



### Week of WIPHL Wonders in Milwaukee

By Richard L. Brown, MD, MPH

The week of September 29 through October 3 and the weeks leading up to it were perhaps one of WIPHL's busiest times in its two-year history. WIPHL participants from around the state converged in downtown Milwaukee, as six WIPHL clinics are located in or near Wisconsin's largest city.

On Monday through Wednesday morning, most WIPHL health educators attended training on SBIRT services for adolescents. The training came after months of work by our Governor's Policy Committee subcommittee on service access for adolescents, which is headed by Cynthia Green, and after intensive preparation by Scott Caldwell, Mia Croyle, Laura Saunders, and Julia Yates.

On Monday, introductory sessions provided information on the context of adolescent substance use, including epidemiology, neurobiology, psychology, and sociology. On Tuesday, the health educators practiced the newly developed motivational interviewing protocol with teen standardized patients. On Wednesday morning, they completed additional exercises on selected motivational interviewing skills. Evaluation data from our health educators

were glowing, as Scott Caldwell proved to be an especially effective and enjoyable trainer.

On Wednesday afternoon, all health educators attended a quarterly retreat. The major educational focus was responding to patients who indicated possible risk for suicidality. Health educators discussed how they would respond to various case scenarios. Late in the day, to help break up the week, health educators split up to participate in either a Third Ward scavenger hunt or a flower arranging seminar, and got back together to enjoy some cheese tasting.

On Thursday and Friday, health educators and clinic staff from all around Wisconsin attended WIPHL's biannual statewide meeting. Highlights included plenary sessions by Dr. Dean Krahn on the neurobiology of addiction and Dr. John Knight on adolescent SBIRT services. Another highlight was the workshop on African-American families by Patricia Parker. As usual, perhaps the most moving session was the first one, in which our own health educators presented cases where they clearly made important differences in their patients' lives.



*Milwaukee Commissioner of Health Bevan Baker (left) on SBIRT: "This is something that we must do, we have to do, and that we should have done a long time ago."*

*Milwaukee County District Attorney John Chisholm (right) on health care and criminal justice: "We have to align our systems directly with you and work with you on a daily basis ... Public health and public safety are essentially the exact same thing."*



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A special highlight of the meeting was the Thursday evening dinner presentation in which Milwaukee Commissioner of Health Bevan Baker and District Attorney John Chisholm voiced their strong support for widespread delivery of SBIRT services in Milwaukee. Their partnership in improving public health and public safety in Milwaukee was truly inspiring, and their embrace of WIPHL was highly gratifying. Joan Fischer and Dr. Liz Bade worked extra hard to make that evening possible.

All the wonders of our busy week could only have happened with the hard work of the WIPHL central staff and our many partners from around the state. Laura Saunders chaired the meeting planning. Harold Gates, Holly Prince, Jessica Wipperfurth, Joan Fischer, Julia Yates, and Mia Croyle did lots of planning. Chanda Belcher tended to many, many details with her usual competence and grace, and fortunately with the able assistance of Angie Tyler, our new meeting planner. And of course, the vigorous participation of our partners from clinics around the state was highly appreciated. Thanks to everyone who made all of these wonders possible.

## Read It, See It, Hear It

Our statewide meeting received coverage on **Milwaukee Public Radio**, in the ***Milwaukee Journal Sentinel***, and was taped by MATA Community Media for broadcast on their community TV channels. You can find the news links at [www.wiphl.org/News/WIPHL](http://www.wiphl.org/News/WIPHL) in the News. An audiolink to the Oct. 2 evening presentation is on the homepage of our website under “What’s New at WIPHL?”. And stay tuned—the video of that presentation will be posted on our website within the next two weeks.

## Health Educator Update

# HEs Shine at Statewide Meeting

**By Laura Saunders**

The WIPHL health educators kicked off our recent statewide meeting with success stories. There were stories of patients accepting treatment, patients who for the first time made the connection between the less positive things in their lives and drinking or drugging, patients who are benefiting from new medications that help them control their cravings, and patients who disclosed suicidal ideation because it was the first time someone asked.

