

The Alliance



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UPCOMING EVENTS

November

Nov. 21: Christmas Parade

Nov. 28: Giving Tuesday

December

Dec. 13: Talent Show

January

Jan. 8: Next Family-to-Family Begins

Giving Tuesday Office Supply Drive

After Black Friday, Small-Business Saturday, and Cyber Monday, comes Giving Tuesday: a global day dedicated to giving back.

On Tuesday, November 28, 2017, charities, families, businesses, community centers, and students around the world will come together for one common purpose: to celebrate generosity and to give.

Here at NAMI Fox Valley, we have a Giving Tuesday proposal for you! Would you consider, while you are out shopping, sneaking an office supply or two into your cart for us?

We always are in need of the following:

- White copy paper (regular and 3-hole punched)
- Paper towels and paper plates
- Manila folders
- Forever postage stamps
- Small journals
- Post-It notes
- White 3-ring binders with cover sleeves
- 2018 calendars

It would make our Giving Tuesday and warm our hearts if you stopped by to drop off any of these treats - or any other office supplies that you would be willing to donate!

Black Friday. Cyber Monday.

#GIVINGTUESDAY™

November 28, 2017

NAMI Fox Valley Branch Opens in Catalpa's Waupaca Clinic

NAMI Fox Valley is thrilled to be co-locating with Catalpa Health in Catalpa's new Waupaca clinic. The clinic, which opened in October, will ease the burden for nearly 350 people who had to make 2,000 trips to the Fox Cities from the Waupaca area last year for children's mental health treatment. The clinic will offer the equivalent of four full-time therapists, with expectations for growth.



Our small, NAMI Fox Valley branch office will be located off of Catalpa's main lobby and will be staffed part-time by a member of our leadership team. We look forward to using this opportunity to significantly broaden and deepen our Waupaca-based education and support programs. Among other projects, a weekly teen support group will be offered starting in January, supported by a grant from the Waupaca Area Community Foundation.

We also anticipate expanding our outreach in the Waupaca area through programs such as Ending the Silence and Breaking the Silence, which are school-based programs that break down stigma and help youth learn mental health coping skills.

Big Brothers Big Sisters of the Fox Valley will share space in the Waupaca clinic as well, and we look forward to building on collaborative opportunities with both BBBS and Catalpa!

Maren Writes

Maren Peterson, Executive Director



Dear friends,

As the holiday season approaches, I thought I would share, for those who may not know, a bit about the story behind our annual holiday talent show, which is coming up on December 13. (Please see the back of this newsletter for your invitation!)

As we all know, the holidays can be a stressful time for many individuals and families. This often is particularly true for those who are affected by mental health challenges. With that in mind, NAMI Fox Valley joined for several years in hosting a local holiday dinner for individuals living with mental illness. The dinner was lovely, but did not include as many of our members as we wished to reach during the potentially challenging season.

A few years ago, a committee of NAMI Fox Valley staff and volunteers gathered to consider how we might re-envision the holiday celebration to bring together a broader range of NAMI Fox Valley members and friends. The creation of the holiday talent show grew out of that committee's creative and loving work. The goal of the talent show is to bring together individuals living with mental illness, family members, providers, supporters, and community partners to celebrate the holiday season with laughter, joy, and support for all.

The holiday talent show has grown to become all that we had hoped for and more. Each year, the event provides an oasis from the rush and tumble of holiday stress, a show of support for those who may find the holidays difficult, and a chance for all those who make up the NAMI Fox Valley family to share in fellowship and fun.

Importantly, although donations to help defray costs are gratefully accepted, there is no charge to attend the celebration. We welcome and encourage all members and supporters to join in the evening! Heavy hors d'oeuvres, cake and non-alcoholic refreshments are NAMI Fox Valley's gift to you, with additional refreshments available for purchase.

I hope you'll join me and the rest of NAMI Fox Valley to celebrate a season of support at this year's talent show on December 13. I hope that you also will consider walking with NAMI Fox Valley in Appleton's annual Christmas parade on November 21 to further spread the message of kindness and to encourage "mental health for the holidays"! (For more information, see page 7 of this newsletter.)

For now, I wish each of you a wonderful season, full of health and hope.

Warmly,

Iris Place Peer Run Respite Staff Showcase

Amanda Hofacker, Peer Companion



I have always been drawn to helping others navigate through their pain and darkness. I was inspired to study social work during college because I felt passionate about compassion and human connection and believed that they paved the way for long-lasting healing and recovery.

