The Flight to Building Opportunities
by Joe Troy, Co-Chair of the New Building Steering Committee

As was announced at the April Awards Celebration, NAMI Fox Valley has been blessed with the amazing opportunity to collaborate with The ARC of the Fox Cities to jointly own and relocate our operations to 211 E. Franklin Street, in downtown Appleton. This new facility will allow us to:

• Hold our existing programs on-site
• Grow our programming in a more cost-effective home
• Provide enhanced safety and privacy for our consumers, families, and staff
• Improve accessibility for all who depend on Valley Transit and those with physical disabilities
• Create a sense of “place” and ensure the long term sustainability of NAMI Fox Valley
• Be pioneers in using this model of collaboration between strong, local, non-profit agencies as good stewards of community funding

Part of the magic of this opportunity is that The ARC of the Fox Cities and NFV are equal partners and owners of the building, yet our unique missions, target populations and programming will remain unchanged. This is not a merger. It is a model born out of the true spirit of collaboration. We are two agencies who serve our community members across the life span, and whose population can be vulnerable, marginalized, and under-served. Both agencies were born through the grassroots advocacy of loving family members, and are sustained through the empowerment of members and friends. We look forward to the part you can play in ensuring our ability to do what we do best – to meet the needs of our community.

We are currently in the “Silent Phase” of our fundraising effort to pay off the mortgage, do necessary renovations and to secure the future with a capital fund to address future maintenance and repairs. Before we seek support from foundations and individuals outside of the NFV family we need to demonstrate the strongest possible support from our own families and friends. We have a strong start with 100% participation in gifts and pledges from our Staff and Board of Directors. We now need the rest of our NFV family to pitch in with a gift and/or pledge, so that when we approach other donors we can demonstrate how important this is to NFV consumers and our community.

The combined goal for NFV and The ARC is $999,211.00. With some early anonymous gifts and the gifts of the Staff and Boards of both organizations we are already at 12% of our goal! It is the participation, not the amount of the gift that shows the community our commitment to this effort.

Watch your mailbox for a letter and pledge card from NFV – pledge amounts will reflect the 211 theme (the address of the new building). Please join us in showing 100% participation from our membership and partners with a gift anywhere from $2.11 to $100,211.

With the image of Ben Franklin’s soaring kite, the theme of this effort is Helping People Reach New Heights. Please join us in this amazing flight.

NAMI Wisconsin news flash
The NAMI Wisconsin state conference for 2013 will be held in Madison, April 26-27. We were thrilled to learn that plans have been made to hold the 2014 state conference in Appleton on May 2-3!
In Memory of Jim Marshall
by Karen Aspenson

NAMI Fox Valley mourns the loss of James “Jim” Marshall, who passed away recently following a brave battle with cancer. Jim was active in supporting the affiliate and its mission in many ways, including service as a member of the Board of Directors, most recently serving as the Secretary. He also assisted staff with development of unique data bases that tracked specific information. Along with his wife, Jean, Jim spoke to many classes of the CIT and CIP law enforcement training about their experience of being the family of someone living with mental illness. He was a consummate advocate and believer in the potential for people to experience recovery from mental illness. NAMI Fox Valley will miss Jim’s sparkling blue eyes, sense of duty, and warm smile.

Sizzling summer picnic 2012
by Jill Mitchler, Program and Volunteer Manager

It wasn’t just burgers and hot dogs that were sizzling at this year’s summer picnic! With plenty of summer sunshine and temperatures in the 90’s, it was sizzling hot! However, there were gentle, cooling breezes blowing throughout the Pierce Park pavilion to help keep everyone cool. Many thanks to the volunteers, who helped with planning, set up, picking up donations, serving food and the clean up. Many NAMI Fox Valley, Friendship Place and the Outreach Center members, friends and family members came together for good food and camaraderie and a sizzling, fun time! A special thanks to Ben Stanley for the photos.

Food is always worth the wait!