While I have the distinct privilege of hearing these stories from health educators on our check-in calls, I found myself hanging on every word. At times I listened through the ears of the partners who had joined us, wondering how it was for them to hear these stories. Even though I had heard almost all of them, I was moved to near tears. At times I felt like a proud mentor, thinking back to when the health educators were new and just learning. In the end I pushed off that

feeling because, ultimately, the health educators own those successes. They are the ones who sit alone in the room with the patient. How and what gets said in the privacy of those sessions is what causes behavior change. The rest of us—those of us who support their work by managing the clinics, the budget that pays them, the computer tablets that guide their work, or the quality improvement processes that make it possible for them to save even more lives—are the supporting actors and actresses. The health educators are the stars.

**Quarter Two health educator retreat:** January 29–30, 2009

**Biannual statewide meeting:** April 23–24, 2009. Location TBA. HE retreat is April 22.

## Our Busy Fall Continues

*By Harold Gates*

It's hard to believe that we have just had our most recent WIPHL biannual statewide meeting in Milwaukee. As we enter our third year of the project, there is much to be excited about and much to do to sustain the great work currently being done by our clinics and health educators. A number of awards were given out at the meeting, and I just wanted to make mention of the ones that related specifically to Cultural Competence Innovations. Susan Bush, Aurora Health Center-Mayfair, and Diane Carlson, Menominee Tribal Clinic, were honored for their work at their respective clinics. Susan's work on the brief screen's recognition of the demographics of the patients coming to her clinic has had an overall impact on all of these documents. Diane's work on the Healthy Babies program as well as health education for men and diabetes control represents her connection to that underserved community. We can be proud of all of the hard work that our health educators are doing across the state.

Our Health Educator Teleconference Series on Corrections continued on Oct. 15 with Dan Nevers and cover services provided to patients from this population by the Department of Corrections. We continue discussing what health educators need to know as we figure out ways to meet challenges posed by clinic patients from the criminal justice system. Our quarterly Cultural Competency meeting took place on October 17 via teleconference. I am still looking for a co-chair to join me in the near future. If you have interest in this position, please contact me as soon as possible. There is information on the WIPHL website under Cultural Competence that you can review in order to better understand the role of the committee and our work plan for 2008/2009. My contact information will appear at the end of the column. Finally, Jennifer Johnson, our new health educator at Aurora Walker's Point, is training in motivational interviewing and cultural competence in preparation for continuing the groundbreaking work that Ruth Perez started there.

As always, you can contact me for more information or technical assistance at [Harold.Gates@fammed.wisc.edu](mailto:Harold.Gates@fammed.wisc.edu), (608) 265-4032.

### Upcoming Teleconference Learning Opportunities

Association of Maternal & Child Health Programs Women's Health Info Series presents: "Women and IPV, Substance Abuse, and Mental Health: The Need for an Integrated Response"

Thursday, October 23, 3-4:30 PM EST

Register for this call at: <http://zoomerang.com/Survey?p=WEB228B9HTLL4E> to receive the call-in number and passcode. Presentation slides will be available at: [http://www.amchp.org/events/womens\\_series.php](http://www.amchp.org/events/womens_series.php).

2008 Wisconsin Public Psychiatry Network, Mental Health

Teleconference presents: "Interviewing for Acuity and the Acute Precipitant"

Thursday, October 30, 11-12 Noon CST

Contact: For questions, comments, or suggestions, please e-mail Kay Cram, [Kay.Cram@wisconsin.gov](mailto:Kay.Cram@wisconsin.gov).

### Upcoming Conferences

4th Annual Mental Health and Substance Abuse Training Conference "Recovery: Promoting Dreams Through Evidence-Based Practice"

Kalahari Resort and Convention Center, Wisconsin Dells  
October 22-23

Register online at [www.uwsp.edu/conted/conferences](http://www.uwsp.edu/conted/conferences). More information or register by phone at 800-898-9472.

