

Maren Writes



Dear friends,

It's that time of year again! I can hear buzz around the office and excitement in the air as staff and volunteers gear up for our annual Bowl-a-Thon.

As long-time friends of NAMI FV know, the Bowl-a-Thon is our largest annual fundraiser. Indeed, the success of your awesome efforts during the Bowl-a-Thon plays a significant role in determining the programs and services that we will be able to offer over the coming year.

Just as importantly, however, the Bowl-a-Thon also provides a great opportunity to break down stigma and to spread the word about NAMI FV's programs. When you seek support from your friends and family, we hope that you will tell them not just that you are raising funds, but also WHY you are doing so. Through sharing why mental health is important to you and why NAMI FV's resources are important to that cause, you not only help to raise funds to support us financially but help to increase awareness that strikes the heart of our mission.

We are so grateful to the hundreds of community members who participate in our Bowl-a-Thon every year and we cannot wait to launch this year's event at our kick-off celebration on August 24. Please join us at the Grand Meridian as we gear up for some FUNdraising and also show off our new website! I look forward to seeing you there!

Take care,
Maren

Our New Hires!



Morgan Ridley joined the agency in April as the Volunteer/ Marketing Coordinator and Executive Assistant. Morgan is a recent grad of the Marketing and Business Management programs at FVTC, with an emphasis in non-profits. She has a 3-year-old daughter, Grace, and hopes to free the community of mental health stigma while ensuring a bright and accepting future for her child. We are excited to have her on board!



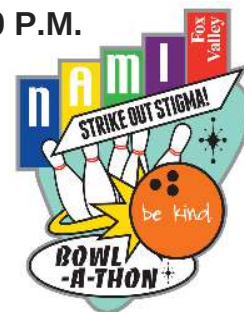
Lisa Schiller also joined us in April as our new program assistant. In this position, Lisa assists with scheduling, marketing, and tracking our more than two dozen programs. Lisa has a marketing degree and worked in various marketing positions for over 20 years. She also taught 2nd grade for 9 years. Lisa has been a great addition to the NAMI Fox Valley team!

2017 Strike Out Stigma Bowl-a-Thon Kickoff

Thursday, August 24th @ 5:30 P.M.

The Grand Meridian
2621 N. Oneida Street
Appleton, WI

RSVP By August 17th to:
kelly@namifoxvalley.org



Please join us!

Peer Specialist Training is Back!

Paula Verrett, Recovery Specialist

After a two-year process, the State of Wisconsin has completed their updated peer specialist training curriculum and peer specialist training is back at NAMI Fox Valley!

Our first class using the new curriculum started on June 1st and will run through September 5th. We currently have 23 participants enrolled in the program and are excited that they are all engaged in this amazing opportunity to be trained as a certified peer specialist.

NAMI Fox Valley's Community Engagement Director Ann Jadin will, once again, be coordinating internships following the completion of the class. The internships will be available for those interested in continuing the learning process through a hands-on experience in an agency that provides services to people living with mental illnesses and/or substance use disorders.

Alternatives to Suicide Support Group

Val Neff, Iris Place Assistant Director

Alternatives to Suicide is a peer-led support group that is specifically intended as a place for participants to be able to share their experiences with a topic that is often particularly difficult to talk about. Participants are able to give and receive support with others who can relate, and without having to fear that the panic button will be hit if they express suicidal thoughts.

Participants share their struggles and successes, provide support for one another, and strategize about alternatives to help each other best cope. Individuals are encouraged to come both in times of strength and challenge; you need not be in crisis to attend this group. Like all NAMI Fox Valley support groups, Alternatives to Suicide is not led by clinicians, but by individuals who identify with having lived experience. Both individuals and facilitators are viewed as experts in their experiences.

Alternatives to Suicide meets the 2nd and 4th Thursday of every month from 6-7:30pm at Iris Place.

