

About Resilient Wisconsin

Connected. Stronger. Thriving.

Resilient Wisconsin engages with partners and works across systems to build a trauma-informed and resilient state. Recognizing the impacts of toxic stress and trauma, in addition to the complexities that those in formal and informal helping roles face, Resilient Wisconsin provides resources, tools, and education that are balanced between individual and community approaches.

Our vision

A state that helps the helpers.

Our mission

Resilient Wisconsin supports the helpers to prevent trauma and minimize the impacts of toxic stress, while addressing structural inequities that impact the conditions in which people live, work, and grow.

Launched in 2020, Resilient Wisconsin is a project of the Wisconsin Department of Health Services (DHS). Resilient Wisconsin collaborates with tribal nations, state agencies, and community organizations. Resilient Wisconsin works to:

- Prevent and reduce systemic health inequities, adverse childhood experiences, and other sources of trauma and toxic stress.
- Promote a full range of primary prevention, intervention, care, and treatment.
- Normalize effective help-seeking and resilience-building behaviors statewide.
- Reduce the stigma experienced by those who live with or are affected by trauma.
- Foster collaborations across programs and communities that address the



As part of DHS Overdose Data to Action efforts, Resilient Wisconsin works to support the professional and informal helping roles that support those with substance use disorder, serve on the frontlines of the opioid epidemic, and may have experienced vicarious or secondary trauma while serving their communities.

2022 Data Points



3.7M

Media buy impressions or number of times content was displayed



18,583

Subscribers to the monthly Resilient Wisconsin Trauma-Informed Care News and Notes Email



65

Virtual and in-person trainings, reaching over 2,800 people



11

Virtual and in-person conferences and events, reaching 5,000 people

Connecting people to support

We promoted the information and resources available through Resilient Wisconsin throughout the year.

- Monthly: Self-care and community care tips through DHS social media channels
- August: Back-to-school tips through a flyer and social media posts in partnership with the Child Abuse and Neglect Prevention Board
- August: Resilience building tips through paid social media posts and online advertising

Improving DHS website content

We completed a refresh of our content on the DHS website making the content more accessible for all audiences.

Creating new DHS website content

We partnered with the Association of State and Territorial Health Officials and the Centers for Disease Control and Prevention to highlight the scope and impact of adverse childhood experiences with data people and communities can use to build better prevention, care, and treatment services.

Educating first responders

We moved a training video focused on secondary trauma to YouTube, which made it more accessible to the target audience (first responders) and others.

Sharing real stories

We partnered with four Wisconsin residents with lived experience of a substance use disorder who are now helpers. They shared their stories in an effort to provide hope to people living with a substance use disorder that recovery is possible.

Helping the helper in schools

We were selected to participate in the Association of State and Territorial Health Officials School Behavioral Health Learning Community in partnership with the Wisconsin Department of Public Instruction.

Looking ahead

Building a more resilient state is an ongoing challenge. We're dedicated to supporting people who have experienced trauma, and continuing to address the root causes of Wisconsin's most urgent behavioral health challenges—so that one day, human and health services partners, and communities across Wisconsin can prevent harm before it occurs. Resilient Wisconsin will continue to focus on helping the helpers with new partnerships, training, and resources that support Wisconsin residents in formal and informal helping roles.

Looking ahead, Resilient Wisconsin will strive to:

- Strengthen strategic partnerships and collaborations with communities across the state.
- Establish virtual training content to be applicable for a wide range of helping roles.
- Launch individualized in-person and virtual training and presentations for partners.
- Reduce stigma and promoted help-seeking behaviors through communication and campaign efforts.

Together, we can help ensure that everyone in Wisconsin has the chance to build resilience and live their best life.

Tell us what you need to build resilience in your life and your community. Email your feedback to DHSResilientWI@dhs.wisconsin.gov

Sign up for Resilient Wisconsin email updates by scanning this code:

