

The Alliance



NAMI | Fox Valley
National Alliance on Mental Illness

Vol. XXVII, No. 4

November 2013

Bowl-a-Thon raises nearly \$80,000! Thank you sponsors, team captains, bowlers and volunteers!



NAMI Fox Valley's first-ever Bowl-a-Thon, held Saturday, Oct. 5 at the Super Bowl in Appleton was a rousing success, and a whole lot of fun! We raised nearly \$80,000, surpassing our \$75,000 fundraising goal!

All told, 42 bowling teams, about 400 bowlers, two dozen sponsors and nearly 60 volunteers helped us raise funds, raise awareness and put on this fun family-friendly event for our community.

We'd like to extend a special thank you to Walgreens for being an event sponsor, supporter, and partner with NAMI Fox Valley! Throughout the month of August, a dozen local Walgreens stores raised funds for NAMI Fox Valley with a Strike Out Stigma bowling pin "scannable." Walgreens manager Ron Hoffmeyer organized the fundraiser, where customers at the participating Walgreens stores were invited to purchase a paper bowling pin at each register for \$1, \$5 or \$10 as a donation to NAMI Fox Valley.

Ron rocked the mic the day of the Bowl-a-Thon, serving as our event emcee. Ron also organized a large bowling team, and donated two large Walgreens gift baskets to the event's "Baskets of Hope" silent auction/raffle.

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Bowl-a-thon emcee Ron Hoffmeyer, left, and Karen Schiller congratulate Pete Mutschler on his near-perfect bowling game.

211 'Flight Crew' honored with volunteer award

The 211 building "Flight Crew" has been honored with The Valley Class Outstanding Fundraising Volunteer Award by the Northeast Wisconsin Chapter of the Association of Fundraising Professionals (AFP).

Each year, AFP honors individuals and groups who, through their hard work and dedication, have enhanced philanthropy, their communities and the world. The Flight Crew was celebrated and recognized Nov. 15 at the chapter's National Philanthropy Day Celebration held at the Bridgewood Resort Hotel & Conference Center in Neenah. *Continued on Page 2*



From left, Rick Detienne, Sue Detienne, Joe Troy, Brandt Swardenski, Jeff Lang, Paul Meyer, Craig Herrell, Beth Hoffman, and Paul Hoffman. (Not pictured: Steve Evans, Joan Helbing, John Lavery, Dottie Matthews, Dave Vander Zanden, Mike Williams.)

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The Flight Crew, made up of board members and key stakeholders from both NAMI Fox Valley and The Arc Fox Cities, made the dream of purchasing the 211 E. Franklin building a reality. NAMI Fox Valley would like to express its sincere appreciation to The Flight Crew for their dedication and efforts on *The Flight to Building Opportunities*. They have done tremendous work raising funds to purchase and renovate our beautiful new building and help secure the future of both agencies.

We are now at 80% (\$792,5165) of our \$999,211 fundraising goal! Thank you to the more than 357 donors who have supported *The Flight* with gifts from \$2.11 to \$100,211! Your support is helping us “lift people to new heights” with space to grow to meet community needs, the opportunity to establish new partnerships and collaborations among our agencies and downtown businesses, and decrease operational costs that can help us invest more funding into our programs and services.

NAMI Fox Valley seeking new Community Outreach Coordinator

The Community Outreach Coordinator will organize, enhance and implement new and existing advocacy and outreach programs. This position will focus primarily on the following programs: Ending the Silence & Ending the Silence 101, Artful Expressions, program expansion for Teens/Youth, NAMITalks – Speakers Bureau, NAMI in the Lobby, NAMI on Campus and new programs and services determined by NAMI Fox Valley’s strategic plan and community needs assessments. This position will participate as NAMI Fox Valley’s representative to various community groups/task forces that impact the identified special populations.

Candidates must have the following qualifications:

- Bachelor’s Degree required, Graduate degree strongly preferred.
- At least two years working with people with mental illness. Understanding of mental illness, recovery, trauma and the impact of mental illness on the community.
- Experience working with and advocating for underserved populations.
- Demonstrated ability to work with a wide range of partners and diverse populations including the corporate sector, community groups, government and families.
- Possess excellent customer service skills, written and oral communication skills, dynamic public speaking

skills, and experience as a trainer.

