

# The Alliance



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

Vol. XXVIII, No. 1

March 2014

## Appleton will host NAMI Wisconsin Annual Conference

The NAMI Wisconsin 2014 Conference will take place May 2 - 3 at the Radisson Paper Valley in Appleton. Join more than 400 mental health consumers, family members and professionals to learn about the latest information on mental illness, network with peers around the state, and support the mental health movement in Wisconsin.



This year's conference, entitled "Perspective Makes a Difference," celebrates diversity and making the most of every individual's background, experience and perspectives.

Mike Veny, a consumer, national mental illness stigma speaker and musician, will be the keynote speaker Friday, May 2. Committed to inspiring people to feel hope, Mike uses public speaking and drumming as a critical part of his recovery. His speech will address the challenge of mental illness stigma through a message that encourages simple, proactive actions.

Saturday's keynote speech will be given by Cinda and Linea Johnson, co-authors of the book *Perfect Chaos: A Daughter's Journey to Survive Bipolar, A Mother's Struggle to Save Her*. The mother-daughter duo will share their remarkable journey from the initial worries to long sleepless nights and the slow understanding and rebuilding of trust. It is the story of a daughter's courage and a mother's faith, and their love that helped them break through the stigma of mental illness. The book will be available for sale and signing on Saturday.

The conference will feature a Crisis Intervention Team (CIT) training track on Friday, May 2, for law enforcement officers looking to strengthen their skills in building collaboration as it pertains to crisis intervention. Also, a youth track with special breakouts geared toward young adults and youth will be offered on Saturday, May 3.

There are plenty of reasons to attend the conference! Some people attend to learn about the latest research, medications, and treatment options; some attend for the interactive "Ask the Expert" series; some attend to learn how to advocate and communicate effectively with legislators; and others attend to meet new people and share their experiences with them. No matter what your reasons,

you are sure to walk away with new information, resources and connections!

### Registration information:

NAMI Members: \$70 (1 day) \$115 (2 days)

Non-members: \$130 (1 day) \$210 (2 days)

Low-income/students: \$45 (1 day) \$70 (2 days)

To register online, visit [www.namiwisconsin.org](http://www.namiwisconsin.org). Call the NAMI Wisconsin office at (608) 268-6000 if you are interested in applying for a consumer scholarship.



## Celebrating NAMI Fox Valley's service to the community in 2013

By: Beth Clay, Executive Director

As I look back at what was accomplished by NAMI Fox Valley in 2013, I am humbled by the dedication, passion and hard work that allowed us to serve more than 3,000 community members. It could not have been accomplished without the deep commitment of our Board of Directors, our staff, our volunteers and our community partners. Let me share with you how progress was made in all four strategic imperatives of NAMI Fox Valley's strategic plan: *(continued on page 2)*

## TABLE OF CONTENTS

<b>NAMI Fox Valley says goodbye to four board members</b>	<b>p. 3</b>
<b>Rodger Patience join board of directors</b>	<b>p. 4</b>
<b>NAMI FV hires three new staff members</b>	<b>p. 5</b>
<b>Program Updates</b>	<b>p. 6</b>
<b>We're Connected</b>	<b>p. 7</b>
<b>Board and staff aligned on strategic plan</b>	<b>p. 8</b>
<b>NAMI FV, Valley Packaging partnership</b>	<b>p. 9</b>
<b>Thank you to our donors and community partners</b>	<b>p. 10</b>

## 1. Expand the reach of programs and services:

- Co-purchased a downtown building with The Arc Fox Cities
- Moved into our new location and created a new “home.”
- Launched the Saturday coffee clutch and two diagnosis specific groups – mood disorders and anxiety.
- Trained facilitators and launched two additional teen support groups (one at Catalpa in Appleton and the other at CHAPS in Kaukauna).
- Created a book club with the support of occupational therapy assistant students from Fox Valley Technical College.
- Launched the Peer Advocates and Family Advocates programs.
- Established a Peer Mentor role on the Outagamie County Mental Health Court team.
- Created a NAMI on Campus at Lawrence University.
- Offered “Ending the Silence” in eight high schools in the Valley, reaching more than 1,000 teens.
- Collaborated for the first time with YMCA Fox Cities to create an at-risk teen art program called Artful Expression.
- Created a collaboration with the Wisconsin Resource Center (WRC) to offer Peer-to-Peer inside the prison.
- Established a collaboration with Catalpa Health and Viterbo University to provide MICA (Mental Illness in Children and Adolescents) classes on site and for two graduate credits.
- Collaborated with the Women’s Fund on the “Older Women & Depression” community conversation breakfast and efforts to implement and publicize a free, confidential online screening tool and in-person screenings on National Depression Screening Day on Oct. 10, 2013. We were the top online screening site in the nation!
- Served more than 3,000 of our community members with education, support, advocacy and outreach programming.
- Engaged over 250 volunteers in more than 6,000 hours of service to the agency.

## 2. Expand the reach of development efforts:

- Held our first “Strike Out Stigma Bowl-a-thon” fundraiser and met our goal.
- Created our “brand” and updated all of our agency materials to reflect: HELP. HOPE. RECOVERY.
- Stayed on budget during a capital campaign and while carrying occupancy costs of two buildings.

## 3. Expand community awareness projects:

- Piloted “NAMI in the Lobby” and Parent Advocates at Catalpa Health.
- Created and offered our new community presentations: NAMI FV 101, Mental Illness 101 and Recovery 101.
- Collaborated with other agencies to hold the first community-wide May Mental Health Awareness Month, which included NAMI Fox Valley’s “Strike Out Stigma” with the Timber Rattlers, a new building Open House, community stakeholder presentations, participation in the May 1 kickoff event, and the distribution of more than 2,000 green awareness ribbons.
- Supported the creation of a strong NAMI Oshkosh, by working to build the board and move toward the hiring of their first paid employee.
- Represented NAMI and our community on the state’s Peer Run Respite Advisory Committee.
- Created and distributed Valley Transit signs “Do more for the 1 in 4” for Mental Illness Awareness Week in October 2013.

## 4. Ensure quality in all programming:

- Re-created our support programs as part of a quality assurance initiative.
- Revisited, enhanced and empowered our affiliate mission and vision.
- Re-created our outcomes to align with the Substance Abuse and Mental Health Services Administration’s model of mental health recovery and to ensure quality in all programs.
- Supported NAMI Wisconsin in taking a lead role in the statewide coordination of Crisis Intervention Team (CIT) training.
- Supported NAMI Wisconsin in planning the 2014 NAMI state conference to be held in Appleton in May.

Our board and staff gathered Feb. 22 for a strategic planning retreat to adjust our one-, three- and five-year plans, in light of all these accomplishments of 2013. For more than 30 years, NAMI Fox Valley has been about “people helping people” so no one feels alone in their experience of mental illness. Our grass roots continue to guide our decision making and how we offer family and consumer peer support and education. Watch for news on what the future holds for NAMI Fox Valley and our community in our next newsletter!

Thank you to all of you, for all you’ve done, through your membership, engagement, participation and funding, that made possible what should seem impossible for a NAMI affiliate in northeastern Wisconsin! I am so proud to serve this community. - Beth



## NAMI Fox Valley says goodbye to four board members



*Outgoing board members Joan Helbing and Joe Troy, shown at the annual summer picnic, dedicated their time and talents to NAMI Fox Valley for many years.*

NAMI Fox Valley is saying farewell to four of its board members, including Joan Helbing and Joe Troy who leave a lasting legacy on the agency.

**Joan Helbing** has provided more than two decades of leadership, coordination and passion in helping NAMI Fox Valley break stigma and provide hope and help for recovery. Her expertise on the impact of mental illness in children and adolescents has provided our community with knowledge, awareness and understanding.

Over the years, Joan taught numerous MICA (formerly known as SPARK) courses – the agency’s education program on mental illness in children and adolescents, providing hundreds of parents, teachers and caregivers with valuable information on how to advocate for kids with mental health issues.

“Our graduates of MICA & SPARK can personally attest to the impact of her work,” said Beth Clay, NAMI Fox Valley’s Executive Director. “We are deeply grateful for her passionate advocacy in our community to build collaborations with area school districts, health and human service agencies and other agencies serving youth to expand the reach of our programming and create advocates for children in our area affected by mental illness.”

Karen Iverson Riggers, NAMI Fox Valley’s Program and Development Director, said agency staff and volunteers remain grateful to Joan for not only her passion and dedication, but her thoughtfulness. “We will never forget her amazing work in furthering our mission or the delicious cookies, scones, banana bread and other baked goods that showed up in our office and at special events.”

The NAMI Fox Valley community is forever grateful to Joan for her legacy of advocacy and education that has

deeply impacted the agency’s staff, board members – past and present, volunteers, consumers, family members, educators and many more.

**Joe Troy’s** instrumental leadership as the agency’s “Flight Co-Pilot” for the Flight to Building Opportunities, the collaborative effort with The Arc Fox Cities to co-purchase and renovate our new home at 211 E. Franklin Street, has ensured NAMI Fox Valley’s place in our community for generations to come.

Joe set a positive example of what it means to “serve” on the board. From serving desserts at our summer picnic and volunteering at special events to speaking on our agency’s behalf in criminal justice settings, he modeled service leadership for our other board members.

“Joe’s public advocacy for individuals with mental illness in our criminal justice system has forever changed the lives of countless consumers and families”, said Beth. “His commitment to and advocacy for our CIT initiative helped spark system change that has resulted in Outagamie County’s alternative treatment courts, new and enhanced collaboration among county law enforcement, criminal justice and health and human service agencies and new awareness among community professionals of the impact of mental illness.”

“From everyone at NAMI Fox Valley, we thank you, Joe, for your heartfelt sacrifices and countless hours of service to our agency and community,” added Beth.

**Rachel Fitzgerald and Clance Catlin have also left the agency’s Board of Directors.** We wish to thank Rachel for sharing her passion for serving individuals needing specialized legal help in our community, particularly in the area of obtaining Social Security benefits. She provided expertise to our agency on understanding the criminal justice and benefits systems and is a tireless advocate to those she serves. We were fortunate to benefit from one of our community’s female attorneys who not only has experienced tremendous success in her career but also describes herself as a “zealous advocate for her clients.” She always provided thoughtful feedback and ideas at board meetings and to our staff. We’d also like to extend a big thank you to Clance who not only helped out at our many special events, but also shared his financial guidance and expertise as we entered a capital campaign and balanced operating costs for two buildings. He also helped educate members of the Appleton Downtown Rotary and many others in his professional network about our services through his NAMIWalk and “Strike Out Stigma” Bowl-a-Thon teams. He was also one of our top raffle ticket salesman at our first bowl-a-thon. He has taken a new position that requires significant travel and limits his ability to participate on our board. Thanks again, Rachel and Clance, for your service to our board and agency and your continued advocacy in our community!

## Rodger Patience joins board of directors



Rodger Patience

and various business and IT services.

Rodger has 25 years of experience working in service agencies, museums, foundations, community and religious organizations in Chicagoland and Wisconsin. He has also provided process improvement coaching and software expertise to hospitals and healthcare enterprises around the country. Rodger is also an ordained deacon in the Episcopal Diocese of Fond du Lac, serving St. Thomas Church in Menasha.

“Hope springs from knowing you’re not alone, from receiving help given by those who have been through difficulty, and from sharing what has helped you with other people,” says Rodger. “In recovery groups, at church, or through organizations like NAMI Fox Valley, people learn they are not alone in their fears and receive comfort from other families who face the same struggles.”

Rodger’s wife, Katrin, serves as the Outagamie County board supervisor for District 4 and works with the Littlest Tumor Foundation. Their daughter Anna and her husband and son live in San Francisco.

## NAMI Fox Valley wishes ‘happy retirement’ to Jill Mitchler



**Jill Mitchler, Program & Volunteer Manager**, recently retired after three years of service and dedication to our affiliate. As sad as we are to say goodbye to Jill, we are equally as joyful to send her off to her dream of early retirement! So much travelling, so little time!

NAMI Fox Valley was lucky to welcome Jill onto the staff as volunteer coordinator and program manager in March 2011. She came to us after almost 30 years in the for-profit world with Kimberly-Clark and four years as volunteer coordinator with the Emergency Shelter of the Fox Valley. She brought with her an amazing skill set, a deep compassion and a desire to serve.

During her time with NAMI Fox Valley, she supported all of our family programs, including Family-to-Family, Family Sharing, Family Advocates, and Mental Illness in Children and Adolescents (MICA), by training and coordinating instructors, preparing materials, marketing

upcoming classes and supporting class logistics. Jill has successfully grown our volunteer base to more than 300 and coordinates their service to the affiliate which totals more than 6,000 volunteer hours per year!

We are indebted to Jill for the dedication she brought to her role, her love of the affiliate and her commitment to NAMI’s mission.

Staff and volunteers celebrated Jill’s service at her retirement party, held Feb. 26, at NAMI Fox Valley. We know the future will hold lots of international travel, supporting her husband Mike’s Mobile Maintenance small business and volunteering in the community. We wish Jill all the best in retirement!



Jill Mitchler riding off into retirement

## UWO student intern focuses on children’s mental health



Kaylene Kloehn, a junior at the University of Wisconsin–Oshkosh, is joining NAMI Fox Valley as a spring intern and will be devoting her time to researching programs and services for children, teens and their parents/caregivers in our community and in the county as NAMI Fox Valley explores possibilities for future projects.

“NAMI’s vision and mission are close to my heart as my son is diagnosed with a mental illness as are family members of mine,” said Kaylene, of New London. “I am honored to be working with NAMI Fox Valley and am looking forward to an amazing semester.”

Kaylene, who will graduate in May 2015, is working toward a bachelor’s degree in Human Services Leadership. In addition to her research project, she will also spend time developing the NAMI in the Lobby and parent/child advocate programs during her 14-week internship.

## NAMI Fox Valley joins Outagamie County’s CHIP Committee

NAMI Fox Valley has been invited to join Outagamie County’s Community Health Improvement Process, known as CHIP. The CHIP committee, comprised of county public health employees and community stakeholders, works to improve health and quality of life through community-wide and community-driven strategic planning. “We are proud to be on the committee to serve as the community’s voice on mental illness and the reminder that there is no health without mental health,” said Beth Clay.

## NAMI Fox Valley hires three new staff members

NAMI Fox Valley is excited to introduce three new employees to its staff. Ryan Kust has been hired as a peer advocate, bringing the total number of peer advocates at the agency to four. Tracy Aliota, a longtime school counselor, meanwhile, has been hired as the agency's community outreach coordinator. And finally, Megan McLachlan, who brings a wealth of nonprofit experience, is succeeding Jill Mitchler as the agency's new volunteer coordinator. We are thrilled to have them all on our team!



### **Ryan Kust, Peer Advocate**

Ryan, who in January became a Wisconsin Certified Peer Specialist, has been hired as a peer advocate for the agency. In his role, Ryan will serve as an advocate and support person for individuals living with mental illness, offering encouragement, guidance and resources to support recovery.

