Come Celebrate with US!
By: Karen Schiller

Tuesday, August 6, 5:30-8:00pm
5:30 – 6pm hors d’oeuvres, 6-7pm Kickoff,
7-8pm 2012/13 Awards Ceremony
This event is FREE!
Grand Meridian, 2621 N. Oneida Street, Appleton

2013 has been an exciting year for NAMI Fox Valley! We have welcomed new staff, moved to our new home at 211 E. Franklin Street in Appleton and implemented new programs to meet the needs you’ve shared with us. With the support of community partners and our volunteers, NAMI Fox Valley is able to support our community in eliminating stigma and nurturing hope for recovery through education, support, advocacy and outreach.

Join us to celebrate the passion and dedication of these amazing volunteers and community collaborators through whom the mission work of NAMI Fox Valley is accomplished.

Our 2012/2013 Award Recipients
The Karen Aspenson CIT Officer of the Year Award
– Lt. Lara Vendola-Messer

Volunteer of the Year Award
– Mary Baker

Youth Volunteer of the Year Award
– Nikki Van Herwynen

Community Partner Award
– Atlas Coffee Mill, Sue Bogenschutz, owner

Professional Service Award
– Lisa Kogan-Praska, CEO, Catalpa Health

Frank Mixdorf Distinguished Service Award
– Tom Morrissey

Tammy Bradley “Heart of NAMI” Award
– Helen Timm

We will also be “kicking off” our first “Strike Out Stigma” Bowl-a-Thon! On Saturday, Oct. 5 at Super Bowl in Appleton, you will have a chance to raise awareness and funds to support NAMI Fox Valley! Join us for information on how to get involved – including starting a team, becoming a bowler or volunteering! Our seven NAMIWalks were so successful because of the amazing efforts of team captains and walkers and generous support from our community sponsors. The Bowl-a-Thon works on the same model – but offers new opportunities to community partners, teams and bowlers to get involved!

You can register for the Bowl-a-Thon today by visiting our website at www.namifoxvalley.org!

To RSVP for the event, e-mail angel@namifoxvalley.org or call (920)954-1550. Questions about the Bowl-a-Thon? Contact Wendy Magas (wendy@namifoxvalley.org) or Karen Schiller (Karen@namifoxvalley.org).

Looking forward to celebrating with you!
211 E. Franklin Street –
The Flight to Building Opportunities

Fox Valley staff and volunteers were busy purging, tossing, shredding and packing for our move the past few months. During the week of June 10, we moved into our new office at 211 E. Franklin Street! Thank you to all of the volunteers, staff and families who helped the move go so smoothly. Special thanks to Helen Timm, Office Manager, for her planning, organization and direction on the big move! Thank you to the dedicated Flight Crew who have helped lift us to new heights during the past year to make The Flight to Building Opportunities possible! Special thanks to Beth Hoffman and Joe Troy for being our “Co-Pilots” and dedicating significant time, energy and effort to coordinate our work. Thank you to all who have pledged or donated to The Flight – every gift, from $2.11 to $100,211 has been important in moving toward our goal! We are excited to share that we have reached 55% of our fundraising goal for our new building – but we’re not there yet! Please visit www.211efranklin.com or contact Karen Schiller to donate and move us one step closer to our dream!

NAMI FOX VALLEY WELCOMES CARLA HALES

By: Wendy Magas

NAMI Fox Valley is excited to welcome Carla Hales to its staff. Carla will serve as the agency’s new Community Outreach Coordinator and will be responsible for organizing, enhancing and implementing new and existing programs to underserved populations, as identified by NAMI Fox Valley’s strategic plan. She will also work to expand the reach of the agency’s programs and services.

Carla brings extensive public speaking experience, along with her passion for working with children and youth. For the past seven years, Carla worked as the Prevention Education Coordinator for Harbor House Domestic Abuse Programs, presenting on anti-bullying, anti-violence, anti-oppression and dating abuse warning signs and prevention education. While there she spoke to 13,000 students a year as well as creating and advising the youth performance troupe, Zero Tolerance.