Healing Our Communities: 16th Annual Conference:

Presented by Wisconsin DHS/CFS & American Indians Against Abuse  
October 28-30

Questions should be directed to Lynn Gall, DHS Tribal Affairs, 608-267-2185, [lynn.gall@wisconsin.gov](mailto:lynn.gall@wisconsin.gov), or Teri Tainter, AIAA, 715-634-9980, [aiaawitribes@cheqnet.net](mailto:aiaawitribes@cheqnet.net)

### Past Conference

Georgetown University's National Technical Assistance Center for Children's Mental Health

Training Institutes 2008-Presentations (July 16-20, 2008) Nashville Power Points and other information [http://gucchd.georgetown.edu/programs/ta\\_center/TrainingInstitutes/TI2008/Presentations/](http://gucchd.georgetown.edu/programs/ta_center/TrainingInstitutes/TI2008/Presentations/)

## Where We Are, Where We're Going: Oct. 28 Talk on WIPHL for Adolescents



**Here's a talk** that ties it all together. Scott Caldwell, MA, CSAC, who has been key in developing WIPHL's adolescent protocol, will bring together what we've learned so far—both from the recent training in Milwaukee and our teleconference talks with Steve Fernan and Shelly Dutch—to look at where we are with SBIRT for adolescents and where we're headed. (And a basic background and overview will be provided, so no worries if you missed those presentations.) A more than usual amount of time will be devoted to participant Q&A, so please bring your questions, comments, and concerns. Whatever you knew before joining this discussion, you will walk away knowing more.

**When:** Tuesday, October 28, noon to 1 p.m. NOTE: This presentation is not on our usual Thursday!

**Where:** At your desk! (Free teleconference, with PowerPoint slides and other materials to be made available beforehand.)

**How to register:** Go to Wisline registration: <http://www.uwex.edu/ics/wlreg/wlwelcome.cfm>. If you do not already have an account, you will be guided through steps to create one. If you have any registration questions or problems, please contact Wisline at 608/262-0753 or e-mail [wislineaudio@ics.uwex.edu](mailto:wislineaudio@ics.uwex.edu). For any other questions, please e-mail [info@wiphl.org](mailto:info@wiphl.org).

***Please sign up at your earliest convenience—waiting until the last minute can result in event cancellation or unnecessary charges to us.***

## WIPHL People: Farewell, Cathy!

This month we say goodbye to Cathy Kehoe, SBIRT program coordinator at the Department of Health Services. Cathy has taken a position as national director of adult and senior services at Easter Seals Inc. in Chicago. That position will allow her to oversee the largest provider of adult day services for elders with dementia in the country, and before departing Cathy expressed her hope that she will be able to create opportunities to work collaboratively with the

state of Wisconsin. We here at WIPHL wish her the best of luck in her new position.

Meanwhile, the WIPHL coordinating center is making progress in the search for a new project manager to follow Lilly Irvin-Vitela. We anticipate being able to announce a new hire in the next edition of The WIPHL Word.

