

February 2015

NAMI Portage-Wood Counties  
National Alliance on Mental Illness  
Support • Advocacy • Education  
www.namiportagewoodcounties.org



National Alliance on Mental Illness

Portage-Wood Counties

Be good to yourself—  
Join a support group!

### **Consumer Support Groups**

(for people who are themselves using  
mental health services)

#### **Stevens Point:**

First & third Thursdays, 6:30 pm

ROCC Point

2040 Jefferson St.

Contact:

Jennifer Culver • 715-498-0930

#### **Wisconsin Rapids and Marshfield:**

First Wednesday of the month, 6:15 pm

A Better Way Clubhouse

205 South Cherry Avenue

Wisconsin Rapids

Contact:

Rita Johnson • 715-897-5215

#### **Wisconsin Rapids Contact:**

Sarah Long • 715-323-2626

#### **Marshfield Contact:**

Rita Johnson • 715-897-5215

Gloria Jakel • 715-207-8948

### **Family Support Groups**

(for friends or family  
of consumers)

#### **For central Wisconsin:**

First Monday, 7:00 pm

ROCC Point

2040 Jefferson St.

Stevens Point

#### **Stevens Point Contact:**

Kathy Hartman • 715-341-4483

Marvin Lutz • 715-592-4522

## **From the President's Desk: A Changing of the Guard**

As many of you are aware, we held elections in November. After many years of service in leadership and as President, Marvin Lutz has stepped down to give himself and his family more time together. He will continue on the Board as Past President and as Advisor. In addition, he has identified a number of tasks he will continue as a volunteer with us.

We are very grateful to Marvin and his family for their years of service—we have all benefited from his role in building the 'NAMI family'. We will let you know how we plan to celebrate and honor Marv in May. In the meantime, he is enjoying a little extra free time. Thank you Marvin—you have left pretty big shoes to fill. I promise to do my best to build on your foundation to bring hope and help to families, friends and people with mental health conditions in Portage-Wood Counties—and a little fun thrown in for good measure.

On February 7th, we held a Leadership meeting of the Board of Directors and all the volunteers who teach the NAMI Signature classes (*Basics, Family-to-Family, Peer-to-Peer, and Homefront*), facilitators of our support groups, and *In Our Own Voices* and *FaithNet* trainers. We focused on what we would like to see happen this year, activities and events, raising money, and having fun together. Next issue, I'll talk more about plans for 2015.

—Kay Jewell, President, NAMI Portage-Wood Counties

## **Ministry's Fourth Monday Speaker Schedule/NAMI Discussion**

Do something good for your own well-being and join us for these informative presentations at 2501 Main in Stevens Point. Snacks and social time to follow each talk. **Mark your calendar now!**

**February 23:** Laurie Doepke, Behavioral Health Specialist—*A Closer Look at Depression*

**March 23:** Dr. Joseph Gerwood, Psychologist—*Sleep Hygiene and Mental Health*

**April 27:** Julie Hintzman, Therapist—*Anger Management*

**May 18:** Mike Slavin, Therapist—*Prescription Drug Abuse*

**June 29:** Jason Ruenger, Health and Wellness Specialist—*Health and Wellness in Mental Health*

**July 27:** Megan Grasser, Behavioral Health Specialist—Topic to be announced

**August 24:** Ken Tessen, Counselor—*Rational Emotive Behavioral Therapy*

## **Annual NAMI Rummage Sale Needs Your Help!**

**When:** Saturday, May 9<sup>th</sup>, from 8:00 am to 1:00 pm

**Where:** 107-109 Linwood Avenue in Stevens Point (Park Ridge)

**Why:** Our biggest fund raiser of the year that raises money for NAMI P-W programming

**How you can help:** 1) Start saving rummage sale items in good condition. Small furniture items, clothing (clean and folded or hung on hangers), household items, books.

2) Donate baked goods to sell that day that boosts the amount of money raised.

