HIR Wellness Center, Inc.

Address: 8626B W. Greenfield Avenue
West Allis, WI 53214
Phone: 414-315-7271
Fax:

Supervisor/Contact Person:
Direct Phone #:
Email:

CLIENT POPULATION SERVED:

WHAT DAYS/HOURS ARE AVAILABLE FOR STUDENT INTERNS TO WORK?
PLEASE INCLUDE WEEKEND AND EVENING AVAILABILITY:

IS THERE A CREDENTIALED, ON-SITE SUPERVISOR AVAILABLE TO SUPERVISE SUBSTANCE
ABUSE COUNSELOR – IN TRAINING (SAC-IT) STUDENTS? YES □ NO □

REQUIREMENTS FOR STUDENT INTERN PLACEMENT:
Pre-placement Interview and Acceptance

INTERNSHIP JOB DESCRIPTION/EXPECTATIONS:

WEBSITE ADDRESS: www.hirwellness.org

Revised: 4/3/18
About
Healing Intergenerational Roots (HIR) Together.

At HIR Wellness Center, we believe that a multi-systemic and integrated approach is needed to provide holistic and high-quality mental health and wellness care.

Our Approach

The goal of counseling is to support self-understanding and encourage new attitudes and feelings towards life situations. In addition, we believe that therapy starts in our senses (perceived sensations). Often these sensations (unpleasant memories, pain, loss, anxiety) are stored within our body and a more sensorimotor approach is our first step toward healing.

No one recovers alone and we believe that establishing safety and support within compassionate circles of care is important to one’s therapy process. It is essential to keep in mind that therapy is not a magic pill or a quick fix; therapy is a healing process that necessitates participation and investment from the patient and caretaker alike. But in the end, making small changes in self-defeating behavior and in feelings of sadness, fear, and pain can bring life-altering results. With our services, we will help you achieve just that.

Despite your individual efforts to manage the distress and hurt in your life, even with support from your family and community, it may not be enough. The next step in your healing journey is professional help. With you, we design a personalized healing passport. This plan includes your goals for therapy, integrating your own inspiration for a strong mind, body, heart, and spirit.*

We specialize in intergenerational care, addressing trauma and co-occurring disorders. Our approach is culturally responsive and promotes traditional healing practices unique to the individual’s values and ways. Moreover, we use an integrative team of mental health professionals and referral sources to meet your needs.
Healing Intergenerational Roots
"HIR"
Wellness Center

At HIR Wellness Center is a 501 (c) 3 nonprofit organization. We believe that a multi-systemic and integrated approach is needed to provide holistic and high-quality mental health and wellness care.

Our Mission
To provide a culturally responsive and trauma informed approach in fostering clinical mental health and wellness services for Indigenous and disenfranchised communities.

Our Vision
"HIR" stands for Healing Intergenerational Roots and is pronounced “Her”.

- To promote post-trauma growth and wellness for our communities by utilizing community-based participatory research (CBPR) in developing services, programming, and outcome measures.
- To combine knowledge with the action of both clinical and community stakeholders, to achieve social change, improve health outcomes and eliminate health disparities among the communities that we serve.
- To strive towards cultural humility (respect) through using a bio-psycho-social-spiritual and culturally responsive approach to therapeutic care.
- To use an empathy-based, multystemic and multidisciplinary approach that is neurobiologically and trauma-informed.

Learn About Us
Community Voices

Barb Blackdeer-Mackenzie, Ho-Chunk Nation

"Positive change needs to take place in the community as much as it does in the individual. Many times governmental grant programs force us into critical needs statements and deficit approaches. We need to turn this around to practice-based assessments to measure progress and outcomes for. Sometimes medical approaches work, but many times they don't—and it's because we fail to holistically address the person and family. While we are getting better at aligning to very different forms of treatment, we need more places and spaces to improve on how to find a community's strengths and how to address the traumas that persist. You cannot have an addict come home from treatment and walk into the same setting she experienced before they left.

First Nations communities have suffered more than 500 years of historical and intergenerational trauma. While those of us in the helping professions continue the symptom-management of addiction and its effect on our relatives, we need real healing in the form of non-medical approaches to bolster traditional aspects of our people's healing. I have been working for my tribe and other tribal communities for about twenty years. As a former tribal leader and current resource center supervisor for my tribe's Child and Family Services Division, I have experienced the case management of many families in their times of need therapy interventions and overall practice. We need the strength-based approach to ensure the help provided to an individual heal—not just meet the bare-minimum needs to not be in distress. My hope is that the HIR Wellness Center can help us on this healing journey." February 2017

Linda Langer, B.A., Graduate Student, Mount Mary University & South Eastern Oneida Tribal Services (SEOTS) Advisory Board Member