The Ascend Initiative

Maren H. Peterson, Executive Director

Program visionary and benefactor Lynne Cumings Keller cut the ribbon on June 22 at the grand opening of The Ascend Initiative, a joint program of NAMI Fox Valley and the Housing Partnership of the Fox Cities. The program will provide transitional housing and supportive mental-health and life-skills programming to young adults living with mental health challenges.

The primary goal of the Neenah-based program is to dramatically increase the future life opportunities of at-risk young adults. By leveraging the stability of safe, affordable housing in conjunction with mental health support, education, employment, and basic living skills, program participants will be set up for a lifetime of success and self sufficiency.

Along with the vision and enormously generous gift from Lynne Cumings Keller, the launch of the program is made possible through grants from The Basic Needs Giving Partnership and the Community Foundation for the Fox Valley Region.



Education Corner



Youth Mental Health First Aid Two-Day Training: September 15th and 22nd, 8:00 A.M. to Noon

What is Youth Mental Health First Aid? Youth Mental Health First Aid is an evidence-based training designed to give participants key skills to help an adolescent who is developing a mental health problem or experiencing a mental health crisis. The 8-hour course covers a range of topics such as how to help a young person who is having a panic attack, contemplating suicide, or struggling with substance abuse.

Who should take a Youth Mental Health First Aid course?

This course is designed for adults who work with or are around youth ages 12-18 on a regular basis including (but not limited to): teachers, coaches, juvenile probation officers, youth program and school staff, clergy, parents, health and human service providers, and more.

Registration deadline is September 11th, and space is limited to 30 individuals.
Funded by the WI DPI Project AWARE Grant

HONEST, OPEN, PROUD Training: Saturday, November 4th 8:30 to 3:30 PM

Have you wondered how to tell a friend or family member about the mental health challenges you have faced? Are you sick of keeping a secret but not sure if others can be trusted? Do you think you have some wisdom to share with others but aren't sure where to start?



The goal of Honest, Open, Proud training is to help you to think about the upsides and downsides of talking about your experiences with mental health challenges in the daily settings of your life (friendships, workplaces, school, etc.). Together, with other class participants, you learn ways to talk about yourself that have worked for others. This program empowers you to make the best decision for yourself and, if you decide to talk to others, to be ready for any unexpected responses. We meet together for five one-hour classes.

Registration deadline October 30th, space is limited.



Faith Leader Mental Health Integration Project: September 21, 2017 – March 15, 2018 (third Thursdays, skipping December) 9:00-11:00 A.M.

Faith leaders, you are a mental health lifeline for many in your faith community and beyond. Equip yourself to lead people to wellness in mind and spirit. In this six-session series, two attendees from each participating faith community will delve into mental health topics relevant to ministry and deepen their understanding of regional resources to which they can refer those in need of healing.

\$295 fee covers two attendees at all six sessions.

**To register or obtain more information on our trainings, contact Lisa at
lisa@namifoxvalley.org or (920) 954-1550. You may also register online at:
namifoxvalley.org/education-advocacy/mental-health-training**



Classes start the week of September 11 at the following locations:

NAMI Fox Valley in Appleton (Monday evenings)

FVTC Regional Center in Waupaca (Tuesday evenings)

Calumet Medical Center in Chilton (Wednesday evenings)



NEW Familia de Familia class will be offered in Spanish, starting Wednesday, September 13, at Samaritan Counseling Center in Menasha.



Our next Peer-to-Peer class starts the week of September 4 and will be held on Thursday afternoons at our downtown Appleton office.



Contact our office for more information or to register.

NEED A SPEAKER ON MENTAL HEALTH AWARENESS?



Contact Ann!
Ann@namifoxvalley.org
(920) 954-1550

OUR NAMI Talks Speakers Bureau presentations are conducted by individuals affected by mental illness who integrate their personal stories into the presentation. The presentations offered by the Speakers Bureau are practical tools designed to break stigma and to educate and increase awareness about the true nature of mental illness. Powerful and hopeful, this sharing of recovery stories is appropriate for all audiences from the classroom to the boardroom.