3) Volunteers needed for setting up and pricing on Friday, May 8<sup>th</sup> and Saturday, May 9<sup>th</sup> from 7:00 am until 2:00 pm. Call Kathy Hartman to volunteer at 715-341-4483.

4) Plan to come to the festive event! Browse for treasures, have a chili dog, and take home bakery. Come support NAMI Portage-Wood Counties at their most important fund raiser of the year!

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National Alliance on Mental Illness

Portage-Wood Counties

### Portage-Wood Counties 2015 Officers

**President:**

Kay Jewell  
P.O. Box 990  
Stevens Point, WI 54481  
715-254-1864  
[kayjewellmd@gmail.com](mailto:kayjewellmd@gmail.com)

**Vice-President:**

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Plover, WI 54467  
715-341-7354

**Treasurer:**

Jan Way  
1203 Wilshire Dr.  
Stevens Point, WI 54482

**Secretary:**

Kathy Hartman  
715-341-4483

**Board Members:**

John Hartman  
1416 Clark St.  
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715-341-4483  
[kathyahartman@me.com](mailto:kathyahartman@me.com)

Rita Johnson  
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Marshfield, WI 54449  
715-897-5215

Catherine Severin  
715-347-1158

**Newsletter Editors:**

Kathy and John Hartman  
[jhartman@coredcs.com](mailto:jhartman@coredcs.com)

## 2015 NAMI Wisconsin Annual Conference Register before February 28<sup>th</sup> for the early bird discount!

This year's exciting conference will include over 30 breakout workshops on pertinent topics including the popular *Ask the Expert* series, interactive sessions on updated information on the major mental illnesses. The latest research, medications, and treatment options will be discussed.

Keynote speaker Dr. Richard Davidson, Director of the Waisman Laboratory for Brain Imaging and Behavior at UW-Madison will discuss the highly positive effects of systematic mental training such as meditation to promote human flourishing.

Keynote speaker Dr. Dan Fisher, a psychiatrist on faculty at the University of Massachusetts, will address *Recovery through Dialogues with the Individuals, Families, and the Community*. Dr. Fisher lives in recovery with schizophrenia and helped in the development of Emotional CPR.

For more information and registration on-line go to [www.namiwisconsin.org](http://www.namiwisconsin.org)

### NAMI Homefront for families of vets and active military

*NAMI Homefront* is a new class offered by NAMI. Two teachers have been trained to teach the class. We met with veterans groups and the National Guard, distributed flyers to clinics, mental health providers, the VA Clinic in Wisconsin Rapids and the Vets Center in Wausau. We will be holding the class either in late spring or the fall. If you are interested, please call 715-254-1864.

### Youth Poster Contest—"My Feelings Matter"

The Children's Mental Health Matters Coalition, a group of parents and professionals dedicated to promoting children's mental health, is teaming up with community partners throughout Wisconsin for a youth poster contest, titled *My Feelings Matter*. The contest commemorates May National Children's Mental Health Awareness week. Deadline for poster submission is April 2<sup>nd</sup>. For more information and resources on how to promote positive mental health for all children, check out the community toolkit at [www.wisconsinknowschildrensmentalhealthmatters.wordpress.com/promote-social-emotional-well-being-2](http://www.wisconsinknowschildrensmentalhealthmatters.wordpress.com/promote-social-emotional-well-being-2)

### Oswald Counseling to Offer Mental Health Talks

**Tuesday, March 24<sup>th</sup>, 5:30–7:00 pm:** *Ask a Therapist* is your opportunity to chat informally with therapists from Oswald Counseling in Plover. Dan Derezenski, Deborah Furgason, Juley Glaman, Lynne Oswald and Christina Schreiner will all be available as a panel, ready and willing to share their expertise. Participants may submit questions the day of the presentation, either publicly or privately. The therapists will answer any questions in the areas of their expertise in mental health or in issues related to alcohol or drug abuse. They will also be happy to share their professional theories about therapy and how the process works. Come and meet us! Register in advance no later than Thursday, March 19<sup>th</sup> by calling 715-342-0290.