Smiles a plenty

NAMI Fox Valley Staff knows how to have fun
Standardized dues

Effective July 1, 2012, NAMI National standardized membership dues are in effect. You will notice the following change in the levels of membership giving:

- There are now just two ways to pay for membership: $35 Standard membership or $3 Open Door (low income).
- A Standard membership will continue to include membership at all three levels, (local, state, national) as well as correspondence (newsletters) from all three levels.
- Of the $35 standardized dues, $10 goes to NAMI National, $10 goes to NAMI Wisconsin, and the remainder stays with NAMI Fox Valley. At the $3 level, each would receive $1 of the dues. Open Door members enjoy all the same rights and privileges of those paying at the standard level. What has not changed is NAMI’s clear commitment to “a member is a member is a member” – meaning that anyone who joins the organization at any entry point has joined the organization at all points, local/state/national.
- There will still be other levels (see below) of giving which will include one Standard membership with the donation. The amount over and above the $35 will be an unrestricted donation to NAMI Fox Valley.

Renewals are still handled at the affiliate level, so check your address label on the front of the newsletter for your membership expiration date.

☐ I want to be a member and support the mission of NAMI Fox Valley! Benefits include membership in our state and national organizations, our NFV quarterly newsletter, publications from our state and national organization and access to our resource library. Your support helps us provide programs and services that improve the lives of people living with mental illness. Membership follows a calendar year and, to avoid expiration, must be renewed each January 1st.

Please choose one of the following options of membership:

☐ $3 Low Income Membership    ☐ $35 Standard Membership

Please accept my $_________ donation in addition to my Low Income or Standard Membership.

The following levels of support include (1) Standard Membership. The amount in excess of $35 will be designated as an unrestricted donation and is tax-deductible as provided by law.

☐ $50 Family/Friend    ☐ $75 Mental Health Professional
☐ $100 Corporate Community Partner    ☐ $250 Mental Health Advocate
☐ $500 Champion

Please make checks payable to: NAMI Fox Valley

Name ________________________________ Phone __________________________

Street ________________________________ Apt. # __________________

City ________________________________ State ____________ Zip ____________

E-mail Address ________________________________

☐ I prefer to receive newsletters via email
Calling all team captains and walkers
by Wendy Megas, Outreach director

Our NAMIWalks season is well underway and we are looking for Team Captains and Walkers to help us make our 7th annual NAMIWalks event the most successful yet.

Since our first Walk in 2006, the event has grown each year. We are proud to host the largest mental health education and fundraising effort in our community. The Walk has truly become a community walk for mental illness awareness, as we engage and educate our community about mental illness while also raising funds for NAMI Fox Valley. This year’s Walk is planned for Saturday, Oct. 6 at Appleton’s Memorial Park.

Last year, 75 teams totaling more than 700 walkers, along with 46 corporate and business sponsors, collectively raised nearly $160,000. That money helped us serve more than 3,100 people with education, support and advocacy programs and services. We offer support groups for those with mental illness and their family members. We teach classes to educate family members, police and the public about mental illness. We also empower people living with mental illness to make public presentations through our In Our Own Voice Program to show that living well with mental illness is possible.

But there is still so much more work to be done, so many more people we need to reach. Mental illness impacts our entire community, affecting one in four adults and at least one in 10 children. Its effects are devastating – jobs are lost, families become strained and broken, and all too often, untreated mental illness can be fatal.

We need your help. Every time a Walker reaches out to a friend, family member or colleague asking them to support NAMI Fox Valley, we initiate a conversation about mental illness and our organization. Just talking openly about mental illness can be a powerful first step to breaking down stigma. You can help us spread the message that people suffering from mental illness deserve the same compassion, care and support as someone suffering from any other physical illness, be it diabetes, cancer or heart disease. And that NAMI Fox Valley is here for them.

Help spread our message that there is help and hope, recovery is possible, and that NAMI Fox Valley is here to support people living with mental illness, their families and their recovery.

Please, will you walk with us? This year, we hope to raise $190,000, but we need more Team Captains and Walkers to achieve this goal. We hope you can join us as we celebrate mental illness recovery, combat stigma, promote awareness and raise funds.

