



Mental Health Guide
for
Community Resources

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INTRODUCTION TO THE GUIDE

This guide will provide information and resources to families who have children or other family members with a diagnosed mental illness, or those who you suspect have a mental illness.

The development of the guide is the result of a collaborative effort with the Healthy People Kenosha County Mental Health Committee members, Kenosha Unified School District personnel, community agencies and families. This project is funded by The Healthier Wisconsin Partnership Program, a component of the Advancing a Healthier Wisconsin Endowment at The Medical College of Wisconsin.

The guide is only a beginning point for families. You are encouraged to seek professional advice and consultation when affected by a mental illness. This guide will direct you to the resources within our community. We encourage families to use this guide and share it with others whose lives may be affected by mental illness.

WHAT IS MENTAL HEALTH?

Mental health, as defined by the Surgeon General's Report on Mental Health, "refers to the successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and cope with adversity." On the other end of the continuum is *mental illness*, a term that refers to all mental disorders.

Mental disorders are health conditions that are characterized by alterations in **thinking**, mood, or behavior (or some combination thereof) associated with distress and/or impaired functioning. This notion of a continuum sees mental health on one end as 'successful mental functioning' compared to mental illness on the other end as 'impaired functioning.'

HOW COMMON IS MENTAL ILLNESS?

One fifth of Americans suffer from a diagnosable mental disorder during any given year. One fifth of school-age children are also affected by these conditions. Severe and persistent mental illness is less common, but still afflicts 3 percent of the population. The vast majority of individuals with mental disorders continue to function in their daily lives, although with varying impairments.

COMMON MENTAL ILLNESSES

Some common mental illnesses are:

- Depression
- Anxiety
- Schizophrenia
- Obsessive compulsive disorder (OCD)
- Bipolar disorder
- Attention deficit hyperactivity disorder
- Post traumatic stress disorder

FAMOUS PEOPLE WITH DIAGNOSED MENTAL ILLNESS

Tim Burton – Film Director – Bipolar Disorder

Terry Bradshaw – Football Athlete/Broadcaster – Depression

Jim Carey - Actor – Bipolar Disorder

Zack Greinke - Pitcher, Milwaukee Brewers – Depression, Social Anxiety Disorder

Leonardo DiCaprio – Actor – Obsessive Compulsive Disorder

Linda Evans – Actress – Depression

Linda Hamilton – Actress – Bipolar Disorder

Carrie Fisher – Actress – Bipolar Disorder

Janet Jackson – Musician – Depression

Jane Pauley – Television Journalist – Bipolar Disorder

WHAT CAUSES MENTAL ILLNESS?

The exact causes of mental disorders are unknown. We can say that certain inherited dispositions interact with triggering environmental factors. Poverty and stress are well-known to be bad for your health—this is true for mental health as well as for physical health.

WHAT TO DO IF YOU SUSPECT A MENTAL ILLNESS

Mental illness is often misunderstood. There are a number of different mental illnesses, each with its own set of symptoms and challenges both with varying degrees of severity. Persons living with a mental illness may experience symptoms that interfere with behaviors, relationships, and everyday matters.

Mental illness is no one's fault! Mental illness is not caused by the individual or by their family. Although there is no cure for a mental illness, living with a mental illness is not without hope.

People can and do recover from a mental illness – with help and support of family, friends and professionals. Recovery from a mental illness is a process of change through which individuals improve the quality of their life.

THE GUIDING PRINCIPLES OF RECOVERY ARE:

- Recovery emerges from hope
- Recovery is person-driven
- Recovery occurs via many pathways
- Recovery is holistic
- Recovery is supported by peers and allies
- Recovery is supported through relationship and social networks
- Recovery is culturally-based and influenced
- Recovery is supported by addressing trauma
- Recovery involves individual, family, and community strengths and responsibility
- Recovery is based on respect

