

**CHILDREN AND FAMILY ADVISORY COMMITTEE MEETING
NOVEMBER 19, 2015
MINUTES**

PRESENT: Wendy Banicki, Sarah Barron, Laura Cherone, Kathy Duffek, Emily Enockson, Pam Groh, Angela Hook (LSS), Laurie Kohler, Missy Kueht-Becker, Joe Muchka, Alice Mackey (LSS), Sarah Matson, Diane Ripple, Amber VanSenack (Hebron House), Karen Villarreal, Mary Wittwer

STAFF PRESENT: Peter Slesar

GUEST: Waukesha County Executive Paul Farrow

APPROVAL OF MINUTES OF THE OCTOBER 15, 2015 MEETING

Karen Villarreal called the meeting to order at 8:35 a.m.

A motion was made by Joe Muchka, seconded by Kathy Duffek, to approve the minutes of the October 15, 2015 meeting.

AGENCY UPDATES AND REVIEWS

Peter Slesar, Waukesha County DHHS Adolescent and Family Services Division Manager, indicated that information about the division can be found on the County website. The Adolescent and Family Division works with the families of young people who have gotten in trouble with the law, schools, or parent/child conflict. Most cases are involved with the court. They work with the court to bring about change so that behaviors are not repeated. Beyond that, they work with the families. Although the referral initially comes with the youth's name on it, the focus from start to finish is on the family. Services are provided within the home all the way to out of home placement (foster homes, residential care centers, correctional institutes, etc.) Slesar talked about their trauma team; three therapists trained in EMDR and HMR (Holographic Memory Resolution), which are ways of reprocessing trauma and helping the person to deal with the trauma. This is significant in the juvenile justice system. The justice system is coming to the table to recognize that trauma is involved. Trauma looks different when you're an adolescent. It can look like the youth is defiant, disinterested, uncaring. This sets up a dynamic of conflict with the court system. They work with the courts to help everyone understand how trauma is involved, so it is significant to have the therapists located in their division, giving ready access to have a clinician work with the social worker to provide timely intervention. Another area Slesar talked about was a treatment team staffed by two social workers and one clinician who work with young people who have been sexual offenders. The focus is to try to keep these young people in their homes and in the community. Regardless of what the offense was, that young person is going to end up back in the family. To bring about change, the whole family needs to be involved. They have a relationship with the court where the judges have a great deal of confidence in the team. When working with a sexual offender, there are very real risk factors. They have been successful to where the courts have felt comfortable if we can present a reasonable plan, they have allowed us to work with the offenders in their families. Those were

highlights. For the rest of the information of what Adolescent and Family Services does, please refer to the county website. Question; what age sexual offender do they work with? Slesar answered 18 is the oldest because that's the maximum age of the juvenile court jurisdiction, and they have worked with as young as middle school. Average age is 16.

Kathy Duffek is with Parents Place. She shared a flyer which includes their website address. Parent's Place has primarily three programs. One is supervised visitation which gives non-custodial parents an opportunity to visit their children in a safe, secure setting. They have social workers who come in and do those visits in the evening; they are open Monday through Thursday, and all day Saturday. Laura Miller is the coordinator for that. The other two programs they have are the Born Learning, which is an early literacy program, and the Parent's Place community education component. Duffek coordinates both of those programs. They provide over fifty programs every year. They go out in the communities. Right now they are in three different schools in their after school program. They go to Early Head Start at La Casa and at the School of Excellence. They go talk in the community and are lined up to talk at Safe Babies Healthy Families. They really want to get the word out, not only on early literacy, but everything you do as a parent or caregiver of children up to age 18. There are a number of support groups and Duffek shared flyers. A popular one is Parenting Well through Depression which began in 2002 and is still going strong with a core group of families, struggling on a daily basis. Most of them have a diagnosis of mental illness, but they don't have to in order to be part of the group. Some come in with postpartum depression or going through a divorce. They find a link, support, and find they're not alone. There are children's components to most of the programs because they want the whole family to go home and be on the same page. Parenting Children through Multiple Challenges is a program for parents and children – they meet separately. The children have everything from ADHD, autism to cerebral palsy. They could have any disability or challenge. A great social worker works with the children and a team of volunteers in a lot of play activities, team building. The children love coming. For many of them the only friendships they have are in this group. Other support groups are for dads, caregivers, single parents, and foster parents. There's Love and Logic, Anger Management, Kids' Anger is very popular. Parent's Place contracts with individuals in the community that are experts in the field. A new flyer comes out in January. They are doing some innovative things – mindfulness, yoga, different groups for parenting the early years. Deb McNellis who began Brain Insights has spoken internationally is going to do two programs for Parents Place on trauma and early brain research. Programs are in English and in Spanish. They have play groups, drop in groups. Collaboration in the community, i.e. Kids in the Kitchen with the U.W. Extension, brought in staff from Addiction Resource Council. Parent's Place is eager to work with all of the CAFSAC partners. The support groups are all free of charge. There are fees for Love and Logic, Anger Management. They do waive or reduce fees when needed. They will never turn anyone away. Registration is required. Free childcare is provided. Question; what is the age range for the Kids Managing Anger. Duffek answered they are broken into three age categories.

