What is Peer Support?

Peer Support is one of the thirteen psychosocial rehabilitative services that can be provided through the CCS program.

Peer support services include a wide range of supports to assist the individuals and their family members with mental health and/or substance abuse issues in the recovery process. Peer support offers a level of acceptance, understanding, and validation not found in many other professional relationships. By sharing their own lived experience and practical guidance, peer support workers help people to develop their own goals, create strategies for self-empowerment, and take concrete steps towards building fulfilling, self-determined lives for themselves.

Peer support services are conducted by a certified peer specialist, who is someone with the lived experience of recovery from a mental health condition, substance use disorder, or both. Peer specialists are "experientially credentialed" by their own recovery journey and provide non-clinical, strengths-based support to others experiencing similar challenges.

Peer support workers can help break down barriers of experience and understanding, as well as power dynamics that may get in the way of working with other members of the treatment team. The peer support worker’s role is to assist people with finding and following their own recovery paths, without judgment, expectation, rules, or requirements.

For more information visit: [SAMHSA: Peer Supports](https://www.samhsa.gov/peer-support) ,  [Wisconsin DHS: Peer Supports](https://www.dhs.wi.gov)
Independent Living Resources (ILR)

Service Array: Peer Support, Individual Skill Development, Wellness & Recovery Services

Office Locations: La Crosse

Independent Living Resources (ILR) is a consumer controlled; community based non-profit Independent Living Center. ILR works with individuals with disabilities of all types across the lifespan, providing services in 13 counties in Southwest Wisconsin. As an Independent Living Center, ILR’s staff and Board of Directors must be at least 51% individuals with disabilities. This gives the agency a unique perspective, as the majority of the staff providing the services are individuals with disabilities themselves. ILR provides a broad array of services including Information and Referral, Peer Support, Advocacy, IL Skills Training, Transition Services, Assistive Technology Demonstration and Assessment, Benefits Assessments.

Coulee Recovery Center

Locations: La Crosse

Coulee Recovery Support services provide a supportive environment for recovery, bridge the gap to recovery and awareness, and offer family support programming. Coulee Recovery strives to provide knowledge of substance abuse and addictive behaviors, develop skills to manage life without using drugs or alcohol and offer guidance necessary to recognize how an individual and their loved one interact, help them recognize tools to change unhealthy patterns to achieve healthier and happier results.

Coulee Recovery Center provides various supports to include a drop-in center for individuals needing support and fellowship with others, community activities to provide alternatives to habitual behaviors and routines, a multiple support groups for people in various stages of recovery and groups for family and friends to better understand and support their loved ones in recovery.

For more information visit the center, click on the website link, or call.

### WRIC-CCS Peer Support Resources

<table>
<thead>
<tr>
<th>Certified Peer Specialists</th>
<th>Parent Peer Support*</th>
<th>Substance Use Peer Support*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Independent Living Resources</td>
<td>Parenting Place</td>
<td>Coulee Recovery Center</td>
</tr>
<tr>
<td>Peer Association, Inc</td>
<td>WI Family Ties</td>
<td>Stein Counseling</td>
</tr>
</tbody>
</table>

* may not be state certified peer specialists

Click agency name to learn more about the services provided
Christin Skolnik (La Crosse County)
Integrated Support & Recovery Services
Section Manager

Christin stepped into the role of ISRS section manager at the end of May 2019. As section manager, she coordinates and oversees multiple mental health and substance use recovery programs including comprehensive community services (CCS), community support program (CSP), children with special needs/long-term supports (CSN/CLTS), mobile crisis, short-term case management, and outpatient mental health/substance use clinics. Christin brings years of experience of mental health practice and advocacy including being a former CSP case manager, CCS service facilitator, and CCS program manager.

Ashley Paar (La Crosse County)
CCS Service Facilitator (Adult-Intensive Program)

Ashley Paar, MSW, is a service facilitator for the adult CCS-Intensive program in La Crosse. She has been at the County for a little over 5 years, having also done both undergraduate and graduate internships within the Family and Children’s Section. Ashley identifies as a life-long learner and is passionate about helping others to become the best versions of themselves. In her spare time, she enjoys traveling, spending time outdoors, being active, listening to music, and spending time with friends/family.

Executive Functioning skills are the mental processes that allow us to plan, focus, remember instructions, and manage multiple task.

Instead of: “Played a Game”
Consider the Executive Functioning Skills being practiced and monitored during the session:

- Taking Turns
- Impulse Control
- Frustration Management
- Following Instructions
- Managing Time
- Ability to Focus on Tasks
- Problem Solving
- Thinking ‘outside the box’

www.developingchild.harvard.edu

Check This Out!

WRIC- CCS has a new website:
www.co.la-crosse.wi.us/humanservices/ccsMaterials
What is Borderline Personality Disorder?

Borderline Personality Disorder (BPD) is an often misunderstood, serious mental illness that creates significant emotional instability.

The Characteristics
- Very intense emotions
- Feeling of worthlessness and being fundamentally flawed
- Intensively distorted self-image
- Self-harming acts
- Stormy interpersonal relationships

Average Mind
BPD Mind

Other Symptoms
- Extreme fear of abandonment
- Intense and rapid mood swings
- Impulsive and risky behavior
- Recurring suicidal behavior
- Strong and often explosive anger
- Severe dissociative symptoms (like losing touch of reality)
- Awareness of destructive behavior but feeling unable to control it

I hate you -- don’t leave me!

