

A Note from Maren

Happy New Year, NAMI Fox Valley friends!

As we enter this new year full of promise and hope, I want to extend a heartfelt thank you to all of you who have joined us in working toward NAMI Fox Valley's vision of a community, free of stigma, that supports and promotes mental health and recovery. Whether you are a program participant, a volunteer, a donor, or simply a friend who helps to spread the word about who we are, thank you for playing a critical role in supporting NAMI Fox Valley's mission.



This year has much in store at NAMI Fox Valley, both in our core support, education, and outreach programming and in continuing to grow newer areas of that programming. Two program areas about which we are particularly excited are highlighted in this newsletter: [Crisis Intervention Partners training](#) and [workplace mental health education](#). Take a look at the articles to learn more!

We look forward to continuing to partner with you throughout the year on the ongoing journey toward mental health for all!

Warmly,



Maren H. Peterson
Executive Director

Donate Today

Your donation to NAMI Fox Valley helps to provide mental health support, education, and outreach to thousands of community members who participate in our programs each year.

[DONATE](#)

Upcoming Classes

Family-to-Family

Mondays, Jan. 15-Mar. 4
@NAMI FV | 6-8:30 PM

[REGISTER ONLINE](#)

Peer-to-Peer

Wednesdays, Jan. 24-Mar. 13
Virtual | 6-8 PM

[REGISTER ONLINE](#)

Hearts+Minds

Tuesdays, Feb. 13-March 12
@NAMI FV | 6-8 PM

[REGISTER ONLINE](#)



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A Different Kind of Resolution

It's a new year! Instead of focusing on lofty resolutions that never quite seem to stick, let us collectively commit to prioritizing our mental health. In a world that constantly demands our attention and resilience, acknowledging the importance of mental health is a proactive step towards a balanced and fulfilling life. This year, let self-reflection guide us in understanding our emotions and triggers, setting realistic goals, and establishing healthy routines. By nurturing social connections, embracing gratitude, and recognizing when professional support is needed, we can lay the groundwork for a resilient mind and a brighter, more mindful future. May the new year be a chapter where we prioritize our mental health with intention and compassion, fostering a life that thrives in both challenges and triumphs.

Crisis Intervention Partners Training

On December 5th and 6th, the Fox Valley CIP/CIT team (comprised of representatives from NAMI Fox Valley, Appleton Police Department, the Outagamie County Sheriff's Office, and Outagamie County Crisis) put on its second successful Crisis Intervention Partners (CIP) training of 2023. Attendees from the training came from a multitude of local agencies including local police and fire departments, Pillars, Valley Transit, Harbor House, the Appleton Mayor's Office, among others, and the Outagamie County Sheriff's Office.

Over the course of the 16-hour training, participants learned about different mental health conditions and medications, local resources in the community, suicide prevention, crisis de-escalation and interventions, emergency detentions and crisis response, dementia, youth mental health, and trauma-informed care.

The training also ignited empathy and compassion for those who live with mental health challenges through training sessions that included lived-experience testimonials and an auditory hallucination simulation. This invaluable training would not be possible without the fiscal support of NAMI Wisconsin, along with various speakers donating their time and knowledge. The Fox Valley team plans to host two CIP trainings and one Crisis Intervention Team training (a 40-hour training for law enforcement officers) in 2024.



Prioritizing Mental Health in the Workplace

In the fast-paced and demanding landscape of the modern workplace, the significance of prioritizing mental health cannot be overstated. Employees' mental well-being directly influences productivity, job satisfaction, and overall organizational success. As we navigate the complexities of professional life, it is imperative for employers to create environments that foster mental health awareness and support.

NAMI Fox Valley's workplace presentations provide essential insights into understanding and addressing mental health challenges in the workplace. By offering resources that educate employees and employers alike, these programs break down stigma surrounding mental health and create a more compassionate work environment. From understanding burnout to navigating a mental health crisis, NAMI Fox Valley's presentations empower individuals to proactively manage their well-being at work.

By investing in mental health presentations in the workplace, employers not only enhance the overall well-being of their workforce but also cultivate an environment that encourages open communication, reduces stress, and ultimately leads to increased employee satisfaction and retention. As we embrace the new year, integrating such programs into the workplace agenda is a proactive step toward creating a more compassionate, resilient, and productive professional community.

BRING NAMI FOX VALLEY TO YOUR WORK

Peer & Family Education Highlights

Family-to-Family

Family-to-Family is a free, 8-session education course for family and friends of people living with mental illness. The program offers a relaxed, trusting, and safe environment for participants to develop insight, skills, and emotional understanding to support the mental health recovery of a loved one. [Learn More](#)

Peer-to-Peer

Peer-to-Peer is a free, 8-session class for any adult individual living with a mental health condition. The program offers a relaxed, trusting, and safe environment for participants to learn about mental illness, strategies for self-care, healthy relationships, and positive coping skills. This structured course is taught by a team of trained instructors who are successfully managing their own mental health conditions. [Learn More](#)

Hearts+Minds

Hearts & Minds is a free, 5-session class for any adult living with a mental health condition. The class focuses on the relationship between mental health and physical health, emphasizing that the best possible mental health recovery requires attention to all aspects of your health. [Learn More](#)