



NAMI Ozaukee

National Alliance on Mental Illness



NAMI OZAUKEE NEWSLETTER OZAUKEE COUNTY'S VOICE ON MENTAL ILLNESS



Mental Illness is Everyone's Business



March 2020



Mission Statement

*Mission statement of
NAMI Ozaukee*

NAMI Ozaukee is a Family-Based County Organization whose purposes are to provide community awareness and understanding of the issues affecting persons with mental illnesses and their families, to improve the quality of life for those suffering and to provide support for their loved ones.

Fall 2020 Family to Family Class

Fall Family to Family class graduated on November 25, 2019 with 13 individuals completing the 12 week program. Thank you to **Jeff Graf and Donna O'Connell**, the facilitators. The manuals for the Fall Class were printed in memory of Garrett Dawkins. The NAMI Family to Family 8 week Curriculum includes: Principles, goals and feelings; Major mental illnesses; Mood disorders including PTSD and addiction; Basics about brain and biology of recovery; Problem solving workshop; Medication review; Empathy workshop; Communication skills workshop; Relative groups experience and self-care; Rehabilitation and recovery; Fighting stigma; and Advocacy.

In a follow-up survey of 100 % of the participants in the Spring and Fall 2019 Family to Family classes (using Agree/Strongly Agree) that after attending the class reported back to us they were better able to:

- Recognize the signs and symptoms of mental illness
- Understand the type of services people with mental illness need
- Manage crises that may result from symptoms of mental illness

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NAMI Ozaukee is affiliated with the National Alliance on Mental Illness (NAMI) and NAMI – Wisconsin, the State Alliance on Mental Illness

NAMI Ozaukee is a 501C3 Organization. Contributions are Tax Deductible.



NAMI Ozaukee Leadership Team

- Mary Luzinski, *President*
- Vydas Dargis, *Co-Vice President*
- Mike Wendlandt, *Co-Vice President*
- John Abbott, *Treasurer*
- Jeff Graf, *Secretary*
- Bobbie Hoffmann, *Past President and NamiOz Board Chairperson*
- Terri Brah, *Event Coordinator*
- Dr. Sri Vasudevan, *Community Outreach Coordinator*

NAMI National Organization

www.nami.org
and the State NAMI website at:
www.namiwisconsin.org
Or NAMI Ozaukee at:
www.namiozaukee.org

In the words of a student, "I respond more carefully and continue to offer support even when it is refused. The class helped me fully understand what our daughter is dealing with. I am not alone-there is hope. I am doing the best I can to support my son. I have taken good care of my child and now I am taking better care of myself too."

In Memoriam Don Hoffmann



Don Hoffmann passed away on January 10, 2020. He was 91 years old. Don was husband to Bobbie Hoffmann (past president) and one of the founding members of Ozaukee NAMI.

We will miss his smile, his laugh, his turkey and deer hunting stories and most of all his sense of humor at our social events and gatherings with NAMI Ozaukee. Our condolences to Bobbie, Jeff and the rest of the Hoffmann family.

Ozaukee NAMI CIT and CIP trainings are funded by grants from: The Greater Milwaukee Foundation -Paul P. Lipton Fund, the Port Washington Lions Club and NAMI Wisconsin-CIT/CIP. We thank You for your continued support.

NAMI Ozaukee Features Page

NAMI Ozaukee Holiday Party 2019



Our annual holiday party took place on December 19, 2019 once again at Immanuel Lutheran Church in Cedarburg. 54 people attended. Thank you Immanuel Lutheran Church in Cedarburg for being our host site.

Donations and Grants

Donations/Grants –December 2019 to March 2020

- Funding grant from United Way Northern Ozaukee for 2020 Family to Family Manuals
- Donation from Greater Milwaukee Paul Lipton Foundation for CIT training.
- Mel's Charities for events at the On Center
- Dale and Mary Lou Bespalec
- Jane and Ross Cartwright
- Thomas and Deborah Gannon Grant
- Mr. and Mrs. T. Heckenbach in memory of Neal Heckenbach
- Faith Overdahl in memory of Ron Overdahl

In memory of Don Hoffmann: John & Becky Abbott, John & Terri Brah, Ted & Dawn Fischer, Jeffrey & Melanie Goulee, Jeff & Mary Graf, Robert & Vivian Huggler, Tom & Mary Luzinski, Beverly McCarthy, Nancy Vose, Marvin & Leslie Wellner, Jane Woodward, and LaCrosse MTU Employee Fund

The On Center's New Style



NAMI Ozaukee's *On Center* in Cedarburg has a bold new look thanks to Jason Traxel, our Counselor. The computer room has been revamped. Under Jason's guidance, and with the aid of a \$800 donation from the Ozaukee chapter of NAMI (National Alliance for the Mentally Ill), it took him three weeks to restore the room. Jason said, "I want the next generation of On Center to be comfortable here."

Those responsible in making this project possible were NAMI Oz Treasurer John Abbott, who helped in acquiring the computer equipment and furniture that was needed; Marilyn Ehren, who cleaned out the room in order to make it useable. Lastly, Scott O. helped with computer technology and assembly. Renee and Nicole put up a memorial plaque to those On-Center clients who have passed away.