To join the Walk, contact Wendy Magas at 920-954-1550 or wendy@namifoxvalley.org. For more information, visit www.namifoxvalley.org.

NAMIWalk volunteers needed
Calling all NAMI Fox Valley volunteers! The annual NAMI Walk is October 6 and we are in need of about 85 volunteers to help with various tasks now and on the day of the walk!

Some of the volunteer opportunities are:
• Starting now - assist in the coordinated effort to obtain raffle donations
• Fri., Oct 6 – set up at Memorial Park in Appleton from 3-5 pm
• Sat., Oct 7 – set up at Memorial Park from 6-8 am, food serving 7:30-9:30 am or 9:30-noon, face painting 7:30-11 am, parking entrances/ lots 7:30-9:30, working at the raffle tent 7:30-9:30 am and 9:30-noon, T-Shirts 9-noon, water stations 9-11:30 am and clean up 11:30 am - 12:30 pm

Please contact Jill Mitchler, Program and Volunteer Manager at jill@namifoxvalley.org or 920-954-1550 if you are available and able to help us with this, our most important annual fundraising event!
Happy HOT Summer! I have so much to share with you that I am forced to present “Beth Writes…” to you in a different format this month:

2012 NAMI National Convention
I am excited to share with you that Wendy Magas, Outreach Director, and I had the privilege of attending the 2012 NAMI National Convention in Seattle, Washington at the end of June. It was an incredible opportunity to be reminded that, just like us, there are NAMI affiliates all over our state, and all over the country doing the critical, mission-driven, grass roots activities and signature programs that improve the lives of those living with mental illness and their families. It really drove home the fact that NAMI Fox Valley plays a part in a much larger movement, and that we are supported at every level in the work that we do. Connecting with other affiliate leaders and with national level staff helped us to further clarify and strengthen the NAMI Fox Valley vision: Live well with mental illness. We were so pleased to have Gayle Schultz and Mike and Sherry Williams, NAMI Fox Valley members and volunteers, join us in Seattle. All of us returned to Appleton energized, and looking forward to enhancing our local programs and services based on the newest research, shared at the conference by Dr. Thomas Insel, Director of the National Institutes of Mental Health, and positioning NAMI Fox Valley to meet the NAMI Standards of Excellence in all that we do.

NAMI Fox Valley 2012-13 strategic plan
The NAMI Fox Valley Board and Staff have been busy bringing to life our 2012-13 Strategic Plan. As members, friends, and community partners, it is critical that you are informed of and feel connected to that plan, so let me share with you some of the details. Simply put, strategic planning determines where an organization is going over the next year or more and how it’s going to get there. The four strategic imperatives that form our plan are: (1) Expand the reach of our programs and services (2) Expand the reach of development efforts (3) Expand community awareness projects (4) Ensure quality in all programming. A few of the day-to-day ways that we work toward these goals are:

- The co-purchase of the 211 E. Franklin building, providing NFV with more programming space and securing the long-term sustainability of NFV
- Enhanced signature programs to reach target populations in need: faith-based and clergy outreach, teens/youth, veterans and returning military, and the incarcerated
- Programming to reach our full service area, including Neenah/Menasha, Calumet County, and Waupaca County
- Engaging our community through social media (blogs, Facebook, Twitter, expanded/mixed-media website)
- Pursuing re-affiliation with NAMI Wisconsin and NAMI National through compliance with the NAMI Standards of Excellence
- Completion of a membership and community-wide survey to inform NFV programming decisions for 2013 Coming soon!!
- NFV participation on the Mental Health Court team in Outagamie County
- NFV membership in the NE Wisconsin Mental Health Connection, including a board level position
- Taking a lead role in exploring and creating a community-based plan to address suicide prevention, intervention, and post-vention in the Fox Valley

This is a sampling of the many ways NFV is living out its plan. If you are interested in hearing more about our current Strategic Plan, please contact me at (920) 954-1550 or stop by the NAMI house. My door is always open!
Recovery in action: John Holzschuh  
by Paula Verrett

Depression plagued him as early as high school. Self medication through alcohol use made it possible for him to cope for a time. Then use became abuse resulting in him dropping out of college only a semester away from graduation. This is only a snippet of the big picture of John Holzschuh’s dark days of living life with Schizoaffective-Depressive type Disorder. The illness almost took his life and threatened to destroy relationships with those who loved him. It was that near death experience that provided a wake-up call for John to take action in his own life.

