

# WRIC READER



WRIC Comprehensive Community Services Newsletter

May 2019

## “What is the What?”

### What is Service Planning?

Service Planning is one of the thirteen psychosocial rehabilitative services that can be provided through the CCS program. Service Planning includes the development of a written service plan and/or any service plan review meetings. The initial service plan is to be completed within 30-days of an individual’s application to the CCS program by the service facilitator, and updated whenever the needs of the individual change or every 6-months.

Service Planning is to occur within a team structure. A service facilitator must be present to organize the service plan meeting where the consumer and their identified recovery team work together to develop the individualized service plan. A consumer’s recovery team must include the consumer, a facilitator, a mental health/substance use professional, guardians, family members, other natural supports, and service providers.

Service Plan Recovery Teams are to meet on a regular basis (i.e. every 2-6 weeks) to review progress towards the consumer’s goals, ensure supports are meeting the needs of the consumer, if necessary update the service plan to address newly identified needs or to celebrate successful accomplishment of treatment objectives.

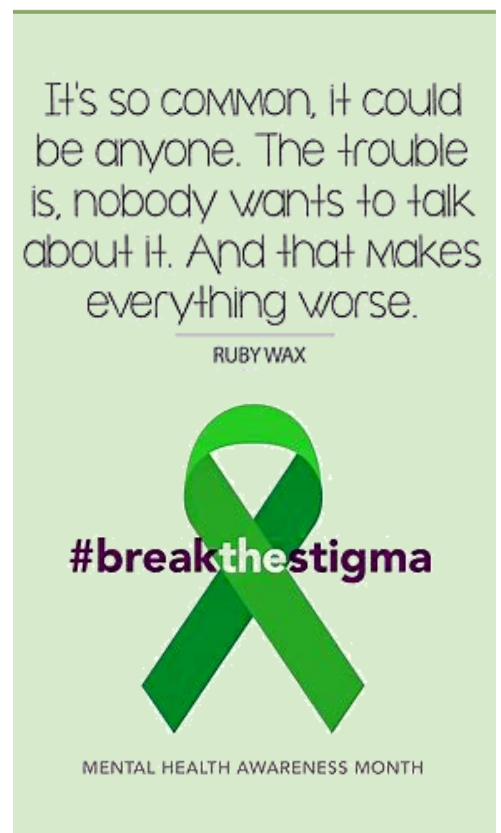
Within the collaborative service team meeting, each person has responsibilities to the team. The Consumer is responsible to express themselves freely (*voice*), have *choice* in who they want to be part of the regular monthly team meetings, and have *ownership* of the team process with the intent of leading their own planning meetings.

The Facilitator is responsible to assist the consumer with developing their voice, choice, and ownership of their own team, as well as document the formal service plan to reflect all supports and services provided to consumer and family.

Mental Health Professionals are responsible to review and approve the consumer’s need and appropriateness for psychosocial services provided by CCS.

Natural and Professional supports are responsible to assist the consumer with their recovery journey, work collaboratively together for the benefit of the consumer, and request a service team meeting at any time to ensure that supports are meeting the needs of the consumer or to celebrate successes as they occur.

*WI Statute DHS 36.16(7), DHS 46.56(7), Forward Health CCS Claims Topic #17137*



## PROGRAM UPDATES & TIMELINES

June 1st: All Vendors are required to submit:

- ◆ Specific Start/Stop Times for each type of service on Notes
- ◆ Total Minutes and Miles of Roundtrip Travel for face-to-face services
- ◆ Clinical Supervision Logs for all staff providing CCS services

As Contract Updates are Released: Home & Community-Based Providers will start using Service Planning as a billable service for any team meetings/service plan reviews. Contracts will indicate an agency’s start date

## In This Issue

- “What is... Service Planning?”
- Kudos 2 You
- Resource Corner
- Mental Health Awareness Month
- Upcoming Events

## Kudos 2 You: Reflections of a Job Well Done



- ★ **Catholic Charities:** The La Crosse Area Diocese will be awarded the NAMI (National Alliance on Mental Illness) IRIS award of excellence for their work in their live-by program to support individuals in their recovery transition back into their local communities.



