

April – May 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

Welcome to Spring! We have completed the NAMI Basics class for parents and will soon be scheduling Parent Support/Education meetings in Stevens Point and Wisconsin Rapids. We are also setting the schedule for classes for the fall, starting with the Family-to-Family. We have mentors ready to provide Peer-to-Peer in Rapids and Point if we get enough signed up.

We have been asked to provide more social events, and will start with the celebration in May for Marv and Jan Lutz. We have strong votes for bingo, games, and bowling. If you have ideas, please share. We are looking to develop a series of community activities and programs to start in the fall that will carry us through with more joy and light into the spring of 2016.

We have new programs from NAMI to work with youth in faith and other communities which we are exploring how we can use to reach more people to engage in discussion about mental health issues.

Happy Spring with all the joy and promise that comes as things turn green and colorful with the spring flowers.

—Kay Jewell, President, NAMI Portage-Wood Counties

NAMI Portage-Wood Rummage Sale May 9th

Join the FUN while you shop for bargain treasures and baked goods. Come hungry and join us for Clancey's famous chili and Judy's hot dogs!

What: NAMI Portage-Wood Counties Annual Rummage Sale with Clancey's famous chili, Judy's hot dogs, and a Bake Sale

When: Saturday May 9th 8:00 a.m. – 1:00 p.m.

Clothing and Item Drop-Off Times: Friday May 8 from 10:00 a.m. – 6:00 p.m. at 107 Linwood Avenue, Stevens Point

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

How you can help:

- Come to the planning meeting on Tuesday, April 21st at 5:00 p.m. at 107 Linwood Ave., Stevens Point. Call Kathy Hartman at 715-341-4483 for more information.
- Bring rummage sale items that are in good condition on Friday, May 8th during above hours. Small furniture, household items, books, clothing (clean and folded or hung on hangers) are all welcomed.
- Donate baked goods to sell that day to boost the amount of money raised.
- Volunteers needed for set-up and pricing on Friday, May 8th from noon to 6 p.m. and to help with the sale on Saturday, May 9th from 7:00 a.m. to 2:00 p.m. We appreciate any amount of time you can give. Call Kathy Hartman to volunteer at 715-341-4483.

Plan to come to the festive event. Browse for treasures, have a chili dog, and take home bakery. Last year we raised about \$850 and use the funds to help pay for our local programming.

For more information and to volunteer, contact Kathy Hartman, 715-341-4483 or kathyahartman@me.com

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Portage-Wood Counties

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Come Help Us Celebrate Marvin and Jan Lutz!



You are invited to a dinner and evening of fun activities to honor Marvin and Jan Lutz and to celebrate their many years of leadership and service to NAMI Portage-Wood Counties. We are grateful Marvin and Jan will continue involvement and service to NAMI but want to celebrate Marvin's many years as President and the support and service of his wife Jan.

What: Celebration Dinner and Evening of Fun Activities

When: Thursday, May 14 5:30 p.m. **Where:** St. Paul's United Methodist Church, 600 Wilshire Blvd., Stevens Point, WI 54481 **Who:** NAMI Members and their families, NAMI friends and supporters, mental health professionals, community members who are interested in mental health. We must know if you can attend by May 11. RSVP by calling Kay at 715-254-1864 or by email kay@namiportagewoodcounties.org

Ministry's Fourth Monday Mental Wellness Group Speakers

Join us for these informative presentations and discussions at 2501 Main St. in Stevens Point from 6:00–7:00 p.m. on the fourth Monday of each month. Snacks and social time to follow. Open to the community; no registration required.

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

NAMI Wisconsin Annual Conference 2015 April 24 and 25

There is still time to register to attend one or both days by registering on-line at www.namiwisconsin.org. This year's conference will be held at the Madison Marriott West in Middleton. You will see outstanding speakers present on a wide variety of topics related to mental health (including our NAMI Portage-Wood Counties president Kay Jewell).

Upcoming Training Schedule for NAMI Signature Programs

Volunteer opportunities to become more involved with NAMI Portage-Wood Counties:

Family Support Group Facilitator Training: This training gives you the tools to lead a support group for family members who have a loved one with a mental health condition. Family support is a lifeline for families who are in need of support, guidance, and problem solving. It is a rewarding experience; requirements include having a family member with a mental health condition, good communication skills, and a desire to provide hope to all families affected by mental illness. Training is June 13-14 in Madison; deadline to apply is May 1st. Call Kay at 715-254-1864.

