

The Alliance



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February 2012

In Loving Memory of Tammy Bradley

We wish to recognize the sad loss of a longtime volunteer and staff member, Tammy Bradley, who passed away December 1, 2011. Tammy touched the lives of many as a dedicated support group facilitator and Consumer Coordinator at NAMI Fox Valley. Tammy joined the NAMI family in approximately 1999. She was quiet and had a sincere desire to help others and frequently contributed to discussions in support group. Tammy became involved in the leadership of consumer activities participating in the state wide consumer conference. In 2002, Tammy stepped into the Consumer Coordinator position replacing Paula Verrett who stepped down to focus on her own recovery. Tammy served in this position until October of 2011. She passionately ensured that everyone who wanted to participate in social activities could through organizing fundraisers such as brat fries and bake sales. Tammy was loved by many as was evidenced by the large number of people who showed up to celebrate her life and honor her memory on December 6th. To ensure that Tammy will not be forgotten, a memorial fund was established in Tammy's name with the proceeds to be split between two of her favorite NAMI Fox Valley programs, Be Well and the New Hope Support Groups. Rest in peace, Tammy, we miss you.

2012 Hiring: Outreach Director & CIT/CIP Program Coordinator

Many of you saw our job postings early this year for two staff positions. We are busy in the screening, interviewing and hiring process for both roles.

The Outreach Director will manage the NAMIWalk and our other outreach programs, including Mental Illness Awareness Month, Quarterly Programs, our Speakers Bureau, and In Our Own Voice, as well as managing our website, moderating social media (like FaceBook, etc.), and creating community partnerships that further our ability to offer high quality programs and services at no cost.

The CIT/CIP Programs have grown to such a degree that a Program Coordinator is necessary! This Coordinator will work in partnership with our Police Liaison in planning and ensuring the quality of our CIT/CIP offerings, create and manage the

CIT Officer Newsletter and website, and will act on behalf of NAMI Fox Valley on the committee working towards implementation of the Mental Health Court in Outagamie County.

We look forward to welcoming two new staff members to NAMI Fox Valley, early this year!

From one of our NAMI Teens

These past months with all of you have been amazing! I remember being nervous and not liking the idea of going to a group, but as soon as I got there, I felt welcomed. We have all grown into something stronger than just a teen support group. We have become a family. We have been through the tears, the screams at each other when we are in bad moods, the arguments, the bad times in our lives. But we have also been through the laughs, the jokes, Norma saying things that make us giggle, and Bob getting all embarrassed; the stories, the hugs, the smiles, cuddling on the couches, all those amazing moments. Yeah, we have our ups and downs, but we are always there for each other, and today I can say honestly that you guys saved my life. I want you all to know how special you are to me, even the new members, because I know that all of you are beautiful, inside and out. You all deserve to be happy. Know that I am here no matter what.

You guys have made this year so amazing. You have helped me through the good and the bad, and I can't even find the words to say how thankful I am for that. I hope that we never have to grow apart, because I don't know where I would be without all of you. You are all angels, and I hope that 2012 brings even more smiles and great moments by your sides. Keep your head up, because you are NEVER alone.

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Holiday party a great success!

By Jill Mitchler

This year's holiday party held Monday, December 12 brought together over 170 consumers and family members from Friendship Place, the Outreach Center and NAMI Fox Valley for a wonderful holiday event.

Thank you to First Congregational United Church of Christ for the use of Friendship Hall again this year. It looked absolutely stunning with all of the decorations which were put up by NAMI Fox Valley volunteers.

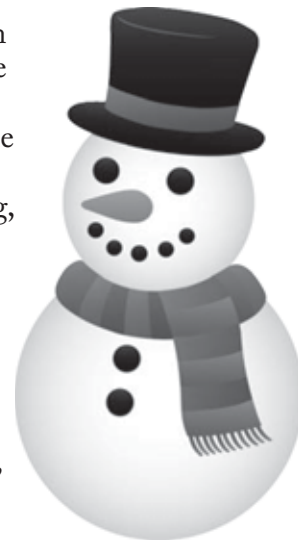
Our hearts were warmed by music throughout the evening! Volunteers from the Fox Valley Flute Choir provided beautiful music before and during dinner. After dinner, everyone sang Christmas carols!

Donations of several gift cards from 37 local businesses and individuals were greatly appreciated so that each of the consumers in attendance was able to receive a gift.

Donations of food also helped to make this event very special. Many thanks to Cedar Creek Meats, Dairy Queen, Haen Meats, Jimmy John's Gourmet Subs and Neimuth's Southside Market. Many of the participants also donated delicious desserts.

