

**Waukesha County Mental Health Center  
Mental Health Advisory Committee Meeting (MHAC)  
And  
AODA Advisory Committee Meeting  
January 16, 2017**

**Present MHAC Committee:** Danielle Birdeau, Cathy Frierd, Brad Haas, Laurie Kohler, Mary Madden, Helen Prozeller, Lisa Riggle, Becky Stark, Marybeth VanderMale

**Excused MHAC Committee:** Jennifer Cera, Linda Cole, Terry Findley, Colleen Gonzalez, Mary Lodes, Kathy Mack, Karen McCue, Maura McMahon, Mike O'Brien, Shannon Stydahar

**Present AODA Committee:** Jim Aker, Joe Muchka, Pat Reilly, Dennis Williams

**Excused AODA Committee:** Debra Adamus, Susie Austin, Rose Barton, Michael Bauer, Marla Bell, Betty Groenewold, Lou Hernandez, William Hinsenkamp, Sarah Justin, David Lamack, Lauri McHugh-Badura, Pat Miller, Kelly Morgan, Mike O'Brien, Dennis Radloff, Sarah Riggsbee, Kevin Schaefer, Dani Wosick

**HHS Staff Liaisons:** John Kettler, Joan Sternweis

**Guests:** Mary Goggins, Sandi Lybert, Adele Revoy, Ashley Rome, Katie Westerman

**1. Call to Order**

MHAC Chair Mary Madden called the meeting to order at 1:35 p.m. Introductions were exchanged among the committee members.

**2. Educational Segment – Stairway to Heroin**

Katie Westerman from Your Choice presented on the Stairway to Heroin program that started in 2014 in Oconomowoc. The presentation was created to address the rise in opiate and heroin use. By having the entire community coming together with officials and community leaders, there were over 900 attendees at an initial presentation.

Overdose deaths have risen 72% in Wisconsin since 2015, and are the leading cause of death amongst teenagers – surpassing traffic accidents.

In 2016, there were over 300 drug-related deaths in Milwaukee County; and from 2012-2016 there were 223 drug-related deaths in Waukesha County. Those addicted to opioid painkillers are 40-times more likely to be addicted to heroin. In Wisconsin, prescription painkillers have increased 260% amongst 12-25 year olds. 33% of all high schoolers report current alcohol use; 97% having tried alcohol at all. 40% of high school graduates have used marijuana.

The average first time use is at age 11. The Oconomowoc School District includes 7<sup>th</sup> and 8<sup>th</sup> graders in their random drug testing because of this.

Stairway to Heroin is the first program in a 4-program series, and is followed by Playgrounds to Pills, Wake Up Call, and Deadly Decisions. The Stairway to Heroin program provides the well-rounded education piece, ensuring that parents walk away with tools to proceed. There have been 22 presentations with 10,000 in attendance total since October 2014. Since August 2016, Your Choice knows of 8 adolescents that entered treatment, 5 adolescents that had assessments, and 12 families that reached out for resources. Out of 537 surveys returned from presentations given September to November 2016, 86% of the responders found the information "very useful," and 13% found it "useful."

Three goals of the Stairway to Heroin program are:

- Parents, educators, and community members will have the information, resources, and support needed to help our youth make informed, healthy, and positive choices.
- Participants will know the signs and symptoms of alcohol and drug abuse.
- Parents will be able to incorporate the skills into the family setting to bring about change in behaviors, communication patterns, and parenting styles.

Playgrounds to Pills touches on drug use, but the main point of the program is to empower parents to start the conversations earlier on, targeting 4<sup>th</sup> to 9<sup>th</sup> grade parents. Out of 170 surveys returned from presentations given September to November 2016, 74% of the responders found the information "very useful" and 22% found it "useful."

Wake Up Call is a life-sized exhibit of a teen's bedroom with more than 20 "red flags" that can signal drug or alcohol use. There is a room set for girls and one for boys. This allows parents to know what to look for in their own homes before alcohol and drug use escalates to other risky behaviors or addiction. Everything found in the bedroom can be found in other places such as the car, backpack, etc. The program is extremely popular, and now has a permanent bedroom display at the Hartland Fire Department, provided free of charge. Out of the 134 surveys returned from presentations given August to November 2016, 94% found the exhibit "very useful" and 6% found it "useful." 59% of parents "strongly agree" that they would be able to recognize the signs in their own home, with 38% "agreeing."

The Deadly Decisions program focuses on 18-24 year olds, and is currently in the process of being developed. The goal is to target freshman orientations in colleges. The program also includes a shoe display, with one pair of shoes for every drug-related death in Waukesha County. The shoes, donated from Kohl's Department Store, have been toe-tagged with if the victim was male/female, year they passed away, and if they passed away from an opiate overdose or heroin.

