

The Alliance



VOL. XXXIV, NO. 1

WINTER 2018

IN THIS ISSUE

- NAMI Basics Intro
- Iris Place Staff Showcase
- Education Corner
- 2017 Donors
- Be Kind*
- Donation Form
- Announcements



UPCOMING EVENTS

- March**
 - Taking Care of YOU!
 - Honest, Open & Proud Training
 - Family-to-Family Begins
- April**
 - NAMI Basics Begins
- May**
 - Peer-to-Peer Begins
 - Creating Hope for Faith Leaders
 - Community Connection Series
 - Youth Mental Health First Aid
- June**
 - Family-to-Family Begins

Please visit
www.namifoxvalley.org
for more details.

Maren Writes

Maren Peterson, Executive Director



Dear friends,

This winter, NAMI Fox Valley introduced Community Connections, a quarterly series of mental health education opportunities for all community members. Each quarterly gathering will offer a 90-minute presentation regarding a particular mental health related topic. The presentations are hosted at NAMI Fox Valley's downtown office, providing an opportunity to familiarize community members with our agency and the resources we offer. Please take a look at the back page of this newsletter to learn more!

As I write this, we have just completed the first Community Connections presentation, titled "Breaking Stigma Through Telling Your Story." The program focused on the importance of personal advocacy as a tool for breaking stigma surrounding mental illness. Along with an introductory discussion, participants heard testimonials from three individuals who spoke about their personal journeys to living well with mental health challenges.

Looking around the room as the speakers shared their stories, I was struck by the obvious impact that the testimonials were having on the audience. It is easy to see what evidence has proven to be true time and time again: the most powerful tool for breaking down stigma is sharing personal stories. And this brings me to a request...

We are very lucky at NAMI Fox Valley to have a great group of volunteer speakers who add impact and depth to our educational programming by sharing their stories with audiences large and small. But I know that there are many more of you reading this who have walked amazing journeys and have stories to share that could help in the effort to break down stigma. If you are one of those people, I urge you to reach out to us and to join our volunteer team. We provide training on how to tell your story in an empowering and impactful way and would love to work with you to do so!

Warmly,

Seeking Donations for "Baskets of Hope" Raffle & Silent Auction

As part of our annual summer dinner event in July, we will be holding our "Baskets of Hope" silent auction and raffle. We are seeking donations of gift certificates and other gift items that we assemble into our raffle baskets or use for a silent auction. We also invite you to create and donate your own themed gift basket. Drop off your donations at NAMI FV anytime!

Please contact Kelly for more information:
kelly@namifoxvalley.org or (920) 954-1550





Introducing: NAMI Basics

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. This program helps participants understand the illnesses that are causing those behaviors, and the critical role families play in the treatment of those illnesses. The program is taught by trained teams who are also the parents or caregivers of children who experienced emotional or behavioral difficulties prior to age 13.

" This course is inclusive of almost all aspects of family and child resources.

I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward. "



NAMI Basics Class: Mondays, April 9-May 14, 2018, 6:00-8:30 p.m. @ NAMI FV
For more information or to register, please call Lisa at (920)954-1550 or visit:
www.namifoxvalley.org/education/namibasics

Iris Place Staff Showcase

Val Neff, Iris Place Assistant Program Director



My time with NAMI Fox Valley began as a volunteer with the Ending the Silence program, where I was really struck by how impactful the testimonials were for the high school students. When NAMI Fox Valley offered its first New Hope Peer Specialist class, I knew that I wanted to be a part of it. That class re-defined my views on how to support and sit with people in hard spaces.

I happened to graduate right as NAMI Fox Valley's new peer-run respite was establishing its advisory board and hiring for its management positions. I decided to take a chance and apply for the House Manager position and it has ended up being a more life-changing experience than I could have ever anticipated. In July, my position title was changed to Iris Place Assistant Director, which means that I spend more time taking care of the administrative needs of the program and in a more supervisory role with the peer companions. However, I still find plenty of time to support people who stay at Iris Place and call our warm line, which is very important to me.