Working closely with his mental health providers, John strived to improve his life. It took ten years to find the right medication combination. During that time John worked hard earning a Bachelor of Business Administration degree from Lakeland College in 2006. Since that time, he has been actively involved in programs at NAMI Fox Valley including support groups, Peer-to-Peer, Mental Health First Aid, In Our Own Voice and Consumers as Providers (CAP).

CAP is one of four curricula approved in the State of Wisconsin to prepare consumers to become Certified Peer Specialists and requires an internship of 104 hours for completion. John recently took and passed his certification exam and is now a Certified Peer Specialist interning at Calumet County Community Support Program (CSP) completing his requirements for the CAP class. His recovery is already having a positive impact on Calumet County CSP program. In his role as a peer specialist John meets with people who receive services through the CSP program. He has been instrumental in administration of the Recovery Oriented Systems Indicator (ROSI), an organizational assessment tool which provides feedback to the agency on their services. Kathleen Stock of Calumet County states, “John is a valuable asset to our CSP. I am experiencing directly the benefits to having services provided to consumers that we serve from a peer specialist orientation.”

John's willingness to share his and his family’s experiences with living with mental illness has earned him much praise from Calumet County. In 2012, he was nominated by the director of Calumet County Human Services, Todd Romenesko, to receive the Len Ganser Award from the Wisconsin County Human Services Association for his contribution to Calumet County and received it in Elkhart Lake on May 23, 2012.

John has clearly demonstrated that recovery is possible and that people do live well with mental illness. It is not always an easy journey but John has demonstrated it is a worthwhile journey.

A social networking site for young adults
Join the conversation at www.strengthofus.org
Strengthofus.org offers a variety of resources on issues important to young adults, including healthy relationships, family and friends, independent living, campus life, employment, mental health issues and much more.
Program updates by
Jill Mitchler, Program and Volunteer Manager

SPARK
The next SPARK (Supporting Parents as Advocates and Resources for Kids) class is being held at FVTC in Appleton from 9am-4pm on three Saturdays, Sept 29, Oct 13 and Oct 27. This free 18-hour class is designed for parents, educators and caregivers of school-aged children diagnosed with brain disorders. Educators who complete the course may apply for undergrad or graduate level credit through UW-Oshkosh (fees apply).

Mental Health First Aid
Just as CPR training helps someone without medical training assist an individual following a heart attack Mental Health First Aid (MHFA) training helps assist someone experiencing a mental health crisis. The fee of $50 covers the cost of materials and supplies. MHFA is being offered from 5:30-8:30 pm at FVTC in Appleton Thursday evenings Oct 25, Nov 1, 8 and 15.

To register for either of these classes, contact Angel by email at angel@namifoxvalley.org or call 920-954-1550.

Planning for the Future workshop to be held September 29, 2012
NAMI-Wisconsin will offer a workshop titled, “Midlife and Aging Families: Planning for the Future.” This program is modeled on a workshop developed by Dr. Agnes Hatfield of NAMI Baltimore, Maryland and was first offered in Madison in 2003. This educational event is designed to help family members of individuals who have mental illnesses create a plan to ensure the needs of their loved one are met after they are gone. The 1-day workshop will cover legal issues and financial planning, social security and entitlement benefits, and a panel of family members and consumers will speak about their experiences planning for the future well-being of their loved one.

Attendees will also learn to use the newly designed electronic workbook, known as the Life Plan, developed by NAMI members Jan Greenberg and Joan Liegel, which is designed to help families plan for the future based on their almost 10 years of offering the workshop. Everyone in attendance will receive a free CD containing a copy of the workbook. Many hundreds of NAMI members have attended the workshop and here is what they have shared:

Go to the NAMI Wisconsin website at www.namiwisconsin.org. Click on the Calendar link on the home page. Registration forms may be downloaded and printed from the site or you may call the NAMI Wisconsin office (800) 236-2988.

