

## NAMI Portage-Wood Counties Officers and Board Members

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Board meetings held the third Monday of each month, 6:00 pm at St. Paul Lutheran Church in Stevens Point. All are welcome!

## Monthly Mental Health Wellness Group Calendar

**Fourth Monday of each month, 6:00 to 7:00 p.m., NAMI P-W social time to follow.**

Held in the Oak Room at the Ministry Home Care Building, 2501 Main Street, Stevens Point. Join us for the informative presentations, "question and answer" time, and discussions. For more information, call Kathy Hartman at 715-341-4483. Sponsored by Suicide Prevention Mental Health Awareness Coalition of Portage County and NAMI P-W Counties.

### December 26, 2016—Michelle Nelson: Goal Setting

Michelle Nelson, mental health social worker at Ministry Health Care/Ascension, will give a talk on setting goals and how that contributes to one's mental well-being. Come join for this inspiring incentive to learn how setting even small goals can contribute to our health. There will be time for fellowship and holiday snacks after the presentation. Wear your holiday sweater/attire one more time!

### January 23, 2017—Mary Marks: Emotional Intelligence

Emotional intelligence is the ability to identify, understand, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, and overcome challenges. This ability also allows us to recognize and understand what others are experiencing emotionally. Emotional intelligence is a learned ability—not acquired. This learning can take place at any time in life so the social and emotional skill set, known as emotional intelligence, is something we can all have.

Come and learn how improving your emotional intelligence can positively affect your school/work performance, improve your physical and mental health, and lead to stronger relationships.

Mary is the Disability Services Facilitator for Mid-State Technical College.

### Future programs:

### February 27, 2017—Julie Hintzman, APSW: Self Esteem and Mental Health

Julie is a social worker and substance abuse counselor at Ministry Behavioral Health.

### March 27, 2017—Ron Matthew, PhD: Trauma and Abuse

Ron is a psychologist and counselor with Ministry Behavioral Health.

## Stevens Point Has a Warming House!

There is a warming house now open in Stevens Point. If you or someone you know who is 18 or older needs a warm place to stay at night you now have an option. It is located at Church of the Intercession, 1417 Church St., and is open every night from 8:30 pm until 6:00 am through March 2017. The doors are locked at 9:15 pm and after that a police escort is required to enter the building.

## Need Someone to Listen? These Resources Can Help

Text "HOPELINE" to 741741. Struggling, having a bad day, need someone to listen, need resources? Free and trained crisis counselors are available 24/7.

**NATIONAL SUICIDE PREVENTION HOTLINE 1-800-273-TALK (8255)**

**PREVENT SUICIDE WISCONSIN** [preventsuicidewi.org](http://preventsuicidewi.org)

## What is NAMI?

*The National Alliance on Mental Illness is a grassroots, nonprofit organization. It was started in 1979 in Madison by two women who were frustrated with the absence of support and information for the family members of people with mental illness. The organization later expanded to include consumers (people with mental illness). NAMI now has national, state, and local tiers. The basic mission is to provide support, advocacy, and education for people whose lives are affected by mental illness. At the state and national levels, NAMI also works to promote research that would benefit people with mental illness (see [www.nami.org](http://www.nami.org)). Our local affiliate, NAMI Portage-Wood Counties, offers support groups for families and consumers, led by trained facilitators. We also hold or participate in general meetings featuring guest speakers, discussions, or videos. These programs are open to the public, and are free and open to the public. Activities are funded through grants, donations, and memberships dues.*

## NAMI Portage-Wood Support Group Meetings

**The NAMI Portage-Wood Counties Family Support Group** is held the first Monday of the month at St. Paul Lutheran Church from 6:30–8:00 pm. This meeting is open to anyone who has a family member or loved one with a mental health condition.

If you are struggling to come to terms with your loved one's illness, this meeting is for you. Coping strategies are discussed, along with support in finding help, dealing with crisis, and many other topics of concern.

**The NAMI Portage-Wood Counties Peer/Consumer Support Groups** (open for anyone living with a mental health condition). These meetings are run by trained volunteers who themselves are living successfully with a mental health condition.

**Stevens Point location:** first and third Thursday of each month from 6:00–7:30 p.m. at St. Paul's Lutheran Church, 1919 Wyatt Ave.

**Marshfield location:** first Wednesday of each month 6:15–7:45 p.m. at A Better Way Clubhouse, 205 South Cherry Avenue, Marshfield. Contact Kay at 715-254-1864.

*"One of the best things about attending a support group is that we truly learn we are not alone. Plus it is a valuable way to learn how to better manage relationships, gain self-esteem, and find useful tips to reduce stress." —Anonymous*

## Lisa Klarner's Presentation is Now On-line



Lisa Klarner, author of *"Releasing the Secret Pain: Moving Beyond Social Anxiety Disorder"* was a featured speaker at UWSP in October.

She reported that 18 % of the adult population live with anxiety disorders and that 6.8% of adults have social anxiety disorder. Because of the nature of anxiety, many can't or don't seek treatment. Lisa herself lives with anxiety and offers tools to others to learn how to manage this mental health condition. Traits of an anxious person include living in the past or future, being trapped in a spiral of negative thoughts, believing irrational thoughts that are not true, feeling that life cannot improve, and excelling at hiding emotional distress. Social anxiety disorder adds to that list the fear of embarrassment, the feeling of being watched or judged, and the experience of being sensitive to criticism and rejection. Causes can include genetics, learned behavior, health issues, abuse, and shyness.

