



A Weekly Update
For The Employees of
North Central Health Care



"The Doctor Is In!!"
- Submitted by Jessica Meadows

NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

Sober Living

Those who struggle with addictions need a variety of supports. North Central Health Care strives to provide a full spectrum of care for individuals who experience substance use challenges. That is why we've been developing sober living options for our community. Sober living houses act as an extension of treatment services, offering individuals the ability to stay in a safe and supportive house that is focused on helping individuals in recovery take the next step on their journey. NCHC is lucky to have one sober living environment in our spectrum currently.

Hope House, a project of Community Corner Clubhouse, operates out of the former Clubhouse building on Wausau's west side and provides supportive spaces for individuals who are Clubhouse members and also participating in Comprehensive Community Services. Hope House has the ability to have five people at a time, and continues to provide a beneficial service to Clubhouse members.

Due to the increase in substance use in our counties, the demand for sober living continues to grow for our region. As such, NCHC has been exploring many models of sober living best suited to the communities we serve. Starting in Langlade County, we hope to create sober living environments in each county, which would further expand our ability to assist those who are actively engaged in our substance abuse treatment services. These houses would have a recovery mentor on site and the participants would be required to be actively engaged in their individualized treatment plans. This expansion of services is an exciting new opportunity for staff and patients of NCHC, and would help us to continue to provide a full spectrum of services for those in our community. This week the Retained County Authority Committee and North Central Health Care Board approved a program proposal to start our project in Langlade County. This proposal and the necessary funding support is now going to the Langlade County Finance Committee and County Board for approval. If approved, planning will commence with the goal of opening in early 2020.

We are tasked with ensuring that our patients have the best possible care and the most opportunity we can give them. Sober living environments are another way that NCHC is able to support the excellent treatment we provide while also giving patients the step up they need to be successful. We hope to report good news soon as this project and others develop.

Make it a great day,

ADMINISTRATOR ON-CALL
x4488 or 715.848.4488

In the event of Phone System Outage, reference the O:drive "On-Call Information Folder" for Schedule and Cell Phone #'s.

**Monday, March 4 –
Sunday, March 10**

Michael Loy



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Person-Centered
Shout out

**Jordan Faber,
Dietary Aide**

Why: Being a great trainer!

Submitted By:
Avalon Prah





PHOTO OF THE WEEK

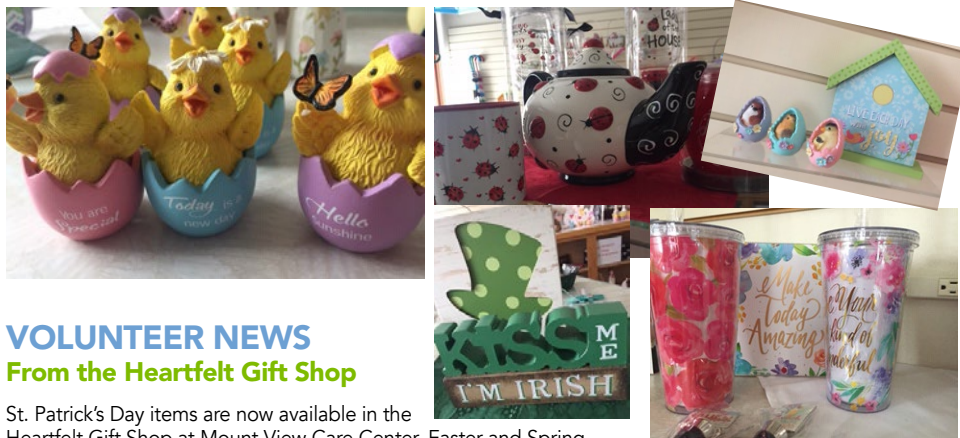


THE DOCTOR IS IN
Dr. Dileep Borra, Psychiatrist

This last week Outpatient Psychiatrist Dr. Dileep Borra was the featured doctor on WSAW TV7's The Doctor Is In. He talked about social media and mental health.