She also spent three years of her career at the AIDS Resource Center of Wisconsin (ARCW) as their Youth Prevention Specialist, and started a youth street outreach team and provided HIV counseling and testing to both youth and adults.

“I look forward to putting my public speaking skills and connections within the school system to use in the continued effort to educate and end the stigma that surrounds mental illness,” Carla says. “I want the Fox Valley to understand and support those living with mental illness and know that recovery is possible!”

Carla is also the owner of a brand new dance studio, Inclusion Dance, where she shares her lifelong ballet and dance training with local youth. In her spare time, she volunteers with homeless animals at the Orphan Animal Rescue and Sanctuary. Carla and her husband, Dustin, love the outdoors, Packer season, and spending time with Guthrie, their 2-year-old “furchild” (dog).
JOIN US FOR OUR ANNUAL SUMMER PICNIC!

By: Jill Mitchler

Monday, July 22 4:30-7:00pm
Pierce Park, 1035 W. Prospect Avenue, Appleton

Calling all NAMI Members, consumers and families – come join us for an evening of fun, food and friends (no need to register)!

NAMI Fox Valley, along with Friendship Place and the Outreach Center, is hosting the Annual Summer Picnic at Pierce Park on Monday, July 22. Games will start at 4:30, and food will be served at 5 pm! If you are able, please bring a dessert to share. We need volunteers to help set up, serve, clean up and help with games – contact Jill Mitchler at jill@namifoxvalley.org or call (920)954-1550 to help us make the picnic a success!

Just some of the people who worked to make the 2012 Summer Picnic the huge success that it was!
May Mental Health Awareness Month – Stand Up Against Stigma

By: Karen Schiller

In collaboration with the N.E.W. Mental Health Connection, NAMI Fox Valley helped break stigma and raise awareness of the impact of mental illness. In the month of May, collaborative and agency events were offered throughout our community sharing the message that there is no health without mental health.

On May 31, we closed with a celebration with the Wisconsin TimberRattlers to “Strike Out Stigma.” NAMI family and friends enjoyed a tailgate, game and fireworks. Special thanks to the TimberRattlers for having all of their game day staff wear green ribbons and supporting NAMI Fox Valley in raising awareness of the impact of stigma.

More than 200 people attended the May 1 Kickoff held at Riverview Gardens which included declarations from local and state government for May as Mental Health Awareness month, powerful testimonials from Judge Dee Dyer (Outagamie County Mental Health Court), an Appleton CIT officer whose training impacted him both personally and professionally and Paula Verrett, our very own Recovery Specialist!
NAMI Fox Valley and The Arc Fox Cities celebrated their Open House at 211 E. Franklin Street, welcoming new friends and old to our new home!

Other events included community wide QPR (Question, Persuade, Refer) suicide prevention/intervention training, Mental Illness 101 presentations, Catalpa’s Open House with NAMI in the Lobby and Don’t Sit in Silence, an event at Lawrence University to raise awareness of the impact of suicide.

Don’t Sit In Silence – Lawrence University put out 180 chairs in the Warch Campus Center plaza representing the number of people who die by suicide in the United States each day. Visitors were encouraged to share messages of struggle and hope. The event also shared stories by Lawrence students affected by suicide.
Returning to Our Roots – Seeking Peer & Family Advocates!
By: Karen Schiller

The symbol of NAMI indicates the “grassroots” of our movement – our organization was started by dedicated family and consumer advocates who worked to support each other, educate the community and provide hope. Participants in our programs tell us that the most powerful part of their experience was finding peers who understood the impact of living with mental illness or loving someone who does.

As we revisited our strategic plan and completed our community survey, we found that you and our community are asking for more resources and opportunities for one-on-one support. We are seeking volunteers to join us in providing support and information about NAMI Fox Valley and other community resources. We are looking for the following:

Peer Advocates – Utilize active listening skills to assist peers in processing through crisis, accessing and connecting with community resources and supporting and promoting recovery. Must be a Certified Peer Specialist to apply.