Lisa advises that medication can be useful but should never be the only solution. Other tools include counseling, meditation, journaling, practicing mindfulness and affirmations, physical exercise, group therapy, and joining a support group. Many of these tools encourage an increase self-esteem and an understanding of the difficult thoughts and emotions that support the anxious mind

Her presentation was sponsored by the Stevens Point Mental Health Coalition and Ministry Heath. Her talk was recorded and the video is available for viewing on YouTube, and her book is available for checkout from the NAMI library.

The link to the video is: <https://www.youtube.com/watch?v=aIXWx-KYa7c>

## Be good to yourself— Join a support group!

### **SUPPORT GROUP for PEERS**

(people living with a mental health condition)

#### **Stevens Point**

first and third Thursdays  
of each month  
Peer Support Group  
6:00-7:30 pm  
St. Paul's Lutheran Church  
1919 Wyatt.  
Enter on side by school/parking.  
Rides available.

#### **Contact:**

Kay • 715-254-1864

#### **Marshfield**

first Wednesday  
of each month  
NAMI Connection  
6:15-7:45 pm  
A Better Way Clubhouse  
205 South Cherry Avenue

#### **Contact:**

Rita • 715-897-5215

### **SUPPORT GROUP for FAMILY AND FRIENDS**

(those with a loved one living  
with a mental health condition)

#### **Stevens Point)**

first Monday  
of each month  
NAMI Family Support Group  
6:30-8 pm  
St. Paul's Lutheran Church  
1919 Wyatt - Stevens Point

#### **Contact:**

Kathy • 715-341-4483 or  
Marvin • 715-592-4522

## **NAMI P-W Hosts Crisis Intervention partner (CIP) Trainings**

We are happy to announce that NAMI Portage-Wood County hosted three Crisis Intervention Partner (CIP) Trainings this summer. The 16 hour trainings took place in Plover, Marshfield and Wisconsin Rapids. The attendees which included police officers, dispatchers, sheriff department personnel, EMTs, city & county employees, medical personnel, etc. were trained by professionals in the field of Mental Health and Health & Human Services.

The main goal of the training was to teach new approaches to handling crisis situations which may involve an individual with a mental health condition, suffering a trauma, PTSD or dementia. Youth topics & other brain-based disorders were also included. The feedback from these trainings has been very positive. Not only did the attendees learn a great deal, but the CIP committee learned a lot too.

The trainings were made possible by a grant from Community Foundation of Central Wisconsin. We are so grateful to them. Watch for CIP training sessions in 2017, as plans are in the works.

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## **Crisis Intervention Team (CIT) Training to Be Held This Week**

Wood County and NAMI State are hosting a CIT training this week. This 40 hour training is for local and county police officers. Some of our NAMI members have provided help with this training and one of our NAMI Portage-Wood County Board Members is attending the training. We look forward to hearing some feedback on this big event in our area.

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## **Attention NAMI Advocates**

On Tuesday, December 13th, President Obama signed the Mental Health Reform into law as part of H.R.34, the 21st Century Cures Act. NAMI has been a big part of working for this reform and we can be proud of the advocates working to improve the care of those living with a mental health condition in our country.

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## **Warm Winter Wishes to You!**

All of us at NAMI Portage-Wood County would like to wish all of our members, providers and advocates a blessed winter season. We all know too well that the colder, darker days of winter can bring on more isolation and days we would like to hibernate. However, let's remember all we have learned in our support groups, at our Monday, Mental Health Wellness Series, in the publications that are available from our NAMI-PW library, in the publications we receive from NAMI Wisconsin and from all the other resources available to our community.

Take care of ourselves during this time, call a friend, go for a walk, feel the brisk air and the beautiful snowy scenery, enjoy a cup of cocoa, be artistic, do something you enjoy, give back to others...it makes us feel better. We are filled with hope, we are loved, and we are important.

—Linda Froehlich  
NAMI P-W Newsletter Editor



National Alliance on Mental Illness

**Portage-Wood Counties**

P.O. Box 990  
Stevens Point, WI 54481

**FIRST CLASS MAIL**

## Winter 2016 Newsletter

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### Your Membership Helps Support NAMI Portage-Wood Counties

Full Membership, Annual: Full members receive regular mailings from NAMI Portage-Wood Counties, NAMI Wisconsin, and NAMI National. Donations and membership fees are tax deductible.

Make checks payable to NAMI Portage-Wood Counties. Mail with this form to:  
Jan Way, Treasurer, 1203 Wilshire Drive, Stevens Point, WI 54482 715-572-5802

Name: \_\_\_\_\_ Organization, if applicable \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Telephone Number: (\_\_\_\_\_) \_\_\_\_\_ \*E-mail Address: \_\_\_\_\_

**\*The NAMI Portage-Wood Counties newsletter is sent by e-mail.**

**If you would like a hard copy, check here  and please add \$7 to your membership below.**

**Please select your type of membership:**

Full Membership \$35

Open Door Membership \$3\*

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