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MEET KRISTI PAPCKE-BENSON

Tell us about your background.

I grew up on a farm in Deerfield, Wisconsin. I received my Bachelor of Science degree in nursing from Winona State University and my master’s at Marquette University. I’ve been a nurse educator for Madison College for the past twenty years. In total, I have been a nurse for thirty-two years.

Why did you want to be on the Journey board of directors?

I volunteered to be on the board because I hope to make a difference. Journey is an exceptional place and the consumers get awesome care. Mental illness touches the lives of each and every one of us.

As a nurse, do you think there are any particular challenges specific to working with our consumers?

Being paid for services that are provided and integrating primary care with mental health services are some of the challenges. There needs to be more national, state, and county funding. More support needs to be provided to consumers and to their families who are living with mental illness.

As a nursing instructor, do you do anything to encourage new nurses to explore working in the mental health field?

I have class discussions about the effects of mental illness on the individual’s health and wellness. I encourage students to become active in community activities that raise mental health awareness. There is also a course at Madison College titled, “Mental Health and Community Concepts” that covers topics related to the delivery of community and mental health care that I highly recommend.

What are you passionate about?

I am passionate about helping others. I assist my patients and their families with navigating a complex healthcare environment. This includes being a strong patient advocate. Being on the Journey Advocacy committee allows me to use my advocacy skills.

Who inspires you?

The thousands of patients and families I have worked with in my thirty-two years of nursing who cope and have the strength to live with the challenges of both physical and mental health conditions. My faith also gives me much strength.

Finally, I want to thank the entire team at Journey Mental Health Center for giving exceptional care, advocating for consumers, and being so talented and giving.

visit us at www.Journeymhc.org
Journey was awarded a Workforce Development grant from the Wisconsin Department of Health Services to provide cultural competency training to behavioral health professionals in Dane County. The training draws on the 2007 book, “Witnessing Whiteness: First Steps Toward An Antiracist Practice and Culture” by Shelley Tockluk, Ph.D.

There will be another community event later this year. Information about the event will be on our website at http://www.journeymhc.org/

Journey CEO, Lynn Brady, speaking at the “Interrupting Racism: Planting A Seed Of Change Within The Workforce” community event in May 2019.

Journey Receives Three-Year CARF Accreditation

This year, Journey Mental Health Center was given a three year accreditation by CARF (Commission on Accreditation of Rehabilitation Facilities) for all 11 service areas Journey re-applied for! By pursuing and achieving accreditation, Journey has demonstrated that it meets international standards for quality and is committed to pursuing excellence.

This accreditation decision represents the highest level of accreditation that can be given to an organization and shows our organization’s substantial conformance to the CARF standards. An organization receiving a three-year accreditation has put itself through a rigorous peer review process. It has demonstrated to a team of surveyors during an on-site visit its commitment to offering programs and services that are measurable, accountable, and of the highest quality.

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process and continuous improvement services that center on enhancing the lives of persons served. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF International, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.
Beat the Blues Cruise Event

On April 6, 2019, Beat the Blues Cruise had its inaugural race. The mission of the event was to raise awareness about suicide and preventative measures. This was the first annual Beat The Blues Cruise Race. Proceeds from the event benefited Journey Mental Health Center and the National Suicide Text Line. Turnout was great! Journey received $30,000 from this event to help us further our mission! A big thank you to those who donated and/or volunteered. Visit https://www.beatthebluescruise.com/ for more information.

Journey Receives Dream Big Community Impact Award!

Journey was recently chosen as the Dream Big Community Impact Award recipient. This is a Community Impact Award given by the UW as part of the “Hands On! Philanthropy program” sponsored by the University of Wisconsin StartUp Learning Community. This is a very prestigious accomplishment. In addition, the award came with a $750.00 donation made by Legacy Philanthropy Group to Journey.

