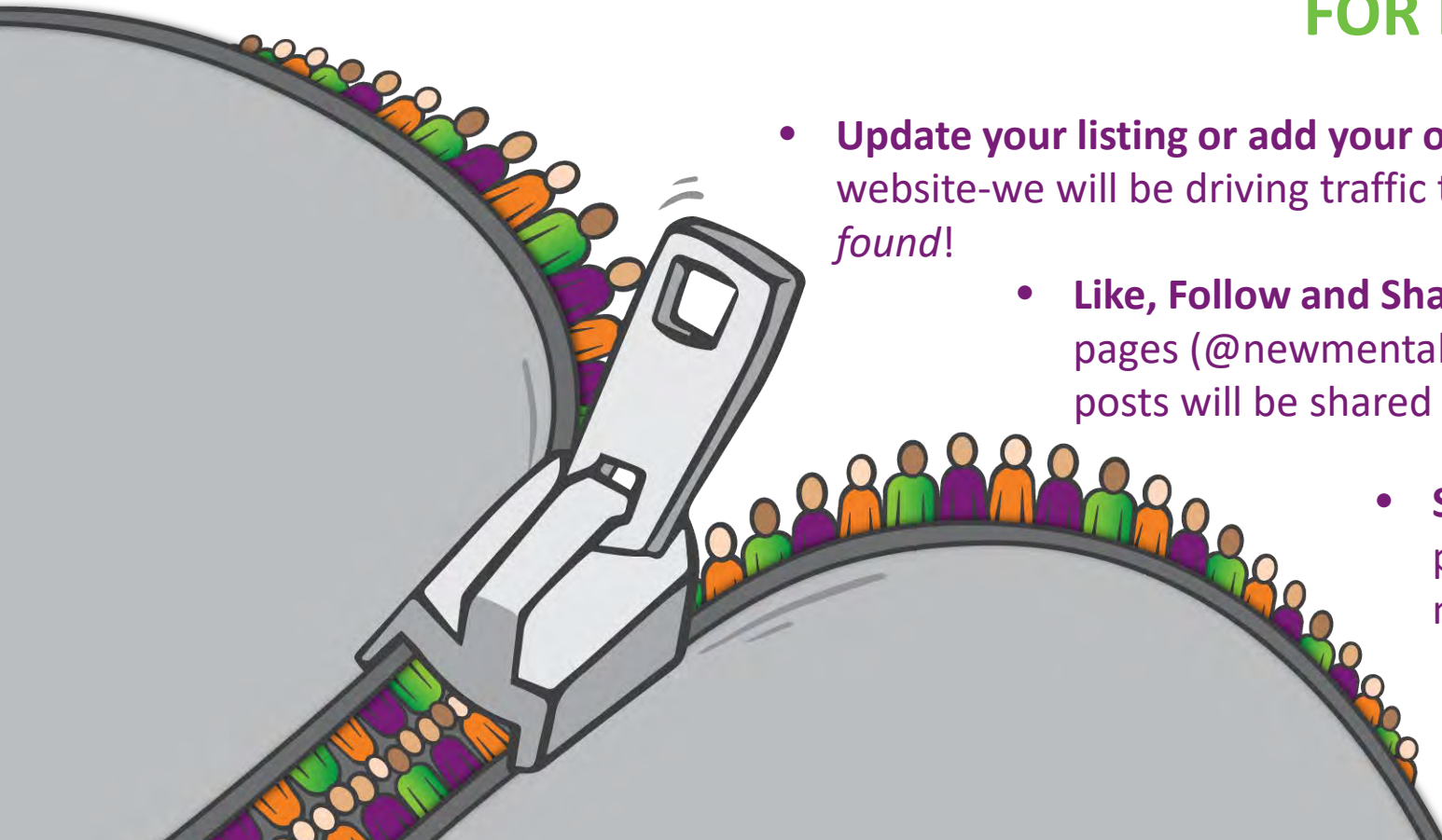


*Theme: Resource Rich-Community Strong!*  
*Support that understand you*

## FOR MEMBERS:

- **Update your listing or add your organization** on the [MyConnectionNEW.org](http://MyConnectionNEW.org) website-we will be driving traffic to the site all month long and *want you to be found!*
  - **Like, Follow and Share** "The Connection" Facebook and Instagram pages (@newmentalhealthconnection)- Awareness and Resource posts will be shared all month long
- **Social Media Tool Kit** take the posts and promote them on *your* organization's social media pages

**Let's flood social media with HOPE and RESOURCES for ALL!**

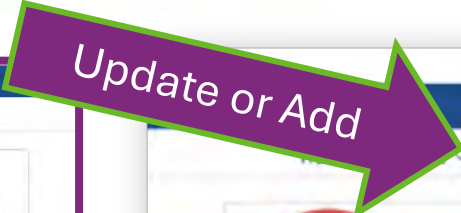




# MyConnectionNEW.org

CLICK. LINK. HELP.