- Possess computer skills including Microsoft Word and Excel.
- Demonstrated organizational skills. Understanding of program implementation process.
- Ability to train, motivate and supervise volunteers.
- Be flexible, open-minded and compassionate. Familiarity and ease working with people from a range of cultural backgrounds.
- Believe in the importance of consumer-directed services
- Have an outlook on life that inspires hope; believe that growth and change are possible, and possess a non-judgmental attitude
- Full time (32 hours), salaried position. Salary based on experience. Paid vacation, holidays and sick days.

To apply, send cover letter and resume to Beth Clay, NAMI Fox Valley, 211 E. Franklin St., Appleton, WI 54911. Application deadline is December 9th.

National Depression Screening Day efforts a success

NAMI Fox Valley participated in the local National Depression Screening Day Task Force to implement a free, anonymous mood disorder screening (funded by the Women’s Fund), hold a community conversation breakfast on older women and depression, and offer in-person screenings that were held October 10.

In-person screening sites included the University of Wisconsin-Fox Valley, Fox Valley Technical College, Lawrence University and Encircle Health. Community partners including YMCA Fox Cities, ThedaCare, Affinity, Lutheran Social Services, the Thompson Community Center while many others provided on-site information tables about the screening. Many companies and organizations (including NAMI Fox Valley) posted the online screening link on their intranet, websites and Facebook pages.

More than 55 percent screened “positive,” meaning they should seek support or evaluation for symptoms consistent with a diagnosable mood disorder.

Our region had the distinction of being the top online screening site and ranked among the highest total screens nationally for the month of October

In 2012, The Women’s Fund for the Fox Valley Region identified the elevated incidence of depression in older women in our community as an issue.

To access the free, online, anonymous screening visit: www.mentalhealthscreening.org/screening/NEW

Supporting the growth of NAMI Oshkosh

NAMI Fox Valley is lending its expertise to help support NAMI Oshkosh as it works to grow its affiliate. NAMI Fox Valley executive director Beth Clay said she is pleased that NAMI FV can help our neighboring affiliate learn from our experience and successes.

“NAMI Fox Valley is very unusual among the many NAMI regional affiliates around the nation: we are robust, we have a paid staff of nine, a fully engaged professional board of directors, thriving community partners and a community of generous and dedicated funders,” Beth said.

“We are excited to offer these strengths to help support NAMI Oshkosh as it works to grow its affiliate. The small but dedicated board of NAMI Oshkosh, through its board president, is reaching out for support and technical assistance to build the affiliate and hire an executive director.”

Beth has met with community stakeholders in support of this project, including The Oshkosh Community Foundation, Friendship Place, Winnebago County, parents and consumers. NAMI Oshkosh is in the process of recruiting and referring potential board members, creating bylaws, and developing a position description for an executive director, and seeking financial and technical support from NAMI Wisconsin.

If you are interested in playing a supportive role in the development of NAMI Oshkosh, please contact Jamie Schrauth, board president, at Jamie@namioshkosh.org, or Beth Clay at beth@namifoxvalley.org.

NAMI Fox Valley Staff Updates

In September we said goodbye to Carla Hales, NAMI Fox Valley’s Community Outreach Coordinator, as she embarked on her lifelong dream of opening her own dance studio. Her Inclusion Dance Studio in Appleton will focus on offering dancers an opportunity to build confidence, learn respect and acceptance and experience the joy that dance brings! Her future goals are to be able to offer dance classes to children with autism, down syndrome or mental illness and provide scholarships and free classes to families in need. We wish Carla the best in her new adventure!

Join us in welcoming Jamie DeMotts, our Lawrence University Service Corps Student Intern for the 2013/14 school year. Jamie has hit the ground running by helping coordinate trainings and presentations of *Ending the Silence*, building and supporting a NAMI

on Campus chapter at Lawrence University, engaging students in volunteering with us and exploring new opportunities for NAMI Fox Valley to collaborate with the Lawrence University community. We look forward to the opportunity to build collaborations this year and create a sustainable relationship with Lawrence University to support and promote hope and help for recovery on campus and in our community!

