

WELL WISCONSIN

Make It OK Webinar

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This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed health care professional. Check in with your health care provider and/or your Employee Assistance Program if being overwhelmed is interfering with daily living or activities you would like to do.



Thank you for joining us!

Welcome! Before we get started...
Use the question box to share 2 words
on “why you’re here today”

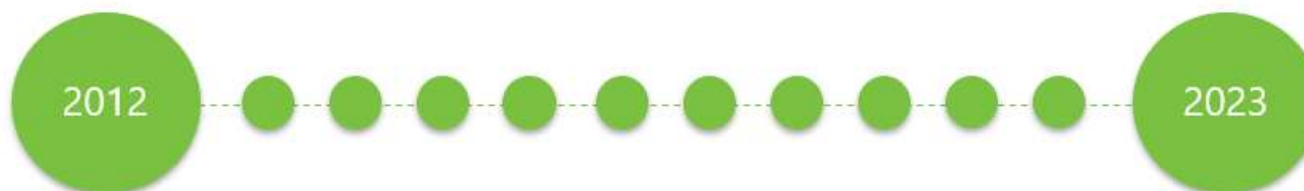


to talk about mental health and illnesses

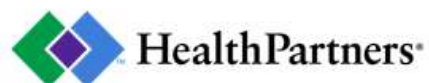


Story of Make It OK

- In 2012, HealthPartners heard from the community about the stigma of mental illness
- HealthPartners partnered with NAMI MN and communities
- Make It OK campaign launched to stop the stigma



Learn more about the progress Make It OK continues to make in our communities in our [10 Year Report to the Community](https://makeitok.org/10YearReport/).



Make It **OK**.org

<https://makeitok.org/10YearReport/>

Make It OK is a community campaign to reduce stigma by increasing understanding and creating caring conversations about mental health and illnesses.



- What stigma is and why it matters
- Mental Health Myths & Facts
- How to offer support

- Tips for Talking
- What to Say/Not Say
- Change the narrative with caring & informed conversations

- About stigma
- Information and resources
- Make It OK message in your community

Make It OK Key Messages

- ☐ Mental illnesses are common
- ☐ Mental illnesses are treatable health conditions
- ☐ Everyone has a state of mental health, and it varies
- ☐ The stigma of mental illness and mental health impacts people and communities
- ☐ Mental illness disproportionately impacts vulnerable communities and people of color
- ☐ Stigma creates shame, isolation and reluctance to seek treatment
- ☐ Learning facts and talking openly stops stigma
- ☐ Reducing stigma can improve and save lives

Let's Start the Conversation



<https://www.youtube.com/watch?v=p86ID-Ql3qI>

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Understanding Stigma



- A negative perception that causes someone to devalue or think less of the whole person
- Stereotyping or labeling a person because of their condition
- Prejudice and discrimination against people with a mental illness

Let's Talk About Stigma

What are common terms for describing a person experiencing cancer?

Make It .org

Let's Talk About Stigma

What are common terms for describing a person experiencing a mental illness?

What are common terms for describing a person experiencing cancer?

Make It  .org

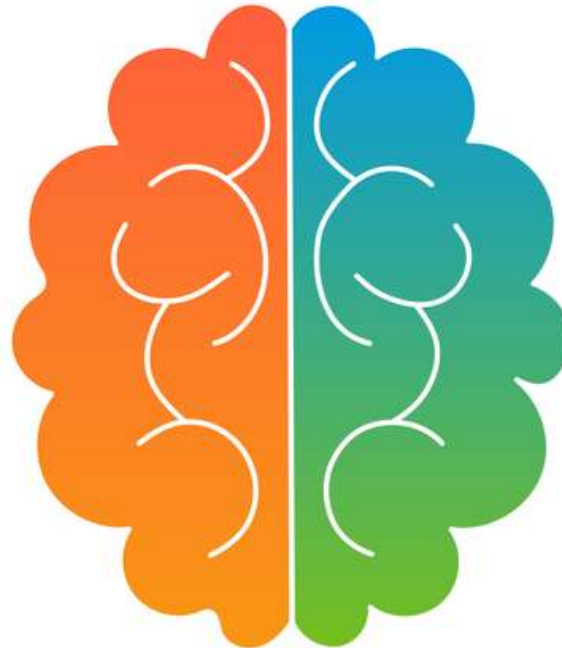
“We are taught as children about illness like colds, broken bones, or surgeries, but mental illness isn't discussed. Mental illness should be discussed like diabetes...it needs to be seen as a 'normal' illness.”

IMPACT Survey Respondent, 2018

Myths and Facts about Mental Illnesses

Myths:

- ☐ Lack of willpower
- ☐ Character flaw
- ☐ Weakness
- ☐ Attention seeking
- ☐ Exaggeration
- ☐ Stress



Facts:

Mental illnesses are medical conditions that are biological in nature...

- ☐ Genetics
- ☐ Environment
- ☐ Brain physiology
- ☐ Trauma
- ☐ Triggering life events

The Reality



The FACTS: Mental illnesses can affect anyone...
loved ones, coworkers, neighbors, friends, leaders
celebrities, athletes and communities.

Make It **OK**.org

Understanding Our Own Stigma

Let's take a moment to check our own stigma by answering a few questions.



