

Resource: Mental Health Services

1. Day Centers

a. Off-the-Square Club

Address: 322 E. Washington Ave, Madison, WI 53703

Hours

Monday-Friday 9:00 am – 4:00 pm

Call Todd W @608-239-5622

Off the Square Club Services

Here, you can receive a hot meal or access a computer to connect you with resources, recovery support or urgent crisis stabilization.

Off the Square Club is trauma-informed and recovery-oriented, and many staff members are state-certified peer specialists who are in recovery from mental illness themselves.

Peer specialists at Off the Square Club identify as having lived experience with trauma, psychiatric diagnosis and/or extreme emotional states and/or substance use and have completed rigorous state training and certification.

They will ensure members are empowered to take control of their own recovery and have an opportunity to build a system that enhances and supports it. They encourage an environment where both parties can share their experiences of what works.

Basic needs: Enjoy a daily hot meal and access to a TV, phone, computer and laundry facilities

Peer support and counseling: Gain assistance from staff members who listen, empathize

Employment opportunities: Find job assistance

Social: Connect with other members who live with mental illness, too **Crisis stabilization services**

Resource assistance and referrals: Discover relevant Dane County programs and services

Structured activities: Join groups and discover volunteer opportunities help maintain your recovery

To become a member of Off the Square Club, you must be at least 18 years old, a Dane County resident, have a primary diagnosis of mental illness and agree to a criminal background check. The club welcomes members Off the Square Club welcomes donations to support its work. The greatest items of need are adult clothing, personal care products and arts and craft supplies. Off the Square Club also offers volunteer opportunities for members of the community, including involvement in our Advisory Committee.

b. Solstice House –Peer Run Respite and 24- Hour Helpline

Address: 2649 Milwaukee Street Madison, WI 53704

Hours

Monday-Friday 4:00 p.m.-10:00 p.m.

Saturday & Sunday 2:00 p.m.-10:00 p.m.

Call: 1-608-422-2383 Solstice Warmline

3 Bedrooms (Managed by SOAR Case Management Services)

2. Referrals for Mental Health Services

Recovery Dane

Hours:

Monday-Friday 8:00 a.m.– 4:30 p.m.

Call: 608-237-1661

info@recoverydane.org

Recovery Dane is a centralized portal for information on available resources for mental health consumers in Dane County. Recovery Dane Resource Center, where consumers, their families and friends, and professionals can promptly access not just information and referral, but also teaching, training, networking, support and other tools to support consumer self-empowerment, wellness, self-advocacy and Recovery. Recovery Dane will provide information and referral with one-on-one meetings with program staff to provide more detailed and individualized information and referral. Groups and informational sessions; and open access to a collection of materials providing information regarding mental health, wellness, basic needs and natural supports in the public and private sector communities and to a library of recovery support materials and tools.

3. Crisis Center

Address: The Tellurian CARE Center is located at 300 Femrite Drive, Madison WI 53716

Phone: (608) 224-2500	e-mail: TellurianCareCenter@Tellurian.org
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The Tellurian CARE Center (Crisis Assessment, Recovery and Empowerment) is a Community Based Residential Facility (CBRF) to help those who are unnecessarily confined to institutional or hospital settings. Often times, the problem is primarily due to a lack of community based residential options adequate to meet their needs. The Tellurian CARE Center provides a safe environment for individuals who are experiencing a mental health crisis and who are in need of support, medication and symptom management, as well as goal orientated treatment planning.

WHAT DO WE DO?

Tellurian CARE Centers operate in accordance with the Department of Health Services 34 (DHS) Crisis Stabilization requirements. The Tellurian CARE Center has been designed and developed with a goal of returning the individual to their home or work environment as soon as the crisis has been stabilized. The length of stay in the 16-bed facility is dependent on each Consumer's needs and is typically 14 days or less. However, depending on the crisis, some Consumers may require longer stabilization periods or assistance in obtaining the necessary treatment due to financial assistance, housing or support resources necessary to maintain success within the community environment.

