

WRIC READER



WRIC Comprehensive Community Services Newsletter

July 2019

“What is the What?”

What is Peer Support?

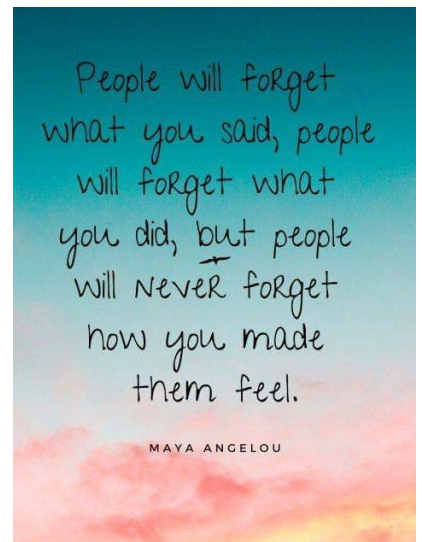
Peer Support is one of the thirteen psychosocial rehabilitative services that can be provided through the CCS program.

Peer support services include a wide range of supports to assist the individuals and their family members with mental health and/or substance abuse issues in the recovery process. Peer support offers a level of acceptance, understanding, and validation not found in many other professional relationships. By sharing their own lived experience and practical guidance, peer support workers help people to develop their own goals, create strategies for self-empowerment, and take concrete steps towards building fulfilling, self-determined lives for themselves.

Peer support services are conducted by a certified peer specialist, who is someone with the lived experience of recovery from a mental health condition, substance use disorder, or both. Peer specialists are “experientially credentialed” by their own recovery journey and provide non-clinical, strengths-based support to others experiencing similar challenges.

Peer support workers can help break down barriers of experience and understanding, as well as power dynamics that may get in the way of working with other members of the treatment team. The peer support worker’s role is to assist people with finding and following their own recovery paths, without judgment, expectation, rules, or requirements.

For more information visit: [SAMHSA: Peer Supports](#), [Wisconsin DHS: Peer Supports](#)



DOES PEER SUPPORT MAKE A DIFFERENCE?

Emerging research shows that peer support is effective for supporting recovery from behavioral health conditions. Benefits of peer support may include:

- Increased self-esteem and confidence** (Davidson, et al., 1999; Salzer, 2002)
- Increased sense of control and ability to bring about changes in their lives** (Davidson, et al., 2012)
- Raised empowerment scores** (Davidson, et al., 1999; Dumont & Jones, 2002; Ochocka, Nelson, Janzen, & Trainor, 2006; Resnick & Rosenheck, 2008)
- Increased sense of hope and inspiration** (Davidson, et al., 2006; Ratzlaff, McDiarmid, Marty, & Rapp, 2006)
- Increased empathy and acceptance (camaraderie)** (Coatsworth-Puspokey, Forchuk, & Ward-Griffin, 2006; Davidson, et al., 1999)
- Decreased psychotic symptoms** (Davidson, et al., 2012)
- Increased sense that treatment is responsive and inclusive of needs** (Davidson, et al., 2012)
- Reduced hospital admission rates and longer community tenure** (Chinman, Weingarten, Stayner, & Davidson, 2001; Davidson, et al., 2012; Forchuk, Martin, Chan, & Jensen, 2005; Min, Whitecraft, Rothbard, Salzer, 2007)
- Increased social support and social functioning** (Kurtz, 1990; Nelson, Ochocka, Janzen, & Trainor, 2006; Ochocka et al., 2006; Trainor, Shepherd, Boydell, Leff, & Crawford, 1997; Yanos, Primavera, & Knight, 2001)
- Decreased substance use and depression** (Davidson, et al., 2012)

[SAMHSA: Value of Peers](#)

In This Issue

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- Provider Spotlights
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PROVIDER SPOTLIGHT

Independent Living Resources (ILR)

**Service Array: Peer Support,
Individual Skill Development,
Wellness & Recovery Services**

Office Locations: La Crosse

Independent Living Resources (ILR) is a consumer controlled; community based non-profit Independent Living Center. ILR works with individuals with disabilities of all types across the lifespan, providing services in 13 counties in Southwest Wisconsin. As an Independent Living Center, ILR's staff and Board of Directors must be at least 51% individuals with disabilities. This gives the agency a unique perspective, as the majority of the staff providing the services are individuals with disabilities themselves. ILR provides a broad array of services including Information and Referral, Peer Support, Advocacy, IL Skills Training, Transition Services, Assistive Technology Demonstration and Assessment, Benefits Assessments.