Angela Hook, Alice Mackey, and Missy Kuecht-Becker are with Lutheran Social Services. Angela and Alice are outpatient psychotherapists with background working with family and children. They work separately with the children and the adults on nurturing, bonds-building, and then work with everyone together. They work with Birth to Three to collaborate services.

They are interested in working with quality addiction management, Waukesha Comprehensive Treatment Center, which is a methadone clinic, to provide services to mothers who are there for MAT. Kueht-Becker added that they are part of the Drug Affected Infant and Toddlers Workgroup, trying to help mothers who are trying to stay clean accessing the methadone part of it, but they are not accessing the cognitive, behavioral part of addiction. It's very difficult. Parenting is difficult, let alone taking your six month old baby after work to a behavioral health appointment. They are trying to make it more accessible and family friendly, making in-home or family access therapy more reimbursable. Only outpatient is allowable in many plans. Angela continued that the MAT is more focused on risk reduction, taking out the risk factors of heroin, needles, so they can be medically managed, but it doesn't address the individual's own trauma that might be there. It doesn't address various psycho-social factors. There's a lot of work to be done while being medically managed. Alice is a new employee at Lutheran Social Services, so this meeting is great to learn about resources in Waukesha County. She has been a psychotherapist for about twenty years, starting out in in-home family counseling at risk of out of home placement, then moved into working as child and family therapist in a day treatment center for women affected with substance abuse. She worked an inter-active group for moms and children called Mom and Me. She had worked in a residential treatment program where they had women and their children come and stay for eight weeks. While the mothers were in treatment they provided care and therapy for the children. Missy Kueht-Becker added that Lutheran Social Services' main focus is on child and family services. The primary relationship with Waukesha County is the Birth to Three Program, working with children ages birth to three who have a disability or a delay. They have also tagged on two collaborative efforts with the county to serve children at risk; those placed out of the home under the age of five and have identified needs, but not necessarily qualified for the special education or birth to three system. Data has been collected through the children's trust fund, but unfortunately that grant is no longer. They had significant data to show that these children were really at risk. Trauma factors altered their physical and mental brain chemistry and they could intervene. They also do developmental screening for Waukesha County so parents who have concerns about their children, they can identify resources for them, let them know their children are on track or refer them to Birth to Three for a full evaluation. Also in Waukesha County LSS provides Comprehensive Community Services for adults and are hoping to also service children. They do Family Partnerships Initiative which is a county contract and a wrap around program for child and adolescents who are at risk for out of home placement or are at out of home already, and LSS tries to work with the family to transition them back to the home. It's a very successful program. They also provide Friendships Unlimited on Barstow St., a drop in center for people with mental illness. LSS provides services for drug and alcohol treatment, half-way houses and out patient services. Lutheran Social Services has a lot of collaborations, working together without duplicating services. LSS brochures and flyers were shared. Question; are there half-way houses located in Waukesha. Yes, Genesis House and Cephas House. Are there any for females? No, not yet. LSS is working on a treatment home for women and men. Kueht-Becker invited everyone to attend the December 7 hearing to approve that. The issue is zoning for a residential facility in the area it's located; the former LSS administrative office building on Bluemound. The longer term goal, if zoned and approved, is to also have space for two families with children.

