Mental Health Awareness Education Summit

They served for you!
How will you serve them?

Saturday, January 23, 2016 | 7:45am to 2pm
WVH-King Marden Memorial Center MPR

WISCONSIN HOME KING
A gem like no other, the **Wisconsin Veterans Home at King** is a long term and rehabilitative care facility serving veterans and their eligible dependents. We offer excellent medical and nursing care to enhance quality of life. Our highly trained and dedicated staff strive to meet the unique needs of veterans by providing compassionate care built on the foundation of integrity, honor and respect.

“Caring for America’s Heroes for over 125 years”

**Mission for today**

Let us help all those who served by gathering information on how to respond to their unique needs as our way of saying, “Thank you!”

They served for us, defended our freedoms by putting themselves in harm’s way in order to preserve our freedom.

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**Did you know...**

One out of every four dying Americans is a veteran?
22 veterans die every day due to suicide?
Almost 60% of the members at King have a diagnosis of Alzheimer’s/dementia?

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**Thank you**

to all sponsors

Alzheimer’s Association, Center for Suicide Awareness, Green Bay Vet Center, Mental Health Intensive Case Management Range Program and UW-Extension.

Most of all, thank you to all who have served!
### Agenda

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:45am</td>
<td>Registration / Sign up for CE credit&lt;br&gt;Coffee and Snacks</td>
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<td></td>
<td>WVH-King Honor Guard&lt;br&gt;Posting of Colors</td>
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<tr>
<td>8:00am</td>
<td>Welcome. Are you informed? Veteran informed care/informed response&lt;br&gt;Amber Nikolai, Member and Public Relations Director - WVH-King&lt;br&gt;Dan Buttery, Assistant Deputy Secretary, Wisconsin Department of Veterans Affairs&lt;br&gt;Message from Secretary John A. Scocos</td>
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<tr>
<td>8:15am</td>
<td>Overview of Veteran Suicide&lt;br&gt;• Understanding the culture — breaking down each branch&lt;br&gt;• Why veterans die by suicide&lt;br&gt;• How to address a veteran who presents as suicidal&lt;br&gt;• Best resources and practices in understanding veteran suicide&lt;br&gt;Mike Crum, Director of Veterans Service and Outreach - Center for Suicide Awareness</td>
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<tr>
<td>8:50am</td>
<td>Suicide Testimonial&lt;br&gt;Charity Menning-Lee, spouse of a veteran</td>
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9:10am Faith Edgren, Social Worker and Roxane Rausch, Registered Nurse and Program Manager - Mental Health Intensive Case Management Range Program

Mental Health statistics

What is mental health?
- Schizophrenia
- Schizoaffective Disorder
- Bipolar Disorder
- Resources

9:50am

Mental Health Testimony

10am

Break

10:10am Scott Katzka, Team Leader and Gregory Asgaard, Clinical Psychologist- Green Bay Vet Center

Overview of the Green Bay Vet Center History
- Clinical services
- Outreach mission
- Relationships in community and veteran’s health administration
- Define PTSD and TBI
- Complications of dual diagnosis
- Collaborative approach to treatment
- Family issues

10:50am Paul Morrison, Patrol Sergeant - Adams County Sheriff’s Dept. - Army Combat veteran

PTSD – TBI Testimonial

11:10am Katherine Graham - Workplace Education Specialist, Alzheimer’s Association

What is Dementia
- Dementia statistics
- Different forms of dementia
- Resources

11:40am Michele Guyant, Activity Therapist and Denise Knudsen, Social Worker - WVH-King

Introduce Legends on the Lake I and II
12:10pm  Jessica Beckendorf, Community Resource Development and Sandy Liang, Family Living Educator - UW Waupaca Extension

12:45pm  Lunch
Visit sponsorship resource tables

1:30pm  King campus tour (optional)
Visit informational tables
Virtual Dementia tour
Mobile Vet Center tour
DAN BUTTERY
Assistant Deputy Secretary
Wisconsin Department of Veterans Affairs
www.WisVets.com

Dan Buttery was appointed by Secretary Scocos and serves as the Assistant Deputy Secretary of the Wisconsin Department of Veterans Affairs. As a member of the senior management team, he serves as the chief legislative liaison and directs policy making and marketing.

