

Local Resources Available at Each Level of Prevention

Criteria – Mental Health focus (not including AODA)

★ = Badger Care/Forward Health accepted (coverage situations may vary regarding HMO/Networks)

| Prevention Level | Resources | Youth | Adults |
|---|---|-------|--------|
| <p>Primary- Catch problem early and/or Prevent problems before they occur.</p> | <p>Mindfulness-Based Stress Reduction- MBSR is a program that helps you learn to calm your mind and body to help you cope with illness, pain, and stress. Contact: Coming Soon!! Fee/Insurance: TBD Who: Adults Timeline: 8-week program Capacity: 10-12 per class Certifications: Qualified MBSR trainers through University of Massachusetts, Center for Mindfulness.</p> | | X |
| | <p>Taking Care of You: TCY is a research-based 4-week program that offers practical strategies and experiences to help people deal with the stress in their lives. Contact: Jackson County UW-Extension Office @ 715-284-4257. Fee/Insurance: FREE Who: Adults only. Timeline: 2 hours a week for 4 weeks. Capacity: 10-12 per class Certifications: Taking Care of You Facilitators trained by Jackson County UW-Extension</p> | | X |
| | <p>Question-Persuade-Refer (QPR): people trained in QPR learn how to recognize the warning signs of a suicide crisis and learn how to question, persuade, and refer someone to help. Contact: Jackson County UW-Extension Office @ 715-284-4257 Fee/Insurance: FREE Who: Youth ages 13-18 & Adults Timeline: 1.5 hours Capacity: 10+ people per class Certifications: QPR Trainers are certified annually through the QPR Institute.</p> | X | X |
| | <p>Strengthening Families (future: mindful parenting version): parenting and family strengthening program. Parents strengthen bonds with their children. Contact: Jackson County UW-Extension Office @ 715-284-4257 Fee/Insurance: FREE Who: Families with children age 4-14 Timeline: 7-12 weeks Capacity: 15 families Certifications: SF Facilitators are certified through Iowa State University and Alta Institute.</p> | X | X |
| | <p>MindUP: is a research-based training program for educators and children. Students learn to self-regulate behavior and mindfully engage in focused concentration required for academic success. Contact: Your school district for more information Fee/Insurance: FREE Who: youth in grades K-8 Timeline: 15 sessions Capacity: one classroom Certifications: Teachers us accredited MindUP curriculum from the Hawn Foundation.</p> | X | |
| | <p>Web-based resources (Virtual Hope Box; Stop, Breathe, & Think, Man Therapy, etc.)</p> | X | X |

