



TRAUMA-INFORMED CARE

A Message from Teri Zywicki

As an agency whose mission is to advance total health, one of CFI's increasingly important challenges today is to recognize symptoms of trauma and develop care plans to help people manage their emotions and heal.

CFI has always recognized the importance of understanding the complex nature of trauma and its lasting adverse effects. Many of our staff at all levels of the organization have received education in trauma, adversity and brain development. We are committed to ensuring that all of our staff receive education in trauma-informed care.



The SaintA Seven Essential Ingredients model has been used to train many of our staff and will fully reach all staff by the end of 2021. This approach recognizes trauma, its pervasiveness and its symptoms, and provides tools to deliver effective services.

As you might surmise, our training has been particularly helpful and called into use this year with the onset of COVID-19 and the longstanding and systemic racial and social injustices that have come to the forefront.

There is growing evidence that more and more people are experiencing trauma and mental health challenges. This is truer still for front-line health care workers who have witnessed prolonged suffering and many more deaths this past year due to COVID. Even before this year, however, it's been estimated that 70% of adults have a history of trauma in their life.

Trauma can be a one-time, multiple or long-lasting series of distressing events that is emotionally disturbing or life-threatening. It is an event outside the usual human experience and could include abuse, poverty, racism or violence in the community. Its effects on a person can be lasting and impact all aspects of one's total health -- mental, physical, social, emotional, financial and spiritual.

Creating a trauma-informed agency is an ongoing process and doesn't stop with training. Having a trauma-aware culture means we are committed to being flexible and willing and able to adapt as the needs of our communities change and our knowledge of the brain and body continues to grow.

This trauma-sensitive approach not only embodies our mission, it embraces our commitment to diversity and to reducing longstanding disparities of health.

Be well,

Teri Zywicki

CFI CEO AND PRESIDENT



COMING SOON!

Our third CRC to open soon

CFI is excited to announce that our third and much-needed Crisis Resource Center will open this month.

It is located at 69th Street and Silver Spring Avenue and will provide an additional 10 beds to serve those in psychiatric crisis.

The centers provide timely access to mental health care, which is greatly needed as 46 percent of people in Wisconsin with a mental illness do not receive treatment.

The centers are considered a national model of care as they provide a 24/7 alternative to hospitalization or incarceration in a community based, recovery focused and trauma-informed care environment.

Together, CFI's three CRCs -- we have one at South 14th Street and a second on 54th Street and West Villard Avenue -- will have 37 beds; currently, our two CRCs serve more than 1,200 individuals each year.

We will have a virtual open house soon -- please stay tuned!

FOOD SERVICES

Passes inspection with flying colors!

We are proud to announce that our Food Service program passed our state inspection without any violations!

The Wisconsin Department of Agriculture, Trade, and Consumer Protection completed late last year its inspection of MCFI's four production kitchens, located in Milwaukee at:

- MCFI's Main Campus, 2020 W. Wells St.
- Innovation and Wellness Commons at Walnut Way Center, 2240 N. 17th St.
- Veterans Manor, 3430 W. Wisconsin Ave.
- Vision Forward, 912 N Hawley Road



The auditor was impressed with the comprehensive food safety program, cleanliness

and preventive controls.



MILWAUKEE CENTER FOR INDEPENDENCE