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National Alliance on Mental Illness
Portage-Wood Counties

Training Schedule (con't.)

In Our Own Voice facilitators: This training utilizes a DVD that provides the framework and background information to aid the presenters (always a team of two) who share their journey of living with mental illness to various groups wanting to learn more about mental illness. You must be living in recovery with a mental health condition and be willing to share your experience, successes, and hope with others. Training is also June 13-14 in Madison; deadline to apply is May 1st. Call Kay at 715-254-1864.

Presentation on PTSD April 23rd in Wisconsin Rapids

Topic: PTSD: From a Combat Veteran's Perspective.

Presenter: Todd Stage, LCSW, Readjustment Counselor, Veterans Association

Time: noon – 12:45 pm

Where: Wood County Courthouse Auditorium, Wis Rapids

Cost: Free

Todd Stage will talk about Post Traumatic Stress Disorder (PTSD) from two personal perspectives; as a licensed clinician for the VA who helps Veterans readjust after war, and the other as a Marine combat Veteran who has struggled to make that readjustment.

Participants will be able to describe the impact of trauma, explain what Post Traumatic Stress Disorder is, what the causes and symptoms are, and they will also learn about the hope for recovery. RSVP to Megan Larson at 715-421-8949 or mlarson@co.wood.wi.us

Oswald Counseling Associates offers Mental Health Talks

On Tuesday April 14 from 5:00–6:30 p.m., Lynne Oswald will present *Hoarding, Understanding It, and Treatment Methods*. This presentation is particularly helpful for family members who have loved ones with hoarding tendencies. Register by Friday, April 10th by calling 715-342-0290.

On Wednesday, May 6 from 7:00 –8:15 p.m., Dan Derezhinski will present *Ancient Eastern Wisdom for the Modern Western Mind*. Learn practical wisdom for finding inner peace, contentment, and happiness. Must register by Monday, May 4th by calling 715-342-0290.

Social time and snacks provided by NAMI to follow both of these presentations.

Mike's Run - Mental Health Awareness Run/Walk

Marshfield Clinic and the family and friends of Mike Hackman who ended his battle with depression five years ago are organizing this walk again to raise funds for mental health services and to increase awareness of mental health problems while providing a message of hope.

When: Saturday, June 20, 2015

Where: Marshfield, WI

Cost: \$20 registration fee for the run; \$15 registration fee for the fun run/walk

Registration and more information: www.marshfieldclinic.org/mikes-ride-run or call Kay at 715-254-1864

NAMI Portage-Wood will be present to support this event. We need NAMI volunteers to help distribute flyers and join us in the walk. Call the above number to offer your assistance!

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). 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.

Upcoming Area Events

Parent Meeting Will Discuss Teen Issues

When: Tuesday April 7, 6:30–8:30 pm

Where: Woodlands Church, 1000 E Riverview Expy, Wis. Rapids

Contact: 715-254-1864

Sponsor: NAMI Portage-Wood Counties. Challenges in the tween and teen years: Is your child or adolescent dealing with social, behavioral or substance abuse challenges, depression, stressed out or other issues? Feeling confused? Not know how to respond or where to look for information or help?

Many parents whose students attended the *Rise Together* presentation will have questions and concerns, wondering what to do while waiting for appointments. We've been there — we can help. Join us at our Parent Meeting on April 7 for basic information and ideas on how to respond, what questions to ask and what to do next.

Wood County Mobile Food Pantry Offers Assistance to Residents

On Tuesday, April 15th from 1:00–4:00 pm, the Mobile Food Pantry of Wood County will be open to residents who currently use any food assistance programs such as SNAP, WIC, Quest, free & reduced lunches, etc.

This is a free community service brought to you by *The Neighborhood Table, South Wood Emergency Pantry Shelf and Feeding America of Eastern Wisconsin*.

Register on April 15th beginning at 1:00 pm at United Methodist Church, 441 Garfield Street, Wisconsin Rapids. Enter the Maple Street parking lot.

Bring proof of Wood County residency & large containers such as laundry baskets, boxes, large sturdy bags, etc., to carry food. If you have questions, call: 715-422-1995.

Marshfield Area Parent Network: Teen Socialization with Technology and 2015 Marshfield Youth Risk Behavior Survey (YRBS) Results

Who: Parents/Guardians, Extended Family Members, and Community Members (Children of any age are welcome to participate in supervised activities.)

