

RESOURCE GUIDE

Mental Health and Substance Misuse



Hales Corners & Greendale
**COMMUNITY
ALLIANCE**
Reducing substance misuse

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INTRODUCTION

HEALTHY MIND, HEALTHY GREENDALE



Group Purpose

- Develop ways to improve mental well-being for residents using a proactive approach.
- Provide education and increase access to mental health resources in Greendale.
- Reduce the stigma of mental health concerns and support individuals and families in recognizing issues and utilizing resources.

CONNECT WITH US



Website



greendalehealth
@greendale.org



Greendale Health
Department



@greendalehealth

COMMUNITY ALLIANCE

Community Alliance is an organization built to address the problem of substance misuse in our communities.



Hales Corners & Greendale
**COMMUNITY
ALLIANCE**
Reducing substance misuse

Mission

- Create and promote upstream prevention and harm reduction strategies related to substance use in our communities.
- Reduce stigma around substance misuse and addiction.
- Cultivate strong leadership among teens within our communities.

CONNECT WITH US



Website



communityalliance
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Community
Alliance HCGD



@youthalliancehcgd

This guide is produced by a collaboration between Healthy Mind, Healthy Greendale and Community Alliance. Please contact the Greendale Health Department with updates or additions.

Greendale Health Department

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1-414-423-2110 | www.greendale.org

Hales Corners Health Department

5551 S 108th St, Hales Corners, WI 53130
1-414-529-6155 | www.halescorners.org

PURPOSE OF THIS GUIDE

This guide contains local and regional resources for those seeking assistance and support for mental health and substance misuse concerns for themselves or a loved one.

The information provided may not be inclusive of all resources. Use this guide as a starting point for getting yourself or a loved one connected to support.

NAVIGATING THIS GUIDE

In this web-based guide, anything that is underlined is a link that will direct you to a resource's website or source material where information was retrieved. Outlined below is a key with symbols and colors that indicate specific populations. The resources listed throughout this guide include the markers below. They indicate specific populations served and needs addressed.

KEY:



Arabic / عربي



Accessible



Spanish / Español



Blind and Low Vision



LGBTQ+



Deaf and Hard of Hearing

Please Note:

These indicators should be used as a starting point; they may not reflect the current status of a resource or organization. Some resources may have increased accessibility at this time. If you need a resource that provides services in another language or meets other accessibility criteria, please inquire with the service provider you are interested in.

Organizations Listed in this Guide:

Please reach out to us if you have updates regarding populations and needs served or services offered.

Disclaimer:

The agencies/companies listed throughout this guide are not endorsed, authorized or recommended by Greendale or Hales Corners Health Departments, but are provided as a convenience to those who request information only. It is not meant to be an exhaustive or complete list, and there may be other organizations available to provide these services. Greendale and Hales Corners Health Departments cannot recommend, endorse or authorize any vendors or providers, nor can we comment on the quality, pricing, or business practices of any vendor or provider. Purchase or receipt of any products or services arranged by consumers with any of these organizations is strictly between the consumer and vendor.

GET HELP NOW

For medical, police, or fire emergencies, call 911.



MILWAUKEE COUNTY
DEPARTMENT OF HEALTH
& HUMAN SERVICES
**BEHAVIORAL
HEALTH SERVICES**

Start here.

1-414-257-7222

Website ■

Milwaukee County Crisis Line: 1-414-257-7222 is available 24 hours a day, seven days a week and is a non-police mobile response team composed of counselors, therapists, psychologists and nurses that connect you to information and/or access to mental health services, including assistance with stabilization, mental health assessments, and connection to ongoing resources.



Dial 988 for the Suicide + Crisis Lifeline to get connected with a national network of local crisis centers that provide 24/7 free and confidential support for people in distress. Prevention and crisis resources for you or others.

Call 211 for free, confidential, 24/7 help finding medical and mental health treatment resources, including insurance and caregiver support along with locating other resources near you, such as housing, food, and shelter.

Website

En Español ■

For Deaf & Hard

of Hearing 

Website

En Español ■

OR text your zip

code to 898211

Quick Links Within This Guide:

Crisis Lines

Warm Lines

Connecting With Services: Where to Start

DEFINITIONS + CONTEXT

DEFINITIONS AND CONTEXT

Mental Health

Is a state of mind characterized by emotional well-being, good behavioral adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life.

[Source: apa.org](https://www.apa.org)

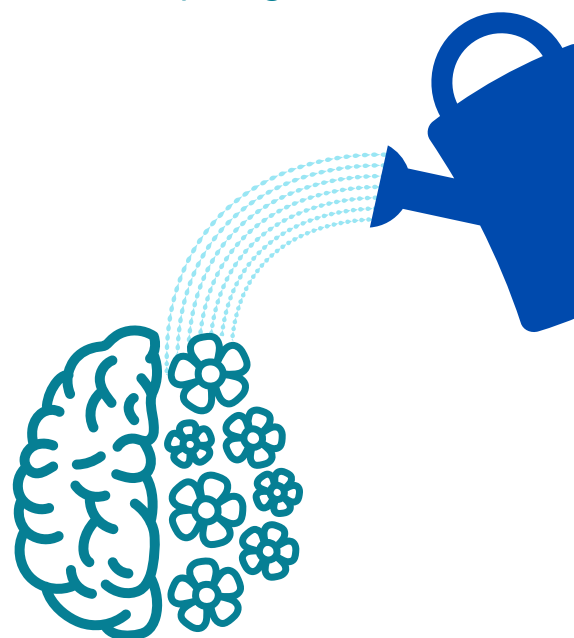
**Everyone has mental health,
just like they have physical health.
The state of our mental and physical
health can change over time,
for better or for worse.**

At different times throughout our lives, our bodies and minds will need different things to stay healthy.

For instance, calcium is important for kids to grow strong, healthy bones. Likewise, supportive relationships in childhood help people develop positive self-esteem and security to become well-adjusted adults.

Just as there are things you can do to support your physical health, like eating nutrient-rich foods, moving your body, and getting enough sleep, there are things you can do to support your mental health and the mental health of the people you love.