You can catch the full interview online at <http://bit.ly/2UgNop4> or NCHC's social media pages. Great job Dr. Borra!

Catch Dr. Borra next month on "The Doctor Is In" as he discusses the differences between psychiatry and psychotherapy, which are often confused and part of an important conversation for those seeking treatment. Dr. Borra will be a regular monthly guest on the segment for all of 2019!



VOLUNTEER NEWS
From the Heartfelt Gift Shop

St. Patrick's Day items are now available in the Heartfelt Gift Shop at Mount View Care Center. Easter and Spring are also available. Come see our Ladybug-themed items and THINK SPRING!

Submit A Great Photo From Your Week!

Submit your photo and description to: Email: jmeadows@norcen.org or Text: 715.370.1547. Please indicate Photo of the Week and include your name, who/what/where of the photo and why you are submitting.

Please remember! To protect the privacy of our patients, clients and residents, photos are not to be taken of any of those we serve without written permission.



WHAT'S UP ALVIN?
Adventure of a Therapy Dog

This week Alvin continued his orientation to NCHC with a visit to Community Corner Club-house. Be sure to follow Alvin and his adventures on Facebook!



"We would like to thank Michael Loy and NCHC for the pizza delivered to the Maintenance and Grounds guys in appreciation for their many hours of snow removal."

- Terry Kaiser, Facilities & Capital Management - Assistant Director



MARK YOUR CALENDARS! EMPLOYEE UPDATES BEGIN MONDAY, MARCH 18

2019 – 1ST QUARTER EMPLOYEE UPDATES

All employees should make arrangements to attend one of the following sessions.

NEW SCHEDULE!

- MON, MAR 18 WAUSAU CAMPUS**
3:30 pm Theater
9:00 pm MVCC 1st Flr.
Dining Room
- TUES, MAR 19 WAUSAU CAMPUS**
3:30 pm Theater
- WEDS, MAR 20 WAUSAU CAMPUS**
6:15 am Theater
MERRILL CENTER
12:00 pm
- MON, MAR 25 WAUSAU CAMPUS**
12:00 Noon Theater
ANTIGO CENTER
3:00 pm

**BE SURE TO REGISTER IN
HEALTHSTREAM**

MARCH IS NATIONAL SOCIAL WORK MONTH



SOCIAL WORKERS leaders. advocates. champions.

Every day, the North Central Health Care's social work professionals act as advocates, champions and leaders who make our communities a better place to live and our programs better places to receive services. NCHC employs social work professionals in a variety of areas throughout our organization, with several different job titles and duties.

National Professional Social Work Month is an opportunity for our organization to turn the spotlight on the profession and highlight the important contributions these important professionals make to society.

THANK YOU TO ALL THE SOCIAL WORK PROFESSIONALS AT NCHC!



North Central Health Care
Person centered. Outcome focused.

Oh, BABY!



Do you have a birth announcement you want to share with our NCHC Family? Send your announcement and picture (if desired) to your manager for sharing in the News You Can Use. Monthly, we will include all the newest members of our NCHC family. Be sure to include: Employee's Name, Department, any other family member names (spouse, partner, siblings) and the name and birth date of your little one. We love photos, too, but we respect your privacy, so share what you wish, if you wish!



Ilias Matthew Deets was born 2/19/19 at 10:33am to Mom Jen and Matthew Deets of Community Treatment. Pronounced (ee-lie-iss). Ilias was 6lb, 10oz. and 19.5". Ilias and Jenn are both doing exceptional and sisters love their new baby brother as well.



Nicole Voitula, Community Treatment Youth Service Facilitator, her husband Chris, and their new arrival Lorelei Shae Marie, born at 12:38am on 1/23/19, weighing 6 lbs 11 oz. This new little family is doing well!



HAPPY ANNIVERSARY

MARCH EMPLOYEE ANNIVERSARIES

Thank you for your service!



