

WRIC READER



“What is the What?”

What is Self-Care?

Have you ever felt exhausted, grumpier than usual, had a hard time focusing, yelled at the universe to just stop moving for single moment?

Social service professionals are daily faced with the emotional pain and challenges of others. Over time this can have a crippling effect for those of us who help others (also known as secondary traumatic stress). Social service professionals for several years have maintained placeholders among the top 10 professions with the highest levels of stress, suicide rates, and substance use*.

Self-Care is a series of intentional lifestyle choices we make to recharge our sense of self. Self-care can look different for each person. Some emphasize physical self care by working out, others social self-care by having their “person” they can go to process and vent to, another may need to give themselves permission to spend a little money on themselves or take a vacation day.

In a society that values productivity and busyness, we need to be reminded that self-care is not selfish—it is necessary to continue to serve others the best that we can. In fact it is an ethical issue that we present ourselves in the most competent professional state and avoid/address any situation that interferes with our ability to make impartial decisions in order to best meet the needs of the people we serve. (NASW Code of Ethics 1.04, 1.06; ACA Code of Ethics C2g, F5b).

Resources to Help with the Self-Care Journey:

Do: [Professional Quality of Life Self-Assessment](#)

Watch: [The Importance of Self-Care \(Collection of TED Videos\)](#)

Read: [45 Simple Self-Care Practices](#)

Explore: [Self-Care Starter Kit](#)

Listen: [The Social Work Podcast \[ep 118\]: A to Z Self-Care for Social Workers and Other Helping Professionals](#)

*citations from multiple resources including: Psychology Today, US News & World Report, CNBC, CBS.



4 Common Types of Boundary Problems that Impact Self-Care

	Can't Say...	Can't Hear...
“No”	The Compliant Feels guilty or controlled by others Wants to please others and so will often ignore their own needs Hard time setting boundaries	The Controller Aggressively or manipulatively violates the boundaries of others Hard time taking responsibility for their own actions
“Yes”	The Nonresponsive Sets boundaries against others Do not feel responsible for others Hard time caring for others	The Avoidant Sets boundaries against self Hard time asking for help Hard time receiving from others

From “Boundaries” by Dr. Henry Cloud & John Townsend

In This Issue

- “What is... Self-Care?”
- Talking Points: Vendor Conference Updates
- Seasonal Affective Disorder
- Upcoming Meetings & Events



Talking Points

Fall Vendor Conference Updates

The fall vendor conference hosted by the La Crosse County Contracting Department was held on Monday November 25. Below is a quick summary of items discussed for the WRIC-CCS Program:

- ★ No New (or foreseeable) Administrative Changes from State or Federal Level
- ★ State and Local Emphasis on Improving Clinical Efficacy of Services
- ★ Medical Necessity Criteria for Services [DHS 101.03(96m)] (*Review*)
 - Services must have a purposeful intention to address a mental health/substance use issue not simply for the sake of meeting or filling time
 - “Of Proven Medical Value” - Services need to be evidence-based/evidence-informed as much as possible
 - “Not duplicative of another service” - Coordinate during team meetings to clearly divide tasks and roles
 - “Not solely for convenience” - service cannot be provided based on desire of the individual/family or based on scheduling availability of a provider
 - “Cost-effective” - service interventions are to be time-limited and outcome-driven, not continue on over multiple review periods/years
 - Opinions or fears of decompensation due to a discharge or decrease in services does not warrant medical necessity without objective clinical evidence
- ★ Clinical Supervision & Training Requirements (*Review*)
 - Reference flow chart of requirements and key questions at the below website
- ★ Billing for Team Meetings (*Review*)
 - Only one staff member may bill for each one intervention listed on the approved service plan
- ★ Advocating for Services (*Review*)
 - Any recommendations for services (additions, changes, referrals) need to be discussed with the service facilitator and mental health professional before discussing with individual/family to ensure medical need

Other Items Discussed:

- ★ La Crosse County Human Services Department: Looking Ahead to 2020
- ★ La Crosse County: CLTS-Waiver Services Updates

For full notes and copy of handouts, visit the WRIC Vendor Website:

www.co.la-crosse.wi.us/humanservices/vendors.asp

For more information on the WRIC CCS program visit our new website:

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

Shining Some Light on Seasonal Affective Disorder (SAD)

What SAD Is & What SAD Isn't



What SAD Is

A form of depression associated with late autumn and winter, thought to be caused by a lack of light.

SAD is estimated to affect **10 million** Americans.



Another **1 to 2 million** of Americans may have a mild form of SAD.

That means **1 in every 30** people in the U.S. suffer from Seasonal Affective Disorder.



That's about the entire population of Michigan.

