

The Alliance

NAMI Fox Valley

National Alliance on Mental Illness

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Please visit
www.namifoxvalley.org
for more details.



Maren Writes

Maren Peterson
Executive Director

Dear Friends,

For the past 5 years, we at NAMI Fox Valley have had a blast working together with many of you in carrying out our annual Bowl-a-Thon fundraiser and awareness-building event. In those five years, the Bowl-a-Thon raised over \$360,000 to support NAMI Fox Valley's programs -- and the connected outreach efforts helped to break down stigma and to promote mental health awareness to thousands of people throughout our community and beyond.

We are so grateful to the hundreds of you who have been a part of the Bowl-a-Thon! But we also have been listening to you. In talking with members and volunteers over the past few years, and in our own internal reflection, we found that the Bowl-a-Thon, while fun, lacked the same level of camaraderie and public visibility of the NAMIWalk. We therefore are excited to announce the 2018 return of NAMIWalks Fox Valley!

On **Saturday, October 6**, we will gather together in honor of Mental Illness Awareness Week to walk a route from the Timber Rattlers Stadium, over the bridge above Highway 41, and following the nature trail that circles the campus of Fox Valley Technical College.

Walkers will have the option to detour off the trail to visit the Outagamie County Asylum Cemetery to pay respects to the residents of the former Outagamie County Asylum who are buried on those grounds.

We hope you will join us as we launch the Walk's fundraising and awareness-building campaign at a Kick-Off breakfast on August 6 where we will be joined by a representative of NAMI national who will help us to celebrate the return of the Walk! Please see page 4 of this newsletter for additional details.

I cannot wait to campaign and to walk together with you as we work to build awareness, raise funds, and demonstrate the strength and passion of the NAMI Fox Valley community.

Onward!



NAMI Fox Valley's Volunteer of the Year



Help us congratulate Lewis Kumbier, NAMI Fox Valley's Volunteer of the Year! Lewis has gone above and beyond to help our organization with miscellaneous tasks throughout the years, and we are thrilled to have him as part of the NAMI FV family! Congratulations, Lewis!

Because of the contributions of our volunteers' time, talent, and expertise, NAMI FV is able to provide essential education, outreach, support and advocacy to our community.

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. Some of the available topics include: Mental Illness, ACES Study, Trauma Informed Care, and Youth Mental Illness.

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

NAMI Fox Valley's Report to the Community

Please join us over breakfast for an update on NAMI Fox Valley's programs and activities at our 2018 Report to the Community.

Join us!

Monday June 4, 2018

Registration and buffet breakfast: 7:00 a.m.

Program: 7:30-8:30 a.m.

The Grand Meridian

2621 N. Oneida St., Appleton, WI 54911

Registration is \$10 per attendee.

**Please register at www.namifoxvalley.org/report-to-the-community
or by contacting Kelly at 920-954-1550.**

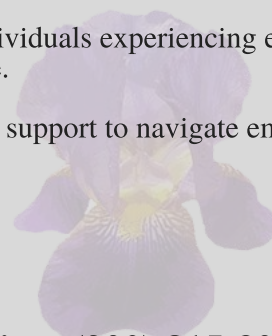
Iris Place Peer Run Respite

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.

Staying at Iris Place is 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. Iris Place...

- ✓ Offers a short-term stay (up to 7 nights) in a home-like healing environment.
- ✓ Provides hope and healing through peer support that's available 24/7/365.
- ✓ 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 June

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, June 12-August 28, 2018
6:00-8:30 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 and/or from a family member's perspective.

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:

Wednesday, August 8-Thursdays, August 9, 2018
5:30-8:30 p.m.

Next Peer-to-Peer Class Starts in August

This eight-week education course focuses on recovery and is for any individual living 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:

Tuesdays, August 7-September 25, 2018
1:00-3:30 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

Children's Mental Health for Professionals

NAMI Fox Valley is pleased to offer Children's Mental Health for Professionals! This training is designed to help educate professionals and equip them with the tools and resources to better understand and assist children living with mental health struggles. This one- or two-day training is designed for professionals who work with children ages 3 to 18.

This year, NAMI Fox Valley will be joined by nationally renowned speaker, Mettie Spiess, who is presenting "Achieving Zero Suicides in your District" and equipping participants with a "Crisis Response Toolkit." Some other presentations are: "Our District's Journey to Mental Wellness," "Trauma-Sensitive Schools," and "A Collaborative Approach to School Mental Health."



June 11-June 12, 2018 | 8:00 a.m.-3:30 p.m.

Fox Valley Technical College, Room HS114 AB | 1825 Bluemound Drive, Appleton, WI

For more information or to register, please email lisa@namifoxvalley.org, call (920) 954-1550 or visit: www.namifoxvalley.org/upcomingtrainings.



Fox Valley be kind

Back by popular demand after a 5-year hiatus, NAMI Walks Fox Valley is here!

NAMI Walks Fox Valley brings together people of all ages and fitness levels to combat stigma, raise funds and promote mental-health awareness. The 5K event is a celebration of mental health recovery—a time when we come together to let the world know we are #stigmafree.

Instead of paying a registration fee, participants build teams, share stories and raise funds to operate NAMI Fox Valley's mental health support, education, outreach, and advocacy programs. As part of the fun, rewards and incentive prizes are offered to participants who reach particular fundraising goals!

Sponsorship opportunities are available! Please contact Kelly Kumbier for more information.

Kick-Off Event!

Monday, August 6, 2018

Registration: 7:00-7:30 a.m. | Breakfast: 7:30 a.m.

**The Grand Meridian
2621 N. Oneida St., Appleton, WI**

**Join us for breakfast and to learn how to
become involved in our walk!**

NAMI Walk!

Saturday, October 6, 2018

Registration: 7:00-8:00 a.m. | Walk Starts: 8:15 a.m.

**Wisconsin Timber Rattlers Stadium
2400 N. Casaloma Dr., Appleton, WI**

Pre-Register for the kick-off event and walk at: www.namifoxvalley.org/namiwalks.

Join us to take "steps" to end stigma and promote mental health in the Fox Valley!

To register, donate or for information on becoming a sponsor, please call (920) 954-1550, email kelly@namifoxvalley.org or visit www.namifoxvalley.org/namiwalks.



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, Tank Tops, 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

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

ELECTRONIC SERVICE REQUESTED



NAMI Fox Valley's Summer Dinner

Thursday July 19, 2018, 6:00-8:00 p.m.

Sacred Heart Parish

222 E. Fremont St., Appleton, WI 54915

All you can eat dinner, entertainment, silent auction, raffles, and more!

Ticket Prices:

Adults: \$15
Children (5-12): \$10
5 and under: Free!

Menu:

Spaghetti,
Chicken Cacciatore,
Salad, Garlic Bread,
& Dessert!

(We are seeking donations of gift certificates and other gift items that we assemble into our raffle baskets or use for a silent auction. Contact Kelly for details.)

**For more information or to purchase your tickets, email
Kelly at kelly@namifoxvalley.org, call 920-954-1550 or please visit:
www.namifoxvalley.org/summerdinner.**