RECOVERY TIPS

- **Support** – Recovery is a difficult process that takes time. The support of people that are most influential or providing care and mental health services is beneficial and encouraging to the individual.
- **Crisis Plan** – There are going to be a few bumps along the way on the path to recovery. It is important to create a plan to determine how you are going to deal with those events. Write up a plan that includes when/if hospitalization is needed, designate someone who will advocate for you, what are the crisis warning signs, how to prevent a crisis from happening, what support you need. Share this with your support network.
- **Self Care** – For recovery, lifestyle changes to improve our mental health i.e. decrease caffeine intake are needed. Start an exercise program or increase physical activity. Learn about basic health, nutrition, exercise and other self-help activities such as journaling, attending support groups and talking with peers.
- **Work/Volunteering** – Having a place we know we have to be and people counting on us to be there help promote positive self image and a sense of self worth. These daily activities help to develop new skills that can be used in the future towards career and education goals.
- **Relationship with Psychiatrist** – It is important to have a good working relationship with your psychiatrist. It is also important to know what you are being treated for, what medications you are taking and the goals of your treatment. Write down questions for your appointment and take notes at your session so you can refer back to later.
- **Medication** – Keep track of your medications. Write down what has worked in the past and what didn't. Make a list of medications you are taking now, what you are taking it for and any side effects that could arise later. If the side effects outweigh the therapeutic effects you may want to talk to your doctor about trying another drug with less or different side effects.

TREATMENT AND SUPPORT

People with mental illness can lead fulfilling and productive lives with treatment and support. When faced with this issue for yourself or family member, there is help available.

- Family Doctor/Pediatrician - to identify a medical condition and refer to a treatment provider.
- Psychiatrist - to evaluate symptoms, diagnose mental illness or other disorder and recommend treatment.
- Licensed Clinical Mental Health Professional and/or Certified Peer Specialist to provide support and counseling which may include psychotherapy and education.
- Call the Mental Health and Substance Abuse Resource Center at Kenosha Human Development Services (KHDS) at 262-657-7188 and ask to speak to resource center staff.

The participation of caring and supportive family members is an important component of the recovery process.

Medications do not cure mental illness, but they can assist in managing the symptoms and provide stabilization. Consult your medical provider with any questions.

Psychotherapy is helpful in providing support, education, and guidance to the patient and their family. It also helps people cope with the psychological issues associated with mental illness.

Peer Support in the form of support groups, self-help groups and psychoeducation may be beneficial to both individuals with mental illness, as well as their family members.

Self-created Advance Directives such as Recovery Plans, Crisis Plans and Wellness Recovery Action Plans (WRAP) can prove beneficial in managing the symptoms of mental illness.

Changes in diet, exercise routine and exposure to natural or artificial light may be recommended by your Healthcare Provider.

DEFINITIONS

Involuntary commitment or civil commitment is a legal process through which an individual due to mental illness, incompetence, alcoholism, drug addiction, or other, as he/she is deemed dangerous to him/herself or others is court-ordered into treatment in a hospital (inpatient) or in the community (outpatient).

Psychiatrist - a physician – MD or DO who specialize in mental, emotional, or behavioral disorders, licensed to prescribe medication and provide verbal-based psychotherapy.

Psychotherapy - a type of treatment for mental disorders and behavioral disturbances using verbal and nonverbal communication.

Psychologist - A nonmedical mental health care worker who specializes in the study of the structure and function of the brain and related mental processes of animals and humans.

Clinical psychologist - provides testing and counseling services to patients with mental and emotional disorders.

Counselors - a human services professional who deals with human development concerns through support, therapeutic approaches, consultation, evaluation, teaching, and research.

Parity - If you are using your health insurance to access mental health or substance abuse treatment you may have coverage equal to your physical health coverage. That's called parity. National & State laws have recently been passed requiring health insurers to make their mental health benefits comparable to their physical health benefits.

HAVE UNUSED MEDICATION?

Kenosha County has several medication drop box locations for safe disposal of unused medication. Disposing of the medications in the drop box help protect Lake Michigan and prevents unnecessary poisonings and overdoses.