Since joining NAMI Fox Valley in 2012, Ryan has served as a volunteer, an *In Our Own Voice* presenter, support group facilitator and recently was trained as a REAP facilitator and Peer-to-Peer mentor. As a precursor to being hired in his new role, Ryan recently finished a 100-hour internship with the agency as part of his peer specialist certification requirements.

Ryan credits NAMI Fox Valley with making his recovery journey easier and more meaningful. "There's no doubt that my life would not have the focus and stability I currently enjoy without the warmth, understanding and guidance that the wonderful folks at NAMI Fox Valley have shown me," Ryan said. "Words can't describe my appreciation for the opportunity to hopefully give back some of what I have received from the NAMI Fox Valley family."

Ryan grew up in the Black Creek area and currently lives in Appleton. He enjoys music, fishing, being outdoors, and spending time with family and friends. The love of his life will forever be his daughter Samantha.



### **Tracy Aliota, Community Outreach Coordinator**

Tracy, who was recently trained as one of our new Teen Support Group facilitators, joined us in mid-February as our new Community Outreach Coordinator. She brings with her many years of experience in the field of school-age mental health and is a Wisconsin certified Clinical Substance Abuse Counselor.

Tracy is an Appleton native and has 13 years experience working as a school counselor in Northeast Wisconsin schools. She has deep connections in the Valley that will

benefit our affiliate and increase our capacity for new and continuing collaboration and partnership.

"I'm so excited to work at NAMI and have the opportunity to reach more people and help break the stigma of mental illness," said Tracy. Tracy and her husband, Matthew, have three sons, ages 7, 8 and 10, who keep them very busy.



### **Megan McLachlan, Volunteer Coordinator**

Megan comes to NAMI Fox Valley from the Parent Connection program of Family Services of Northeast Wisconsin, where she served as the Family Wellness Coordinator for the past seven years.

Megan has coordinated volunteer presenters and facilitators for the local "Topics to Increase Parenting Skills" community education program and is well known in the Valley for the quality of the programming she provides.

Megan and her family have also lived in South Carolina, where she worked as a high school teacher, and in Washington state, where she coordinated family and parent education through a Family Resource Center and served as a Family Services Advocate.

Megan is looking forward to bringing her experience and community connections to her new role. "I strongly believe in the mission of NAMI Fox Valley," she said. "As a volunteer and community member I've seen what a dynamic and exciting place it is and I'm thrilled to be part of it!"

Megan and her husband, Tom, and their two teenage sons enjoying spending time at their cabin in Sturgeon Bay.

## **NAMI Fox Valley, FVTC OT continue collaboration for program development**

NAMI Fox Valley is excited to continue its collaboration with Fox Valley Technical College's Occupational Therapy Program and their mental health course students. Students in this program helped NAMI Fox Valley start its successful Book Group and will now be supporting development of a new menu of young adult and "transitions" programming. Not only will the group survey needs and interests of young adults in our community living with mental illness, but they will also be looking at options for peer programs and services for individuals in life transitions like returning to school, returning to work, etc.



## Program Updates

### Artful Expression program underway

About a dozen sixth to ninth-grade students are currently enrolled in Artful Expression, a collaboration between the YMCA Fox Cities and NAMI Fox Valley. This free, 15-week individualized art program is designed for teens living with mental illnesses. By exploring an art medium, participants are able to build coping skills for wellness, develop self-confidence and self-esteem through a performance or exhibition of their work upon completing the program and by receiving peer support from teens and young adults from NAMI Fox Valley. This pilot program was generously funded by the Community Foundation for the Fox Valley Region's Arts & Culture Fund and the Women's Fund for the Fox Valley Region. For more information about this program, contact Kourtney Kositzke at the Appleton YMCA at (920) 954-7602 or [kkositzke@ymcafoxcities.org](mailto:kkositzke@ymcafoxcities.org); or Jeanne Hoest at the Neenah-Menasha YMCA at [jhoest@ymcafoxcities.org](mailto:jhoest@ymcafoxcities.org) or 920-886-2128.

### Mental Health Ministries project gaining momentum

In collaboration with Samaritan Counseling Center and a diverse group of faith leaders, NAMI Fox Valley is exploring program possibilities for training and supporting faith communities that are often the first approached when an individual or family is affected by a mental illness. The pilot of the project is planned to launch in fall 2014 and will include training for faith leaders; toolkits to help congregations break stigma and promote mental health; and developing ongoing support and training opportunities for faith leaders and congregations.

### Planning underway for Be Well program

A planning group composed of representatives from the YMCA Fox Cities, Empower Yoga, Network Health, Outagamie County and others have joined NAMI Fox Valley staff members and consumers to re-launch the Be Well program. The goal of this program is to integrate mental, physical, emotional and spiritual wellness to promote and enhance recovery. The group is excited about all of the partners around the table who bring expertise and resources to help build a more robust program.