Family-to-Family course offered in January and March

NAMI Fox Valley will offer its Family-to-Family Education Program starting Jan. 7 and again beginning March 3. The free, 12-session education course is designed for family members of adults living with mental illness.

The course will be held each Tuesday, Jan. 7 to March 25, from 6 to 8:30 p.m., at NAMI Fox Valley, 211 E. Franklin St., Appleton. The second course will be held each Monday, March 3 to May 19.

Taught by trained instructors who have family members living with mental illness, this nationally-acclaimed course is designed to help family members understand and support their loved one with mental illness while maintaining their own well-being.

Participants learn how to handle and de-escalate crisis situations and explore how to more effectively communicate with their loved one so they feel like they are on the same recovery “team.” Participants become empowered with tools and resources for offering support, understanding their loved one’s situation, and joining them on their journey. For more information or to register, call (920) 954-1550.

Peer-to-Peer program begins Jan. 14

NAMI Fox Valley is pleased to offer its Peer-to-Peer recovery education program beginning Jan. 14. This 10-week education course focuses on mental health recovery and is designed for anyone living with a mental illness.

Taught by peer mentors who themselves are living well with mental illness, participants learn about the major mental illnesses, brain biology, relapse prevention planning, impact of trauma, recovery strategies, stigma and advocacy. This course provides hope, help, tools and support needed to engage in wellness and recovery. For more information or to register, call (920) 954-1550.



NAMI Fox Valley staff sport their new green t-shirts on the day of the bowl-a-thon.

Walgreens also donated 5-by-7 photographs of the bowling teams to all the bowlers the day of the Bowl-a-Thon! Thank you, Ron, and Walgreens for all your support and helping make the event such a special day!

We'd also like to express our gratitude to 91.1 The Avenue and News Talk 1150 WHBY for their support. NAMI Fox Valley was the proud recipient of a Community Impact Grant from 91.1 The Ave., which included a public service announcement that was aired during the weeks leading up to the Bowl-a-Thon! Thank you, 91.1 The Ave., for helping us promote the event and expand our reach in the community.

News Talk 1150 WHBY, meanwhile, gave us lots of air time when NAMI Fox Valley's own Karen Schiller was a guest at the station twice this past fall to discuss mental illness, NAMI Fox Valley's mission and work in the community, as well as promote the Bowl-a-Thon.



More than 60 volunteers helped us put on the bowl-a-thon. Thank you, everyone, for making it such a success!

Nearly 60 volunteers helped us put on the Bowl-a-Thon! Thanks, everyone, for all your hard work. From setup, registration, preparing snacks, sharing information about NAMI, taking event photos, cleanup and so much more, we couldn't have put on the Bowl-a-Thon without our volunteers!

Thank you to all our Bowl-a-Thon sponsors for helping us meet and exceed our fundraising goal! Thank you for supporting us, believing in our mission, and joining us to improve lives and empower those affected by mental illness!

Thank you to all our sponsors and "Baskets of Hope" donors who helped make the Bowl-a-Thon a great success!

Media Partners

91.1 The Avenue
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"Strike Out Stigma" Bowl-a-Thon Sponsors:

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St. Patrick's Bookstore

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The Fire

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Walmart

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Zen Salon

Ending the Silence breaks stigma in area high schools

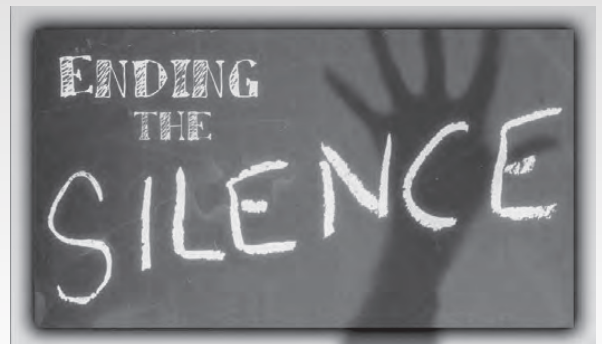
This fall, the *Ending the Silence* outreach program was presented to more than 1,500 students at Hortonville, Kaukauna, Neenah, and Seymour high schools. Thank you to our granting partners who helped make presenting this program possible: Bemis Company Foundation, Community Foundation for the Fox Valley Region's Capacity Building Fund, Infant Welfare Circle of Kings' Daughters and United Way Fox Cities.