Mary Wittwer, Assistant Program Director at Wisconsin Community Services, in Court Services and Community Alternatives Division. The agency provides many criminal justice programs

that work on alternatives to incarceration or maintaining people with families and their homes. She continued to list some of their programs and encouraged anyone wanting more details to go to their website at www.wiscs.org. For the juveniles there is the Intensive Tracking Program and home detention and they also monitor juveniles on electronic monitoring. That contract is through the County. Some other juvenile programs are remediation and restorative justice, including Agree to Succeed, which is a truancy reduction program, and the Youth Accountability Panel. In addition to that for the adults they have small claims, general mediation, and Victim Offender Conferencing. WCS also runs the drug and alcohol treatment courts in Waukesha County. The Day Report Center is an alternative to incarceration that judges can use instead of using the Huber Facility. They can monitor and get them out into the community. Wittwer indicated that she benefits from attending CAFSAC meetings because she shares the information with caseworkers who are able to connect their clients with resources in the community, therefore reducing recidivism. WCS also has pretrial monitoring programs.

Laurie Kohler represents the Waukesha County Clinical Services Division. The division is busier than ever and there has been growth in services in the right direction that she is very proud of. This year they opened their own pharmacy in the Outpatient Clinic in the Human Services Center Building, which has been a benefit for the clients coming into the mental health/substance abuse clinic. They have another new adolescent and child psychologist, Joseph O'Grady, who used to work for the county many years ago and has come back. He likes working with folks with mental health diagnosis, as well as developmental disabilities. He brings a new skill set to the Clinic. They just recently launched a new adolescent substance abuse program with a group that's now going on a six week rotation. The numbers seen are positive so far. They have seven youth enrolled. The outpatient clinic takes people regardless of their ability to pay. They accept many insurance plans and offer a sliding fee scale. They have substance abuse treatment, mental health treatment, prescribers on staff. Another new thing this year is the development of new mental health groups, including bringing out mindfulness and wellness groups. In addition to outpatient services, they have State programs, i.e. the Coordinated Service Team Initiative (CST) to provide services for children involved in more than one system of care, bringing everyone to the table with the family as a support team. In 2016 they hope to expand the numbers in CST. CCS was expanded to become their own region. CCS is more than out-patient services, less than in-patient services for those who have mental health and/or substance abuse issues that are impairing their abilities and activities of daily living and need support. It is a Medicaid program. They just put out a request for information for community providers and are now looking to review the contracts and possibly create new services within the service array, particularly for children. They have great ideas – a lot of trauma informed approaches, parent coaching, opportunities to improve quality of services to children and adolescents. The other two pieces are that last year with the Coordinated Services Team they needed to expand and have a more active coordinated consumer advisory committee, so they began the Partnerships for Children's Mental Health Committee. They met monthly throughout the year to talk about issues and services for youth and families. They created a new list of topics for next year and will meet on an every other month basis. Finally, there has been growth with mental health crisis services. Our county was one of five across the state to receive a grant for expanding collaborative crisis services for youth, which means are we identifying earlier, serving more youth in crisis, and are looking at other possibilities like youth diversion. One great outcome so far is that they have developed the use of younger peer specialists with lived experience. They now have two peer

specialists employed through LSS and NAMI who have been very active in creating a social connections group for young adults, ages 18 through 25, as well as they have been certified to do Wellness and Recovery Action Plans. They hope to branch that down to the under 18 crowd. To use a person with life experience is an evidence based approach to help somebody dealing with mental health issues mentor wellness and recovery skills. In 2016 Waukesha County will be complying with a new state mandate. It is mandating mental health crisis service is available to every person being considered for an emergency detention, which will require us to have mobile crisis capacity on a twenty four hour basis. Pairing a mental health professional with a law enforcement officer is the best approach possible. The county policy is that we have been doing this with juveniles. They've taken the number of youth detained in a year from 220 to 120 last year, and this year they're on track to be under 100. They would like diversion resources to better help families of youth in crisis.

