



Meeting Minutes
Friday, October 6, 2023, 9:00 – 11 am
Lincoln County Health Department, Clinic Room

Members Present:

<input type="checkbox"/> Aspirus Merrill/Tomahawk Hospitals	<input type="checkbox"/> Big Brothers, Big Sisters	<input checked="" type="checkbox"/> HAVEN, Inc. – Nancy Baacke
<input checked="" type="checkbox"/> Inclusa, Inc. Robyn Swart	<input checked="" type="checkbox"/> Lincoln County Health Department- Kristin Bath, Danielle Bender	<input checked="" type="checkbox"/> Lincoln County Social Services– Jessi Rumsey
<input checked="" type="checkbox"/> Medical College of Wisconsin – Dr. Gabrielle Hangiandreou	<input checked="" type="checkbox"/> Merrill Area Public Schools – Amber Haluska, Trisha Kubichek, Bree Kratz, Debbie Moellendorf	<input checked="" type="checkbox"/> North Central Health Care – Holly Westberg, Stephanie Jewell

Partners Present: Maria Mendoza, Lincoln County Probation & Parole, Ashley Miller, Centre for Well-being Inc., Heidi O’Hare Tomahawk Public Library True Lor- WI Department of Health Services

Agenda Item	Notes	Action Items
1. Call to Order	Meeting called to order by Bath at 9:04 am.	
2. Welcome and Introductions	Introductions were made.	
3. Approve Minutes of April 18 Meeting	Motion to approve minutes by Hangiandreou, seconded by Rumsey. All ayes. Motion carried.	
4. Agenda Items A. 2024 Meeting Schedule B. Budget Update – Aspirus Health & 2024 LCHD Mini Grants C. Action Plan 2023-2028/ Prioritize Activities/ Workgroups D. Continuation of Substance Use Prevention Activities	<p>A. 2024 Meeting Schedule. Coalition will meet quarterly (January, April, July, October) on the third Friday of the month. Meetings will be held at the Health Department from 8:30-10:30 am.</p> <p>B. Budget Update – Aspirus Health & 2024 LCHD Mini Grants. Bath reviewed current Healthy Minds budget. Aspirus is funding projects directly, however dollars are available for implementation of Healthy Minds action plan. LCHD is also looking at offering mini grants in 2024. Pending approval. Funds could be used to cover program/facilitation fees. Process would be similar to this year, submit a project proposal, sign an agreement, submit final documentation and invoice for reimbursement. More information to come.</p> <p>C. Action Plan 2023-2028/ Prioritize Activities/Workgroups. Bath review action plan with the group and determined strategies to prioritize as well as lead agencies for carrying out activities. <i>Updates captured in blue in the action plan attached.</i></p> <ul style="list-style-type: none"> • Kratz shared NAMI Mental Health Resource Flyer. Group agreed to review, provide updates and print for community distribution. • Rumsey, Miller, O’Hare and Kubichek volunteered to participate in a workgroup focused on “identifying information hubs, assuring locations are provided with resources and promoted widely through various methods”. • Rumsey and Kubichek volunteered to be part of a workgroup focused on planning “community campaigns, programs and trainings”. <p>D. Continuation of Substance Use Prevention Activities. Bath shared that we are no longer eligible to be a member of the Northwoods Coalition through Marshfield Clinic due to the coalition shifting to a primarily mental health focus. Our coalition had</p>	<p>Bath to send out calendar invites for 2024 meeting.</p> <p>Coalition to review NAMI Mental Health Resource Flyer and share updates with Bath prior to printing.</p> <p>Bath to follow up with workgroup participants on next steps.</p>

<p>E. Trainers for Mental Health First Aid /Question Persuade Refer (QPR)</p> <p>F. Training/ Program Opportunities</p> <p>G. Future Meeting Topics</p> <p>H. Agency Updates - Information Sharing - Needs for Coalition Support</p>	<p>applied for mini grants in the past for medication lock boxes, medication disposal pouches, community campaigns, etc. Bath will contact Aspirus Health about future funding of medication lock boxes and disposal pouches as they are well received by the community. Coalition is getting requests, particularly among schools, to set up the Hidden in Plain Sight Teen Bedroom Display, however we are lacking leadership for these requests. The Health Department will not be leading outreach moving forward due to the change in the coalition’s focus. Westberg and Kubichek expressed substance use concerns among the individuals they serve. Bath shared that there may be an option for the Health Department to reimburse facilitators through mini grants in the future. Teen Bedroom will be set up at Merrill High School Parent Teacher conferences on October 18 by Moellendorf and SRO Jaeger; willing to have someone shadow during this time. Rumsey will add Teen Bedroom to the next Youth Justice Collaborative Meeting agenda as participants may have a vested interest in this outreach. Kubichek suggested contacting groups such as Aware and Active Citizens.</p> <p>E. Trainers for Mental Health First Aid/ Question Persuade Refer (QPR). Bath shared a current list of mental health trainers. Mental Health First Aid - Moellendorf (Adult & Youth) starting 2024, Deborah-Jean Smith (Adult), Question, Persuade, Refer (QPR) - Debi Traeder, Adverse Childhood Experiences (ACEs) – Baacke. Rumsey shared that Social Services has offered Strengthening Families for Caregivers and Aggression Replacement Therapy, however lost instructors due to staff turnover. If a person is interested in being a trainer, could explore coalition funding to cover costs.</p> <p>F. Training/Program Opportunities. Bath shared the following. <i>Flyers attached</i></p> <ul style="list-style-type: none"> • <i>QPR Virtual Training</i> (October 22, November 9, December 14 from 6:00 – 7:45 pm) • <i>We COPE “Connecting with Our Positive Emotions”</i>- Fridays, November 3, 10, 17 and December 1, 8, 15 from 2-3 pm (evidence based resiliency training that helps individuals cope with life stress) *targeted toward health professionals. • <i>ADRC Caregiver Support Group</i> – 4th Monday of the month 10:30 am -12 pm, held in Merrill, virtual option available. • <i>ADRC Monday Dementia Informed Super Heroes (DISH) Virtual Group</i> – First Monday of the month from 7-8 pm • Others: Hangiandreou shared NAMI is holding a <i>Healing Minds & Hearts Art Show</i> on October 21 in Wausau. Free admission, donations accepted. All proceeds benefit NAMI Northwoods. <i>Flyer attached.</i> NAMI is also offering two <u>free, online, monthly support groups</u>. One group is for peers and the other group is for family members of those living with mental illness. More information at https://namiwisconsin.org/being-together/. Also offering in person <i>Family to Family and Peer to Peer Classes</i> as participation allows. O’Hare shared that the Tomahawk Senior Center hosts a <i>Senior Dementia Support Group</i> on the 3rd Wednesday of the month at 3 pm. <p>G. Future Meeting Topics. None identified.</p> <p>H. Agency Updates – Information Sharing, Needs for Coalition Support. Bath will have this item first on the next meeting agenda to leave time for organizations to network, share resources and identify opportunities for collaboration. O’Hare shared that the Tomahawk Library have purchased calm strips</p>	<p>Bath will contact Aspirus Health regarding future funding for medication lock boxes and disposal pouches.</p> <p>Rumsey will add Teen Bedroom discussion to the next Youth Justice Collaborative Meeting.</p> <p>Bath will have Agency Updates/Information Sharing as one of the first agenda items at the next meeting.</p>
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	- textured reusable sensory stickers have very popular among youth to help with emotional regulation. Possible item coalition could purchase for future outreach.	
5. MAPS Mental Health Matters Alliance Presentation	Moellendorf, Mental Health Navigator, Merrill Area Public Schools shared information about the MAPS Mental Health Matters Alliance, needs assessment results and action planning progress as well as 7 Mindsets, a social emotional learning curriculum which is being implemented district wide. Coalition invited to next action planning meeting on October 10. Group discussed the 7 Mindsets and how we can reinforce messaging in the community. Moellendorf shared that MAPS is sending a monthly newsletter for each mindset to families. She will add Bath to the distribution list so she can share with coalition. Moellendorf will also share an overview sheet on the 7 Mindsets that can be used to create handouts for events and outreach. O'Hare added that the libraries may be able to reinforce the 7 mindsets messages that are taught during the school year through summer programs.	Coalition invited to MAPS Mental Health Matters Alliance Action Planning Meeting on October 10 from 2:30-4 pm at Jefferson School. Bath to share MAPS 7 Mindsets Monthly Newsletter and Overview Sheet with Coalition.
6. Adjournment	Next meeting is January 19 from 8:30-10:30 a.m. Meeting adjourned at 11:05 am. Bath adjourned the meeting.	

Minutes submitted by: Kristin Bath, Public Health Educator, 10/9/23.

