

## Waukesha County Nutrition Coalition Minutes

June 25, 2024

Location: The Women's Center

**Attendance:** *Marissa Hartzell- The Women's Center; Lisa Topp- Waukesha County WIC; Chloe Bingenheimer- Community Smiles Dental; Courtney Klepp- Waukesha County ADRC; Jeremy Otte- Community Action Coalition for South Central Wisconsin (CAC); Soraya Bericoto- Hispanic Health Resource Center/Wisconsin Well Woman Program-ProHealth Care; Lyndsay Johnson- Food Pantry of Waukesha County; Alyssa Pisarski, Abby Bussen- Waukesha Public Library; Jill Herz, Jillian Smith- UW-Madison Extension; Nancy Munoz- Catholic Charities; Rosa Zibell- Waukesha Free Clinic; Mark Lisowski- Hunger Task Force; Dr Hillary Tamar, Amanda DeLeon- Community Medical Services.*

### Coalition Updates:

The next WCNC meeting will be at WIC on August 27 at 9 am, with a presentation from the WIC program. The last meeting of the year will be October 22 at 9 am at Community Action Coalition, with a presentation on Safe and Stable Housing program.

### Presentation: Community Medical Services- Opioid Treatment Programs

Dr. Hillary Tamar, Amanda De Leon

The 3 "Cs" of Addiction are: Cravings, despite Consequences, loss of Control. Brain rewires around the drug being there. Withdrawal is viciously unpleasant, but not lethal; it will progress on its own. Medications help to relieve withdrawal symptoms and improve success. Detox is ineffective- more than 90% of people return. Those successful with detox have engaged families, social circles that are sober, etc. Also if people lose tolerance over time, relapsing can be fatal; (3000%) increased rate of overdose. MOUD (Medications for Opioid Use Disorder) is the gold standard for treatment, to stabilize the ups and downs. Fentanyl binds the receptors very tightly (it is the most common right now), which makes it so much more difficult to treat. Locations for Community Medical Services: Fond du Lac, Madison, Pewaukee, South Milwaukee, West Allis. Walk-ins always welcome. Medicaid is accepted. Community Medical Services provides outpatient medication-assisted treatment, combined with counseling and community-based services. How best to help: Avoid commenting on dosage of MOUD if you're not the medical provider; treat MOUD the same way you would treat insulin. Take every opportunity you can to remove barriers to treatment. Reach out if your agency would like a Narcan training at your facility.

Questions: **What is the cost and who pays for the treatment?** Medications are covered by Medicaid. 80+% of patients are on Medicaid. Sometimes patients find it cheaper to use cash than private insurance- will put them on a payment plan. Very rarely do they find themselves in a situation where they can't treat a patient for financial reasons.

**Are numbers of overdose deaths decreasing?** Overdoses have gone down a bit; probably much of that is due to distribution of Narcan in community. At CMS, they are as busy as they have ever been.

**How does MOUD work with pregnancy?** Will send pregnancy-related powerpoint slides; see attached.

Powerpoint presentation will be sent to the group with the minutes.

## **Agency Updates:**

**Community Action Coalition- Jeremy Otte:** The group discussed that budgeting classes run by the CAC had been very informative and helpful. There is another class this Thursday at the Housing Action Coalition. Jeremy will send the flyer for that to be forwarded to the WCNC list.

**Waukesha Public Library- Abby Bussen, Alyssa Pisarski:** Abby will be taking a new position next month, so Alyssa will be the new representative from the library at future WCNC meetings.

## **Emailed Updates:**

**Waukesha Head Start- Rachel Schneider:** Head Start is currently enrolling for the fall, and they still have openings.

**Hunger Task Force- Mark Lisowski:** Hunger Task Force is Milwaukee's Free & Local Food Bank and Wisconsin's leading anti-hunger organization. Hunger Task Force founded its statewide network of independently operated pantries and food banks, known as the Hunger Relief Federation, in 2016 for the purpose of mutual benefit among members in areas related to funding, resource sharing and public policy organizing. Over the years since, the Federation has built its membership, amassing over 140 members with presence in 60 counties across Wisconsin, including 10 federally recognized Tribal Nations. The Federation network continues to grow, with outreach efforts focused primarily on rural and remote spaces of Wisconsin, where food insecurity can be particularly acute.

**The Women's Center- Marissa Hartzell:** The Care Center is merging with the Women's Center! We are still finishing up the last touches, but in a few days they will be completely moved in.

**Eagle's Wing Free Clinic- Judy Rintelman:** The Eagles Wing Free Clinic will close the Mukwonago location on June 30. The Board of Directors are currently looking for a different location.

**Waukesha County WIC- Lisa Topp:** Primarily our caseload continues to increase: June of 2024 caseload is 1629 (not final); June of 2023 caseload was 1541; June of 2022 caseload was 1397. We have issued over 80% of the FMNP (Farmers' Market checks) in the first month, which shows high interest. We have a new full-time, bilingual, front desk staff person and we are searching for another limited-time Dietetic Technician to join our team. The job posting is on the County website. Our Fit Families program held another child gardening event last month. We had several garden-related crafts and activities in addition to teaching the kids to plant and care for their own container garden. All children left with a potted tomato or pepper plant. We had attendance of 23 children and 18 adults combined from our two events.

**UW-Madison Extension- Health & Well Being & FoodWise programs: Jillian Smith, Jill Herz:** We are hiring an AmeriCorps Farm to School Specialist to serve from August 2024- August 2025. This position will deliver nutrition and garden-based education to students in grades K-5 in the Waukesha School District. Please share broadly with anyone who may be interested! There is an upcoming Strong Bodies strength-training class at St. Marks in Waukesha. Both flyers were shared with the WCNC list.

**Next Meeting: August 27, 2024 at 9AM**  
**Waukesha County WIC**  
**Presentation: WIC Program**