Members of the NAMI Talks Speakers' Bureau include adults, young adults, and teens living with mental illness, as well as family members with a loved one with mental illness. Topics include (among others) Mental Illness 101, ACES Study, Trauma Informed Care, and Youth Mental Illness 101.

For more information and questions, please contact our Community Engagement Director, Ann Jadin.



Special Thanks:

A special thanks to all of the community members and volunteers who made NAMI Fox Valley's 2nd Annual Spaghetti Dinner such a success! We truly appreciate all of the support and look forward to another wonderful event next year! Stay tuned for 2018 information.



FIND OUR "BE KIND" BOOTH



The message is simple:

Be kind. Not only to others, but to ourselves.

From schools, to the workplace, and all across the community, our "be kind" shirts are popping up everywhere! As we revamp our inventory and offer additional options, we are so grateful for your support in spreading the message of kindness and helping to defray the costs of our programs.

We currently have three styles ranging in price from as low as \$15.00 up to \$25.00, with new and exciting colors offered! We also have youth sizes available!

Drop by the Franklin Street office, contact our "be kind" coordinator, or shop on our website to help spread kindness in the community! In addition, find our booths at the Appleton Farmers Market and Octoberfest.

Octoberfest

SEPTEMBER 30TH

NAMI Fox Valley will be at Octoberfest 2017! Stop by our booth to enjoy steak tacos, ezquites, chicharrones, and nachos.

APPLETON



FARMERS MARKET

August 12, 26

September 9, 23, 29

October 14, 28

Find us in Houdina Plaza!

Contact Kelly to support our kindness movement today!

kelly@namifoxvalley.org • (920) 954-1550 • namifoxvalley.org/shop

2017 Strike Out Stigma Bowl-a-Thon



Step 1.

Attend the Bowl-a-Thon Kick-off Event!

August 24th, 5:30 P.M.

The Grand Meridian, 2621 N. Onieda Street, Appleton, WI

RSVP by August 17th to: kelly@namifoxvalley.org

This event is designated to display how fun and easy it is to participate in our Bowl-a-Thon, give team captains all their needed information for the fundraiser that runs August through October, and to rally the community for a good cause! we will offer hors d'oeuvres and refreshments, as well as showcase our new NAMI Fox Valley website!

Step 2.

Create a team, start fundraising, and get the ball rolling!

Reach out to coworkers, friends, and family members to raise funds that support mental health programs at NAMI Fox Valley. Participants have from the kick-off event through the end of October to obtain donations. There are significant incentive prizes along the way!

Step 3.

Attend the Bowl-a-Thon!

October 7th, 10:30 A.M.-2:30 P.M.

Super Bowl Family Entertainment Center

2222 E. Northland Ave., Appleton



The fundraising and contributions during the Bowl-A-Thon constitute the second largest source of NAMI Fox Valley's annual funding. Our Bowl-A-Thon donations enable the agency's core programs and advocacy efforts to operate all year round, and we thank you, from the bottom of our hearts, for stepping up to strike out stigma and to support mental health in the Fox Valley.



Insert Membership Form

NAMI Fox Valley Newsletter
211 E. Franklin Street
Appleton, WI 54911

RETURN SERVICE REQUESTED



YOU'RE INVITED TO

Bowl-a-Thon Kick Off Event

AUGUST 24, 2017 | 5:30 PM | THE GRAND MERIDIAN, APPLETON, WI

GOT TALENT? ★

We are excited to hold our 3rd Annual Holiday Talent Show in December, 2017!

Do you sing? Can you juggle? Do you play an instrument? Be creative and express yourself at our upcoming event! Fill out a talent application to be considered in our show at namifoxvalley.org/talent-show or contact Kelly at (920) 954-1550.