Coulee Recovery Center

Locations: La Crosse

Coulee Recovery Support services provide a supportive environment for recovery, bridge the gap to recovery and awareness, and offer family support programming. Coulee Recovery strives to provide knowledge of substance abuse and addictive behaviors, develop skills to manage life without using drugs or alcohol and offer guidance necessary to recognize how an individual and their loved one interact, help them recognize tools to change unhealthy patterns to achieve healthier and happier results.

Coulee Recovery Center provides various supports to include a drop-in center for individuals needing support and fellowship with others, community activities to provide alternatives to habitual behaviors and routines, a multiple support groups for people in various stages of recovery and groups for family and friends to better understand and support their loved ones in recovery.

For more information visit the center, click on the website link, or call.



Coulee Recovery Center
Bridging the Gap Between Addiction and Recovery

933 Ferry Street,
La Crosse, WI
(608) 784-4177
CouleeCouncil.org

WRIC-CCS Peer Support Resources

Certified Peer Specialists

[Independent Living Resources](#)

[Peer Association, Inc](#)

Parent Peer Support*

[Parenting Place](#)

[WI Family Ties](#)

Substance Use Peer Support*

[Coulee Recovery Center](#)

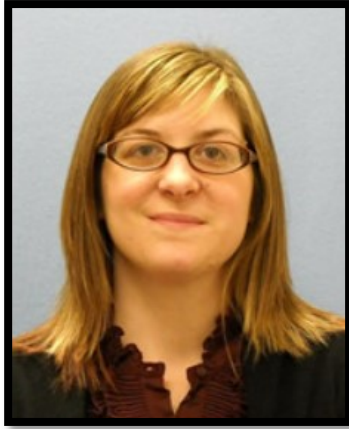
[Stein Counseling](#)

Click agency name to learn more about the services provided

** may not be state certified peer specialists*

FACES OF CCS

Christin Skolnik (La Crosse County) Integrated Support & Recovery Services Section Manager



Christin stepped into the role of ISRS section manager at the end of May 2019. As section manager, she coordinates and oversees multiple mental health and substance use recovery programs including comprehensive community services (CCS), community support program (CSP), children with special needs/long-term supports (CSN/CLTS), mobile crisis, short-term case management, and outpatient mental health/substance use clinics. Christin brings years of experience of mental health practice and advocacy including being a former CSP case manager, CCS service facilitator, and CCS program manager.

Ashley Paar (La Crosse County) CCS Service Facilitator (Adult-Intensive Program)

Ashley Paar, MSW, is a service facilitator for the adult CCS-Intensive program in La Crosse. She has been at the County for a little over 5 years, having also done both undergraduate and graduate internships within the Family and Children's Section. Ashley identifies as a life-long learner and is passionate about helping others to become the best versions of themselves. In her spare time, she enjoys traveling, spending time outdoors, being active, listening to music, and spending time with friends/family.



“Executive” Summary

Executive Functioning skills are the mental processes that allow us to plan, focus, remember instructions, and manage multiple task.

Instead of: “Played a Game”

Consider the Executive Functioning Skills being practiced and monitored during the session:

- Taking Turns
- Impulse Control
- Frustration Management
- Following Instructions
- Managing Time
- Ability to Focus on Tasks
- Problem Solving
- Thinking ‘outside the box’

www.developingchild.harvard.edu

Statute Skinny

DHS 36.11(1) Clinical Supervision

Approved methods of clinical supervision:

1. Individual Sessions
2. Group Meetings
3. Side-by-Side Session during an: assessment, service plan meeting, or direct service
4. Any other form of professionally recognized method of supervision to ensure effective delivery of services to consumers

* Supervision may be face-to-face or teleconference via Polycom system or Microsoft Lync/Business Skype

Check This Out!

WRIC- CCS has a new website:

www.co.la-crosse.wi.us/humanservices/ccsMaterials

Note: See events page for general vendor groups. A new group may be started if 3 or more individuals express interest. Contact Ryan Ross with available days & times ross@lacrossecounty.org

WHAT IS BORDERLINE PERSONALITY DISORDER?

Borderline Personality Disorder (BPD) is an often misunderstood, serious mental illness that creates significant emotional instability.