**We each have the power to care for our minds,
helping ourselves to grow through what we go through.**



**Learn more about how to care for your mental health in the
Prevention section, starting on page 19.**

DEFINITIONS AND CONTEXT



There are different factors that affect how well we're doing, both physically and mentally, at any given time.

Factors that can Negatively Impact Mental Health

Stress

- Relationships, work, health, home, school, finances, security, etc.

Grief

- Loss of a loved one, relationship, home, job, personal and/or community trauma or tragedy.

Physical Health

- Lack of sleep, hunger, lack of physical activity, acute and chronic pain, and/or diagnosed and undiagnosed illness.

Social Health

- Relationship struggles, isolation, bullying, abuse, social media, prejudice and/or discrimination.

Environmental Health

- Home, school, work, local and/or global concerns (such as [anxiety about climate change](#)).

Adverse Childhood Experiences (ACEs)

- Events in childhood that undermine your sense of safety, stability, or bonding such as violence, abuse, neglect, or separation from a caregiver that can have a lifelong impact on your health.

Genetics + Home Environment

- Research shows that there is a genetic component to some mental health challenges such as depression, schizophrenia, and substance use disorders. Additionally, a high-stress home environment and strained parent-child relationships can increase a child's risk for developing mental health issues.

Substance Use/Misuse + Addictive Behavior

- The cycle of poor mental health leading to increased substance misuse and/or addictive behavior, which in turn, contributes to continual mental health struggles. [Source: northernhealthcare.org.uk](https://www.northernhealthcare.org.uk)

Everyone faces difficulties and hardship in their lives.

Depending on a variety of factors, how we cope can vary widely.

Sometimes the coping tools we use come at a cost and can have harmful outcomes.

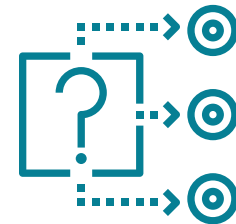
Learn more about **protective factors** and how to build mental health **resilience** and develop **healthy coping strategies** in the Resources section, starting on page 20.

WHY DO PEOPLE MISUSE SUBSTANCES?

Reasons

- Socially acceptable in the community
(Example: Wisconsin drinking culture)
- Behavior modeled by family or friends
- Peer pressure/desire to fit in
- Experimentation
- To improve performance
- Relaxation from stress
- To deal with social isolation/loneliness
- Self-medicating for physical or emotional pain
(Example: Numbing grief)

HOW DO SUBSTANCE USE DISORDERS DEVELOP?



“Cultural and societal factors determine what are acceptable or allowable forms of drug or alcohol use. Public laws determine what kind of drug use is legal or illegal. The question of what type of substance use can be considered normal or acceptable remains controversial.

Substance use disorder is caused by multiple factors, including genetic vulnerability, environmental stressors, social pressures, individual personality characteristics, and psychiatric problems. But which of these factors has the biggest influence in any one person cannot be determined in all cases.” [Source: hopkinsmedicine.org](https://hopkinsmedicine.org)

Learn more about the **factors** that can increase the risk for developing a substance use disorder on the following page.

FACTORS THAT CAN PLAY A ROLE IN THE DEVELOPMENT OF A SUBSTANCE USE DISORDER

Genetics

Certain DNA markers increase risk for substance misuse, meaning that it can be passed down in families (heritable). Stress can contribute to the possibility of those genetic traits being turned on (activated).

Stress + Trauma

For people of any age, stress and trauma can lead individuals to begin using substances as a way to cope.

Early Exposure to Drugs

An under-developed brain will interact with substances differently than an adult brain, thus increasing the risk of becoming dependent.

Environment + Relationships

Parents who struggle with substance misuse themselves create a riskier environment for their kids and are more likely to have strained relationships, further increasing the risk for the child developing their own struggles with substance misuse.

Access + Dependence

A prescription from a doctor for a medical issue (such as an opioid for pain after surgery) is a readily available substance, but just because it was prescribed by a doctor doesn't mean that there aren't potential risks; sometimes taking these medications can result in dependence, leading to misuse of a prescription, or even seeking out alternatives, which can pose serious health risks.

Tolerance

When an individual uses a substance on a regular basis, a tolerance develops. That individual will need an increased dose or potency of the substance to acquire the same effects. This can lead to adverse health effects over time, or even an overdose.

[Source: health.harvard.edu](https://www.health.harvard.edu)

DEFINITIONS AND CONTEXT

Substance Use

Refers to the use of selected substances, including alcohol, tobacco/nicotine products, stimulants, narcotics/opioids, inhalants, and other substances that can be consumed, inhaled, injected, or otherwise absorbed into the body with possible dependence and other detrimental effects.

[Source: cdc.gov](https://www.cdc.gov)

Substance Misuse

Is defined as the use of a substance for a purpose not consistent with legal or medical guidelines. Misuse has a negative impact on health or functioning and may take the form of drug or alcohol dependence, or be part of a wider spectrum of problematic or harmful behavior.

[Source: ncbi.nlm.nih.gov](https://www.ncbi.nlm.nih.gov)



SPOT THE DIFFERENCE

| SUBSTANCE USE | SUBSTANCE MISUSE |
|--|--|
| <ul style="list-style-type: none">• Drinking a cup of coffee in the morning• Having a glass of beer or wine with a meal• A person with asthma using their inhaler as directed by their doctor• Smoking a cigar during a celebration• Using substances medically prescribed by a doctor for a specific condition• Taking cold medicine according to the instructions on the box when you are sick• Someone with diabetes giving themselves a routine insulin injection• Using a laxative as prescribed by a doctor | <ul style="list-style-type: none">• Using caffeinated energy drinks to get tasks done despite an increase in anxiety or insomnia• Drinking alcohol in excess and blacking out, becoming disorderly/violent, or driving drunk• Vaping to cope with stress or the challenges of growing up• Huffing household items (Ex: paint) to get high• Taking a medication prescribed to you more frequently than directed, or beyond its point of necessity (Ex: for pain after surgery)• Using a mind-altering substance to cope with stress or anxiety (Ex: THC gummies or synthetic marijuana such as “Spice” or “K2”)• Using laxatives to lose weight |

DEFINITIONS AND CONTEXT

Substance Use Disorder (SUD)

Is a recognized medical brain disorder and a diagnosable mental health condition. It is a complex condition in which there is uncontrolled use of a substance despite harmful consequences. People with SUD have an intense focus on using a certain substance (or substances) such as alcohol, tobacco, or illicit drugs, to the point where the person's ability to function in day-to-day life becomes impaired. People keep using the substance even when they know it is causing or will cause problems. The most severe SUDs are sometimes called addictions.