"As an Educator and Academic Advisor for Native American elementary students for the past two years, I have witnessed first hand how our children's physical and mental health issues in some cases are in need of extended supportive care. The HIR Wellness Center would be the perfect place to receive the specialized, quality care that they deserve. Knowing the people at HIR Wellness Center, I can rest assured that our children's needs and goals will be obtained." January 2017

Jennifer S. Maney, Ph.D., Director, Greater Milwaukee Catholic Education Consortium/Marquette University

"The HIR Wellness Center is a critical component of helping heal the significant and ongoing impact of historical trauma on First Nation people. HIR offers support geared specifically to the individual, support that is grounded in best practice and current research in mental, emotional, physical, and spiritual health. My work with the higher education institutions in the Milwaukee area in support of our Catholic schools, both urban and others, brings me into contact with many people who either individually or collectively have experienced or continue to experience some forms of trauma." January 2017

Marla Mahkimetas, Educator, Artist, and Menominee

"As a community member, grandmother, and Menominee language speaker I'm very grateful to know that a program designed specifically towards healing our Indigenous community is finally available! The first of its kind to use both Western and traditional practices to heal not only the body and mind, but to heal more importantly the spirit, as we know to be the center of who we are. Healing our community means reconnecting our people to who they knew before trauma occurred. Our traditional teachings, ceremony, and practices." January 2017
Allison Geschke, Ho-Chunk Nation, B.A., Cardinal Stritch University, Educator

"The abandonment of traditional healing practices are heartbreakingly apparent when comparing the health of younger generation Natives to their living elders who are engaged in traditional health practices. To overcome some of the adversities many Natives are faced with today, it is imperative to fully embrace and integrate the intrinsically linked spirituality of Native American culture with modern medicine to help heal the body, mind, and spirit. The culturally sensitive approach that invites community advisors onto the therapy team and passion of HIR Wellness Center are unique to Milwaukee and have the potential to extend health promotion beyond the individual to the collective. I look forward to this extraordinary opportunity for our community."
Our Team

Lea S. Denny, MS-CMHC, LPC-IT, NCC
Founder, CEO, Clinical Psychotherapist & Researcher
Neurosequential Model of Therapeutics (NMT) Consultant & Mental Health First Aid Instructor

Ever since I was young, I knew I wanted to get into the line of work that would make a difference in people’s lives. This interest grew into my undying passion for the helping field and eventually evolved into my life’s work. As a licensed therapist LPC-IT, Nationally Certified Counselor (NCC) and researcher in Milwaukee, WI, I am committed to the well-being of all my clients, their families, and our communities. I wholeheartedly believe that wellness happens when we work together, and this is why I have an integrated and multisystemic approach to addressing mental health concerns.

Deanna Schwenner, MPA
Associate Director

Deanna is a founding team member, and she began her role as Associate Director at HIR Wellness Center in 2016.

S. Michele Cohen, Ph.D, LPC, LCPC
HIR Wellness Center Board President

Like our founder, I have known since I was a child that I wanted to lend my voice to the most vulnerable people in society. Those that may not feel the freedom or are developing the bravery to use their own voices for self-advocacy. My passion expanded after graduate school when I realized that not only were individuals in need of advocates but whole communities were suffering due to historical trauma and disenfranchisement. Becoming the board president of HIR Wellness has offered me a chance to support an amazing team that recognizes the moral imperative of embracing wellness for individuals through healing communities.

Mark W. Powless, MBA
HIR Wellness Center Board Member
Oneida Tribal Member
Mental Health Counseling

At HIR Wellness Center, we are aware of the unique needs many of our families have, including the experiences of historical, intergenerational and contemporary traumas. Therefore, our work is culturally and trauma-informed to best meet the needs of the individuals and communities that we serve. To ensure we are meeting the personal needs of each individual and family we work with, we developed the HIR Healing Passport to help guide and track progress in any HIR services or programming, building a therapeutic web of services to increase holism for one’s mind, body, heart, spirit, and community feeling.

Programming includes:

- Individual therapy
- Family therapy
- Group therapy
- Neurosequential Model of Therapeutics (NMT) consulting services
- School-based mental health services
- Foster care and adoption counseling and consulting
- Infant Mental Health (0-5 years)
- Transitional youth and young adult counseling

We can address various mental health concerns:

- Depression
- Anxiety
- Daydreaming (To a Fault)
- Anger/Rage
- Self Harm
- Suicidal Ideation
- Impulsivity/ADD/ADHD
- Oppositional Defiant Disorder (ODD)
- Out Of Control Behaviors
- School/Work/Life Problems
- Sensory Processing Disorders
- Panic Attacks
- PTSD
- Sexual abuse
- Intimate Partner Abuse
- Complex & Developmental Trauma
- Transgenerational Trauma or Historical Trauma
- Eating Disorders
- Bipolar Disorders
- Personality Disorders
- Co-Occurring Disorders

Current Groups

Get Started
We look forward to meeting you and your family. Learn about what you need to do to get started for your first visit.

Get Started