Healthy Minds Budget Tracker 2023

2022 Carry Over Funds		2023 Funds		
Project	Source of Funds	2022 Remaining Funds	2023 Expense Description	2023 Expenses
Mock Teen Bedroom	Merrill Area United Way Allocation in 2018 and 2020	\$433.17		\$0.00
				\$0.00
			Total Expenses	\$0.00
			Remaining Funds	433.17
Responsible Seller Training	Merrill Area United Way Allocation in 2016 and 2017	\$504.00	Ashley Miller "Free Talk" MHS AODA Program (4, 1 hr sessions)	\$400.00
				\$0.00
			Total Expenses	\$400.00
			Remaining Funds	104
State Opioid Project Lock Box Funds	State grant through Alliance for WI Youth/Northwoods Coalition in 2022	\$1,472.68	Trisha Kubicheck Faciliator Fee (Aggression Replacement Training, 6 Week Program for Middle School Students, 1 hr sessions, 5 days/week) *Total \$600	\$142.31
			4 Imprint 988 Magnets (500) 5/22/23	\$45.99
			Mileage (Drop off 2023 SOR grant medication lock boxes and deactivation units)	\$18.34
			Copy charges (\$4.18 June, \$5.94 August) & Postage (May \$9.65)	\$19.77
			Total Expenses	\$226.41
			Remaining Funds	1246.27
free talks group at Merrill High School	Ascension/Aspirus Funds in 2020-21	\$500.00		\$0.00
				\$0.00
			Total Expenses	\$0.00
			Remaining Funds	500
State Opioid Response Grant (Deactivation Units, Lock Boxes & Campaign)	State grant through Alliance for WI Youth/Northwoods Coalition in 2022	\$6,500.00	Vaultz (medication location boxes - 500 X \$11.93 each) - 3/30/2023	\$5,965.00
			Real Talks Campaign Radio Ad (WJMT) 8/2023	\$250.00
			Real Talks Campaign Radio Ad (WJQJ) 8/2023	\$250.00
				\$0.00
			Total Expenses	\$6,465.00
Remaining Funds	35			
Mental Health Billboard Campaign	Aspirus Tomahawk 2023	\$5,000.00	Linda Murray, LLC - Courage is Knowing When to Ask for Help Billboards, HWY 51 Tomahawk and 2nd and Blaine St Merrill (07/10/23-08/06/23)	\$4,077.00
			Reindl - 1,500 copies of AODA & MH Resource Guide (September 2023) *Total cost \$2,565	\$65.00
			Total Expenses	\$4,142.00
			Remaining Funds	858
Total Funds		\$22,117.83		
Total Expenses		\$18,941.39		
Remaining Funds		3176.44		

Lincoln County Community Health Improvement Plan (CHIP) 2018-2023



Community Health Improvement Plan 2023-2028

Mental Health and Emotional Well-Being Action Plan

Goal 1: Lincoln County residents will have increased knowledge and access to behavioral health resources that support mental health and emotional well-being.									
Objective 1.1: By December 31, 2028, Healthy Minds for Lincoln County will implement one strategy annually to increase access to local resources by eliminating barriers and supporting effective navigation									
Target	1 strategy annually (6 total)	In Progress	# Activities Completed					Results (dates, # of mental health and emotional well-being resources created/updated/distributed)	
Strategy	Potential Activities	Lead Partner(s)	Year	Q1 (Jan-Mar)	Q2 (Apr-June)	Q3 (Jul-Sept)	Q4 (Oct-Dec)	Total	
1.1.1 Identify, maintain and expand mental health and emotional well-being resources.	(-) Maintain and expand resource directories such as FindHelp, 211 and local resource guides (Ex: Create Youth Crisis Posters for Schools* partner with MHS RYV Club, Expand Healthy Minds webpage w/literacy in mind, Distribute NAMI Mental Health Resource Flyer)	Health Department, Aspirus Health, NAMI Northwoods, Merrill Area Public Schools	2023	0	1	2		3	Q2: Aspirus Find Help Training 6/8/23 22 organizations participated Q3: Mental Health & Substance Use Resource Guide 1415 distributed as 9/22/23 (ordered additional 1,500 guides 9/19/23) *led by Health Department 988 Magnets (QR code/link to guide) 1,315 distributed as 9/22/23 *led by LCHD
1.1.2 Enhance local referral systems by identifying community information hubs and promoting resources widely and through various methods. (HE)	(-) Identify trusted information hubs and assure resources are available (-) Implement campaigns that promote trusted information hubs and local resources (-) Build confidence among partners to make referrals through presentations and information sharing (Ex: Libraries already serving as hubs, Menard Center, Primary Care Providers, Online hubs like WI Well Badger, etc.)	Health Department, Aspirus Health, Social Services, Centre for Well-Being, Public Libraries, Merrill Area Public Schools	2023	0	0	0		0	