Family Advocates – The Family Advocate provides family support to help family members process through crisis, access resources, identify barriers and help family members better communicate with their loved ones. Family Advocates will also help staff with the NAMI in the Lobby at Catalpa. (A few days/month)

Parent Advocates – Family Advocates who have experience with their own school-age child/children/adolescent with mental illness. Parent Advocates will also help staff the NAMI in the Lobby at Catalpa. (A few days/month)

Treatment Court Advocates – Peer Advocates needed for Mental Health Court and Alternative Treatment Court. Family Advocates needed for Outagamie County’s Veterans’ Court.

Interested in an Advocate position? Want to learn more? Contact Jill Mitchler Volunteer & Program Coordinator at jill@namifoxvalley.org or (920)954-1550.

UPCOMING CLASSES & EVENTS
To register for any of the following programs, please e-mail Angel Gruber at angel@namifoxvalley.org or call NAMI Fox Valley at (920)954-1550.

CIT (Crisis Intervention Training)
September 16th-September 20th - POSTPONED

MICA (Mental Illness in Children and Adolescents)
Saturdays, 9am-4pm (October 19th, November 2nd, November 16th and November 23rd) Appleton

Be Well
Tuesdays, 5pm-7pm
(September 24th – October 29th)
Various locations in Appleton

One of the most important principles of recovery is that it is holistic – encompassing an individual’s whole life, including mind, body, spirit and community. Be Well is a free, six-week course for adults living with mental illness that offers an opportunity to develop your own wellness plan, find support to meet your wellness goals, learn and explore wellness skills and techniques and have fun! Four of the weeks offer an opportunity to focus on one dimension (body, mind, spirit and emotion) with activities, information and options to focus on what works for you and your wellness. Join us for fun, earn incentives and Be Well! Participants are invited to bring a support person (friend, family member, etc.) to provide encouragement and support in your wellness plan.
Family-to-Family

By: Jill Mitchler

NAMI Fox Valley’s Next Family-to-Family Course:
Mondays, 6:30pm-8:00pm
September 9th-November 25th
Brillion – location to be determined

More than 300,000 family members have graduated from NAMI’s Family-to-Family program, a free, 12-week course taught by family members to provide education and support to family members of individuals with mental illness. The Family-to-Family Education program “significantly” improves coping and problem-solving abilities of family members of individuals living with mental illness, according to a landmark study published in the Psychiatric Services, a journal of the American Psychiatric Association. Led by Lisa B. Dixon, M.D., M.P.H., of the University of Maryland School of Medicine, the study found that the NAMI classes increase knowledge about mental illness and “empowerment within the family, the service system and the community.” The Family-to-Family Education Program is now included in SAMHSA’s National Registry of Evidence-based Programs and Practices that helps the public learn more about available evidence-based programs and determine which of these may best meet their needs.

Have you ever been at a loss for words when you’ve wanted to express your support for someone struggling with a mental illness? Or, perhaps you’ve searched in vain among the racks of store greeting cards, only to come up empty handed. NAMI Fox Valley is hoping to change that. On Saturday, July 20, we invite NAMI friends and participants to our special Art from the Heart card making workshop. Art from the Heart is NAMI Fox Valley’s ongoing series of recovery-focused creative arts workshops.

Our plan is to dream up and create greeting cards with verses that will bring comfort to those who are hurting because of mental illness. We often say this is not a “casserole illness,” because it can be rare when friends and neighbors will stop by with a card and casserole after someone has been hospitalized due to psychiatric illness, is in the depths of major depression, has been struggling through a medication change or loses a loved one to suicide. Sadly, because of stigma, it can be awkward and uncomfortable for people to openly address mental illness. Many people just don’t know what to say, for fear they will offend or say the wrong thing. So they say nothing. But that silence hurts.

If you’ve been impacted by mental illness, we invite you to the workshop to help us create the cards. What words would you want to hear if you or a loved one were hurting, in crisis or in the hospital? Our hope is to develop several cards that we will have printed and sold as a fundraiser for NAMI Fox Valley.

Join us July 20 for card making workshop

By: Paula Verrett

Saturday, July 20, 1-3:30pm
Atlas Coffee Mill & Café, 425 W. Water Street,
Appleton – inside the historic Atlas Mill.

Join us or stay with us for coffee & conversation at our Coffee Clutch following at 3:30pm!
NAMI Book Club a Success
By: Paula Verrett

Next Book Club meets on Wednesday, July 17 from 6-8pm at the Appleton Public Library.