If necessary, each presentation is adjusted when the survey results come back. The program has progressed into Indiana and Illinois as well. Your Choice stays in contact with the organizations they have worked with, even after the presentations.

Funding for the program comes from grants and corporate sponsorship.

At this time, Narcan trainings are not included in the series; however, we hope to include it in the future.

### **3. Review and Approval of Minutes**

Motion: Helen Prozeller moved, second by Danielle Birdeau to approve the MHAC Minutes of November 14, 2016.

The AODA Minutes from November 15, 2016 were reviewed, however there was not a quorum, so they will be reviewed and approved at the next meeting.

**4. HHS Board Liaison Report – Mike O'Brien, Mary Lodes**

Madden stated that, per Lodes, the board was enlightened regarding the comprehensive credentialing process for the medical/psychiatry staff, they approved reappointment of 7 providers, and they were informed of Truancy Task Force who is trying to address youth that are truant from school due to mental health issues. The group is also working with physicians who have a history of providing vague blanket medical excuses. There is a partnership with the schools courts and community physicians with the goal of getting early access to mental health services and avoid school dropouts.

**5. HHS Staff Liaison Report – Joan Sternweis, Danielle Birdeau, John Kettler**

Kettler reported that the Heroin and Other Illicit Task Force re-evaluated their goals when they met in December.

The Attorney General and Dose of Reality campaigns will be including amphetamine issues. This will be coming out more on a state level.

Waukesha County officially received the PDO grant. With the funds, the grant committee is looking to target many populations with the crisis team, hold community events, and hold Narcan training events as often as possible.

The overflow shelter opened at the Northview site the beginning of January. The shelter is open from 7pm – 6:45am Monday through Saturday, and 3:30pm – 6:45am on Sundays. Information can be obtained from the Salvation Army. It is a wet shelter, however they are breathalyzing if people are out-of-control intoxicated, and people can be refused if it is felt that they cannot be managed.

Birdeau reported that enrollment is low with the Coordinated Services Team (CST) due to the difficulty to find an appropriate area to oversee it. CST is aimed at serving children under age 18 that are involved in at least 2 of the systems of care (Juvenile Court, Child Welfare and Protection, Mental Health and AODA, Developmental Disability, Schools, Parents, and Economic Support). The team will be looking at ensuring that the committee has representatives from each of the systems. Currently, the clinical division runs the entire CST case, which may not make sense. This new way will allow the family to be better served by determining if the child can receive the best care in another division. The advantage is that the community providers have come together to work together and understand all of the different services.

Sternweis announced that the unmet needs presentations will be at HHS on March 23<sup>rd</sup>. The AODA Advisory Committee will present at 12:45pm, and the Mental Health Advisory Committee will present at 1:25pm. The annual public hearing for HHS is April 6<sup>th</sup> at 7pm.

**6. Sub-Committee Reports**

**a. CCS Coordinating Committee – Danielle Birdeau**

Committee met just before this meeting and discussed direction and initiatives for 2017.

**b. Peer Specialist Committee of Waukesha County – Cathy Friend**

No report.

**c. CHIPP Report – Mary Madden**

No report.

**d. Partnerships for Children’s Mental Health – Laurie Kohler**

No report.

**7. Unmet Needs – Mary Madden, Jim Aker**

Madden reported that in the last few years, Unmet Needs have been presented jointly between the two committees since there are joint needs, as well as individual needs.

Madden reported on the 2017 Joint and Mental Health Unmet Needs, and Jim Aker reported on the 2017 AODA Unmet Needs.

Based on the 2017 joint Unmet Needs, we will keep the following for the 2018 joint Unmet Needs:

- Funding for a new .5 psychiatrist
- Funding for a contracted independent living specialist
- Continue the array of medications available, including Vivitrol

The following will be added to the 2018 joint Unmet Needs:

- Peer support opportunities utilizing the integrated peer specialists, mental health certified peer specialists, parent peer specialists, and recovery coaches

The individual committees will discuss Unmet Needs at their respective February meetings, and then Madden and Aker will meet to finalize the presentations before presenting to the board

**8. Agency Updates/Announcements**

No report.

**9. Ongoing Business/Community Initiatives**

No report.

**10. New Business**

No report.

**11. Other**

No report.

**12. Adjourn**

Motion: Prozeller moved, second by Friend to adjourn the meeting at 3:00 p.m. Motion carried unanimously.

Minutes respectfully submitted by Janelle McClain.

Minutes were approved Mary M. Wood Date 2/20/17