

*Crisis Prevention Summit 2024*

Collaborative  
**Stabilization  
Coalition**



OF GREATER DANE COUNTY

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Register**

Alliant Energy Center  
Exhibition Hall  
Madison, WI

Thursday, March 21, 2024  
8:30 AM – 4:00 PM

Free Event with Complimentary Parking and Lunch

# AGENDA



Alliant Energy Center • Exhibition Hall • Madison, WI  
Thursday, March 21, 2024 • 8:30 AM – 4:00 PM  
Complimentary Parking and Lunch

## 8:30 AM – 9:00 AM Summit Registration Check In

## 9:00 AM – 9:45 AM Morning Keynote: Moving Towards the Storm: Creating Meaning, Mastery, and Resilience Through Our Care Presenter: Kay Adams

In this keynote address, Kay Adams will help us explore ways of creating meaning, mastery, and resilience through our work in the world. Kay will weave stories from her own professional journey to help us understand and reflect on the value that we each bring to our clients and communities, and how the care we provide can profoundly transform not just the lives of those we serve, but our own lives, as well.

## 9:45 AM – 10:00 AM Summit Welcome Presenter: Joe Parisi – Dane County Executive

## 10:00 AM – 10:10 AM Collaborative Stabilization Coalition (CSC) Update Presenters: Monica Bear & Beth Freeman

## 10:10 AM – 10:35 AM Networking Activity: Human Bingo Human Bingo is an interactive networking activity. Get to know those around you in a BINGO-style game that includes fun facts about individuals, with prizes to be won. Complete a vertical, horizontal, or diagonal line to achieve a BINGO and access prizes.

## 10:35 AM – 10:45 AM Break

## 10:45 AM – 12:15 PM Morning Breakout Sessions

### DEM: Why We Do the Things We Do: Finding Joy and Satisfaction Amongst

## the Challenges of Dementia Care Presenter: Kay Adams

This highly interactive workshop will examine the relationship between dementia care and improvisational comedy. It will explore improv techniques that can be applied in fun and effective ways when working with people living with dementia, and increase the overall compassion satisfaction of care providers in the process.

## DEM: Understanding Causes of Dementia and Strategies for Responding to Behavioral Challenges

Causes of dementia are complex and attributed to many underlying diseases. These diseases produce many consequences, including changes in behavior such as agitation or aggression that can present unique challenges for care. These behaviors are actually core symptoms of underlying disease and nearly everyone who experiences dementia will experience them to some degree. This presentation will briefly summarize causes of dementia; and provide an overview of the causes of behavioral challenges and research backed strategies to respond to these challenges proactively; as well as in the context of crisis.

## IDD: IDD Perspectives: Stories and Strategies for Thriving Through Adversity Presenters: Joe Aguilar, Monica Bear, Patrick Sharp and Friends

Presenters will share two real-life stories of adults with IDD who came through a period of behavioral crisis to create a better life for themselves. The session will share specific strategies they and the people who support them used to move from crisis to stabilization and ultimately a richer, fuller life.

## IDD & DEM: Health Issues Causing Crisis? What to Look For, What to Do Presenter: Sherry Schultz

Many individuals with intellectual and developmental disabilities or memory impairments have difficulty understanding their pain/discomfort or telling others about it. Their lives can be greatly improved when pain/discomfort and its causes are discovered. This

session will help raise your awareness about sources of pain/discomfort that may negatively affect people you care for.

The session will include:

- Causes of pain and discomfort
- Behavior clues individuals may give to show they are having discomfort or pain
- Practical ways to help relieve pain
- What to share with medical professionals when seeking care
- Ways to try to prevent individuals from experiencing pain related to recurring health conditions

## IDD & DEM: Risk of Crisis Due to Social Isolation and Depression Presenters: Ellen Merker and Kathleen Pater

Why might persons with an Intellectual Developmental Disability (IDD) and/or dementia who experience social isolation and/or depression be at risk of becoming de-stabilized? How does feeling, sad, alone, lonely or not being around others on a regular basis impact these individuals and why might they end up expressing challenging communications or behaviors putting them at risk of a crisis? In this session, Kathleen Pater, LCSW and Mental Health Resource Specialist with NewBridge ( <https://www.newbridgemadison.org/mental-health-resources> ) and Ellen Merker, M.S., LPC and Founding Director of Heart Consulting ( <https://www.heartconsultingllc.org/> ) will look at these very questions. At the end of this session you will have a better understanding of the impact of depression and social isolation on behaviors, why it is important to recognize the signs that someone may be feeling depressed or socially isolated and how doing so may help reduce the likelihood of someone with IDD or dementia becoming dysregulated.