Commissioned a US Army Engineer Officer, Dan’s unit command deployments include Chontales, Nicaragua 2001 - 2002 and Operation Iraqi Freedom (OIF) – 1 2003 - 2004.

As a National Guard US Army officer, Dan also managed his civilian career which took him in the direction of owning and operating his own marketing company in Milwaukee. He is the founder and now past President of the Board of Directors for Fisher House Wisconsin, Inc., appointed by the Milwaukee VA Medical Center and nationally based Fisher House Foundation. Dan is a Wisconsin native and graduate from the University of Wisconsin – Stevens Point.

AMBER NIKOLAI
Member and Public Relations Director
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Amber Nikolai is a United States Navy veteran who served during Operation Iraqi Freedom, joining shortly after 9/11. Amber serves as the Member and Public and Relations Director for WI Veterans Home at King. Mrs. Nikolai came to the Wisconsin Department of Veterans Affairs in July, 2012 after serving 6 years for the Outagamie County Sheriff’s Department. Mrs. Nikolai has a bachelor’s degree from Concordia University in Health Care Administration/Marketing.
MIKE CRUM
Veteran Service Coordinator
Center for Suicide Awareness
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Mike Crum is a Marine Corps veteran 1997-2001, Mike holds a bachelor’s degree in Social Work from Slippery Rock University and a master’s degree in Social Work from the University of Wisconsin Green Bay. For the last year and a half Mike has worked with homeless veterans and veterans with mental health traumas. As the new Director of Veterans Service and Outreach for the Center for Suicide Awareness, Mike focuses on prevention, outreach and policy. Mike has a 12 year old son, Dylan and is currently single!

The Center for Suicide Awareness Mission Statement:
Coordinate and collaborate with others, including schools, law enforcement and other charitable organizations and agencies to help maximize use of resources to help educate, prevent, and support those who are affected by suicide. Also assisting survivors of suicide by giving them a “voice” in the component of utilizing education in helping prevent suicide. Will engage in education, intervention, prevention, and awareness teaching, presentation and instruction. Provide post-vention support for people that have been impacted by suicide. Will be a hub and “go to” center for people and help direct and guide people to the appropriate resources. Will bring about awareness in efforts to reduce stigma. Promote QPR training as well as provide them. The Center offers support groups for all ages of those who have lost a beloved one to suicide, support groups for people who have attempted suicide and a support group for the family members. We offer presentations for schools in helping students cope and know warning signs of suicide. We also offer training for educators, healthcare professionals, police and others. Our vision is to create a stronger community that helps those in need and supports those in grief.

FAITH EDGREN
Social Worker
Mental Health Intensive Case Management (MHICM) Range Program
Faith.Edgren@va.gov

Faith Edgren is a social worker in the MHICM (Mental Health Intensive Case Management) RANGE (Rural Access Network for Growth Enhancement) program through the William S. Middleton
Memorial Veterans Hospital in Madison, WI. Faith is the newest team member joining the Range in March 2015. Faith received her master’s in Social Work in 2013. Faith brings her experience of being married to a retired seaman and a mother of a soldier along with professional practices of providing in-home therapy to children and families, working with at-risk youth, victims of sexual assault and domestic violence and offenders.

ROXANE RAUSCH
Registered Nurse and Program Manager
MHICM RANGE Program
Roxane.Rausch@va.gov

Roxane Rausch is a registered nurse and program manager in the MHICM RANGE (Mental Health Intensive Case Management )RANGE (Rural Access Network for Growth Enhancement) program through the William S. Middleton Memorial Veterans Hospital in Madison, WI. Roxane is a novice team member joining the Range in November 2014. Roxane brings her experience of having served 21 years and retired from the United States Army Reserve (was active for Enduring Freedom 2003) and teaching mental health nursing at Marian University for 9 years. Experience working with several psychiatric treatment facilities, offenders, veterans and their families.

