

Welcome Jean McElhaney, Behavioral Health

I am pleased to introduce myself and would love to meet all of you! I started as the new Mental Health Coordinator at Lafayette County Human Services at the beginning of February. So far I've been delighted with the warmth and friendliness of my colleagues and am happy to serve the population here.



I grew up in Monroe, so small town life is familiar to me. I've lived almost my whole life in Wisconsin, mostly in the Madison area or southwestern WI. My undergraduate degree was in English and Psychology and I hold master's degrees in both English and Counseling Psychology, all from the University of Wisconsin-Madison. My background includes private practice settings, nonprofit social service agencies, and state facilities. I've provided individual, couples, family, and group therapy for children, teens, and adults. I've also given workshops on things like caring for the caregiver, conflict and communication skills, spirituality and trauma, and more.

What I most enjoy about being a counselor is seeing people discover their strengths and move forward on their goals, one step at a time. Getting to know others on this level is such an honor and feels very meaningful to me. I especially love supporting people to communicate more effectively, move past trauma, and navigate the stresses of life, which have such potential for grief, depression, and anxiety – as well as learning and growth!

Outside of work, I enjoy knitting, reading, long walks, music, and participating in my spiritual community. I'm also very interested in restorative justice and volunteer in a project related to that.

Table of Contents

Welcome Jean McElhaney.....	1
LCHS Calendar.....	1
Viewpoint	2
LCHS Budget News.....	2
CSP Walking Group.....	2
SafeLink Wireless.....	3
After Hours on Call	3
Home Energy Plus.....	3
Family Services Unit.....	4
HSRS.....	4
AODA	4
LCHS Staff Anniversary Dates	5
LCHS Staff Birthday List	5
The Honoring Box	6
Recipe	6

LCHS Calendar

January

- 3 County Offices Closed
- 13 Department Head Meeting, 8:30 AM
- 14 Human Services Board Meeting, 6:00 PM
- 16 All Agency Meeting, 11:00 AM to Noon

February

- 10 Department Head Meeting, 8:30 AM
- 14 Human Services Board Meeting, 6:00 PM
- 16 All Agency Meeting, 11:00 AM – Noon

March

- 8 Commission on Aging Board Meeting, 1:00 PM
- 14 Human Services Board Meeting, 6:15 PM
- 16 All Agency meeting, 11:00 AM – Noon



If you have any suggestions on things you would like to see in your agency newsletter, please e-mail them Joy McQuaid at: jmcquaid@lchds.org

All suggestions are welcome and appreciated!



Viewpoint - Shane Schuhmacher, LCHS Director

If you have not heard, the past months have been educational and informative. We have taken a look at where we are currently by sharing answers to a survey, and developing an understanding of key values that will guide us as we move forward. That is,



- We value creating connected relationships;
- We value creating a safe and secure environment; and,
- We value teamwork, competence and meeting our potential.

I am so happy to see how we get things done here at Lafayette County Human Services! Having come here and hearing about the feelings that we may be out of control – not because we don't have the knowledge or the skills, but because – as it seems – some emotions may have been getting the better of us.

And, to hear and see how quickly folks are able to look deeply into themselves and understand at this point that this is simply an attitude that may be stopping us from doing something we know we should do for the people of Lafayette County... Very exciting!

As we continue to develop and solidify as a whole agency, the next several months have interesting opportunities... not only as we look at ourselves as an agency, but as we look at the impact of the Budget Repair Bill.

LCHS BUDGET NEWS



Great News! It looks like LCHS will be roughly \$340,000 under budget for 2010! That number is \$75,993 under for the Institutional Account and \$264,007 for the regular Operations. The Aging Unit looks to be close to \$70,000 under budget. Great job everyone! And great job Janet!!!!!!

CSP WALKING GROUP



The Lafayette County Walking Group has been in place since 2004. The group has walked over 5,600 miles. To put this in perspective, the group has walked from Wisconsin to California and then to New York. The group is made up of individuals age 23 to 67. The individuals who participate in the group suffer from chronic and persistent mental illness, which includes schizophrenia, schizoaffective disorder, bipolar disorder, and depression. The group's attendance throughout this period is over 90%.

The walking group is important for many reasons. It enhances the lives of its participants through a healthier lifestyle, socialization, community outings, self esteem as well as positive exposure. It has had the chance to meet several luminaries throughout the past seven years including but not limited to, Governor Doyle, Bo Ryan, and Ned Yost the Brewers manager. The group received a letter of commendation from the governor and a citation by the assembly. The group was featured in the YMCA national magazine in 2009. The Monroe YMCA is where our group walks each Friday. The medical benefits that individuals in our group have seen include blood sugar levels stabilize, cholesterol as well as blood pressure levels decrease. Weight gain is a common side effect to psychotropic medications. The group's average weight has stabilized and one individual has lost over 100 lbs.