The BPD Stigma
“Selfish”
“Difficult”
“Manipulative”
“Attention-seeking”
“Treatment resistant”

7 out of 10 people with BPD attempt suicide
1 out of 10 people with BPD complete suicide

50-80% take part in risky behavior such as:
Drug abuse + Self-mutilation

What Causes BPD?
- Family history of mental illness
- Childhood trauma (victim or witness of violence or abuse)
- Neglect or maladaptive environment
- Brain abnormalities
- Other unknown risks

How is it Treated?
- Medication helps mood swings and comorbid disorders but does not treat BPD
- Psychotherapy is the only proven method to treating the disorder
- Long-term, intensive therapy is required in order to achieve substantial recovery

So What Can We Do?
The stigma that surrounds BPD can be more debilitating than BPD itself. With more awareness of the disorder, we can learn to understand this misunderstood illness, and prevent the dangers and deaths it causes. If you suspect that you or someone you know has BPD, immediately seek help. Visit www.nimh.nih.gov to learn more on BPD.
Upcoming Events

Meetings

- Community-Based Provider Clinical Support Groups:
  - 1st Thursday (7/11): 1:30-2:30pm @ La Crosse County Human Services #2002
    Re-starting
    Skype Lync: https://meet.lync.com/lacrossecounty.org/ross/JOC08K3A
  - 3rd Tuesday (7/23): 10-11am @ La Crosse County Administration #1107
    Skype Lync: https://meet.lync.com/lacrossecounty.org/ross/3L2T8QYD
  
  Who Should Attend: Any direct provider of CCS services.

- Residential Clinical Support Teleconference Groups:
  - 2nd Tuesday (7/9): 9-10am @ (605) 472-5637 Code: 994794#
    Skype Lync: https://meet.lync.com/lacrossecounty.org/ross/1F3TTCKS
  - 4th Monday (7/22): 2-3pm @ (605) 472-5637 Code: 994794#
    Skype Lync: https://meet.lync.com/lacrossecounty.org/ross/TCAZUTAG
  
  Who Should Attend: Any direct provider of CCS residential services

- WRIC Contracting Meetings
  - All Vendor Conference: July 16 from 10am-12pm at La Crosse County Human Services Basement Auditorium. Will discuss updates to vendor contracts and program requirements
    
    Who Should Attend: Directors and Administrative staff

Trainings

CCS Core Curriculum

<table>
<thead>
<tr>
<th>Online</th>
<th>Ongoing</th>
<th>CCS Program Training/ Orientation</th>
<th>CCS Online Training Partnership</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online</td>
<td>Ongoing</td>
<td>WI Mandated Reporter Training</td>
<td>UW Professional Development Center</td>
</tr>
<tr>
<td>Online</td>
<td>Ongoing</td>
<td>Medication Management for Non-Prescribers</td>
<td>SAMHSA Info &amp; Training Link Here</td>
</tr>
<tr>
<td>Online</td>
<td>Ongoing</td>
<td>Understanding Substance Use Disorders: Basics</td>
<td>ATTC/NIATx network Info &amp; Training Link Here</td>
</tr>
<tr>
<td>Online</td>
<td>Ongoing</td>
<td>Consumer Rights</td>
<td>WI Dept of Human Services Training Link Here</td>
</tr>
<tr>
<td>Online</td>
<td>Ongoing</td>
<td>Crisis &amp; Suicide Response for Community Partners</td>
<td>Columbia Lighthouse Project Info, Resources &amp; Training Link</td>
</tr>
</tbody>
</table>

Other Trainings

- July 18 11:00am-12:00pm Cultivating a Healthy Mind WPPNT Teleconference 877-820-7831 Code: 107633#
- Aug 1 11:00am-12:00pm Supporting Families through Deportation or Incarceration WPPNT Teleconference 877-820-7831 Code: 107633#
- Aug 13-14 All Day Now is the Time: Transition Age Youth Conference UW–Whitewater Info & Registration Link Here
- Online Ongoing Responding to Race-Based Trauma Info & Registration: www.resmaa.com

Submissions:
Have you observed or heard of another provider doing a good job? Do you have a question for the Emilies? Know of any trainings or events occurring in the community or hosted by your agency? Please send to Ryan Ross ross@lacrossecounty.org by the 25th of the month.

Contact Us

WRIC Counties

Jackson County
420 Highway 54 W
Black River Falls, 54615
(715) 284-4301

La Crosse County
300 4th Street North
La Crosse, WI 54601
(608) 784-4357

Monroe County
112 S Court Street,
Sparta, WI 54656
(608) 269-8600

WRIC Shared Staff

Emily Engling
WRIC Administrative Director
(608) 785-6413
eengling@lacrossecounty.org

Emily McGonigle
WRIC Clinical Director
(608) 785-5702
mmcgonigle@lacrossecounty.org

Ryan Ross
Mental Health Professional
(608) 785-6048
ross@lacrossecounty.org

Quality Assurance
(608) 785–6014
ISRSQA@lacrossecounty.org
Family & Friends Support Group

Is there a loved one in your life who has an addiction? Join a new support group at Scenic Bluffs in Cashton to learn tools to help with emotional upsets, effective communication, and more. Wednesdays from 5:30-7:30pm at Scenic Bluffs 228 Front St, Cashton. Contact Jenna Hess 608-654-5100 jhess@scenicbluffs.org

Project Homeless Connect 2019

Thursday, July 25th, 2019
11am-4pm
La Crosse Center, North Hall

This event is open to all!

Vendors and services providers will be on hand to talk with guests who may be struggling with homelessness or possible homelessness. If you or someone you know is struggling with maintaining stable housing, please join us! There are resources and service available in our community that may be able to assist!