NAMI Fox Valley and Iris Place specifically are so important to me because I've seen what the alternatives are. Many of the people that I support aren't used to being told that recovery is an option for them. They aren't used to being treated with respect and mutuality. Working at Iris Place allows me to take the time to really get to know people as the unique and incredible individuals that they are, and my coworkers are always helping me to learn and grow in my practice.

I also love that I'm able to co-facilitate support groups that are near and dear to my heart, like the Young Adult Support and Transition group and the Alternatives to Suicide group. I'm grateful to be able to help create spaces for people to talk about things that they might normally keep to themselves because of stigma.

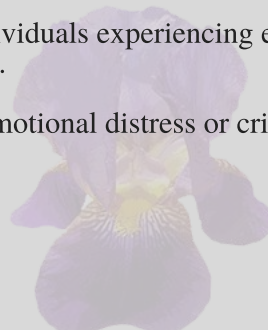
Iris Place Peer Run Respite

Iris Place provides a safe and welcoming environment that offers an opportunity for individuals experiencing emotional distress or crisis to grow and change through the support of others with lived experience.

Free to all Wisconsin adults (18 & over), who want and need peer support to navigate emotional distress or crisis related to mental health and/or substance use.

- ✓ Offers a short-term stay (up to 7 nights) in a home-like healing environment
- ✓ Provides hope & healing through 24/7/365 peer support
- ✓ Is a self-directed, strengths-based, holistic respite

Questions? Need Assistance? Contact the Iris Place Warm Line: (920) 815-3217



Education Corner

Next Family-to-Family Class Starts in March

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.

Next Family-to-Family Class:
Tuesdays, March 27-June 5, 2018
6:00 p.m.-8:30 p.m.

Register for 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.

Next Honest, Open, Proud Training:
March 3, 2018
8:30 a.m.-3:30 p.m.

Next Peer-to-Peer Class Starts in May

This ten-week education course focuses on recovery and is for any individual with a mental illness. The course is taught by individuals with lived experience and is offered at no charge to participants. Participants gain knowledge regarding mental illnesses, strategies for personal and interpersonal awareness, coping skills and self-care.

Next Peer-to-Peer Class:
Thursdays, May 3-July 5, 2018
6:00 p.m.-8:30 p.m.

Register

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



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

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 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 in 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. Available 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.

Thank you to our 2017 supporting businesses, organizations and donors!

IRIS LEAGUE \$10,000+

Daniel Began
J. J. Keller Foundation, Inc.
Robert and Lynne Keller
U.S. Venture/Schmidt Family
Foundation

ADVOCATE SOCIETY \$5,000+

Hartwig Family Foundation
James and Mary Kabacinski
Charitable Fund within the
Community Foundation for the
Fox Valley Region
ThedaCare Behavioral Health
Women's Fund for the Fox Valley
Region Inc.

PARTNERS IN HOPE \$1,000+

ALTA Resources
Amy Kleist
Appleton Noon Lions Club, Inc
Appleton North HOSA
Ascension/St. Elizabeth Hospital
Bryan & Dorothy Hollenbach
Cody Splitt
Community First Credit Union
Dan & Lynn Weggel
Dean & Pamela Gruner
First United Methodist Church
Fox Valley Unitarian Universalist
Fellowship, Inc.
Fran & William Henry
Green Bay Packers
Illinois Tool Works Foundation
John Pfefferle
Joseph Troy
Kelly & Lewis Kumbier
Kerwin Fund within the
Community Foundation for the
Fox Valley Region
Lee & Betty Kraus
Lincoln Financial Advisors
Lincoln Financial Foundation, Inc.
Memorial Presbyterian Church
Navah Mirage
Peter & Cathy Mutschler Family
Plexus Engineering Solutions
Richard P. and Patricia W.
Galloway Fund II within the
Community Foundation for the
Fox Valley Region
Robert L. Keller Fund within the
Community Foundation for the
Fox Valley Region
Rogers Memorial Hospital
Steve & Mary Evans Charitable
Fund within the Community
Foundation for the Fox Valley
Region
The Clarence Wallace and Dolores
Lynch Wallace Family
Foundation
The Irene Schouten Charity Fund
Thomas & Andrea Tatlock
Thrivent Financial Foundation
Tom & Ann Jadin
Water-Right Charitable Fund
within the Community
Foundation for the Fox Valley
Region
We Energies Foundation
William Shepard

MENTAL HEALTH SUSTAINERS (Monthly Donors)

Amy Kleist
Dolores Schmidt
Fran & William Henry
Robert Wilson
Ron & Catherine Wilhite
Tom & Ann Jadin

DONATIONS MADE IN MEMORY OF THE FOLLOWING INDIVIDUALS

Carol Johnsrud
John Spalding
Kodye Fassbender
Norma Czarnik
Richard Galloway
Tom Swadley Jr.

OTHER DONORS

Abbey Weggel
Abby Frucht
Abigail Lading
Adam Kumbier
Adam Reichwald
Adhlie Jordan
Al Kaddatz
Al Zierler
Alan Frey
Alexandria Brunkow
Alice Baumbach
Alice-Jane Fitol
Alicia Hintz
Alicia Kaiser
Altrusa Club of Appleton WI Inc.
Alvin Vandenberg
Alyssa Riegert
Amanda Bowen
Amanda Farrell
Amanda Hofacker
Amy Jordan
Amy Mather
Amy Smith
Amy Van Straten
Anastacia King
Andrea Hietpas
Andrew & Cindy Andrews
Anita Payne
Ann & Jeff Pierre
Ann Ebben
Ann Evers
Ann Feiler
Ann Francart
Ann Korb
Ann Kuchenbecker
Ann Loehrke
Ann Lux
Ann Muenster
Ann Pretzel
Ann Rhode
Ann Timms
Anna Booth
Anna Carpenter
Anne & Bruce Wiegman
Anne Hatton
Annie Press, LLC
Anthony Brown
Arlana Schultz
Arlene Kneisler
Arlene Wolff

Ascension/Calumet Medical Center
Ashley Schaefer
Atlas Coffee Mill & Café
Aurora St. Luke's Medical Center
Barb Johnson
Barb Ketter
Barb Laux
Barb Lorenz
Barbara Agness
Barbara Farnum
Barbara Germiat
Barbara Glisczinski
Barbara Hubley
Barbara Kelly
Barbara Van Dynhoven
Barbara Westhofen
Barbara White
Becky Czarnik
Becky Pockat
Ben & Kate Thierry
Ben and Debbie Adams Charitable
Fund within the Community
Foundation for the Fox Valley
Region
Benjamin Schoofs
Betsy Borns
Betty & Emily Sickles
Betty Riedner
Bev Kelley-Miller
Bill & Vicki Ray
Bill Guilbeault
Bob & Gerri Heffron
Bob and Mary Karisny Family Fund
within the Community Foundation
for the Fox Valley Region
Bob Kreider
Bobby Tapia
Brandt Swardenski
Brenda Athens
Brenda Bergmann
Brian Gebhart
Brian Hoefs
Briana Godin
Bridget Kramer
Broadway Automotive
Bruce Dethlefsen
Buffalo Wild Wings
Burga Foltz
Candace Drobny
Carl Gustavson
Carla Nichols
Carol Foss
Carol Grathen
Carol Johnson
Carol Lietzke
Cassandra Shearer
Catherine Jakl
Cathy Ripley
Cathy Spears
Cathy Stratton
Cecilia Burke
Chad Hershner
Char Sigman
Charles & Kathryn Collins
Charles and Martha Sauter Family
Fund within the Community
Foundation for the Fox Valley
Region