This party would not have been such a great success without the help from the staff of all three agencies (including Georgie, the elf!), along with 35 volunteers who worked diligently planning, setting up, decorating, serving food and cleaning up.

This special annual event is only possible because of the collaboration of many generous people. From the beautiful decorations adorning the room, to the fellowship, food and fun, the holiday party surely made the season brighter for many people!



Richard and David, always a laugh!



Greg Thousand, George Herberg, Lynda Pahlen



Valley Flute Ensemble



Family-to-Family teachers, Linda and Bud



We're all supportive of Georgie the Elf!



Georgie the Elf



Board Member, Clance Catlin and Family



Carol leaders



NAMI's own, Raz



Lori, Friendship Place

Advanced CIT 2012

Beth Clay and John Wallschlaeger

Congratulations to NAMI Fox Valley and Appleton Police Department for another successful training! CIT officers from across Wisconsin traveled in this year's first winter snow storm to attend the Fourth Annual Advanced CIT training. More than forty officers, some coming from nearly 200 miles, arrived safely in Appleton to listen and learn about two important topics designed to deepen and enrich their CIT training: Trauma Informed Care and Issues related to aging, including Dementia and Alzheimer's disease.

The Trauma Informed Care block covered the entire morning and included an experiential exercise designed to put participants in the shoes of those experiencing trauma or retraumatization, and their loved ones. The speaker also covered Vicarious Trauma, which is a common risk associated with the work of Law Enforcement and Emergency Responders.

The afternoon portion of the program started with representatives from the Wisconsin Department of Health and Human Services – Bureau of Aging and Disabilities Resources describing the growing population and needs of those living with Dementia and Alzheimer's. Attending officers all reported an increase in calls for service involving family members and residential facilities staff dealing with these issues.

The second half of the afternoon, the officers, representing fifteen agencies, participated in a facilitated discussion about advancing the CIT initiative in the state of Wisconsin, both within their local agency and in the state as a whole. The roadmap used to guide the discussion was the CIT Self Assessment Tool, developed by the Florida CIT Coalition that had been unveiled at the 2011 CIT International Conference in Virginia Beach. An identified need was a central electronic depository for shared documents, such as CIT Policies, informational brochure and card templates, and CIT resource information. The webmaster for NAMI Fox Valley, Wendy Magas, was present during the discussion to talk about options and formats for creating this needed service. NAMI Fox Valley's commitment to the CIT initiative continues to grow as we look to hire a CIT/CIP Coordinator on staff by mid-February. This individual will partner with our Police Liaison, Sgt. John Wallschlaeger, in offering critical "Memphis Model" CIT training in the Fox Valley.

Family-to-Family

Jill Mitchler

Family-to-Family is a free 12-week course for family members of adult individuals with severe mental illnesses. Trained instructors, who have family members living with mental illness, teach coping and supportive skills to other persons with family members diagnosed with major depression, bipolar disorder, schizophrenia or other conditions. Nationally, over 300,000 family members have graduated from this wonderful NAMI program!

NAMI Fox Valley's next Family-to-Family class will be held on Tuesdays, March 6 through May 22, from 6:30-9 pm at Fox Valley Technical College in Appleton. There will also be a Family to Family class held at FVTC in Appleton on Thursdays, September 5 through November 29, 6-8:30 pm. This fall class will be specifically directed towards military families, although affiliation with military service is not required to be a participant.

Additionally, NAMI Fox Valley hosted a fall Family-to-Family class in Calumet County for the past two years. The 2010 class was held at the Fox Valley Technical College campus in Chilton, and the 2011 class was held at Ariens Company in Brillion. These classes were made possible by grants from Mental Health America of Calumet County in collaboration with the Calumet County Human Services Department. NAMI Fox Valley hopes to host another Calumet County class in fall of 2012 on September 10 through November 26.

All of our class sizes are limited. Please contact Angel at 920-954-1550 or email angel@namifoxvalley.org to sign up.

2012 Annual NAMI Fox Valley's Board of Directors meeting

The Annual Board Meeting took place on January 17th, 2012, at the Memorial Presbyterian Church in Appleton, and was open to the public. We were pleased to have most of the staff and several community guests with us for the meeting. Some of the important topics covered were the review and acceptance of the 2012 Budget, the election of Board officers, the review of potential Board member credentials and interest, and the reports of the Executive Director, Beth Clay, the Volunteer Coordinator, Jill Mitchler, and the Development Director, Karen Schiller. We are pleased to continue with the following leadership of the Board of Directors:

President: Joan Helbing
Vice President: Joe Troy

Treasurer: Craig Herrell
Secretary: Kara Patterson

Board meetings have been moved this year to the third Tuesdays of the month, and guests are welcome with the advance approval of the President of the Board, Joan Helbing.