Ending the Silence, which was created by NAMI DuPage (Illinois), includes an interactive presentation full of facts and information on the signs and symptoms of mental illness. The program covers coping skills for mental health and wellness as well as ways to get help and help others. Resource cards for students and postcards sent home to parents provide follow-up support to open the dialog between peers, students, teachers and families.

Students tell us that the most powerful part of *Ending the Silence* is when a young adult living well in recovery shares his or her personal story. NAMI Fox Valley's Lawrence University Service Corps Intern, Jamie DeMotts, has helped coordinate the training of ten Lawrence students to present and facilitate the outreach presentations.

Evaluations from October's Ending the Silence presentations at Kaukauna High School show that as a result of the presentation, students "feel more comfortable seeking help for myself or a friend if I noticed signs of a mental health problem."

More than 80 percent of the students agreed with that statement.



NAMI in the Lobby reaches out to parents, families

By: Kara Patterson, NAMI Fox Valley board member and volunteer



This past August, NAMI Fox Valley was excited to roll out its new NAMI in the Lobby support program in partnership with Catalpa Health, which provides outpatient behavioral health care to children.

The program connects Catalpa parents and families with volunteer Parent Advocates like me. I provide peer support to parents and families by sharing from my experiences both living well with mental illness and parenting a child with mental illness. I also pull from my NAMI volunteer background and training to share information about NAMI programs and services. Ultimately, I want parents and caregivers to know help is available in the form of tangible resources that are accessible to them, that we are holding onto hope for them, and that recovery is real.

One of my favorite aspects of NAMI Fox Valley's NAMI in the Lobby program at Catalpa Health is that the entire family can receive support. The service is free and stigma-free. It empowers parents and caregivers to advocate for their children and families as they navigate mental health services.

During a typical two-hour volunteer shift at Catalpa, I may visit with the parent/caregiver individually in the NAMI in the Lobby office to offer NAMI Fox Valley, NAMI and community resources specific to the family's situation. Sometimes, visitors may want to talk about what's on their minds, how they're feeling and what's happening at home related to mental illness and mental health. Sometimes the family members find me on their own while entering or exiting Catalpa. Other times, a Catalpa provider will walk someone down to the office and introduce them.

I also go out into the lobby to share NAMI mission-vision-contact business cards with waiting families. Sometimes these quick contacts will encourage a parent or caregiver to stop by the NAMI in the Lobby office for a longer talk. It is common to find that in one visit to NAMI in the Lobby, a visitor can come away with multiple resources that meet a variety of needs, even those in several generations of the family.

For example, a recent visitor – a mother of two children – receiving Catalpa services, also was concerned about the mental health of the children's grandmother. She was able to leave the NAMI in the Lobby office with information on NAMI Fox Valley's teen support groups for the children, details about the Family-to-Family program, MICA and Family Sharing for herself, along with information about adult support groups for the grandmother. Other visitors have requested NAMI Fox Valley volunteer applications and/or have signed up for NAMI Fox Valley memberships. One out-of-town family was able to learn how to contact the NAMI affiliate in their county. Several families also have benefited from hearing about related resources in the community, such as the Fox Valley Sibling Support Network.

Kara Patterson volunteers as a parent advocate for NAMI in the Lobby at Catalpa Health.

NAMI Fox Valley, YMCA collaborate to offer 'Artful Expression'

In collaboration with the YMCA Fox Cities, we are excited to announce *Artful Expression*, a new program for children ages 11-14 (grades 6-9) with mental health problems or mental illness. *Artful Expression* is a free, 15-week program that gives kids an opportunity to explore the creative arts to cultivate mental health and wellness.

The program focuses on the individual needs and interests of each participant and offers an opportunity to increase understanding and reduce isolation through peer support facilitated by teens/young adults. Participants will display their work in an exhibition or performance for an opportunity to build self-esteem and find a new creative coping skill to live well.

Thank you to the Community Foundation for the Fox Valley Region's Arts & Culture Fund and the Girls' Grantmaking Project of the Women's Fund for the Fox Valley Region for their generous funding of this program! For more information, contact Kourtney Konitzke at the YMCA Fox Cities, 954-7602.