Objective 1.2: By December 31, 2028, Healthy Minds for Lincoln County will implement 2 strategies annually that build robust, collaborative networks that include diverse partners and community members aimed at increasing awareness, resources and support.									
Target	1 strategy annually (6 total)	In Progress	# Activities Completed					Results (dates, # of events, meetings, trainings, # of service agreements, # of participants, % increased knowledge)	
Strategy	Potential Activities	Lead Partner(s)	Year	Q1 (Jan-Mar)	Q2 (Apr-June)	Q3 (Jul-Sept)	Q4 (Oct-Dec)	Total	
1.2.1 Increase knowledge and awareness of providers and stakeholders' roles and responsibilities within the behavioral health system.	(-) Host mental health forums and networking meetings (-) Offer continuing education opportunities for healthcare and behavioral health professionals, focused on common language and other best practices (-) Explore wrap around service agreements (Ex: Start by having time at coalition meetings designated for sharing of organization services, resources and updates)	Health Department, Social Services, North Central Health Care	2023	0	0	0		0	
1.2.2 Build upon existing cross sector networks that serve school aged children to support resource sharing and navigation.	(-) Support school based networks such as Merrill Area Public Schools Mental Health Matters Alliance and trauma informed partnerships like Handle with Care	Merrill Area Public Schools, Tomahawk School District, Social Services, Kinship, Law Enforcement, North Central Health Care	2023		1	0		1	Q1 & Q2: Healthy Minds partners participated in MAPS MHMA Needs Assessment & Action Planning Process 2/7/23, 3/3/23, 5/11/23 *October Meeting TBD
1.2.3 Promote and support community prevention partners, local advocacy groups and youth mentor programs. (HE)	(-) Secure funding and resources (-) Promote events and initiatives	Health Department, NAMI Northwoods, Kinship	2023	0	1	0		1	Q2: Booth at MHS Raise Your Voice Walk 5/7/23 (MARC) 4 resource guides, 14 medication pouches, 5 lock boxes 5 coloring kits and 77 wooden magnet crafts distributed. * Provided 988 magnets participant bags *led by LCHD
1.2.4 Maintain and recruit leaders, partners and community members to the Healthy Minds for Lincoln County coalition through various methods. (HE)	(-) Implement collaborative campaigns (-) Provide presentations and participate in events (-) Promote coalition via media (-) Share data reports (Ex: Increase outreach to the public, tap into employers that offer volunteer hours, develop coalition orientation packet, create coalition interest survey)	Health Department	2023	0	0	1	1	2	Q3: Community Night Out Booth 8/1/23 (promoted Healthy Minds and local resources) - distributed 19 resource guides, 56 medication disposal pouches, 38 medication lock boxes, 45 988 magnets, 38 medication disposal cards, 104 color magnets, 38 health coloring kits LCHD Community Baby Shower Booth 10/3/23 45 families participated, distributed 17 resource guides, 24 medication lock boxes, 16 medication disposal pouches, 30 988 magnets, 28 medication disposal cards, 7 coloring kits *led by LCHD
1.2.5 Recruit Healthy Minds for Lincoln County coalition champions to assist in developing an advocacy network that supports behavioral health policies, infrastructure, and programs. (P)	(-) Obtain funding through grants (-) Support policies that address shortages in behavioral health care providers and expansion of community resource navigators	Health Department, NAMI Northwoods	2023	0	0	0			
Goal 2: Lincoln County residents will have strong support systems that provide connection and emotional support									
Objective 2.1: By December 31, 2028, Healthy Minds for Lincoln County will implement one strategy annually to increase access to local resources by eliminating barriers and supporting effective navigation.									
Target	1 strategy annually (6 total)	In Progress	# Activities Completed					Results (dates, # of campaigns, trainings, programs, events, # of participants, % increased knowledge)	
Strategy	Potential Activities	Lead Partner(s)	Year	Q1 (Jan-Mar)	Q2 (Apr-June)	Q3 (Jul-Sept)	Q4 (Oct-Dec)	Total	