Understanding Our Own Stigma

1. Have you or a loved one ever experienced a mental illness (immediate family, close friends)? YES NO I Don't Know?
2. I am more comfortable helping a person who has a physical illness than I am helping a person who has a mental illness
3. I would see myself as weak if I had a mental illness and could not fix it myself.
4. People in my community are not caring towards people with mental illness.



It's OK...
to have a mental illness, many of us do.



1 in 5 adults will experience a mental illness



1 in 10 have diabetes



Mental illnesses are
as common as
white cars

Why Stigma Matters

Effects of Stigma can lead to:

- ☐ Shame
- ☐ Isolation
- ☐ Avoiding treatment
- ☐ Discrimination
- ☐ Employment and housing barriers
- ☐ Being perceived as dangerous/violent
- ☐ Suicide

Stopping Stigma helps create:

- ☐ More caring communities
- ☐ Empowers people to get treatment
- ☐ More stable housing and employment
- ☐ Academic success
- ☐ More individual care and support
- ☐ Improved health

What You Can Do:

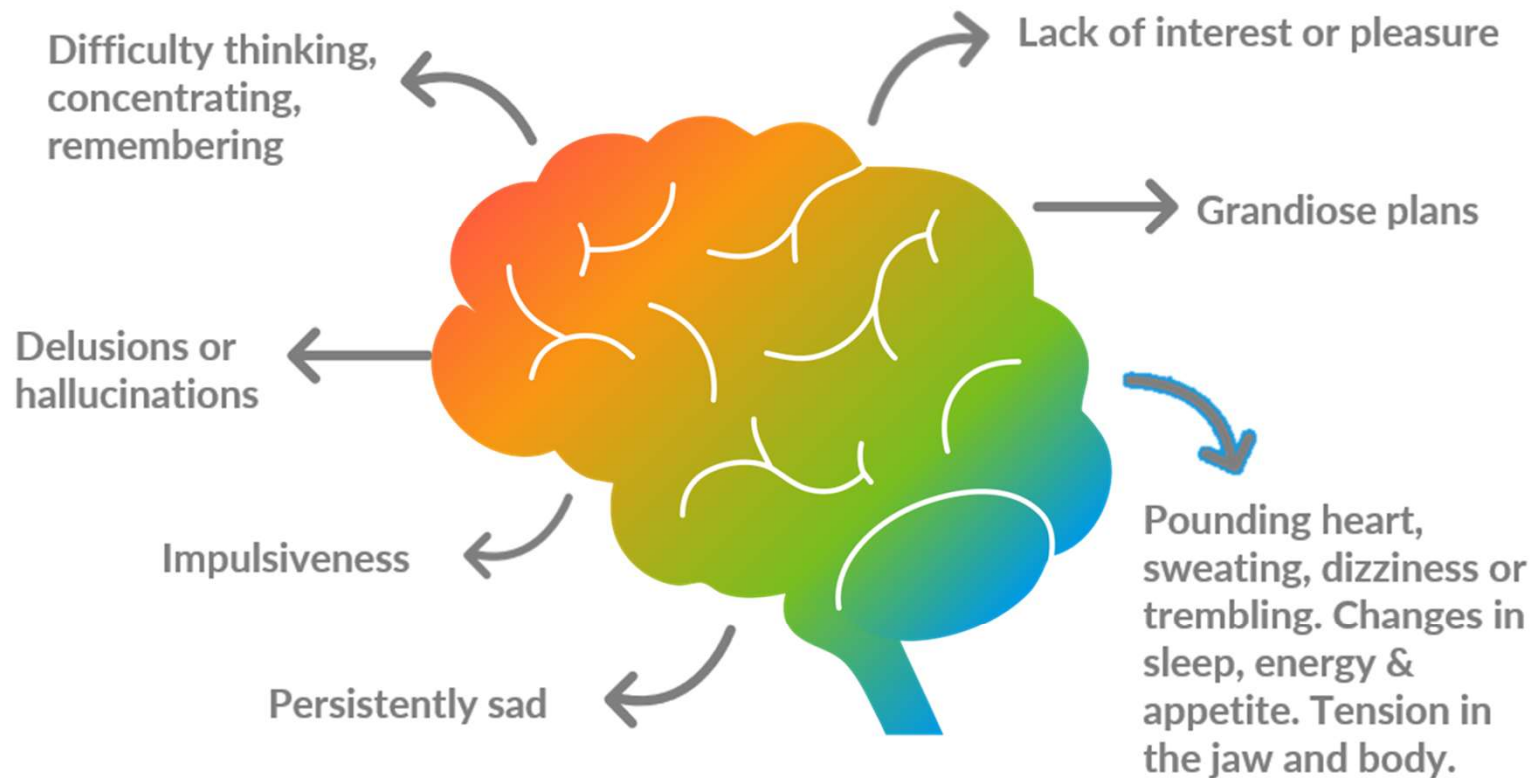
- ☐ Recognize mental illness as a disease
- ☐ Use respectful language when talking about mental illness
- ☐ Combat stigma and misconceptions with facts when you see or hear them
- ☐ See the person, not the condition
- ☐ Offer help and support