## 12:15 PM – 1:15 PM Lunch

At 1:00 PM, Join Astra Iheukumere, Interim Director, Dane County Dept. of Human Services, to Recognize Crisis Prevention Cohort Members

Through grant funding from the American Rescue Plan Act (ARPA) and the WI Department of Human Services, the Collaborative Stabilization Coalition of Greater Dane County (CSC) is partnering with community organizations to offer monthly learning opportunities and mentorship from local experts in IDD, dementia and behavioral health to care providers serving individuals with dementia or IDD

# AGENDA (CONTINUED)



Registration Link: [https://uwmadison.co1.qualtrics.com/jfe/form/SV\\_23NgghrpOMDUbae](https://uwmadison.co1.qualtrics.com/jfe/form/SV_23NgghrpOMDUbae)

around crisis prevention strategies and crisis response resources. At the conclusion of the yearlong mentoring series in Sept. 2024, the cohort of providers will serve as crisis prevention specialists and best practice leaders in crisis prevention strategies and resources in their agencies and the community. The cohort is mid-way through a yearlong series of learning, and we want to recognize them for their commitment to learning and leadership in crisis prevention.

## 1:15 PM – 2:00 PM

### Afternoon Keynote: From Crisis to Calm: How to Use Relationships, Teamwork, and Bodywork to Keep Everyone Happy, Calm and Living Well

Presenter: Nanette Negri

At times, individuals with complex needs experience struggles that become so big they create crises for themselves and those who support them. Hear and experience how teams have worked together to integrate the passions and interests of their clients with mindfulness and self-regulation practices. Learn how you can avoid and get through crises while creating a fun and fulfilling life for everyone. Bring an open mind and be ready to practice!

## 2:00 PM – 2:15 PM

### Break

## 2:15 PM – 3:45 PM

### Afternoon Breakout Sessions

#### DEM: Reducing Stress in a Crisis

Presenters: Leslie Fox, Hannah Flanagan, Michelle Hanson, and Joy Schmidt

We recognize that crisis situations will occur. Being prepared for these crises is a key component in determining how effective our response will be. In this session we will acknowledge the importance of connecting with the client and caregiver to help them feel heard and understood. You will learn techniques that will help reduce stress during and after a crisis. This breakout will be interactive, so please bring situations and ideas for discussion. From these, we will talk about how pre-planning and practice can help you and your team to respond effectively when it becomes neces-

sary. You will receive information about what is needed for first responders, what you can expect from them and what will be expected from you.

#### DEM: How to Have Difficult Conversations Presenters: Sherrie Szombathelyi, Jacob Ungerer and an SSM Health Clinical Neuropsychologist

Dementia and memory impairment can create roadblocks to effective communication. In this session, a Clinical Neuropsychologist from SSM Health, Officer Jacob Ungerer from the Middleton Police Department and Sherrie Szombathelyi, Dementia Specialist will discuss strategies on successfully navigating some of the most common challenging conversations. Topics discussed will include decision-making, medication management, when to stop driving, firearm safety, and navigating family dynamics to be in a better position to support someone living with dementia or memory impairment.

#### IDD: Strategies to Avoid Online Induced Crisis

Presenter: Ellen Merker

Connection can be a major factor in reducing isolation, anxiety, and depression for many neurodivergent kids, teens and adults. Many teens and adults with developmental disabilities turn to the internet for these connections, which can be beneficial in many ways but also comes with risks. In this session, we will be discussing:

- Mental health impacts of loneliness and isolation and the importance of connection, including the importance of online communities, in reducing loneliness and isolation of teens and adults with IDD
- How to teach teens and adults about safe ways to connect, whether it is online or in person
- Why and how to avoid behavioral approaches to unsafe or risky online behavior, and alternatives that can be more effective in reducing harm
- How to watch for and respond to signs of unhealthy online relationships, grooming, and trafficking

#### IDD: Going Deeper: Practical Relationship, Teamwork, and Bodywork Strategies

Presenter: Nanette Negri

This breakout session offers more activities and the opportunity for more practice of the tools shared in the keynote on Relationships, Teamwork and Bodywork. Participants will be invited to explore hands-on experiences and practical tools that will deepen their understanding of how to build stronger relationships and teams through mindfulness, regulating practices and FUN! There will be a chance for everyone to experience exercises and activities that can help all of us feel safer, calmer, and happier. Once again, bring that open mind and a sense of personal adventure.