Position Posting

Title: Crisis Professional

Status: Full Time

Location: Crisis Services

Apply Online:

<http://bit.ly/2T7Jgvl>

Provide crisis intervention, crisis counseling for individuals and families, referral and short-term follow-up, and collaborative community consultation, and education. Perform crisis line risk assessments to evaluate and triage to the most appropriate treatment setting.

Two 0.8 FTE (64 hours per pay period)
PM Shift and working every other weekend

One 0.8 FTE (64 hours per pay period)
Night Shift and working every other weekend

Education & Experience Requirement

Minimum Education

Bachelor's Degree in Human Services, Psychology, or nursing related field earned from an accredited four year college or university;

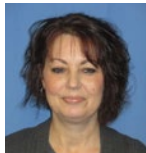
- MICHELLE HAZUKA03/02
- MOLLY HEARLEY03/03
- LISA MURKOWSKI03/03
- JANELL STELZL03/04
- KAYLA ERDMAN03/05
- DEBRA IVACIC03/05
- MARK MARTELLO03/05
- SHAWNA OSTERBERG03/05
- BREANNA PAGEL03/05
- ANGELA PARKER-JENSEN03/05
- JULIE RASMUSSEN03/05
- MOLLY SANDERS03/05
- PAMELA HARPER03/06
- KEEGAN ZYDUCK03/06
- JANE HEIN03/07
- CASANDRA LIPKE03/07
- BLANCA MEDINA-MORALES ..03/07
- MARY OEHMICHEN03/07
- DAWN RUSTICK03/07
- CHAD ADAMS03/08
- KATIE KRETSCHMER03/09
- MICHELLE CARR03/10
- SUSAN GLODOSKI03/10
- VICTOR IJOMAH03/10
- KATHLEEN STEPHENSON03/10
- JOHN WARD03/10
- JAMIE HEIL03/12
- LINDSEY KING03/12

- DEBORA OSOWSKI03/12
- JUDY FUMUSO03/16
- JAYNE REKOWSKI03/16
- JESSICA SCHREIBER03/16
- BRUCE CALLAHAN03/18
- ALEX DERFUS03/20
- MARJORIE DOUCETTE03/20
- JORDAN IMOEHL03/20
- JONATHAN PHELPS03/20
- KAREN BENDER03/23
- BRIAN GROSSKREUTZ03/23
- CINDY FRANKLIN03/24
- PATRICIA LUCORE03/24
- DANA FREDRICKSON03/26
- JENNIFER GRUNA03/26
- KAITLIN LEE03/26
- GLADYS LIM03/26
- LAURA LOR03/26
- JILL SCHULZ03/26
- MANDY SIKORSKI03/26
- JENNIFER STAEVEN03/26
- JODI TESSMER03/26
- PATRICIA ZIEGEL03/26
- JENNIFER HEARN03/28
- BRENDA TRUMBLE03/28
- MADELINE GRUENEBERG03/31
- CAMI PESTER03/31

EMPLOYEES ON THE MOVE

Congratulations on Your Recent Promotion or Transfer!

Leigh Miller recently transferred from Housekeeping to CNA in Post Acute Care. Congrats Leigh!



Rebecca Killian recently transferred from Residential Care Assistant to Crisis Services as a Crisis Professional. Congrats Rebecca!



Chris Bleck has been promoted to Human Resources Director from the Manager position. Congrats Chris!



Erica Lemmer recently transferred from Lakeview Heights Hospitality Assistant to a CNA on Lake View Heights. Congrats Erica!



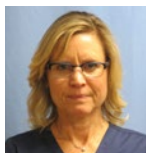
Gerald Krueger recently transferred from Residential Care Assistant to Crisis Services as a Crisis Tech. Congrats Gerald!



Judy Rannow has been promoted to Organizational Development Director from the Manager position. Congrats Judy!



Lisa Peterson recently transferred from Lakeview Heights Hospitality Assistant to a CNA on Lake View Heights. Congrats Lisa!