NAMIWalk news

Our final accounting is done for the 2011 NAMIWalk. We exceeded our dream goal of \$150,000 by raising \$160,232! This is a new NAMI Fox Valley NAMIWalk record! Thanks to our generous sponsors, enthusiastic team captains and more than 700 walkers we will be able to provide vital operational support to our agency and continue to offer education, support and advocacy programs for little or no cost to those affected by mental illness.

We have kicked off our 2012 NAMIWalk season! Please mark your calendars for these important NAMIWalk dates:

Wednesday, August 8, 2012 – Team Captain Kickoff Breakfast

Saturday, October 6, 2012 – Seventh Annual NAMIWalk

We are looking for volunteers to help us with planning and implementation of this year's NAMIWalk. If you are interested in joining one of these workgroups, contact Karen Schiller at (920)954-1550 or karen.schiller@namifoxvalley.org.

- Marketing Committee: Help us reach out to our community to publicize the NAMIWalk as the largest mental health advocacy event in the Fox Cities.
- Sponsorship Committee: Help us solicit sponsorships and expand our sponsor network. Help to cultivate existing sponsors.
- Kickoff Breakfast Committee: Help us plan our annual Team Captain Kickoff Breakfast.
- Logistics Committee: Coordinates walk day activities.
- Team Building Committee: Help support team captains and walkers to maximize results.

Thank you to all of our NAMI Fox Valley members and friends who have helped make our NAMIWalk a success. This event not only provides vital funding to our agency, but also shows our community that mental health matters.

Book review: *Pictures of the Mind* by Mariam Boleyn-Fitzgerald's

Review by George Bowman

Appleton resident Mariam Boleyn-Fitzgerald's "Pictures of the Mind" is a highly readable survey of the latest advancement in neuroscience – or the study of the brain. She avoids technical jargon and when it is necessary to use it, she explains it fully. I found the book to be a very interesting read, in particular the section about exercise and the brain. It is well documented that exercise can be good for your heart, but new research indicates that regular exercise is one of the four critical factors, along with not smoking, social interaction, and education level, that have a positive impact on cognitive function or the prevention of dementia in the elderly.

Boleyn-Fitzgerald refers often to the brain imaging technologies (pictures of the mind) that have allowed neuroscientists to better understand our behavior. Her primary thesis is that the brain is much more "plastic" than was previously imagined. In prior eras, it was thought that genes are destiny. The new research indicates that humans have an incredible ability to heal from trauma, whether emotional or physical, when provided with the right therapy and environment.

"More than your heart, your kidney, your liver, the brain is built to change in response to experience in response to training. And it is really because of this active neuroplasticity that we can learn." (page 22)

Boleyn-Fitzgerald's theme is consistent with other research, in particular that done by Carol Dweck, PhD, author of "Mindset – The New Psychology of Success." In her book, the Stanford professor explains how people with a "fixed mindset" – those who believe that intelligence is static – often live down to their expectations. In contrast, those with a "growth mindset" – those who believe that they can grow their capability through learning and practice - are not held back by specific limitations or expectations regarding their performance. This is not to say that a ballet dancer can become a rocket scientist without a lot of study – but the research by Dweck and Boleyn-Fitzgerald are consistent.

What does this mean for you? Well, your potential is pretty much unlimited, as long as you have the right mindset and are in the right environment. Both of these books will help you toward your self development goals.



IRIS GARDEN

Submitted By Helen Timm, Office Manager & Jill Mitchler, Program & Volunteer Manager

In which NAMI-FV celebrates our generous friends and contributors!

Thank you to the following for their donations:

Sarah & Jerry Konrad - \$10 for the SPARK Program

Robert & Mary Ann Arneson - bottled water, snacks and supplies for MHFA Training

Shane Lathrop & Total Floor Covering – labor & material to repair and replace the upper kitchen and bathroom floors of the NAMI house

Edward & Jacalyn Fowles - \$250 for Veteran's Support & Educational Programs

Branching Out Committee & Employees of John H. Bradley VA CBOC - \$100 from employee fundraiser

Tim & Nancy Collentine - \$151 (includes a paid consumer membership for someone who cannot afford it)

Georgie Halpin – silverware service & plastic reusable plates for use by groups and classes

Employees of Miller Electric Mfg. Co. – collection of donations from employees totaling \$423.65

ITW Foundation - \$75 triple match to a Miller Electric employee's donation

Linda Speering & Bud Broussard – snacks, food & beverages from F2F Class

Patty Yunker – soda for P2P Class

Ann Pearson – cups, snacks, pizzas & cookies for New Hope Support Groups

Anonymous – Life Stories Games to be used for New Hope Support Groups

Alan Frigo - \$67.73 through the Network for Good Sophomore Class of Menasha High School - \$750 for Education & Support Programs