SafeLink Wireless



If you participate in a government assistance program or fall under a certain yearly household income, you could be eligible for a free “SafeLink Wireless” phone, and 250 free monthly minutes. The program is limited to one phone per household. No credit report is necessary. No contracts are required. You will never get an invoice or bill. Check the eligibility requirement on-line at: safelink.com or call 1-800-SafeLink (1-800-723-3546).

After Hours on Call



In the past, one of the higher cost line items in the Agency’s budget has been Emergency Detention situations. Emergency Detentions occur when someone is a danger to self or others. An emergency detention begins with a 72 hour placement at a mental health facility. The average cost at a mental health facility is \$800-1000 per day. For years the question has been how or where money can be saved around the need for response to crisis situations. Whether a person was somewhat or very unsafe to self or others, the process was the same - an emergency detention to a mental health facility. In 2008 a memorandum of understanding was developed by Agency staff and signed by Law Enforcement Agencies and the Hospital. That MOU contained the basic idea of a diversion program. A few diversions were done with savings success. However, diversion bed use became sporadic or a diversion bed was not available when needed. SW Brad Willborn has been instrumental in pulling together a number of ideas and resources and putting a specific, improved plan on paper. This plan has the potential of saving this Agency and Law Enforcement money while easing the burden on staff – such as long transports. In the cases where risk of danger to self or others is moderate to low a diversion response may be implemented. Tellurian and 3 family group homes have been recruited to provide diversion services. The average cost is \$200-300 per day. On-call staff have received written copy of the prototype of diversion procedures. Planning continues around identifying the levels on the assessment tools, educating law enforcement and medical personnel about the program, tracking savings, and resource development.

Home Energy Plus

Home Energy Plus includes the Wisconsin Home Energy Assistance Program (WHEAP) and Weatherization Services. WHEAP provides assistance in heating costs, electric costs and energy crisis situations. Weatherization Services help renters and homeowners’ reduce their energy consumption/.



WHEAP assistance is a one-time payment during the heating season (Oct. 1 – May 15). The funding pays a portion of energy costs, but the payment is not intended to cover the entire costs of a residence. The amount of payment varies depending on a variety of factors. In most cases, the energy assistance is paid directly to the energy supplier. If eligible, most households will qualify for a heat benefit and non –heating electric benefit through funding provided by Wisconsin’s Public benefits.

For more information on Home Energy Plus, including income guidelines, call 608-776-4800 or visit: homeenergyplus.wi.gov. Applications for both WHEAP and Weatherization Services are available at Lafayette County Human Services in the Economic Support Department.

Family Services Unit



Lafayette County Human Services Foster Care Program news

The Foster Care Program of LCHS has 12 licensed foster homes. The 2009 Wisconsin Act 28 implemented changes in Foster Home Licensing and Kinship Care. The new Levels of Care include kinship providers as licensed caregivers for relatives. LCHS has one foster home licensed specifically to care for relatives. Current statistics for Lafayette County show the average age of children placed in out of home care is 9.5 years of age. 70 percent of the children are male and 30 percent are female.

The Foster Care Program recently wrote for funding through the American Legion's Child Advocacy Fund and received funding in the amount of \$500.00. This money went to assist a sibling group of three young children receiving services from our Agency.

For more information on Foster Care, contact the Foster Care Coordinator for the Agency at 608-776-4934 or by e-mail at kbliss@lchsd.org.

Human Services Reporting System



HSRS for AODA & Mental Health will be ending as we know it with a proposed effective date of January 1, 2012. The new reporting mechanism will more than likely be tied to our billing system for reporting units, and a file upload will be possibly be associated with the AS400 new client entries. There will be more information regarding this topic to come as we find out more.

Alcohol and Other Drug Addiction

Substance Abuse Services are for those persons who use alcohol and drugs and their family members who are affected. Services can range from education to treatment and include prevention, intervention, outpatient, day treatment, detoxification, inpatient, residential and recovery. The resources contained on these pages may be used to assist in preventing, or obtaining treatment for substance abuse problems.

AODA Services Available in Lafayette County:

- Men's Group – Tuesday 5 – 7 PM
- Woman's Group – Thursday 2 – 4 PM
- Individual Therapy by Appointment
- Couples Therapy by Appointment
- Family Therapy by Appointment
- Prevention, Education and History



If you are interested in AODA services in Lafayette County, please call 608-776-4800.