MHICM programs are intended to provide necessary treatment and support for veterans who meet all of the following five criteria:

(a) Diagnosis of severe and persistent mental illness. Diagnosis of severe and persistent mental illness includes, but is not limited to: schizophrenia, bipolar disorder, major affective disorder, or severe PTSD.
(b) Severe Functional Impairment. Severe functional impairment is such that the veteran is neither currently capable of successful or stable self-maintenance in a community living situation.
(c) Inadequately Served. The veteran is inadequately served by conventional clinic-based outpatient treatment or day treatment.
(d) High Hospital Use. High hospital use as evidenced during the past year by over 30 days of psychiatric hospital care, or three or more episodes of psychiatric hospitalizations.
(e) Clinically Appropriate for Outpatient Status. Patients who are more appropriately managed clinically as inpatients need to remain in the inpatient setting; that is, the positive aspects of MHICM should not be used to justify moving veterans who would be better served by inpatient care to this ambulatory care model.
GREGORY L. ASGAARD
Clinical Psychologist
Green Bay Vet Center
Gregory.Asgaard@va.gov
www.vetcenter.va.gov

Gregory is a clinical psychologist who joined the Green Bay Vet Center in November 2014. He was recruited into the Vet Center because of this agency’s foundation being “veterans helping veterans.” We provide mental health services and outreach for combat and war zone veterans. In the Navy, Greg served in the Persian Gulf and in support of the Afghanistan War. He was the Command Psychologist of the USS Abraham Lincoln, Aircraft Carrier and Strike Group 9. Prior to the Navy, he earned a Ph.D. in clinical psychology from Southern Illinois University. He completed a post doctoral fellowship at the Naval Medical Center Portsmouth and a clinical research fellowship at the San Diego VA Hospital affiliated with University of California. He completed the majority of his clinical training at three VA hospitals and community mental health centers. Dr. Asgaard is currently a fully licensed psychologist in the State of Michigan.

SCOTT M. KATZKA
Team Leader
Green Bay Vet Center
Scott.katzka@va.gov
www.vetcenter.va.gov

Scott Katzka joined the Green Bay Vet Center in April 2009. He had counseled veterans for two years prior to joining the Center. Scott is a veteran of the Persian Gulf War and served for more than 20 years in the active Army, Wisconsin Army National Guard, and Army Reserves from 1987 to 2008. He retired as a SFC/E-7 after instructing Basic and Advanced NCO level courses for combat medics during his final four years. Scott is a graduate of Silver Lake College with a B.S. in Education, in Regular Education 1-6 and Special Education- Emotional Behavioral Disabilities (EBD) grades K-9. Scott worked as an EBD teacher for the Green Bay and Kaukauna area school districts for a combined time of 10 years. Scott received his M.A.C. from Lakeland College in 2008 and is a licensed professional counselor with the State of Wisconsin

Who We Are: We are the people in VA who welcome home war veterans with honor by providing quality readjustment counseling in a caring manner. Vet Centers understand and appreciate
veterans’ war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community.

The Vet Center Program was established by Congress in 1979 out of recognition that a significant number of Vietnam era vets were still experiencing readjustment problems. Vet Centers are community based and part of the U.S. Department of Veterans Affairs. In April 1991, in response to the Persian Gulf War, Congress extended eligibility to veterans who served during other periods of armed hostilities after the Vietnam era. Vet Centers furnish bereavement counseling services to surviving parents, spouses, children and siblings of service members who die of any cause while on active duty, to include federally activated Reserve and National Guard personnel. We understand, and most of all, we care.

KATHERINE GRAHAM
Workplace Education Specialist
Alzheimer’s Association
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The Alzheimer’s Association is the world’s leading voluntary health organization in Alzheimer’s care, support and research. Our mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Our vision is a world without Alzheimer’s.
Our Dementia 101 program provides the basic knowledge and tools in a classroom setting for new staff and those wishing to enhance skills. Topics include the basics of Alzheimer’s disease and dementia, changes in the brain, communication techniques and recognizing and addressing behavioral challenges.
Michele has been an activity therapist at the Wisconsin Veterans Home at King for 28 years. She has spent the past 17 years working specifically in dementia care on Legends on the Lake I and II. She earned her Bachelor of Music Therapy from the University of Wisconsin Oshkosh and is a Certified Dementia Care Practitioner. She is not a veteran but is proud to be part of the team that cares for America’s Heroes and is instrumental in enhancing and improving the quality of life for members at the Wisconsin Veterans Home in King. She dedicates every day of her service in memory of her father, a deceased Navy veteran, who was her primary source of encouragement and support in pursuing her dream of working with veterans. Additionally, Michele’s mom suffered with dementia and was lucky enough to have lived her last years at the Wisconsin Veterans Home at King.