[Source: psychiatry.org](https://www.psychiatry.org)

May Look Like...

- Having a strong desire or urge to use the substance.
- Having unsuccessful efforts to cut down on or control substance use.
- Spending a lot of time obtaining or using the substance or recovering from its effects.
- Having issues fulfilling responsibilities at work, school or home due to substance use.
- Continuing to use the substance, even when it causes problems in relationships.
- Giving up social, occupational, or recreational activities because of substance use.
- Repeatedly using substances, even when it puts you in danger.
- Continuing substance use despite an ongoing physical or psychological problem that's likely caused or worsened by the substance.
- Developing tolerance (need for increased amounts to get the same effect).
- Experiencing withdrawal symptoms, which can be relieved by taking more of the substance.

[Source: www.clevelandclinic.org](https://www.clevelandclinic.org)

DEFINITIONS AND CONTEXT

Types of Substances

Stimulants

In the Body: Stimulants speed up the messages between the brain and the body. This can cause increased heart rate, blood pressure, and body temperature, leading to heat exhaustion or even heat stroke, reduced appetite, sleeplessness, and agitation.

Effects: Feeling more awake, alert, confident or energetic/
Causing anxiety, panic, seizures, stomach cramps, and paranoia

Examples include:

- amphetamines (speed and ice)
- caffeine (coffee, energy drinks)
- cocaine
- ecstasy (MDMA)
- nicotine (tobacco)

Depressants

In the Body: Depressants slow down the messages between the brain and the body—they don't necessarily make you feel depressed. They affect your concentration, coordination, and ability to respond to what's happening around you.

Effects: Feeling more relaxed, calm and less inhibited/
Causing sleepiness, vomiting and nausea, unconsciousness and even death

Examples include:

- alcohol
- barbiturates (can be found in pain relievers, anti-convulsion meds, and insomnia treatments)
- benzodiazepines (minor tranquilizers such as Valium)
- GHB (gamma-hydroxybutyrate)
- opioids (codeine, morphine, heroin)

Hallucinogens

In the Body: Hallucinogens change your sense of reality. They distort the way you see, hear, taste, smell or feel things. You may see or hear things that are not really there (hallucinations) or have unusual thoughts or feelings.

Effects: Feeling of floating, numbness, confusion, or dizziness/
Causing hallucinations, memory loss, distress, anxiety, increased heart rate, paranoia, panic, or aggression

Examples include:

- ketamine
- LSD (lysergic acid diethylamide)
- mescaline (peyote)
- psilocybin (magic mushrooms)
- PCP (phencyclidine)

[Source: health.gov.au](https://www.health.gov.au)

Some drugs affect the body in many ways and can fall into more than one category. For example, **cannabis (marijuana)** appears in all 3 categories.

Follow the source link to learn more about substances:
Their use and impact on the mind and body

A NOTE ON LANGUAGE

And why it matters

In every day conversations the terms substance 'use' and 'misuse' are often used interchangeably, even though they have different meanings, which can be both confusing and misleading.

Referring to people with a substance use disorder as an 'addict' or 'user' carries a stigma. Similarly, casually calling someone or something (like the weather) 'bipolar' trivializes the distressing experiences of people living with bipolar disorder.

Person-first language maintains the integrity of individuals as whole human beings. Example: "person with a substance use disorder" has a neutral tone and distinguishes the person from their diagnosis and can support people in feeling that they are more than a stigmatized label.

As in any other situation, if you're unsure what language to use with a person, asking them what language they identify with, or deferring to the words they use to describe themselves can help people feel seen and respected.

To learn more about language and how it can be used to reduce stigma, check out these pages:



Words Matter -

Terms to Use and Avoid When Talking About Addiction



Language and Stigma -

Preferred Language When
Talking About Mental Health



PREVALENCE + STATISTICS

PREVALENCE + STATISTICS



Youth Mental Health Check

GREENDALE

MIDDLE SCHOOL students report:

An average of **54% struggle with anxiety**
(70% of females and 41% of males)

An average of **26% struggle with depression**
(38% of females and 16% of males)

17% intentionally self-harmed without
intending to die in the past 12 months
(25% of females and 11% of males)

13% seriously considered suicide in the past
12 months, with **8% reporting a suicide plan**

Source: Greendale Middle School YRBS, 2020-2021

Reported rates of anxiety + depression
were **higher** for students who:

- Had a low sense of school belonging and lower grades
- Had experienced bullying, violence, or trauma
- Had anything else that set them apart from their peers,
including race, class, disability, and/or LGBTQ identity

HIGH SCHOOL students report:

An average of **53% struggle with anxiety**
(74% of females and 35% of males)

An average of **39% struggle with depression**
(44% of females and 16% of males)

20% intentionally self-harmed without
intending to die in the past 12 months
(32% of females and 9% of males)

17% seriously considered suicide in the past
12 months, with **12% reporting a suicide plan**

Source: Greendale High School YRBS, 2022-2023

National data shows that 41% of LGBTQ
young people seriously considered
attempting suicide in the past year

NOTE: LGBTQ young people are not inherently prone
to suicide risk because of their orientation or identity
but rather placed at higher risk because of how they are
mistreated and stigmatized in society.

