

# The Alliance

## NAMI Fox Valley

Vol. XXIV, No. 5

May 2011

### Welcome new volunteer coordinator

We are very excited to welcome Jill Mitchler as the Volunteer Coordinator. She is replacing Karen Schiller, who moved into the position of Development Director earlier this year. Jill comes to us with 3½ years of volunteer coordination experience from her previous position as Fund Development and Volunteer Coordinator at the Emergency Shelter of the Fox Valley. Prior to that, she was the Legal Administrator at Kimberly-Clark Corporation. Jill and her husband, Mike, have been married for 31 years. They have lived in the Fox Valley all of their lives and are the proud parents of two adult daughters. Jill said that she is thrilled to join the staff of NAMI Fox Valley and appreciates how welcoming and kind everyone she has met so far has been. We invite you to stop in at the NAMI house to meet Jill and welcome her to our NAMI family.



*Jill Mitchler*

others through sharing her experiences and strengths. Kara holds a bachelors degree in Creative Writing and German/Russian Studies from DePauw University in Green Castle, Indiana. A staff writer at *The Appleton Post-Crescent* since 1999, Kara currently covers the Fox Valley's fine arts. Kara's first volunteer experience with NAMI Fox Valley was as a captain of a family team for the NAMIWalk. She has led a family team for each NAMIWalk, and served on the 2010 Walk's kickoff breakfast planning committee. She is a graduate of NAMI's Peer-to-Peer and Recovery Education and Advocacy Program courses. Since 2008 she has served as a Five O'Clock Friday support group facilitator for young adults ages 18-25. As part of a NAMI panel for the Fox Cities' Celebrating Abilities 2009, Kara spoke to Appleton youth about what it is like to live well with a mental illness. Kara enjoys interacting with others and helping where needed at NAMI events and activities. She lives in Appleton with her husband Josh and their 4-year-old daughter, Mihret.

### Kara Patterson- New board member

Kara has been involved with NAMI Fox Valley as a consumer and volunteer for about five years. What first drew her through the doors of the NAMI House was a desire to connect with others who also are doing their best day by day to live well with mental illness. Just as Kara considers her professional career to be a passion and a mission, she also views volunteering in the mental health field in the same light. She wants to make a difference in the lives of



*Kara Patterson*

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## Vets' Corner

By Sandy Pharis,  
Project Coordinator

Did you know that 30% of today's homeless are veterans? 7000-8000 veterans who are homeless are women and are the fastest growing population on the streets today. Female vets are four times more likely to become homeless than their male counterparts. Right now there is a plan to end veteran homelessness by 2015. This initiative by the Veterans' Administration has secured broad support at federal, state and local levels in both the public and private sectors. A partnership with the Department of Housing and Urban Development (HUD) has ensured that more than 18,000 veterans are in permanent housing with dedicated case managers and access to high-quality VA health care. This seems like a drop in the bucket; however, it is a start. VA's homeless outreach coordinators have assisted nearly 100,000 veterans and family members since 2010. It is outrageous that a veteran spends even one day living on the streets. Veteran homelessness has been a concern far too long and it is time to put it to an end. NAMI Fox Valley is dedicated to connecting our veterans and their families to needed services. We have been invited to attend the Supermarket of Veterans Benefits to be held in Green Bay on June 3rd and 4th at the National Guard Armory. We are honored to be invited to this very important event. Recently, I was appointed chair of the Veterans' sub-committee of the NAMI Wisconsin Board of Directors. This new committee is seeking members who are interested in veterans' affairs. The goal of this committee is to encourage other NAMI affiliates and agencies within Wisconsin to help veterans and their family members. If you are interested in joining please contact me at 920-954-1550.

To change your newsletter mailing address, or to be removed from or added to our mailing list:

E-mail: [helen@namifoxvalley.org](mailto:helen@namifoxvalley.org)  
or write: Helen Timm, NAMI-FV,  
516 W. Sixth St. • Appleton, WI 54911

### NAMI-FV Office Hours

Mon. through Thurs.

9 a.m. to 4 p.m.

