

WRIC READER



WRIC Comprehensive Community Services Newsletter

November 2019

“What is the What?”

What is Psychoeducation?

Psychoeducation is one of the thirteen psychosocial rehabilitative services that can be provided through the CCS program. Psychoeducation focuses providing education, information, and support around understanding a mental health or substance use issue. While psychoeducation can be an individual-based service, it is more commonly applied in support group structure where individuals come together to understand their shared condition, learn general skills to manage their symptoms, and provide emotional support to one another.

Psychoeducation is also available to family members and natural supports. This can also be on an individual or group basis, as friends and family receive emotional support, gain better understanding of their loved one’s diagnosis and impacts to their daily life, and can also learn different ways to support their loved one.

Psychoeducation is closely related to psychotherapy or counseling, but differs in one main distinction: psychotherapy focuses on the individual’s unique impacts and patterns from a condition (e.g. how is ADHD impacting your specific abilities, daily routines, and relationships) whereas psychoeducation focuses on educating about the generalized impacts of a condition (e.g. how does ADHD typically impact people, and general strategies that help most people manage symptoms).

Psychoeducation is also closely related to Wellness Management and Recovery Services, but differs in the amount of actionable support that is offered. Wellness services may include some psychoeducation, but expands supports further by assisting individuals or natural supports with developing new routines and practicing skills they have gained information about.

Resources:

[“What is Psychoeducation and Why Does it Matter?”](#)

[Family Psychoeducation Evidence Based Practices Kit \(SAMHSA\)](#)

[National Institute on Drug Abuse: Psychoeducation Publications & Handouts](#)



★ **Kudos 2 You:** *Reflections of a Job Well Done*

★ **Mastering Life Skills:** “Stacy does a great job communicating her intervention plan, and finding ways to motivate consumers to keep moving forward in their recovery journey”

★ **Peace of Mind:** “The therapists at Peace of Mind are doing good work with consumers and families”, “They are active in attending team meetings and coordinating service focus with other agencies”

If you notice another staff/agency/community partner doing good work or going the extra mile, nominate them by sending a brief description to Ryan Ross rross@lacrossecounty.org

In This Issue

- “What is... Psychoeducation?”
- Talking Points: Clinical Supervision v. Training
- Upcoming Meetings & Trainings
- Upcoming Events



Talking Points

Clinical Supervision vs Training

Clinical Supervision

- **Purpose:** to support practitioners, protect client interests, ensure professional standards are met, ensure quality services are being delivered by competent staff
- **Goal:** personal & professional development of staff by assisting with how to apply knowledge and skills in a practical setting
- **Agenda:** fluid, based on supervisee skills needed and reflective discussion with supervisor
- **Process:** includes teaching specific skills and assessing use, performance, and efficacy
- **Assessment:** is by individual or group needs
- **Content:** varies based on reflective discussion between supervisee and supervisor
- **Time Frame:** Open-ended and ongoing
- **Requirements within the CCS Program:**
 - ◇ 1 hour per week or for every 30 hours of face-to-face services provided (non-clinical licensed staff)
 - ◇ 1 hour for every 120 hours of face-to-face services provided (licensed clinical therapists and doctorate level providers)

Training

- **Purpose:** to increase knowledge base, improve knowledge of clinical skills, ensure standard knowledge base among providers
- **Goal:** to transfer knowledge and increase basic skill sets
- **Agenda:** rigid, pre-planned curriculum topic lead by a trainer
- **Process:** includes teaching knowledge base and assessing comprehension of material
- **Assessment:** is by agency or program needs
- **Content:** established topics with a pre-planned curriculum being instructed toward listeners
- **Time Frame:** Short-term, "one and done"
- **Requirements within the CCS Program:**
 - ◇ 30 hours of pre-training for individuals without at least a bachelors degree in a human service related field
 - ◇ 40 hours of initial orientation training for all individuals
 - OR -
 - ◇ 20 hours of initial orientation training with at least 6 months of experience providing services in mental health/substance use
 - ◇ 8 hours of continuing education each year related to mental health/substance use services provided by the practitioner

Upcoming Events



Meetings

• Community-Based Provider Clinical Support Groups:

◇ 1st Thursday (11/7): 1:30-2:30pm @ La Crosse County Human Services #2002
Skype Lync: [Join Skype Meeting](#)

◇ 3rd Tuesday (11/19): 10-11am @ La Crosse County Administration #1107
Skype Lync: [Join Skype Meeting](#)

Who Should Attend: Any direct provider of CCS services.

• Residential Clinical Support Teleconference Groups:

◇ 2nd Tuesday (11/12): 9-10am @ (605) 472-5637 Code: 994794#
Skype Lync: [Join Skype Meeting](#)

◇ 4th Monday (11/25): 2-3pm @ (605) 472-5637 Code: 994794#
Skype Lync: [Join Skype Meeting](#)

Who Should Attend: Any direct provider of CCS residential services

• WRIC Contracting Meeting/Vendor Conference

◇ Monday November 25 from 10am-12pm at La Crosse County Human Services Basement Auditorium. Will discuss updates to vendor contracts and program requirements

Who Should Attend: Directors, Administrative, Fiscal staff

Trainings

CCS Core Curriculum (free resources)