Jessica Meadows has been promoted to Marketing & Communications Director from the Manager position. Congrats Jessica!





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February 2019 Employees of the Month ADULT PROTECTIVE SERVICES TEAM



Congratulations to the entire Adult Protective Services team for being honored with the February 2019 Employees of the Month. Recently, a local nursing announced their closure. With just a few days to relocate 28 residents, the entire Adult Protective Services team pulled together and successfully relocated all the residents. They conducted themselves with professionalism, integrity, dignity and the highest level of service excellence. The residents that moved to MVCC are happy and commented positively on their transition.

Congratulations Adult Protective Services Team!



Brenda Christian Jennifer Thompson Valerie Paquette
Cheryl Martino Jessica Aderman Baily Phillips

"The entire Adult Protective Services team handled this situation with professionalism and did whatever they could to make it happen."



MULTI-FUNCTION PRINTER SUPPLIES

What Do I Do With the Empty Toner and Waste Cartridges?

This has been a frequent question lately. If you have a multi-function printer in your area and it has a full Waste Toner Cartridge, **DO NOT THROW IT AWAY!** The used Waste Toner Cartridge can be placed in a plastic bag and Marco Copiers can be contacted to come and empty cartridge. The empty cartridge is your replacement. These cartridges are not recyclable, disposable and are meant to use over and over. For regular empty Toner Cartridges, you can continue to recycle those by placing them in the box from the new cartridge and follow the recycling instructions. Questions? Call Marco at the number on your printer's sticker right on the front!

SAFETY SNIP-ITS

Use that Oil Dri!

For your own safety, please use extra caution in this weather walking in the parking lot and entering the buildings. Ice is very slippery and seems to catch you when you least expect it. Walk slow and use Oil Dri. We have had an increase in falls and slips recently. Spring can't come soon enough.



Need Oil Dri?

You can get a refill off Oil Dri on the Wausau Campus by visiting the Main Entrance at the yellow flag, Mount View Main Entrance at the purple flag, the Lab or the Purchasing Entrance at Door 38. All employees can request more Oil Dri by contacting Mike Brundidge, Safety and Environmental Coordinator at x4559. He will make sure to get some delivered to you, where ever you are!





Aspirus First Steps ACP Facilitator Training

Honoring Choices: Advance Care Planning

Tuesday, April 2nd, 2019

9 am – 3 pm

Aspirus Wausau Hospital Medallion Room B

How to get started:

- ✦ Sign Up
- ✦ Complete the on-line modules

To register, please RSVP: 715.847.2000 Extension 51978 or heidi.kraege@aspirus.org

Lunch will be served—Dessert too!



HOPE starts here

Wisconsin Addiction Recovery
Helpline

Call: 211 or 833-944-4673

Text: Your ZIP code to 898211

Go to: AddictionHelpWI.org

free and confidential

A service of 211 Wisconsin and the Wisconsin Department of Health Services.

P-02348 (02/2019)



Marathon County Crime Stoppers Inc.

Click [here](#) for this week's Crime of the Week.

<http://marathoncounty.crimestoppers-web.com/crimeoftheweek.aspx>



PLEASE JOIN US AS WE DISCUSS THE MENTAL HEALTH & WELLNESS WITHIN OUR COMMUNITY WITH LOCAL PHYSICIANS & HEALTH CARE PROVIDERS

Presented by Central Wisconsin Hmong Professionals Group

Mental health and wellness include emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Also correlating to Health care, the maintenance or improvement of health via the prevention, diagnosis, and treatment of disease, illness, injury, and other physical and mental impairments in human beings. Light appetizers provided.