Friday - 10 a.m. to 2 p.m. or by appointment

516 W. 6th St., Appleton

Ph. 954-1550

*A Veteran—whether active duty, national guard or reserve, retired or discharged from any of these—is someone who, at one point in their life, wrote a blank check made payable to “The United States of America,” for an amount of “up to and including my life.”*  
*Author Unknown*

Please remember to thank a Vet.

### Summer picnic – July 25 – Telulah Park

It is time to start thinking about summer! Mark your calendar for our annual summer picnic to be held on Monday, July 25, 5 - 7 pm at Telulah Park. Please note the change of location; Telulah Park is located at 1300 E. Newberry Street in Appleton (on bus route #20 Newberry and Lee). Although the location of our annual event is changing, we will continue our great tradition of having good food, friendship and fun! There is no need to register, and this event is free of charge for consumers, family members and friends. Please bring a dessert to share. We will also need a few volunteers to help with this event. Contact NAMI's Volunteer Coordinator, Jill Mitchler at (920) 954-1550 or [jill@namifoxvalley.org](mailto:jill@namifoxvalley.org). See you at the summer picnic in Telulah Park on July 25!



## Consumers' Corner

By Tammy Bradley,  
Consumer Coordinator

### The Golden Corral

On April 13th New Hope Connections went to the Golden Corral for our monthly social event. A good time was had by all and the conversation was engaging. There is a debate on whether or not our main social event meal should be at the Golden Corral or at our old stand-by, the Shang-hai Buffet. Please let Tammy know what your preference is by either calling her or sharing it at group. You can reach her at 954-1550. Vote wisely because you will have to put your mouth where your vote is.

### Brat fry and bake sale at the Copps on Ballard and 00

Sunday, May 22 at 10:00am - 6:00pm. Please come and support us at our annual brat fry and bake sale. This event helps fund our social activities throughout the year.



Our baked goods include delicious brownies, cookies, and Rice Krispie treats with chocolate! Thanks to our volunteers who make this event possible.

### Bowling

June 19 at 2:00 – 6:00pm

Get your bowling balls ready to fly! We are going to pig out on pizzas and sodas and have fun bowling.



### New Hope Connections picnic

July 10 at 12:00 – 4:00pm

We have once again secured Pierce Park for our annual picnic. All are invited. This means consumers can bring their spouse, kids and friends. Please bring a dish to pass. We also



need volunteers for clean-up.

The August activity is still undetermined. Please make suggestions in group. Please sign up for all events in group. If you have any questions, please call Tammy at 954-1550.

### NAMI Fox Valley now on Facebook

Check out NAMI Fox Valley on Facebook at <http://www.facebook.com/NamiFoxValley>. Find out what is happening at NAMI Fox Valley, hear about recent progress in mental health legislation or connect with other NAMI Fox Valley members.



### Be Well

By Karen J. Aspenson, MSW

NAMI Fox Valley is the grateful recipient of grant funding from the Community Foundation for the Fox Valley Region, Bemis Company Foundation, and the William & Barbara Schmidt Family Foundation to support a new initiative directed at encouraging healthy lifestyle choices. We were spurred into developing this initiative from two points: NAMI's "Hearts & Minds" wellness program, and research which shows that, on average, an individual living with mental illness dies 25 years sooner than a person without a diagnosis. A combination of factors come into consideration, many related to side effects of medication, lower socioeconomic status, and lack of support to achieve healthy lifestyle changes. "Be Well" is a 12-week program, offered free of charge to consumers and their family members and friends. It will include both educational and functional information and guided opportunities to explore topics ranging from increasing exercise, alternative wellness approached (such as yoga), and food choices and nutrition. Participants will be celebrated for achieving their lifestyle goals with awards such as bracelets, water bottles, caps, and t-shirts - and best of all, by their peers! The first session, open to a maximum of 15 participants, will begin on August 1st. If you would like more information or are interested in participating, please contact Jill Mitchler at [jill@namifoxvalley.org](mailto:jill@namifoxvalley.org), or by calling the office at 920-954-1550.