Let's Talk about Mental Illnesses

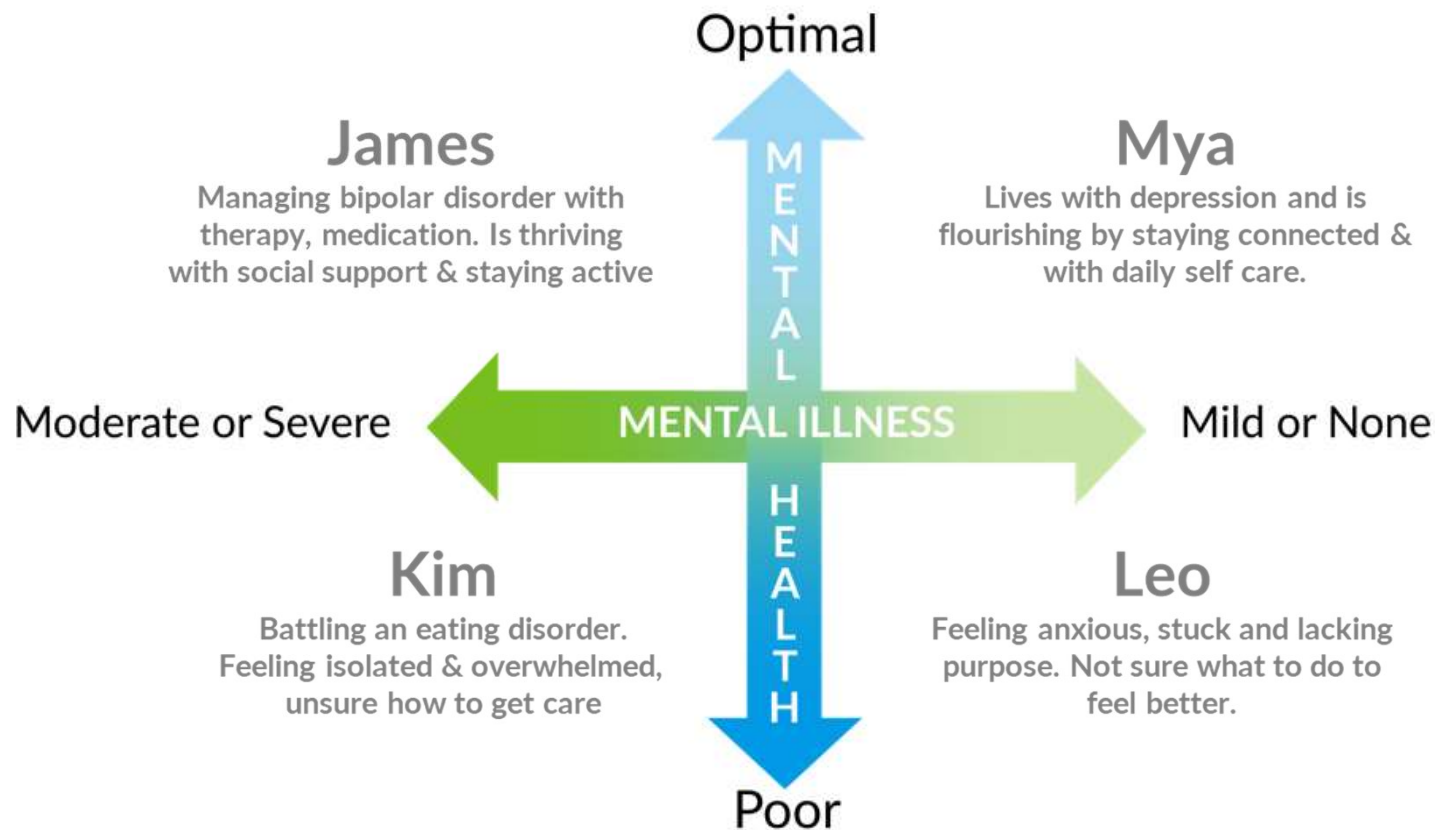
Schizophrenia Depression Anxiety
Postpartum Depression Bipolar Disorder
Post Traumatic Stress Disorder ADD/ADHD
Borderline Personality Disorder
Eating Disorders Substance Use Disorder
Obsessive Compulsive Disorder



Understanding Common Symptoms



Let's Talk About Mental Health & Illness



It's OK - Recovery is Possible

A combination of *treatment and supports* can be part of an individualized plan:

Social Support



Therapy/Treatment



Medications

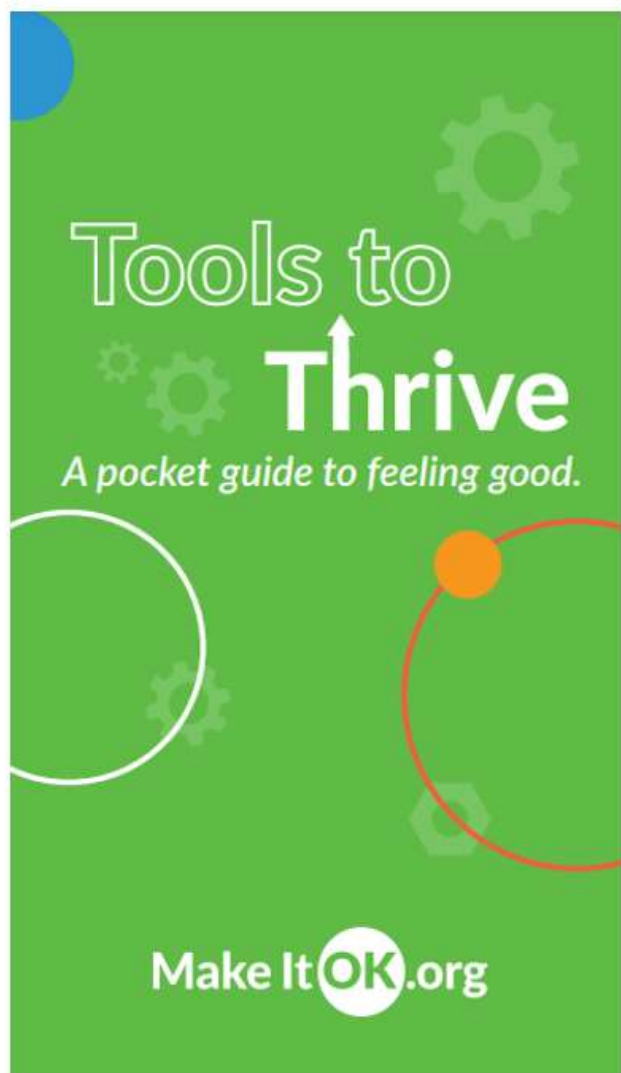


Nutrition and Physical Activity



Self-care





Self-Care Matters

A pocket guide filled with tools to help with:

Being Present

Mindful Movement

Restful Sleep

Connecting with Others

Available at [Make It OK.org](https://www.makeitok.org) /Take-Action

Tips for Supporting Someone

- ☐ Stop the silence
- ☐ Don't ignore it
- ☐ Be nice
- ☐ Offer to help
- ☐ Listen
- ☐ Keep the conversation moving
- ☐ Keep in contact
- ☐ Encourage self-care and resources



Resources are Available

Some great first steps are to connect with your:

Primary care
doctor/provider

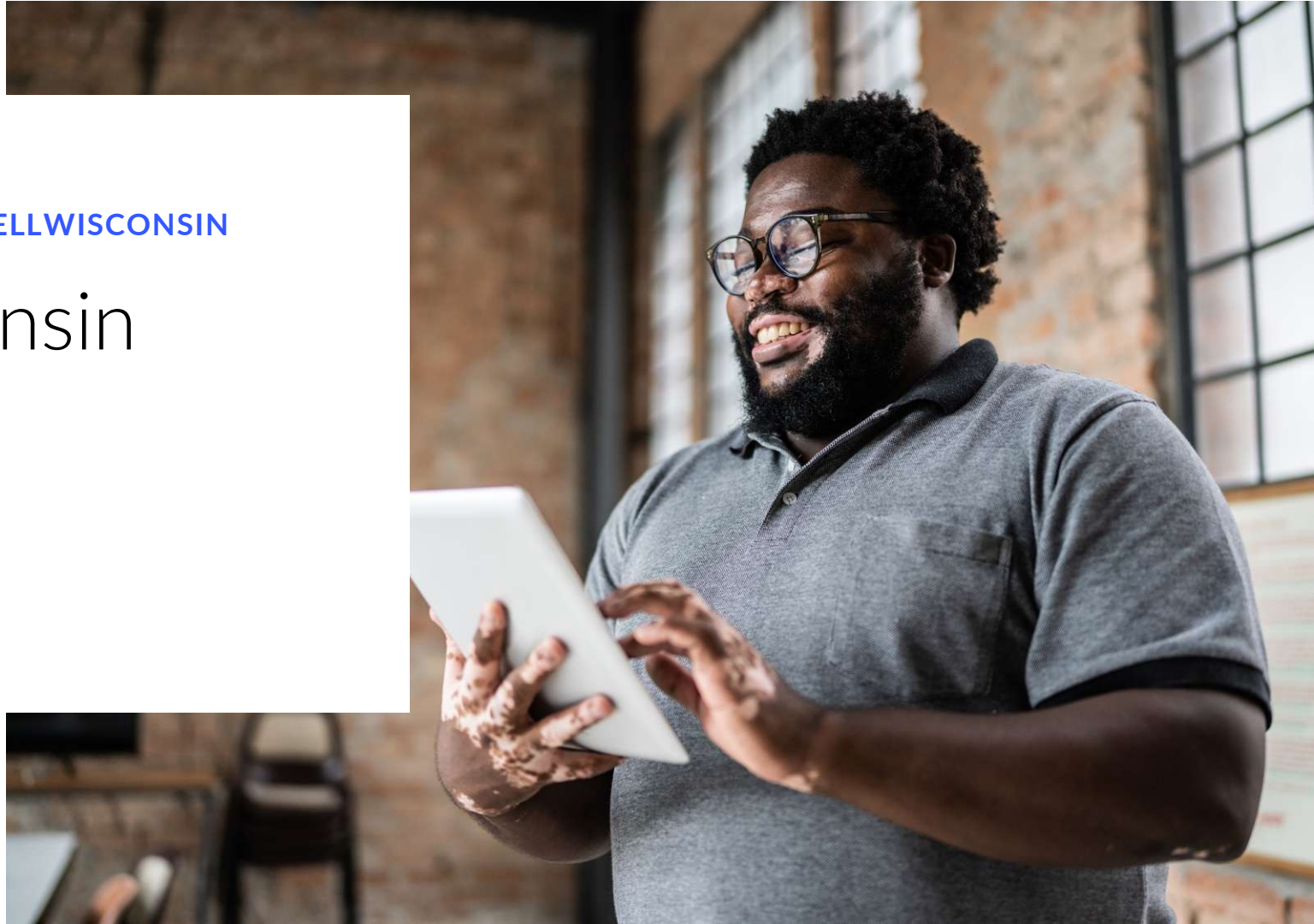
Health
insurance plan

Employee
Assistance
Programs
(EAP)