Wednesday, March 13, 2019 5:30 PM – 7:30 PM CDT

Aspirus Wausau Hospital • 333 Pine Ridge Blvd • Wausau, WI 54401

Tickets: <https://www.eventbrite.com/e/mental-health-wellness-tickets-48594798350>



Northern Region Foster Care Workshop Trends in Addiction

This workshop provides attendees with current information on drug trends, an understanding of addiction and its effects on wellness as a whole, pathways to recovery and treatment options, and will also provide an overdose prevention training. This workshop is intended for foster parents, social workers and social services providers who work in foster care.

SESSION TOPICS:

Old Drugs, New Threats

Melissa Moore, Substance Abuse Prevention at Marathon County Health Dept and Garrett Carr, Community Resource Officer at Wausau Police Dept

This session will provide an overview of addiction as a chronic disease, types of substances of abuse, and emerging trends in substance use and trafficking.

Lunch Session: Overdose Prevention Training

Jordan Schellin, Prevention Specialist at AIDS Resource Center of WI

This training will provide the skills needed to recognize signs of a possible overdose and administration of life saving measures. Attendees who complete this training will be provided two doses of Narcan.

Physiology of Addiction

Dr. Jonathon Snider, Licensed Clinical Psychologist at North Central Health Care

This session will provide a greater understanding of the addicted brain and the toll addiction has on all facets of wellness.

Pathways to Recovery

Daniel Shine, Manager of Lakeside Recovery and Clinical On-Call Manager of Behavioral Health Services at North Central Health Care & Kristine Zelechowski, Clinic Director at Wausau Comprehensive Treatment Center

This session will explain pathways to recovery, provide an overview of treatment options, and discuss the role of medication assisted treatment in recovery.

Tuesday, March 5, 2019

9:00 a.m. - 3:00 p.m.

NTC Wausau Campus - Center for Health Sciences

NTC Medford Campus

NTC Antigo Campus

NTC Phillips Campus

NTC Spencer Campus

COST:

\$20 - Foster Parents (no CEUs)

\$35 - 5.5 CEUs

GET STARTED TODAY

To register, visit bit.ly/fostercare2019



QUESTIONS? Contact Continuing Education at 715.803.1301 or ce@ntc.edu

Northcentral Technical College does not discriminate on the basis of race, color, national origin, sex, disability or age in employment, admissions or its programs or activities. The following person has been designated to handle inquiries regarding the College's nondiscrimination policies: Equal Opportunity Officer, Northcentral Technical College, 1000 W. Campus Drive, Wausau, WI 54401. Phone: 715.803.1057

www.ntc.edu



How Depressed Are They? Assessment of Depression and Suicidal Ideation

FRIDAY, APRIL 5, 2019

This advanced program highlights the latest information in the diagnosis and treatment of mental disorders and the newest research areas in clinical psychiatry.

Who Should Attend?

This event is for psychiatrists, psychologists, residents, nurses, medical students, social workers, and other mental health professionals.

OBJECTIVES – Participants will learn how to:

1. Utilize a systemic approach to suicide assessment
2. Understand and describe the roadblocks to uncovering a client's true suicidal intent and his or her method of choice for suicide
3. Describe and utilize seven validity techniques for uncovering both suicidal ideation and the types of sensitive and taboo topics that trigger such ideation
4. Flexibly and sensitively utilize those validity techniques for eliciting suicidal ideation using the CASE Approach, with an emphasis on spotting clients with immediate and imminent risk of suicide

MORNING SESSION:

Featuring Dr. Shawn Shea

Author of *The Practical Art of Suicide Assessment*

**The Delicate Art of Uncovering Suicidal Ideation and Intent:
The Chronological Assessment of Suicide Events
(CASE Approach)**

Dr. Shea is an internationally acclaimed workshop leader and innovator in the fields of suicide prevention, clinical interviewing, and creating resiliency having given over 850 presentations worldwide.

