



Health and Well-being Programming:

Mid-year update 2025



Cath Tease joined the Extension team in 2019 as the parttime Health and Well-being Educator serving Manitowoc County. Her work focuses on promoting positive mental health by helping individuals develop and practice activities that enhance selfregulation and well-being. Cath collaborates with Great Lakes ROTARC, and local community partners to strengthen community capacity to prevent, treat, and support recovery efforts, prevent substance misuse and other unhealthy coping mechanisms. She is involved in several coalition efforts that address policy, systems and environmental (PSE) changes. As a person in longterm recovery, she collaborates with others to create community environments that support mental health, encourage healthy behaviors, and reduce stigma and health disparities. Cath loves spending time outdoors, especially in nature, and cherishes making lasting memories with her loved ones.

Data that helps to drive the Health and Well-being priorities in Manitowoc County.

- [2023 ALICE Report County Snapshots WI](#)
- [CHIP 1-Pager](#)
- [2024-MTSO-Finalized-Annual-Report.pdf](#)
- [PowerPoint Presentation](#)
- [Impacts – Health & Well-Being](#)

Top Health Priorities Identified During the CHA¹



Mental Health

70%
of County Crisis Line
calls were mental
health related

20%
of adults reported
having depression

16%
of middle school
students reported
considering suicide



Substance Use

824
alcohol-related
hospitalizations

400
drug possession
arrests

13%
of women smoke
tobacco during
pregnancy



21%
of adults report no
leisuretime physical

36%
of high school
students eat

6,380
food insecure
individuals

Current Projects

- **Rural Opioid Technical Assistance (ROTA)** Awarded \$9998 to support recovery efforts in Manitowoc County.
- **Healthiest Manitowoc County Access Navigation Action Team** Evaluates policies, systems, and environmental factors that support or deter accessing services for substance misuse and mental health needs.
- **WeCOPE: Managing** stress and emotional well-being is a constant challenge, especially for those in early recovery from substance use disorder (SUD). Chronic stress harms mental and physical health, raising the risk of anxiety, depression, and other conditions. In Manitowoc County, sober living communities have voiced the need for accessible, effective strategies to support resilience, stress management, and overall well-being in recovery.
- **Creating Recovery Friendly Workplaces & Communities:** Substance use disorders affect millions of Americans, and about 23 million people are in recovery. Having a steady job is crucial for staying in recovery, but stigma and workplace policies often get in the way. Many employers don't have the tools to support workers in recovery, which can lead to higher healthcare costs, lost talent, and economic challenges.
- **Learning to Breathe:** Teaching youth participants to experience the present moment with compassion and openness using a research-based mindfulness curriculum.