Charles Hoerning
Cheryl & Ron Reissmann
Chris Malchow
Chris Stanaszak
Chris Wardlow
Christine Rhode
Christine Taylor
Christine Williams
Christoph Wahl
Christopher Gold Music
Christopher Meyer
Christy Hirshberg
Cindy Berton
Cindy Cmeyla
Cindy Fallona
Cindy Kolbe
Cindy Winkelman
Clare & Leon Van Boxtel
Claudia West
Clayton Reetz
Connie Davis
Connie Lietzke
Connie Raether
Coty Sorby
Craig Anderson
Curt Detjen Family Fund within the
Community Foundation for the
Fox Valley Region
Curt Frazier
Dan & Mary Flannery
Dan Curtis
Dana Rose-Schmalz
Danielle Alcazar
Darlene Krenke
Darlene Sakale
Dave & Dinny Grueneberg
David Blake
David Feir
David Gilles
David Holtien
Dawn & Daniel Jadin
Dawn Ahrens
Dawn Barber
Dawn Lepsch
Deacon Steve & Peggy Vande Hey
Dean & Paula Sosnoski
Deb Andrews
Deb Zimmer
Debbie Weber
Deborah Levinson
Deborah Wagner
Deborah Wetter
Debra Barkholtz
Debra Jepson
Debra Logan
Debra Whitman
Denali Paper Service LLC
Dennis & Marlene Braun
Dennis Brinkman
Dennis Reilly
Diana Clapp
Diana Sze
Diane Kossel
Diane Mandler
Diane Mashuda
Diane Rodgers
Diane Struble
Dianne Purcell
Dixon, Jeanne
Dolores Schmidt
Don & Jane Reid
Donna Jansen
Donna Krippner
Dorothy Bradley

Dorothy Olson
Dorothy Weiland
Dottie LeClair
Dottie Mathews
Doug and Carla Salmon Foundation
Douglas & Joanne Thoma
Douglas Dobbert
Douglas Fochs
Dr. John & Ann Lindstrom
Dr. Paul Thompson
DuWayne Klessig
Edward Ebben
Edwin Lund
Elizabeth Frank
Elizabeth Frank
Elizabeth Kimbrough
Elizabeth Lokensgard
Elizabeth Mack
Elizabeth Pope
Elizabeth Sipin
Ellen Verstegen
Eloise Blair
Emily Bowles
Emily Czarnik-Neimeyer
Emily Holbrook
Emily Lillo
Eric Roycraft
Eric Soda Agency
Eric Timm
Erin Countney
Erin McLachlan
Esther Dicks
Etheridge, Catherine
Eugene Schiesl
Eva Kozerski
Eva Timm
Evergreen Credit Union
Faye & Paul Miller
First English Lutheran Church
Fox Valley UU Fellowship
Fran Fenske
Fran Nelson
Frances A. Bachman and Joseph F.
Bachman Charitable Fund within the
Community Foundation for the
Fox Valley Region
Francis Muehlbauer
Frank & Chris Church
Fred Panzer
Freeport-McMoRan Foundation
Gail Hanson
Gary & Amy Cebulski
Gayle Hardt
Gayle Schultz
George & Martha Butz
George O'Shea
Gerald Henseler
Greg Gill
Gregory Frahm-Gilles
Gregory Steiner
Helen & Ralph Timm
Henseler Family Fund within the
Community Foundation for the
Fox Valley Region
Herbert Allen
Herbert Maager
Hoffman Planning, Design &
Construction, Inc.
Hollis Broussard
Hyggelig Fund within the
Community Foundation for the
Fox Valley Region
Irene Strohbeen
Jack Berkers
Jack Couillard
Jackie Van Patten
Jacqueline Spors
James & Karen Jungwirth
James & Susan Kennedy
James & Susan Springborn
James Decker
James Servais
Jan Hamblin
Jane Coenen