Karen Riching – monetary Christmas gift in honor of Dave Vander Zanden

Georgie Halpin – vinyl sign for New Hope Group fundraisers

Helen Timm – turkey for NHS Group Thanksgiving party and soda for the NAMI holiday party

Pick 'n Save on Stoneybrook – potatoes for the NHS Group Thanksgiving party

Catholic Financial Life Chapter 6 - \$333 to match donation basket collections at their meetings

Memorial Presbyterian Church - \$50 to F2F Program in recognition of Mike & Sherry William's presentation to their deacons

J & D Foundation - \$6,000 proceeds from the Ashauer Family Benefit

Thrivent – gift cards, paper & office products donated by employees participating in Thrivent's 12 Days of

Christmas

Theda Care - \$262.50 collected by Communication Team led by Sue Paul for unrestricted use.

Bob & Mary Karisny Family Fund within the Community Foundation for the Fox Valley Region - \$500 grant

Employees of Alta Resources - \$170.53 proceeds from employee jeans to work day requested by Ashley Herrick

Nolan Jones – Mad game for the New Hope Support Group

Leota Ester - \$500 grant for the Wings of Change Support Group

Thank you to the following for donations made by participating in Thrivent's Employee Giving Campaign:

Paul Krueger, Christine Peterson, Carla Strauch

Thank you to the following for donations of matching funds:

Thrivent Financial for Lutherans Foundation - \$123.90 to match gifts from employees

The Prudential Foundation Matching Gifts - \$50 to match a gift from Herb Clark

Thank you to the following for pledges made to the United Way Milwaukee & Brown Co.:

Lisa Daane; Brian Hoefs; Patricia Kemps; Marsha King (Milwaukee)

John Laka (Brown Co.)

Thank you to the following for donations to the NAMI Consumer & Family Holiday Party:

Karen & Jeff Aspenson

A&W Restaurant

Arby's (DRM Inc.) on Northland

Atlanta Bread Co. on Casaloma

Blueberry Hill Pancake House on College Building for Kids

Cedar Creek Meats on Northland

Copp's Supermarket on Wisconsin in Appleton

Copp's Supermarket on Calumet

Cousin's Subs on Northland

Culver's on Westhill

Dairy Queen on Commercial in Neenah

Domino's (Route 41 Pizza, LLC) on Washburn in Oshkosh

Erbert & Gerbert's Subs on Casaloma

Fazoli's on Richmond

Festival Foods on Northland

Golden Corral Buffet & Grill on Westhill

Mill's Fleet Farm in Appleton

Haen Meats on KK in Kaukauna

Half Price Books on Casaloma

Joan Helbing

Honeybaked Ham & Café on Wisconsin in Appleton

Jersey Bagel & Deli on Oneida
Jimmy John's Gourmet Subs on Tullar in Neenah
Carol Lietzke
Manderfield's Bakery on Springfield
McDonald's (Valley Mgt., Inc.) in Neenah
Janet Meyer
Niemuth's Southside Market on Oneida
Old Country Buffet on Wisconsin in Appleton
Papa Murphy's Pizza on Northland
Sport Clips on Wisconsin in Appleton
St. Vincent DePaul of Appleton
Sub-Way Subs & Salads on Northland
Super Cuts on Van Roy
Super Cuts on Edgewood
Taco Bell on Richmond
10th Frame in Appleton
Thrivent Financial for Lutherans
Walmart Super Center on Mutual Way

Thank you to the following for gifts given in memory of NAMI Fox Valley's beloved Consumer Coordinator, NHS Group Facilitator and P2P Mentor, Tammy Bradley:

Jack & Nancy Achterberg
Malinda Arneson
Jeff & Karen Aspenson
Jim & Alice Baumbach
Charles & Janet Bitter
Ann Brady & Thomas Sommer
Nancy Collentine
Ed & Yvonne Ebben
Brian & Tina Friedrich
Barbara & Hubert Germiot
Dave & Dinny Grueneberg
Georgie Halpin
Alvin Hammer
John Hammer
Jeanne Hanson
Joan Helbing
Helene & Jerry Iverson
Roy & Thuja Jameson
Ed Koleske & Charlotte Koerner
Arlene Lintner
Jill Mitchler
Mike, Mary & Eric Mollon
Marilyn Mosher
Ken Nickolai
Danielle Ostorero
Jean Maas Pike
Betsy Pritzl
Romeos & Calicos Square Dance Club
Agris & Rasma Rozite
Karen Schiller
Dan Schuman
Therese Short & Robert Van De Loo
Ralph & Helen Timm