**Tuesday, April 14<sup>th</sup>, 5:00–6:30 pm:** Lynne Oswald, MS, LCSW will present an overview of "hoarding", understanding it, and how it is treated.



## Portage County News and Events

### Presentation at the ADRC on February 25<sup>th</sup>—*Is It The Blahs or Depression?*

By Kay Jewell, MD., NAMI Portage-Wood Counties. Family Caregiver Support Group meeting. 4:00 pm. at the ADRC, Lincoln Center. RSVP to 715-346-1401 by 2/23 for dinner/respite.

### Transition Fair—March 11<sup>th</sup>, 5:30-7:30 pm., Stevens Point Area Senior High

This is a 'post high school secondary night' featuring information for seniors and their families about schools, jobs and other services. The members of the Portage County Transition coalition will be there with additional information provided about services available related to disabilities including mental health issues. A panel of recently graduated students will discuss their experiences and a panel of parents will also share their experiences. NAMI Portage-Wood Counties will be participating. We are looking for volunteer parents and student to share their experiences. Contact Kay at 715-254-1864 for more information and/or to volunteer to sit at the information table or be a member of the panel.

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## Wood County News and Events

### Feb. 24<sup>th</sup> Alexander Middle School, Nekoosa—*Guiding Good Choices*

*Guiding Good Choices* is a program for adults involved in the care of children in grades 4–8, focusing on tools needed to guide children in healthy, drug-free decision making.

**What you will learn:** *Getting started*—How to prevent drug use in families. *Setting Guidelines*—How to develop healthy beliefs and clear standards. *Avoiding Trouble*—How to say “no” to drugs. *Managing Conflict*—How to control and express anger constructively. *Involving Everyone*—How to strengthen family bonds.

**Classes:** February 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> at Nekoosa-Alexander Middle School: 6:00–8:00 pm.

**Cost:** FREE. Reserve a spot at [www.northwoodsggc.org](http://www.northwoodsggc.org) or e-mail [UWSPCE-Conferences@uwsp.edu](mailto:UWSPCE-Conferences@uwsp.edu) or 1-800-898-9472.

Future classes are planned for Wisconsin Rapids on March 14<sup>th</sup>. For more information on dates and times contact DaNita Carlson, 715-421-8948 or e-mail [dcarlson@co.wood.wi.us](mailto:dcarlson@co.wood.wi.us).

### A Community Responds to Mental Health Needs—Nekoosa

**WHAT:** *World Café:* WISE, Social Emotional/Culture & Climate

**WHEN:** March 19<sup>th</sup>

**TIME:** 5:30–6:00 pm dinner, 6:00–8:30 pm presentation

**WHERE:** Nekoosa Community Center

**COST:** FREE!

A *World Café* is an open communication method where community members can speak up, build relationships, share information and plan action steps. The first *World Café, Changing the Lives of Children through Conversations that Matter* was held last October. This is the second World Health Café and third event sponsored by *Healthy People Nekoosa* and *Healthy People Wood County* in response to suicides in their community.

### 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.*



National Alliance on Mental Illness

## Portage-Wood Counties

NAMI Portage-Wood Counties  
P.O. Box 990  
Stevens Point, WI 54481

FIRST CLASS MAIL

### February 2015

**MARK YOUR CALENDAR!**

Saturday, May 9<sup>th</sup>, 8:00 am–1:00 pm  
Annual NAMI Portage-Wood Counties Rummage Sale  
needs your donated items and/or your volunteer time!  
**DETAILS ON PAGE 1...**

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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

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:**

Individual \$35    Open Door \$3\*    Please accept my \$ \_\_\_\_\_ donation in addition to my membership.

**\*Open Door:** For information on our low-income Open Door membership, please contact Marvin Lutz, 715-592-4522. Do not let financial restriction deter you from membership in our affiliate.

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