Faith
Community or
Community
Leaders

[WEBMDHEALTH.COM/WELLWISCONSIN](https://www.webmdhealth.com/wellwisconsin)

Well Wisconsin Resources



meQuilibrium

Total Well-Being & Resilience

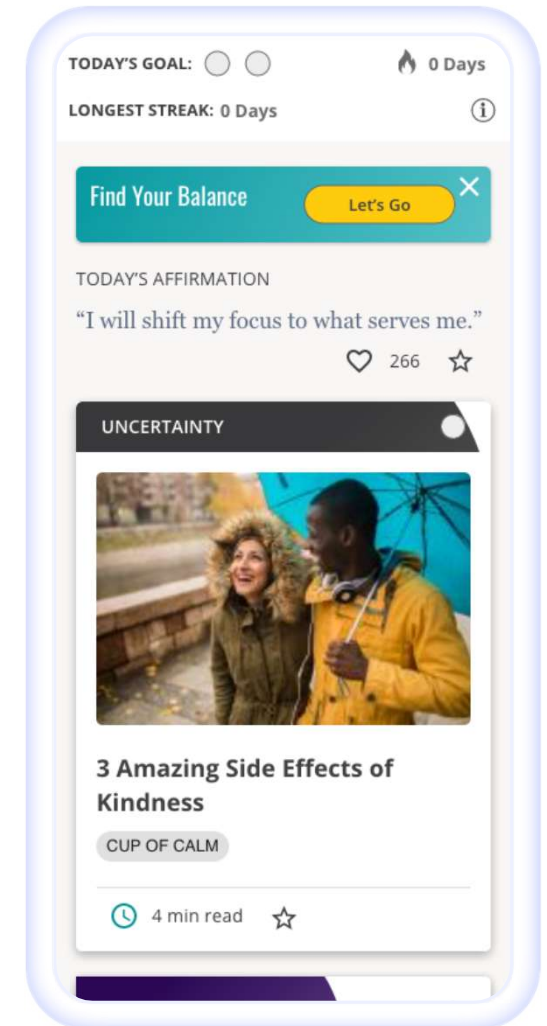


meQuilibrium at a Glance

Ensuring the success of your business through
the well-being of your population

meQuilibrium leverages the science of resilience
and cutting-edge technology to help people reduce
stress and:

- Thrive in the face of change or disruption.
- Develop agile thinking and behaviors.
- Be more positive, healthy and productive.
- Practice mindfulness.
- Reach their full potential.



Togetherall

Mental Health Community

WebMD
HealthServices



Connecting with Hard-To-Reach Populations

Togetherall's unique approach engages employees and populations that don't tend to seek traditional 1:1 counseling and attracts different employees than those that seek the EAP or therapy.

RESULTS

93%

of members self-report
Togetherall has improved
their well-being.

Underserved populations

46% identify as Black, Indigenous or a Person of Color (BIPOC).

5% of members identify as gender non-conforming.

**Both demographic groups are underrepresented in traditional 1:1 models.*

Those not seeking support elsewhere.

55% shared something for the first time.

48% indicate they have no other form of support outside of Togetherall.

At-risk individuals.

20% of members are experiencing thoughts of suicide in the past 6 months.

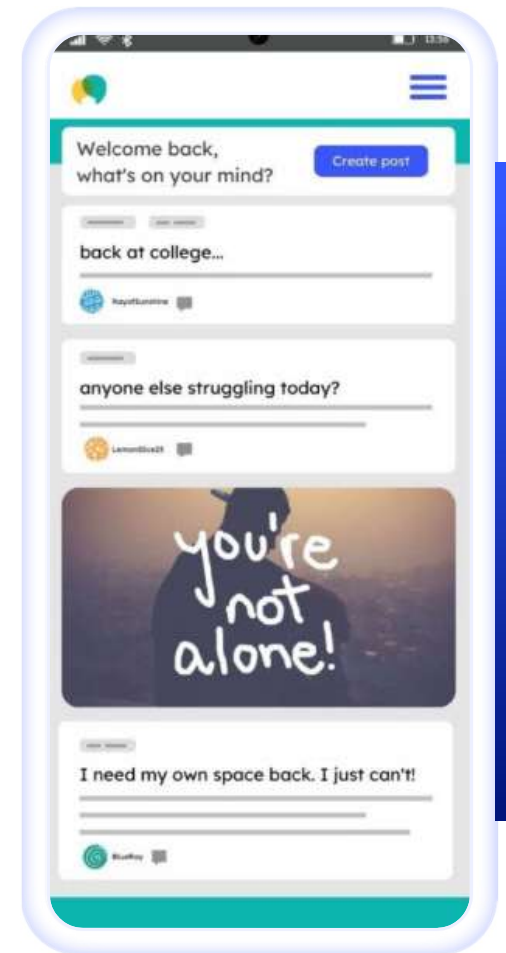
33% of members screen as moderate to severe for anxiety or depression.

Combatting Loneliness

Individuals can connect with others with shared lived experiences to normalize their feelings.