Team Journey Raises Money While Volunteering

In June, volunteers representing Journey volunteered at Ironman 70.3. Select Specialty Hospital (SSH) chose Journey Mental Health Center as their not-for-profit agency to donate to for 2019. SSH applied for the Ironman Foundation grant on behalf of Journey. The size of the grant Journey received was contingent on the number of people Journey could get to volunteer at Ironman. Andi Galka from Journey’s GROW CCS-West program completed the race.
Meet Nichole Wright

Nichole Wright became Journey’s Director of Clinic Based Services in February of this year. Learn more about Nichole and why she is ‘right’ for this position.

Q: How long have you worked at Journey?
Nichole: 7.5 years

Q: What do you do at Journey?
Nichole: I am the Director of Clinic Based Services and a therapist serving consumers throughout the lifespan with Mental Health and AODA (Alcohol and Other Drug Use) needs.

Q: What do you like best about your job?
Nichole: Working at Journey allows me the opportunity to learn and grow, both as a professional and as a person. I am surrounded by a talented and supportive team that assists me in this growth. The part of my job that I enjoy the most is having a direct impact on shaping the future of Journey. I am passionate about ensuring consumers will have the ability to receive services when they need them.

Q: What are the challenges to your position?
Nichole: Diversifying our funding sources to ensure long term financial sustainability.

Meta Mind Mixer Fundraiser Benefits Journey

On March 28, Spirited Women and Culinary Ladies Collective hosted a dance-party fundraiser at Tempest Oyster Bar. Journey received $4,168.72 from this event!

Q: What drew you to this field?
Nichole: This is a second career for me. I was in the Nutrition and Dietetics field and decided that I wanted to help others in a more personal/therapeutic way and enrolled in a the Clinical Mental Health Counseling program at Winona State University.

Q: What do you do when not working?
Nichole: I enjoy spending time with my 2 year old daughter and husband, biking, running, gardening, baking and eating all the good food Madison has to offer.

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A letter from our Director of Development

Thank you for your support of Journey Mental Health Center and your interest in this very important topic. As you know, Journey is improving lives, preserving families, and enhancing communities by offering care for mental health issues and drug addiction to almost 12,000 people in Dane and Columbia County. This care is unique in that in one organization; Journey, has the depth of expertise and breadth of experience to serve a consumer and their family along the entire recovery journey.

As the Director of Development at Journey, I am charged with helping to engage and educate the community on the impact Journey makes in our world and the importance of serving the population that we do. As someone with a personal connection to both mental illness and drug addiction, I am passionate and devoted to this cause. But, even if you don’t have a personal connection to our mission, the statistics regarding mental health and drug addiction may be enough to sway the most cynical towards wanting to help address this societal ill:

- The burden of mental illness in the United States is among the highest of all diseases, and mental disorders are among the most common causes of disability
- 1 in 17 Americas live with serious mental illness
- 28,000 Wisconsin youth have a drug or alcohol addiction
- 49% of people who feel they have suffered have not sought treatment
- 1 in 5 college students have contemplated suicide

Left untreated, mental illness and co-occurring substance use disorders can have a devastating impact on individuals, family members and friends, in neighborhoods, and our overall communities. The impact ranges from broken family relationships, increased chance for poverty and homelessness, to excessive drug and alcohol usage, crime and jail. Truly, there is no health without mental health, and we are all entitled to it!

Journey provides hope and a path to health, wellness and recovery and has been since 1948. All of our programs are designed to encourage consumers to develop their overall wellbeing and lead meaningful, productive lives. Journey is a mental health safety net for thousands in southern Wisconsin and a trusted partner to the county as the behavioral health center with the level of expertise necessary to address the needs of those who need the most help and have the least resources.

Many are surprised to find out that we are a privately held 501(c)3 operating on razor-thin margins. Recent cuts to county, state, and federal funding along with an increased need for services have stressed our programs and our ability to continue serving those who are most vulnerable. We need your help! Please aid us in our mission to continue serving Wisconsinites for another 70 years by donating to this worthy cause by visiting journeymhc.org/donate or contact me, Dori Botts at dori.botts@journeymhc.org to find out additional ways you can support this mission. I look forward to connecting with you and thank you for your support and generosity.

Sincerely,

Dori Botts
Director of Development

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