Family-to-Family to take place in Calumet County
by Jill Mitchler, Program and Volunteer Manager
Through a generous grant from the Chilton Area Community Foundation, NAMI Fox Valley is pleased to offer a Family-to-Family class in Brillion for residents of Calumet County this fall. This free, 12-week course is taught by trained family members and is offered to family and friends of people who live with mental illness.

In this course, participants learn about their loved one’s brain illness, medication, medication adherence, stress reduction, empathy for your relative, setting boundaries, caring for yourself, communication and problem-solving skills, therapeutic resources, and advocacy.

The class will be held on Monday evenings, September 10 through November 26 from 6-8:30 pm at Ariens Company’s classroom and museum in Brillion. For more information about this class, or to register, please email Angel Gruber at angel@namifoxvalley.org or call NAMI Fox Valley at 920-954-1550.

Beth Clay, grateful for funding from Chilton Area Community Foundation
The power of language
by Paula Verrett

“Is your client a nut case?” This question was asked by an NPR correspondent in February while questioning the attorney of a man who had lied about receiving the Congressional Medal of Honor. How many times in a given day do we hear people make references to those who live with mental illness in a derogatory way? What do words like crazy, nuts, or psycho mean? What images do they bring to mind? To those of us who live with mental illness, they are highly stigmatizing and result in people not getting the help they need. The consequences of not seeking help are deadly. Every 16 minutes someone dies by suicide. These words are just as inappropriate as words of a derogatory nature used to describe people of different ethnic and racial backgrounds. We see public service messages on TV that condemn the use of the phrase, “That’s so gay” to describe something that does not make sense.

So how do we change the language we use to be more respectful of those who live with mental illnesses? It really is not that difficult. It does, however, require a conscious effort to change. In the Recovery Education and Advocacy Program (REAP) we talk about how we, as people who live with mental illness, refer to ourselves in relation to our diagnosis. A person who lives with bipolar disorder, for example, can choose to say, “I am bipolar.” In discussions, we realize that identifying as our diagnosis opens the door for others to refer to us as a diagnosis and not as a person. A better way to discuss one’s diagnosis might be, “I have bipolar disorder.” The media is notorious for referring to people who live with mental illness as “the mentally ill.” Granted, it takes a few more words to say, “People who live with mental illness” but it identifies the person first. It sends the message that the diagnosis is only a part of the person’s life. We are not our diagnosis and our family members are not family members of a diagnosis. We are all people and want to be identified as such.

Using person first language is empowering and recovery oriented. It helps those of us who live with mental illness focus on the other aspects of ourselves that make us who we are. When we focus on our strengths, interests and contributions we see that our diagnosis does not have to be a powerful burden. It can be an aspect of who we are, something we have to acknowledge and pay attention to, but it is not who we are.

Connections Support Groups Facilitators Mentoring Program
by Jill Mitchler, Program and Volunteer Manager

We were very excited to learn of a wonderful new NAMI National program that will help us grow our numbers of volunteer Connections Support Group facilitators! The Facilitator Mentoring Program is an excellent first step for potential new support group facilitators who have graduated from NAMI Fox Valley’s Peer to Peer program develop the facilitation skills necessary to assist in a secondary facilitator role until they can take the formal training and become a certified facilitator.

The mentors in this program are certified NAMI Connections facilitators who are willing to work with a mentee to help them understand the role of a Connections Support Group facilitator. Through a very gradual process, mentees “learn the ropes” and, at the discretion of their mentor, gradually try out the various skills used throughout the weekly support group meetings. When they are ready, mentees are registered for a Connections Facilitator training in order to become certified.

We believe that this new program will help us immensely as we are currently in great need of more Connections facilitators for our weekly Young Adult, Veterans, Wings of Change and New Hope support groups. If you are interested in learning more about this program or becoming a mentor or mentee, please contact Jill Mitchler, Program and Volunteer Manager at jill@namifoxvalley.org or call 920-954-1550.