Medication Drop Box Locations

Kenosha County Safety Building

1000 55th St, Kenosha, WI 53140

Collection Hours: Mon-Fri (8AM-5:30PM) excluding holidays

Pleasant Prairie Police Department

8600 Green Bay Rd, Pleasant Prairie, WI 53158

Collection Hours: 24 hours a day/ 7 days a week

Silver Lake Police Department

113 S. First St, Silver Lake, WI 53170

Collection Hours Mon-Fri (8AM-5PM) excluding holidays

Town of Salem

9814 Antioch Rd (Hwy 83), Salem, WI 53168

Collection Hours: Mon-Fri (8AM-4PM)

excluding holidays

Twin Lakes Police Department

920 Lance Dr, Twin Lakes, WI 53181

Collection Hours: 24 hours a day/ 7 days a week

University of Wisconsin – Parkside Police Department

900 Wood Rd, Tallent Hall, east side of the building, Kenosha, WI 53141

Collection Hours: 24 hours a day/ 7 days a week

Dispose of medication by keeping medication in the original package or bottle. Cross off any personal information, including your name, on the container and dispose of it directly into the Medication Drop Box.

Questions? Contact the Kenosha County Division of Health at 605-6700 or visit www.co.kenosha.wi.us for what is accepted and what isn't, as well as, sharps disposal information.

HOW SCHOOLS CAN HELP

School services are comprised of an interdisciplinary group of professionals including school nurses, social workers, psychologists, and counselors assigned to serve students. Each one of these professionals plays an important role in your child's mental health while at school. Options are explored to assist the student during school in collaboration with the student's family, physician, community agency professionals, and other treatment providers.

Students with mental health needs will be supported based on their individual needs. Collaborative Student Intervention Teams (CSI), which could consist of the above staff at each building work with students and families on issues that arise for students who do not receive special education support. Interventions and accommodations can be put in place to help students. For students who receive special education support an Individual Education Plan (IEP) team works together to determine appropriate supports in the school setting.

For additional information call 262-359-6300 to be directed to the appropriate person or see: www.kusd.edu/departments/special-education-student-support-0

FINANCIAL RESOURCES

The cost of mental health treatment is often covered by health insurance. Families without health insurance or exhausted benefits may obtain treatment on a sliding fee scale from other agencies in the community, including Kenosha County mental health treatment programs.

Kenosha Human Development Services (KHDS)

Mental Health and Substance Abuse (MHSA) Resource Center
5407 Eighth Avenue
Kenosha WI 53140
Telephone: 262-657-7188 (24-hour juvenile and adult CRISIS hotline)
800-236-7188 (Western Kenosha County)
www.khds.org

The Mental Health and Substance Abuse Resource Center helps people to apply for county funding, to see a psychiatrist, obtain medications and counseling services. The MHSA also provides information and assistance to persons seeking help in finding a mental health service provider and meeting other needs.

Kenosha Human Development Services can provide information and assistance regarding a person needing hospitalization because they are in need of treatment ("Chapter 51"), phone, mobile and residential crisis services, as well as family, children and community assistance available.

FINANCIAL RESOURCES (CONTINUED)

Wisconsin Office of the Commissioner of Insurance

P.O. Box 7873
Madison WI 53707-7873
Telephone: 608-266-3585
www.oci.wi.gov

If an insurance company refuses to pay for tests, therapies or medications that you feel should be covered, go through your insurance company's complaint and grievance procedure. If you are dissatisfied with the outcome, contact this office.

Social Security Office

5624 Sixth Avenue
Kenosha WI 53140
Telephone: 800-772-1213

People with a mental illness, including children, may be eligible for supplemental income.

Compass Wisconsin (Threshold)

1139 South Sunnyslope Suite 101
Mount Pleasant WI 53406
Telephone: 866-710-4054
Kenosha/Racine/Walworth
www.compasswisconsin.org

Threshold determines eligibility for programs that provide funding and services to children with autism or mental health diagnoses. These programs include Katie Beckett Program (State Insurance), Family Support Program, and the Children's Long Term Support Medicaid Waiver Program (services and equipment).

LEGAL RESOURCES

Kenosha County Office of the Corporation Counsel

912 56th Street, Room LL13
Kenosha WI 53140
Telephone: 262-925-8020

Schedules hearings to determine court cases under Chapters 51 & 55 and represents the public in working with subjects, their attorneys, agencies, and medical professionals, to reach appropriate outcomes. Corporation Counsel works with Law Enforcement, Crisis, and the Department of Aging in preparing and presenting cases.

