

The Alliance

 **NAMI** | Fox Valley
National Alliance on Mental Illness

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IN THIS ISSUE

Maren Writes
Education Corner
NAMIWalks FV Results!
be kind
Ending the Silence Spotlight
Holiday Talent Show



UPCOMING EVENTS

November

Christmas Parade (20)
Giving Tuesday (27)

December

Holiday Talent Show (13)

January

Family-to-Family Begins (7)
Peer-to-Peer Begins (10)
Taking Care of YOU! (10)

February

March

Honest, Open, Proud Training (2)
REAP Classes Begin (21)

Please visit
www.namifoxvalley.org
for more details.

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, 2018, 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
- White Card Stock
- White 3-ring binders with cover sleeves (1/2" and 3")
- 2019 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 27, 2018



48th Annual Downtown Appleton Christmas Parade

NAMI Fox Valley is participating in the 48th Annual Downtown Appleton Christmas Parade! The parade will be Tuesday, Nov. 20, 2018. This year's theme is "Home for the Holidays."

The Parade will begin at 7:00 p.m. at the corner of State Street and College Avenue. It will head east on College Avenue to Drew Street.

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!

NEED A SPEAKER ON MENTAL HEALTH AWARENESS?

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 or questions, please contact our Community Outreach Coordinator, Megan Zimmerman at (920) 954-1550 or mzimmerman@namifoxvalley.org.



Maren Writes

Maren Peterson

Executive Director

By the time this newsletter arrives in your mailboxes, we will have kicked off the two-month NAMIWalks Fox Valley awareness-building and fundraising campaign. If you haven't done so yet, I hope that you will register for the Walk today and that you will let your friends know over the weeks ahead why NAMI is important to you and ask them to support you with a contribution. The funds that you raise as a walker will be an important source of support for our 2019 programs, so let's make this a great year for NAMIWalks Fox Valley!

While raising funds for our programs is critically important, there is another aspect to the campaign that is equally important: awareness building. Asking your friends to support you in the Walk provides a valuable opportunity to break down stigma and increase mental health knowledge and understanding.

This is a time to share facts about mental illness, promote mental wellness, and let people know about the many programs that NAMI Fox Valley offers. We know how important it is to create healthy, fact-based dialogue around mental health in our community, and this is a great time to do so!

Speaking of our programs, our offerings have continued to evolve this year, and that is nowhere more true than in our support groups. From adding groups to shifting times of existing groups, there have been more changes than usual. Changes always are reflected on our website, but we thought it would be helpful to publish the full group calendar in this newsletter. Please see page 6 for the current group schedule.

Whether you join us at the Walk, participate in a program, or connect with NAMI Fox Valley through another avenue, we are grateful to have you as part of the NAMI FV family!

Warmly,

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

Upcoming Family-to-Family Class

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, was designated as an evidence-based program by SAMSA. Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.

Mondays, January 7-March 19, 2019 6:00-7:30 p.m.

Location: NAMI Fox Valley, 211 E. Franklin St. | Appleton, WI 54911

Upcoming Peer-to-Peer Class

Peer-to-Peer is an 8-week education course that focuses on recovery and is for any person with serious mental illness. The course provides participants with comprehensive information on mental illness and teaches strategies for personal and interpersonal awareness, coping skills, and self-care strategies.

Thursdays, January 10-February 28, 2019 6:00-7:30 p.m.

Location: NAMI Fox Valley, 211 E. Franklin St. | Appleton, WI 54911

Taking Care of YOU!

UW Extension, in collaboration with NAMI Fox Valley, will hold four evening sessions in March to help caregivers reduce stress and promote wellness. Taking Care of You is a multi-session program offering practical strategies and experiences to help you deal with the stress in your life. Managing life's challenges in a healthy way allows you to take better care of yourself and your overall health. Each week you will explore topics through small group discussion, self-reflection and activities.

Mondays, March 4, 11, 17, 25, 2019 6:00-8:00 p.m.

Location: NAMI Fox Valley, 211 E. Franklin St. | Appleton, WI 54911

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 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.

Saturday, March 2, 2019, 8:30 a.m.-3:30 p.m.

Location: NAMI Fox Valley, 211 E. Franklin St. | Appleton, WI 54911

Upcoming REAP Class

This 5-week education course is designed for people who live with mental illness. This course provides participants with self-exploration opportunities related to recovery and mental health wellness. The Recovery, Education, and Advocacy Program (REAP) addresses coping skills, self-care, trauma, and the need for a recovery action plan.