Barbara Voss & Deborah Cohler
John Wallschlaeger
Ron Wilhite & Cathy Grambsc

Thank you to the following for memorial gifts:

Anonymous - \$50 in memory of Kaitlin Mahr, daughter of Debra Mahr

Herb Clark - \$25 in memory of Alex Irvine

Thank you to the following for their donations:

Gifts under \$100

Tamra Retlick - \$10
Ray Searl - \$10
Jean Blaney - \$20
Leah Schwartz - \$20
Dorothy Weiland - \$20
Raymond Zagorski - \$20
Raymond & Margaret Rubin - \$25
Annie Press LLC - \$30
George Butz - \$45
Jim Catlin - \$50
Trisha Everson - \$50
Charles & Theresa Hannah - \$50
Terry Harrington - \$50
Max & Gayle Schultz - \$50
Ralph & Helen Timm - \$50
Donald & Carrie Zoromski - \$50
Tom & Diana Morrissey - \$75

Gifts of \$100

Oscar & Pat Boldt
John & Karen Cleary
Christine Cornell
Peg & Gerry Henseler
Mike Huzzar
Darlene Krenke
Randall & Joene Lauerman
James & Jean Marshall
Dottie Mathews & Rosann Geiser
Laurie McCulloch
Ellen & Todd Needham
Jeremiah, Kathy & Jonah Olson
Terry & Jean Rebholz
Mary Vandenbosch
Marvel Williamson
Ray & Lois Wolff
John & Deb Woodworth
Dr. Ronald & Roberta Myers

Gifts over \$100

Janet Gunderson - \$105
Joleen Swadley - \$120
Arlene Kneisler - \$145
Barbara & Donald VanDyhoven - \$145
Tim & Bonnie Reich - \$150
Carol Ligare - \$200
Eugene Schiesl - \$200
Joseph Troy - \$200

Steve & Mary Evans - \$250
John Kuehn - \$250
Al & Bev Vandenberg - \$250
John & Tamie Wallschlaeger - \$250
Richard Merkhofer & Maria Aristigueta - \$300
Bel Brands USA Inc. - \$500
Doug & Carla Salmon Foundation - \$500
Anonymous - \$1,000
Galloway Company - \$1,000

The following donations have been made in memory of **Claudia Jayne Calabrese** to the *Claudia Jayne Calabrese Memorial Fund* **within the NAMI Fox Valley Endowment Fund:**

Thomas & Elizabeth Jayne - \$200

The following donations have been made in memory of **Luke Collins** to the *Luke Collins Memorial Fund* **within the NAMI Fox Valley Endowment Fund:**

Collins Family: Chuck, Kathy, Mike, Matt & Peggy (Collins) Larson - \$500

We wish to acknowledge NAMI Fox Valley's many dedicated volunteers. Many thanks for your generous donations of time and talent! You are the lifeblood of our organization!

To everyone who volunteered at the Holiday Party on Monday, December 12, thank you so much! With the help of so many it was truly a heartwarming evening: **Andy Andrews, Bud Broussard, Carol Burch, Lynda Dahlen, Sandy Deopker, Amikah Gruber, Dinny and Dave Grueneberg, Chris Hartman, George Herberg, Artie Herschberger, Donna Janda, Chuck Koshak, Barb Kotkosky, Rachel Lietzke, Christy Levknecht, Jenny Marty, Chris Marcks, Audrey Moore, Becky Nichols, Kara Patterson, Laura Polly, Tamra Retlick, Ras Rozite, Cory, Gayle and Max Schultz, Linda Speering, Eileen Thomas, Greg Thousand, Mallori Tonn, Carlarae Van Grinsven, Sussan VandeSande, Connie Weber, Victoria Weber and Jeff Zdrale.**

Thanks to **Paula Verrett** for teaching the REAP class as part of Outagamie Drug Court's Bridging Choices Program which ended in December 2011.

For teaching the current Family-to-Family classes in Appleton, thank you to **Helene and Jerry Iverson.**

Thanks to the presenters and volunteers for the January CIT (Crisis Intervention Team) Advanced training for law enforcement: **Chris Craggs, Kristen Felten, Sandie Hardie and Lisa Schneider,** thank you so very much!

For coordinating our Crisis Intervention Team trainings, many thanks go to the CIT Steering Committee members: **Doug Brey, Beth Clay, Chris Craggs, Todd Freeman, Sue Jungen, Diane Mandler, Polly Olson, Helen Timm, Katie Vanderheiden and John Wallschlaeger.**

Thank you to **Barb Buckner, Angela Cord, Yvonne Ebben, Sharyn Gawlick, Dinny Grueneberg, John Rose, Mary Verity and Paula Verrett** for helping us with the with the August newsletter mailing!