Local Public Defender

262-653-6404

Lawyer Referral & Information Service

P.O. Box 7158
Madison WI 53707-7158
Telephone: 1- 800-728-7788
or 1-608-257-3838

This resource puts you in touch with three different services: Lawyer referral, Community referral, and a lawyer hotline. If you need help with a legal issue, not sure if you need a lawyer, can't afford a lawyer, you are just looking for more information or need to hire a lawyer this is a good resource to start with.

<http://www.wisbar.org/forpublic/inneedalawyer/pages/lris.aspx>

Legal Action of Wisconsin

4900 Spring Street, Suite 100
Racine WI 53406
Telephone: 262-635-8836
Toll Free: 800-242-5840

www.legalaction.org

Provides free civil legal services to low income individuals.

Aging & Disability Resource Center - Adult Protective Services (APS)

8600 Sheridan Rd Suite 500
Kenosha WI 53143
Telephone: 262-605-6646

Provides investigation and assessment of the adult's needs and risk of harm, APS advocates for legal, shelter, nutrition and medical needs, coordinates community services such as medical needs, applying for benefits, in-home services, support services, financial protection, and guardianship. APS also works with crisis intervention to secure involuntary protective service orders and orders of protection if needed.

ADVOCACY AND SUPPORT

NAMI (National Alliance on Mental Illness)

Kenosha County

P.O. Box 631
Kenosha WI 53141
Telephone: 262-652-3606

Racine County

2300 DeKoven Avenue
Racine WI 53403
262-637-0582

A nonprofit organization working to improve the quality of life through support, education and advocacy for all individuals affected by mental illness. NAMI offers a class on mental illness in English and Spanish, as well as, support and education to families at no cost.

Families First Project

8600 Sheridan Road
Kenosha WI 53143
Telephone: 262-697-4758
<http://www.co.kenosha.wi.us/index.aspx?NID=254>

For children with severe emotional disturbances under 18 years old.

Bridges Community Center

5718 Seventh Avenue
Kenosha WI 53140
Telephone: 262-657-5252

A consumer run organization that provides peer support, advocacy, education and empowerment for those recovering with mental illness.

Hope Council on Alcohol & Other Drug Abuse

5942 Sixth Avenue
Kenosha WI 53140
Telephone: 262-658-8166

Serves the Kenosha community by providing education, prevention, intervention and referral services. Those include: the Intoxicated Driver Program, Underage Drug and Alcohol Accountability Program, Recovery Coaches, and Alcohol and Other Drug Testing; Special Families Program, including I Am Special and Supervised Visitation; and Speakers' Bureau, Resource Library, and Prevention-based Programming and Educational Activities.

Disability Rights WI

6737 W. Washington Street, Suite 3230
Milwaukee WI 53214
Telephone: 414-773-4646
www.disabilityrightswi.org

Provides protection and advocacy services for adults and children with serious mental illness or emotional disorders.

COMMUNITY SERVICES

Housing, Clothing and Food Assistance. If you need individualized attention, please contact the agencies listed below for more information.

Emergency Services Network (ESN)

Are you in need of emergency assistance and live in Kenosha County?

Basic needs listed on the website

www.esnkenosha.org/

Mental Health and Substance Abuse Resource Center (MHSA)

Located at Kenosha Human Development Services

657-7188

<http://www.khds.org/>

Kenosha County Division of Health

Mental health resources/community resource card/counseling services sheet

607-6700

<http://www.co.kenosha.wi.us/index.aspx?NID=946>

Aging and Disability Resource Center

605-6646

<http://www.co.kenosha.wi.us/DocumentCenter/View/774>

EMPLOYMENT ASSISTANCE

Department of Vocational & Rehabilitation Services

8600 Sheridan Road

Kenosha WI 53143

Telephone: 262-697-4690

Kenosha County Division of Workforce Development

8600 Sheridan Road

Kenosha WI 53143

Telephone: 262-697-4500

TRANSPORTATION ASSISTANCE

To obtain Medicaid transportation you must call A or B:

- A. Call your Family Care case manager 1-262-484-5070 if you are in Family Care

- B. Call MTM Transportation 1-866-907-1493 if you are enrolled in the following
 - Medicaid (T-19) programs:
 - Wisconsin Medicaid
 - BadgerCare Plus (Standard or Benchmark Plan)
 - Family Planning Only Services
 - Tuberculosis-Related Services-Only Benefit
 - BadgerCare Plus Express Enrollment for Pregnant Women

Complaint Line: 1-866-436-0457

“Where’s My Ride” Line: 1-866-907-1494

**Please Note: Transportation will only be provided for Medicaid covered appointments/services*

To obtain non Medicaid transportation you must call A B C or D:

- A. **Kenosha Achievement Center:** 262-658-9093 for speech and physical Therapy and shelter workshops
- B. **Kenosha Area Family and Aging Services Inc. (KAFASI)**
Volunteer Driver Program: 262-842-7433 provides transportation for seniors and persons with disabilities that are ambulatory and have difficulty using public transit because of age or disability. Rides are based upon the availability of drivers. Riders must be able to get in and out of a vehicle with little or no assistance. The use of canes, walkers, or shoulder oxygen, is accepted. They are unable to provide assistance to riders with wheelchairs.
- C. **Kenosha Transit** - 653-4287
A limited number of wheelchair lift buses on regular route services are available. Riders who need lift equipped buses are asked to call 24 hrs in advance to match a bus to their schedule
- D. **Western Kenosha County Transit** 1-888-203-3498

INTERNET RESOURCES

Online resources concerning mental health and mental illness:

Kenosha County Dept. Human Services Division of Aging and Disability Services
www.co.kenosha.wi.us/dhs/Divisions/Aging/index.php

Internet Mental Health
www.mentalhealth.com

Mental Health America
www.nmha.org

National Institute of Mental Health
www.nimh.nih.gov

Information for consumers, professionals, students and supporters
www.mental-health-matters.com/disorders/index.php

Information and support resources
www.healthyplace.com

American Psychological Association
www.apa.org

National Resource Center on Homelessness and Mental Illness
www.nrchmi.samhsa.gov

Information about managing a psychiatric disability at school or work
and the laws that protect your rights.
www.bu.edu/cpr/jobschool

National Alliance for the Mentally Ill
www.nami.org

National Alliance for the Mentally Ill - Kenosha website
www.nami.org/kenosha

National Alliance for the Mentally Ill – Racine website
www.namiracine.org/

Search by drug, drug type, drug company for low or no cost medication
www.needymeds.com

Directory of Prescription Drug Patient Assistance Programs
www.phrma.org/

Patient assistance for low or no cost medication
www.rxassist.org

Wisconsin Coalition for Advocacy
www.disabilityrightswi.org

Substance Abuse and Mental Health Services
www.samhsa.gov

Bazelon Center for Mental Health Law
www.bazelon.org

U.S. Department of Veteran Affairs Mental Health
www.mentalhealth.va.gov

Resource for emotional wellness for college students and their families
www.jedfoundation.org

MENTAL HEALTH SERVICES

Aalto Enhancement Center.....	262-654-9370
AMRI Counseling Services.....	414-810-6691
Ascent Counseling Services.....	224-730-2725
Aurora Behavioral Health Services – Kenosha.....	877-666-7223
Catholic Charities.....	262-658-2088
Children’s Behavioral Health Services.....	262-657-5026
Children’s Hospital of WI Community Services.....	262-652-5522
Compassionate Care Counseling.....	262-652-6311
Horizon Behavioral Health Solutions.....	262-948-1000
Interconnections Service Corporation	262-654-5333
Johansen & Fleming Psychological Services	262-654-8366
Kenosha Community Health Center.....	262-656-0044
Kenosha Human Development Services – Behavioral Health Clinic	262-657-7188
Oakwood Clinical Associates	262-652-9830
Pathways Consulting	262-652-7222
Professional Insight Counseling Services.....	262-857-8707
Professional Services Group – Community Impact Program.....	262-652-2406
Psychiatric & Psychotherapy Clinic	262-654-0487
Red Shield Mental Health Clinic.....	262-564-0286
Rogers Memorial Hospital, Child & Adolescent Day Treatment	262-942-4000
Shalini Varma MD.....	224-612-2348
Sue Panger & Associates Counseling & Consultation	262-652-9599
Wellspring Counseling Center, Inc.....	262-554-7215