When: Monday, April 13, 2015

Dinner: 5:30 p.m.

Presentation: 6:00 – 7:30 p.m.

Where: Marshfield Clinic Froehlke Auditorium Laird Building for Medical Research Kalsched Street, Marshfield

Facilitator: Jason Parks, Detective, Marshfield Police Department

Guest Speakers: Kelsi Selz and Lilly O'Brien, members of MACY Youth Initiatives, and Amber Kiggins-Leifheit, Member, Marshfield School District Board.

Hosted by: Marshfield Clinic Center for Community Outreach and Marshfield Area Coalition for Youth (MACY)

Hear from Marshfield youth about how easy it is to set up an account on apps such as Facebook, Twitter, Snapchat and Instagram. Learn why youth choose to use these popular apps, what benefits they have, and privacy settings that are built into each app to allow for safe interaction on social media.

Marshfield Police Department will share the latest trends and ways to protect your children on social media apps. Receive a copy of the 2015 YRBS results from the Marshfield area students.

Free dinner and child care will be provided. This event is brought to you in part by Security Health Plan and the Office of National Drug Control Police and Substance Abuse and Mental Health Services Administration. Please register by Wednesday, April 8 to Zach Radue at radue.zachariah@marshfieldclinic.org or call 715-221-8422 with your name, name(s) of children if participating in supervised activities and children's age.

Clutter in Your Life? How to Clear Your Head, Home and Heart

On April 23rd, Pamela K Hertel, MS, LCSW, LPC, Professional Organizer and Psychotherapist will present *Get Ready, Get Set, Go! How to Clear Your Home, Head and Heart*.

Pamela's presentation will be from 12:30–4:30 at Harmony Living

Center, 1800 Bluebell Ln. Stevens Point. There is no charge, but you need to RSVP to Melissa Madlena, 715-346-1824 before April 16.

Join us as we discuss the thoughts, feelings and behaviors which trap us in the overwhelm of life. This class will examine how and why

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we hold on to clutter. This clutter often manifests itself as emotional burden, mental stress and physical disorganization. We will explore how to simplify and clear the clutter—from home, head and heart—and begin living a life of greater intention, in a space of improved utility. Class will consist of presentation with handouts, exercises and discussion. A gentle and non-judgmental approach will be used, with attendees encouraged to participate at their level of comfort.

Thursday April 23 Presentation on Managing Your Fears and Caring for Children in a Dangerous World

Presenter: Joseph C. Napoli, M.D., Co-Director, Resiliency LLC

When: 6:00 pm: Registration, light snacks and refreshments

6:30–8:00 pm: Program with question and answer session immediately following

Where: Marshfield Clinic: Melvin R. Laird Center for Medical Research Erdman Lobby/Froehlke Auditorium.

In a dangerous world of mass violence, natural and man-made disasters, pandemics and terrorism, we have choices; we can live in denial, be frozen by fear or face our fears and take action. Parents often ask, “What should we do to help our children cope with this disaster?” Research has demonstrated that children do better if their parents or other caretakers are doing well.

We invite you to attend this conference to learn more about how to manage your fear in order to help children manage theirs. There is no cost to attend. Pre-registration is required as seating is limited. To register, call 715-387-9081. Registration deadline is April 9th.

This conference is possible thanks to generous supporters of *Mike's Run*, a five mile run and two mile walk promoting mental health awareness.

Help for Youth in Crisis

Serving Portage and Wood Counties, *Help for Youth in Crisis* is a service that provides temporary shelter for youth in crisis, e.g. homeless and mediation services for youth and parents.

The question has been raised about parental consent. If a youth were to come to them, they would require verbal permission within 12 hours and a consent form signed within 24 hours of their arrival. If parental/ guardian permission were not obtained within that time frame, they would contact Portage or Wood County Child Protective Services.

For more information or help, contact Phil Kruthoff, Child and Youth Advocate at CAP Services, Inc. 1616 West River Dr., Stevens Point at 715-343-7117, or e-mail pkruthoff@capmail.org

New Program for Youth in Wood County

Positive Alternatives Wood County has contracted with Positive Alternatives to set up an At Risk Youth Group Home. This is an eight-bed co-ed Group Home that will offer services including long term, short term, 72-hour holds, respite, temporary shelter and crisis placements. Their services are designed to assist families with the challenges of their teenage children and to assist youth in becoming more productive and positive members of the school and community. They are now open.