Among other things that people now can do in the new center are to use the computers with privacy and comfort, meet with case managers, play all sorts of games, and work on games which are in the baskets.

- Submitted by John Eagan.

Spring 2020 Elections

On the February 21, 2020 business meeting of NAMI Ozaukee and pursuant to NAMI Oz bylaws, President Mary Luzinski and Secretary Jeff Graff were reelected for new 2 year terms.

With their renewed commitment, we are insured that NAMI Oz will continue on as one of Wisconsin's highest achieving affiliates. Thank you Mary and Jeff and we look forward to your stewardship.



Next Meetings:

Business Meetings (6:00 - 6:55PM) :

- Thursday March 19, 2020
- Thursday April 16, 2020
- **Thursday May 21, 2020-No Meeting-Spring Banquet**
- Thursday June 18, 2020

Support Group Meetings:
Family and Consumers
Leaders: Donna & Deb
Third Thursday of the Month
6:30PM-8PM
Christ Church Mequon

- Thursday March 19, 2020
- Thursday April 16, 2020
- **Thursday May 21, 2020-No Support Group-Spring Banquet**
- Thursday June 18, 2020

Support Group Meetings:
Family Members
Leaders: Terri & Kris
Fourth Tuesday of the Month
6:30PM-8PM
Christ Church Mequon

- Tuesday March 24, 2020
- Tuesday April 28, 2020
- Tuesday May 26, 2020
- **Tuesday June 23, 2020**

Ozaukee County Important Contact Info

EMERGENCY..... 911

Ozaukee County Mental Health Crisis Worker ...262-377-5820

Ozaukee County Crisis Line-Sheriff's Office Request On-Call Crisis Worker...262-284-7172

Department of Human Services....262-284-8200

STARTING POINT OZAUKEE ... 262-241-1004

COPE Hotline Ozaukee County...262-377-2673

NAMI OZAUKEE.....262-243-3627

(National Alliance on Mental Illness: **Please leave a message!**)

Email: namiozaukee@gmail.com

ADRC of Ozaukee County Phone: 262-284-8120

(Aging & Disability Resource Center of Ozaukee County)

www.co.ozaukee.wi.us/ADRC Email: adrc@co.ozaukee.wi.us

IMPACT 211 - for Southeastern Wisconsin



Simply dial **211** to access Family, Health and Social Service Resources

Business Meetings 2020

3rd Thursday of the Month at:

CHRIST CHURCH-MEQUON

13460 North Port Washington Road
in Mequon 53097

Concerning the Business Meetings:

The meeting will be: **6:00-6:55 PM.**

We will take a 5 minute break after the Business Meeting

The **Support Group** will be next at:
7:00-8:00 PM.

One of our key guidelines is to start on time and end on time so please plan accordingly.



Consumer and Member Social Events

Monday Night Bowling

At **Circle B** on Hwy 60 in Cedarburg from 6:30 PM until all the pins are knocked down.

NAMI Bowling on Monday nights at **Circle B** is being organized by NAMI Ozaukee Vice President **Mike Wendlandt.**

We hope to see you there!



Movies at the

'On Center' with Pizza

1st Friday of each month.

Organized by:

Bonnie Wasserman & Marilyn Ehren

On Center-Movie and Pizza Night—1st Friday of the month w/Marilyn and Bon

- Friday March 6, 2020
- Friday April 3, 2020
- Friday May 1, 2020
- Friday June 5, 2020

PO Box 335
Mequon, WI 53092
Address Correction Requested



Join NAMI Ozaukee <i>When you join now, you become a member of your NAMI Affiliate, your NAMI State Organization and the national NAMI organization.</i>		Contributions NAMI Ozaukee needs your support. Your gift will help continue the support and education services for everyone affected by mental illness		Mail to: NAMI Ozaukee Box 335 Mequon, WI 53092 (Or—Pay online at the website: www.nami.org)	
Yes, I want to: (please check one) <input type="checkbox"/> <u>join</u> NAMI <input type="checkbox"/> <u>renew</u> membership for one year Dues: _____ \$60.00 Household _____ \$40.00 Reg. Membership _____ \$5.00 Open Door (for low income) Member benefits include NAMI's flagship magazine, the <i>Advocate</i> , as well as NAMI's monthly e-newsletter, <i>NAMI Now</i> , if you subscribe at: www.nami.org/subscribe . All members receive the same benefits. NAMI membership is valid for one year.		<input type="checkbox"/> \$ 25 <input type="checkbox"/> \$ 50 <input type="checkbox"/> \$ 75 <input type="checkbox"/> \$ 100 <input type="checkbox"/> \$ 125 <input type="checkbox"/> \$ 200 <input type="checkbox"/> \$ _____ NAMI Ozaukee is a tax exempt, non-profit organization. Donations are tax deductible to the extent allowed by law.		Title: <input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Dr. Primary Member Last Name: Primary Member First Name: _____ Middle: _____ Address: City: _____ State: _____ Zip: _____ Phone: _____ Email: _____	
Payment Information		<input type="checkbox"/> Check		or <input type="checkbox"/> Cash Enclosed	
For Office use only:		<input type="checkbox"/> Check <input type="checkbox"/> Cash		Date: _____	