## Annual awards celebration

We hosted our annual Celebration Banquet on April 12th at Fox Rivertyme Banquets in Appleton. We enjoyed much better weather for the event than we have in the past when it had been held in January. More than 60 friends, family members, and supporters of the affiliate gathered to enjoy a delicious meal, entertainment by “Michelle & Ralph,” and honor this year’s award recipients. Our “Professional Service Award” was given to Mary Downs of ThedaCare Behavioral Health for her work in promoting services to individuals living with mental illness. Specifically, Mary’s work in chairing the committee that planned and implemented the recent Fox Valley Mental Health Summit is to be commended. The “Community Service Award” was given to the Bemis Company Foundation in recognition of their support of non-profit agencies in our community. Jim and Sue Kennedy received the “Outstanding Volunteers Award” in recognition of their dedication and service to the affiliate, particularly in support of the Family-to-Family education class. The “CIT Officer of the Year” award was given to Officer



and Sherry Williams in honor of their many years of service and leadership in support of our mission. Mike has served on the Board of Directors of the affiliate for several years, most recently in the position of Vice President; he has also served as a member of the Board of Directors for NAMI Wisconsin. Sherry serves tirelessly as an advocate for family members, answering telephone calls and emails. She also serves as a member of our Helpline team. Mike and Sherry



have been dedicated Family-to-Family teachers as well as state trainers. Together, they take very good care of us and we are blessed to count them as members of the NAMI family. Special thanks to Christine

Cornell and Joan Helbing

for their work in coordinating the event.



Chris Groeschel of the Menasha Police Department in recognition of the knowledge gained and used from his specialized training about mental illness through the CIT initiative. The “Frank Mixdorf Distinguished Service Award,” the highest award given by the affiliate, was presented to Mike



## Educational program update

NAMI Fox Valley has been very busy with offering educational programs for consumers, family members and our community.

**Basic Crisis Intervention Team (CIT)** training was provided to 27 police officers from various communities in the State of Wisconsin during the week of March 28 at Fox Valley Technical College. This comprehensive five day training is designed to assist patrol officers and others involved with law enforcement in recognizing and understanding the signs and symptoms of mental illness, as well as principles of de-escalation. The next CIT course will be offered the week of September 26.

**Advanced Crisis Intervention Team (CIT)** training for graduates of the basic CIT training was provided to 34 people on January 12.

**Crisis Intervention Partners (CIP)** training was offered February 16 and 17 to 45 personnel working within the corrections, residential, vocational, medical and first responder settings to teach ways of preventing or intervening in crisis situations in which mental illness is a factor. The fee for this course is \$100 per person, and it will be offered again on October 18 and 19.

A **10-week Peer-to-Peer course** to educate and support consumers was offered from January 20 through March 24 with 11 graduates, and we are currently holding Peer-to-Peer classes from April 14 to June 23. The next Peer-to-Peer course will be offered beginning June 28. The fall class will begin September 20.

**Mental Health First Aid** was offered on February 18 and 19 with 12 graduates; on April 4, 11, 18 and 25 with 13 graduates; and will be offered again on August 8, 10, 15 and 17 at Fox Valley Technical College. This 12-hour course trains laypeople how to assist a person experiencing a mental health crisis. It is a 3-year certification course that increases public understanding of mental illness and improves public response and treatment for those living with mental illness. The fee is \$50 to cover course materials and supplies.

**Family-to-Family** is a 12-week class led by family members for family members of people living with mental illness. This class provides in depth information about brain disorders, how medications work, how to deal with crisis situations and how to be better listeners and communicators with their loved one. The spring class was held February through May and the fall class will be September 8 through November 17.

**SPARK** (Supporting Parents as Advocates and Resources for Kids) is a class for parents, teachers and other caregivers of school-aged children who have been diagnosed with brain disorders such as ADD/ADHD, autism, Tourette's syndrome, conduct disorder, anxiety disorder, early onset schizophrenia, schizoaffective disorder, bipolar disorder or depression. The next class will be held on June 15-17 from 9am-3pm at Fox Valley Technical College Undergraduate and graduate credit is available to educators for an additional fee. Another SPARK class will be offered on October 22, November 5 and 19.

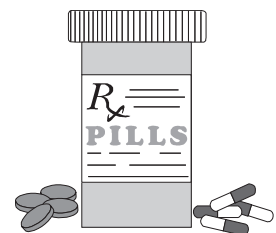
If you would like more information about any of our classes, please contact NAMI Fox Valley.