Ten people met at the Appleton Public Library for the first NAMI Book Club on Wednesday, May 15. This club evolved out of the feedback we received from the survey we conducted last fall. One of the unique features of this club is that it is open to anyone who has an interest in mental health. Three Occupational Therapy Students from Fox Valley Technical College (Steve, Chad and Jessica) worked with Recovery Specialist Paula Verrett to develop the concept and bring together all of the elements. According to Steve, this is the first time that any NAMI in the nation has ever done a book club. Once again, NAMI Fox Valley is offering cutting edge programming! Our first book was Silver Linings Playbook by Matthew Quick. Jenny Walter and Georgie Halpin did a fantastic job of facilitating the discussion and posing questions. At the next Book Club in June, we watched most of the movie. Technology issues caused some problems! We will be setting up a movie night for those of you who want to watch it with us, watch the website for further information. Our July 17th book discussion will be on Crazy: A Father’s Search Through America’s Mental Health Madness by Peter Early. Please note that both Peer-to-Peer and Family-to-Family will be meeting at the NAMI Building at that time, parking may not be available at the NAMI Fox Valley building at 211 E. Franklin Street. If you have further questions regarding the Book Club or other NAMI Support Programs, please contact Recovery Specialist, Paula Verrett at (920) 954-1550 or paula@namifoxvalley.org.

Grant News
By: Karen Schiller

Thank you to the following foundations supporting NAMI Fox Valley! We would like to express our sincere thanks to all of our members and donors for their support!

**J. J. Keller Foundation, Inc.**: $30,000 to support education, support, outreach and advocacy programs and services

*Capacity Building Grant* (unrestricted funds within the Community Foundation for the Fox Valley Region): $40,000 (over two years) to support the staff addition of Carla Hales, Community Outreach Coordinator

*Basic Needs Giving Partnership Fund* (supported by the U.S. Venture Fund for Basic Needs within the Community Foundation for the Fox Valley Region, the J.J. Keller Foundation, Inc., and other community partners): $15,000 each year for two years to support education, support, outreach and advocacy programs and services.

**Myra M. & Robert L. Vandehey Foundation**: $5,000 unrestricted use

**James & Mary Kabacinski Charitable Fund** (within the Community Foundation for the Fox Valley Region): $2,000 to support education, support, outreach and advocacy programs and services.

**Robert & Patricia Endries Family Foundation** (within the Community Foundation for the Fox Valley Region): $1,000 to support Family-to-Family classes.
SAMHSA’s Working Definition of Recovery: Part 2

Summarized by Paula Verrett

In our February newsletter, we introduced principles of recovery as well as the four dimensions that support a life in recovery. The SAMHSA (Substance Abuse and Mental Health Services Administration) definition of recovery is: “A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.” NAMI Fox Valley is using the definition, dimensions and guiding principles of recovery to guide its work and programs. The four dimensions that support a life in recovery are health, home, purpose and community. The first five guiding principles outlined in the last newsletter include: recovery emerges from hope, recovery is person-driven, recovery occurs via many pathways, recovery is holistic and recovery is supported by peers and allies. Here are the final five guiding principles of recovery:

6. **Recovery is supported through relationships and social networks:** An important factor in the recovery process is the presence and involvement of people who believe in the person’s ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change.

7. **Recovery is culturally-based and influenced:** Culture and cultural background in all of its diverse representations including values, traditions, and beliefs are key in determining a person’s journey and unique pathway to recovery.

8. **Recovery is supported by addressing trauma:** Services and supports should be trauma-informed to foster safety and trust, as well as promote choice, empowerment, and collaboration.

9. **Recovery involves individual, family, and community strengths and responsibility:** Individuals, families and communities have strengths and resources that serve as a foundation for recovery. Individuals have a personal responsibility for their own self-care and journeys of recovery. Families have a responsibility to support their loved one and communities have a responsibility to provide needed resources and services which support recovery.

10. **Recovery is based on respect:** Communities, systems, and societal acceptance and appreciation for people affected by mental health and substance use problems—including protecting their rights and elimination discrimination—are crucial in achieving recovery.

