



Sharing the Path from Hope to Recovery

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www.journeymhc.org

Thank you for the opportunity to give input into the behavioral health funding process.

- Given that these funds are available for a one- year period we understand the necessity of fast-tracking your decision- making process. We urge you to use the tools readily available to you to move forward expediently.
- The PCG study, data from the Public Health Department, and a great deal of collaboration within the Purchase of Service community (POS Leadership Committee), and payers from the private sector, should be used to help inform your decision- making process.
- We believe the concept of care navigation throughout Dane County is one that should be supported by all practitioners in our community. We support the care-navigation goals as outlined in the County Executive's Universal Access announcement.
- However, while Dane County is fortunate to be a resource rich community, *the capacity of those resources is limited.*

We would urge you to consider:

- Improving access for areas outside of Madison.
- The difference between health plan coverage (both commercial and public) for behavioral health services.
- The shortage of behavioral health professionals, especially psychiatrists and psychiatrically certified APNPs.
- The salary disparity between publicly funded and commercial behavioral health clinicians.

OutReach LGBT Community Center
2701 International Lane, Suite 101
Madison, WI 53704

Ticia Kelsey – LGBTQ Senior Advocate

Aging and health issues facing LGBT seniors have often been ignored by services, policies and research. However, these seniors face higher rates of disability, physical and mental distress and a lack of access to services, according to a new study on aging and health in these communities by Association of Health Care Journalists. Discrimination, prejudice, denial of civil and human rights, harassment and family rejection are still tragically common for people with these identities and increase isolation and depression. LGB Seniors are twice as likely to deal with depression and anxiety than straight seniors, while transgender seniors have an even higher rate of depression and anxiety LGB seniors are more likely to have suicidal thoughts and 48% of transgender people have attempted or completed suicide. HRSA Health Center Program there will be 8 million LGBTQ Seniors in the US by 2030.

OutReach works to help seniors with the isolation that so many face on a daily basis that can make mental health issues worse. Imagine having no one to talk to after being faced with a week or month filled with discrimination and harassment, now imagine a lifetime of that harassment. We at OutReach have senior events to bring LGBTQ Seniors together and peer support groups. However, we are in need of more funds to do more for our seniors.

We are seeking \$5000 for additional staff hours, materials and travel. We need these funds for staff hours so we can increase our work in finding and bringing together those LGBTQ seniors that have no one. We need hours to talk to Hospitals and Clinic staff to let them know what we can offer LGBTQ patients. And some hospitals and clinics need our education classes on how to identify and support LGBTQ seniors because they are less likely to seek help because they don't

trust medical and government agencies because of years of discrimination.

We are seeking another \$5000 for a licensed therapist that can come into OutReach to run a 1 on 1 support session or a support group for our LGBTQ seniors. We would work with the therapist and the seniors to come up with a narrative that works for everyone. Sometimes group therapy is enough and works well. However, someone might be in need of a private session and not have the funds to do so.

My title at OutReach is the LGBTQ Senior advocate, that means that I work with seniors from many different areas of life. I work with transgender seniors, LGB seniors, seniors who are veterans and seniors with HIV. It's these next two groups that I'm seeking an additional \$3000 to cover outreach and materials. There is still a huge HIV stigma and it's time to put that to rest. We are no longer in 1980 yet people suffer the same shame, discrimination and depression from having this disease as 40 years ago. We need to help the seniors who now are living longer with HIV to have a full and happy life. Our LGBTQ Veterans often do not feel safe going to the VA to discuss the issues being LGBTQ bring into their lives. Our Veterans are killing themselves at a rate of 21 a day. We at OutReach have started a LGBTQ Veterans support group and we are going to need funds for outreach and materials. It's beyond time that we are being proactive with our support for the LGBTQ Veteran population. OutReach would be glad to write a full proposal for these projects.

Thank you.



Supporting work opportunities that encourage hope, healing, and wellness.

November 13th, 2019

Dear Dane County Board of Supervisors,

As a community of Peer Support providers and agency leaders, we are writing to express our support of the following initiatives presented by the Dane County Executive Joe Parisi in the proposed 2020 Budget.