# Redesign!



Home Support Services Health Library Legislate Community Resources Health Care My Account

Need immediate help? Click here for emergency numbers and hotlines.

On a waiting list for mental health services? Click here for other supports and services that can help.

Resources for the LGBTQ+ Community and Allies

Resources for the BIPOC (Black, Indigenous, and People of Color) Communities

Perinatal and Postpartum Depression Resources

Explore mental health resources for men.

Resources for Teens, their parents and caregivers.

Resources for those experiencing grief and loss.

Local guide to treatment and recovery services for substance misuse.

Information and advice for people navigating the mental health system.

How can we help you?

Find Resources By Category

How are you feeling? Click here to take an anonymous free mental health screening.

Services Health Library Legislate Community Resources Health Care My Account

- Find Services
- Update Any Listing
- Add New Agency
- NOC Inclusion Policy
- Home Health Agencies
- Hospital Ratings
- Nursing Homes
- Practitioner Search
- Care Guide
- Emergency Services

Need immediate help? Click here for emergency numbers and hotlines.

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Resources for the LGBTQ+ Community and Allies

Resources for the BIPOC (Black, Indigenous, and People of Color) Communities

Resources for Pregnant and Postpartum Families

Explore mental health resources for men.

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# New Mental Health screener

- Adult screener has a new look!
- Adolescent screen has not changed.

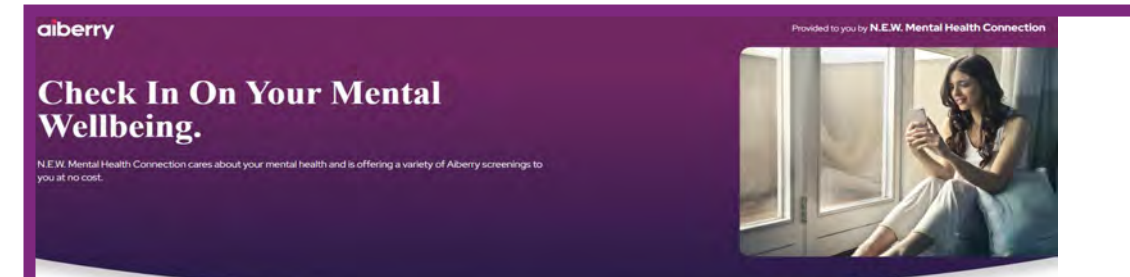
How can we help you?



Find Resources By Category



**How are you feeling? Click here to take an anonymous free mental health screening.**



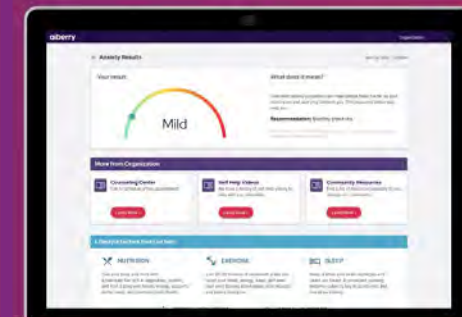
**Check In On Your Mental Wellbeing.**

N.E.W. Mental Health Connection cares about your mental health and is offering a variety of Aberly screenings to you at no cost.

**Your Mental Health Matters**

Quick, easy, and secure screenings, just for you.