Jane Miller
Jane O'Brien
Jane Thomas
Janet Fulkerson
Janet Lane
Janet Meyer
Janet Sutheimer
Jarrel Burrow
Jay Christiansen
Jay Lisota
Jay Stewart
Jaysen Lux
Jean Boldig
Jean Kahler
Jean Lichtenberg
Jean Nymoen
Jeanine & Eric Knapp
Jeanne Roberts
Jeannie Thompson
Jeff Trower
Jeff Wallander
Jeffrey Johnson
Jen Killam
Jennifer Fietz
Jennifer Greeninger
Jennifer Griesbach
Jennifer Peeters
Jeremiah Olson
Jerome Martin
Jerome Reitzner
Jerry & Helene Iverson
Jesse Heffernan
Jesse Stumpf
Jessica Fleek
Jessica Mulligan
Jessica Oppeneer
Jill Heinritz
Jill Mitchler
Jill Muthig
Jill Swenson
Jill Zipperer
Jim & Jillian Berg
Jim Catlin
Jo Jadin
Joan Cofell
Joan Harrod
Joan Helbing
Joan Manley
Joan Rudolph
JoAnn Boisen
Joanne Ehrhardt
Joanne Klinkert
Joanne Kolodzik
Joel & Kim Lillo
JoEllen Wollangk
John & Joyce Green
John & Susan Garot
John Emenecker
John Gustavson
John Holzschuh
John Kopitske
John Kuehn
John Laka
John Mielke
John Peterson & Marti Hemwall
John Rose
John Wallschlaeger
John Woodworth
Joleen Swadley
Jolene Johnson
Jolene Verstegen
Jonathan Iwanski
Joseph Schroeder
Josh & Kara Patterson
Josh Mischler
Joy & Harold Ellenbecker
Joy Hooyman
Joyce & Stan Darling
Joyce Olson
Juan Valdez
Judi Munroe
Judy Buelow
Judy Goodnight
Judy Loewenhagen

Judy Porter
Julie Martin
Julie Paluch
Julie Peterson
Julie Rickey
Julie Sperber
Julienne Lang
Karen Cleary
Karen Hank
Karen Klemm
Karen Schuman
Karin Vander Ploeg Booth
Karla Blair
Karla Stark
Katee Goff
Katherine Konle
Katherine Vanderheiden
Kathi Seifert
Kathi Thomas
Kathie Gribble
Kathleen Lisota
Kathryn Barry
Kathryn Bermingham
Kathryn Weyenberg
Kathy Boelter
Kathy Daniels
Kathy Frank
Kathy Johnson
Kathy Stockwell
Kathy Walczyk
Katie Mader
Katie Ver Bockel
Kay Heimerl
Kay Kenneally
Kaye Krueger
Keith Powell
Kelli Karpinski
Kelly & Jeff Nutty
Kelly Peterson
Ken & Linda Schmalz
Kendra Rios
Kenneth Gurney
Kenneth Walter
Kevin Brooks
Kim & Bill Wetzel
Kim Lynch
Kim Sielaff
Kimberly-Clark Foundation
Kirk-Naze Family
Kirsten Zrinsky
Klusendorf Chiropratic
Knights of Columbus
Kris Forster
Kris Gerrits
Kristen Zwettler
Kristin Biekkola-Verstegen
Kristine Campbell
Kristine Orkin
Larry & Diane Haase
Larry & Evie Reddin
Laura Grode
Laura O'Shea
Laurel Mills
Lauren Gross
Laurie Richter
Leah Schoenbohm
LeAnn Knoeck
Leota & Elizabeth Ester
LeRoy Spielbauer
Linda Bergmann
Linda Brandt
Linda Gall
Linda Koester
Linda Sheffler
Linda Speering
Linda Turriff
Lindsay Fenlon
Lionel Lloyd
Lisa Becher
Lisa Daane
Lisa Farnum
Lisa Karll
Lisa Klarner
Lisa Kogan-Praska