Lincoln County Community Health Improvement Plan (CHIP) 2018-2023

2.1.1 Implement community campaigns and programs to increase awareness and knowledge of mental health and emotional well-being.	(-) Implement awareness campaigns (-) Provide evidence based programs such as Mental Health First Aid, Question, Persuade, Refer (QPR) (-) Offer programs for older adults and caregivers, such as Dementia Basics, Savvy Caregiver (Ex: Crisis Intervention Training)	Health Department, Aging & Disability Resource Center, Aspirus Health, Social Services, Merrill Area Public Schools	2023	0	1	2		3	<p>Q2: Google Search Ads (promoted resource guide) 6/8/23-8/15/23, 1,621 Clicks, 25,622 Impressions *led by LCHD</p> <p>Q3: Billboard - Courage is Knowing When to Ask for Help (promoted Healthy Minds and resource guide) 7/10/23-8/10/23 Hwy 51 and in Merrill *led by LCHD</p> <p>ADRC Managing Caregiver Stress Workshop 8/15/23 (virtual and in person) 18 participants (unable to determine if Lincoln County as offered in 4 county region)</p>
Strategy	Potential Activities	Lead Partner(s)	Year	# Activities Completed					Results (dates, # of school based programs implemented, # of participants, % increased knowledge)
				Q1 (Jan-Mar)	Q2 (Apr-June)	Q3 (Jul-Sept)	Q4 (Oct-Dec)	Total	
2.1.2 Continue to explore and integrate evidence based behavioral health programming and training that targets school age youth.	(-) Support evidence based behavioral health and suicide prevention program at schools such as Teen Mental Health First Aid, Question, Persuade, Refer (QPR), Botvin Life Skills Program (Ex: MAPS school based mental health services, parent/youth education through Parent Information Sessions and Parent Teacher Conferences)	Merrill Area Public Schools, Tomahawk School District	2023	0	3	1		4	<p>Q2: TMS Botvin Lifeskills - started April 2023, 1 staff trained and 80 students completed the program.</p> <p>Aggression Replacement Training 5/30/23-6/30/23, 6 middle school students, Merrill & Tomahawk (program focused on social skills, anger control and moral reasoning, for students identified with behavior/conduct issues) *All participants completed the course and scored an 80%+ on final exam. Completion allowed 2/6 participants who were on expulsion or reduced day status at the school, to return to full school days in the fall. 4/6 participants completed social skill treatment goals in their NCHC behavioral health plans. 5/6 participants completed a component of their supervision orders through DSS.</p> <p>MHS Summer Free Talks Program 6/6/23, 6/30/23, 8/1/23, 8/15/23, 6 participants/ completed (program followed MI framework, targeted youth struggling with AODA)</p> <p>Q3: PRMS Botvin Lifeskills - July - August 2023 3 staff trained, program offered to 7th grade health class (125-130 students) and 3rd-6th grade students who have been identified at risk and in need of additional services and support (approx 20-30 students) during 2023-2024 school year.</p>
Strategy	Potential Activities	Lead Partner(s)	Year	# Activities Completed					Results (dates, # of peer support groups, # of programs/initiatives supported, # of programs/ events promoted, # of participants)
				Q1 (Jan-Mar)	Q2 (Apr-June)	Q3 (Jul-Sept)	Q4 (Oct-Dec)	Total	
2.1.3 Support and expand peer support groups and community informed programs that promote family engagement and social connectedness. (HE)	(-) Promote and expand peer support groups (-) Support school, library and faith based programs and initiatives (-) Promote programs for older adults and caregivers (-) Promote community events	Health Department, Aspirus Health, Aging & Disability Resource Center, Public Libraries	2023	2	1	1		4	<p>Q1 & Ongoing: ADRC Monthly Caregiver Support Group ongoing in Merrill on 4th Monday of month (in person and virtual) 2-4 participants</p> <p>ADRC Monthly Monday DISH (Dementia Informed Super Heros) Virtual Support Group - ongoing 1st Monday of the month (facilitated by ADRC-CW, but available statewide) *targets family/unpaid caregivers for loved ones with dementia</p> <p>Q2: T.B. Scott Free Library Summer Family Fun Packs 6/1/23 - 8/31/23, 50 packs distributed (HM funds supported June packs, promoted emotional well-being and family engagement)</p> <p>Q3: Tomahawk Public Library Family Fun Packs 6/1/23-8/31/23, 120 packs distributed (mental health and emotional well-being included as part of activities and education)</p>

Objective Status

	No progress
	In progress
	Complete

(P) = Strategy addresses policy
(HE) = Strategy address health equity

Record of Changes

Date	Update Made
10/6/23	Specific activities added in blue based on coalition input

Mental Health Resources Lincoln County

If you, or someone you are with, is experiencing a mental health crisis, please call the **Emergency Crisis Line**.

North Central Health Care
715-845-4326

Confidential and available 24/7

SUICIDE PREVENTION

If you or someone you know is suicidal and needs immediate help, the Suicide Prevention Lifeline provides access to trained telephone counselors. Confidential and available 24/7

Text or Call: 988

**chat available via web
Spanish: 1-888-628-9454

United Way's 2-1-1

United Way's 2-1-1 is a FREE, confidential information and referral service -- available 24/7 for your health and human service needs. Our local 2-1-1 serves residents of Langlade, Marathon, Portage, Lincoln, Oneida, and Vilas Counties.

Dial 211

COMMUNITY SUPPORT

Lincoln County
Sherriff's
Department
715-536-6272

Merrill Police
Department
715-536-8311

Tomahawk Police
Department
715-453-2121

Social Services
Lincoln Co.
715-5366200

NAMI Northwoods:
715-432-0180

COUNSELING SERVICES

North Central
Health Care
715-536-9482

Peaceful
Solutions
Counseling
715-298-5177

Visions
Counseling, Inc
715-551-1970

COUNSELING SERVICES

Psychological
Resource
Center, LLC
715-224-2100

Center for
Human
Development
1-800-236-3792

Soul-full
Solutions
715-805-6111

WOMEN'S SHELTERS

HAVEN
715-536-1300

Mac Home
715-722-1200

Our Sister's
House
715-224-3520

FOOD RESOURCES

SCAN ME
for area food
resources!



HOTLINES

National Suicide
Prevention
Lifeline
24/7 support
call 988

National Drug
Helpline
24/7 support
1-888-633-3239

Nationwide Crisis
Text Line
Text "HOME" to
741741
24/7 support

NAVIGATING A MENTAL HEALTH CRISIS

WHAT TO DO if you suspect someone is thinking about suicide

If you notice warning signs or if you're concerned someone is thinking about suicide, don't be afraid to talk to them about it.



START the conversation by sharing specific signs you've noticed, like:

"I've noticed that you [haven't been sleeping, aren't interested in soccer anymore, which you used to love, are posting a lot of sad song lyrics online, etc.]..."



Then say something like:

- ✓ "Are you thinking about suicide?"
- ✓ "Do you have a plan? Do you know how you would do it?"
- ✓ "When was the last time you thought about suicide?"