- CJ Tubbs Fund for Hope, Healing and Recovery
- End Deaths by Despair Coalition
- Exploring the alternative process of a Mental Health Court
- Community centers trauma informed training and access to behavioral health support
- Dane County Get Outside
- The expansion of Dane County Joining Forces for Families

In addition to showing our support, we want to recommend that Certified Peer Specialists* are included in the expansion of these new behavioral health initiatives. While the role of Certified Peer Specialists has increased over the years, we feel that there are still numerous opportunities to expand availability and access to this extremely beneficial service.

Below you will hear from community leaders who are providing Certified Peer Specialist services throughout Dane County. These leaders come from various specialties and agencies. It is our hope that with an increased understanding of these evidence-based, empowering, recovery-focused, peer-driven services the Dane County Board of Supervisors will work together with the community to expand these integral supports.

The Demeter Foundation

"Peer support is a successful, evidence-based practice that aids people in their recovery mentally, emotionally and physically. It provides hope and builds stronger communities for everyone. - Alice F. Pauser, Founder/Executive Director, Certified Peer Specialist

Cornucopia Arts and Wellness Center

"Services provided by Peer Specialists tend to be more holistic than traditional "medical model" services. Peer Support offers quality services by someone "who gets it." - Karen Herro, Executive Director





Supporting work opportunities that encourage hope, healing, and wellness.

Chrysalis Inc.

"We work with individuals who feel hopeless that they will never find work or be a part of their community. A Peer Specialist can say I will hold hope for you until you can see for yourself, as someone did for me. That is the mutuality of peer support, we recognize that we learn from each other and need each to support our individual recovery." - Alysha Clark, Assistant Director, Certified Peer Specialist

SOAR/Recovery Dane

"The biggest challenges I face are people not knowing what a Certified Peer Specialist is, but then beyond that, not even wanting to ask questions further about it. Once I go over briefly what I do, it seems the subject changes. As a Certified Peer Specialist, I still feel I face stigma of mental illness even being in a professional role. I think that having peer support more readily available would be important. I think having a peer partner with someone looking for services could be important and then making sure they are comfortable with their providers." - Tori Krohn, Recovery Dane Program Manager, Certified Peer Specialist

Madison Urban Ministry /JUST Bakery Program

"Peer Support allows people to be experts of their lives. Unlike traditional services I'm not in charge of someone's recovery, I am able to show empathy. We need to work on the recognition of the role of Certified Peer Specialist and expand service to marginalized communities. We are not reaching enough people of color." - Carmella Glenn, Program Coordinator, Certified Peer Specialist

Safe Communities Madison-Dane County

"No one should ever feel like they are going through a critical illness alone. And EVERYONE needs to feel like someone is in their corner. Peer Support should be an integral part of the criminal justice system, part of primary care services and definitely expand peer support for families." - Mary Boesel-Rauwolf, Certified Peer Specialist

"There is a need for more peer support in integrated care, and in treatment settings of all kinds. Wherever people are seeking treatment for mental health and substance use issues, they should be paired with peers for the most efficacious results. The Recovery Coalitions of Dane County is working on a fantastic model for someday making this a reality. Following someone throughout the system, helping them navigate their way to and through services, could literally save thousands of lives a year." - Rene Simon, Certified Peer Specialist





Supporting work opportunities that encourage hope, healing, and wellness.

EOTO, LLC

"At EOTO, pronounced ee-toe, our founding principle is based on the African American proverb "each one teach one" that demands "if you learn how to overcome it is your duty to teach another". While this mantra was popularized by enslaved Africans who resisted oppression by learning how to read and teaching other slaves EOTO believes it is urgently relevant in mental health, substance use recovery, overall wellness support and service delivery. A Certified Peer Specialist has learned how to own their personal recovery, often we are experts in local resource navigation and have made connections within the healing community that we can leverage to drastically cut down the feelings of hopelessness and fear that can occur in traditional service delivery models.