Want to learn more about recovery? NAMI Fox Valley offers a free 15 minute presentation called “Recovery 101” that outlines the definition, dimensions and guiding principles and shares how we are infusing our programming with best practices in supporting and promoting recovery. You can also visit SAMHSA’s website for more information: [http://www.samhsa.gov/recovery/](http://www.samhsa.gov/recovery/)
Beth Writes
By: Beth Clay, Executive Director

If you have not already come to visit, please stop and see NAMI Fox Valley in our new home at 211 E. Franklin Street in Appleton! After months of planning, preparation, purging, and packing... we are doing business from our new location. Now we are busy unpacking, organizing, setting up phones/computers, creating the new library and getting our programs and services back up and running. With the help of more than 30 volunteers, staff, board members, and many of our spouses, the huge endeavor of making a move after almost 10 years in the 6th Street house has been accomplished. On moving day, Mike Mollon shared some great stories about what the move into the 6th Street house was like - how the boiler broke after two days of ownership, having to tear out the stairs and rebuild them, and working on Christmas Eve and Christmas Day that year to get the building ready for group! We felt so fortunate to have him with us for a second significant move in NAMI FV’s history. At the end of moving day, with all the furniture and boxes stacked in offices, on floors and every horizontal space, we all appreciated Brandt Swardenski (Board President) grilling brats for the whole crew.

We left our house on 6th Street and all of its charm with a tear in our eye – it was “home” for NFV during incredible years of growth and was the place where so many of us found hope and help. The Franklin Street building holds our future. We are all deeply touched by the impact of this move, what it means for NAMI Fox Valley’s capacity to serve, and our ability to live out our mission for generations to come. Please stop in, as my door is always open!

Here are the TOP 10 Reasons (in no particular order) staff and volunteers are glad to be at 211!

10. I have my own phone!
9. I can use as much toilet paper as I like and not have to worry about the toilet overflowing.
8. There was a thunderstorm warning and we didn’t have to go in the scary basement (with Charlie) AND go down the scary/dangerous basement stairs.
7. There is no pole in the middle of the group room.
6. There’s space to breathe and sit comfortably in the new education and group rooms!
5. I don’t have to run up and down stairs anymore to talk with staff, get things from the printer, etc.
4. (From a volunteer…) We have happier staff!
3. Better view out the windows.
2. Technology that works…
1. New friends and neighbors!

The quality of our work space finally matches the high quality of our programs and services!
HELP NAMI FOX VALLEY BREAK STIGMA AND PROVIDE HOPE & HELP FOR RECOVERY!

Because of your support and the support of generous community members and funders, NAMI Fox Valley has been able to offer free education, support, outreach and advocacy programs for consumers and family members in our community for more than 30 years. However, community need for programs that break stigma, support and promote recovery and educate businesses, organizations and community members about the impact of mental illness continues to grow. Help meet the needs of your friends, family members, neighbors and coworkers with a gift!

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**YES! I want to support NAMI Fox Valley with the following gift:**

- [ ] $500
- [ ] $250
- [ ] $100
- [ ] $50
- [ ] $25
- [ ] Other: $_______________

Mail your check payable to NAMI Fox Valley, 211 E. Franklin St., Appleton, WI 54911

Give online at www.namifoxvalley.org!

Name: _______________________________________________________________________________

Address: _____________________________________________________________________________

City: _________________________________ ST: ______________ Zip: ________________________

E-mail: _____________________________________________________________________________

Please add me to your e-news list:  [ ] YES  [ ] NO

Phone: _____________________________________________________________________________

This gift is IN MEMORY OF or IN HONOR OF (circle one):

_______________________________________________________________________________________

I would like more information about:

- [ ] Volunteering
- [ ] Becoming a NAMI Fox Valley Member
- [ ] Other: __________________________________________________________________________

Thank you for your support!
Our Mission
NAMI Fox Valley works to support and empower everyone touched by mental illness. We commit to eliminate stigma and nurture recovery through education, support, advocacy and outreach.

Our Vision
We envision a community, free of stigma, that supports and promotes mental health and recovery.