If the answer is **"yes"** or if you think they might be at risk of suicide, you need to seek help immediately.
National Suicide Prevention Line at 1-800-273-8255 or call 911.

Remember, a suicide threat or attempt is a medical emergency requiring professional help as soon as possible.

LISTEN, EXPRESS CONCERN, REASSURE.

Focus on being understanding, caring, and nonjudgemental, saying something like:

"You are not alone. I'm here for you."

"I may not be able to understand exactly how you feel, but I care about you and want to help."

"You are important to me; we will get through this together."

I'm concerned about you and I want you to know there is help available to get you through this.

TECHNIQUES that may help de-escalate a crisis:

DO:

- Keep your voice calm
- Avoid overreacting
- Listen to the person
- Express support and concern
- Avoid continuous eye contact
- Ask how you can help
- Keep stimulation level low
- Move slowly
- Offer options instead of trying to take control
- Avoid touching the person unless you ask permission
- Be patient
- Gently announce actions before initiating them
- Give them space, don't make them feel trapped

DON'T:

- Don't make judgemental comments
- Don't argue or try to reason with the person

Emergency Crisis Line for Marathon, Langlade, and Lincoln Counties:

1-800-799-0122
confidential and available 24/7

WARNING SIGNS OF SUICIDE

- Giving away personal possessions
- Talking as if they're saying good bye or going away forever
- Taking steps to tie up loose ends, like organizing personal papers or paying off debts
- Making or changing a will
- Stockpiling pills or obtaining a weapon
- Preoccupation with death
- Sudden cheerfulness or calm after a period of despondency
- Withdrawal from friends, family, and typical activities
- Dramatic changes in personality, mood and/or behavior
- Increased drug or alcohol use
- Saying things like "Nothing matters anymore," "You'll be better off without me," or "Life isn't worth living"
- Sense of utter hopelessness or helplessness
- History of suicide attempts or other self-harming behaviors.
- Family/Friend History of suicide or attempts



Introduction

The 7 Mindsets are based on a three year research effort that began with the simple question: What do the world's happiest and most successful people have in common? In search of the answer, we studied many of the happiest and most successful people who've ever lived. We reviewed the most extensive and important studies on personal achievement ever conducted. And we personally interviewed 400 leading experts, some of the most successful men and women of the 20th and 21st centuries.

Our research revealed that the answer wasn't related to gender, ethnicity, or where they lived in the world. It had nothing to do with being raised in a loving home or a broken one. It didn't matter if their families were rich, middle class, or impoverished. It wasn't even connected to how far they advanced in school or the skills they acquired along the way. In fact, it turns out that the game-changing commonalities of happiness and success are based on how the world's most successful people think.

What emerged from our research was a set of seven mental habits foundational to an enriched life. The 7 Mindsets are a comprehensive blueprint for happiness, intentionality and success, written in simple, powerful language to teach and activate success strategies for people to live the lives of their dreams.

In the following pages, you will find a brief description of each of the 7 Mindsets, along with a section with one immediate action you can take as parents to help instill a 7 Mindsets culture in your home. These will change the dynamic of daily life by invigorating children to tap into their unlimited potential.

1. The **Everything is Possible** mindset provides an understanding that we are all capable of extraordinary lives. We learn that everything in existence was once just an idea, until someone believed it was possible and turned it into a reality. Embracing this fact allows one to envision a wonderful life, expect greatness, and effectively execute the process of making dreams come true.

Don't be a dream snatcher! Resist the urge to give your children reality checks, no matter what their dreams are. Dreams are precious, and represent the hopes and expectations we have for our lives. So every dream and positive vision of the future that your children have should be encouraged. Their dreams will inevitably change, but what matters is that they're dreaming and believing. Constantly push your children to dream bigger, and never be the doubter or pessimist.

2. The **Passion First** mindset teaches us that we are each a unique expression of human life, and that our lives should be focused on finding our unique genius and sharing it with the world to the maximum extent possible. You will learn to make your dreams authentic, and of such critical importance that you'll find the fuel to overcome any obstacles you face on the way to achieving them.

Teach your children to find validation within. We live in an extrinsically driven world where



it's easy to be led by the goals and expectations others have for us. It's typical to assess ourselves based on outside standards, and on what others have or can do. Instead, we must look inward for direction and fulfillment. Every experience in your child's life should be about growth.

Constantly focus your attention toward helping them understand the skills they're building, the knowledge they're gaining, and the relationships they're forming along the way. It is crucial that they find validation in who they are becoming, not in what they are accumulating.

3. The **We Are Connected** mindset helps us to understand that everyone who comes into our lives can help us live our dreams. Through this mindset, we learn to constantly explore synergies with others, embrace diversity, and relish competition that will allow us to maximize our potential with and through others.

We all have belief systems that help define who we are. Where it can go wrong is when we separate ourselves from others because of these beliefs. Some individuals create walls of anger and even hatred to isolate themselves from large segments of people who could actually help and benefit them. We must instill values in our children, along a strong sense of self, but also cultivate curiosity and open-mindedness towards all people, regardless of differences in beliefs.