Lisa Mader
Lisa Miller
Lisa Miller
Lisa O'Connor
Lisa Strandberg
Lisa Taber
Lisa Timm
Lois Wolff
Loretta Fialkowski
Lori Kluball
Lori Marzahl
Lori Schroeder
LSC Communications
Luann Simpson
Luke LeBoeuf
Lynda Pfleegor
Lynn Hagan
Lynn Van Zeeland
Marc Evans
Marc Sissing
Marcia Hunt
Maren Peterson
Margaret Fulton
Margaret Layng
Maria Recker
Marian Moberg
Marie Luna
Marilyn Mosher
Marissa Powell
Mark Ebben
Mark Jadin
Mark Jenn
Mark McQuade
Mark Pribbernow
Mark Scheffler
Mark & Vicky Countney
Martin Arnold
Marvel Williamson
Mary Ann Tellock
Mary Baker
Mary Beth Pritzl
Mary Burow
Mary Downs
Mary Ellisen-Doe
Mary Farmer
Mary Ferris
Mary Hoelt
Mary Hungerford
Mary Kay Heath
Mary Look
Mary Lou Opgenorth
Mary Parsons
Mary VanDenBosch
Matthew & Kayla Timm
Max Banaszynski
Meaghan Daly
Megan McLachlan
Meghan Ridley
Melissa Gellings
Mervin Nordstrom
MHS Health Wisconsin
Michael Altekruise
Michael Bushman
Michael Collins
Michael Eslinger
Michael Urmanski
Michele LeFevre
Michelle Brady
Michelle Platten
Michelle Roberts
Mike & Nee Buyze
Mike & Sharon Williams
Mike Bogan
Mike Immel
Mike Jadin
Mike Mollon
Mike Stenz
Miriam Douglass
Modern Woodmen Fraternal
Financial
Mollie Scozzari
Molly McCarty
Moniste Gauger
Morgan Ridley

Morton LTC Pharmacy
Mya Johnson
Mykaela Lewis
Nadine Miller
Nancy Becker
Nancy Edwards
Nancy Graham
Nancy Hollis
Nancy Hooper Horvath
Nancy Kuebler
Nancy Lieg
Nancy Reinl
Nancy Wilhelm
Natalie Miller
Natalie Rechner
Nathan Heffel
Nichole Shier
Nicole Brown
Nile Beck
Oscar Boldt
Outagamie Conservation Club
Pam Mullins
Pamela Moran
Pat & Bruce Learman
Pat Lowney
Pat Spindler
Patricia Canan
Patricia Jorgensen
Patricia Matthew
Patricia Nagle
Patrick Leigl
Patrick Patterson
Patti Schnettler
Patti Van Price
Patty Yandre
Paul & Lois Kerscher
Paul Adkins
Paul Brinkman
Paul Tetting
Paula Patterson
Paula Verrett
Peggy Hansmann
Penny Hoh
Pete & Kris LeCompte
Peter Mosling
Phil & Rachael Graebel
Praska Family
Productive Living Systems, Inc.
Rachel Schimmelpfenning
Ralph Murre
Ralph Reschke
Randall & Colleen Haak
Randall & Joene Lauerman
Ray Brooks
Rebecca Boulanger
Rebecca McQuillan
Rebecca Zimmer
Rhoda McCormick
Rhonda Ferrel
Ric Varick
Rich Rhode
Richard & Pamela Dodge
Richard Brooks
Richard Kichefski
Richard Larsen
Richard Meese
Richard Redman
Richard Schreiter
Rick & Diane Hilsabeck
Rick Detienne
Rita Messer
Rob & Lynn Roehrborn
Robert & Heather Kaminski
Robert & Judith Worachek
Robert & Kathy Matzke
Robert Boushley
Robert Brooks
Robert Kelly
Robert Nichols
Robert Opsteen
Robert Wilson
Rod Roovers
Rodger Patience