Annual Holiday Party set for Dec. 9

Mark your calendars for the annual Holiday Party which will be held at 5 p.m., Monday, Dec. 9 at the First Congregational United Church of Christ, 724 E. South River Street in Appleton. This fun event is free for consumers, family members and friends. There is no need to register in advance.

Interested in volunteering? We need help with set up, food serving and clean up. If you would like to help, please contact Jill Mitchler, NAMI Fox Valley's Program and Volunteer Manager at jill@namifoxvalley.org or (920) 954-1550. This is always a very special night and your participation will make it even better! Please plan to join us for fellowship, food and fun! Happy Holidays!



NAMI Fox Valley's green thumbs beautify 211 building grounds

Have you noticed landscaping improvements at NAMI Fox Valley's new home at 211 E. Franklin Street? Since we moved to our new office in June, the grounds surrounding the building have received a wonderful makeover, thanks to NAMI volunteer Jay Hinkens' hard work and donations. In addition, several other volunteers helped Jay over the past four months with planting, watering, weeding and spreading bark mulch. Now we have beautiful plants, flowers and grounds at our new office! Thank you, Jay, and everyone who had a hand in beautifying our new home!



From left, Cy Schmidt, who manages the 211 building's maintenance, with volunteers Richard Bauer, Jay Hinkens and Alisha Damrow.

Ashauer Good Ol' Boys Memorial Shoot raises \$6,000 for NAMI Fox Valley

NAMI Fox Valley would like to express its deep appreciation to the Ashauer Family for supporting the agency through its 6th annual Good Ol' Boys Memorial Shoot held Aug. 10 at J&H Game Farm in Navarino. The Ashauers donated \$6,006 raised from the event to NAMI Fox Valley to support the agency's programs and services.

Hundreds of hunters and sportsmen from the region enjoyed a day of clay pigeon shooting with proceeds benefitting NAMI Fox Valley, the YMCA's Camp Nan a Bo Sho and Camp HOPE. The annual event honors the memory of Joseph and Dwayne Ashauer, father and son, who enjoyed outdoor activities together, including hunting, fishing and snowmobiling.

2013: A year of community collaborations around mental health

By: Beth Clay, Executive Director



What an exciting year this has been for NAMI Fox Valley! Demand for our programs and services continues to grow, along with NAMI Fox Valley's profile in the Fox Cities as the community's voice on mental illness. In the wake of tragic events, a community, state and national dialog has followed regarding our nation's broken mental health system and what needs to be done to fix it.

NAMI Fox Valley is working hard to educate our community that treatment works, recovery is possible, and that we must work collectively to improve access to treatment, and break down barriers – including stigma – that prevent people from seeking help.

This year we have seen a growing momentum in our community around mental health and a collective call to action among stakeholders, partner agencies, mental health service providers and families to do more for one in four. There is a growing awareness in our community that addressing mental health problems is a basic human need.

There has been a ground swell of new mental health initiatives this year, and NAMI Fox Valley has been proud to sit at the table of many of them, offering our 30 years of experience breaking stigma, providing mental illness education and expertise, and ensuring that the voices of people affected by mental illness are heard. We have found new community partners and expanded our relationships with non-traditional partners. Through collaboration, we can reach more members of the community, reduce duplication, fill gaps and leverage shared resources to meet our community's needs.

We are now receiving requests every day for training, presentations or program collaboration! We are excited for the many diverse requests coming our way and are working to build capacity to take advantage of these opportunities.

Here are some of the exciting collaborations underway:

- This year's United Way Fox Cities campaign is focused on promoting and supporting the mental health of our community. The impact of untreated and mistreated mental illness on all sectors of our community was recognized in the most recent LIFE Study, and NAMI Fox Valley has been an active partner in this year's campaign.
- In collaboration with Common Ground, Samaritan Counseling and representatives from many faith communities, we are in the planning stages of developing a training and support program for clergy and faith leaders to support individuals and families affected by mental illness.
- As a member of the N.E.W. (Northeast Wisconsin) Mental Health Connection, we are a partner in connecting community stakeholders and resources to improve the mental health of our community. This membership organization of individuals and organizations was created after the community's 2011 Mental Health Summit to address barriers to accessing and navigating mental health services. Initiatives include:
 1. No Wrong Door: This committee is working to create a system that gets individuals to the right place, at the right time for the right service through an online referral database and community training.
 2. 24/7 Crisis Task Force: This initiative brings law enforcement, county crisis, emergency departments, and mental health providers together to improve triage services and get people to the right level of care at the time they need it.
 3. Suicide initiative: This suicide prevention effort is looking at suicide in the Fox Cities from a public health approach as we seek to create the most efficient and effective system of care for the community.
 4. Support Primary Care Providers: This effort provides training and support to equip primary care providers to feel more comfortable with first-line treatment of mental illness, allowing the most complicated cases access to specialists.