- ★ **Dr. Katie Fassbinder:** Psychiatrist and WRIC Medical Director was featured in local publication on understanding and supporting individuals with anxiety. To read the article visit page 25 from the link to [Coulee Region Communication](#)

- ★ **Sam Seefeld:** Therapist in the La Crosse County outpatient clinic who will be awarded the NAMI (National Alliance on Mental Illness) IRIS award of excellence for his work in supporting the recovery of those who are or have been involved in the correctional system and transitioning back into the community.

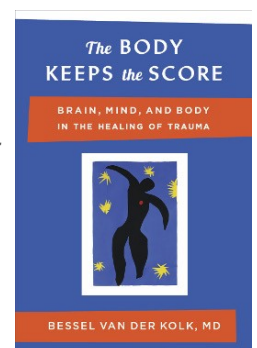


- ★ **Brilliant Bodywork:** An area spa/skin care business launches the Restorative Ink Project that assists survivors of abuse and trafficking with tattoo removal. Read the full article in the [La Crosse Tribune](#)

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](mailto:rross@lacrossecounty.org)

## Research, Readings & Resources

- ◆ **“Resisting the Urge to Fix Everything: The Profound Act of Sitting With Difficult Emotions and the Value of Process”** by Pamela Szczygiel, LCSW
- ◆ **“Behind the Behavior: The Challenge of Appreciating Child & Youth Needs”** Marty Beyer, PhD
- ◆ Clinical Quandary: **“My Client is Being Bullied and Her School Won’t Help!”**  
*Five clinicians give their take and suggestions*
- ◆ **“The Body Keeps the Score”** by Bessel van der Kolk, MD  
*The body keeps the score is masterful in bringing together science and humanism to clearly explain how trauma affects the whole person. Bessel van der Kolk brings deep understanding to the pain and chaos of the trauma experience. The treatment approaches he recommends heal the body and the mind, restoring hope and the possibility of joy. One reads this book with profound gratitude for its wisdom. - Alicia F. Lieberman, Ph.D.*





# Talking Points

## Mental Health Awareness Month

May is Mental Health Awareness month, and organizations across the nation are raising awareness on the many impacts mental illness has on people's lives and communities at large. It is estimated that at least 1 out of 4 people struggle with mental health, and the World Health Organization reports that depression is the worldwide leading disability (more common than cancer, chronic pain, or heart disease). To learn more: participate in the events listed below, or visit [NAMI.org](http://NAMI.org), [SAMHSA.gov](http://SAMHSA.gov), or [Wisconsin DHS](http://Wisconsin DHS)

