

FOR IMMEDIATE RELEASE
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Free Workshop Fights Mental Illness Stigma Through Storytelling ***'Honest, Open and Proud' Training Offers Strategies to Eliminate Stereotypes***

The Center for Suicide Awareness, St. Paul Elder Services, Inc. and NAMI Fox Valley are co-sponsoring an exciting opportunity for family and individuals living with mental illness to learn how to share their stories and provide education that helps eliminate the stereotypes, prejudice and discrimination that make up the stigma of mental health conditions.

The three not-for-profit agencies will host "Honest, Open and Proud," a workshop designed to explore the decisions we make when we talk about our stories related to mental illness and recovery.

The workshop is planned for 8:30 – 3:30 p.m., Sat., March. 5 and will be held at St. Paul Elder Services, 316 East 14th St., Kaukauna, WI 54130. To register, contact Ann Jadin at ann@namifoxvalley.org or (920) 954-1550.

The training was developed by WISE, a statewide coalition of organizations and individuals promoting inclusion and support for all affected by mental illness by advancing evidence-based practices for stigma reduction efforts in our state. People with lived experience of mental health challenges strategically sharing their story is the current, primary, evidence-based practice and drives the focus of WISE.

The training guides individuals with lived experience through a process of learning about and applying principles of self-disclosure about their mental illness and recovery. Its goals focus on three major lessons: including considering the pros and cons of disclosing; different strategies for disclosure; and how to tell a personally meaningful story.

The training will help participants look at the stories they've been telling themselves; discern helpful and hurtful self-attitudes, and analyze the pros and cons of disclosing in different settings to different people. Lastly, the training helps guide participants to draft their own story into a format that discloses not only the pain of mental health challenges but also the internal and external resources discovered and used to live in recovery.

- PLEASE VIEW SCHEDULE ON BACK -

'Honest, Open and Proud' Training

Date: Saturday, March 5, 2016

Time: 8:30 a.m. – 3:30 p.m.

Where: St. Paul Elder Services, 316 East 14th St., Kaukauna, WI 54130

Register by Feb. 26: Contact Ann at ann@namifoxvalley.org or (920) 954-1550

8:30 – 8:45 a.m.	Registration and Networking
8:45 – 9:00 a.m.	Welcome
9:00 – 10:30 a.m.	Lesson 1: What story do you tell yourself? Do you identify yourself as a person with mental illness or a family member living caring for a loved one with mental illness? Secrets are a part of life. Considering the pros and cons of disclosure.
10:30 – 11:30 a.m.	Lesson 2: Levels and considerations of disclosure Different ways to disclose To whom might you disclose? How might others respond to your disclosure?
11:30 – 12:15 p.m.	Lunch
12:15 – 1:45 p.m.	Lesson 3: Revisiting the story you have been telling. How to tell your story Honest, Open and Proud through SOLIDARITY and peer support Putting it all together
1:45 – 2:00 p.m.	Break
2:00 – 2:45 p.m.	Lesson 3, Re-Visiting the Story You Have Been Telling (continued)
2:45 – 3:15 p.m.	Sharing Your Story through Education and Advocacy Presentations NAMI Talks Speaker's Bureau Stories
3:15 – 3:30 p.m.	Wrap Up, Q & A and Evaluation

About the speakers:

Barb Bigalke is the Executive Director of the Center for Suicide Awareness, based in the Fox Valley of Wisconsin. Barb started the Walk for Suicide Awareness in 2010, with a vision to bring more attention to the often-hidden topic of suicide in our community. Suicide has a certain stigma to it, and both those who have suicidal thoughts, and families who have lost a loved one to suicide, are often left with few resources to help them handle their emotions and grief. Barb is dedicated to meet the needs of the community in suicide prevention, intervention, and post-vention. Barb is passionate about providing education on suicide prevention and works on providing a variety of support groups.

Ann Jadin serves as NAMI Fox Valley's Community Engagement Director and oversees and develops the agency's support groups and programs. She is the internship coordinator for the NEW Hope Peer Specialist training program and coordinates the program's interns; and is responsible for program development and community collaborations. Ann also volunteers as a Family-to-Family facilitator for NAMI has been involved in community advocacy related to mental illness, homelessness and LGBTQ issues.