

WINTER 2024

MILKWEED NEWS

Official Newsletter of Milkweed Connections LLC

What's New in 2024

It's a new year and Milkweed has lots to celebrate. We welcomed our newest provider, Hayden, to the team at the end of 2023; you can get to know him on page 3. Two Milkweed members, Kate and Rachel, are working with the Recovery and Wellness Consortium to bring refreshed training to counties and agencies as part of the 2024 transition toward the Wraparound approach. We celebrate Marie, our newest certified peer specialist. Finally, we will use the ideas and goals from our fall retreat to help inform our work this year. 2024 has been a joyful year so far - we can't wait to see what else it holds.



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Milkweed Joins RWC's Wraparound Training Refresh

The Recovery and Wellness Consortium (RWC) is moving toward using the Wraparound model for its participants and providers, beginning in 2024. Part of the transition is to ensure that providers receive training to be able to operate within that model. The RWC is updating and refreshing its training, catering it to adult learners with busy schedules.

Milkweed founding members Rachel Hayden and Kate Laird (pictured) were asked to assist with the roll-out of the RWC's wraparound training, and are working with RWC staff and other providers to bring this training to counties and agencies. As six-year veterans of the CCS program, and members of an entirely peer-run organization, they deeply appreciate being invited to the table, and are committed to including a peer perspective in the training. Peer providers are ideally placed to facilitate communication between participants and professionals, including ensuring a participant's voice is heard and making the CCS process as collaborative as possible.



While both Kate and Rachel are involved in multiple aspects of the update of the training, Kate's primary role is content adaptation, while Rachel's primary role is presenting and training. They are excited to help reinvigorate the Wraparound approach.



Meet Our Newest Provider

milkweedconnections.com/hayden-grambo

Hayden is from the Chippewa Valley; though he has lived in other cities, he found himself always moving back to make the area his home. He comes to Milkweed with a variety of work and personal experiences that have introduced him to people from all walks of life.

Hayden has endured and overcome many life challenges, but found his path to healing through surrounding himself with support from friends and family, and realizing that mistakes and setbacks offer a chance to learn and grow. His life experiences have shaped Hayden and make him understanding and supportive of others who struggle with mental health and need to be seen and heard.



Hayden is a member of the LGBTQ+ community. He reminds people everyone's journey is their own; not everyone follows the same path. Hayden is always learning more about himself and the LGBTQ+ community as he navigates through his transition and gains more confidence in who he is. Hayden believes representation matters; seeing someone who you can relate to being happy can make a difference in someone's life.

In his free time, Hayden has many interests and hobbies that keep him busy. He enjoys being outdoors, hiking, kayaking, camping, and spending time in his vegetable garden. He and his wife spend time doing crafts, working on projects around their house, going on adventures, playing video games, and taking care of their pets. Hayden loves connecting with people through music and has often found comfort and refuge in it. He is a soccer fan and a US soccer supporter. He loves going to games and hopes to go to the World Cup in 2026.

New Certified Peer Specialist

Congratulations to Marie Reynolds, our newest Certified Peer Specialist. She has provided services for Milkweed for years, but adds a new service array in 2024. To learn more about Marie, visit: <https://www.milkweedconnections.com/marie-reynolds>



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Pictured above: Daniel grills up
some food for the team.
To the right: Jason, Kate,
Rachel, and Tricia on a walk
around the property.

Last fall, the Milkweed team
went on a retreat to
celebrate the year, review
our history and principles,
and work on new policies
and procedures for 2024.
We also had some fun and
enjoyed each other's
company!

