Mental Health Awareness

It has been said that there is no health without mental health. To help meet the needs of those with mental health and substance use issues, which will promote their over-all health, MILC provides peer support through our three recovery centers: ROCC Point in Stevens Point, River Cities Clubhouse (RCC) in Wisconsin Rapids, and A Better Way Clubhouse (ABW), in Marshfield. Each center is unique in how they operate, but the basis for all three centers is the same: providing a welcoming environment where those who live with mental illness or substance use issues can feel accepted and supported by staff and peers.

Our centers are staffed by state-certified Peer Specialists; someone who has lived experience with mental health and/or substance use who can be a partner on that road to recovery. Certified Peer Specialists help members make informed, healthy choices that support their physical and emotional well-being. They teach independent living skills and coping techniques as well as provide opportunities for socialization and support.

(continued on page 2)
During this time of global pandemic, there has been an increase focus on physical health and wellness. However this focus needs to include mental health as well. Quarantine, isolation, and social distancing, while beneficial for our physical health, have taken their toll on the mental health and wellbeing of our communities. Crisis calls to the Disaster Distress Hotline are up nearly 900% with the Trevor Project also reporting a significant increase in call volume for LGBTQ+ community members in need. Forty percent of the LGBTQ+ population has seriously considered suicide since the beginning of the quarantine in March of 2020. Our centers are an open, judgement free zone where everyone is welcome no matter their race, ethnicity, gender identity or orientation in hope that we can help slow the upward curve of those in our communities feeling unsupported.

Information gathered from:  https://www.thetrevorproject.org/
https://abcnews.go.com/Politics/calls-us-helpline-jump-891-white-house-warne/story?id=70010113

### Local Resources:

<table>
<thead>
<tr>
<th>Clubhouse</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Better Way Clubhouse</td>
<td>205 S. Cherry Ave.</td>
<td>(715)207-6622</td>
</tr>
<tr>
<td>River Cities Clubhouse</td>
<td>441 Garfield St.</td>
<td>(715)424-4115</td>
</tr>
<tr>
<td>ROCC Point</td>
<td>2040 Jefferson St.</td>
<td>(715)544-0455</td>
</tr>
<tr>
<td><strong>Portage County Crisis Line:</strong></td>
<td>1-866-317-9362</td>
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</tr>
<tr>
<td><strong>Wood County Crisis Line:</strong></td>
<td></td>
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<tr>
<td>Marshfield Area:</td>
<td>(715) 384-5555</td>
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<tr>
<td>Wisconsin Rapids Area:</td>
<td>(715)421-2345</td>
<td></td>
</tr>
</tbody>
</table>

### National Resources:

**Disaster Distress Helpline:**
(national line that offers 24/7 multilingual crisis counseling and referrals)
1-800-985-5990

**Veteran Crisis Line:**
Call: 1-800-273-8255 and press 1
Text: 838255
Support for deaf and hard of hearing: 1-800-799-4889
Chat online: [https://www.veteranscrisisline.net/get-help/chat](https://www.veteranscrisisline.net/get-help/chat)

**National Crisis Line:**
1-800-784-2433

**Text Helpline:**
Text: 741741
Chat online: [www.Crisischat.org](http://www.Crisischat.org)

**The Trevor Lifeline:**
(LGBTQIAP+ specific)
1-866-488-7386

**Trans Lifeline:**
(specific to trans/fluid gender peoples)
1-877-565-8860

[Image of World Mental Health Day]
New Autism Statistics

The Center for Disease Control’s (CDC) Autism Developmental Disabilities Monitoring (ADDM) released new report in March of 2020 about Autism Spectrum Disorders (ASD). The data collected in 2016 showed an increase in ASD diagnoses in the United States. The report estimates 1 in 54 children are identified with an ASD and it is four times more common in boys than girls. ASD is occurring in every race, ethnicity, and economic level in our country. Individuals with ASD in Asia and Europe are being identified at the same rate as in North America.

In a county like Portage County, Wisconsin, with a population of 70,474, there is a possibility 1,305 residents are on the autism spectrum. If you or someone you care for has an ASD, please call Midstate Independent Living Choices for assistance. Staff can help with independent living skills training, advocacy, peer support, transition into adulthood, and resources.