Diane Ripple is with the Women's Center. They are providing services primarily to women and children who've been affected by domestic or sexual violence. They have an emergency 32 bed shelter. They have been operating at capacity for most of this year. The average length of stay is increasing. They have a counseling/support group. Legal advocacy with advocates at the court house and at the Women's Center, helping with restraining orders, and going through the entire court process with victims. They have life skills, i.e. parenting education which includes bringing the protective parent who's the victim of the abuse together with the kids to repair that relationship, employment, and other life skills to support self-sufficiency. They have a Transitional Living Program, where folks can stay for up to two years. All of their programs are available for adults and children. All services are free, on-site child care, twenty-four hour hotline that people can call whether they're the victim or looking for help for a victim.

Joe Muchka, Addiction Resource Council, is a prevention organization in Waukesha County. They do not provide treatment services. They provide information and referral. They are the designated agency for all intoxicated drivers. For young people who are charged with under-aged drinking, they have a court diversion program called Stop and Think. The youth are with them for about twelve hours in a given week and they are able to expunge the ticket; the youth still have to pay the fine, but apart from that there's no other record. They have a victim impact panel. It's being held at Elmbrook Church right now, due to construction in the regular site. It's a big site and they are able to accommodate more referrals; groups of up to 200 people. In a couple of occasions they have brought in the perpetrator and the victim together, which is historic in our county. Attending a panel is very powerful. There are two support groups. One is a family support group done in partnership with the Shalom Center in Waukesha, which provides a different philosophy; mindfulness and other approaches to health and wellbeing. It's on Wednesday evenings at 6:30 p.m. There is a parent night tied to the Stop and Think program that occurs monthly. They have assistance from Waukesha County Public Health infectious disease nurses who come and speak about services that Public Health provides. Their board members present information to parents with their own stories. They are involved with many prevention outreach services with partner agencies. They have a strong recovery oriented system of care mentality. It's part of their mission and consistent with the core values. Muchka talked about involvement in the Heroin and Illicit Drug Task Force on the Prevention Pillar. The Task Force is a coalition and brings all of the community together. CAFSAC is important to know what agencies are doing and the resources that can be referred through the ARC's 24/7 help line.

Laura Cherone, Family Services of Waukesha has been in Waukesha County for fifty-one years. Their mission has been to meet the needs of underserved populations in the community. Back when there were no non-profits doing mental health, they started providing outpatient mental health counseling to augment services provided by Waukesha County. Currently they have three outpatient mental health clinics in Waukesha County – two are downtown Waukesha and one is in Oconomowoc, with a total of eighteen therapists on staff. One of the clinics is a specialty clinic focusing on the needs of children primarily under the age of fourteen and their families. All of the therapists have a specialty of treating children who have been abused or neglected or otherwise traumatized. They also have school based mental health clinics in two districts – in two elementary schools in Waukesha and in two Oconomowoc intermediate schools. Activity is picking up in the school based outpatient clinics, and the number of children needing extreme behavioral management in the school setting is increasing. They have a grant through the Greater Milwaukee Foundation which has enabled them to do some school staff capacity building to better meet the needs of the challenging students in a school setting. It's been very collaborative and a very difficult and laborious effort trying to coordinate the two worlds of public education and mental health. It has been rewarding and they are learning a lot and moving forward. The agency also operates the Center for Prevention of Family Violence. The primary service under that umbrella is batterers' intervention treatment, for men/women who have been arrested for domestic violence crimes. They are a state certified batterers' treatment program and have several certified providers, with several groups running day, evening, weekends for both men and women. They have an anger management program and another program called Peaceful Families that was developed in cooperation with Waukesha County to target families whose anger and inappropriate acting out behavior on the part of the adult is placing the children at risk. They work on adult behavior that affects their children's development; communication, nurturing, raising healthy kids, brain development, anger management, and many different components. They also have classes associated with the Cooperative Family and Parenting Center. The main service there is a court mandated class that's offered twice per month at the center for Graduate Studies at Carroll University. It targets problems that come about when divorcing parents are trying to co-parent the children. They have about 1,000 people coming through that program every year. Along with that they have the Roller Coasters Program which targets the needs of children that are affected by divorce and they offer co-parenting after divorce class and individual co-parent coaching for families in high conflict who need to meet one on one with someone. They have a cooperative arrangement with Aurora Family Service to bring consumer credit counseling services into Waukesha County for people burdened with credit card debt, on the verge of filing bankruptcy, trying to figure out what they need to do with their financial debt. They have a certified credit counselor available two days per week to help clients and create debt management plans. Finally, they offer Waukesha County's Child Advocacy Center, the CARE Center. It is co-located in the building known as the Big Yellow House, which is also home to their child counseling services. The CARE Center is an arm of law enforcement and of a child abuse investigation, where trained forensic interviewers and trained forensic pediatric medical is done to determine if a child abuse crime occurred. They partner with the Women's Center for a family advocate to staff the CARE Center. That advocate will assist the non-offending family to be connected with resources and to process what happened to the child.