#### IDD & DEM: Who Do You Call?

Presenter: Theresa Fishler, Beth Freeman, Sarah Henrikson, Scott Herrem, Axel Junker and Nicole Schmitgen

Get a better understanding of local resources on the Dane County Crisis Continuum that might help you to safely navigate a crisis situation. Learn from representatives from Dane County's Adult Protective Services, local law enforcement (Madison Police Department, Dane County Sheriff), the CARES program, and the Waisman Center Community TIES program how to best pro-actively reach out and what to expect when you make the call.

## 3:45 PM – 4:00 PM

### Closing Remarks

Presenters: Monica Bear & Beth Freeman

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# PRESENTER BIOS



**Kay Adams** • Kay is passionate about empowering people living with dementia and those entrusted with their care. Kay has over 30 years of experience counseling and coaching individuals and families around a broad array of complex emotional and health-related challenges. She has worked extensively in the field of geriatrics, hospice, palliative care and mental health, and has served in a variety of capacities supporting those impacted by dementia since 2001. Kay founded Compassion Works, LLC to address the huge gaps that exist around educating and supporting family and professional dementia care partners.

**Joe Aguilar** • Joe is a social worker with Dane County Human Services–Adult Protective Services. Joe works as the I/DD victim advocate and investigator. Joe has been working with adults with intellectual and developmental disabilities since 2016; assisting them with making sure their voices continue to be heard, feel supported and ensuring their health and safety needs are being met.

**Monica Bear** • Monica is the Disability Services Manager for Dane County Human Services and co-facilitator of the Collaborative Stabilization Coalition with an emphasis on adults with intellectual and developmental disabilities. An MSW by training, currently employed as a bureaucrat, Monica has over 30 years' experience assisting people with I/DD to create the individualized supports they need to live, work and thrive in their home community.

**Theresa Fishler, MSSW, CISW, Project Manager, TMF Consulting LLC** • Theresa has worked with the Collaborative Stabilization Coalition since 2019. She is also a Long-Term Field Instructor at the UW Madison Sandra Rosenbaum School of Social Work. For over 30 years, Theresa has worked in a variety of capacities supporting self-determination and community inclusion for people with intellectual and developmental disabilities, physical disabilities and older adults.

**Hannah Flanagan** • Hannah is a licensed marriage and family therapist who has been working in the behavioral health field for the past 25 years. For the past 9 years she has been working as the clinical director of emergency services at Journey Mental Health. Throughout the course of her career, Hannah has observed the drastic inequities in both mental health and physical health service provision, and has made it both a professional and personal mission to do what is needed to provide the right care at the right time to everyone who needs crisis services. When she isn't at work, she spends a lot of time painting, a positive coping skill that came out of the COVID experience.

**Deputy Leslie Fox** • Deputy Fox has worked for the Dane County Sheriff's Office since 1998. She has a Bachelor's degree in Criminal Justice from UW-Platteville. Deputy Fox spent over 20 years as a Community Deputy in Field Services. In 2022, Deputy Fox assisted with the development and implementation of the Dane County Sheriff's Office Mental Health Team. The mental health team works collaboratively with embedded mental health workers to create a better response to mental health related calls. They engage in proactive follow-up work to assist individuals and families affected by mental illness. Deputy Fox is also a CIT-trained deputy, providing her with specialized training in de-escalation techniques and mental health awareness.

**Beth Freeman** • Beth is the Adult Protective Services Manager for Dane County Department of Human Services and a co-facilitator of the Collaborative Stabilization Coalition Committee with an emphasis on persons with dementia who experience behavioral crises. She has been a geriatric social worker for 28 years with a focus on community based services to help older adults remain engaged, independent and safe in their homes of choice.

**Andrea Gilmore–Bykovskiy, PhD, RN** • Dr. Gilmore–Bykovskiy is Associate Professor and Associate Vice Chair for Research in the BerbeeWalsh Department of Emergency Medicine at the University of Wisconsin School of Medicine and Public Health. A practicing geriatric nurse, Dr. Gilmore–Bykovskiy leads an active program of research focused on promoting effective, meaningful, and equitable care for people living with dementia—particularly during challenging points in the health and care continuum such as during acute illness and advanced disease. She is especially passionate about partnering directly with people living with dementia and caregivers to fully integrate their perspectives into the research process and results in hopes this will strengthen attention and progress toward meaningful outcomes.