## Neenah provides disposal site for prescription drugs

Neenah is now the fourth prescription drug drop off box location in the Fox Cities region. There is one at the Appleton Police Department, 222 S. Walnut St. and one in Oshkosh at the Oshkosh Safety Building, 420 Jackson St. This new drop box is located at the Neenah Police Department, 2111 Marathon Ave.

Prescriptions can be dropped off 24 hours a day, 7 days a week! There is also now a drop box in

Brillion located at the Brillion Police Department, 130 Calumet st., Brillion. Morton Pharmacy paid for the construction of the drop box. These drop boxes will help prevent prescription drug abuse and provide environmentally friendly disposal of medications.





## IRIS GARDEN

*Submitted By Helen Timm, Administrative Coordinator & Jill Mitchler, Volunteer Coordinator*

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

### **Heartfelt thanks to the following for their donations:**

**John Wallschlaeger** for a donation of five headsets to be used at CIT Training.

**Dave and Dinny Grueneberg** for a donation of paint, wood and other materials to construct some new shelves in the copy room and poster hangers for the upstairs meeting room. We also thank Dave for his carpentry talents!

**Robert and Mary Beth Arneson** for their on-going donations of bottled water for use at support groups and classes.

**Jim Larson and Steve Hidde** for donating and delivering a huge supply of copy paper for the NFV office.

**Donna Kilsdonk** for a donation of paper towels and plates.

**Wisconsin Energy Foundation** for a donation of \$500 to be used to support the Family-to-Family program.

**Georgie Halpin** for a donation of \$25 to be used for Peer-to-Peer class treats.

**Mowry Smith Charitable Fund within the Community Foundation for the Fox Valley Region** for a \$1,000 grant designated for unrestricted use.

**Robert L. Keller Fund within the Community Foundation for the Fox Valley Region** for a \$5,000 grant designated for unrestricted use.

**Women's Fund for the Fox Valley Region** for a \$2,500 grant to be used for the Wings of Change women's program.

**The estate of Leona E. Kleinhans** for a donation of \$21,168.34.

**Annette Reichard** for a \$10 donation to be used for the Veteran's Support Group.

**Tom & Ann Jadin** for a \$50 donation in honor of the 50th birthday of **Lynn Weggel**.

**Robert & Elsa Wilson** for making \$15 monthly donations that are deposited electronically into NFV's bank account.

**Thank you to the following that have made donations in memory of Katherine Roberts.**

Nancy Winslow - \$25

Rev. Willis & Ruth Bloedow - \$25

Robert & Jennifer Schimmelpfenning - \$20

Jeffery & Maureen Feldt - \$25

Kevin & Lisa Geiger - \$50

Lorraine Schellinger - \$15

Ronald & Rose Garvey - \$10

Joanne Mjos - \$50

Barbara Russell - \$25

**Thank you to the following for donations made to the NFV library:**

**Cathy Grambsch** – DVD *The Flying Scotsman* by Jonny Lee Miller, Billy Boyd and Brian Cox

**Rob Celsor** – “Complete Idiot's Guide to Enhancing Self-Esteem” by Mark J. Warner

**Thank you to the following who made donations to the scholarship fund for the Annual Awards Celebration and Banquet:**

Jeff & Karen Aspenson

Joan Helbing

Rosann Geiser

Dorothy Mathews

Christine Cornell

Georgie Halpin

Paula Verrett

Crystal Lillge

Tim Collentine

LeRoy & Sandra Spielbauer

**Thank you to the following for their donations:**

**Gifts under \$100**

Wendy Warren - \$10

Joshua DeFord - \$10

Ray Beyer - \$10

Janet Malcolm - \$15

Lynda Zimmer - \$20

Leah Schwartz - \$20

Mary Webster - \$25

Linda Schiesl - \$35

Robert & Judy Brooks - \$50

Janet Meyer - \$50

Jim Baer - \$50

Angel Gruber - \$61

**Gifts of \$100**

- Nancy Baker
- Tom & Andrea Tatlock
- Jim & Jean Marshall
- Mary Ellyn Vicksta
- Jeremiah & Kathy Olson
- Gerry & Peg Henseler
- Randall & Joene Lauerman
- Laurel McCulloch
- Brandt Swardenski
- Chris Craggs
- Dr. Ronald & Roberta Myers