For helping with the mailing of our Program Guides, thanks go to **Barb Buckner, Angela Cord, Yvonne Ebben, Kathy and Jim Glasheen, Mary Verity and Paula Verrett.**

To our wonderful office volunteers: thank you, **Cathy Grambsch,** for putting together folders for many of our education and support programs and **Wendy Harris** for her work on our web site and our FaceBook page. To our volunteer librarian, **Ras Rozite,** thank you for keeping our library a great resource for all who walk through our doors. Thanks to **Dinny Grueneberg and Mary Baker** for printing and assembling materials for our education programs, to **Paula Verrett, Jenny Walter and Rissa Huntington** for helping with data entry, and to **Mary Baker, Tamra Retlick, Kimberly King and Richard Bauer** for helping out with various tasks in the office. Thanks to new volunteer, **Jeff Boire,** for his support and dedication to the veterans program.

To **Paula Verrett** we give special thanks for being our newsletter editor and all around great volunteer!

Many thanks to **Kristin Zeigler and the volunteers at Outagamie County Division of Youth and Family,** for helping us with various special projects as they come up.

Thank you to **Mike Mollon** for overseeing NAMI Fox Valley's Endowment Fund and to **Tom Tatlock** and **Dick Galloway** who also work with the Endowment Fund.

To **Jason Swiertz,** thank you for your continuing role as our Treatment Court Advocate.

Sincere thanks to the continued dedication of our NAMI Fox Valley Board Members: **President – Joan Helbing, Vice President – Joe Troy, Secretary – Kara Patterson, Treasurer – Craig Herrell. At-large members are Clance Catlin, Christine Cornell, Rachel Fitzgerald, Brandt Swardenski, Tom Tatlock, Paula Verrett and Mary Ellyn Vicksta.** Special thanks to **Chris Craggs** and **Mike Williams,** who recently resigned, for all of their hard work and dedication as a NAMI Fox Valley Board Member.

Each week NAMI Fox Valley has eight support groups that are led by trained and dedicated facilitators. To these support group facilitators, we owe a debt of gratitude: **Richard Bauer, Bob Brooks, Chris Craggs, Norma Czarnik, Kay Edelbeck, Julie Edwards, Karen Engel, Georgie Halpin, Steve Hirby, Cindy Kolbe, Shedrene Logan, Janet Malcolm, Tom Morrissey, Danielle Ostorero, Kara Patterson, Scott Radtke, John Rose, Miles Sutter, Andrea Swanson**

and Steve Ware.

Congratulations and thank you to our newest group facilitators who were trained in January, **Jeff Boire and Tina Friedrich!**

Special thanks to some of our volunteer group facilitators who have stepped down from their facilitator role; we greatly appreciate their years of service to our organization: **Mindy Arneson, Richard Bauer, Angel Gruber, Wade Howell, Cindy Kolbe, Dave Langner, Ann Pearson and Paula Verrett.**

Thanks to our In Our Own Voice presenters who share their story with members of our community. **Andy Andrews, Mindy Arneson, Richard Bauer, Georgie Halpin, Patrick Nelson, Janet Malcolm,**

Volunteering at NAMI Fox Valley

Jill Mitchler, Program and Volunteer Manager

Do you share NAMI Fox Valley's vision to "Live Well with Mental Illness?" Do you ever wonder how you can help NAMI Fox Valley in our mission to improve the lives of people who live with mental illness and their families? Consider volunteering!

Here are some of the many opportunities for volunteers to help us. For example, people who have completed Peer-to-Peer class and are regular attendees of our New Hope, Veterans or 5 O'Clock Friday support groups can apply to become a Connections support group facilitator. Peer-to-Peer graduates can become applicants for the role of Peer-to-Peer Mentors.

Office and clerical volunteers are needed periodically to do mailings, data entry, help man the front desk and make phone calls. We need volunteers to assist at presentations or display booths at agency and volunteer fairs. Additionally, there are special projects to get off the ground this year, and we need volunteers to make them happen!

The first step in becoming a volunteer is to complete and send in the NAMI Fox Valley volunteer application form. This form is available by calling our office at 920-954-1550 or you can download it at www.namifoxvalley.org and click on "Volunteer." After your application form is received, you will be invited to one of our monthly New Volunteer Orientations where you will learn more about NAMI Fox Valley and our volunteer opportunities.

We currently have a great number of very talented and dedicated volunteers whose help we deeply appreciate, for we simply could not do what we do without them! Consider joining this great group of people all working together for the benefit of NAMI Fox Valley members. If you would like to talk more about volunteering, feel free to call Jill at 954-1550 or email jill@namifoxvalley.org.