Peers stand in the middle of the storm and shine as a bright and steady example of what recovery can look like - that it can happen and last! We have walked through the same wilderness as our peer clients and we have returned to help them find their own pathway through. EOTO believes there is a crucial need for increased funding options outside of CCS, State/County supported advocacy and education on the role and value of Certified Peer Support in recovery and well living, as well as an expansion of service entities utilizing certified peers such as community mental health initiatives, supporting families involved in juvenile corrections, child protective services, or individuals seeking human services/emergency assistance. Peer Support should be viewed as a viable career pathway to uplift marginalized communities and an irreplaceable component of every mental health, substance use, and trauma recovery team." - Tara Wilhelmi, Founder/Executive Director, Certified Peer Specialist

Thank you for your time. We look forward to being part of future conversations around expanding Peer Support in Dane County. Please let us know if there are any further questions or if you would like to discuss this further.

Thank you,

Dani Rischall, Chrysalis Executive Director, rischall@workwithchrysalis.org

Alysha Clark, Chrysalis Assistant Director, clark@workwithchrysalis.org

Tara Wilhelmi, EOTO, LCC Founder/Executive Director, Certified Peer Specialist, eoto.tribelife@gmail.com

Alice F. Pauser, Founder/Executive Director, Certified Peer Specialist, tdfw@live.com





Supporting work opportunities that encourage hope, healing, and wellness.

Karen Herro, Cornucopia Executive Director, kaherro@gmail.com

Tori Krohn, Recovery Dane Program Manager, Certified Peer Specialist, torik@soarcms.org

Carmella Glenn, JUST Bakery Coordinator, Certified Peer Specialist, Carmella@emum.org

Mary Boesel-Rauwolf, Safe Communities Certified Peer Specialist, Mboeselrauwolf@safercommunity.net

Rene Simon, Safe Communities Certified Peer Specialist, Rsimon@safercommunity.net

*A Certified Peer Specialist is a person who has not only lived the experience of mental illness and/or substance use disorder but also has had formal training in the peer specialist model of mental health and/or substance use disorder supports. They use their unique set of recovery experiences in combination with solid skills training to support peers who are living with mental illness and/or substance use disorders. Peer Specialists actively incorporate peer support into their work while working within an agency's team support structure as a defined part of the recovery team. (<http://www.wicps.org/>)



January 6, 2020

Good evening,

My name is Jael Currie and I am the Housing Director at YWCA Madison. I am also a Black woman currently living with mental illness, the parent of a Black teenage boy living with co-occurring mental illness and learning disabilities, and the partner of a Black man living with mental illness. My work and personal experiences dealing with mental illness makes the issue of comprehensive mental health services an important and passionate issue of mine. While I was able to attend tonight's public hearing I was unable to speak due to time constraints and family obligations I have as a single parent. I thank you each of you for hosting a public hearing which allowed members of the community to speak on such an important issue.

I implore the Health & Human Needs Committee- Behavioral & Mental Health Subcommittee to consider directing funds to support on-site mental health services and treatment in housing complexes, specifically those that have been developed and targeted to meet the critical needs of formerly homeless, minority, and low-income families and individuals.

As a former shelter case manager and current housing program(s) supervisor, I'd like to share that providing culturally relevant and inclusive wraparound services such as mental health services are crucial to helping formerly homeless families and individuals stabilize in their housing and maintain it. As a housing provider, I cannot stress enough that providing housing is not enough. Many families and individuals who are moved into housing need rapid, comprehensive, and relevant mental health services and treatment or risk eviction/non-renewals of their leases based on behaviorally driven lease violations. Unfortunately, the majority of these behaviors is the direct result of *and* exacerbated by living with un/under treated mental illness. While housing case managers at YWCA Madison and many other homeless service agencies employ provide support, encouragement, and resource referral to those dealing with mental illness, the vast majority of them are not licensed clinicians, substance abuse counselors, or other specialized/licensed mental health providers. Due to this and at no fault to dedicated case managers, individuals and families suffer gaps in service as well as a system that is extremely difficult to navigate. Furthermore, many within this population do not have affordable, consistent, and reliable transportation to get to and from the array of services provided in the community. Those who are able to receive treatment and services within the units they live within, or in nearby community centers, etc are much more likely to maintain housing, meet treatment goals, and improve their wellness and self-sufficiency needs. Those who are able to receive treatment and services by medical providers, clinicians, and/or peer support specialists that look like them, have the same culture(s), language(s), and life experiences are much more likely to meet treatment goals, stabilize in at least area of daily life, and be attentive and loving parents. It is important for these services and treatments to be offered in places where consumers feel safe, welcome and accepted, and connected. Many times these settings are not in a traditional office or clinical setting.