### Statewide Events & Trainings

Date	Event	Time & Location	Brief Summary	Contact Person
Fri May 3	<b>Prevent Suicide Wisconsin Conference</b>	8:00am-4:00pm Kalahari Resort, WI Dells	Statewide conference features a wide range of supports for clinicians, educators, public health professionals, clergy, law enforcement and anyone interested in suicide prevention.	<a href="http://www.preventsuicidewi.org">www.preventsuicidewi.org</a>
Thurs May 9	<b>Mental Illness 101: Anxiety Disorders</b>	11:00 am-12:00pm Online Webinar	Online webinar with Dr. Timothy Sisemore. Intended audience of community and faith based partners to better understand signs & symptoms of anxiety and how to help connect with care	<a href="#">Online Registration</a>
Thurs May 9	<b>Better Than Okay: Moving from Illness to Happiness</b>	11:00am-12:00pm Teleconference	Dr. David Mays presents on the science of happiness. Wisconsin Public Psychiatry Network Teleconferences occur bi-monthly on Thursdays	<a href="http://www.dhs.wisconsin.gov/wppnt/2019">www.dhs.wisconsin.gov/wppnt/2019</a>
Thurs May 23	<b>The Color of Drinking</b>	11:00am-12:00pm Teleconference	Reonda Washington & Hannah Delong present on alcohol use in Wisconsin. Wisconsin Public Psychiatry Network Teleconferences occur bi-monthly on Thursdays	<a href="http://www.dhs.wisconsin.gov/wppnt/2019">www.dhs.wisconsin.gov/wppnt/2019</a>
Tu/Wed June 11-12	<b>WI Substance Use Prevention Conference</b>	8:00am-4:00pm Kalahari Resort, WI Dells	Statewide conference for those supporting individuals with identified substance use needs.	<a href="#">Online Information &amp; Registration</a>
Tu-Thu June 18-20	<b>WI Social &amp; Emotional Learning Conference</b>	8:00am-4:00pm Holiday Inn, Stevens Point	Statewide conference for those supporting children and youth with social, emotional, behavioral, and/or developmental needs in partnership with school districts.	<a href="#">Online Information &amp; Registration</a>
Th/Fri Aug 1-2	<b>WI Peer Recovery Conference</b>	8:00am-4:00pm Stoney Creek, La Crosse	Statewide conference for those supporting individuals with mental health and/or substance use needs	<a href="#">Online Information &amp; Registration</a>
Wed Sept 4	<b>CCS &amp; CST Statewide Meeting</b>	8:00am-4:00pm Glacier Canyon, WI Dells	Statewide collaborative meeting for Comprehensive Community Services and Coordinated Service Team Initiatives	<a href="http://www.dhs.wisconsin.gov/ccs">www.dhs.wisconsin.gov/ccs</a>
Th/Fri Sept 19-20	<b>WI Crisis Intervention Conference</b>	8:00am-4:00pm Kalahari Resort, WI Dells	Statewide conference for those supporting individuals who utilizes crisis support services including hospitalization and justice services	<a href="#">Online Information &amp; Registration</a>
Tu/Wed Oct 29-30	<b>WI Mental Health &amp; Substance Use Conference</b>	8:00am-4:00pm Kalahari Resort, WI Dells	Statewide conference for those supporting individuals with identified mental health and/or substance use needs.	<a href="#">Online Information &amp; Registration</a>
Mon/Tue Nov 11-12	<b>WI Children Come First Conference</b>	8:00am-4:00pm Glacier Canyon, WI Dells	Statewide conference for those supporting children and youth with social, emotional, behavioral, and/or developmental needs.	<a href="http://www.ccfconference.org">www.ccfconference.org</a>

# Jackson County Area Activities

Please share this list as desired to promote attendance at events in our community!

Date	Event	Time & Location	Brief Summary	Contact Person
Mon May 6	<b>From Personality Style to Personality Disorders</b>	11:30 am-1:00 pm B Home Building 311 County Road A, Black River Falls	Dr. Stephen Dal Cerro presenting. Lunch provided with RSVP	Pam Taylor (715) 284-4301 ext. 303 <a href="mailto:pam.taylor@co.jackson.wi.us">pam.taylor@co.jackson.wi.us</a>
Tues May 14	<b>Non-Suicidal Self-Harm Presentation</b>	1:00-2:30 pm Jackson County DHHS Building 421 County Rd R	Dr. Katie Fassbinder presenting. Limited space, RSVP requested	Pam Taylor (715) 284-4301 ext. 303 <a href="mailto:pam.taylor@co.jackson.wi.us">pam.taylor@co.jackson.wi.us</a>
Mon May 20	<b>Resilience: The Biology of Stress &amp; The Science of Hope</b>	5:30-7:30 pm Melrose-Mindoro Elementary School N181 State Rd 108	Screening of a new documentary revealing the impact of toxic stress on the body and development, and the emergence of the trauma informed movement to fight back. Dinner & Childcare available with RSVP	Pam Taylor (715) 284-4301 ext. 303 <a href="mailto:pam.taylor@co.jackson.wi.us">pam.taylor@co.jackson.wi.us</a>
Thurs May 30	<b>Professional Mixer</b>	5:00-6:00pm Revolutions, 38 Main Street, Black River	Professional meet & greet event for those in the community who work within mental health care.	Pam Taylor (715) 284-4301 ext. 303 <a href="mailto:pam.taylor@co.jackson.wi.us">pam.taylor@co.jackson.wi.us</a>

# Monroe County Area Activities

Please share this list as desired to promote attendance at events in our community!