## Month End Data

September 15–October 14, 2008

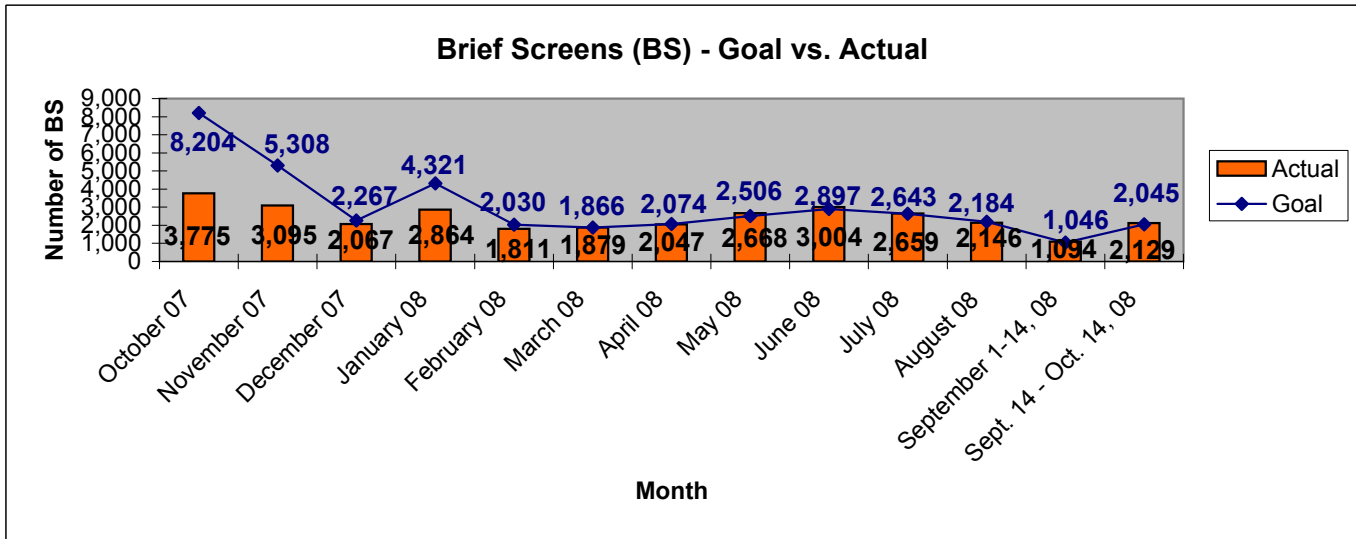
Clinics	Eligible for BS*	Completed BS	% BS Completed	Positive BS	% Positive BS	Completed FS	% FS Completed
<b>Wave 1</b>							
Augusta	98	74	76%	17	23%	0	0%
Eau Claire	350	220	63%	99	45%	2	2%
Northeast	272	219	81%	97	44%	54	56%
Polk County	59	53	90%	13	25%	7	54%
St. Joseph's	102	98	96%	25	26%	32	128%
<b>Totals</b>	<b>881</b>	<b>664</b>	<b>75%</b>	<b>251</b>	<b>38%</b>	<b>95</b>	<b>38%</b>
<b>Wave 2</b>							
Amery	114	100	88%	45	45%	26	58%
Family Health/La Clinica (0.5 FTE)	134	134	100%	37	28%	35	95%
Menominee	247	177	72%	39	22%	31	80%
<b>Totals</b>	<b>495</b>	<b>411</b>	<b>83%</b>	<b>121</b>	<b>29%</b>	<b>92</b>	<b>76%</b>
<b>Wave 3</b>							
Mercy Clinic South	161	143	89%	42	29%	20	48%
Waukesha	228	123	54%	51	41%	39	76%
<b>Totals</b>	<b>389</b>	<b>266</b>	<b>68%</b>	<b>93</b>	<b>35%</b>	<b>59</b>	<b>63%</b>
<b>Wave 4</b>							
Minocqua	206	175	85%	57	33%	31	54%
St. Luke's	165	124	75%	45	36%	40	89%
<b>Totals</b>	<b>371</b>	<b>299</b>	<b>81%</b>	<b>102</b>	<b>34%</b>	<b>71</b>	<b>70%</b>
<b>Wave 5</b>							
Family Care Center	102	100	98%	29	29%	27	93%
Mayfair (0.5 FTE)	389	321	83%	74	23%	4	5%
Milwaukee Health Services (0.2 FTE)	46	41	89%	12	29%	2	17%
Scenic Bluffs (0.2 FTE)	21	21	100%	9	43%	7	78%
St Croix Tribal Clinic (0.5 FTE)	32	6	19%	5	83%	3	60%
<b>Totals</b>	<b>590</b>	<b>489</b>	<b>83%</b>	<b>129</b>	<b>26%</b>	<b>43</b>	<b>33%</b>
<b>Grand Totals</b>	<b>2,726</b>	<b>2,129</b>	<b>78%</b>	<b>696</b>	<b>33%</b>	<b>360</b>	<b>52%</b>