Learn More About E-Cigarettes

On Thursday, May 19th, the May Lunch-n-Learn topic will be *An Introduction to E-Cigarettes* by Destinee Coenen, Central Wisconsin Tobacco Free Coalition Coordinator.

This presentation will be from 12:00–12:45 pm at the Wood County Courthouse Auditorium. There is no cost, and lunch will be provided for those who RSVP by Friday, May 15th.

Smoking rates in Wisconsin are at all-time lows but e-cigarette use is on the rise. Many people are starting or making the switch because they do not understand the health risks associated with these devices. Learning Objectives: Participants will learn what e-cigarettes are, the potential health risks, and other reasons to be concerned about e-cigarettes. Participants will also learn why using e-cigarettes as a cessation method is not recommended and what you can do to protect the public's health from the potential hazards of e-cigarettes.

RSVP to Megan Larson, mlarson@co.wood.wi.us, or 715-421-8949 by Friday, May 15, 2015 The entire community is welcome! This is part of the Worksite Wellness Program for Wood County Employees. Employees who attend can earn 100 Wellness Points towards Quarter 3.

International Middle and High School Essay Contest

About 60 million people worldwide have a brain disorder known as bipolar disorder or manic-depressive illness. Chances are someone you know has this mental illness or cares for someone who does. Learning about bipolar disorder can help you understand the impact this disease has on those affected by it so you can respond to them with care and sensitivity. Just as it's likely that you know someone affected by bipolar disorder, it's also likely that you've heard misinformation about this brain disorder. That inaccurate information can wind up stigmatizing those who have the disease.

One way to stamp out the stigma is by learning the facts and sharing them with others. To help middle school and high school students do that, the International Bipolar Foundation sponsors an annual contest that encourages students from around the world to write essays that educate others about bipolar disorder.

Students write a 500 word essay on one of the following topics:

1. Research to identify a famous person in history who had bipolar disorder. How was this person's life impacted by the diagnosis? How was he or she able to move beyond the label of "bipolar" to live a life of purpose and accomplishment? What lessons might this person's life have for those challenged by bipolar disorder today?

2. What misconceptions have you heard (or even had yourself) about bipolar disorder and other mental illnesses? What can be done to change these misconceptions and stamp out the stigma associated with mental illness?

3. How does the media portray bipolar disorder and other mental illnesses, and what impact does this portrayal have on people's perceptions?

Go to their website for information including contest rules and forms. <http://www.ibpf.org/annual-middle-school-and-high-school-essay-contest> Submit essay and registration form by May 1 to hzupin@ibpf.org If you do not have access to the internet, contact us and we can provide paper copies for you.

Are You a Poet, Writer or Story Teller?

We've been considering an event around poetry, writing and storytelling – for anyone who is interested in listening to works of others, sharing their creative works, or learn to write or tell stories. Are you a creative writer? Would you be interested? Call us to find out more.

Wisconsin Promise: A DVR Project for Youth and Their Families

This is a demonstration of the US Department of Education to help youth and their families meet their school and work goals in order to better their income and financial stability, and reduce poverty. It will enroll 2,000 youth ages 14-16 who are receiving Supplemental Security Income (SSI) and their families.

Of the 2000, 1000 will be assigned to the 'program group'. For this group, activities will include exploring career and education opportunities, help finding a job that matches their interest and abilities, help achieving education goals and counseling on benefits and financial personal finances. They will receive a computer table and data plan plus supports and services available to family members.

Enrolling youth and families through April 2016. For more information, call 1-855-480-5618 or mail promise-grant@cesa12.org www.promisewi.co

Help For the Child Psychiatrist Shortage

A consultation program is being planned to help pediatricians take care of mental health conditions. At last: help for primary care doctors with mental health care.

We all know there is a shortage of psychiatrists to provide care. More clinics, like Marshfield Clinic, have their psychiatrists providing consultations only and rely on the primary doctors (pediatricians, family practice, internal medicine) to manage medications for mental health conditions.

This is a challenge and frustration for everyone – those with a mental health condition, families and even the primary care doctors. If we can't get more psychiatrists, the next best thing is to have psychiatrists helping the primary care doctors.