When I walked into my interview for Iris Place almost 3 years ago, I had never heard of a peer run respite before. The world of peer run services was entirely new to me. As I listened to the director describe the position, my heart swelled with anticipation; what she was describing was the kind of work that had previously only existed in my dreams.

Fast forwarding to the present moment, I have now experienced the life changing and healing potential that Iris Place Peer Run Respite has to offer. I play a small, yet vital role in a powerful vehicle of change that co-exists alongside the traditional mental health system. I appreciate that I get to create and hold space for people as they navigate through some of the most challenging experiences of their lives. I am proud that I have gotten to share the real story of who I am and what I have lived through with hundreds of people; I have both inspired and received infinite amounts of hope as a result.

Iris Place offers our community a cost-free, trauma-informed space that supports individuals who are struggling with mental health and/or substance abuse. It has been a refuge of light for so many people in their darkness and will continue to support our community members in their times of need. I am incredibly grateful for all of the guests at Iris Place who have touched my life in such a profound way.

In search of the perfect stocking stuffer?

*Shop our "be kind" store!
We have something for everyone.*



The message is simple:

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

Standard Crew.....\$15

Standard V-Neck.....\$20

Long Sleeve Crew.....\$20

Long Sleeve V-Neck.....\$25

Onesies.....\$15

All support programs are offered at no cost to participants. Spreading our kindness revolution helps to defray these costs.

Contact Kelly or shop online to get your *be kind* apparel:

(920) 954-1550

kelly@namifoxvalley.org

namifoxvalley.org/shop

Education Corner

Next Family-to-Family Class Starts in January

NAMI Family-to-Family is a 12-session educational program for family, significant others and friends of people living with mental illness. The class, which is offered at no cost to participants, is a designated evidence-based program.

Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.

Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.



Next Family-to-Family Class:

Mondays, January 8-March 19, 2018
6:00 p.m.-8:30 p.m.

Location: NAMI Fox Valley, 211 E. Franklin St., Appleton

**For more information or to register, contact Lisa at (920) 954-1550,
lisa@namifoxvalley.org or www.namifoxvalley.org/education**

Register for March Honest, Open, Proud Training

- Honest, Open, Proud is a training to help eliminate the stigma of mental illness by learning to tell one's own story of living with a mental health condition.
- This training helps participants look at the story they have been telling themselves, discern helpful and hurtful self-attitudes, and analyze the pros and cons of disclosing in different settings to different people.
- The training guides 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 they have discovered and used to live life in the way they choose.



Next Honest, Open, Proud Training:

March 3, 2018
8:30 a.m.-3:30 p.m.

NEED A SPEAKER ON MENTAL HEALTH AWARENESS?

Contact Ann!

(920) 954-1550

ann@namifoxvalley.org



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.

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

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

Outreach Updates

NAMI FV-Samaritan Partnership Supports Faith Leaders

Lisa Strandberg, Samaritan Counseling Center

More than 35 faith leaders from seven faith traditions are equipping themselves to minister to the mind and spirit through two programs of the Mental Health Ministry Initiative (MHMI). Samaritan Counseling Center and NAMI Fox Valley are collaborating to deliver three tiers of MHMI programming.

The second year of the Faith Leader Mental Health Integration Project (FLMHIP) kicked off on September 21. This six-session series focuses on mental health issues pertinent to ministry. Twelve faith communities and 23 participants will gather monthly from now through March 2018 for in-depth education and community-building.



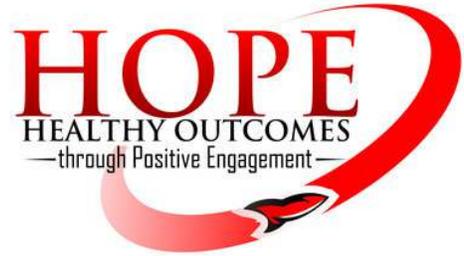
The Faith Leader Mental Health Cluster Group, in its inaugural year, met for the first time on September 14. The group is an intensive yearlong educational opportunity offered to graduates of the FLMHIP.

Twelve individuals from six faith communities will gather every six weeks, facilitated by a Samaritan mental health professional and a NAMI Fox Valley peer support specialist. The group will study a book, dive into case studies and get coaching to build mental health support teams in their own faith communities.

This stigma-busting work is supported in part by the Joyce Hoerig Memorial Fund and an anonymous donor, both within the Community Foundation for the Fox Valley Region, First Presbyterian Church of Neenah and NAMI FaithNet.



HOPE Program Serves Neenah Elementary Students & Parents



The beginning of the 2017-18 school year brought with it the launch of the HOPE program (Healthy Outcomes through Positive Engagement), an exciting new school-based mental health collaboration among NAMI Fox Valley, Catalpa Health, Samaritan Counseling Center, and the Neenah Joint School District.

The collaboration, which once again brings NAMI Fox Valley together with some of our closest collaborative partners, serves Neenah's 10 public elementary schools and offers an opportunity for our agency to explore a new area of service to the community.

In the HOPE program, each partner agency plays a unique role as we work together to identify and support students who are experiencing mental health challenges: Samaritan is working with parents to screen students for potential mental health concerns. Catalpa has embedded therapists in the schools so that children experiencing those challenges can receive treatment during school hours without having to leave the school. NAMI Fox Valley is providing a parent peer advocate to support parents as they navigate concerns regarding their child's mental health.

NAMI Fox Valley staff member, Megan McLachlan, who formerly served as the agency's Youth & Family Program Coordinator, has stepped into the new role of Parent Peer Advocate for the HOPE program, and is excited to be part of this new and innovative collaboration.

For more information on the program, feel free to contact Megan at megan@namifoxvalley.org or 920-954-1550.

A SPECIAL THANK YOU TO ALL OF OUR 2017 STRIKE OUT STIGMA BOWL-A-THON SPONSORS!

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Family Foundation**

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Evans**



**Dan & Lynn
Weggel**

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**WE Energies
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**Tom & Andrea
Tatlock**



BRONZE SPONSORS

**Kelly & Jeff
Nutty**



COMMUNITY PARTNERS



Klusendorf Chiropractic | Jerry & Helene Iverson | Mary Downs

We want to extend our deepest gratitude to all of the
2017 Strike Out Stigma Bowl-a-Thon sponsors!
Together, you made our annual fundraiser a success.
From the bottom of our hearts, thank you.

Announcements



Vivian Flanagan joined NAMI Fox Valley in July and serves as the Family Program Coordinator. Vivian holds a degree in human growth and development from the University of Wisconsin-Green Bay with a teaching certification for early childhood and grades K-6.

Vivian, who taught 4K for 30 years in the Kaukauna School District, served as a volunteer receptionist for NAMI Fox Valley before joining the staff and continues to fill that volunteer role one morning per week. When not working, subbing or volunteering, Vivian enjoys exercising (especially yoga); traveling and spending time with her husband, adult children and friends; caring for her mother; and following the activities of her grandchildren.



Bridget Kramer joined the staff of NAMI Fox Valley in August and serves as the agency's Youth Program Coordinator. Bridget received her undergraduate degree in theater, English, and secondary education and has taught and worked with youth for over 25 years.

In her spare time, Bridget enjoys reading, walking, and spending time with friends and family, including her three children.

TEEN SUPPORT GROUP UPDATE!

**The Neenah teen support group has relocated!
The group information is as follows:**

Tuesdays, 4:30-6:00 p.m.
Location: Youth Go
213 Nicolet Blvd., Neenah

The NAMI Fox Valley teen support groups are weekly support groups for teens, age 14-18, who are experiencing mental health challenges.

No registration is required.

YOUTHgo

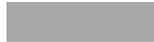
47TH ANNUAL DOWNTOWN APPLETON CHRISTMAS PARADE

NAMI Fox Valley is participating in the 47th Annual Downtown Appleton Christmas Parade this year. The parade is on Tuesday, November 21 at 7 p.m.

If you are interested in walking with NAMI Fox Valley in the Appleton Christmas Parade, please contact Kelly at (920) 954-1550, kelly@namifoxvalley.org for more information or to sign up!

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

RETURN SERVICE REQUESTED



United Way Fox Cities

An invitation card designed to look like an airmail envelope with a red, white, and blue striped border. On the left, a cartoon snowman wearing a top hat and a red scarf is drawn. The text "YOU ARE INVITED!" is written in a large, black, handwritten-style font across the snowman. On the right, there is a postage stamp area with a black and white illustration of a person and the text "U.S. AIR MAIL 15 CENTS".

YOU ARE INVITED!

**NAMI Fox Valley
Holiday Talent Show
December 13, 2017, 5:30 p.m.
The Grand Meridian
2621 N. Oneida St., Appleton**

No charge to attend. Donations are gratefully accepted,
but all are welcome regardless of ability to donate.

Please join us for a night of talent, fun and
laughter! Heavy hors d'oeuvres, cake, non-
alcoholic refreshments and a cash bar are
available for guests to enjoy.

To RSVP, please visit:
namifoxvalley.org/talent-show
or contact Kelly at:
(920) 954-1550 or kelly@namifoxvalley.org