Source: 2023 Survey thetrevorproject.org

Youth + Substances

GREENDALE

HIGH SCHOOL students report:

29% have tried vaping

15% currently vape (use electronic tobacco)

62% of vape users or other tobacco users tried
to quit in the past 12 months

52% have tried alcohol

28% have had at least 1 drink in the past 30 days
(16% of 9th graders, 45% of 12th graders)

12% binge drank in the past 30 days

9% misused OTC or prescription pain meds

26% of 12th graders have used marijuana
in the past 30 days

Source: Greendale High School YRBS, 2022-2023

Data takes time to collect and process



Explore the Most Recent Data:

[CDC Mental Health Data + Statistics](#)

[NAMI Mental Health by the Numbers](#)

[SAMHSA Data Collections](#)

[WI Office of Children's Mental Health](#)

[WI Youth Risk Behavior Survey \(YRBS\)](#)

NOTE: Data on these statistics are fairly consistent
from year to year without significant interventions/
shifts, or major occurrences such as COVID-19

PREVALENCE + STATISTICS

Adult Mental Health Check

GREENDALE

12% of adults in Greendale reported **14 or more days of poor mental health** in the past month [Source: 2021 Milwaukee Health Compass](#)

UNITED STATES

How common are mental illnesses?

Mental illnesses are among the most common health conditions in the United States. [Source: CDC](#)

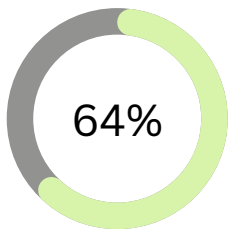
- More than **1 in 5 US adults live with a mental illness**.
- About 1 in 25 U.S. adults lives with a serious mental illness such as schizophrenia, bipolar disorder, or major depression
- In 2021, only 47% of adults diagnosed with a mental illness received treatment [Source: NAMI](#)

Adults + Substance Misuse

GREENDALE

23% of Greendale adults reported binge drinking at least once in the past 30 days. Male binge drinking is defined as five or more drinks on one occasion, and female binge drinking is four or more drinks on one occasion. [Source: 2021 Milwaukee Health Compass](#)

WISCONSIN



Wisconsin is in the top 3 places in the US currently drinking the most

64% of people in Wisconsin drink consistently vs. the US average of 55%

[Source: 2023 NCBI](#)

In 2022, for all of Wisconsin there was a count of:

- **2,530 opioid-related emergency room visits**
- **979 opioid-related inpatient visits**
- **1,464 deaths opioid-related deaths**

WISCONSIN

Since July 2022, the **988 Wisconsin Lifeline answered 91,280 calls. 99.3% of calls were resolved by 988 counselors** providing emotional support, reducing callers' stress, offering coping strategies, and/or connecting callers with local services

[988 Suicide & Crisis Lifeline Data Dashboard](#)

In 2021, among adults **age 55 and older, men had higher suicide rates than women** for all age groups

The largest percent **increase in suicide rates** between 2001 and 2021 occurred among **men ages 55–64 and among women ages 65–74**

[Source: 2023 CDC Data Brief](#)

In 2022, Wisconsin hospitals **treated 2345 patients age 18+ for self-harm injury**.

[Source: WI DHS 2022](#)

UNITED STATES

24% of adults with annual household incomes of at least \$100,000 say they occasionally drink too much, compared with **10% of those with household incomes of less than \$40,000**

[Source: 2023 Pew Research Center](#)

Over the last 12 years, Wisconsin drug overdose deaths **increased from 10.9 (2010) to 29.4 (2021) per 100,000 population**.

[Source: WI DHS](#)

Note: Between 2020 and 2022 the count of opioid-related emergency room visits in Wisconsin decreased by 16.4%. [Source: WI DHS](#)

BE INFORMED

BE INFORMED

Warning Signs



In Yourself:

- Feeling that you have to use a substance regularly — daily or even several times a day
- Having intense urges for the substance that block out any other thoughts
- Over time, needing more of the substance to get the same effect
- Spending money on the substance, even though you can't afford it
- Not meeting obligations and work responsibilities, or cutting back on social or recreational activities in order to use a substance
- Continuing to use the substance, even though you know it's causing problems in your life or causing you physical or mental harm
- Doing things to get the substance that you normally wouldn't do, such as stealing
- Driving or doing other risky activities when you're under the influence of a substance
- Unsuccessful attempts to stop using the substance/experiencing negative health effects when you attempt to stop

In Others:

Problems at school or work: Poor grades, truancy, ongoing issues at work, loss of job

Social/Emotional changes: Emotional distancing, isolation, depression, or fatigue; new “friends,” extreme influence by peers

Upset rhythms: Changes in energy, mood, eating, or sleeping patterns

Behavior: Hostility, irritability, or change in interest/willingness to participate in activities or responsibilities, lying or increased evasiveness about whereabouts

Money issues: Sudden requests for money without a reasonable explanation; items disappearing from home/being sold; stolen cash/cards

Neglected/ill appearance: Lack of attention to grooming/clothes; physical changes such as frequent bloodshot eyes, sores/lesions/marks on skin, runny nose/sore throats, rapid weight loss

[Source 1: aamft.org](https://aamft.org)

[Source 2: mayoclinic.org](https://mayoclinic.org)

Adverse Health Effects of Substance Misuse + Substance Use Disorders

- A weakened immune system, increasing the risk of illness and infection
- Dizziness, problems with memory, attention and decision-making, which make daily living difficult
- Nausea and abdominal pain, which can also lead to changes in appetite and weight loss
- Heart conditions ranging from abnormal heart rates to heart attacks, collapsed veins, and blood vessel infections from injected drugs
- Increased strain on the liver and risk of significant liver damage or liver failure
- Seizures, stroke, and brain damage
- Lung disease
- Death

[Source: gatewayfoundation.org](https://gatewayfoundation.org)

PREVENTION

PREVENTION

Protective Factors

Protective factors are individual or environmental characteristics or conditions that promote the health and emotional well-being of children and adults, alike. Enhancing protective factors can help people engage in positive health behaviors and avoid many risk behaviors. They also can buffer individuals from the potentially harmful effects of stressful or traumatic situations and events.