- 100% confidential
- Takes just a few minutes
- Free resources based on your results
- No sign-up required



**How It works**

- 1 Pick what's on your mind
- 2 Answer a few simple questions
- 3 Get results and resources instantly

**Anger**- I'm struggling with anger

**Anxiety**- (GAD 7) I'm constantly worried/stressed

**Bipolar**- My mood changes from very high to low

**Depression** – I'm feeling down or empty

**Eating Disorder**- I'm struggling with eating habits

**Gambling**- I'm concerned about my gambling habits

**Panic Disorder** – I am concerned about panic attacks

**Psychosis**- I experience unusual thoughts

**PTSD**- I'm troubled by past traumatic events

**Social Anxiety**- I'm afraid of everyday social situations

**Tobacco, Alcohol, Substance use and Prescription medication use** –

I'm worried about my drinking or drug use

**Wellbeing** – I'm not sure where to start, but something is off

# Screeners to choose from




# Sample Results of a screener

← Depression Results Apr 30, 2025 |


When depression becomes severe, it can interfere with your work, relationships, and daily routine. It is crucial to seek assistance. The resources below may help you.

\*This screening tool is not a clinical diagnosis. If you have concerns, we encourage you to speak with a healthcare professional.

### Results


Severity of Symptoms 


### More from N.E.W. Mental Health Connection


 **MyConnectionNEW** - Network of care resource directory website


[Get Started >](#)


### Lifestyle Factors That Can Help

 **NUTRITION**  
Fuel your body and mind with a balanced diet rich in vegetables, protein, and fruit. Eating well boosts energy, supports better sleep, and promotes brain health.

 **EXERCISE**  
Just 20–30 minutes of movement a day can boost your mood, energy, sleep, and even your skin! Staying active keeps your muscles and bones strong too.

 **SLEEP**  
Sleep is when your brain recharges and clears out toxins. A consistent, calming bedtime routine is key to quality rest and overall well-being.

 **STRESS REDUCTION**  
Stress drains your energy. Ease your mind with exercise, relaxation techniques, or a chat with someone you trust. Focus on what you can control, and let the rest go.

 **SOCIAL SUPPORT**  
Strong social connections—whether with a few close friends or a wider community—are vital for mental health. Reach out to friends, family, coworkers, or support groups.

## *Resource Rich Community Strong!*

This year our social media campaign will **raise awareness** about disparate impact of mental health.

**Disparity in mental health** is often due to inaccessibility, cultural stigma, discrimination and lack of awareness.

Let's better understand how mental health impacts many of our community members and **work as a *community* to address these disparities.**



**MAY IS MENTAL HEALTH MONTH**

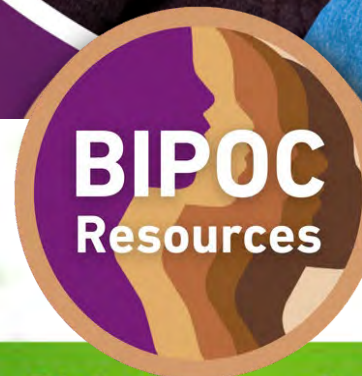
# Hispanic Neighbors

## National data for adults 18yo+ (2022)

- **21% of Hispanic adults** had a mental health condition in the past year (MHA)
- **14.6% received treatment** in the past year (MHA)
- **37% of Hispanic parents** have experienced a mental health disorder at some point (Hispanic Research Center)
- Hispanic individuals born in the United States **have higher rates of mental illness** than those not born in the United States. (Hispanic Research Center)

## RESOURCES:

- Casa Alba
- Cultura Counseling
- Us 2 Behavioral Health
- NAMI Fox Valley groups
- Samaritan Counseling
- Su Familia Hotline



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# Male Neighbors

- **20% of Men** have experience a mental illness in the past year (NIMH)
- **Less than 50%** will receive treatment (ADAA)
- **Symptoms** of mental illness are experienced differently

## RESOURCES

- Strong Minds 4 Men
- Dudes and Tacos
- NAMI Fox Valley Support group
- ManTherapy.org
- Black Men Heal Kings Corner-online resource



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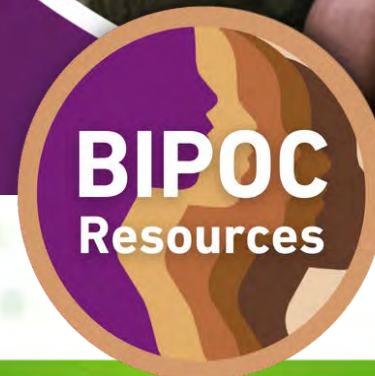
# Black Neighbors

## National data for 18+ (2022)

- **20% Black adults** experienced a mental health concern in the past year (MHA)
- **15% receive treatment** in the past year(MHA)
- **5% of Psychologists** in the U.S. are Black (MHA)