- 58% of American adults report feeling lonely.
- Loneliness can have significant adverse impacts on health.
- Together all participants can discuss topics with others experiencing similar challenges and issues such as:
 - Anxiety
 - Addiction
 - Grief
 - Phobias
 - Life challenges

The Loneliness Epidemic Persists: A Post-Pandemic Look at the State of Loneliness among U.S. Adults. (n.d.). The Cigna Group Newsroom.
<https://newsroom.thecignagroup.com/loneliness-epidemic-persists-post-pandemic-look>



Online Mental Health Community



Common Discussion Topics

- Anxiety
- Addiction
- Phobias
- Life challenges:
 - Parenting concerns
 - Relationship difficulties
 - Financial struggles

Clinical Team

- Clinical team of licensed/registered mental health professionals, including:
 - Social workers
 - Counselors
 - Nurses
 - Psychologists
 - Psychiatrists



Well Wisconsin Program

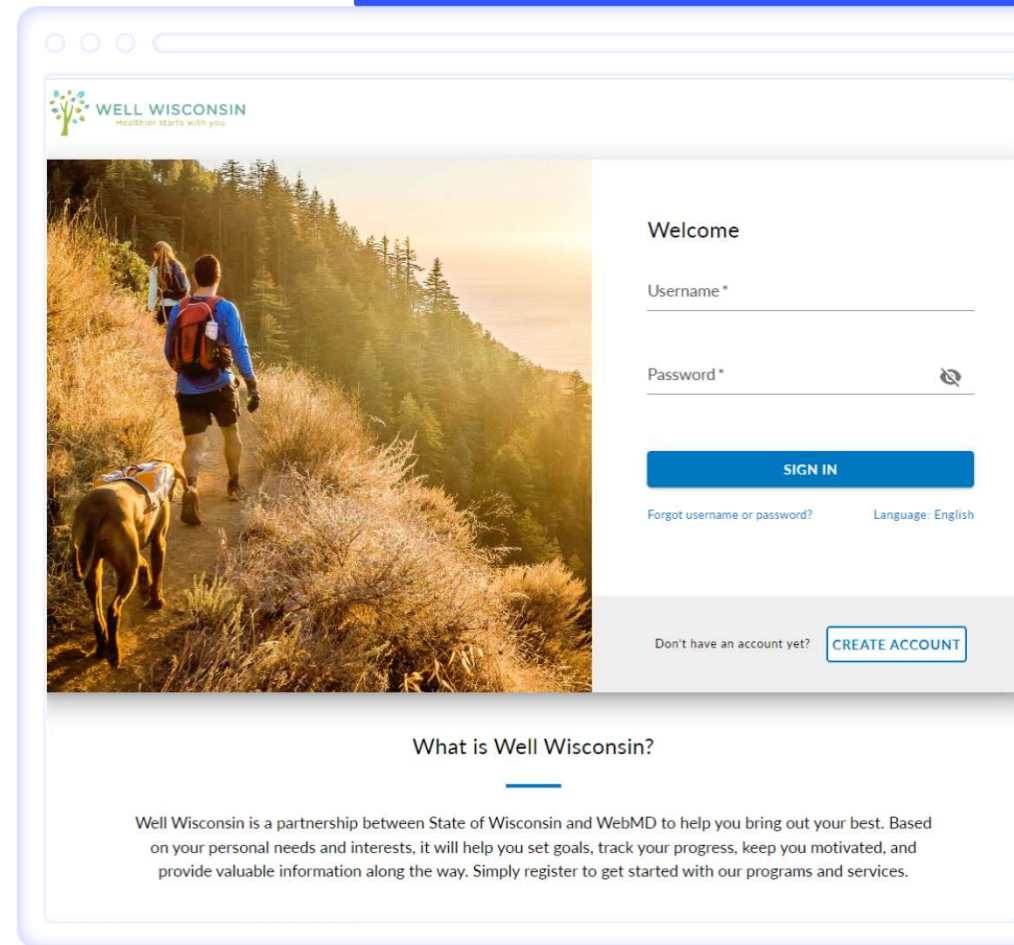
- Voluntary program
- Available to State of Wisconsin Group Health Insurance Program (GHIP) members, including:
 - Employees
 - Spouses
 - Retirees



WebMD Portal

Getting started

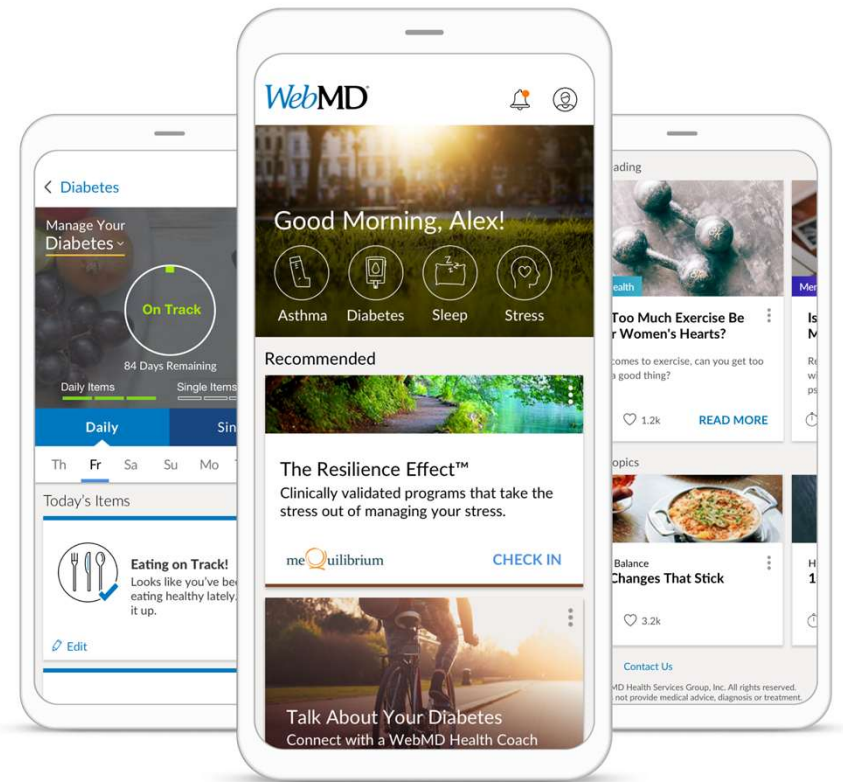
- Visit **webmdhealth.com/wellwisconsin**
 - Follow steps to create account
- If you have created an account with **WebMD ONE**
 - Use the same username and password
- Enter code to complete 2-step verification



The screenshot shows the 'WELL WISCONSIN' portal interface. At the top left is the logo with the tagline 'Healthier starts with you'. Below the logo is a large image of a person hiking a dog on a trail. To the right of the image is a login form with the heading 'Welcome'. The form contains fields for 'Username*' and 'Password*' with a toggle for password visibility. A blue 'SIGN IN' button is below the fields. Below the button are links for 'Forgot username or password?' and 'Language: English'. At the bottom of the form is a link 'Don't have an account yet?' followed by a 'CREATE ACCOUNT' button. Below the login form is a section titled 'What is Well Wisconsin?' with a blue underline. The text below reads: 'Well Wisconsin is a partnership between State of Wisconsin and WebMD to help you bring out your best. Based on your personal needs and interests, it will help you set goals, track your progress, keep you motivated, and provide valuable information along the way. Simply register to get started with our programs and services.'

Wellness at Your Side Mobile App

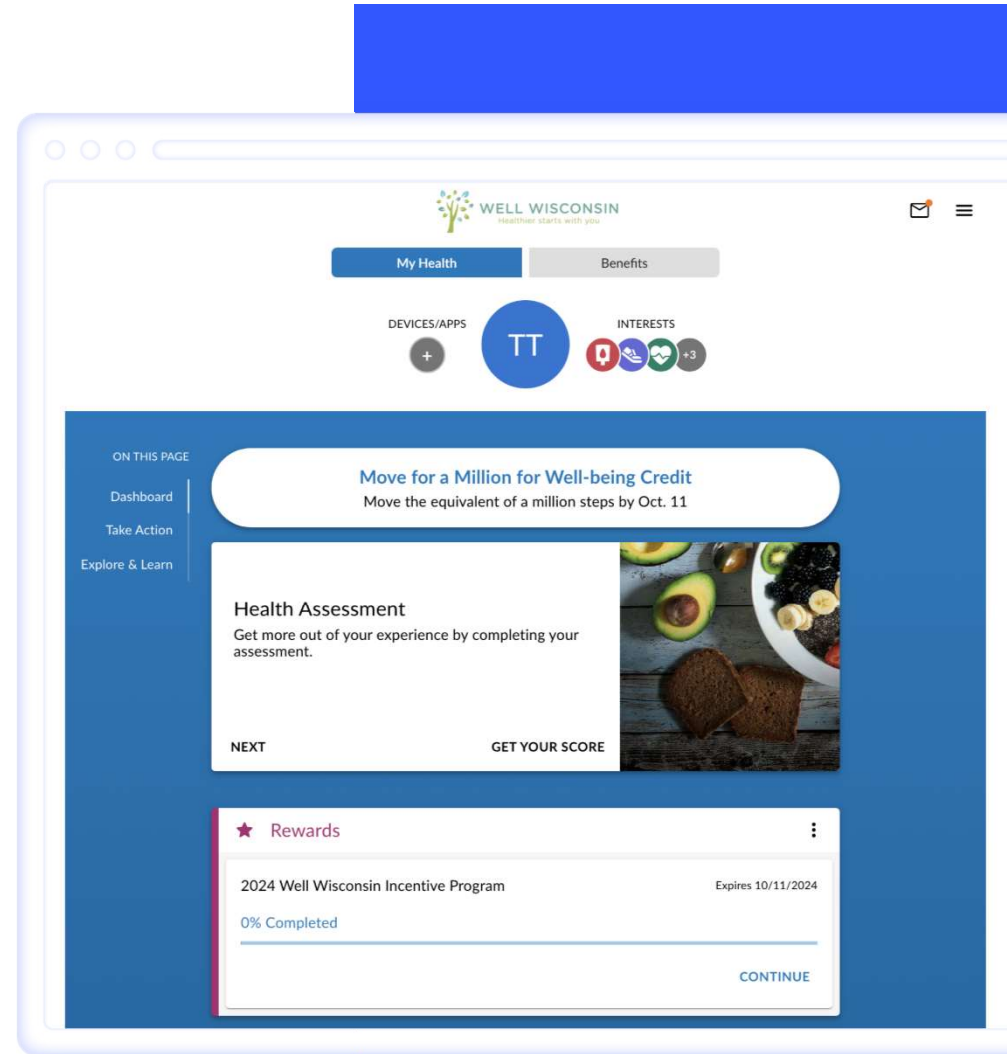
- Download the app on a mobile device
 - App Store
 - Google Play
- Enter connection code, after initial download only:
 - SOWI



