



## Board Member Spotlight

### 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.