**Officer Michelle Hanson** • Officer Hanson has been with Madison police department since 2017. Currently she is assigned to the mental health unit and works out of the midtown district. Officer Hanson has enjoyed working with this specialized unit because of its commitment and focus to helping people who live with IDD, Dementia and Mental Illness. Officer Hanson enjoys educating people and speaking at outside trainings. She works along with NAMI, presenting material that focuses on Crisis intervention and de-escalation as it is related to mental health. She is a certified state instructor where she has instructed both current and new recruited officers in the areas of officer wellness, tactical response, professional communication skills and mental health.

**Sarah Henrickson, LCSW** • Sarah is a Clinical Team Manager with Journey Mental Health's Emergency Services Unit in Dane County. Sarah has over 20 years of experience providing community-based crisis intervention services including suicide risk assessments and emergency detention evaluations. Sarah serves as the Law Enforcement Liaison for Journey, and in 2016 Sarah became the first embedded Crisis Worker with the City of Madison Police Department. She now oversees crisis workers embedded with first responder partners including the Madison Police Department, Dane County Sheriff, and the Madison Fire Department (CARES team).

**Deputy Scott Herrem** • Deputy Herrem has worked for the Dane County Sheriff's Office since 2001. He has a Bachelor's degree in psychology from UW-La Crosse. Deputy Herrem has worked the jail, patrol, child support warrant enforcement and as a community deputy. In 2022, Deputy Herrem volunteered to join the Dane County Sheriff's Office Mental Health Team working out of the Northeast precinct. The mental health team works collaboratively with embedded mental health workers to create a better response to mental health related calls. They engage in proactive follow-up work to assist individuals and families affected by mental illness. Deputy Herrem is also a CIT-trained deputy, providing him with specialized training in de-escalation techniques and mental health awareness.

**Astra Iheukumere** • Astra has called Dane County home her entire life. As a social justice advocate, she is honored to do this work in the community that has given her so much. Astra stepped into the role of Interim Director of Dane County Human Services in July of 2022 following many years in public service. She believes in providing the best services possible to most number of people so that all Dane County residents can thrive. Prior to being in Dane County Human Services, Astra worked for Madison Metropolitan School District, the University of Wisconsin, and served as a Deputy Mayor for the City of Madison.

# PRESENTER BIOS (CONTINUED)



**Axel Junker** (M.S. Special Education) • Axel is the program director for the University of Wisconsin Waisman Center's Community Outreach Wisconsin programs. In his role as a Community TIES program consultant Axel provides outreach consultation on positive behavior supports to individuals with intellectual and developmental disabilities (IDD) and their caregivers. In his previous role at Community Outreach Wisconsin Axel has assisted in developing and managing Dane County's Crisis Response program for individuals with IDD - which is currently operated by Responsive Solutions Inc.

**Ellen Merker, M.S. LPC** • Ellen, founding director of Heart Consulting LLC, is a Licensed Professional Counselor specializing in trauma therapy for kids, teens, and adults with developmental disabilities. She received her Master's in Rehabilitation Psychology from UW-Madison, and has been working with neurodivergent kids, teens, and adults in various roles for 15 years. Ellen uses neurodivergent affirmative, sex-positive, and trauma-informed approaches in all work. In addition to trauma therapy, Heart Consulting also works to reduce gendered violence against people with developmental disabilities through education and training. Ellen also has extensive speaking experience, and has presented at conferences including Wisconsin Human Trafficking Conference, WI Planned Parenthood, National Project Search Conference, Wisconsin Reproductive Health Conference, and the Circles of Life Conference.

**Nanette Negri, PhD** • Nan has been passionate about supporting autistic individuals and others who care about and/or for them since 1972. Her past experiences include being a classroom teacher, a signed-speech specialist, a teacher trainer, a parent trainer, an advocate, an administrator for a state wide system of services in SC, a university lecturer, and a wellness coach. Through their private practice, Autism Resources Network, Nan provides consultation to schools and agencies. She offers a variety of direct supportive therapies for individuals and their families, bringing and integrating a variety of approaches to her work, including effective skills training, yoga, mindfulness, sound healing, and play. Her greatest teachers have been the people with whom she works, and she continues to strive to listen to their voices as the primary guiding force behind the supports they build together.