### Building A Collaboration for CIT & CIP:

#### NAMI Fox Valley & Gold Stripe Consulting, LLC

NAMI Fox Valley is working to develop a partnership with Gold Stripe Consulting (led by Sgt. John Wallschlaeger of the Appleton Police Department and Karen Aspenson, former Executive Director of NAMI Fox Valley) to collaborate on offering CIT (Crisis Intervention Team) and CIP (Crisis Intervention Partner) training in and for our community. Karen and John have been pioneers and champions of the CIT and CIP trainings and initiative

in the Fox Valley and throughout the state, and we look forward to continued connection with their efforts. In their new roles with Gold Stripe, they will be providing training locally and offering technical assistance and training to other sites starting or continuing to offer CIT throughout the state. They held an Advanced CIT training in Appleton on January 21 and will be supporting NAMI Wisconsin in hosting a CIT track at the upcoming Annual NAMI Wisconsin Conference, being held in Appleton, May 2-3, 2014.

#### Gold Stripe Consulting training dates for 2014:

CIP (Crisis Intervention Partner) Training

May 28-29

August 20-21

CIT (Crisis Intervention Team) Training

March 24-28

October 6-10

For more information, or to sign up for a CIT or CIP course, contact

Gold Stripe Consulting

Sgt. John Wallschlaeger (for phone/e-mail contact)

(920) 420-2101 - cell

[jtwally@hughes.net](mailto:jtwally@hughes.net)

Gold Stripe Consulting, LLC (for mail contact)

Karen J. Aspenson

912 9th Street

Menasha, WI 54952

## Free tax assistance offered

The Volunteer Income Tax Assistance (VITA) Program through Goodwill NCW will be offering appointments for free tax preparation and e-filing here at 211 E. Franklin Street on Friday afternoons from 12:30 p.m. to 4:30 p.m. from March 7 through April 11, 2014.

The program provides free tax preparation to persons with low-to-moderate income (generally less than \$58,000), disabilities, and older taxpayers. To schedule an appointment, please call 920-968-6044 and inform the appointment scheduler that you are seeking an appointment at the 211 E Franklin Street location.

**VITA**  
Volunteer Income Tax Assistance

# We're Connected

*N.E.W. Mental Health Connection*

## **N.E.W. (Northeast Wisconsin) Mental Health Connection makes headway on initiatives**

For more information, or to join the N.E.W. Mental Health Connection as a member, visit: [www.newmentalhealthconnection.org](http://www.newmentalhealthconnection.org)

**Mental Health Integration Project – Primary Care Provider Training:** Last year, more than 70 physicians attended educational sessions on integrating comprehensive mental health training and treatment in primary care settings. The training offers sessions on specific disorders, trauma-informed care and geropsychiatry as well as connecting local providers with community resources. For more information about the course or to register, contact Affinity Health System's Nurse Direct Line at [nursedirect@affinityhealth.org](mailto:nursedirect@affinityhealth.org) or 1-800-362-9900.



**No Wrong Door:** The mission of No Wrong Door is to connect individuals with the right service at the right time and place. Nine agencies will be participating in the development and implementation of the RAIL (Referral, Access and Information Link) Community Referral Database this year. The three-year RAIL pilot will create a cloud-based system-of-care referral database to help individuals in our community connect with services and prevent individuals from “falling through the cracks” with the database’s follow-up capabilities. This spring, frontline staff and managers from the pilot agencies will participate in No Wrong Door training to learn how to implement the philosophy in their agencies.

**Suicide Prevention Initiative:** A free community QPR Training will be held on Saturday, March 29, from 9-11 a.m. at Bethany Lutheran Church in Kaukauna. QPR, which stands for “Question, Persuade, and Refer,” is a nationally recognized “best practice” method for suicide prevention and education. For more information or to register, send an e-mail to [registration@preventsuicidefoxcities.org](mailto:registration@preventsuicidefoxcities.org) or call (920) 931-2552.

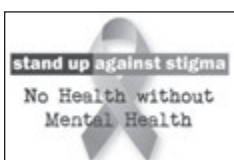
The Suicide Prevention Workgroup of Outagamie County’s Child Death Review Team hosted a meeting with members of the media on Feb. 6 at St. Elizabeth Hospital in Appleton. The goal of the meeting was to engage the media in suicide prevention. Experts have found that when media coverage of suicide is done carefully, it can change public misperceptions and correct myths which can encourage those who are vulnerable or at risk to seek help.



*Karen Iverson Riggers, NAMI Fox Valley's Program and Development director, is interviewed by WBAY News at a Feb. 6 media event on suicide prevention.*

NAMI Fox Valley was among the many community agencies that attended the meeting, along with numerous reporters, producers and editors from the region’s media outlets. Media members received guidelines and recommendations on how to responsibly report on suicide in addition to how they can provide accurate and useful information about suicide prevention.

**May Mental Health Awareness Month:** NAMI Fox Valley is excited to partner again this year with the N.E.W. Mental Health Connection and other local agencies to celebrate May Mental Health Awareness Month. This year’s kickoff will be held from 8:30 - 10 a.m., Thursday, May 1, at Riverview Gardens, 1101 S. Oneida St., Appleton.