Date	Event	Time & Location	Brief Summary	Contact Person
Thurs May 2	<b>NAMI Peer Support Group</b>	6:00-7:30 pm Tomah Memorial Hospital, Classroom B	Our Peer Support Groups are confidential, free of charge, for adults living with mental illness regardless of their diagnosis, and meet every month. The group is led by someone who is also in recovery, someone who understands the challenges you face.	<a href="http://www.namimonroejuneau.org">www.namimonroejuneau.org</a>
Fri May 3	<b>Mental Health Awareness &amp; Adverse Childhood Experiences Presentation</b>	8:30-10:30am Sparta City Hall Council Chambers	As partners in promoting health and well-being to kids, adults, and families in our community, we hope you can join us for this free introductory education session on adverse childhood experiences (ACEs) and trauma informed care.	Kayleigh Day (608) 269-8666 <a href="mailto:Kayleigh.day@co.monroe.wi.us">Kayleigh.day@co.monroe.wi.us</a>
Thurs May 16	<b>NAMI Peer Support Group</b>	6:00-7:30 pm Mauston Hatch Public Library, Conference Room	Our Peer Support Groups are confidential, free of charge, for adults living with mental illness regardless of their diagnosis, and meet every month. The group is led by someone who is also in recovery, someone who understands the challenges you face.	<a href="http://www.namimonroejuneau.org">www.namimonroejuneau.org</a>

# La Crosse County Area Activities

Please share this list as desired to promote attendance at events in our community!

Date	Event	Time & Location	Brief Summary	Contact Person
Wed May 1	<b>Wellness &amp; Recovery Support Group</b>	5:00-6:30pm Recovery Avenue, 1806 State Street	Weekly support group for adults who identify as being in mental health and/or substance use recovery. Recurs weekly	Therese Roelich-Bernadot (608) 787-1111
Thurs May 2	<b>Women Supporting Women Group</b>	5:00-6:30pm Recovery Avenue, 1806 State Street	Weekly support group for women who identify as being in mental health and/or substance use recovery. Recurs weekly	Therese Roelich-Bernadot (608) 787-1111
Thurs May 2	<b>Building a Resilient and Trauma Informed Community</b>	5:30-7:30 pm, Radisson Hotel	Foundation session including screening of film Resilience, a new documentary revealing the impacts of toxic stress, and the emergence of the trauma informed movement to fight back.	Register: <a href="http://www.surveymonkey.com/r/educationsessionresilience">www.surveymonkey.com/r/educationsessionresilience</a>
Thurs- Fri May 2-3	<b>Child Maltreatment Conference</b>	8:00am-4:00pm Radisson Hotel	Training conference and network with local professionals who share a passion for children and families to address children's safety needs.	Information & Registration: <a href="http://mayo-clinichealthsystem.org/locations/la-crosse/education/child-maltreatment">mayo-clinichealthsystem.org/locations/la-crosse/education/child-maltreatment</a>
Mon May 6	<b>Depressed Anonymous</b>	5:30-6:30 pm, 920 Market Street, La Crosse	Weekly support group. Recurs in May 5/6, 5/13, 5/20, 5/27	Contact: Gail (608) 784-4393
Wed May 8	<b>Campaign to Change Direction Video Contest</b>	6:00 pm, Gundersen ICE House, 4th floor	Campaign to Change Direction Video Contest winners will be announced for Middle School and High School students.	Contact: Sam Van Riper <a href="mailto:svanriper@trane.com">svanriper@trane.com</a>
Mon May 13	<b>NAMI Family Support Group</b>	6:00-8:00 pm, Family and Children's Center, 1707 Main Street	Support to family and friends of individuals experiencing mental health issues. Meets the 2nd Monday of the month.	<a href="http://www.namilacrossecounty.org/support-groups">www.namilacrossecounty.org/support-groups</a>
Wed May 15	<b>Survivors of Suicide Support Group</b>	7:00-9:00 pm, Franciscan Spirituality Center 920 Market Street, La Crosse	Monthly support group	Contact: Nancy, (608) 769-5007 or <a href="mailto:marystory@gmail.com">marystory@gmail.com</a>
Mon May 20	<b>Sharing the Struggle</b>	6:30-8:00 pm, Coulee Recovery Center, 933 Ferry St	Monthly support group for those with loved ones struggling with addiction	Contact: Coulee Recovery Center, (608) 784-4177
Wed May 22	<b>Mental Health First Aid Training</b>	8:00am-4:00 pm To Be Determined	Understanding and supporting youth and adults with mental illness. Free and open to the public. Lunch is included.	Register at <a href="http://www.bettertogetherlacrosse.org/#events">www.bettertogetherlacrosse.org/#events</a> .
Wed May 22	<b>Depression Screening</b>	1:30-3:30 pm, Dahl YMCA La Crosse	Depression Screening Free and open to the public	Contact: Sarah Johnson (608) 519-5497
Wed May 29	<b>Depression Screening</b>	12:00-2:00 pm, Houser YMCA, Onalaska	Depression Screening Free and open to the public	Contact: Sarah Johnson (608) 519-5497
Wed May 29	<b>Striding for Mental Wellness</b>	12:00 pm, Health and Human Services building, 300 4th St. La Crosse	Community awareness walk through downtown La Crosse. Support and promote mental wellness for all	Contact: Diane Oines, (608) 785-6129 <a href="http://www.namilacrossecounty.org/community-events">www.namilacrossecounty.org/community-events</a>
Wed May 29	<b>Shining Star/Iris Awards</b>	4:30-6:00 pm, Cargill Room, 332 Front St	Shining Star/Iris Awards ceremony from Mental Health Coalition and NAMI La Crosse	RSVP: <a href="http://mentalhealthlacrosse.org/rsvp-2019shining-star-iris-awards-event/">mentalhealthlacrosse.org/rsvp-2019shining-star-iris-awards-event/</a>