That's even **5x** the amount of people that were diagnosed with cancer last year.

The term "Seasonal Affective Disorder" first surfaced in **1985**.



More common the farther North you live. Prevalence ranges from **9.7%** in New Hampshire to **1.4%** in Florida.

It can cause depression in the spring or early summer, but is rare.

SAD is typically found to start at around **age 20**.



SAD is more common in women than men, but men typically display the most severe symptoms.

60-90% of sufferers of SAD are women.

There is no specific diagnostic test for SAD; it is diagnosed through a patient's history of seasonal depressive episodes.



SAD has been observed to run in families, meaning that there is likely a genetic aspect to its appearance.



Researchers believe that the effect SAD has on the brain are a result of a lack of exposure to light.

Other factors such as low vitamin D levels in the blood are also associated with SAD.



What SAD *Isn't* - Common Myths

Anyone experiencing a lack of energy or other negative changes associated with a change in seasons is suffering from SAD.

MYTH



Did You Know?

Psychologists have also suggested that some people may experience symptoms because they associate the autumn and winter seasons with things such as a traumatic event, or a history of having to limit activity because of weather.

People who believe they are suffering from SAD may only be suffering from a milder condition known as the winter blues, which is usually treatable by increasing physical activity.

People who believe they are suffering from SAD may have other depressive conditions such as clinical depression or bipolar disorder.

MYTH



Did You Know?

SAD is a recognized depressive psychological condition which can negatively impact sufferers' lives.

SAD means that you **ONLY** experience depression seasonally. In order to be diagnosed a sufferer must have had depressive episodes during the last two consecutive winters.

Seasonal depressive episodes must outnumber non-depressive seasons in one's lifetime.

SAD only occurs in the winter.

MYTH

A less common variety of SAD occurs in the Summer and, for reasons that aren't well understood, is associated with episodes of mania and extreme violence in its sufferers. It is also a possible cause for the increase in suicides that typically coincides with the arrival of spring.

SAD sufferers are sad the entire winter.

MYTH

A less common variety of SAD occurs in the Summer and, for reasons that aren't well understood, is associated with episodes of mania and extreme violence in its sufferers. It is also a possible cause for the increase in suicides that typically coincides with the arrival of spring.

Phototherapy is the cure for SAD and has no side effects.

MYTH

Light therapy is not invasive, but that does not mean it is a perfect solution for SAD sufferers, or that it has no side effects

Side effects are typically temporary and include:



Upcoming Events



Meetings

Community-Based Provider Clinical Support Groups:

◇ **CANCELLED:** 1st Thursday (12/5): 1:30-2:30pm @ La Crosse County Human Services
Skype Lync: [Join Skype Meeting](#)

◇ 3rd Tuesday (12/17): 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 (12/10): 9-10am @ (605) 472-5637 Code: 994794#
Skype Lync: [Join Skype Meeting](#)

◇ 4th Monday (12/23): 2-3pm @ (605) 472-5637 Code: 994794#
Skype Lync: [Join Skype Meeting](#)

Who Should Attend: Any direct provider of CCS residential services

Trainings

CCS Core Curriculum (free resources)

Online	Ongoing	CCS Program Training/ Orientation	CCS Online Training Partnership
Online	Ongoing	WI Mandated Reporter Training	UW Professional Development Center
Online	Ongoing	Crisis & Suicide Response for Community Partners	Columbia Lighthouse Project Info, Resources & Training Link
Online	Ongoing	Consumer Rights	WI Dept of Human Services Training Link Here
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

Other Trainings

Dec 5	11:00am- 12:00pm	Interventions for Stimulant and Alcohol Use Treatment (free)	WPPNT Teleconference 877-820-7831 Code: 107633#
Dec 19	11:00am- 12:00pm	Sexuality and Disability (free)	WPPNT Teleconference 877-820-7831 Code: 107633#
Online	Ongoing	The Power of Perception: How We Deliver Services (free)	SAMHSA web series Training Link Here
Online	Ongoing	Responding to Race-Based Trauma (free)	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

Emily Engling

WRIC Administrative Director
(608) 785-6413
eenling@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.



The Wisconsin Balance of State Continuum of Care

YOUTH ADVISORY BOARD YAB



Artistic Expression CONTEST

WHAT

Artistic designs that speaks to what **HOPE** and **HOME** looks like to you

WHEN

Submissions will be accepted between January 1st - February 29, 2020

HOW

Email your submission to:
bosyabwi@gmail.com

CONTEST INFORMATION



The Wisconsin Balance of State Youth Advisory Board is an opportunity for any youth up to age 24 experiencing or who have experienced homelessness to give input on their lived experience.

Express Yourself!