**Joe Parisi, Dane County Executive** • Joe has called Dane County home his entire life. He sought out public service as a way to give back to a community that has given so much to him. Joe was first elected as County Executive, the chief elected leader of Dane County, in 2011 after 6 years in the State Assembly and 8 years as Dane County Clerk. Joe's priority is to ensure that everyone in our community has access to the opportunity to succeed. He believes investing in people pays big dividends. Joe knows this can work because he experienced it. Now Joe believes it is his turn to give back to ensure that our children's generation has access to the same opportunities that were available to him. Joe and his wife, Erin Thornley Parisi, raised their two daughters on Madison's east side. With a population of more than 500,000 and an annual county budget of \$600 million, Dane is Wisconsin's second largest county. Dane County has the highest private sector job and population growth in Wisconsin.

**Kathleen Pater** • Kathleen is a Licensed Clinical social worker specializing in attachment, embodiment and trauma. She has been working with older adults through a Dane County Program "Mental Health Resource Team" run by NewBridge Madison. This program travels to do in-home mental health assessments, treatment planning and referrals for Dane County older adults.

**Joy Schmidt, BSW** • Joy is the Dementia Crisis Program Specialist for Dane County Human Services. She has extensive experience working with adults living with dementia as well as training experience with a focus on strengths, humor and compassion.

**Nicole Schmitgen** • Officer Schmitgen began her law enforcement career in May of 2020. Prior to law enforcement, Officer Schmitgen was a Social Worker at Oakhill Correctional Institution. She has obtained a bachelor's degree in criminal justice and human services; as well as a master's in social work in May of 2020. In February of 2023, she transitioned into the Mental Health Unit, as a Mental Health Officer for the PD's South District. As a Madison native, she is passionate about building rapport with the community as a police officer.

**Sherry Schultz, MSN-RN, CDDN** • Sherry is the manager of the Waisman Center Wellness Inclusion Nurse (WIN) Program. She has been a registered nurse since 2001 continuing her education by earning her Master's Degree in Nursing Education focusing on patient and family education in 2014. She is a Certified Developmental Disabilities Nurse, earning the designation in 2022. Sherry has vast experience working with children of all ages and adults with intellectual developmental disabilities in the healthcare environment, their homes, and various community settings. Sherry believes strongly in the need to include individuals with developmental disabilities in their health care and wellness goals to their fullest potential, and the importance of supporting and educating families and direct caregivers in all aspects of the care needed by those they support.

**Patrick Sharp** • Patrick has dedicated his entire career to Wisconsin community members experiencing IDD. He started as a Direct Support Professional working for adults in their homes, and quickly learned that no matter what shape this took it was the right path for his career. He has provided case management in residential settings, system navigation services as a support broker throughout Wisconsin, is a volunteer guardian, and currently serves as the Crisis Response Coordinator for Responsive Solutions, Inc.

**Sherrie Szombathelyi** • Sherrie has worked in the senior living and memory care industry for over twenty years. She studied Sociology, Psychology and Gerontology at UW- Milwaukee. She is a Certified Dementia Specialist and has held multiple positions on the Alzheimer's Association working with non pharmacological approaches to challenging behaviors. She is currently a dementia consultant and educator working in assisting living and memory care. Sherrie's own mother developed early onset Alzheimer's at 60 years old. Navigating her care was very challenging to garner consensus with her 5 siblings to decide on a care plan. She began assisting families to make this process easier following her mom's journey.

**Officer Jake Ungerer** • Jake has served as a member of the Middleton Police Department since 2019. He started out as a patrol officer and is a member of the Middleton Police Crisis Intervention Team (CIT). As a CIT officer, Jake has advanced mental health training and has been assigned to work with individuals in crisis situations. In January 2023, Jake was selected to be the Community Policing Officer, formerly known as the Community Awareness Officer. As the Community Policing Officer, Jake is responsible for coordinating police outreach programs, and building relationships with the community while still staying connected to patrol operations. He monitors crime trends, quality of life issues, and takes an active role in the Middleton Police Neighborhood Officer program.





# ALLIANT ENERGY CENTER



**Summit  
Location**

**Conveniently located from Highway 12/18 (Beltline) at  
1919 Alliant Energy Center Way, Madison, WI 53713**