CRISIS TELEPHONE NUMBERS

Crisis Intervention (Adult & Juvenile)	262-657-7188
Domestic Abuse Hotline.....	262-652-9900
National Suicide Hotline.....	1-800-273-TALK
Burlington Police Department.....	262-763-9461
Kenosha Police - City	262-656-1234
Kenosha County Sheriff	262-653-6600
Pleasant Prairie Police Department.....	262-694-7353
Silver Lake Police Department.....	262-889-4455
Twin Lakes Police Department.....	262-877-9056
Text Line	Text “HOPELINE” TO 741741

KENOSHA COUNTY SUICIDE PREVENTION

Since 2000, 357 individuals in Kenosha County have died by suicide. 90% of the people that die by suicide have a TREATABLE MENTAL ILLNESS OR SUBSTANCE ABUSE PROBLEM. Of those 90%, approximately 60% have a depressive disorder.

In 2006, the Kenosha County Suicide Prevention Coalition was formed. The coalition brings together mental health professionals, law enforcement, schools, medical professionals, community agencies and survivors and is dedicated to addressing suicide in Kenosha County. The coalition strives educate the community on suicide risk, develops resources and advocate for changes because one suicide is too many.

If you are suicidal, the National Suicide Prevention Lifeline, 1-800-273-TALK (8255), provides access to trained telephone counselors, 24 hours a day, 7 days a week.

Signs of Suicide

- Talking about suicide
- Statements about hopelessness, helplessness, or worthlessness
- Preoccupation with death
- Suddenly happier, calmer
- Loss of interest in things one cares about
- Visiting or calling people one cares about
- Making arrangements; setting one's affairs in order
- Giving things away

If you think someone you know is suicidal, there are some things you can do.

Begin a dialogue by asking questions. Suicidal thoughts are common with depressive illnesses and your willingness to talk about it in non-judgmental way can be the push a person needs to get help. Questions to ask:

“Do you ever feel so badly that you think of suicide?”

“Do you have a plan?”

“Do you know when you would do it (today, next week)?”

“Do you have access to what you would use?”

Asking these questions will allow you to determine if your friend is in immediate danger, and get help if needed. A suicidal person should see a doctor or psychiatrist immediately. Calling 911 or going to a hospital emergency room are valid options. Always take thoughts of or plans for suicide seriously.

Never keep a plan for suicide a secret. Don't worry about endangering a friendship if you truly feel a life is in danger. It's better to regret something you did, than something you didn't do to help a friend.

Don't try to minimize problems or shame a person into changing her mind. Your opinion of a person's situation is irrelevant. Trying to convince a person it's not that bad, or that she has everything to live for will only increase her feelings of guilt and hopelessness. Reassure her help is available, that depression is treatable, and that suicidal feelings are temporary.

If you feel the person isn't in immediate danger, acknowledge the pain as legitimate and offer to work together to get help. Make sure you follow through. This is one instance where you must be tenacious in your follow-up. Help find a doctor or a mental health professional, participate in making the first phone call, or go along to the first appointment. If you're in a position to help, don't assume that your persistence is unwanted or intrusive. Risking your feelings to help save a life is a risk worth taking.

The diagnosis and treatment of depression and other psychiatric disorders should be performed by health care professionals.

LOSS SURVIVOR SUPPORT GROUP

A "loss survivor" is someone who experiences a "major life disruption" in the aftermath – a completed suicide.

You are not alone.

For more information or to sign up for the support group contact Debbie at 605-6722 or Debbie.rueber@kenoshacounty.org

***This resource is provided for informational purposes only.
Information is subject to change. Inclusion of an agency in this
publication does not constitute an endorsement or recommendation.***

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