- The Children’s Mental Health Initiative is working to create a system of care from prenatal to young adulthood that can support and promote mental health across the lifespan.
- In support of the YMCA Fox Cities mission to build healthy spirits, minds and bodies, NAMI Fox Valley and the YMCA are working together on multiple initiatives to maximize resources through using the expertise of each agency.
- Since the beginning of 2013, NAMI Fox Valley has provided community outreach presentations and trainings to more than 60 organizations, reaching more than 1,200 community members.

I remain so proud to play a part in an organization that is living its mission daily. Through the passion and dedication of staff, board, volunteers, families and consumers, NAMI Fox Valley is working to support and empower everyone touched by mental illness.

Thank you for being on this journey with us,

Beth

NAMI Fox Valley expands teen support groups

NAMI Fox Valley has expanded its free Teen Support Groups to three offerings each week. The ongoing, weekly support groups provide a safe and supportive environment for teens to learn about symptoms, treatments and resources through peer support. Two mental health professionals facilitate the groups to provide additional education, support and encouragement for teens to support each other with

hope and help for recovery. The three support groups are held:

- Mondays, 6-7:30 p.m. at CHAPS, 2416 Crooks Ave. Kaukauna
- Wednesdays, 4:30-6 p.m. at Harmony Cafe, 233 E. College Ave. Appleton
- Thursdays, 6-7:30pm at Catalpa Health, 444 N. Westhill Blvd. Appleton

Your NAMI Fox Valley membership expires Dec. 31st. Renew below!

Please make checks payable to: **NAMI Fox Valley**

Name _____ Phone _____
 Street _____ Apt. # _____
 City _____ State _____ Zip _____

Please choose one of the following membership options:

- \$3 Low-Income Membership** **\$35 Standard Membership**

Please accept my \$ _____ donation in addition to my membership.

The following levels of support include standard membership. The amount in excess of \$35 will be designated as an unrestricted donation and is tax-deductible as provided by law.

- \$50 Family/Friend** **\$75 Mental Health Professional**
 \$100 Corporate Community Partner **\$250 Mental Health Advocate**
 \$500 Champion

I would prefer to receive newsletters and updates via email.

Email Address _____

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Larry Garber (Lorine Theisinger and Family)
Nancy Achterberg (Jack Achterberg, Family & Friends, Scott & Holly Koerner and the Foxy Dollers Doll Club)
Georgia Williams (Jerry & Helene Iverson and Ray & Joanne Sweeney)
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Margaret Walsh (Thomas McKenzie)
Janice Kay Roberts (Pam Darling, Family & Friends)
Herb Clark (Susan Clark)
Dr. John Elisberg (Dr. & Mrs. Richard Ward)

In recognition of:

Volunteer service of Christine Cornell (Affinity Health System & ThedaCare)
Training given by NFV to library staff (Appleton Public Library)
Volunteers' Service (ITW Foundation)
Volunteer Service of Jerry Bell (US Venture/Schmidt Family Foundation)

In appreciation of:

Lending NFV's headsets (Bruce Rathe)
NFV presentation (New London Lionettes)

In honor of:

Kristen Funk (Terry Funk)
Lori Gray's Wedding (Bill & Brenda Bergmann)
Gulfstream Paint Department workers for their support of NAMI (Peg Otis)
50th wedding anniversary of Gerry & Peg Henseler (Diane Huston)

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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 recovery to: Wendy Magas, Communications Director, NAMI Fox Valley, 211 E. Franklin Street, Appleton, WI 54911 or wendy@namifoxvalley.org

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