AFTERNOON SESSION

Six Speakers Cover the Following Topics:

- » Zero Suicide Initiative at North Central Health Care
- » Interpersonal Approach to Causality of Suicide
- » EMDR Approach to Depression and Suicidal Ideation
- » Coping with Suicide: How a System of Practice Could Help
- » More Than Just Moody? Addressing Depression and Suicidality in Youth
- » Secondary Mood Disorders

Admission \$75

(Fee waived for MCW & Aspirus Medical Students/Residents)

Includes Continental Breakfast, Lunch, Snacks and 6.5 CME Credits

We are unable to offer Vegan/Kosher/Gluten Free Options

Presented through a partnership between the Medical College of Wisconsin and North Central Health Care



Friday, April 5, 2019

8:15 am – 4:30 pm

7:30 am Check-In & Continental Breakfast

North Central Health Care, Wausau Campus Theater - 1100 Lake View Drive

REGISTER ONLINE BY MARCH 27 at www.norcen.org/CME

Questions? Contact Linda at 715.870.0906



ACCME Accreditation Statement:

The Medical College of Wisconsin is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education to physicians.

AMA Credit Designation Statement: The Medical College of Wisconsin designates this live activity a maximum of 6.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Hours of Participation: The Medical College of Wisconsin designates this activity for up to 6.5 hours of participation for continuing education for Allied Health professionals.

Psychology CE Credit Statement: The Medical College of Wisconsin is approved by the American Psychological Association to sponsor continuing education for psychologists. The Medical College of Wisconsin maintains responsibility for this program and its content.

In accordance with the ACCME policy on relevant financial disclosure, all planners were asked to reveal any relevant financial relationships. Drs. Chan, Krall, Cipriano, and Pat LuCore (RN), have nothing to disclose.

This activity contains content or processes that may be potentially stressful.



WHAT'S 4 LUNCH?

WAUSAU CAMPUS CAFETERIA

Cafeteria Hours: Open 7am – 5:30 pm

A Cashier is on duty from 9:00am – 10:00am , 10:30am – 1:30pm.
When a cashier is off duty, an honor system is used for food purchases.

Serving Soup, Salad and Lunch Entrée Option Monday – Friday.

All hot sandwiches, hot foods and cold bar items are \$.35/ounce.

Soup: \$1.25 Cup | \$2.00 Bowl



MARCH 3 – 8, 2019

MON 3/3 Tomato Vegetable Soup
BBQ Chicken Flatbread Pizza
Hungarian Goulash
Egg Noodles
Cauliflower
Peanut Cake

TUES 3/4..... Navy Bean Soup
Past a Bar: Marinara, Alfredo, Meatballs and Chicken
Breaded Pork Chop
Mashed Potatoes
Rutabagas
Applesauce

WED 3/5 Texas Tomato Soup
Nachos Supreme
Poor Man's Lobster
Creamy Hashbrowns
Mixed Vegetables
Rhubarb Torte

THUR 3/6..... Turkey Noodle Soup
Fish on a Kaiser
Oven Fried Chicken
Mashed Potatoes
California Blend Vegetables
Chocolate Revel Bar

FRI 3/7 Corn Chowder
Reuben
Broccoli Cheese Bake
Fried Potatoes
Warm Fruit Compote
Sugar Cookie



Hey, you!
NCHC employee...

Do YOU know someone who is as awesome as YOU?


Text "Refer" to **715.598.3663** and you are eligible for a referral bonus when they join our team!

When we get your text, HR will take it from there. What are you waiting for?!

Refer and earn a \$500 Referral BONUS!!



Marathon County
Employees Credit Union



Looking Back...

I Should Have Borrowed From the Credit Union

Looking back, it's easy to see that you made a bad deal financing your car anywhere but the credit union.

It's not too late to get out of reverse and drive forward. Talk to a loan officer about refinancing that loan.

We may be able to save you hundreds of dollars.

See MCECU for all your financial needs!

We are here to serve you and your family.

www.mcecu.org • 715 261-7680

400 East Thomas Street • Wausau, WI 54403



NEWS, UPDATES, LINKS, STORIES, PHOTOS, VIDEOS!

GET SOCIAL! #IamNCHC