Sara Baron is with Broadscope Disability Services. They deal with children and adults with disabilities. The main program in Waukesha with children's services is the respite program. Through a couple of different funding streams they are able to provide respite care for the child as well as the family. It's an opportunity for the family to step away and take a break; to pay a caregiver so they are able to do that. They are servicing about 300 children in Waukesha County this year with about 15,000 hours of respite. Some of the funding streams are federal, the waiver program, as well as the Family Support Program, which is a state program that is changing in 2016, and a county grant. There is a small waiting list for the county grant program; about ten families. A monthly newsletter is provided to families with information on community resources. It is a home based respite program. Six times per year they offer a drop-off program at the Schuetze Building in conjunction with the Park Rec Department. They take about thirty to thirty-five children including their siblings to come and have a fun recreational night. It's mostly one-on-one with volunteers from Carroll University, Marquette University, and some of the key clubs for the high school students in the area. The programs are done during the school year. The whole purpose of respite is for the families to re-group and recharge; have a small time away and then be able to re-connect with services and/or one another. Sara Baron shared brochures.

Wendy Banicki, Hebron House of Hospitality, is the Shelter Case Manager. Hebron House has three different shelters. The Hebron House shelter serves approximately thirty-five individuals, women and families. The average stay is about forty-five days. Guests can apply for extensions with progress being made toward their housing plan. They work with case management on a weekly or bi-weekly basis. They work on income, stabilization (be that mental health or AODA), and housing. Siena House is the men's shelter. In the Outside in Program they saw the need to serve more men in the area. They work with individuals with substance use disorders. The shelter will serve eighteen men and provide case management on a weekly basis. The men's shelter is typically a longer stay. There is no exit or transition date attached. They come in with a goal to obtain an income, stabilization and ultimately housing. The Jeremy House is the safe haven and serves seven individuals there; adults only, with severe chronic mental health disorders, physical disabilities or substance use disorders. To be eligible for Jeremy House, an individual must be category I literally homeless, which means a place not meant for human habitation. Another piece that HUD has added to eligibility for Jeremy House is that the chronically homeless must be one year straight, four episodes within three years, and those four episodes must equal a year total. They are starting to implement more trauma informed care into their programming. They are in the process of actively trying to work towards a housing first model, which Waukesha County currently does not have. The housing first model is a philosophy that housing is a basic human right and not a privilege. If the homeless can get into housing right away, regardless of the barrier, and with intensive case management, those barriers can be overcome. The hope is that they gradually desire a change on their own. They've seen it happening - they are working on the substance abuse disorder, they are working with a counselor, pursuing their GED, seeking part time employment even if on disability. But, there is a housing shortage and affordability issues. The second chance landlords are tightening the reigns and not willing to work with people with many evictions. Banicki stated that on any given night they have approximately eighty to ninety people on the waitlist. On December 1 the winter men's shelter will open. It will have about seven beds, and they're hoping to squeeze maybe seven more into Siena House.

Emily Enockson works with Zachariah's Acres which is a non-profit located on fifty acres in Oconomowoc with fruit orchards, chickens, pumpkin patches, etc. This is their first year of serving families with children with special needs year round. Families are invited out on a monthly basis to come and participate in activities that they might not get a chance to do because of limited support or accessibility, whether it's riding on their accessible hay wagon or fishing on the fully accessible fishing pier and catching a fish for the first time. They are not drop off respite, but it's a chance for the moms, dads, and caregivers to catch their breaths and take a walk around the property, have a cup of coffee, meet with other parents, and have a safe community to come to. They also have a small group of young adults that come out weekly as volunteers to tend to the chickens or water the trees, etc. They work with a couple of organizations that send groups of young adults with special needs out to do service projects and nature based activities. Enockson shared a calendar of events. The events are free for children with special needs and their families. They ask a caregiver to come along with them. They do provide volunteers to come along with the families for extra support. Registration is on-line. Activities are geared towards school age, but all ages are welcomed. The Christmas tree and wreath fundraiser is occurring this weekend.