Individual Characteristics:

- Positive relationships
- Positive self-worth
- High self-efficacy (belief in own ability)
- Social and emotional competence
- Good decision making
- Self-control
- Planning and goal setting
- Pursuit of hobbies, community/team-based activities, volunteering

Environmental Characteristics:

- Basic needs are met
- Safe place to live, go to school/work, and enjoy leisure time
- Social support and connectedness
- Caring and well-connected community
- Positive parenting and engagement
- Parents who model/modeled resilience and strong mental health

“ Risk and protective factors are like two sides of the same coin. Both can have a powerful influence on our mental, physical, and behavioral well-being.

Reducing the level of risk is sometimes outside of our control. But we can actively work to build up protective factors that buffer the impacts of risk. It's a lot like using an umbrella during a storm. You cannot control the rain, but you can protect yourself from getting wet by finding cover. ”

Source: <https://www.dhs.wisconsin.gov/>



PREVENTION

Developing Healthy Coping Strategies

When exposed to an ongoing stressful situation or traumatic event, having an established set of healthy coping strategies or actively seeking them out (through a supportive family member, mental health provider, a faith leader, or your own research) can help you weather the storm without turning to unhelpful or potentially harmful coping strategies.

Healthy Coping:

- Practicing relaxation (deep breathing, meditation, and mindfulness)
- Movement (walking, yoga, exercise)
- Connecting to supportive people
- Expressing feelings through writing, art, or music
- Practicing self-compassion
- Setting reasonable goals
- Following a routine
- Establishing boundaries

Unhelpful + Harmful Coping:

- Avoidance
- Venting to others without reflection
- Excessive sleeping
- Impulsive spending
- Compulsive exercise
- Over or under eating
- Emotional numbing
- Isolating & disassociating
- Substance misuse
- Self-harm

“ Healthy coping skills involve facing and processing difficult emotions, seeking resolutions to problems, and actively working towards personal growth.

Unhealthy coping skills tend to avoid or suppress underlying issues, providing temporary relief without addressing the root causes. This avoidance prevents you from finding sustainable solutions and can perpetuate the cycle of distress.”

[Source: charliehealth.com](https://charliehealth.com)

PREVENTION

Defining Resilience

Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. A number of factors contribute to how well people adapt to adversities, including the ways in which individuals view and engage with the world, the availability and quality of social resources, and specific coping strategies. Research shows that the resources and skills associated with resilience can be cultivated and practiced.

[Source: apa.org](https://www.apa.org)

Building Resilience

Resilience isn't built overnight, and even if you are already resilient, it's something you have to work at to maintain, like a muscle group you exercise regularly. Through ongoing effort, you can become better at reframing thought patterns and tapping into a strengths-based approach to work through challenging situations.



Develop self-awareness

Know your strengths

Nurture positive self-image

Build self-regulation skills

Strengthen connections

Practice flexibility

Keep things in perspective

Accept change as part of life

[Source: everydayhealth.com](https://www.everydayhealth.com)

PREVENTION

Resources for Parents + Educators

Community Alliance

EXIT PLAN: WHAT'S YOUR OUT?

A PLAN THAT
KIDS AND
TEENS CAN
USE TO GET
OUT OF
STICKY
SITUATIONS



Exit Plan: What's Your Out? An exit plan is a strategy designed in collaboration between parent and child that can be used to leave a situation that feels unsafe. This simple, but powerful tool is a lifeline that can be used at any time, in a variety of situations. The versatility of exit plans can be make them an effective tool for children and teens to use to avoid peer pressure situations involving alcohol, drugs or other unsafe or questionable situations as they grow and gain social independence.

VAPING EDUCATION

Vaping Information



Vaping Education + Information provides a brief overview about what vaping and vapes are, federal regulations, and explores ways to talk to your kids about vaping.

WARNING SIGNS IN TEENS

Warning Signs in Teens provides an outline for what substance misuse, depression, or anxiety may look like in a teenager.

CREATING SPACE FOR YOUR TEEN TO BE MENTALLY WELL

Creating Space for Your Teen to Be Mentally Well outlines suggestions for parents to help create a positive environment of support, as well as stress relievers for everyone.

PREVENTION

Resources Continued

Greendale Schools



[Virtual Calming Room](#) designed to assist in identifying and providing different strategies and modes for managing your emotions and cultivating helpful practices for when life gets tough. Additional curated resources are available on the [School Safety + Student Wellness](#) page.

SAMHSA National Prevention Campaign



[Talk. They Hear You.](#) provides conversation starters and resources for parents and educators to get informed, be prepared, and take action to prevent underage substance use.

WI Department of Health Services Campaign



[Small Talks](#) promotes starting conversations about underage drinking with your child to help inform them and support them in making healthy choices. These conversations should begin around age 8.



[Real Talks](#) advocates for frequent, meaningful conversations about substance use to reduce and prevent substance misuse through community support.

HARM

REDUCTION

+ STABILIZATION

SUPPORT

HARM REDUCTION

An approach that incorporates community-driven public health strategies that are practical in their understanding and acceptance that drug use and other behaviors that carry risk exist — and responds in a compassionate and life-preserving manner.

Source: samhsa.gov

Medication Storage + Disposal

Tips for safety:

Keep meds in a secure place away from children

Ensure safety caps are secure

Don't keep or use expired medications

Learn More:



[Medication Safety webpage](#)

Options for disposal:

- Medication disposal pouch
- 24/7 anonymous drop box at local police departments

Learn More: [Greendale Police Department's Drug Dropbox](#)
[Hales Corners Police Department's Drug Dropbox](#)

Sharps Disposal

Importance:

Sharps that are not properly handled or disposed of can pose a serious risk of infection and diseases to others and harm the environment.

Options for disposal:

- The Greendale and Hales Corners Health Departments
- [Aurora West Allis Medical Center](#)
- Some local pharmacies - call ahead to confirm

Learn More: [Greendale Health Department's Sharps Disposal](#)
[Hales Corners Health Department Sharps Disposal](#)

HARM REDUCTION

Vending Machines

Free to the public and easy-to-access, with no questions asked. Instructions are located on the vending machine for how to release each specific product.