**Gifts over \$100**

- Bel Brands USA, Inc. - \$150
- Tom & Diana Morrissey - \$150
- Jeff & Karen Aspenson - \$245
- Joe Troy - \$250

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

Suzette Steward - \$25

The following donations have been made in memory of **Dr. Roger Mosher** to the *Dr. Roger F. Mosher Memorial Fund* within the NAMI Fox Valley Endowment Fund:

- Lowell & Mary Peterson - \$30
- James & Gail Auerbach - \$30
- Dr. Thomas & Andrea Tatlock - \$250
- George Herberg - \$25
- Dr. Ronald & Roberta Myers - \$100
- Nancy Abraham - \$25

The following donations have been made in memory of **Aaron Frank** to the NAMI Fox Valley Endowment Fund:

- Thomas & Diane Frank - \$1,500
- Mary Rothschild - \$50

*Heartfelt thanks to the following for their donations of time and talent:*

To **Christine Cornell, Tom Tatlock, Joan Helbing, and Wendy Harris**, thank you very much for making our Annual Awards Celebration and Banquet on April 12 another huge success!

Thank you to **Jim and Sue Kennedy**, our 2011 Outstanding Volunteers, for teaching the spring Family-to-Family classes, and to **Mike and Sherry Williams**, this year's recipients of the 2011 Frank Mixdorf Distinguished Service Award and Family to Family instructor trainers, for their continued dedication to promoting Family-to-Family classes and for all they do for family members locally and at the state level.

Thanks to **Mindy and Mary Beth Arneson** for teaching Mental Health First Aid in both February and April. They are gearing up for teaching another class in August.

For presenting at CIP (Crisis Intervention Partner) training in February, thanks go to **Douglas Bisbee, Dr. Carlyle Chan, Andy Clark, Joan Helbing, Michelle Heindl, Jim and Jean Marshall, Patrick Nelson, Karen Schiller, Lt. Tim Styka and Sgt. John Wallschlaeger**.

Thank you to **Karen Aspenson, Gene Bartman, Chris Craggs, Dr. Ron Diamond, Brian Figy, Ofc. Joe Framke, Joan Helbing, Jeff Johnson, Randy Kerswill, Jim and Jean Marshall, Dr. David Mays, Dr. Mark Rovick, Sandy Pharis, Aaron Sabel, Karen Schiller, Mary Van Haute, Lee Vogel and Sgt. John Wallschlaeger** for presenting at CIT (Crisis Intervention Team) Training for law enforcement in March.

Thanks to **John Rose, Miles Sutter and Paula Verrett** who started teaching the current Peer-to-Peer class in April.

Thank you to **Barb Buckner, Angie Cord, Sharon Gowlick, Jim and Cathy Glasheen, Phylis Klahn, Anne Tischauser and Dinny Grueneberg** (newsletter mailing coordinator) for helping with the February newsletter mailing.



Our continued appreciation goes out to our dedicated office volunteers. We express our appreciation to our NAMI Ambassador **Richard Bauer**, who helped lead a group of volunteers doing yard work in April and who does so many other things to support our affiliate and our consumers. To **Cathy Grambsch**, who puts together folders for many of our education and support programs. Thank you for doing such a great job! Thanks to **Sandy Pharis** and **Wade Howell** for their support and dedication to the Veterans Program. Thanks to **Wendy Harris** for her work on our new FaceBook page (we hope you will be a Fan) and our website. To our volunteer librarian, **Ras Rozite**, thanks for continuing to make our library a great resource for all who walk through our doors. Thanks to **Dinny Grueneberg** for putting together materials for our education classes, to **Jenny Walter** and **Paula Verrett** for helping with data entry, and thanks to **Tamra Retlick** for helping out with various tasks in the office. Special thanks to **Paula Verrett** for being our newsletter editor and a great all around volunteer.

For plowing snow at the NAMI House all winter, thank you to **Ken Rahmlow**.

Thanks to **Mike Mollon** for overseeing NAMI Fox Valley's Endowment Fund. Thanks to **Tom Tatlock** and **Dick Galloway** who also work with the Endowment Fund, and welcome to **Dave Vander Zanden** as a new member of their committee.