Respect Me by Paula J. Verrett

I inflicted no harm on anyone.
Yet, cuffs with anger and disgust bound me.
I was treated with hatred and total mistrust.
I wanted to die more than I did before.
Why was I thought of so terribly bad?
My life had been full of the worst of the worst.
I could not figure out why I deserved even more.
I am not a criminal to be regarded with fear.
I am a human being and deserve your respect.
I need you to draw near and know who I am.
Help me before things get really bad.
Remind me of the strengths that I have.
Encourage me to look to the future with hope.
I am not a criminal for I’ve done nothing wrong.
Respect me for who I really am!
Mental Health Court and CIP collaboration
by Sarah Bassing-Sutton, CIT/CIP Coordinator
In collaboration with Outagamie County Health and Human Services, NAMI Fox Valley co-wrote the grant to fund the historic beginning of the Mental Health Court here in Outagamie County. It is one of only two Mental Health Courts in the state of Wisconsin. As a partner in this cost-effective, lifesaving mental health service, NAMI Fox Valley is responsible for providing training and education to the Mental Health Court team, community service providers, and law enforcement through Crisis Intervention Partner (CIP) and Crisis Intervention Team (CIT).
On July 17th-18th, NAMI Fox Valley and Appleton Police Department held the 11th CIP training. This class of 42 students included many members of the Mental Health Team, including Rosemary Davis, the Director of Outagamie County Health and Human Services, Brian Bezier, the Manager and Clinical Director of Outagamie County Health and Human Services Mental Health Services, the Honorable Judge Dee Dyer, Outagamie County Circuit Court Branch VI, Brandt Swardenski, the Assistant State Public Defender, Emily Hartfield, Corrections Field Supervisor, and Katherine Kirchner, the Mental Health Court Coordinator.
NAMI Fox Valley also has representation on the Mental Health Court Team reviewing referrals to the court and making recommendations. The Mental Health Court diverts from jail to treatment people with severe and persistent mental illnesses convicted of criminal offenses. Consumers who participate in the Mental Health Court are monitored for compliance with both their court requirements and prescribed treatment plan. The opportunity to participate in the Mental Health Court increases the possibility of long term recovery for consumers.
NAMI has long advocated for treatment and not punishment for those with brain disorders who commit offenses. This is crucial considering that in 1999 there were 283,000 persons with severe mental illness incarcerated in federal and state jails and prisons on a given day, according to the United States Department of Justice. In 2002, 50% of previously incarcerated individuals living with serious mental illness were re-arrested and returned to prisons not because they had completed new offenses, but because they had not been able to comply with conditions of probation or parole, often due to mental illness factors (Council of State Governments, Report of the Criminal Justice/Mental Health Consensus Project).
Approximately 5,100 adults with mental illness were incarcerated in Wisconsin prisons in 2008. CIT/CIP and Mental Health Courts are just two of NAMI’s strategies to help reduce the criminalization of persons living with mental illness.
CIP is based on the CIT model of training for law enforcement. This 16 hour workshop is targeted to meet the needs of professionals working within corrections, residential, vocational, medical and first responder settings. The 2 day workshop teaches signs and symptoms of mental illness, de-escalation techniques, and enables participants to recognize, understand and empathize with coping strategies used by those living with mental illness and their families.
Our next CIP training will be held November 13-14, 2012 at the Bordini Center in Appleton. If you are interested please contact Sarah Sutton, the CIP/CIT Coordinator by phone at 920-954-1550 or by email at sarah@namifoxvalley.org. **Registration deadline is two weeks prior to the workshop. Space is limited.**
The NAMI house has been very busy with advocacy and outreach to family members of the military and veterans alike. A national collaboration referred to as a Community Blueprint for Change and sponsored by the Military Officers Association of America and the Joints Chief of Staff in Washington, D.C. is being piloted in Northeast Wisconsin. This program has been rolled out in other communities around the United States with success working with Veterans Service Organizations, non-profits, the Veteran’s Health Administration (VHA) as well as other entities interested in working with the military, families and veterans. This is the start of a great collaboration between the VA and NAMI. We are honored to be able to work with them.