Learn More: Community Alliance's [Vending Machine webpage](#)



Vending Machine Locations:

- Greendale Police Department, Accessible 24/7
5911 W Grange Avenue, Greendale, WI 53129
- Greenfield Law Enforcement Building, Accessible 24/7
5300 W Layton Ave, Greenfield, WI 53220

Items Available:



Details

Deterra Bags

- Deactivates prescription drugs, pills, patches, liquids, creams and films, rendering them inert and unavailable for misuse.
- Independent disposal that is safe for the environment.

Narcan/Naloxone

- Emergency treatment when an opioid overdose occurs or is suspected.
- Can be administered through nasal spray or injection.

Fentanyl Test Strips

- Fentanyl is an opioid that is used in treating severe pain but can also be strongly addictive and even small amounts can pose serious risks.
- Test strips are used to detect if fentanyl is present in different types of drugs, in order to reduce the risk of an overdose.

STABILIZATION SUPPORT

Stabilization support is instrumental in defusing and de-escalating difficult mental health situations and helping an individual reach a *non-crisis* level, reducing distress, and ensuring that they are not a harm to themselves or others. [Source: samhsa.gov](https://www.samhsa.gov)

Crisis Lines

Support services accessible around the clock that you can call, text, or message online for a variety of issues that can cause emotional distress.

For medical, police, or fire emergencies, call 911.

See page 4: 'Get Help NOW' to learn more about the Milwaukee County Crisis Line, 988 (the national suicide and crisis line), and 211 for mental health and substance use referrals.

Disaster Distress Helpline

The Disaster Distress Helpline (DDH) is the first national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.

Serves: Adults 

Contact: Call **1-800-985-5990**; Español: Llama o envía un mensaje de texto **1-800-985-5990** presiona "2"

Hopeline

Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.

Serves: All ages

Contact: Text **741741**

National Domestic Violence Hotline

24/7, 365 days a year, this hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Highly trained, expert advocates offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

Serves: Adults  

Contact: Call **1-800-799-SAFE (7233)** or text **Start** to 88788 or use the **chat** feature on the website linked above



STABILIZATION SUPPORT

Crisis Lines Continued



SAGE National LGBTQ+ Elder Hotline

Experiencing a mental health crisis or have thoughts of self-harm? The SAGE LGBTQ+ Elder Hotline connects LGBTQ+ older people who are in crisis with friendly responders who are certified in crisis response, trained in LGBTQ+ culturally competency, and offer support without judgment. Available 24/7.

Serves: Older adults  

Contact: Call **877-360-LGBT (5428)**

Substance Abuse and Mental Health Services Administration Helpline


SAMHSA's National Helpline, also known as the Treatment Referral Routing Service, is a confidential, free, 24-hour-a-day, 365-day-a-year, information service for individuals and family members facing mental and/or substance use disorders. Provides referrals to local treatment facilities, support groups, and community-based organizations.

Serves: All ages  

Contact: **1-800-662-HELP (4357)** or TTY: **1-800-487-4889**

The Trevor Project

If you are thinking about harming yourself — get immediate crisis support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S via text, chat, or phone. The Trevor Project is 100% confidential and 100% free.

Serves: Age 25 and younger 

Contact: Call **1-866-488-7386** or text START to **6786678** or use the **chat** feature on the website linked above

Veterans Crisis Line

The Veterans Crisis Line is free and confidential. When you call, chat, or text, a qualified responder will listen and help. You decide how much information to share. Responders can connect you with the resources you need.

Serves: Adults

Contact: Call **988** or **1-800-273-TALK (8255)** and press **1** or text **838255** or use the **chat** feature on the website linked above

STABILIZATION SUPPORT

Warmlines

Non-emergency sources of support operated by peers, people with life experiences similar to yours, and trained support providers. They listen without judgment and use their training and own experiences to help you steer clear of a mental health crisis before it happens.

NOTE: Some warmlines may not answer your call immediately. You may be asked to leave a voicemail and wait for a call back. [Source: dhs.wisconsin.gov/crisis/talk.htm](https://dhs.wisconsin.gov/crisis/talk.htm)

HIR Wellness CARES Warm Line

Provides culturally responsive advocacy to Native American/Indigenous people and underserved victims of crimes. Support for emotional and relationship stress, as well as legal advocacy and connection to resources/services. Reach out for support and an advocate will return your call or email within 24 business hours, M-F, from 8AM - 5PM

Serves: Elders, adults, and youth  

Contact: Call **1-414-748-2592** or access the **form** on their website via the link above

National Alliance on Mental Illness Helpline

You are not alone! If you are struggling with your mental health, the NAMI HelpLine is here for you. Connect with a NAMI HelpLine volunteer today.

Serves: Adults, teens

Contact: Call **1-800-950-NAMI (6264)**; Adults text HelpLine to **62640**; teens and young adults text FRIEND to **62640**

National Runaway Safeline

The team at the National Runaway Safeline is here for you, offering a range of support services 24/7. Speak with a trained NRS staff member or volunteer who will listen and support you. Using the nation's largest database of agencies and services that support young people, NRS refers youth and families to local resources, such as shelters, mental health services, food pantries and more.

Serves: Ages 12-21

Contact: **1-800-RUNAWAY (786-2929)**

STABILIZATION SUPPORT

Warmlines Continued

Teen Line

Teen Line provides support, resources, and hope to young people through a hotline of professionally trained teen counselors, and outreach programs that de-stigmatize and normalize mental health.

Serves: Youth

Contact: Call **1-800-852-8336** or text TEEN to **839863**

Trans Lifeline

Trans Lifeline's Hotline is a peer support phone service run by trans people for trans and questioning peers. Call if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans.

Serves: Adults  

Contact: Call **1-877-565-8860**

Uplift WI

This line is for Wisconsin residents and is staffed by certified peer specialists – people with lived experiences of mental health, substance use and other related life experiences. Call this line if you need someone to talk to for support when things are difficult, or when you just need a peer to connect with. You do not need to be in crisis to call this line. This line is fully anonymous and confidential and is not directly connected to crisis linkage services. Will not call emergency services on you unless you specifically request it, and that process will be led by you.

Serves: All ages

Contact: Call **1-534-202-5438**

Wisconsin Tobacco and Vape Quit Line

The Quit Line helps people quit smoking, vaping, or chewing tobacco.