Submissions to this contest will be printed on notecards and used to help convey what **HOPE** and **HOME** means to youth.

Prizes

- \$100 - First Place
- \$50 - Second Place
- \$25 - Third Place

Winners

WILL BE ANNOUNCED
MARCH 31, 2020

Questions

Contact:
Meika Burnikel
P: 920.436-4360 x 1267
mburnikel@familyservicesnew.org

Upcoming Events

Community
Educational
Events



SERVICES FOR PEOPLE WITH DISABILITIES




"Navigating Special Education Resources" with Tiffany Lisk of CESA #4 and WSPEI

Thursday, December 12th
5:30 p.m.
3000 South Avenue, La Crosse

This event is free and open to the community.
Please RSVP to Jimmy Westland 608-785-3514
jimmy.westland@aptiv.org

2019 La Crosse Homeless Persons' Memorial Service

Please join us in remembering and honoring those in the La Crosse homeless community who lost their lives in 2019.

Friday, December 20th

5:30PM—6:15PM

If you know of an individual who experienced homelessness and passed away in 2019 and would like their memory included in the ceremony, please contact Abbi Jeffers at 608-782-4876

2020 Calendar of WRIC CCS Vendor Supports & Trainings

for more information contact Ryan Ross at (608) 785-6048 or rross@lacrossecounty.org

Community Provider Clinical Support Group			WRIC Residential Clinical Support Teleconference			Contracting Conference	
La Crosse Human Services: Basement Auditorium // Skype			Skype Teleconference				
1st Thursday 1:30-2:30 pm	3rd Tuesday 10:00-11:00 am	4th Monday 11:00am-12:00pm	2nd Tuesday 9:00-10:00 am	3rd Thursday 2:00-3:00 pm	4th Monday 2:00-3:00 pm		
Jan 2	Jan 21	Jan 27	Jan 14	Jan 16	Jan 27	Mar 11	
Feb 6	Feb 17	Feb 24	Feb 11	Feb 20	Feb 24		
Mar 5	Mar 17	Mar 23	Mar 10	Mar 19	Mar 23		
Apr 2	Apr 21	Apr 27	Apr 14	Apr 16	Apr 27		
May 7	May 19	May 18 *	May 12	May 21	May 18 *		
Jun 4	Jun 16	Jun 22	Jun 9	Jun 18	Jun 22		Jul 14
Jul 2	Jul 21	Jul 27	Jul 14	Jul 16	Jul 27		
Aug 6	Aug 18	Aug 24	Aug 11	Aug 20	Aug 24		
Sep 3	Sep 15	Sep 28	Sep 8	Sep 17	Sep 28		Nov 16
Oct 1	Oct 20	Oct 26	Oct 13	Oct 15	Oct 26		
Nov 5	Nov 17	Nov 23	Nov 10	Nov 19	Nov 23		
Dec 3	Dec 15	Dec 28	Dec 8	Dec 17	Dec 28		

CCS Program Training Series		
La Crosse Administration Center #2100 (2nd floor)		
Wednesdays 10:00am-11:30am	Spring	Fall
CCS Program Overview: DHS 36	Mar 18	Sep 16
CCS Policies and Procedures	Mar 25	Sep 23
CCS Assessment & Service Plans	Apr 1	Sep 30
Coordinated Service Teams Overview	Apr 8	Oct 7
CCS Documentation: Notes & Billing	Apr 15	Oct 14
Mental Health Diagnoses & Interventions	Apr 22	Oct 21
Substance Use Diagnoses & Interventions	Apr 29	Oct 28
Recovery Principles & Models	May 6	Nov 4
Non-Violent Crisis Intervention (pt 1)	May 13	Nov 11
Non-Violent Crisis Intervention (pt 2)	May 20	Nov 18

First Fridays Lunch Training Series (12:00pm-1:00pm)	
La Crosse Administration Basement Auditorium	
Empowering Voice	Feb 7
Strengths-Based Care	Mar 6
Building Support Networks	Apr 3
Trauma Informed & Healing Centered	May 1
Community Integration	Jun 5
~ No Session this Month ~	-
Collaboration Across Systems	Aug 7
Unconditional & Persistent Care	Sep 4
Cultural Awareness	Oct 2
Measuring Achievements	Nov 6
Unique & Individualized Journeys	Dec 4

* Schedule and Topics may be Subject to Change

** Teleconference is available for all sessions upon request (via Skype for Business)

Updated

11/20/2019



Widening the Circle Indigenous Education Conference

Friday February 21st, 2020

Ho-Chunk Nation Three Rivers House & La Crosse Public Library

8:00am - 8:00pm

Traditional HMoob and Native dishes will be served for lunch and dinner.

REGISTER TODAY!