~Sandi Walkush, IL Consultant

Absentee Voting in WI for 2020 Election

The Wisconsin Disability Vote Coalition encourages voters to vote absentee in the August 11 and November 3 elections because of concerns about Covid-19. Many voters with disabilities also prefer voting absentee because of difficulty getting transportation to their polling place, accessibility concerns, or other reasons.

Who can assist me with absentee voting questions?

- Contact your municipal clerk for assistance with absentee voting and how to request a ballot. Find your clerk’s contact information at myvote.wi.gov/en-US/MyMunicipalClerk.
- MILC IL STAFF can assist, especially with voting questions: https://www.signupgenius.com/go/10c0d4faea62eabf6c16-milc to sign up for assistance during our voter registration week on October 6th through October 9th. Or you may call with questions at any time.
- Wisconsin Elections Commission: 866-VOTE-WIS / EMAIL: elections@wi.gov

Who can request an Absentee Ballot?

- Any registered Wisconsin voter is eligible to request an absentee ballot.
- Special provisions are made for hospitalized electors and sequestered jurors to request and vote by absentee ballot on Election Day. Contact your municipal clerk for assistance.

I want to vote absentee but I am not registered to vote:

- If you are not already registered, you will need to register to vote before an absentee ballot can be sent to you.
- You may register online at https://myvote.wi.gov/en-us/RegisterToVote, by mail, in person at your municipal clerk’s office, or at your polling place on Election Day.
- Deadlines: If you are registering by mail or online, you must register at least 20 days before the election (October 14 for the November 3 election). After this deadline, you can register at your clerk’s office or at your polling place on Election Day.

~John DeNasha, IL Consultant/Work Incentive Benefits Specialist
ATTENTION: People receiving personal care and supportive home care services AND their caregivers. The statewide implementation of Electronic Visit Verification (EVV) will begin with a “soft-launch” on November 2nd, 2020.

Electronic Visit Verification

What is Electronic Visit Verification?
The federal 21st Century Cures Act requires all states to put Electronic Visit Verification (EVV) into effect. This applies to all Medicaid-covered personal care and some supportive home care services.

EVV uses technology to make sure members and participants get their personal care or supportive home care services. EVV will not change your care. You will continue to receive the care you need.

Starting in November 2020, workers must use EVV for each visit. During each visit, six pieces of information will be recorded.

6 KEY DATA POINTS

- Your worker will check in and out at the start and end of each visit.
- Your worker may use a mobile phone app, a landline, or a small digital device you keep in your home to check in and check out.
- This information is sent securely when Wi-Fi or cell service is available.

To Learn More

Visit our website
https://www.dhs.wisconsin.gov/evv

Email us
VDXC.ContactEVV@wisconsin.gov

Sign up for email
https://public.govdelivery.com/accounts/WIDHS/subscriber/new?topic_id=WIDHS__190

Contact us
Wisconsin EVV Customer Care
833-931-2035
For the past several years, I have had the good fortune to be involved with Ramp Up Marathon County, (RUMC), which is a program of Midstate Independent Living Choices. RUMC is a crew of highly skilled and devoted people who volunteer their time to build wheelchair ramps and specialized stairs for Marathon County residents. These projects provide the accessibility that allows people with mobility issues to remain in their own homes.

I would like to take this opportunity to recognize the amazing volunteers who have donated their time and energy to help so many people:

♦ Mike Sydow, Chair  
♦ Dick Lehman, Designer  
♦ Ray Nowaczyk, Construction Lead  
♦ John Ohnstad, Volunteer Coordinator  
♦ Jon Goertz, Communications/Marketing  
♦ Dick Keding, Construction Lead  
♦ Tom Rodemeier, Designer  
♦ Erin Wells, ADRC of Central WI  

• Don Baumann •  
• Tom Bogumill •  
• Rich Campbell •  
• Jerry Evans •  
• Jim Bliese •  
• Jim Burgener •  
• Scott Howels •  
• Jim Kozlowski •  
• Clark Schutte •  
• Don Smith •  
• Bruce Chopp •  
• John Brauer •  
• Tim Kretlow •  
• Dave Pilon •  
• Bob Southworth •  
• Jerry Evans •  
• Jim Kozlowski •  

I would also like to pay tribute to B.A. and Esther Greenheck Foundation and the Community Foundation of North Central Wisconsin for their financial support. The grants from these incredible organizations enable RUMC to purchase the materials and supplies that are necessary to complete the projects that have enhanced the quality of life for so many Marathon County residents.