Serves: Ages 13+  

Contact: Call **1-800-QUIT-NOW (784-8669)**; Text **READY** to **34191**;

Español: **1-877-2NO-Fume (266-3863)**

RESOURCES

CONNECTING WITH SERVICES: WHERE TO START

Options

- **Contact your insurance provider to see what services are covered**
 - Login to your account on your insurer's website to use the 'find a doctor/provider' feature
 - OR call the number on the back of your insurance card for 'member services/care support'
 - ▶ Check to see what services would cost with your plan coverage
- **Services to consider:**
 - Therapy = Weekly, biweekly, or monthly 1-on-1 sessions in person or online
 - Medications = Prescribed and managed by a psychiatrist or doctor
 - Outpatient programming = Group services offered at an outpatient clinic or community mental health center
 - Inpatient = Centers or hospitals where you stay overnight to receive treatment (typically up to 30 days)
 - Residential = Treatment in a more home-like setting for an extended period (90+ days)
- **Call 211**
 - Offers free, confidential, 24/7 help finding medical and mental health treatment resources, including insurance and caregiver support along with locating other resources near you, such as housing, food, and shelter
- **Call or walk in to one of the three Access Clinics in Milwaukee**
 - Provides stabilization, assessments, counseling, medication evaluation, peer support, referrals, and connections to other services for Milwaukee County residents 18 years old and older who are uninsured, underinsured, or in crisis

SCREENING AND REFERRAL

INITIAL SCREENING + SEEKING TREATMENT

Access Clinics


Offers stabilization, assessments, counseling, medication evaluation, peer support, referrals, and connections to other services for Milwaukee County residents 18 years old and older who are uninsured, underinsured, or in crisis.

Access Clinic East

Located within Outreach Community Health Centers

210 West Capitol Drive, Milwaukee, WI 53218

Contact: Call **414-257-7665**

Serves: Adults 

Hours: Mon-Friday 8:30 - 4:30


Walk in hours for initial assessment 8:30 - 2:30

Access Clinic North

Located within Milwaukee Health Services, Inc.

8200 West Silver Spring Drive, Milwaukee, WI 53218

Contact: Call **414-257-5190**

Serves: Adults 

Hours: Mon-Friday 8:30 - 4:30

Walk in hours for initial assessment 8:30 - 2:30

Access Clinic South

Located within Sixteenth Street's National Avenue Clinic

1635 West National Avenue, Milwaukee, WI 53204

Contact: Call **414-257-7900**

Serves: Adults 

Hours: Mon-Friday 8:30 - 4:30

Walk in hours for initial assessment 8:30 - 2:30

SCREENING AND REFERRAL

INITIAL SCREENING + SEEKING TREATMENT

Granite Hills Hospital

Assessment professionals will work with you to best understand your individual needs and connect you to a program that gets you or your loved one on the right path.

1706 South 68th Street, West Allis, WI 53214

Serves: Age 13+

Contact: Call **414-667-4800**

Mental Health America -Wisconsin Wellness Clinic

Provides counseling and support services for adults, adolescents and children. The clinic is accepting new patients.

3910 West Lisbon Avenue, Milwaukee, WI 53208

Serves: All ages 

Contact: Call **414-276-3122**

Mental Health Emergency Center

County-wide psychiatric Emergency Department offering 24/7/365 crisis mental health assessment, stabilization, treatment, and transition care management.

1525 N. 12th Street, Milwaukee, WI 53205

Serves: All ages

Contact: Call **414-966-3030**

Rogers Behavioral Health

Wisconsin based provider of mental health and addiction treatment. Screening available 24-hours a day, seven days a week.

11101 West Lincoln Avenue, West Allis, WI 53227

Serves: All ages 

Contact: Call **1-800-767-4411**

Wisconsin Children's Craig Yubuki Walk-In

Mental Health Walk-In Clinic provides same-day care for children and teens experiencing urgent mental health issues. The clinic is designed to offer an alternative to traditional urgent care and emergency room services. Families can walk-in or make a reservation online.

8915 West Connell Court, Milwaukee, WI 53266

Serves: Ages 5-18

Contact: Call **414-337-3400**

THERAPY



Who is it for?

Anyone who is looking for support navigating challenges they are facing in their life. Therapy can help with both “big” and “small” problems, and is an excellent resource to help you take care of yourself and strengthen your mental health, *before a crisis*.

Remember: Mental health issues are common. 1 out of every 5 American adults lives with a mental health condition, but only about 40% of people get help.

Untreated mental health issues often get worse and may have other negative effects including: Inability to work or go to school, difficulty in relationships or fulfilling your responsibilities, along with increased risk of health issues, hospitalization, and suicide.

[Source: good therapy.org](https://www.goodtherapy.org)

How does it help?

- Identify relationship goals and set healthy boundaries (at home, work, etc.)
- Process patterns that you feel stuck in
- Navigate grief, loss, trauma, and betrayal
- Build healthy and strong partnerships in marriage and parenting
- Develop self-esteem and self-compassion
- Manage maladaptive (unhealthy/unhelpful) coping mechanisms such as disordered eating or exercising, self-harm, substance misuse, etc.

Benefits

- Development of healthy coping skills
- Increase in communication skills
- Improved sleep quality
- Empowerment
- Improved confidence + productivity
- Happiness and life satisfaction
- Enhanced emotional + physical well-being

[Source: verywellhealth.com](https://www.verywellhealth.com)

Types + Approaches

- Individual
- Family
- Couples
- Group
- Talk Therapy
- Expressive Arts Therapies (Art, Music, Dance/Movement)
- Equine/Animal-Assisted Therapy
- Ecotherapy/Nature Therapy

FINDING A THERAPIST

Through Your Insurance

If you have insurance through your workplace, the [Marketplace](https://www.healthcare.gov/marketplace/) (healthcare.gov), Bagdercare, or Medicare, check with your provider to see what mental health services are included in your plan, if any.