The whole idea of the Community Blueprint is to work with the Veterans Health Administration (VHA) beyond the scope of just their services. They have called on other organizations in the community, including NAMI, to help with forming committees in the areas of behavioral health and other veterans and military families’ needs. We will be working within the behavioral health committee with the Wisconsin National Guard and other area non-profit organizations.

Sunday, July 22nd brought a special opportunity to NAMI Fox Valley. We were invited to attend the Timber Rattlers’ Military Appreciation Day game. The weather was great and the crowd enthusiastic! Beth Clay, Gary, a NAMI volunteer and I handed out 250 NAMI Fox Valley water bottles within 20 minutes! Many family members returned to our display to gather more information on NAMI’s many opportunities for support and education. This gave us a golden opportunity to advertise our Family-to-Family class which will specifically address the needs of active duty and veteran service members.

We are fortunate to have as a Family-to-Family facilitator a retired Captain from the U.S. Navy. The course has added a 13th week to cover Post Traumatic Stress Disorder (PTSD) with a specific focus on military families. Family-to-Family has many subjects to offer families who need to cope, take care of themselves while helping their loved one cope and reintegrate back into society. This 13 week class runs from Sept 6th-Dec.6th excluding Thanksgiving. Classes will be held at FVTC from 6-8:30. The Family-to-Family course is an evidence base practice. As is true of our other NAMI signature programs, this course is offered free of charge.

As always we are accepting new veterans in our support group on Fridays at 6:30pm held at NAMI Fox Valley. Remember to thank a Vet.
We’ve been busy lately! Our May outing was changed as we all voted to go to the N.E.W. Zoo in Saumico. It was a hot day but we managed to have loads of fun. After seeing all the animals, having our laughs, and drinking gallons of water, we decided to go to Golden Corral for an early dinner.

Our June outing was facilitated by Jenny A. and Richard B. Thanks to both of them for all of their hard work and for making it a memorable event for all who participated. The group went on a Trolley ride, which was a lot of fun and a new experience for most. After the ride one of the Facilitators went to Mc G’s Burger’s and picked up burgers for everyone. A feast of burgers was enjoyed by all back at NAMI! They even saved me one as I was unable to attend due to health reasons. Richard was nice enough to surprise me by bringing it to my apt!

In July, the New Hope Support Group had a picnic. We all enjoyed the chance to relax, talk and enjoy each other’s company.

On Sept 8th, we are planning a trip to the Bubolz Nature Preserve and Tom’s Drive In for treats afterwards.

Please sign up for all activities in group or give us a call at (920) 954-1550.
Our Mission
NAMI Fox Valley exists to improve the quality of life for those with brain disorders (mental illness) and their families and friends through education, support, advocacy and outreach. It is affiliated with NAMI (National Alliance on Mental Illness) and NAMI Wisconsin.

Our Vision
Live well with mental illness.

How to reach us:
NAMI Fox Valley: (920) 954-1550
NAMI-FV FAX: (920) 954-0490
NAMI-FV e-mail: info@namifoxvalley.org
NAMI-FV website: www.namifoxvalley.org
NAMI-FV Editor: (920) 954-1550
Editor e-mail: info@namifoxvalley.org
NAMI Wisconsin: (800) 236-2988
www.nami.org

Upcoming events

September
6    Family-to-Family begins (Military and Veteran families encouraged to attend)
     FVTC, 6-8:30pm
10   Family-to-Family Calumet County begins,
     Ariens Company, 6-8:30pm
17-21 CIT, DJ Bordini Center, 8-4:30

October
6    NAMIWalks for the Mind of America,
     Memorial Park, Appleton
7-13 Mental Illness Awareness Week
10-31 REAP, FVTC, 6:30-9pm
11    Peer-to-Peer begins, FVTC, 6:30-9pm
25    Mental Health First Aid,
     FVTC, 5:30-8:30pm

November
13-14 CIP, Bordini Center, 8-5