To **Faith Boersma**, thank you for your diligent work as our past advocate for Outagamie County's Drug Treatment Court. We also thank and welcome **Jason Swiertz** as our new Treatment Court Advocate.

Thanks to the continued dedication of our NAMI Fox Valley Board Members. Their oversight of the agency provides great leadership and direction for all of us. Current board members are: President – **Joan Helbing**, Vice President – **Joe Troy**, Secretary – **Jim Marshall**, Treasurer – **Vicki Running**. At-large members are: **Jim Baer**, **Christine Cornell**, **Chris Craggs**, **Rachel Fitzgerald**, **Kara Patterson**, **Brandt Swardenski**, **Tom Tatlock**, **Paula Verrett**, **Mary Ellyn Vicksta** and **Mike Williams**

Huge thanks go to our dedicated support group facilitators. Each week NAMI Fox Valley has eight support groups that are led by these trained and dedicated facilitators: **Mindy Arneson**, **Richard Bauer**, **Faith Boersma**, **Tammy Bradley**, **Bob Brooks**, **Cindy Kolbe**, **Chris Craggs**, **Norma Czarnik**, **Kay Edlebeck**, **Julie Edwards**, **Karen Engel**, **Angel Gruber**, **Michelle Heindl**, **Steve Hirby**, **Wade Howell**, **David Langner**, **Shedrene Logan**, **Janet Malcolm**, **Tom Morrissey**, **Kara Patterson**, **John Rose**, **Sandy Pharis**, **Miles Sutter**, and **Scott Radtke**.

Thanks to our In Our Own Voice presenters who share their story with members of our community. **Mindy Arneson**, **Richard Bauer**, **Faith Boersma**, **Michelle Heindl**, **Janet Malcolm**, **Patrick Nelson** and **Greg Pekarske-Siers** have all made presentations in the past three months.

Thanks to our Helpline volunteers who answer calls when the office is closed – **Karen Aspenson**, **Angel Gruber**, **Helene Iverson**, **Virginia Johnson** and **Sherry Williams**.

To **Jeff Eiden** and the staff at **Print Source Plus**, thanks for the wonderful job printing our newsletter and getting it done promptly each time. Jeff is leaving Print Source so we would like to thank him for his kindness and patience. We have enjoyed working with him and wish him the best. We look forward to working with Nick.

Special thanks to **Alice Baumbach** who is stepping down from her work with compiling data from our evaluations and surveys. Alice spent countless hours devising templates for data management and reports that have helped us offer programs and services that meet the needs of our customers.

*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!*



## Supporting military families:

### Tips for advocates

*Reprinted from NAMI Beginnings Magazine, Winter 2010 Issue 17*

There is much advocates can do to help military families who have a child living with a mental health condition access and receive mental health services and supports. Here are just a few action steps advocates can take:

- Help bring together the services and supports that exist for military families who have a child living with a mental health condition. These services should include those for civilian, military, National Guard and Reserve families. Create a blueprint that military families can use to navigate the various systems of care.

- Rally around the youngest children. These include those who are not in school yet but visit pediatric offices for well-child appointments. Work with health care providers to help these families feel less isolated.

- Remember to support National Guard and Reserve families. They often do not have a support community in place to help them cope with deployments and separations. Contact state-based National Guard Centers by visiting [www.ng.mil](http://www.ng.mil) and click “Resources”.

- Advocate for legislation that helps military families access and receive mental health services and supports.

- Bring the military family perspective to any discussions about the mental health needs of children.

- Promote the fact that the way military families may feel is often a healthy response to difficult circumstances. Let them know it is okay to feel sad or angry and seek service to feel better.

- Work with military personnel and leaders to promote education and support programs to ensure mental health is a priority throughout a service member’s military career.

- Discover mental health programs that work for military families. Advocate for funding for the programs that work well for these families.

## What NOT to say to a person who is experiencing depression

Extracted from:

<http://psychcentral.com/blog/archives/2010/11/1-3/what-not-to-say-to-a-depressed-person/>

### 1. Snap out of it!

Your loved one hasn’t left the house in what seems like days. Should you tell him to pull himself up by his bootstraps and just snap out of it?