4. The **100% Accountable** mindset teaches us that we are not victims of our past, that our futures are not predetermined, and that our lives are what we choose them to be at this moment and each moment forward. With a focus on recognizing fears and excuses, this mindset helps us to break down barriers, freeing our minds and focusing our energy on taking critical steps toward our goals.

Do not enable; empower! The greatest gift you can give your children is the confidence to fail, face adversity, and overcome challenges. As educators, we sometimes connect our own ego to our child's successes and accomplishments. Unfortunately, this sacrifices the most important thing, which is giving them the ability to survive and thrive without us. Celebrate failure by teaching your children that it may be the most important ingredient to their ultimate success.

5. The **Attitude of Gratitude** mindset teaches us that we build our lives on either positive or negative foundations. Choose the positives, and you are on your way toward extraordinary success. Choose the negatives, and you will likely start on a downward spiral.

Practice gratitude regularly. We live in a largely pessimistic society where criticism is over-valued. This concept might have merit in some places, but not in your classroom. If you want your children to be happy, teach them to focus their energy and attention on the good things in their life. And when bad things do happen, work with them to understand the good that can come from such experiences.



To Live Your Ultimate Life

6. The **Live to Give** mindset teaches that abundance in one's life is a cycle. To receive love, respect, and financial security, one must first learn to give those things. This mindset also teaches that the greatest gift you can ever give is finding and leveraging your unique genius to maximize your positive impact on the world, knowing that good things will be returned to you in kind.

Get your children involved in service projects early. This helps create self-worth, and allows your children to help others while feeling the great satisfaction of making a difference. Create real life moments of service and giving in your school and celebrate them. Then explain to your children that giving doesn't have to be reserved for special occasions or only be done when you achieve a certain level of success. Ideally, giving is connected to causes you are passionate about and integrated into your daily life.

7. The **Time is Now** mindset teaches that all your power exists in the moment. You cannot change the past and the future has not happened, so the only thing to do is take purposeful action in the present to create the ultimate life of your dreams.

Create a vision board and develop an action plan with your children. Teach them how to prioritize, and encourage them to take positive and purposeful action toward their dreams. Sometimes, small steps can make the biggest difference, simply by taking action. It's okay to plan, but while many people wait for the perfect plan or moment in time before they act, the happiest and most successful individuals take action all the time... even (and especially) when their plans aren't perfect.

To learn more or ask questions about the **7 Mindsets**, please email us at info@7Mindsets.com and we will be happy to share more and support your efforts as a parent. Learn more on our web site at www.7Mindsets.com.

7 MINDSETS

To live your ultimate life _____

WELCOME TO SCHOOL YEAR 2023-2024!

We are so excited to share this new mindset work with all of our students, pre-K through seniors! We know that success, in every area of life, starts with a positive mindset. This evidence-based curriculum gives students real strategies, to not make life easier, but to make them better at the hard things.

WHO, WHAT, WHERE, WHEN?

- 7 Positive Mindset Topics, spread throughout the year
- All students, all grades, same content themes adjusted to developmental levels, given at the same time
- Weekly lessons + activities
- Led during advisory, morning meetings, etc
- Incorporated in all content areas



FAMILY ENGAGEMENT



Monthly newsletters will be coming out from your students' building with the Mindset of the Month, along with activities you can do at home to support your learner's success. Some tips are shared on page 2 of this newsletter for unit 1, Everything is Possible!

UNIT 1:

EVERYTHING IS POSSIBLE

The Everything Is Possible Mindset teaches that we are all capable of living extraordinary lives. Students learn that everything which exists today was once just an idea until someone believed it was possible and took the actions to make it into reality. This is true with our lives as well - they become, in many ways, whatever we expect them to be. We seek to instill the belief that their goals are possible, and to foster the courage, discipline and persistence to act on achieving their dreams.

If you have any questions about this curriculum, please reach out to your students' homeroom/advisory teacher or building principal.

7 MINDSETS

To live your ultimate life

SUPPORTING UNIT 1 AT HOME

TOP 5 DO'S AND DON'TS

1. Don't be a dream snatcher. The fact that kids are dreaming is what's important, not the content of their dreams. Resist the urge to give your children reality checks, no matter what their dreams are. Dreams are precious, and they represent the hopes and expectations we have for our lives. Every dream and positive vision of the future that your children have should be encouraged. Their dreams will inevitably change, but what matters is that they're dreaming and believing. Constantly push your children to dream bigger, and never be the doubter or pessimist.

2. Do celebrate and support innovation and creativity in the home. Whether it's through crafts, play or games, seek opportunities for your children to tap into their imaginations and creative capacity. One major concern with access to technology and devices is our children's inability to be bored. Boredom has long been the source of innovation and creativity. Create more space in your child's life and push them to innovate and create. The capacity to use boredom to their advantage will benefit them for the rest of their life.