The Characteristics

- Very intense **emotions**
- Feeling of **worthlessness** and being fundamentally flawed
- Intensely distorted **self-image**
- **Self-harming** acts
- Stormy interpersonal **relationships**

Average Mind

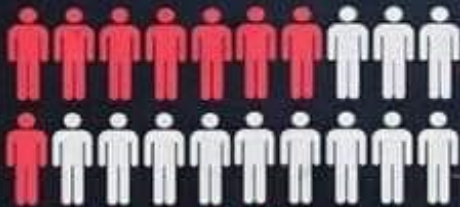
BPD Mind

4.5 million

people in the U.S. experience BPD
about **1-2%**
of the total U.S. population

Other Symptoms

- Extreme fear of **abandonment**
- Intense and rapid **mood-swings**
- Impulsive and **risky** behavior
- Recurring **suicidal** behavior
- Strong and often explosive **anger**
- Severe **dissociative** symptoms (like losing touch of reality)
- Awareness of **destructive** behavior but feeling unable to control it



7 out of **10** people with BPD attempt suicide



1 out of **10** people with BPD **complete** suicide

50-80%

take part in risky behavior such as:

Drug abuse + Self-mutilation

THE BPD STIGMA

"Selfish"

"Difficult"

"Manipulative"

"Attention-seeking"

"Treatment resistant"

=

Words and beliefs that are often used by **society** and **health providers** to describe people with BPD.

This stems from the shared belief that BPD individuals tend to **evoke negative emotions** on others

BPD individuals struggle to receive help because of society's **fear of coming in contact with them**

What Causes BPD?

- **Family history** of mental illness
- Childhood **trauma** (victim or witness of violence or abuse)
- **Neglect** or maladaptive environment
- Brain **abnormalities**
- Other unknown risks

How is it Treated?

- **Medication** helps mood swings and co-morbid disorders but does not treat BPD
- **Psychotherapy** is the only proven method to treating the disorder
- **Long-term, intensive therapy** is required in order to achieve substantial recovery

So What Can We Do?

The stigma that surrounds BPD can be more debilitating than BPD itself. With more **awareness** of the disorder, we can learn to **understand** this misunderstood illness, and prevent the dangers and deaths it causes. If you suspect that you or someone you know has BPD, immediately seek help. Visit www.nimh.nih.gov to learn more on BPD.

Upcoming Events



Meetings

Community-Based Provider Clinical Support Groups:

◇ 1st Thursday (7/11): 1:30-2:30pm @ La Crosse County Human Services #2002
Re-starting Skype Lync: <https://meet.lync.com/lacrossecounty.org/ross/JOC06K3A>

◇ 3rd Tuesday (7/23): 10-11am @ La Crosse County Administration #1107
Skype Lync: <https://meet.lync.com/lacrossecounty.org/ross/3L2T8QYD>

Who Should Attend: Any direct provider of CCS services.

Residential Clinical Support Teleconference Groups:

◇ 2nd Tuesday (7/9): 9-10am @ (605) 472-5637 Code: 994794#
Skype Lync: <https://meet.lync.com/lacrossecounty.org/ross/1F3TTCKS>

◇ 4th Monday (7/22): 2-3pm @ (605) 472-5637 Code: 994794#
Skype Lync: <https://meet.lync.com/lacrossecounty.org/ross/TCAZUTAG>

Who Should Attend: Any direct provider of CCS residential services



WRIC Contracting Meetings

◇ All Vendor Conference: July 16 from 10am-12pm at La Crosse County Human Services Basement Auditorium. Will discuss updates to vendor contracts and program requirements

Who Should Attend: Directors and Administrative staff

Trainings

CCS Core Curriculum

Online	Ongoing	CCS Program Training/ Orientation	CCS Online Training Partnership
Online	Ongoing	WI Mandated Reporter Training	UW Professional Development Center
Online	Ongoing	Medication Management for Non-Prescribers	SAMHSA Info & Training Link Here
Online	Ongoing	Understanding Substance Use Disorders: Basics	ATTC/NIATx network Info & Training Link Here
Online	Ongoing	Consumer Rights	WI Dept of Human Services Training Link Here
Online	Ongoing	Crisis & Suicide Response for Community Partners	Columbia Lighthouse Project Info, Resources & Training Link

Other Trainings

July 18	11:00am-12:00pm	Cultivating a Healthy Mind	WPPNT Teleconference 877-820-7831 Code: 107633#
Aug 1	11:00am-12:00pm	Supporting Families through Deportation or Incarceration	WPPNT Teleconference 877-820-7831 Code: 107633#
Aug 13-14	All Day	Now is the Time: Transition Age Youth Conference	UW-Whitewater Info & Registration Link Here
Online	Ongoing	Responding to Race-Based Trauma	Info & Registration: www.resmaa.com