As part of the month’s awareness activities, NAMI Fox Valley and the Fox Valley Sibling Support Network will host a showing of “A Sister’s Call,” a documentary by Rebecca Schaper and Kyle Tekiela that chronicles Rebecca’s efforts to find her missing brother, who suffers from paranoid schizophrenia, and help restore his life. The screening will be held 6 p.m., Thursday, May 8 at the Appleton Public Library. We will also “Strike Out Stigma” with the Timber Rattlers again this year.

Be sure to reserve Saturday, May 31 for a night out at the ball park with the T-Rats and your NAMI friends. Watch for more information about these and more events in May!

## **NAMI Fox Valley board and staff aligned on strategic plan**

NAMI Fox Valley's Board of Directors and staff met Feb. 22 for a strategic planning retreat. The agency has experienced tremendous growth – adding new staff members, implementing new programs and services, enhancing and ensuring quality in signature programs, and leading and informing community initiatives. With this growth has come challenges in determining priorities, distributing resources and working to meet the extensive needs of our community. Steve Kuper, President of Innovative Learning Strategies, facilitated the retreat and supported the agency's board and staff leadership in developing our roadmap for the future.

The group discussed progress toward meeting the agency's current strategic imperatives, determined focus for 2014 and beyond and celebrated the achievements toward our goals! Action items for 2014 include:

- Implement a “constituent relationship management” software solution to streamline and track membership, volunteer, and donor data.
- Develop and implement programs and services for youth, teens, young adults, and their caregivers.
- Continue development of outreach presentations and trainings to meet community need.
- Expanded resource development to build capacity through an integrated fund development plan.
- Expand advocacy programs

Using data obtained from the community survey NAMI Fox Valley completed in fall 2012, “on the horizon” action items include outreach to underserved populations (including Northern Winnebago, Calumet and Waupaca Counties and cultural communities); expanded family support group offerings; and community education series.

Our sincere thanks to Steve for his exceptional facilitating and to the board and staff members who dedicated their time and talent to creating a road map for our future!

## **Facilitators wanted for support groups and education programs**

Did you know that NAMI Fox Valley holds eight support groups per month? And this year, we are offering five Family-to-Family classes, five Peer-to-Peer classes, and four book club meetings. Each of these wonderful programs requires dedicated facilitators, educators and mentors. We are so grateful to all of the amazing people who have stepped up to offer their time, talents and knowledge to help promote healing and recovery. In order to continue to offer this level of service, we are always looking for new facilitators and educators. Training is free and is offered by the agency. If you think

you would like to become part of the NAMI Fox Valley education and support team of volunteers, please contact Megan McLachlan, Volunteer Coordinator, at [megan@namifoxvalley.org](mailto:megan@namifoxvalley.org) or Paula Verrett, Recovery Specialist, at [paula@namifoxvalley.org](mailto:paula@namifoxvalley.org)

## **Documentary captures story of Outagamie County Mental Health Court**

Nearly 100 people turned out for a screening of “Outagamie County Mental Health Court: From Incarceration to Inspiration,” held Feb. 20 at Riverview Gardens. The documentary was produced by Rose Broll, a Lawrence University psychology student. She created the documentary as part of her internship with the Mental Health Court.

The documentary features several Mental Health Court participants who share the impact that their participation has had on their lives. An interview with Paula Verrett, NAMI Fox Valley's Recovery Specialist, is included in the documentary. A lively panel discussion followed the screening, when more than a dozen mental health court and criminal justice officials fielded questions from the audience.

The Outagamie County Mental Health Court became the second mental health court in Wisconsin when it launched in 2012 as an effort to decriminalize mental illness and connect people with treatment and community resources.

NAMI Fox Valley and Outagamie County joined forces in 2011 when they applied for and received a \$250,000 federal grant to create the court, which works with nonviolent offenders who have a mental illness and connects them to mental health treatment and community supports. The goal is to help people move on to productive lives and divert them from further criminal activity. Participants are supervised and are required to adhere to rules, their treatment plans and make progress on goals.

## **Memorial project planned for Outagamie County “Insane Asylum” Cemetery**

NAMI Fox Valley is participating in a collaboration of agencies and interested community members, including longtime NAMI friends Fran Henry and Marilyn Mosher, to establish a memorial at the site of the old Outagamie County Insane Asylum Cemetery where more than 100 previous residents of all ages are buried. Our goal is to right a very old wrong, by giving a voice to these forgotten souls who lived out their days in the asylum.

The asylum was built in 1889 and opened its doors in 1891, remaining open until 1943. Many of the residents were dropped off by family members who could not or





Photo courtesy of *The Post-Crescent*

would not care for them. Those buried in the cemetery had no relatives to provide a proper burial and were laid to rest in the cemetery. As time

passed the cemetery became overgrown and the grave markers were removed.

There has been interest in placing a memorial for several years, but little progress had been made until recently. The group has secured a donation from Beuchel Stone in Chilton to provide a large stone on which the names of those known to be buried in the cemetery will be engraved by Fox Valley Memorial with a poem written in their honor on the reverse side. Four cornerstones have also been donated. Miron Construction has agreed to place the stones as soon as the ground thaws in the spring. A fundraising goal of \$10,000 has been established to raise money for engraving and a second stone and historical marker to be placed at the entrance of the cemetery. A memorial service is tentatively planned during Mental Health Awareness Month in May. If you are interested in making a donation, please contact Mary Robertson at Agape Inc., at [mrobertson@agapeinc.org](mailto:mrobertson@agapeinc.org) or (920) 734-9871.