Don’t say it.

You may be tempted to tell someone who’s depressed to stop moping around and just shake it off. But depression is not something people can turn on and off, and they’re not able to respond to such pleas. Instead, tell your loved one that you’re available to help them in any way you can.

### 2. What do you have to be depressed about?

In a world full of wars, hunger, poverty, abuse, and other ills, you may feel impatient when someone you love feels depressed. So do you remind him how lucky he is?

Don’t say it.

You can’t argue someone out of feeling depressed, but you can help by acknowledging that you’re aware of his pain. Try saying something like “I’m sorry that you’re feeling so bad.”

### 3. Why don’t you go for a nice walk?

Exercise is a known way to lift your mood. Is it a good idea to suggest that your loved one with depression go out and enjoy some fresh air and activity?

Say it — but with a caveat.

By definition, depression keeps you from wanting to engage in everyday activities. But you can show your support by offering to take a walk, go to a movie, or do some other activity with your loved one. How about: “I know you don’t feel like going out, but let’s go together.”

### 4. It’s all in your head.

Some people believe that depression is an imaginary disease and that it’s possible to think yourself into feeling depressed and down. Should you tell your loved one that depression is just a state of mind — and if she really wanted to, she could lift her mood with positive thoughts?

Don’t say it.

*continued on page 11*

## Get involved in our 6th Annual NAMIWalk



Mark your calendars for NAMI Fox Valley's Sixth Annual NAMIWalk on Saturday, October 8, 2011 at Memorial Park in Appleton. Registration starts at 7:45am with the program kickoff at 9:00am and Walk begins at 9:30am. The NAMIWalk is the Fox Valley's largest advocacy event for mental illness and helps provide vital funding to support NAMI Fox Valley's education, support and advocacy programs. How can you get involved to break the stigma around mental illness and support NAMI Fox Valley's programs?

- Join in our Sponsorship Campaign: NAMI Fox Valley's goal is to raise \$60,000 in sponsorship through this year's Walk. We are excited to announce that the JJ Keller Foundation will again be a presenting sponsor (\$10,000) for this year's Walk. Who could you contact in your network for sponsorships? Your employer? Your personal vendors – car dealership, hair salon, electrician, doctor, dentist? We need both monetary and in kind sponsorships such as for food, water and raffle prizes. To coordinate efforts, all requests must go through Karen Schiller, Development Director. We can provide the materials you need to make it easy for you to "make the ask!"
- Volunteer: We need volunteers to serve on Walk planning committees such as Logistics, PR/Marketing, Sponsorship, Team Building, Kick Off Breakfast. It takes more than 100 volunteers to make our Walk happen. There are lots of fun ways to get involved on Walk day!
- Schedule a presentation on NAMI and the Walk at your workplace. Forming a business Walk team is a fun way to get your co-workers involved and to help them learn about NAMI.
- Form a team and come walk with us! Register your team by August 1, 2011 and receive a prize at our Kickoff Breakfast! Mark your calendars for the Kickoff Breakfast on Wednesday, August 17, 7:30-9:00am. You can register your team today or register as a walker. Visit our

NAMIWalk page at <http://www.nami.org/namiwalks/WI/Fox>.

Without the generous support of our donors and sponsors and the donation of time and talent of our volunteers we could not have raised more than \$500,000 from our past NAMIWalks to support our programs.



Get involved to make our 2011 NAMIWalk our best ever! Contact Karen Schiller, Development Director at (920)954-1550 or [karen.schiller@namifoxvalley.org](mailto:karen.schiller@namifoxvalley.org) or visit our Walk page at <http://www.nami.org/namiwalks/WI/Fox> to learn more!

Airfire Mobile presents

# LIFELINE

Lifeline is a government-supported program provided by AirFire Mobile, offering **FREE** monthly wireless service and a **FREE** cell phone for eligible customers.