Contact Us

WRIC Counties

Jackson County
420 Highway 54 W
Black River Falls, 54615
(715) 284-4301

La Crosse County
300 4th Street North
La Crosse, WI 54601
(608) 784-4357

Monroe County
112 S Court Street,
Sparta, WI 54656
(608) 269-8600

WRIC Shared Staff

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WRIC Administrative Director
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Emily McGonigle
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ross@lacrossecounty.org

Quality Assurance
(608) 785-6014
ISRSQA@lacrossecounty.org

Submissions:

Have you observed or heard of another provider doing a good job? Do you have a question for the Emilies? Know of any trainings or events occurring in the community or hosted by your agency? Please send to Ryan Ross ross@lacrossecounty.org by the 25th of the month.

Wisconsin Peer Recovery Conference
August 1 & 2, 2019
 Stoney Creek Hotel and Conference Center
 Onalaska, WI

Recovery Outside The Box

Upcoming Events

Circle of Security® One Day Foundation Training

Develop strategies and skills for helping children regulate their emotions and behaviors.

Deepen your understanding of the relational dance; the possible origins of behaviors, and the individual needs of the children you care for and nurture.

Deepen your understanding of your own relational patterns and strengthen current adult relationships.

TRAINER: Nicole Milliren, MS, LPC
WHEN: Thursday, 8/15/2019
WHERE: Piggy's on Front
 501 Front St. S.
 La Crosse, WI.
TIME: 8:00 Check-in
 8:30 – 3:30 training
LUNCH: Included; soup, salad, breadstick buffet (please let us know of any dietary needs)

- Community/Agency Provider \$85.00
- Parent/Caregiver \$45

Pre-registration and payment is required no later than 8/12/19. Register and pay today by emailing registration information to Nancy@infinity-training-consulting.org. An invoice will be sent via your e-mail for processing through the Square system for a nominal fee. Cancellation after 8/12/19 or no shows will result in a forfeiture of the registration fee.
 Contact: Nancy at (608)386-3447.

Men's Peer Support Fellowship

"A PATH TO VIRTUE"

Peer-led discussion group model for conveying ethics training and peace education leveraging supportive conversations - Sixteen sessions on topics such as; modern society and the quest for human happiness, dependent origination and the nature of reality, ethic of restraint, ethic of virtue plus many, many more.

Attendance is free to the public and those in their own recovery from substance use and or mental illness are encouraged to participate in the first ever exclusive "men's only" fellowship on a path to virtue.

6 - 8 PM
 EVERY TUESDAY
 205 5TH AVE S
 SUITE 417
 LA CROSSE WI 54601

Coffee and water will be available for your enjoyment!

ARE YOU SEARCHING FOR RECOVERY FROM ADDICTION?

JOIN US FOR A SMART RECOVERY MEETING

SMART is an addiction recovery support group where participants learn self empowering techniques to aid their recovery. Whether your addiction involves substance use (alcohol, smoking, or drugs) or behaviors (gambling, sex, eating, shopping, self-harm), SMART can help.

Beginning May 14th, meetings will be held weekly at Scenic Bluffs in Cashton (238 Front Street):

Tuesdays: 5:30—7 PM
 Thursdays: 8:30—10 AM

SMART can help:

- Build & maintain motivation
- Cope with urges
- Manage thoughts, feelings, and behaviors
- Live a balanced life

For questions or more information please contact:
 Jenna at jhess@scenicbluffs.org or (608) 654 -5100 ext.444

GOAT YOGA at Garden Valley Gatherings

Thursdays from 5:30-6:30pm.

There will be real baby goats while you are lead through a yoga session. Brittany Cork from One Wellness will take you through a workout designed for all skill levels.

W13072 St Road 121, Alma Center
 (715) 896-6971

Family & Friends Support Group

Is there a loved one in your life who has an addiction? Join a new support group at Scenic Bluffs in Cashton to learn tools to help with emotional upsets, effective communication, and more. Wednesdays from 5:30-7:30pm at Scenic Bluffs 228 Front St, Cashton. Contact Jenna Hess 608-654-5100 jhess@scenicbluffs.org

Project Homeless Connect 2019

Thursday, July 25th, 2019

11am-4pm

La Crosse Center, North Hall

This event is open to all!

Vendors and services providers will be on hand to talk with guests who may be struggling with homelessness or possible homelessness. If you or someone you know is struggling with maintaining stable housing, please join us! There are resources and service available in our community that may be able to assist!