Online

There are multiple search engines that allow you to view mental health providers in your area or available virtually, online. You can narrow the search by selecting your payment preference (your insurance provider, sliding scale, or amount you can pay out of pocket), provider specialties, approaches, and background.



[Psychology Today](#)

[Inclusive Therapists](#)

[TherapyDen](#)

[Open Path](#)

At Low/No Cost to You

Depending on your insurance, your copay to see a therapist could be low, or even \$0.

If you are a student, your school should have a school counselor you can meet with for free throughout the school year.

Some providers who are “self-pay” (meaning that you pay their fee directly) will provide a sliding scale, (meaning that they have a standard rate they charge, but “slide the scale” to offer rates based on clients’ income.) Some providers may also implement a therapy fund, which allows them to offer some slots for free therapy on a needs-based basis.

Some providers who are out of your insurance network may offer to provide you with a “superbill” so you can independently pursue reimbursement from your insurance company, if your plan offers “Out of Network” (OON) benefits.

Some clinics, non-profits, and providers use grants or other funding to provide therapy services to community members for free.

SUPPORT GROUPS



Click the links or call the numbers below to find meetings near you.

[Alcoholics Anonymous: Milwaukee Chapter](#)

AA Support Groups and resources

Serves: Adults ■

Contact: Call **414-771-9119**

[Al-Anon of Southeastern Wisconsin](#)

Offers a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems.

Serves: Adults ■

Contact: Call **414-257-2415**

[GRASP: Grief Recovery After a Substance Passing](#)

Support for those who have lost a loved one to substance use or addiction.

Serves: Adults

Contact: Greenfield Chapter **414-916-4827** or Brookfield Chapter

[Metro Milwaukee Narcotics Anonymous](#)

Offers recovery support from the effects of addiction (not drug specific). 24-Hr Milwaukee Help Line.

Serves: All ages

Contact: Call **1-866-913-3837**

[NAMI Southeast Wisconsin Support Groups](#)

Offers several support groups at various locations and times to best accommodate our community - for individuals living with mental health conditions, family members, parents of children with mental health conditions, survivors of suicide, and more.

Serves: All ages

Contact: Call **1-800-950-NAMI (6264)**

SUPPORT GROUPS CONTINUED



Click the links or call the numbers below to find meetings near you.

[Nar-Anon](#)

Nar-Anon Family Groups deal with the very real and growing problem of addiction and its impact on the family. If someone you love suffers from addiction, come and join us in learning to live a different way.

Serves: Adults

Contact: Access the information via the website linked above

[SMART Recovery Meetings](#)

Free self-empowering mutual support group meetings focused on addictive behaviors, organized and facilitated by trained volunteers.

Serves: Adults

Contact: Use zip code **search** tool via the website linked above

[Tribe Wellness Community](#)


Peer-to-peer support group for teens faced with mental health challenges and/or difficult family dynamics.

Serves: Teens

Contact: **Register** via the website linked above

[Trevor Project - Trevor Space](#)

The world's largest affirming community for LGBTQ young people.

Serves: Age 13-24 

Contact: Access the information via the website linked above

[The Parenting Network-Parent Connections and Parent Cafe Facebook Group](#)

Offering virtual support for parents to share your wisdom, learn from others and come together online to support each other during this challenging time. Now, more than ever, it is important to connect to other parents for encouragement & ideas.

Serves: Families, parents

Contact: Call **414-671-0566** or Access the information via the website linked above

GENERAL RESOURCES

Diverse and Resilient

At Diverse & Resilient, we see a future in which lesbian, gay, bisexual, transgender, and queer people in Wisconsin thrive, living healthy, satisfying lives in safe, supportive communities.

Serves: Adults 

Contact: Call **414-390-0444**

Healthy MKE

Find Mental Health and Substance Use Care Resources For Adults, Children & Families In Milwaukee County

Serves: All ages 

Contact: Access the information via the website linked above

MKE LGBT Community Center

The Milwaukee LGBT Community Center delivers educational, health promotion, and community-building services that meet the needs of LGBT youth, adults, and their allies in the Greater Milwaukee area from its primary facility and other sites.

Serves: All ages 

Contact: Call **414-271-2656**

Shatterproof Treatment Atlas

Atlas is a national resource to help people find addiction treatment that will meet their needs. It offers a source of reliable information for people seeking treatment and for their loved ones, as well as for providers, health insurers, and others interested in understanding the quality of addiction treatment facilities.

Serves: All ages 

Contact: Call **262-409-8434**

GENERAL RESOURCES

[Student and Family Assistance Program: Greendale Schools](#)

[Student and Family Assistance Program: Whitnall Schools](#)


The SFAP, sponsored by the Aurora Student and Family Assistance Program, is 100% confidential and there is no cost to the student or family member for services. The SFAP offers in-person or phone consultations with master's level counselors. Families that use the SFAP can receive (up to) six consultations per issue. Many issues can generally be resolved within the SFAP itself. If other referrals are needed, your SFAP counselor will connect you to community resources and/or insurance-based providers. A parent or legally responsible adult must call to schedule services through the SFAP.

Serves: Greendale and Whitnall School District Families

Contact: Call **1-800-236-3231**

[The Trevor Project](#)



We provide information & support to LGBTQ+ young people 24/7, all year round. Learn and explore with The Trevor Project's resource center

Serves: Age 25 and younger 

Contact: Call **1-866-488-7386** or text START to **6786678**

[Wraparound Milwaukee Resource Guide](#)

For youth and families enrolled in Wraparound Milwaukee. Here you will find a wide range of individual providers reflecting diverse interests, experience, therapeutic knowledge, and languages spoken.

Serves: Youth  

Contact: Call **414-257-7607** or **1-833-912-2468 (TTY: 711)**

[Well Badger Children's Mental & Behavioral Health Resource Navigator](#)

This free, online, anonymous tool is here to help you navigate resources for a child you care about who has mental or behavioral health concerns.

Serves: Youth

Contact: Call **1-800-642-7837**

**Created in collaboration by Greendale Health Department
volunteer workgroups for the Community Health Improvement Plan:**



Hales Corners & Greendale
**COMMUNITY
ALLIANCE**
Reducing substance misuse

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