## **Kara Patterson to serve as agency’s new volunteer librarian**



Kara Patterson, a NAMI Fox Valley board member and longtime volunteer, is taking over as the agency’s new volunteer librarian. “Libraries are some of my favorite places to be,” says Kara, who has been volunteering for the agency for seven years. “A lifelong bookworm, I

feel very much at home in the library and I am passionate about helping others feel at home there, too.”

A past staff writer for *The Post-Crescent*, Kara is now enjoying her second career adventure as a library assistant at the Kimberly-Little Chute Library. Kara also co-facilitates NAMI Fox Valley’s Saturday Coffee Clutch support group and volunteers as a NAMI in the Lobby Parent Advocate at Catalpa Health.

“Ultimately, I want people to know help is available at NAMI in the form of tangible resources that are accessible to them – including the library, and that we at NAMI are holding onto hope for them, that together we can face and fight stigma, and that recovery is real,” added Kara.

NAMI Fox Valley’s library is open to the community during business hours and also during special program hours. In addition, anyone can search its collection of

600-plus mental health-related books, magazines, DVDs and other materials through our online database: [www.namifoxvalley.org/resources.html](http://www.namifoxvalley.org/resources.html)

For more information about the NAMI Fox Valley library, call (920) 954-1550 or stop by the library in the NAMI Fox Valley office at 211 E. Franklin St. in downtown Appleton.

## **NAMI FV, Valley Packaging partner to revitalize outreach center**

NAMI Fox Valley is thrilled to have been asked by Valley Packaging and Outagamie County Mental Health to partner in a revitalization project of the Clare Kiepke Community Outreach Center. The goal of the project is to re-brand the Center around hope and recovery; offer recovery-oriented day programming on site; use the building space more efficiently to maximize the opportunities for consumers; realign the center with its Clare Kiepke roots; and increase collaborations between the center and other peer service providers, including offering NAMI support groups and/or certified peer specialist services on site.

We are grateful to have been invited into this process and look forward to sharing in the success of a revitalized outreach center. For those who didn’t know her, Clare Kiepke is a legend in the world of service to humanity, with a special interest in those living with mental illness. She is described as “having limitless energy and motivation” and is credited with “drawing more out of people, having belief in them to make it possible to grow to meet challenges and then dare to try what was thought impossible.” Her history and energy will be infused into this project and process, bringing to our community an outreach center based on help, hope and recovery!

## Atlas Cafe to host 'Share the Love' Mother's Day brunch

Atlas Coffee Mill & Cafe is once again hosting its "Share the Love" Mother's Day brunch this year with NAMI Fox Valley. The event is planned from 9 a.m. - 1 p.m., Sunday, May 11 at the cafe, 425 W. Water St., Appleton.

The price is \$24.95 per person (which includes tax and gratuity). Seating is limited and reservations are recommended. Call Atlas at (920) 734-6871

to treat your mom and support NAMI Fox Valley! For every brunch purchased, the customer is able to select a nonprofit to receive a \$10 "Share the Love" gift certificate and NAMI Fox Valley will also receive a percentage of the proceeds from the event. Thank you to Atlas for their continued and generous support of NAMI Fox Valley!



## Thank you to our generous donors and community partners:

*(The following is a list of donors from the end of 2013)*

\*Indicates a fund within the Community Foundation for the Fox Valley Region

### Corporation and foundation grants:

The Real Estate Group Foundation Fund \*

Doug & Carla Salmon Foundation

Toussaint Family Fund\*

United Way Fox Cities Inc.

Clarence Wallace & Dolores Lynch Wallace Family Foundation

The Russel & Jennifer Wanke Charitable Fund of the Ayco Charitable Foundation

### In memory of:

Christopher Braun (Grandparents Larry & Patti Derks)

Roland Gruber (Mark & Sally Gruber, Ruby Thomas, Wayside-Morrison Lions Club, Family & Friends)

Mark VandenBerg (Ralph & Helen Timm)

### In Recognition of:

Dr. John Edward's volunteer hours (Theda Care)

Pamela Reynold's volunteer hours (Theda Care)

Rachael Yogerst's volunteer hours (Theda Care)

### In honor of:

John Crooks (Jennifer George)

Karen Dorn (David Langner)

Max & Gayle Schultz with a Christmas gift (Dave & Dinny Grueneberg)

### Donations to NAMI Fox Valley's Endowment Fund:

Luke Collins Fund (Charles & Kathryn Collins)

### Through participation in United Way Campaigns:

Anthony Brown (AT&T United Way)

John Laka (Brown County United Way)

Tanya Stephens (Brown County United Way)