3. Do model self-compassion. We are so hard on ourselves. It is very important to recognize that our children will observe our tendencies, how we talk to ourselves and, unfortunately, how unfairly critical of ourselves we can often be. Work on how you view your own efforts, challenges and successes, and consider the self-image you're modeling for your children. Don't forget that they really are more likely to do as we do, rather than as we say.

4. Don't foster perfectionism. Perfectionism is a primary cause of anxiety, locking us up and preventing us from taking action due to fear of failure. This is most prevalent in young people living in a world of reality TV and sensationalism. More than ever, they must understand they are human and that mistakes are a healthy part of learning and growing up happy and successful. Let them do their own work, let them make mistakes and let them learn to grow through adversity while they are under your roof.

5. Do celebrate risk-taking and failure. One great practice at the dinner table is to ask your child what they "failed at that day" or what didn't go very well. Rather than focusing on the mistake or loss, ask them to consider how they can grow from it, what they learned, what new skill could be developed, what relationship would be created or expanded, etc. Congratulate them for trying, and point out that the people who succeed are those who take risks and fail, so your kids are in good company and on their way.

**A Community
Celebration!**

HEALING MINDS & HEARTS SHOW

October 21st

doors open at 6:30

LT Club - Grand Ballroom

(The Labor Temple)

**318 S. 3rd Ave
Wausau, WI 54401**

Join us for:

- **Artwork for display or sale;**
- **a dessert buffet from local bakeries;**
- **multiple raffle opportunities;**
- **cash bar!**

The Desperate Ottos



**Live Entertainment from
6:30-9:30**

FREE ADMISSION!

***DONATIONS ACCEPTED**

***all proceeds benefit NAMI Northwoods**



NAMI
National Alliance on Mental Illness

Northwoods

This event is sponsored by NAMI Northwoods, whose mission is to provide advocacy, education, support and public awareness throughout Marathon, Lincoln and Langlade Counties in Wisconsin so that all individuals and families affected by mental illness can build better lives.



PROJECT RESILIENCY



TRAINING

Available in Hmong & English

" A free **ONLINE** webinar to learn how to recognize the warning signs of a suicide crisis and how to **Q**uestion, **P**ersuade and **R**efer someone to get help and connect to resources. "




Mai Moua Lee
Certified QPR Trainer




SCAN TO REGISTER





Bee Lor
Certified QPR Trainer


 September 14th, 2023
6:00-7:45 P.M

 September 25th, 2023
6:00-7:45 P.M

 November 9th, 2023
6:00-7:45 P.M

 August 24th, 2023
6:00-7:45 P.M

 October 22nd, 2023
6:00-7:45 P.M

 December 14th, 2023
6:00-7:45 P.M

Contact Information: maimoua@wucmaa.org



FREE Resiliency Training Series - Register by Oct 20!

1 message

Wisconsin AHEC <ahec@explore.wisc.edu>
Reply-To: Wisconsin AHEC <ahec@ahec.wisc.edu>
To: kristin.bath@co.lincoln.wi.us

Wed, Oct 4, 2023 at 1:40 PM

Trouble viewing this email? [View it on the web.](#)



Join us for a FREE virtual Resiliency Training Series



We COPE

Connecting with Our Positive Emotions

Training Series Details:

- COST: free!
- HOW: Includes 6 live online sessions via zoom + outside individual practice hours
- WHEN: Fridays, 2-3 pm
- DATES: Nov 3, 10, 17 & Dec 1, 8, 15
- WHO: This training program is designed for you, your colleagues, and your peers. Great for inclusion in onboarding of new staff and for offering professional development to existing staff. Share widely!

Additional Info:

Join WeCOPE, an evidence-based resiliency training program that helps health professions students and current health professionals cope with life stress.

Through small group discussion, self-reflection and activities, participants will learn and practice skills to manage life's challenges in healthy ways so they can take better care of themselves and others.

Offered in partnership with UW-Extension and hosted by North Central AHEC.

[Click here to register by October 20!](#)



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UNIVERSITY OF WISCONSIN-MADISON

Health Sciences Learning Center

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Website: ahec.wisc.edu

Email: ahec@ahec.wisc.edu

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Caregiver Support Group



One of the keys while caregiving is to also find support for yourself.

Are you providing care for another adult such as your spouse, parent or other loved one?

Your role as a caregiver is meaningful but can also be stressful. Together we will talk and connect as caregivers and find the support to make this journey a little easier.



When: 4th Monday of the Month.
10:30- 12:00 noon

Location:
Wausau, Merrill, and Marshfield ADRC offices with a virtual participation option if you are unable to get to an in-person gathering.

Call to register:
888-486-9545
or visit
www.adrc-cw.org

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Monday D.I.S.H.

Dementia Informed Super Heroes

Are you working and caring for a parent or family member with dementia? Join us virtually for support and resources



First Monday of the month

7 pm to 8 pm



To register, contact Scott Seeger at 715-261-6066

Email: scott.seeger@adrc-cw.org