## RESOURCES:

- People of Progression (P.O.P)
- Pointtters
- We All Rise
- Diverse & Resilient
- Call Blackline (hotline)



# Teen Neighbors

## National data (2022)

- **49.5% of adolescents** have a mental health disorder at some point in their lives(NIMH)
- **20% of adolescents** report receiving mental health therapy (NIMH)
- **20% of adolescents** report having unmet mental health care needs (NIMH)

## RESOURCES:

- Catalpa Health
- Diverse & Resilient
- Boys & Girls Club of the Fox Valley
- Family Services
- Teenline.org



# Asian American Neighbors

## National data on adults 18yo+ (2022)

- **Least likely** of to report a mental health problem or seek help of any other racial or ethnic groups (KFF)
- **17% report a mental illness** in the past year (MHA)
- **12% received treatment** in the past year (MHA)

## RESOURCES:

- NEW Hmong
- Hmong Family Strength Helpline
- Asian Mental Health Collective
- Asian American Health Initiative
- Asian Mental Health Project



# LGBTQ+ Neighbors

## National data for adults 18yo+

- **LGBTQ adults are 2.5x's more likely** to experience a mental health condition (NAMI)
- **Transgender adults are 4x's as likely** to experience a mental health condition (NAMI)
- **8% of LGBTQ and 27% of transgender adults** report being denied needed health care (MHA)

## RESOURCES:

- Diverse & Resilient
- Youth Go
- NAMI Fox Valley group
- PRISM of WI Peer Warmline
- LGBT Center of SE Wisconsin
- Trevor Lifeline



# Native & Indigenous Neighbors

- **Serious psychological distress 2.5x's greater** than the general population (IHS)
- **Experience emotional distress** in ways that are not consistent with diagnostic criteria (IHS)
- **More likely** to seek help from a Spiritual or traditional healer (NAMI)

## RESOURCES:

- Onieda Behavioral Health
- Gerald Ignace Indian Health Center
- Indian Health Center
- Tribal Health Departments-Wisconsin
- Stockbridge-Munsee Health and Wellness Center



# New Parent Neighbors

## National data for adults 18yo+

- **20% of new parents** can suffer from Postpartum depression (NAMI)
- **1 in 10 men** experience postpartum depression (NAMI Greater San Antonio)
- **75% of pregnant people** will not seek mental health treatment (NAMI)

## RESOURCES:

- Ascension Behavioral Health
- Cultura Counseling
- National Maternal Mental Health Hotline
- Counseling and Consulting Professionals
- Farrar & Associates Mental Health





FOX CITIES  
Mind Your Wellness Survey  
2.0

Many members and community organizations use the MYWS data to **guide their work**.

MYWS 2.0 is updated with **culturally informed questions** to more accurately gather data on our most impacted community members.

In order for the data to be statistically significant and valid for our Tri-County, **we need your help** to get responses!

**Open until end of July**

**Goal:** 3200 responses  
**Currently:** 411 responses



**Need at least 800 more responses**


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An Update on  
**Connected** *Fox Valley*

**Which will result in...**

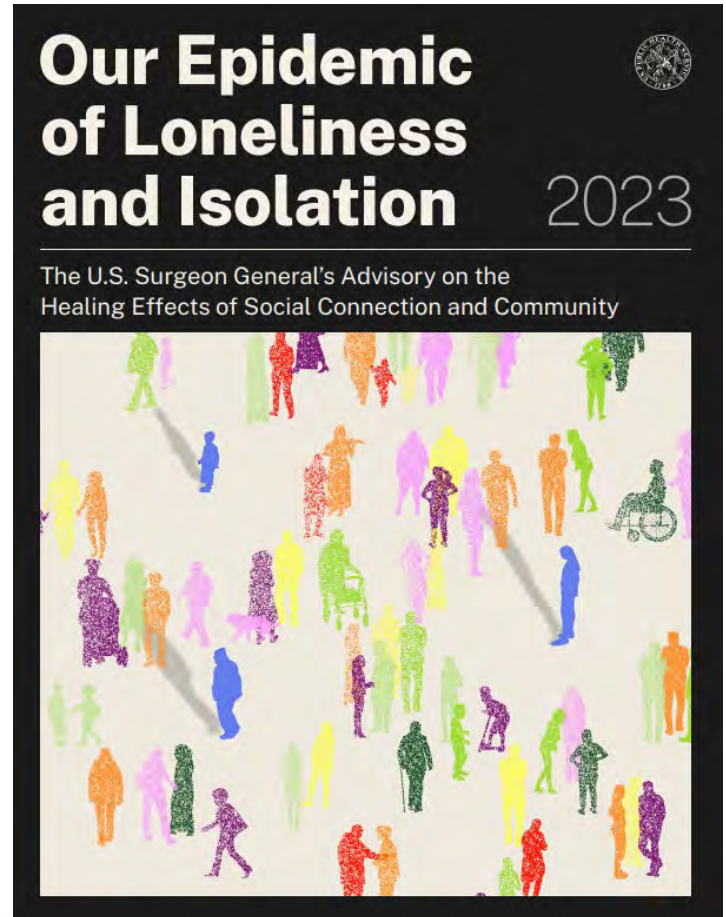
A community report featuring a comprehensive set of recommendations that foster social connectedness and belonging across the tri-county region of Calumet, Outagamie and Winnebago counties.