Pam Groh, school counselor in the Muskego Norway School District. Sitting on the CAFSAC committee as a school counselor has been a key piece in being knowledgeable and staying current on resources in the community. The mental health component and connections are important and it's a growing concern. They want to be proactive. As a school they work to look at students as a whole person. They have the response to intervention, which they have presented information about a few years back, looking at academics and how can we intervene with children to help support their learning and doing it systematically. There is a greater need beyond the academic component. Coming soon is the academic and college/career planning through a bill that was recently passed. They are being trained and academic planning is a major portion of a school counselor's role working with children from young on. This new law will help to formalize a plan. The third component is the social and emotional needs of the families. CAFSAC helps with that. Groh appreciates being able to share the groups' information with district staff to help families overall.

Karen Villarreal, Safe Babies Healthy Families works with moms prenatally until the children are five years old with two main goals of breaking the cycle of child abuse and having the children school ready. She shared fliers. She announced the merger with Easter Seals effective January 1. The integration and merger should be seamless for the community and the families receiving services. Everything in the program is meant to stay the same. They will remain at their Waukesha location at this time. Last year at this time they were not taking referrals, so it's nice that right now they do have openings. If anyone has families, please make those referrals. Question, is there a resource for pregnant mothers who have timed out of their shelter stay? Housing is an issue. Safe Babies does not have a housing program. They refer to Family Promise.

Sarah Matson is with Catholic Charities in the Supportive Parenting Program. They came about in 1992 as a result of a group of parents that weren't being best served from a healthy families in home way. Supportive Parenting was created to work with parents who have some type of special needs, i.e. a developmental disability, cognitive or intellectual delay. It allowed the

program to work with them individually based on their strengths. These parents learn in a different fashion. They collaborate with many agencies, i.e. Birth to Three, Public Health, Parent's Place, etc. because their parents do struggle with their learning styles. They are able to go to doctor's appointments with parents for support. Many of the families are low income. Referrals are made and education is provided in a way that best suits the families' needs. There is a 27 week parenting class offered. The core areas are helping to develop nurturing, healthy lifestyles in nutrition and immunizations, behavior management, making sure the children are on track developmentally, and support for families who tend to be more isolated or don't have strong support systems. Matson shared brochures. Catholic Charities also offers behavioral health counselors in the Waukesha office; they are bi-lingual. They offer a sliding scale fee for those lacking insurance and are low income. They have an outreach case management worker who can connect with families and individuals in the community to figure out what their needs are and connect them to those resources.

ANNOUNCEMENTS

Karen Villarreal announced that the date for the annual CAFSAC unmet needs presentation to the Health and Human Services Board is March 24, 2016 from 2:45 to 3:25. Those who volunteered to prepare the presentation were Diane Ripple, Missy Kueht-Becker, and Laura Cherone. There will be more discussion on this. Agencies are encouraged to think about these unmet needs as they are preparing end of year reports and statistics.

County Executive Paul Farrow thanked the group for inviting him to the meeting. Waukesha County has amazing resources. Going through his first county budget recently, he is aware that the dollar is finite, especially coming from the State, Feds, and the County, but it is amazing what CAFSAC can do for the citizens of Waukesha County. He appreciates learning more about what goes on with CAFSAC. With his understanding in the state legislature and the contacts he has on the federal level, he offered to advocate for the group and encouraged CAFSAC members to contact him.

ADJOURNMENT

Pam Groh motioned to adjourn, seconded by Missy Kueht-Becker at 10:10 a.m.

NEXT MEETING

The next meeting is scheduled for January 21, 2016, at 8:30 a.m. in Room 271 of the Human Services Center Building, 514 Riverview Ave.

1-21-16
APPROVED