"Be the change that you wish to see in the world." - Mahatma Gandhi

Tamra Retlick, Greg Pekarske-Siers, Christopher Richards, Jason Swiertz and Jenny Walter have all made presentations in the last three months.

Thanks to our helpline volunteers who answer calls when the office is closed – **Bud Broussard, George Butz, Helene Iverson, Linda Speering and Sherry Williams.**

Thanks again to **the staff at Print Source Plus**, for the wonderful job printing our newsletter and getting it done promptly each time.

Please forgive us if we have overlooked thanking anyone that may have helped out in any way or made a donation. We appreciate all volunteers and donors and are grateful for everything they do to help our organization!

The prison system as a gulag for people with serious mental illness

From: The Nonprofit Quarterly <http://www.nonprofitquarterly.org> on January 11, 2012

Ruth McCambridge

January 10, 2012; **Source:** The Crime Report | *NPQ* has previously reported on the fact that, across the nation, prisons and jails have become the de facto repositories for people with serious mental health problems. This dynamic followed a half-finished effort at deinstitutionalization that left chronically mentally ill people without sufficient supports. Many chronically mentally ill people are homeless, of course, but many are also locked up. Some estimates have twenty mentally ill people incarcerated for every one psychiatric bed available in hospital. Now Matthew T. Mangino, a member of the Pennsylvania Board of Probation and Parole, and the former district attorney of Lawrence County, Pennsylvania, has published a searing editorial about the problem, revealing his own distress as a member of a system that cannot possibly attend properly to the needs and rights of mentally ill inmates, and that in fact often responds destructively. He pointed to numerous sources documenting not only the number of incarcerated mentally ill but also the fact that once incarcerated, they are often subject to the harshest of conditions. Mangino points, for instance, to research published in the *Harvard University Civil Rights-Civil Liberties Law Review*, which finds that mentally ill people typically account for as many as half of all inmates in solitary confinement. According to a study published in *The Crime Report*, a 2010 audit of three Wisconsin state prisons reported that "between 55 percent and 76 percent of inmates in segregation [solitary confinement] are mentally ill. Once there, according to a recent *Associated Press* story based on an internal report of a North Carolina Prison, they may be

continued on page 11

Consumer Corner

By Georgie Halpin
Consumer Coordinator

The last three months have been very busy with activity! New Hope Consumers Groups had our Thanksgiving Potluck on Nov 19th. It was full of fun and good food. There were about 18 of us there to enjoy the evening. We all got to learn more about each other by dividing into groups of four and asking questions and going around and answering them. We also played Apples to Apples which is always fun. A Special Thanks to Helen for donating the Turkey and also to Helen's son Matthew for getting the potatoes donated from Pick N Save.

December 17th was our New Hope Holiday Party at the Housing Partnership. What a party it was! Great people came together to enjoy Tina's Mom's homemade caramels that were out of this world and came in little Christmas bags. Thank you so much! We played Christmas Trivia games and want to thank our callers Rachael, Dan and Marie. Many gifts were handed out thanks to donations from the wonderful community we live in. Special thanks to everyone who helped clean up and to Beth Clay for the delicious ice cream cake from Baskin Robins.

As you may have already heard, this was the last Christmas party for just New Hope because we will be merging it with our BIG Holiday party next year. Not to worry though, we will be having a December get together called the "Let it snow Summer/Pot Luck" with a brat fry and summer party games.

Dec 25th was a nice day as we had our first Christmas get together here at NAMI. There were games, laughter, meeting new people, and a big spaghetti feed. Set your calendar for December 25, 2012 for next year's event. This was a special event for all those that were going to be alone for the Holiday, to share food & fellowship.

In January about 20 of us went to Golden Corral. No one went away hungry. We all had a nice time there.

It is so nice that we have the opportunity to use the Appleton Housing Partnership room. Thanks to them we have a nice, comfortable place for our social activities.

Upcoming Events:

Feb 11 Barlow Planetarium 6-7:30

March 10 Brat Fry Fundraiser at Festival Foods on Northland Ave.

April 14 Big Shanghai Dinner Buffet

Please sign up for all activities during New Hope Connections group or by calling Georgie at 920-954-1550.



Beth writes...

It has been a whirlwind couple of months since I stepped into the position of Executive Director. I appreciate the warmth of your welcome and on-going patient support as I learn all the ins and outs of my role. Just being at the NAMI house day to day is a gift, connecting with new

friends... who must be the most courageous people on the planet. Above all, I stand in awe of the place we humbly hold in the hearts of our members.