TELLURIAN'S SUPPORT SERVICES

Consumers at the Tellurian CARE Center receive 24-hour support and supervision. They receive daily individual and group services focused on alleviating symptoms, teaching coping skills, promoting recovery and developing skills necessary for greater independence. Psychiatric and nursing services are provided, as needed. Program staff meet with Consumers to assess their needs and develop connections to community resources upon discharge to help assure continued success and recovery.

Group Schedule:

Psychoeducational and Support Groups meet 3 times per day; 10:45am, 12:45pm and 8pm

4. Emergency Services Unit 24-Hour Mental Health Crisis Line

(Journey Mental Health) 608-280-2600 WI Relay 7-1-1

5. Mental Health Counselling & Groups

Journey Mental Health Center Central Intake External link

608-280-2710

6. NAMI – Dane County External link

608-249-7188

7. Case Management For Mental Health (& Substance Abuse)

Comprehensive Community Services (CCS)

1202 Northport Drive Madison, WI 53704

CCS Services for Youth (under 18): (608) 288-2400

CCS Services for Adults (18 or older): (608) 242-6415

Comprehensive Community Services, or CCS, is a program that provides mental health and substance use services to people of all ages. The intent of CCS services is to assist people in identifying their personal goals and in working towards those goals at their own pace. In the CCS program you are in charge of your own recovery.

CCS is available to adults and children who meet the following criteria:

- Dane County resident
- Eligible for Medical Assistance, BadgerCare, or another Medicaid program
- Have a mental health and/or substance use diagnosis
- Have a need for psychosocial rehabilitation services
- Eligible as determined by a Wisconsin Functional Screen Intake

Intake:

You will talk with a CCS Intake Worker at Dane County Department of Human Services to discuss whether CCS is right for you. The Intake Worker will verify your insurance, assist you with obtaining a doctor's prescription for CCS services, and complete an interview with you to ensure that you are eligible for CCS. If you qualify for CCS Services and decide that CCS is right for you, the Intake Worker will help you connect with a Service Facilitator. Recovery Team. You and your Service Facilitator will work together to assess your strengths and needs. You and

your Service Facilitator will also assemble a Recovery Team made up of people you identify and trust. Your Recovery Team will help you develop a recovery plan that outlines your goals on your path to recovery. Your Recovery Team will offer encouragement and problem solving assistance.

CCS Services:

Once you have developed a Recovery Plan in collaboration with your Recovery Team, your Service Facilitator will assist you with identifying the service providers you would like to enlist to provide the services you need. In many instances you will have the ability to choose from several available service providers. If you choose a provider and later would like a different provider, you can make that request. . . it is up to you!

You may remain in CCS as long as you continue to meet the eligibility criteria and are working on your recovery goals. You can decide to withdraw from the CCS program at any time.

8. Chrysalis Work Support Services

Address: 1342 Dewey Court, Madison, WI 53703

Phone: (608) 256-3102 | Fax: (608) 256-3103

Chrysalis provides individualized vocational and work-related services to persons in our community who have mental illnesses.

9. Madison Police Department Mental Health Liaison Officers:

NORTH: Officer Carlin Becker	cbecker@cityofmadison.com	Work: 608-245-3656
EAST Officer: Roberta Stellick	rstellick@cityofmadison.com	Work: 608-266-4368
SOUTH Officer: Andrew Muir	amuir@cityofmadison.com	Work: 608-267-2673
WEST Officer Ryan Jennissen	rjennissen@cityofmadison.com	Work: 608-243-0528
CENTRAL Officer: Andy Naylor	anaylor@cityofmadison.com	Work: 608-266-4839
Sarah Henrickson, LCSW Crisis Worker, Mental Health Officer Team	shendrickson@cityofmadison.com	Work: 608-243-0186