\*Eligibility varies by clinic

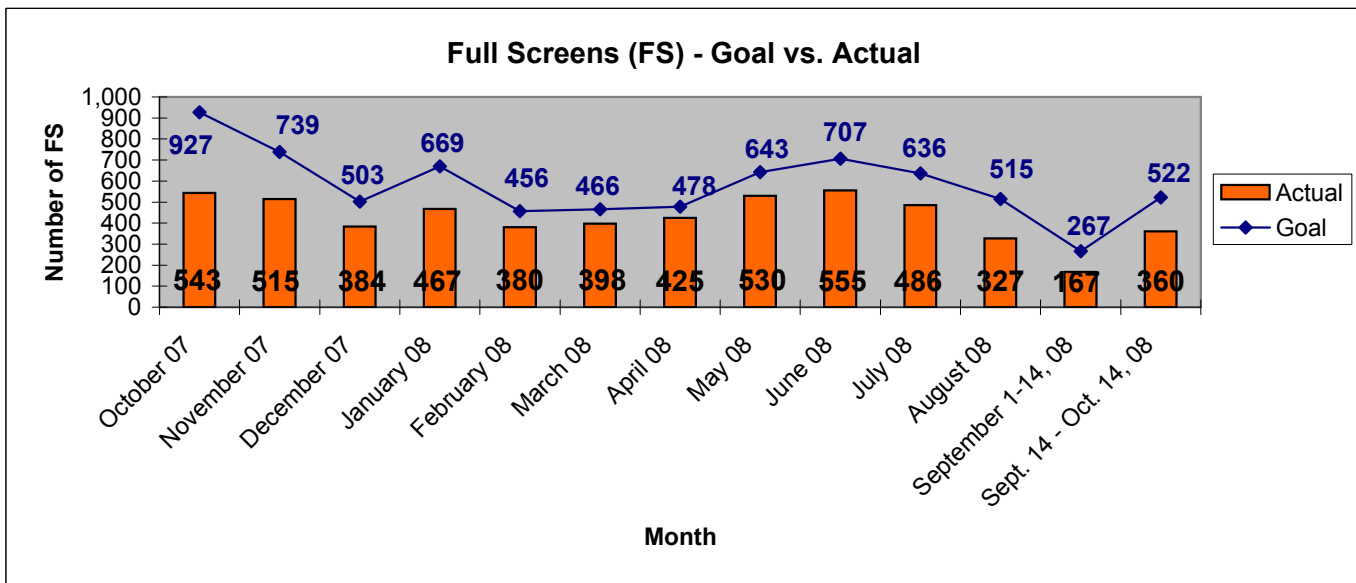
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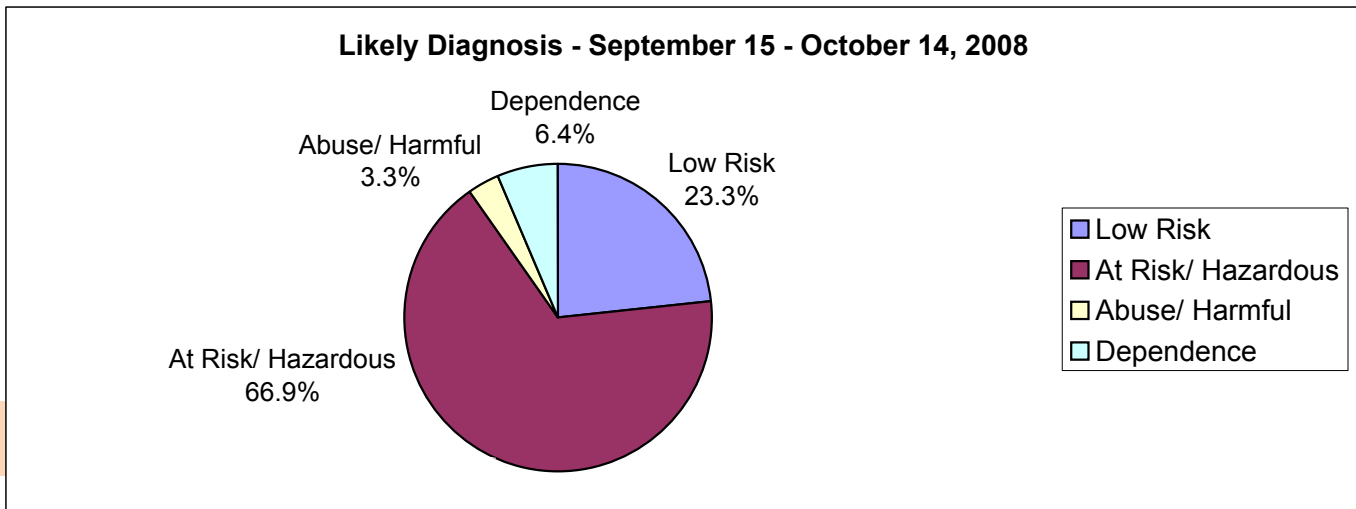
## Year to Date Data