Thursdays, March 21-April 18, 2019, 6:00-8:30 p.m.

NAMI Fox Valley, 211 E. Franklin St. | Appleton, WI 54911

Register today!

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



A SPECIAL THANK YOU TO ALL OF OUR 2018 NAMIWALKS SPONSORS!

GOAL \$65,000.00



0% 25% 50% 75% 100%

\$77,377

RAISED

462

PARTICIPANTS

WE DID IT! WE SURPASSED OUR GOAL WITH YOUR HELP!

A SINCERE THANK YOU...

On behalf of NAMI Fox Valley, we would like to thank you for so kindly sponsoring, donating, volunteering and walking for NAMIWalks Fox Valley. All the proceeds of this event will help fuel our mental health programs while providing services that are accessible by all community members, regardless of their economic status.

You truly are a defender of mental health in the Fox Valley!

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National NAMIWalks Elite Sponsor



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Quartet**



In search of the perfect stocking stuffer? Shop kind.



The message is simple:
Be kind. Not only to others, but to yourself.

All of NAMI FV's 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

ENDING THE SILENCE

NAMI Ending the Silence is an engaging presentation that helps audiences learn about the warning signs of mental health conditions and what to do if you or a loved one show symptoms of a mental illness.

During Ending the Silence, a lead presenter shares an informative presentation and a young adult with a mental health condition shares their journey of recovery. Audience members can ask questions and gain understanding of an often misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

Ending the Silence for Students

A 50-minute presentation designed for middle and high school students that includes:

- Information about warning signs
- Facts and statistics
- How to get help for themselves or a friend

Ending the Silence for School Staff

A 1-hour presentation for school staff that includes:

- Information about warning signs
- Facts and statistics
- How to approach students and how to work with families

Ending the Silence for Families

A 1-hour presentation for parents and primary caregivers that includes:

- Information about warning signs
- Facts and statistics
- How to talk with your child and how to work with school staff

CALL MEGAN AT (920) 954-1550 TODAY OR EMAIL MZIMMERMAN@NAMIFOXVALLEY.ORG TO SCHEDULE A PRESENTATION!

Ending the Silence Spotlight

Megan Zimmerman

Community Outreach Coordinator

Hope. This is the one word that comes to mind when I think of NAMI's signature program, Ending the Silence. It is an indescribable feeling that washes over me when I am listening to our young adult speakers sharing their journey of recovery. While the lead presenter gives the students the warning signs of mental health conditions and where to go for help is undoubtedly important, the young adult stories are directly helping to break down stigma surrounding mental illness and instill a sense of hope for other students that may be struggling.

Since the start of the school year, we have been out to seven area school districts and two youth serving organizations, presenting Ending the Silence to over 500 students.

The feedback we've received from the students has been nothing but positive, with numerous students thanking us for taking the time to talk to them about mental health and commenting on how much they appreciate the young adult speakers' vulnerability with sharing their story about living with a mental health condition.

Ending the Silence is significantly helping to normalize sharing our own journeys with mental illness, and teaching students that it is okay to reach out and ask for help. It is my hope that this program continues to gain positive support from our local schools and that one day, every school district is incorporating Ending the Silence into their curriculum.



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

ELECTRONIC SERVICE REQUESTED

Several decorative Christmas ornaments are scattered around the text. On the left, there is a large red ornament with a yellow snowflake, a smaller yellow ornament with a red star, and a red ornament with yellow concentric circles. On the right, there is a yellow ornament with a red star and a large red ornament with a yellow sunburst. All ornaments are hanging from dotted lines.

NAMI FOX VALLEY PRESENTS:
THE 4TH ANNUAL HOLIDAY TALENT SHOW

Please join us for a night of talent, fun and laughter!
A light dinner, cake, non-alcoholic refreshments and a
cash bar are available for guests to enjoy.

DECEMBER 13, 2018 | 5:30 P.M.
SACRED HEART PARISH
222 E. FREMONT ST., APPLETON

To RSVP, please visit namifoxvalley.org/talent-show or
contact Kelly at (920) 954-1550 or kelly@namifoxvalley.org.
There is no charge to attend, but your registration is appreciated!