**AirFire's Lifeline Plan includes:**

- 100 Minutes of talk time every month
- Voicemail
- Call Waiting and Caller ID
- **Free calls** to and from AirFire's local Customer Care
- Incoming text messages
- **Free** wireless phone
- No overages or unexpected charges
- No activation fees

**Eligibility Requirements**

You may be eligible for AirFire Mobile's Lifeline Program if you participate in any of the following programs:

- Wisconsin Homestead Tax Credit
- Wisconsin Works or W2
- Supplemental Security Income (SSI)
- National School Free Lunch Program
- Low Income Home Energy Assistance Program (LIHEAP)
- Badger Care
- Food Stamps
- Medical Assistance
- Medicaid
- Public Housing Assistance
- Or if your household income is at or below poverty level

Proof of eligibility is required to activate the Lifeline account. To apply, complete an application and bring it to an AirFire Mobile store, or fax it to 877-592-3376. You can also mail your application to:

**AirFire Mobile**  
 Attention Lifeline Administrator  
 2301 Kelbe Drive  
 Little Chute, WI 54140

Once approved, you will be contacted by AirFire Mobile to set up your account and activate service.

**APPLETON**  
 347 Casaloma Dr.  
 920-707-1111

**MADISON**  
 3868 E. Washington  
 608-446-2222

**GREEN BAY**  
 Bay Park Square Mall  
 920-713-1111

**WAUSAU**  
 2100 W. Stewart Ave.  
 715-846-1111

1-888-687-1130

06/10

Application for this service is available at NAMI Fox Valley!



**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  
NAMI-FV, 516 W. 6th St.,  
Appleton, WI 54911 or  
info@namifoxvalley.org

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*What not to say continued from page 9*

Suggesting that depression is imagined is neither constructive nor accurate. Although depression can't be "seen" from the outside, it is a real medical condition and can't be thought or wished away. Try saying instead: "I know that you have a real illness that's causing you to feel this way."

**5. Seeing a therapist is probably a good idea.**

You think your loved one could benefit from talking to a mental health professional. Should you say so?

Say it.

Reinforcing the benefits of treatment is important. Encourage the idea of getting professional help if that step hasn't yet been taken. This is especially important if your loved one has withdrawn so much that she is not saying anything. Try telling her, "You will get better with the right help." Suggest alternatives if you don't see any improvement from the initial treatment in about six to eight weeks.

**If you have not paid your membership dues for 2011, please do so as soon as possible! Contact Helen with any questions you may have at 920-954-1550**

**Karen writes...**

What a miracle resilience is! I am reminded of this recently as I walk past the flower beds at the NAMI House and marvel at the daffodil that held on through two snow storms, the unfurling leaves on the trees that did not let go through record high winds, and most importantly, by the people who make up the NAMI Fox Valley world who, despite many challenges, put their shoes on every day and go out into the world to "do it" again. I am reminded of the power of resilience as I consider the way our bodies heal themselves following trauma; the scars left behind can be viewed as ugly reminders of pain and hurt, or as badges of honor for a challenge survived. As I was seeking information about resilience for this column, I stumbled upon the title of a book written by Elizabeth Edwards, "Resilience: Reflections on the Burdens and Gifts of Facing Life's Adversities." What a thought-provoking title! Elizabeth Edwards survived a diagnosis of breast cancer for more than six years before the disease ended her life last year. If you follow the news, you know she also survived the death of a child and betrayal in her marriage. Any one of those life experiences would likely tear down the attitude and outlook of a person, yet she was able to frame her experiences in as both burdens and gifts. I will read her book and, I'm sure, consider her even more of a personal hero afterward than I already do. And I hope that I, too, will be able to frame the adversity I've faced as a gift. I wish the same for you as I believe resilience is truly a gift that we, as humans, have been given. Let me know if you want to borrow the book!

Be well,  
Karen



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## Upcoming events

May: Mental Health Month

June 15-17<sup>th</sup>

SPARK 9-3

June 28<sup>th</sup>

Peer-to-Peer begins

July 6-9<sup>th</sup>

NAMI National Conference

Chicago, IL

July 17<sup>th</sup>

New Hope Connections

Picnic at Pierce Park - 12:00pm

July 25<sup>th</sup>

Summer Picnic for

Consumers and Family

Member Telulah Park - 5:00pm



### 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

Through our individual and collective efforts, we will live in a community where mental illnesses are recognized as physical illnesses and treated as such.

### How to reach us:

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