Rodney & Rosemary Holzschuh
Ron & Catherine Wilhite
Ron Brooks
Ronald & Yvette Dunlap
Rosangela Berbert
Rosemary Van Den Langenberg
Roxanne Mehlberg
Ruth Meyers
Ryan Kust
Sally Gloyd
Samantha Loew
Sandra Sandee
Sandy Potts
Sara Williams
Sarah Anderla
Sarah Garb
Sarah Gilbert
Sarah Pfile
Sarah Ransom
Schenck SC
Shaina Miller
Shari Klika
Sharon Clothier
Sharon Meier
Sharon Specht
Sheila Kudrle
Sheila Wenzel
Sherie McClelland
Sheryl Berg
Shiela Feavel
Shirley Strange
Shirley Younk
Silton, Lawrence
Smiles by Design
St. John UCC Women's Missionary
Guild
St. Peter's - St. Paul's Parish Marion
Stacey Wright
Stacy DeVoe
Stacy Sheckler Sondergeld
Stephanie Wilkins
Stephen Brooks
Steve Gilles
Steve Hirby
Steve Schwandt
Steven Anderson
Steven Evans
Steven Klein
Sue & Bogey Bogenschutz
Sue Sharrow
Sue Taylor
Sundes Family
Susan Behm
Susan Conzelman
Susan Haas
Susan Karr
Susan Larson
Susan McFadden
Suzanne Anderson
Tamera Thorpe
Tammy & Bret Williams
Tanya Stephens
Tavia Gavinski
Ted DuFrane
Terence Quirk
Teresa Mertens-Pellitteri
Teresa Wisniewski
Terri & Joe Bourassa
Terry & Betty Weiland
Terry Dawson
Terry Funk
Terry Gottfried
ThedaCare
Theodore Brooks
Theresa Skelly
Theresa Van Vonderen
Thomas & Patricia Cihowiak
Thomas Gruper
Thomas McKenzie
Thomas Stoeger
Thomas Windels
Tiffany Boyd
Tim & Nancy Collentine

Timothy Emenecker
Timothy Reich
Timothy Sciborski
Timothy Watson
Tina Lechnir
Tom & Diana Morrissey
Tom & Judy Hooymann
Tom & Sue Joosten
Tom Germiot
Tom Kolb
Tony Klemme
Tonya Dederling
Tracy McLachlan
Trigger Action Sports
Trina Doxtator
Trina Haase
Trinity Lutheran Church
United Health Group
Val Neff
Vivian Flanagan
Wayne & Christine Neumann
WCDHS WAVE Group
Wendy Hostettler
Wendy Mangless
Wendy Seichter
Wilbur Sarino
Will Weider
William Brock
William Mutschler
Wyon Wiegatz
Zachary Pfile

IN KIND DONATIONS

Ace Hardware
Acoca Coffee
Angels Restaurant & Outdoor Cafe
Ann Francart WLMT LLC
Ann Jadin
Ann Pretzel
Appanasha
Auto Aces
Badger Sports Park
Bergstrom Automotive
Best Western Bridgewood Resort
Hotel
Big Apple Bagels
Botanical Garden
Buffalo Wild Wings
Carmella'a
Christine Williams
Cindy O'Brien
Country Inn & Suites
Cranky Pat's Pizza
Culver's of Appleton
Culver's of Neenah
Dairy Queen
Dan & Darla Lindquist
Debbie Vanden Heuvel
Down to Earth Greenscaping, Inc.
Ecklund Motorsports
Family Video-College Ave.
First United Methodist Church
Foxley's Gallery LTD.
Fran Stahl
Girl Scouts of the Northwestern
Great Lakes
Half Price Books
House of Roz
Jacob's Meat Market
Janet Meyer
Jansport
Jay Hinkens
Jewelers Mutual Insurance Company
Joanne Ehrhardt
Judy Culligan
Judy Scheibe
Krista Mische
Kwik Trip
Larry Reddin
Lewis & Kelly Kumbier
Marco's Pizza
Maren Peterson
Mark Malcore

Mark's East Side
Matthew & Kayla Timm
Michael's Bar & Grill
Mike Mollon
Mike's Mobile Maintenance
Milwaukee Bucks Basketball
Mosaic Family Health
Munchez Pizzeria
Nancy Becker
Partnership Community Health
Center
Pat Lund-Moe
PDQ Car Wash
Peggy Larsen
Radisson Paper Valley Hotel
Ralph & Helen Timm
Robert Brooks
Roberta Kirchoff
SCA Tissue North America
Skyline Comedy Cafe
St Bernadette Prayer Shawl Ministry
Star Verrett
Stone Arch Brewpub Inc.
Susan Schroeder
The Green Bay Gamblers
The Trout Museum Of Art
Thomas Tatlock
Valley Social Dance Studio
Vicki Rivera
Walgreens-Neenah
Walmart
Woodman's
Zen Salon

Announcements



We are excited to announce that Vicki Rivera, who has been with NAMI Fox Valley for two years as a Peer Companion at Iris Place, has moved into the position of Recovery Specialist. In her new role, Vicki coordinates the operation of the agency's support and education programs for individuals who live with mental illness.