Thank you all for your dedication!

~Nancy Keller, IL Consultant
Assistive Technology Review at MILC:

Can people with disabilities drive? Of course they can! Some individuals with disabilities may need modified vehicles, while others may need assistive technology added to their existing car to make it easier to drive. Technology that can be used by individuals with disabilities include hand controls to work the gas and brake, steering wheel knobs, turn signal adapters, glare guard, panoramic rear-view mirror to reduce blind spots, Handybar and more! At MILC we have a glare guard, panoramic rear-view mirror and Handybar in our loan closet ready for you to try.

For more information or to set up a time to see some of these devices, please contact Alex Lena at 715-344-4210 ext. 232

MILC Youth Transition Classes Offered Virtually

Help Yourself:
Self-Advocacy Skills for life, work, and socialization.
Real what-if scenarios, hands on learning activities and journaling.

Dollars and Sense:
Financial Benefits and budgeting. Needs vs. wants, creating your budget, understanding how to build your budget. *This is taught individually or as a class.

Skills to Pay the Bills:
Soft skills for workplace readiness. Subjects discussed include attitude and enthusiasm, communication skill building, problem solving and critical thinking.

Explore Work:
This class is completely online and will teach job readiness and job exploration. MILC facilitates the student learning.

T.R.E.E.S. Teaching Relationships to Everyone in Everyday Situations
Teaching the importance of boundaries in the workplace as well as in the community, boundaries and appropriate behaviors with co-workers, family, friends, and acquaintances is also explored. *This is taught in a group setting in person only (no virtual class offered).

For more information, please contact Tiffany Bredlau at 715-344-4210, ext. 231.
**What is Wisloan?**

Wisloan is a statewide, alternative loan program that allows Wisconsin residents with a disability, or their families, to purchase adaptive equipment, assistive technology or modify their homes so that they can live more independently. The applicant must be 18 and a resident of Wisconsin who wishes to improve his or her quality of life through the acquisition of items (examples include assistive technology, modified vehicles, etc.).

Both Telework and Wisloan loan amounts will depend on the item being purchased and the ability to repay. The current interest rate is 6.5%.

Bad credit, including bankruptcy is not a reason to not apply. The focus is on the ability to make the monthly payments. Reasons for credit issues are taken into consideration by the review board. Contact an IL Consultant at the MILC office for assistance in completing an application.

**What is Telework?**

Telework is a statewide, alternative loan program allowing Wisconsin residents with disabilities to purchase computers and other equipment needed to work from remote sites away from the office, including at home, on the road or at a Telework center. In addition to the purchase of equipment, the loan funds can be used for training to use equipment, extended warranties, the cost of maintenance and repair.

**What is TEPP?**

Telecommunications, Equipment Purchase Program

If you are one of the millions of people who have difficulty using a telephone, you should know that help is available through the Telecommunications Equipment Purchase Program, or TEPP. The TEPP Program provides funding, (through the Universal Service Fund), for people with disabilities to purchase specialized telephones and related equipment.

The TEPP program issues vouchers, each with different dollar amounts, based on several categories of disability. For example, the Hard of Hearing voucher is $100, the Deaf/Severely Hard of Hearing voucher is $800, and the Mobility Impaired voucher is $1,600. (Vouchers over $100 require a $100 co-pay, but there are programs available that may help cover that cost).

If you don’t know what kind of phone will work for you, we have several different types of phones that you can borrow from our Wistech Loan and Demonstration Program so you can ‘Try before you buy’.

Please contact MILC for further information about the TEPP Program or to schedule an appointment to try a few phones. (We can also assist with the application).
Midstate Independent Living Choices
3262 Church Street
Stevens Point WI 54481

How To Get a Hold of Us:
Midstate Independent Living Choices
3262 Church Street
Stevens Point, WI 54481
715-344-4210 or 800-382-8484
milc@milc-inc.org or www.milc-inc.org

Newsletter Editor: Jennifer Strike: I&R Specialist

To contact the following departments dial:
Mental Health/Peer Support: Ext. 243
IL Program: Ext. 238
PAS Program: Ext. 224
Human Resources: Ext. 226
Accounting: Ext. 214

MOVING?
Let us know so we can keep you on our mailing list.
Contact us at milc@milc-inc.org

Information regarding EVV: https://www.dhs.wisconsin.gov/evv/index.htm

FOLLOW US ON FACEBOOK