In addition, providing funding for professional development and training for housing case managers would be a good use of one time County funds as these staff members are tasked with very heavy,

secondarily traumatic jobs/roles. Retaining quality housing case managers is difficult due to the heaviness of the job as well as a lack of support in the areas of high quality and consistent training and/or professional development. In a field that has historically been dominated by white practitioners and rooted in white culture, it is important to not only require the county to take actionable steps towards authentic recruitment and retention, support, funding, and opportunities for providers of color, but to also hold white practitioners accountable to adhere to being culturally competent, as well as racially and socially just.

Thank you for your time. I can be contacted by email if you would like to follow up or ask additional questions.

Sincerely,

Jael Currie

REGISTRATION BEFORE COUNTY BOARD

DATE: 1/6/2020

Name: Jasmine Zapata

Item #/Petition/CUP # or Subject:

Municipality: _____

<input type="checkbox"/> Wish to Speak in Support	<input type="checkbox"/> Wish to Speak in Opposition	<input checked="" type="checkbox"/> Available for Information Only
<input type="checkbox"/> Registering in Support	<input type="checkbox"/> Registering in Opposition	

1. On this occasion, are you officially representing an organization or a person other than yourself?
☐ YES ☒ NO
 [If you checked "NO," STOP; you need not complete the rest of this form. If you checked "YES," go on to the next question.]

Name, address and telephone number of each person or organization you are representing:

→ I am not available to stay to speak live
 but wanted to offer my girls empowerment socio
 mental health curriculum as a culturally

relevant preventive intervention to promote
 optimum health/wellness for minority
 girls in the community. It utilizes music, breakout session
 and interactive strategies!
 Beautiful! Turn

2. Are you being paid for your representation or appearing incidental to your other paid duties for this person or organization? ☐ YES ☒ NO
 [If you checked "NO" to the question, STOP; you need not complete the rest of this form. If you checked "YES," continue to the next question.]

3. Are you an elected official who is appearing solely on behalf of your office or for your municipality or other governmental body? ☐ YES ☒ NO
 [If you checked "YES," to the question, STOP; you need not complete the rest of this form except that you must sign this form. If you checked "NO," to the question, go on to the next question.]

4. Has or will the person or organization you represent spend more than \$500 on county lobbying activities during the current reporting period? ☐ YES ☒ NO
 (A reporting period is January to June or from July to December.)

5. Do you anticipate making more than 2 contacts with County Board supervisors other than at public hearings or meetings? ☐ YES ☒ NO
 (Do not count contacts with the County Board supervisor who represents the district in which you reside.)

[If you checked "NO," to questions 4 and 5 above, STOP; you need not complete the rest of this form. However, if you do make more than 2 contacts at a later date, you must then contact the County Clerk's office to file a form indicating such activity. You must also sign this form. If you checked "YES" to either question at this time, go on to the next question.]

6. If "YES," do you understand that if the person or organization you represent spends more than \$500 during the current reporting period, you must file a financial disclosure statement with the county clerk? ☐ YES ☒ NO
 [If you checked "NO" please call the County Clerk at 266-4121 or go to the Clerk's office at Room 106A of the City-County Building, Madison, for more information.]

Date: _____

Signature: _____

Print Name: _____

Beyond
Beautiful: A girl's guide to
unlocking the power
of inner beauty, self-esteem,
resilience and courage.



We need fun,
innovative, lively
to non traditional ways
to engage youth!

I can
be reached
at ~~00000~~
motivationalmd@gmail.com
608 313 4004.

I just went on
a national tour based
on the book/curriculum
and it was so impactful.

Also, I ~~can~~ ^{am} a pediatrician and have
treated countless young people
following suicide attempts.
We need to find ways to
find non traditional and engaging
ways to reach them.

I also do a lot of work/research
on black maternal child health.
Mothers I have interviewed cite
countless times that lack of
Stability and basic needs like
food, housing, job security etc play a
major role in their mental health.
Please focus not only on treating
the mental health issues but on
preventing some of the root causes
for things that exacerbate anxiety,
stress and depression. Thank
you!