Denise is a social worker for Legends on the Lake I which is located in Ainsworth Hall at the Wisconsin Veterans Home at King. Denise completed her internship at WVH-King during 2012-2013. During this time, she found a passion for serving our veterans, particularly those with dementia and PTSD. She holds a bachelor's degree in Social Work from the University of Wisconsin Oshkosh. Denise returned to the WVH-King filling an LTE social work position which turned into a permanent full-time position. Denise has been instrumental in the growth and change on the dementia units. Denise is not a veteran herself but is extremely proud of her father’s service in the Army during the Vietnam War.
SANDY LIANG
*Family Living Educator*
Waupaca County University of Wisconsin-Extension
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Sandy Liang is a Family Living Educator for Waupaca County with the University of Wisconsin-Extension. Her work includes community assessments, parenting education and family support for at-risk populations. Liang enjoys collaborative efforts, and is on several coalitions to support families in the county. She believes that together, we create a community to support thriving, resilient individuals and families.

Liang has a M.S. from Purdue University in Child Development and Family Studies. One particular project she enjoyed working on at Purdue was “The Purple Wagon” project; investigating children’s understanding and emotions relating to issues of war and peace. Liang does not have military experience, but has started learning a lot from her sister, who is a dentist for the Army in Fort Knox, Kentucky.

JESSICA BECKENDORF
*Community Resource Development*
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Jessica became passionate about communities while growing up as a military kid, making frequent cross-country moves and living in many different cities. After obtaining her Bachelor of Arts in Urban and Regional Studies at UW-Green Bay, she proceeded to work in just about every sector of community development — Geographic Information Systems, urban planning and zoning, and economic development. In 2014, Jessica finished her Master of Arts degree in Communications & Leadership Studies from Gonzaga University, and began her journey as an educator with Coop Extension where her current duties include building human capital and facilitating an environment conducive to resilient communities. She lives in Appleton with her husband, two dogs, and three cats.
Great Books / Videos

- Peace at Last by Deborah L Grassman
  - Stories of Hope and Healing for Veterans and Their Families
  - www.opuspeace.org — training, resources, books, videos
  - www.soulinjury.org — training, resources, books, videos
- The Hero Within by Deborah L. Grassman
- Go in Peace video (featuring Deborah Grassman)
  - The Caregiver’s Role in Healing the Soul of Wounded Veterans
- Wounded Warriors Guide to Insanity (Written by a Vietnam Marine Corps Sgt. Brandi)
  - http://sgtbrandi.com

Resources/Support Groups

- Alzheimer’s Association
  - www.alz.org
- Alzheimer’s Support Group For Caregivers
  Wisconsin Veterans Home - Marden Center | N2665 Hwy QQ, King | 715-258-1499
- Brain Injury Support Group
  St. Elizabeth Hospital, 1506 S. Oneida Street, Appleton
  920-738-2230 Ext. 2 | 920-738-2749
- Caregivers Support Group For Family Caregivers And Friends
  Several Caregiver Support Programs Held Throughout The Area And For Long Distance Caregivers - Contact The Adrc For More Information | 715-258-6400
- Center for Suicide Awareness
  - www.centerforsuicideawareness.org
  - 24/7 Text Line: Text HOPELINE to 741741
- Center for Women Veterans
  - http://www.va.gov/womenvet
- Combat Call Center
  - 1-877-WAR-VETS (927-8387)
- County Veterans Service Officers of Wisconsin
  - wicvso.org
- Dryhootch is a peer support network by veterans, for veterans (coffeehouse locations in Madison and Milwaukee)
  - http://dryhootch.org/
  - Facebook page for Madison location: https://www.facebook.com/DryhootchMadison
  - Facebook page for Milwaukee location: https://www.facebook.com/dryhootch/?fref=ts
- dryhootch’s Artful Warriors group in Milwaukee: https://www.facebook.com/groups/449568251785290/?fref=ts

- **Family Sharing Sessions**
  A discussion leader and a mental health professional meet with family members who are seeking help and information to cope with and understand a relative’s mental illness. Sessions are open to anyone seeking such information. Participation is voluntary and no registration or fee is required. New participants are welcome at any session, third Tuesday of each month, 6:30pm at the Waupaca Public Library, 107 S. Main St., Waupaca WI. (715) 258-7209 Ext. 3