Self-reporting Credit for Well Wisconsin Radio and Webinars

webmdhealth.com/wellwisconsin

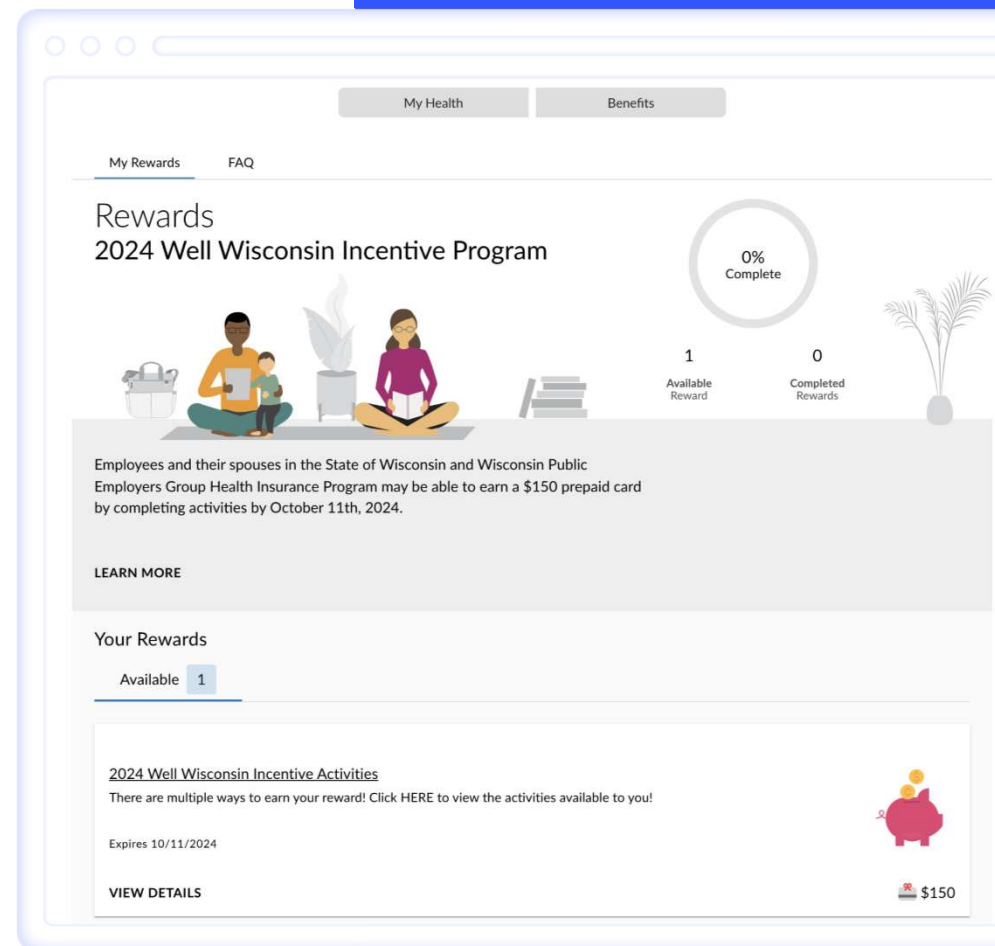
- Log into the [Well Wisconsin portal](https://webmdhealth.com/wellwisconsin)
- Click “continue” under the “Rewards” section



Self-reporting Credit for Well Wisconsin Radio and Webinars

webmdhealth.com/wellwisconsin

- Click “2024 Well Wisconsin Incentive Activities”



Self-reporting Credit for Well Wisconsin Radio and Webinars

webmdhealth.com/wellwisconsin

- Select “Complete 2 Sessions-Well Wisconsin Radio Interviews or Well Wisconsin webinars”

Well-being Activities

Choose any of the below activities to complete the well-being portion of the Well Wisconsin program.

Earning Details

TO-DO

Complete ONE of the following

Complete 3 Coaching Sessions

Here to help you reach all facets of your well-being goals! Available programs: lifestyle, mental health, weight management, tobacco cessation, and condition management.

Complete 3x

Earning Details

Complete 2 Group Coaching Sessions

Join classes on health and wellness topics that are important to you in a group setting. It may take up to a week for you to see credit for your attendance.

Complete 2x

Earning Details

Move for a Million Challenge

Move your way for the equivalent of 1 million steps. Sync your device or track your activity here.

Complete a Daily Habits Plan

Please note: Daily Habits plans range in length from 28 to 84 days depending on the topic.

Practice becoming Stress-free and Resilient

Find your more powerful self with meQuilibrium's resilience program.

Earning Details

Complete 2 Sessions - Well Wisconsin Radio Interviews or Well Wisconsin webinars

Listen to 2 radio interviews, 2 webinars, or mix and match!

Earning Details

webmdhealth.com/wellwisconsin

- 
- WebMD[®]
Health Services



Q & A

| WebMD[®]
HealthServices

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HealthServices

Your **everything** well-being partner.