Number of brief screens completed  
Brief screen 75% of eligible patients



Number of full screens completed  
Year 3 (September 15, 2008 - September 14, 2009) - P4P Clinics: Full screen 75% of patients who brief screen positive  
Year 3 Quarter 1 Goal (September 15 - December 14, 2008) - WIPHL Funded: Full Screen 150 patients per clinic (prorated based upon % FTE)



# Calendar

## November 10

Governor's Policy Committee, Promoting Demand subcommittee, 1 p.m.–2 p.m.

## November 17–November 19

Training for treating depression

## November 20

Governor's Policy Committee, Access for Adolescents subcommittee, 11 a.m.–12:45 p.m.

## November 24

Governor's Policy Committee, Co-Occurring Conditions subcommittee, 11 a.m.–1 p.m.

*For health educator meetings, please see [www.wiphl.com](http://www.wiphl.com) under Events.*

# The Last Word

## **“WIPHL, my health educator, Naltrexone, and willpower saved my life!”**

*From a patient in southcentral Wisconsin who had been gradually cutting down from 10-12 beers a day with the help of a WIPHL health educator. The following are excerpts from a letter the patient wrote:*

“The next month [after two months of decreasing] I went down to six beers. I was really struggling. I had cravings that were so strong and uncontrollable that I just couldn't cope. I relapsed to 10-12 drinks a day. I felt like a loser, totally defeated ... But the health educator did not let me give up. She recommended that I talk with my doctor about a prescription drug called Naltrexone. She said it would help me with the cravings I was experiencing ... The first day I took Naltrexone the cravings ceased and I could hardly drink three beers a day! It was a miracle! After a few weeks I went down to two beers a day. Then one. Then one or two a week. All the while my health educator was cheering me on. She does wonders for the self-esteem!

“For my New Year's Resolution, January 2008, I completely gave up drinking alcohol. My liver tests are now normal!! Amazing. The quality of my life is better. I'm a better parent and spouse. I feel good! I haven't had a drink since Dec. 2007 and now it's Oct. 2008!”

*Note: This patient also had a heavy marijuana habit, but wished to tackle the alcohol first. The patient, with help from the health educator, completely stopped using marijuana last month.*

**The WIPHL Word** is the monthly newsletter of WIPHL, the Wisconsin Initiative to Promote Healthy Lifestyles, an SBIRT program funded by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA), administered by the Wisconsin Department of Health Services (DHS), and coordinated by the University of Wisconsin School of Medicine and Public Health's Department of Family Medicine. Readers are encouraged to send suggestions and submissions to editor Joan Fischer at [Joan.Fischer@fammed.wisc.edu](mailto:Joan.Fischer@fammed.wisc.edu).