- **Gateway to Benefit Information**
  - www.ebenefits.va.gov

- **Green Bay Vet Center**
  - www.vetcenter.va.gov

- **Healing Hearts Support Group**
  Patient-run group offering help, support, and encouragement for persons recovering from heart attacks, heart disease, or other serious heart problems.
  900 Illinois Ave., Stevens Point | 715-346-5336

- **Iris Place** - Iris Place provides a safe and welcoming environment that offers an opportunity for individuals experiencing emotional distress or crisis to grow and change through the support of others with lived experience.
  - http://irisplacewi.org/

- **Need someone to listen?**
  - Text “HOPELINE” to 741741

- **Living With Loss Support Group**
  Six-week program for adults who have lost a loved one.
  Thedacare At Home | 920-969-0919 | 800-984-5554

- **Live 24/7 Veterans Chat**
  - www.suicidepreventionlifeline.org

- **Make the Connection**
  A place for veterans and family members to share experiences and find resources
  - http://maketheconnexion

- **Marine DSTRESS Line**
  - 1-877-476-7734

- **National Caregiver Support LIne**
  - 1-855-260-3274

- **National Homeless Veterans Call Center**
  - 1-877-4 AID VET (424)3838

*Resources continued on page 10*
• National Center for Veteran Analysis and Statistics
  - [http://www.va.gov/vetdata/](http://www.va.gov/vetdata/)

• Pain Management Support Group
  New London Family Medical Center | 1405 Mill St., New London | 920-531-2000

• Consider starting your own PTSD anonymous group | [http://www.ptsdanonymous.org/](http://www.ptsdanonymous.org/)
  A nationwide network of community based, non-clinical, veteran lead support group meetings for those suffering from military trauma and seeking the fellowship of their peers. These meetings do not replace medical, counseling or therapy resources.

• The ARC - Fox Cities
  Provides education and advocacy on mental retardation and for persons with developmental disabilities.
  375 Winnebago Avenue, Menasha | 920-725-0943 | [www.Arcfoxcities.com](http://www.Arcfoxcities.com)

• Vet Talk Line 24/7
  - 1-855-838-8255

• Veterans Crisis Line has qualified VA responders standing by to provide free and confidential support, 24 hours a day, 7 days a week, 365 days a year--even if you are not registered with the VA or enrolled in VA health care. A live responder can talk to you about a crisis, even if you are not considering suicide. Concerned family members or friends of veterans can call as well.
  - Phone number: 1-800-273-8255, Press 1
  - Text messaging: text to 838255
  - They also offer an online chat service, also available 24/7 which can be accessed at: [https://www.veteranscrisisline.net/ChatTermsOfService.aspx](https://www.veteranscrisisline.net/ChatTermsOfService.aspx)

• Vets4warriors

• Wisconsin Department of Veteran Affairs
  - [www.WisVets.com](http://www.WisVets.com)

• Wisconsin Veterans Museum | 30 W. Mifflin Street | Madison, WI 54703

• 5 Ways You Can Support Veterans’ Mental Health (published November 2015) is an article by National Alliance on Mental Illness (NAMI). Because of the unique experiences of military life, veterans sometimes experience mental health challenges, such as PTSD, TBI or depression. This article gives tips on how loved ones can help and support a veteran. Read at: [http://www.nami.org/Blogs/NAMI-Blog/November-2015/5-Ways-You-Can-Support-Veterans%E2%80%99-Mental-Health](http://www.nami.org/Blogs/NAMI-Blog/November-2015/5-Ways-You-Can-Support-Veterans%E2%80%99-Mental-Health)

• Check out FREE downloadable apps from the VA
Upcoming Educational Events
Coming to KING

Sunday, May 15  King Open House
Saturday, September 24  Alzheimer’s Awareness Walk
Saturday, October 8  Suicide Awareness Walk
Saturday, November 5  Alzheimer’s/Dementia Awareness

Please make sure you fill out the evaluation sheet today. It will help us in planning future educational events to help you respond to the unique needs of veterans and their families. We have been overwhelmed by the response to attend this event. Based on evaluation, we will look to set up similar more in depth training in the future.

For questions and information, please contact:

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Thank you all so much for attending!
Let’s all work together to better serve the veteran population.

WVH-King | N2665 County Road QQ | King, WI 54946 | www.WisVets.com