# Connected Fox Valley

## Dangers of Low Social Connection:

- Increased risk of mental health issues
- Higher likelihood of chronic illness
- Shortened life span
- Impaired cognitive function (higher risk of dementia)
- Reduced resilience and well-being



# 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*

## **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.

## **Which is why...**

An Advisory Committee has been formed representing communities that are disparately impacted and conversations will be had to better understand the breadth of social connectedness

# 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

## Our Goals and Work Plan:

- **Map** existing efforts and resources.
- **Study/review** data trends to better understand leverage points for social connection
- **Explore and vet** strategies that might be a good fit for our community.
- **Synthesize** a community report from the qualitative and quantitative data, the groups' learnings and recommendations **to inform** synergistic efforts like the Tri-County Community Health Improvement Plan (Tri-County CHIP)

**Dissemination event in spring 2026**

# Connected Fox Valley

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

For regular updates on this work, see The Connections website for blog posts about activities, outcomes and learnings!

Wendy Harris

Project Coordinator

[wendy@newmentalhealthconnection.org](mailto:wendy@newmentalhealthconnection.org)

920.252.5927

The screenshot displays the website for 'The Connection N.E.W. MENTAL HEALTH'. The navigation menu includes 'Home', 'About Us', 'Blog', 'Member Meetings', 'Initiatives', 'Resources & Training', 'News & Events', and 'Contact Us'. The 'Initiatives' dropdown menu is open, with 'Connected Fox Valley' highlighted by a red arrow. Other items in the dropdown include 'Healthy Teen Minds', 'MyConnectionNEW.org', 'No Wrong Door', and 'Project Zero'. The main content area features a banner for a 'March member meeting' on 'Thurs., March 13, 2025', with times for in-person and on Zoom. A 'Join Our Mailing List' form is visible on the right, and an 'Our Mission' section is at the bottom.

**Don't forget  
to update  
your listing**



**MyConnectionNEW.org**  
CLICK. LINK. HELP.

**Website**

Average visits  
per day: 250



# Social Media Tool Kit & Member Meetings

newmentalhealthconnection.org

Social Media Tool Kit

## Member Meeting Calendar Series

If your organization's firewall is blocking our eNews and meeting reminders, here is where you can find them!

The screenshot displays the website for 'The Connection N.E.W. MENTAL HEALTH'. The navigation bar includes links for Home, About Us, Membership, Initiatives, Resources & Training, News & Events, and Contact Us. A prominent announcement banner reads 'SAVE THE DATE! Next Member Meeting: Thursday, May 8, 2025' and 'May is Mental Health Month!'. Below the banner, meeting details are listed: '8:30 am ~ In-Person at Catalpa Health' and '11:30 am - 12:30 pm ~ On Zoom'. A dropdown menu is open under 'News & Events', listing 'May Mental Health Awareness Month 2025', 'Latest Updates & Newsletters', 'Events Calendar', 'Media Coverage', and 'Press Releases'. A form on the right side of the page is partially visible, with a 'Submit' button.

# Happy Mental Health Awareness Month!

Slide deck & recording of today's meeting can be found at:  
[www.newmentalhealthconnection.org](http://www.newmentalhealthconnection.org)

## Next Meeting:

July 10, 2025

in person at Catalpa 7:30-8:30a

or

Zoom 11:30-12:30PM



**MyConnectionNEW.org**

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