# Upcoming Events



## Meetings

### • Vendor Clinical Support Groups:

- ◇ 1st Thursday (5/2): 1:30-2:30pm @ La Crosse County Human Services #2002
- ◇ 3rd Tuesday (5/21): 10-11am @ **La Crosse County Administration #1107**

*Who Should Attend: Any direct provider of CCS services. Teleconference available*

### • Residential Clinical Support Teleconference Groups:

- ◇ 2nd Tuesday (5/14): 9-10am @ (605) 472-5637 Code: 994794#
- ◇ 4th Monday (5/20): **NOTE DATE CHANGE** 2-3pm @ (605) 472-5637 Code: 994794#

*Who Should Attend: Any direct provider of CCS residential services*

## Trainings

### CCS Core Curriculum

May 8	10:00am-11:30am	Coordinated Service Teams (CST) Overview	La Crosse County Admin 1107 For more <a href="#">Info &amp; Registration</a>
Online	Ongoing	CCS Program Training/Orientation	<a href="#">CCS Online Training Partnership</a>
Online	Ongoing	WI Mandated Reporter Training	<a href="#">UW Professional Development Center</a>
Online	Ongoing	Medication Management for Non-Prescribers	SAMHSA <a href="#">Info &amp; Training Link Here</a>
Online	Ongoing	Understanding Substance Use Disorders: Basics	ATTC/NIATx network <a href="#">Info &amp; Training Link Here</a>
Online	Ongoing	Consumer Rights	WI Dept of Human Services <a href="#">Training Link Here</a>
Online	Ongoing	Crisis & Suicide Response for Community Partners	Columbia Lighthouse Project <a href="#">Info, Resources &amp; Training Link</a>

### Other Trainings

May 2-3	All Day	Child Maltreatment Conference	La Crosse, WI <a href="#">Info &amp; Registration</a>
May 2-3	All Day	Families & Children with Disabilities Conference	Stevens Point, WI <a href="#">Info &amp; Registration</a>
May 9	11:00am-12:00pm	From Illness to Happiness	<a href="#">WPPNT Teleconference</a> 877-820-7831 Code: 107633#
May 22	8:00am-4:00pm	Mental Health First Aid	Viterbo University, La Crosse <a href="#">Info &amp; Registration</a>
May 23	11:00am-12:00pm	The Color of Drinking	<a href="#">WPPNT Teleconference</a> 877-820-7831 Code: 107633#
Online	Ongoing	Responding to Race-Based Trauma	Info & Registration: <a href="http://www.resmaa.com">www.resmaa.com</a>

## 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

**Emily McGonigle**  
WRIC Clinical Director  
(608) 785-5702

**Ryan Ross**  
Mental Health Professional  
(608) 785-6048

**Quality Assurance**  
(608) 785-6014

**Submissions:** Have you observed or heard of another provider doing a good job?

Do you have a question for Emily & Emily?

Know of any trainings or events occurring in the community or hosted by your agency?

Please send to Ryan Ross [ross@lacrossecounty.org](mailto:ross@lacrossecounty.org) by the 25th of the month.