We are in luck. The Medical College of Wisconsin has been awarded a \$1 million grant by the State of Wisconsin to create a pilot consultation program in Milwaukee County and 15 counties in Northern Wisconsin, which will include Portage and Wood counties. They are in the process of meeting with each clinic to explain the program and get them to sign on to be part of the consultation program. They will provide education and consultation to pediatricians to start. It will take a couple of months to get it all set up.

You can help – talk with your pediatrician. If they haven't heard about the program yet, tell them about it and encourage them (their clinic) to sign up!

Wood County News

NEKOOSA: A Community Responds to Mental Health Needs

In 2011-2012, there were three documented suicides in Nekoosa. In response, parents, students and community members started speaking up. They formed a Suicide /Mental Health Group called *Healthy People Nekoosa*, which consists of school administrators, counselors, teachers, the Nekoosa Police Department, clergy members, Ministry Home Care, student and parent representation and Healthy People Wood County, all of which have felt the effects of suicide in some way or another.

This group has formed a partnership with the Wood County Health Department and the Webb Foundation to help provide information and services regarding suicide prevention and other mental health issues to community members. The group's three main focuses are bringing awareness to the community about suicide, reducing stigma that relates to suicide and suicide interventions.

Their first event was a World Café, *Changing the Lives of Children through Conversations that Matter*, held October 30, 2014. A World Café is an open communication method where community members can speak up, build relationships, share information and plan action steps.

On March 19, they held the second World Health Café and 3rd event: a presentation by WISE from Milwaukee focusing on stigma. There were about 30 community members participating. They included teachers, administrators, mental health providers, schools counselors, students, parents and other community members.

WISE made a presentation that involved the participants in identifying what stigma is, how it is linked to our culture and daily lives. In break-out sessions, we identified what we considered to be barriers that reinforce stigma. Fear, lack of information, cultural biases were some of the barriers identified.

WISE pointed out that our biases and stigma do not change with knowledge and information. The attitudes about mental health have remained about the same since 2006. Acceptance of depression has increased somewhat while acceptance of schizophrenia has decreased significantly. Our biases and attitudes are changed by emotional connection and experiences.

The next challenge for the break-out session was to identify ways we could influence change in different groups: faith-based, schools,

cultural (Native American and Hispanic), and others. The results of the discussions will be used by Health People Nekoosa coalition meeting to decide what activities are next. Another planned activity is training student peers to be mentors to each other. That training is scheduled for April.

If you would like to become part of the team, or just want to know more about Healthy People Nekoosa, call Katie Peters, the Family/Community Outreach coordinator for the Nekoosa School District, at 715-498-7876 or email Katie_peters@nekoosa.k12.wi.us.

RISE TOGETHER: Programs for Youth focusing on substance abuse and mental health Nekoosa, Marshfield and Wisconsin Rapids.

Rise Together is an interactive inspiring group that shines through storytelling. They bring a face and voice to substance abuse prevention and recovery by sharing stories, building community advocacy, and mobilizing the recovery community. They bring education, awareness, peer-to-peer recovery services, and prevention on drugs and mental health issues in the community. In February they presented in Marshfield at the two high schools and the middle school. They also made presentations in Nekoosa at the high school and middle school and a free public parent presentation in the evening.

Each presentation offered students and community members a chance to express their concerns and follow up with them online from a social intervention standpoint.

The presentation focuses on drug use/abuse but it also raised feelings of grief related to loss, trauma history and other emotional issues for those who attended. After the presentation in Marshfield, in one school there were over 70 students in the counselors office wanting to talk. In Nekoosa at the evening public presentation, over half of the audience were students who had heard the presentations at their school earlier in the day. They stayed for hours afterwards to talk with the Rise Together team, who received over 300 Facebook contacts by 3:00 am. from the students.

As a result from the program, one of the initiatives is to create a "street crew" that would continue Rise Together's efforts in the community, which would include students, staff, and interested community members. Rise Together will continue to stay involved through networking with the local "street crew" team for guidance. In March, they presented to over 3000 students in the Wisconsin Rapids School Districts, Assumption schools, and Auburndale schools.



National Alliance on Mental Illness

Portage-Wood Counties

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

FIRST CLASS MAIL

April 2015

MARK YOUR CALENDAR!

Saturday, May 9th, 8:00 am–1:00 pm
Annual NAMI Portage-Wood Counties Rummage Sale
Come for bargains, food and fun!
DETAILS ON PAGE 1...

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