Nov 6	10:00am— 11:30am	Recovery Focused Principles and Interventions	La Crosse County Administration #1107 Info & Registration Here
Nov 13	10:00am— 11:30am	Non-Violent Crisis Response Self-Care & Crisis Cycle	La Crosse County Administration #1107 Info & Registration Here
Nov 20	10:00am— 11:30am	Non-Violent Crisis Response Crisis Communication	La Crosse County Administration #1107 Info & Registration Here
Online	Ongoing	CCS Program Training/Orientation	CCS Online Training Partnership

Other Trainings

Nov 7	11:00am— 12:00pm	Use of Self in Services (free)	WPPNT Teleconference 877-820-7831 Code: 107633#
Nov 14	8:00am— 2:00pm	Expanding and Strengthening Inclusive Communities (\$\$)	Western Tech College, La Crosse Info & Registration Here
Nov 16	10:00am— 12:00pm	Impacts of Racial Disparities on Well-Being of La Crosse	English Lutheran Church, La Crosse Info & Registration
Nov 21	11:00am— 12:00pm	Motivational Interviewing Overview (free)	WPPNT Teleconference 877-820-7831 Code: 107633#
Dec 3-4	All Day	Hate & Bias Response Symposium (\$\$\$)	UW-La Crosse Info & Registration Here
Dec 5	11:00am— 12:00pm	Interventions for Stimulant and Alcohol Use Treatment (free)	WPPNT Teleconference 877-820-7831 Code: 107633#

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

Emily Engling

WRIC Administrative Director
(608) 785-6413
eengling@lacrossecounty.org

Emily McGonigle

WRIC Clinical Director
(608) 785-5702
mmcgonigle@lacrossecounty.org

Ryan Ross

Mental Health Professional
(608) 785-6048
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.

Financial Wellness Series

Black River Falls Public Library's Program Room, 6 p.m.

Sessions & Dates

TUESDAY, FEBRUARY 12TH
Scams and Fraud

TUESDAY, MAY 14TH
Your Credit Score

TUESDAY, AUGUST 13TH
Money 101

TUESDAY, NOVEMBER 12TH
Holiday Budgets

Please register at the library or by calling 800-258-0023.

THE PRESENTER
Jason Breining

Jason is a Certified Credit Union Financial Counselor and Loan Officer at CCU, where he also supervises Tiger Credit Union. He has experience in lending, new accounts, member service and collections. He is a lifelong Jackson County resident who is married and has one son.

Brought to you by:

Upcoming Events

Black River Falls Public Library

November @ the Library!

November 1-30:	Black River Falls Middle School Artwork Display
November 1-11:	Good Time Homemakers Display
November 1:	Story Time @ 10:15 a.m.
November 1:	Lego II (for grades 4-6) after school to 4:15 p.m.
November 4:	Library Book Club meeting @ 10 a.m.
November 6:	Fiber Arts Demonstrations (rope baskets, applique, rug hooking) beginning @ 10 a.m.
November 7:	Connection Movie Event @ 1 p.m.
November 8:	Story Time @ 10:15 a.m.
November 8:	Lego II (for grades 4-6) after school to 4:15 p.m.
November 9:	BRF Writers Group meeting @ 10 a.m. (new members welcome)
November 11:	Lego I (for grades K-3) after school to 4:15 p.m.
November 11:	'New' Book Club @ the Library meeting @ 5:30 p.m.
November 12:	Ho-Chunk Gra Headstart Story Time @ 11 a.m.
November 12:	Financial Wellness Series: 'Holiday Budgets' @ 6 p.m. (Call 715-284-4112 or 1-800-258-0023 to register)
November 13:	Green Book Club meeting @ noon
November 13:	Career Chat @ 2 p.m. (topic: Resumes), followed by one-on one Employment Assistance (DWD): Contact the Library to schedule an appointment.
November 13:	'Identity Theft: Protect and Prevent' @ 5 p.m. (Presented by the Bureau of Consumer Protection)
November 15:	Story Time @ 10:15 a.m.
November 15:	Lego II (for grades 4-6) after school to 4:15 p.m.
November 18:	Deck the Shelves with the Friends of the Library @ 3:30 p.m. (Public invited to participate in decorating the library for the holidays.)
November 18:	Friends of the Library meeting @ 5 p.m. (new members welcome)
November 19:	Sandpillow Headstart Story Time @ 11 a.m.
November 19:	Library Board meeting @ 4 p.m.
November 19:	Retirement Open House & Refreshments for Library Director, Tammy Peasley @ 5 p.m.
November 20:	'Ask a Tech Expert', 5 to 6:30 p.m. (Call the Library to register @ 715-284-4112)
November 22:	Story Time @ 10:15 a.m.
November 22:	Lego II (for grades 4-6) after school to 4:15 p.m.
November 25:	Lego I (for grades K-3) after school to 4:15 p.m.
November 26:	Jackson County Bird Club meeting @ 2 p.m.
November 26:	Tech Tuesday with Cell-Plus @ 5:30 p.m.
November 27:	Library Closing at 5:30 p.m.

La Crosse Community Thanksgiving Dinner

Event Schedule

- 10am – Doors Open
- 10:30am – Thanksgiving Nondenominational Worship Service
- 11am – 3pm – Dinner Served

Entertainment All Day

- Musical Entertainment
- Arts, Crafts, and Games for Children
- Large Screen TV for the Thanksgiving Day Football Games

HATE BIAS

RESPONSE SYMPOSIUM