Vicki, a certified peer specialist, received her undergraduate degree in psychology and human services from Upper Iowa University and her LGBTQ Mental Health Certificate from the University of Milwaukee. She and her wife, Lydia, have four children and a granddaughter. In her spare time, Vicki enjoys photography, gardening and walking her three dogs.

Vicki's contact information is: vicki@namifoxvalley.org or (920) 954-1550 ext. 203

Waupaca County Update

NAMI Fox Valley support groups are now offered in Waupaca County!

Family Support Group

Third Monday of the Month, 6:00-7:30 p.m.

**Location: Waupaca Regional Center, FVTC Rm. 118,
1979 Godfrey Dr., Waupaca, WI 54981**

NAMI Fox Valley Family Support Groups are peer-led support groups for family members, caregivers and loved ones of individuals living with mental illness. The hallmark of a NAMI support group is leveraging the collective knowledge and experience of the other participants.

Teen Support Group

2nd & 4th Mondays, 4:30-6:00 p.m.

**Location: Trinity Lutheran Church,
206 E. Badger St., Waupaca, WI 54981**

Teen Support Groups are designed for teens, ages 14 to 18 (must be in high school), who are experiencing mental health challenges and are looking for a supportive environment to learn coping skills, build resiliency, and connect and socialize with peers experiencing similar struggles.

New Hope Support Group

1st Wednesday, 6:00-7:30 p.m.

**Location: Waupaca Area Public Library,
107 S. Main St., Waupaca, WI 54981**

We offer confidential support groups for adults living with mental illness or mental health challenges at no charge to participants. Participants learn from each others' experiences, share coping strategies, and offer each other understanding and encouragement. The groups are led by trained facilitators who also live with mental illness.

For more information on Waupaca programs, contact Lisa Schiller at lisa@namifoxvalley.org or (920) 954-1550. More information on NAMI Fox Valley's support groups can be found at: www.namifoxvalley.org/support-groups.

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

ELECTRONIC SERVICE REQUESTED



NEW!

Community Connections Series

NAMI Fox Valley is proud to offer new quarterly presentations available to all community members!

These presentations will cover an array of topics and are all held at NAMI Fox Valley in Appleton.

For more information or to register, please contact Lisa Schiller at lisa@namifoxvalley.org or (920) 954-1550.

1

Crisis Management & Suicide Prevention: Monday, May 7, 2018 at NAMI Fox Valley 6:00 to 7:30 PM

This training teaches best practices and techniques in nonviolent crisis de-escalation to support someone in a crisis related to mental illness or suicide. Brain physiology, grounding approaches, and the opportunity to problem solve to apply techniques through case scenarios will be reviewed.

2

Living Well in Recovery: Monday, October 1, 2018 at NAMI Fox Valley 6:00 to 7:30 PM

This recovery education program is presented by individuals affected by mental illness who share their personal stories. The presentations are a practical tool to educate and increase awareness about the true nature of mental illness while also breaking down stigma.

3

Tips for A Stress Free Holiday Season: Monday, December 3, 2018 at NAMI Fox Valley 6:00 to 7:30 PM

The holiday season can be a very stressful time for many people; participants will learn to manage the holidays and the seasons through experiential activities.

Shop our "be kind" store!

All of NAMI FV's support programs are offered at no cost to participants. Spreading our kindness revolution helps to defray the cost of running those programs.



The message is simple:

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

There is something for everyone...



Crewnecks, V-Necks, Long Sleeved, Short Sleeved, Onesies, Hoodies & More!



Prices begin at \$15.

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

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

Insert Donor Form
(to be the backside of "be
kind" advertisement)
--Used as loose insert in
middle of newsletter