Perhaps the most striking part of joining this incredible organization is seeing *the impact* of the programs and support we offer. I see it every day as I watch our members and friends come and go for support, stay to volunteer, and connect with staff and one another in fellowship and understanding. One of the things that drew me to the position at NAMI Fox Valley is that it truly embodies and lives its mission through every person and every program. It is about *you, me and us*. We are in this together; there is no 'them'. I encourage you to come and experience the warmth, the connectedness, the hope that surrounds you inside the NAMI house on 6th Street.

There have been times in my own life that events and experiences have brought me, with a heavy heart and weary with grief, to NAMI affiliates in several states where I've lived. What was true for me then, seems to be true for all of us who are lucky enough to connect with NAMI, whether consumer, parent, partner, or friend: The core message here is that we can move from fear to understanding; from judgment to acceptance; from isolation to support; and from suffering to hope.

May the year 2012 hold all of these: understanding, acceptance, support, and hope for you and your loved ones, for all of us at NAMI Fox Valley, and for our entire community.

Happy New Year!

Wishing you well,

Beth



Veterans' group eating at the VFW

The Alliance is the newsletter of NAMI Fox Valley, published quarterly in February, May, August and November.

Send news items related to chronic mental illness, opinions, or complaints (no poetry please) to: Paula Verrett

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Vets' Corner

*Sandy Pharis,
Project Coordinator*

Please welcome our new Veterans Advocate, Jeff Boire. Jeff recently graduated from our support group training and will be co-facilitating the veterans' support group with Janet Malcolm and Sandy Pharis. Jeff is a Navy veteran who served as an MR2(sw) machinist repairman 2nd class. He has written a book of poetry and is a wonderful painter. Jeff has sold some of his work with proceeds going to research on bipolar in adolescents. Stop by and welcome Jeff.

We have welcomed a few more veterans into our group as well as started going out on the town. In January, we supported another veterans' organization by eating at the local VFW. One of the first members of our veterans' support group works there. A good time was had by all and the food was awesome.

In the fall NAMI Fox Valley has planned a Family-to-Family class specifically for military. Please call for more information. NAMI Fox Valley strategic planning includes implementation of a military family support group. If you or someone you know is interested, please contact Sandy Pharis at the 920-954-1550. As soon as we have enough interest, we will get the group started!

Veterans' programming here at NAMI Fox Valley continues to grow! If you know someone who may benefit from our services, please let them know we are here to help and remember to thank a veteran!

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kept in their cells for extended periods without being let out for showers, meals, or recreation. Mangino cites one especially egregious human rights violation in the case of a Utah prisoner who "[I]ast year . . . suffering from schizophrenia and bipolar disorder died of starvation and dehydration after spending four months in the Salt Lake County Jail. A significant period of his incarceration was spent in solitary confinement. Twenty-year-old Carlos Umana weighed approximately 180 pounds when he entered the jail; when he died, he weighed just 77 pounds." In a 2009 statement to Senate Judiciary Committee Subcommittee on Human Rights and the Law, Human Rights Watch called for action on the issue of the incarceration of people with mental illness. An excerpt from that statement reads, In 2008, the Special Rapporteur on Torture concluded that "the prolonged isolation of detainees may amount to cruel, inhuman or degrading treatment or punishment, and, in certain instances, may amount to torture." Based on his research, he found that "the key adverse factor of solitary confinement is that socially and psychologically meaningful contact is reduced to the absolute minimum, to a point that is insufficient for most detainees to remain mentally well functioning." He stated that solitary confinement should only be used "in very exceptional cases" and "only as a last resort"; the Special Rapporteur further noted that holding persons with mental illness in solitary confinement "cannot be justified for therapeutic reasons, or as a form of punishment."

NAMI Fox Valley Newsletter
516 W. 6th St.
Appleton, WI 54911

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The Nation's Voice on Mental Illness

Upcoming events

February

- 7-28 Mental Health First Aid
Tuesday's 5:30pm - 8:30pm, FVTC
- 15-16 Crisis Intervention Partners (CIP)
8:00am - 5:00pm, DJ Bordini Center

March

- 6 Family-to-Family begins
Tuesday's 6:30pm - 9:00pm, FVTC
- 19-23 Crisis Intervention Team (CIT)
8:00am - 4:00pm, DJ Bordini Center

April

- 3-24 REAP
Tuesday's 6:30pm - 8:30pm,
NAMI Fox Valley
- 12 Peer-to-Peer Begins
Thursday's 6:30pm - 9:00pm
- 26 Annual Celebration & Awards Program
5:00pm - 9:00pm,
Trout Museum of Art



Our Mission

NAMI Fox Valley exists to improve the quality of life for those with brain disorders (mental illness) and their families and friends through education, support, advocacy and research. It is affiliated with NAMI (National Alliance on Mental Illness) and NAMI Wisconsin.

Our Vision

Live well with mental illness.

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