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| | <p>Virtual Hope Box: The Virtual Hope Box (VHB) is a smartphone application designed for use by patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs. The patient can then use the VHB away from clinic, continuing to add or change content as needed. Download from your phone's app store (Android & iPhone).</p> <p>Stop, Breathe & Think: App is a free mindfulness, meditation, and compassion building tool for middle-school students, high-school students, and adults. The app lets you check in on how you are thinking and feeling, and select emotions that guide you to recommended choices from 15 age-appropriate mindfulness and compassion-building audio meditations. Download from your phone's app store (Android and iPhone).</p> <p>Man Therapy: Working aged men (25-54 years old) account for the largest number of suicide deaths in U.S. These men are also the least likely to receive any kind of support. They don't talk about it with their friends. They don't share with their family. And they sure as heck don't seek professional treatment. They are the victims of problematic thinking that says mental health disorders are unmanly signs of weakness. Visit the web site @ www.mantherapy.org for more information and to receive help.</p> | | |
| | <p>Employee Assistance Programs (EAP): confidential program that helps employees (including management) work through various life challenges that may adversely affect job performance, health, and personal well-being to optimize an organization's success. Contact: Your employer HR Department or management Fee/Insurance: Fee Varies Who: Employees in need of assistance Timeline: Any Capacity: Varies Certifications: Federally governed by United States Office of Personnel Management</p> | | X |
| | <p>Medicine Wheel (HCN Social Services Resource Center) Contact: Fee/Insurance: Who: Timeline: Capacity: Certifications:</p> | X | X |
| | <p>Mending Broken Hearts (HCN Social Services Resource Center) Contact: Fee/Insurance: Who: Timeline: Capacity: Certifications:</p> | X | X |
| <p>Secondary- Reduce impact of a problem that has already occurred. Detection and Treatment. Keeps problems</p> | <p>Mindfulness-Based Stress Reduction- MBSR is a program that helps you learn to calm your mind and body to help you cope with illness, pain, and stress. Contact: Coming Soon!! Fee/Insurance: TBD Who: Adults Timeline: 8-week program Capacity: 10-12 per class Certifications: Qualified MBSR trainers through University of Massachusetts, Center for Mindfulness.</p> | | X |
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| <p>from causing serious or long-term effects or from affecting others. Identifies risks or hazards and modifies, removes, or treats them before a problem becomes more serious.</p> | Extension | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | <p>Hopeline (texting): a text-in (versus voice call-in) free service for help and hope. HOPELINE is the Emotional Support Text Line in the State of Wisconsin and provides service throughout the entire state. To use, text HOPELINE to 741741. 24 hrs. 7 days a week. text. A live, trained specialist receives the text and responds quickly.</p> | X | X | | | | | | | | | | | | | | | | | | | | | | | | |
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| | <p>Suicide Loss Survivor Care Packages: are given to families suffering the loss of a loved one to suicide. Contact: Jackson County UW-Extension office @ 715-284-4257 Fee/Insurance: FREE Who: Suicide loss survivors Timeline: Anytime Capacity: As needed Certifications: Survivor kits are donated and purchased through donations</p> | X | X |
| | <p>Suicide Loss Survivor Support Group: support group for those having lost a loved one to suicide Contact: Amy @ 715-538-3759 Fee/Insurance: FREE Who: suicide loss survivors Timeline: 3rd Wednesday of each month at the Lunda Community Center in BRF Capacity: Varies Certifications: Facilitated by fellow loss survivors</p> | X | X |
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| Tertiary- Limits further negative effects from a problem. It keeps existing problems from getting worse. It alleviates the effects of the problem and restores individuals to their optimal level of functioning. Tertiary prevention is implemented after a problem has occurred. | Hopeline (texting): a text-in (versus voice call-in) free service for help and hope. HOPELINE is the Emotional Support Text Line in the State of Wisconsin and provides service throughout the entire state. To use, text HOPELINE to 741741. 24 hrs. 7 days a week. text. A live, trained specialist receives the text and responds quickly. | X | X | | | | | | | | | | | | | | | | | | | | | | |
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| | <p>Comprehensive Community Services: The CCS program is made available in Jackson County through a three county consortium called Western Region Integrated Care (WRIC). CCS is a Service Facilitation model designed for both children and adults with either a mental health disorder or a substance abuse disorder (or both). Contact: Jackson County DHHS Behavioral Health Unit @ 715-284-4301 Fee/Insurance: Varies Who: Mental Health and/or Substance Abuse Timeline: Varies Capacity: Jackson County Residents Certifications: State and County</p> | X | X |
| | <p>Community Support Program: (CSP) are for adults living with a serious and persistent mental illness. CSPs provide coordinated professional care and treatment in the community that includes a broad range of services to meet individual's unique personal needs, reduce symptoms, and promote recovery. Contact: Jackson County Health & Human Services @ 715-284-4301 Fee/Insurance: Varies Who: Adults w/ mental illness Timeline: On Going Capacity: Jackson County Residents Certifications: State Division of Mental Health and Substance Abuse Services</p> | X | X |
| | <p>Children's Long-Term Support: The Children's Long-Term Support Home and Community-Based Medicaid Waivers (CLTS Waivers) provide a structure within which Medicaid funding is available to support children who are living at home or in the community and who have substantial limitations in multiple daily activities as a result of one or more of the following disabilities: developmental disabilities, severe emotional disturbances, and physical disabilities. Funding can be used to support a range of different services that are identified based on an individual assessment of the child and his or her needs. Contact: Jackson County DHHS/Children & Family Services @ 715-284-4301 or https://www.dhs.wisconsin.gov/clts/index.htm for more information. Fee/Insurance: Varies Who: Youth with disability Timeline: On Going Capacity: Varies Certifications: Federal and State</p> | X | |
| | <p>Coordinated Service Teams: CST Initiatives are designed to develop a comprehensive, individualized system of care for children with complex behavioral health needs. The CST itself is a group that includes family members, service providers, and others that work to develop and carry out a coordinated services plan for the child. Contact: Ho-Chunk Nation Social Services @ 715-284-2622 Fee/Insurance: Varies Who: Tribal Members Timeline: Varies Capacity: HCN Tribal Members Certifications: State and Tribal</p> | X | X |
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