### Through participation in Thrivent's Employee Giving Campaign:

Mikkel Clay

Paul Krueger

Gregory Steiner

### Through participation in Aurora Health Care Employee Partnership Campaign:

Kathy Bauldry

### Corporate matching employee funds:

J.J. Keller Foundation

Thrivent Foundation

### In-kind & monetary donations for NAMI consumer & family holiday party:

Atlas Coffee Mill

Carmella's

Cedar Creek Meats

Christine Cornell

Erbert & Gerbert's

5 Guys

Fleet Feet Sports

Free Market

Glass Nickel Pizza

Green Tomato

Haen Meats

Joan Helbing

Houdini's Escape Gastropub

HuHot

Tom & Ann Jadin  
Jersey Bagel  
Jimmy John's Gourmet Subs  
Just Act Natural  
Kangaroost  
Jim & Pat Moe  
Monarch Gardens  
Niemuth's Southside Market  
Solea  
Tom & Andrea Tatlock

**Thank you to our generous donors:**

Andy Andrews  
Annie Press LLC  
Bel Brands USA Inc.  
Branching Out Committee from John H. Bradley VA  
Outpatient Clinic  
Linda Brandt  
John Cleary  
Timothy & Nancy Collentine  
Dan & Jackie Curtis  
Norma Czarnik  
Rick & Sue Detienne  
Larry & Kathy Donatelle  
Ted Eckola  
Joanne Ehrhardt  
Alan & Alisson Frigo  
Gregory Gill, Jr.  
David & Janet Gunderson  
Bill & Fran Henry  
Tom & Judy Hooyman  
Jerry & Helene Iverson  
Jane Keggi  
John Kuehn  
Randall & Joene Lauerman  
Carol Ligare  
Jack & Ann Lindstrom  
Steve Meiers  
Marjorie Muttart  
NAMI Peer to Peer Nov. 2013 Class  
Principal Financial Group Employees  
Kenneth Rahmlow

Terry & Jean Rebholz  
Joan Rudolph  
Eugene Schiesl  
Gayle Schultz  
Wendi Seichter  
Judie Smithers  
LeRoy & Sandy Spielbauer  
Standards of Care Council at Affinity Health  
Douglas & Joanne Thoma  
Jeannie Thompson  
Al & Bev Vandenberg  
Mary Vandenbosch  
Mary Ellyn Vicksta  
Jennifer Walter  
Harry Wendlandt  
Bret & Tammy Williams  
Mike & Sherry Williams  
Wolf River Community Bank  
Ray & Lois Wolff  
JoEllen Wollangk  
John & Debra Woodworth  
Don & Cindy Zoromski  
Kristen Zwettler

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

NON PROFIT  
US Postage  
**PAID**  
Appleton WI  
Permit No. 123

RETURN SERVICE REQUESTED



**The Alliance** is the newsletter of NAMI Fox Valley, published quarterly in March, May, August and November. Send news items related to chronic mental illness, opinions, or recovery to: Wendy Magas, Communications Director, NAMI Fox Valley, 211 E. Franklin Street, Appleton, WI 54911 or [wendy@namifoxvalley.org](mailto:wendy@namifoxvalley.org)

**Board of Directors**  
Brandt Swardenski - *President*  
Kara Patterson - *Secretary*  
Craig Herrell - *Treasurer*

**At Large Members:**  
Christine Cornell, Greg Gill, Jr., Ann Jadin,  
Rodger Patience, Tamra Retlick, Tom Tatlock,  
Mary Ellyn Vicksta

**Staff**  
Tracy Aliota, *Community Outreach Coordinator*  
Beth Clay, MA, *Executive Director*  
Angel Gruber, *Program & Administrative Assistant*  
Ryan Kust, CPS, *Peer Advocate*

Kaylene Kloehn, *Intern*  
Wendy Magas, *Communications Director*  
Shannon Mancheski, *Bookkeeper*  
Megan McLachlan, *Volunteer Coordinator*  
John Rose, CPS, *Peer Advocate*  
Karen Iverson Riggers, CPS, *Program  
& Development Director*  
Helen Timm, *Office Manager*  
Paula Verrett, CPS, *Recovery Specialist*  
Jamie DeMotts, *Service Corps Intern*

**Circulation Chief**  
Dinny Gruenberg

**Our Mission**  
NAMI Fox Valley works to support and empower everyone touched by mental illness. We commit to eliminate stigma and nurture recovery through education, support, advocacy and outreach.

**Our Vision**  
We envision a community, free of stigma, that supports and promotes mental health and recovery.

**How to reach us:**

<i>NAMI Fox Valley</i>	<i>NAMI Wisconsin</i>
<b>Please note our NEW address:</b>	<a href="http://www.namiwisconsin.org">www.namiwisconsin.org</a>
211 E. Franklin Street	(608) 268-6000 or
Appleton, WI 54911	(800) 236-2988
(920) 954-1550 phone	
(920) 954-0490 fax	<i>NAMI</i>
<a href="http://www.namifoxvalley.org">www.namifoxvalley.org</a>	<a href="http://www.nami.org">www.nami.org</a>
<a href="mailto:info@namifoxvalley.org">info@namifoxvalley.org</a>	(800) 950-NAMI (6264)