LCHS Staff Anniversary Dates

<u>Staff Names</u>	<u>Anniversary Date</u>
Sheena Abbitt.....	October 25, 2006
Crissy Black.....	March 12, 2007
Kay Bliss.....	December 22, 1998
Kristine Brunkow.....	February 10, 1993
Heidi Byrnes.....	March 21, 1994
Kate Chambers.....	January 6, 1992
Tara Cook.....	April 8, 2002
Diane Douglas.....	October 1, 1974
Sue Elzen.....	June 3, 1986
Kris Fleming.....	February 28, 2000
Lauren Furrer.....	December 9, 2008
Janet George.....	November 4, 1991
Tammy Griffiths.....	September 29, 1997
Dana Harcus.....	September 5, 2006
Lori Leahy.....	January 2, 1997

<u>Staff Names</u>	<u>Anniversary Date</u>
Bobby Long.....	August 1, 2000
Trisha Marklein.....	June 9, 2003
Joy McQuaid.....	March 15, 2004
Janet Popp.....	May 21, 2001
Jean McElhaney.....	January 31, 2010
Brenda Poss.....	July 21, 1993
Shane Schuhmacher.....	December 6, 2010
Marjean Sutherland.....	March 13, 1986
Dawn Sennhenn.....	March 10, 2008
Brad Willborn.....	January 30, 1996
Melanie Willborn.....	January 21, 1997
Melissa Wirtz.....	December 17, 2008
Cheri Wotnoske.....	October 6, 2008
Missy Zasada.....	August 31, 2009

Happy Birthday LCHS Staff



JANUARY

- 9 Kate Chambers
- 11 Sue Elzen
- 27 Bobby Long
- 28 Kristine Brunkow

APRIL

- 2 Melissa Wirtz

JULY

- 13 Janet Popp
- 21 Sheena Abbitt
- 31 Joy McQuaid

OCTOBER

- 15 Marjean Sutherland
- 21 Jean McElhaney

FEBRUARY

- 7 Missy Zasada
- 8 Brenda Poss
- 19 Tammy Griffiths

MAY

- 8 Diane Douglas
- 22 Lori Leahy

AUGUST

- 14 Melanie Willborn
- 17 Trisha Marklein
- 25 Dr. TJ Norton
- 26 Brad Willborn

NOVEMBER

- 13 Shane Schuhmacher
- 21 Kay Bliss
- 21 Dana Harcus

MARCH

- 4 Heidi Byrnes
- 14 Dawn Sennhenn

JUNE

- 10 Kris Fleming
- 17 Tara Cook
- 23 Dr. Michael Kaplan
- 25 Crissy Black
- 26 Janet George

SEPTEMBER

- 19 Cheri Wotnoske
- 20 Lauren Furrer

DECEMBER

- 31 Dr. Robert beech

The Honoring Box

Remember when you have a free moment in your schedule, to “honor” your co-workers who have helped you or brightened your day in some way. Positive recognition is important for all to hear, so let’s give credit where credit is due ☺

Recipe – Chocolate Waffle Cookies

- 1 Cup butter or margarine (Melted)
- ¾ Cups of Cocoa Powder
- 1 ½ tsp vanilla
- 4 eggs
- 2 cups flour

** Mix all ingredients thoroughly. Lightly grease waffle iron. Drop by teaspoon onto preheated waffle iron. Cook for about 1 minute. Remove and cool. When cool, frost with powdered sugar frosting, or serve plain.*



Powdered Sugar Frosting

- 1 stick softened butter
- ½ bag of powdered sugar
- 1 tsp. vanilla
- 1 tbsp. milk

** Mix all together. For thicker frosting, add more powdered sugar. Frost cookies. Enjoy ☺*

**Submitted by:
Suzie Elzen**

The VOICE of Lafayette County Human Services

LCHS Management

Director, Shane Schuhmacher
Janet George, Support Unit Manager
Kate Chambers, ADRC & Economic Support Supervisor
Brenda Poss, Family Services Manager
Kristine Brunkow, Executive Secretary

LCHS Board

David Hammer, Chair
Leon Wolfe
Gerald Heimann
Connie Hull
Janet West
Sherry Crist
Brandee Blaine

Lafayette County Human Services

627 Main Street
Darlington, WI 53530
Phone: 608-776-4800
Fax: 608-776-4914
<http://www.lchsd.org/>