

Milwaukee CCS Empowerment Edition

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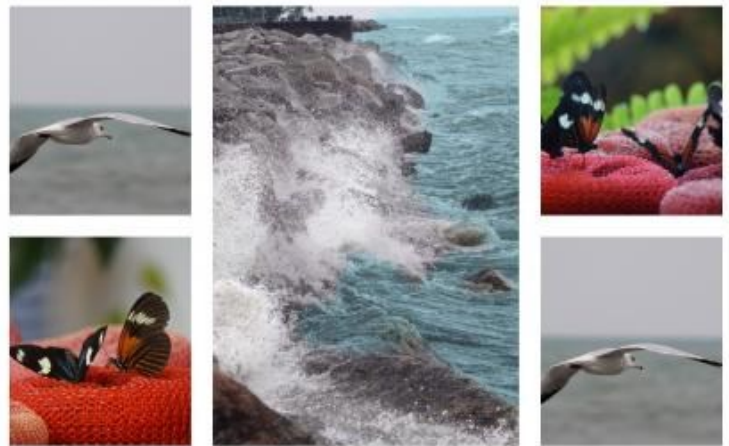
Milwaukee County Comprehensive Community Services

Consumer Success Story

INTRODUCING: Alice

Alice has been in the youth CCS program for about 1 year and is excited to be a part of the program. Alice says that her life has gotten so much better since being in the program. The services that Alice uses are Care Coordination and Equine Therapy. She also has a Recovery Coach and a Certified Peer Support Specialist. Alice has built a good rapport with her Care Coordinator. She says that her Care Coordinator helps her to feel organized with her appointments and services and she likes that. Alice loves equine therapy and communicating with the horses because she feels it has helped her with her social skills and anxiety. Alice is using her Recovery Coach to assist in enrolling in school. He will also be assisting her with creating a budget and money management in the future. She says that the Recovery Coach makes her feel very comfortable and she enjoys meeting with him. Alice has been seeing her Certified Peer Specialist (CPS) for about 1 year. The two have been on many adventures together, including the Milwaukee Public Museum and the lakefront.

Alice has a passion for photography and takes many pictures during her various appointments as it helps to lower her anxiety. Alice says that her CPS is really easy to talk to and she loves the places they go because it brings peace to her mind. Alice hopes to get her certificate in cosmetology and work in a hair salon one day.



Photos by Alice

Recovery Advisory Committee (RAC)

The Milwaukee County CCS Recovery Advisory Committee (RAC) is looking for a few great volunteers! The RAC is a group of consumers, providers and advocates who help drive important decisions about the direction of CCS. Committee members ensure the quality of programming, and give important feedback about services, providers and ways we can improve the CCS program.

If you would like to join the Milwaukee County CCS Recovery Advisory Committee, contact committee chair Tamara Layne: tamara.layne@milwaukeecountywi.gov or at 414.257-5226.

Comprehensive Community Services (CCS)

CCS is a wonderful program in Milwaukee County designed to help adults and children living with mental health disorders, substance use disorders, or both. By accessing a wide array of unique services, people who enroll in CCS have the opportunity to recover from their conditions and attain the a life that is meaningful to them. Are you interested in learning more about CCS to see if it is a good fit for you? We would love to hear from you!

Call our Milwaukee County CCS inquiry line at 414.257.6060 (adult) or 414-257-7607 (youth).

Service Spotlight: Wellness Management and Recovery Support Services

Picture this: you are in the country, on a horse ranch, with trees, flowers, and wildlife around you. You are surrounded by horses and many other animals, including donkeys, cats, dogs, chickens, and ducks. The fresh air and sun surround you. You may feel the wind brush across your cheek. Does this feel peaceful, relaxing, centering? Does this sound like somewhere you could be for a few hours to help you move forward in your recovery journey? If so, please read on about the service by Honey Creek Counseling and Recovery Services that is available to CCS consumers.

Honey Creek was established about 10 years ago in partnership with Willow Creek Wellness but joined the CCS network in the fall of 2016. Honey Creek provides Equine (horse) therapy, which is solution focused, to individuals with mental health and/or substance abuse concerns who want to further their recovery journey. There are outdoor areas that are used for sessions and an indoor arena is in the process of being built. **Thirteen horses live on the ranch but only nine of them are used in the mental health therapy. The other four horses are used for occupational therapy.** The horses all different in sizes, colors, and even personality traits. Therapists, along with Equine Specialists work together in a team with individuals and horses using the Equine Assisted Growth and Learning Association (EAGLA) method to help individuals recover from trauma or help them develop coping skills to deal with symptoms they are experiencing. This non-traditional therapy approach allows individuals to be on an even playing field as the horses are considered a partner in their treatment. Individuals are allowed to name the horses and many do name them after emotions they are struggling with. The individual takes the lead in developing a relationship with the horse. The horse will respond to an individual's approach and will react according to their comfort level. The individual is able to problem solve based on how this relationship is developing as horses react and express many of the same emotions that humans do. The approach is safety based, and allows individuals to build trust and rapport, foster communication, challenge expectations, and feel empowered which is key to recovery and growth. Owner of Honey Creek, Mary Harvey, stated if there was anything she wants people to know about the service is that "this therapy helps people foster reconnection, a sense of belonging, and allows people to tell their own story, in their own way, and in their own time.



So, one might ask, how do I start? Join CCS! Or If already enrolled, talk with your Care Coordinator about adding this service to your Recovery Plan. Once it is added, you will attend your first appointment, likely with your Care Coordinator, for about 1.5 hours. During the initial visit, you complete paperwork and learn about the EAGLA method. More importantly you meet the horses and begin your journey at your own pace!

