


## NAMI OZAUKEE NEWSLETTER OZAUKEE COUNTY'S VOICE ON MENTAL ILLNESS



*Mental Illness is Everyone's Business*



Mission Statement	Encouragement from the President of NAMI Ozaukee	Volume 2, Issue 58 Published Quarterly June 2023
<p><i>Mission statement of NAMI Ozaukee</i></p> <p>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.</p>	<p><b>Dr. Michael Weber (drweber9097@att.net)</b></p> <p>During the past two months as I was updating my presentation about suicide prevention and resiliency, I reread Shawn Anchor's work on programing your brain in a positive direction. One of the most powerful techniques he suggested was recalling three positive things at the end of each day, and physically logging them. He indicated that his research showed that deliberating pulling in the positive at the end of each day rewires our brains so that when we encounter challenges or setbacks, our brains are better able to keep us emotionally balanced and enables us to keep moving forward in a positive direction. Therefore, I gave it a try.</p> <p>I always have been a positive optimistic person, and since my wife died suddenly a year ago, I found myself sometimes struggling. For the past two months, I have been following Dr. Anchor's suggestion, and it really works! I am back on track and moving forward in a positive direction along with helping others to do the same. Please give his technique a try.</p> <p>It is important that you physically write or log three positive things that took place during the day. The physical act of logging (journaling) is important in rewiring your brain in a positive direction. If you forget a day, that's okay, just pick it up again the next day. After a couple weeks, it is enjoyable to go back and reread each day. To further assist you, here is my example.</p> <p><b>Tuesday, April 25</b></p> <ul style="list-style-type: none"> <li>Talked with Marci (middle daughter)</li> <li>Myla (6 year old granddaughter) called me to just talk</li> <li>Nice email from Maria (visual impaired teacher I hired several years ago) and a link to a music teacher singing the words to a book called "All are Welcome Here".</li> </ul> <p>Do you get the idea? Even as I write this article, these three positives bring a smile to my face. One final bonus is that you have a journal list of all the positive that occurred in your life which you can go back and reread. It helps you avoid perseverating on the negative, and instead reframing into a positive.</p> <p>Thank you for reading this article, and I hope it helps. Finally, remember you are not alone; and we are in this together. Feel free to call or email us.</p> <p>Reference: <u>The Happiness Advantage</u> by New Your Times bestselling author Shawn Achor</p> <p><b>Congratulations!</b> To Dr. Weber on his election to the NAMI Wisconsin State Board. Now they will see how lucky WE are. Dr. Weber will be a true asset to the State team.</p>	<p>NAMI Ozaukee is affiliated with the National Alliance on Mental Illness (NAMI) and NAMI –Wisconsin, the State Alliance on Mental Illness</p> <p>NAMI Ozaukee is a 501C3 Organization. Contributions are Tax Deductible.</p> <p><b>MEET YOUR NAMI OZAUKEE BOARD Member</b></p> <div style="text-align: center;">  </div> <p>This is Jeanette, who shares the Secretary of the Board of Nami Ozaukee with Donna. Jeanette is a multitalented lady. She sings on two choirs and line dances. She is an Administrative Assistant at MSOE. She is also super savvy with computers for which NAMI Ozaukee reaps the benefit.</p> <p>Jeanette recently completed training to lead Family Support Groups and also teaches Family to Family. An area of mental health concerns close to Jeanette's heart is that of our veterans who have lingering effects after serving. Please join us in thanking this energetic Board member for all she does.</p>
Officers on the NAMI Ozaukee Board		
<ul style="list-style-type: none"> <li>Dr. Michael Weber, President</li> <li>Vydas Dargis, Mike Wendlandt, Vice Presidents</li> <li>Dr. Thomas Luzinski, Treasurer</li> <li>Donna O'Connell, Jeanette Koch, Secretaries</li> <li>Mary Luzinski, Past-President and NAMI Oz Board Chairperson</li> <li>Terri Brah, Event Coordinator</li> <li>Carol Hynes, Youth Outreach Coordinator</li> </ul>		
NAMI National Organization		
<p><a href="http://www.nami.org">www.nami.org</a></p> <p>and the State NAMI website at: <a href="http://www.namiwisconsin.org">www.namiwisconsin.org</a></p> <p>Or NAMI Ozaukee at: <a href="http://www.namiozaukee.org">www.namiozaukee.org</a></p>		

*Ozaukee NAMI CIT training grant comes from The Milwaukee Foundation Paul P. Lipton Fund and the CIP training grant comes from NAMI Wisconsin. We thank you all for your continued support!*

## NAMI Ozaukee Features Section



Mary, Tom and Vydas are pictured here at the NAMI Wisconsin Annual Conference held at The Osthoff Resort in Elkhart Lake. The conference is one of the state's largest gatherings of mental illness supporters, peers, and community members and offers more than 30 workshops dedicated to mental health research, lived experience stories, advocacy updates, crisis response systems and more. Dr. Michael Weber, Carole Hynes, Donna O'Connell and Jeanette Koch also attended.

### Meet Sue Durr



Meet Sue Durr. You know all the lovely table centerpieces at NAMI events? Those are created by the talented Sue who doesn't believe in idle hands. She made these crochet baskets taking 6 hours a piece to construct. Thank you Sue! We appreciate

## NAMI Ozaukee offers Free Family to Family class September 13th

Our next Family to Family Class begins September 13th and continues for 7 consecutive weeks ending on November 1st. The class is from 6:00pm to 8:30pm. The program is 8 weeks in length continue for the next 7 consecutive Wednesdays at the same time. The class is designed for adult family members, friends, and significant others of persons living with mental illness. The course includes information on illnesses such as major depression, bipolar disorder, schizophrenia and other mental health disorders. Also included are strategies for communicating with the loved one, maintenance of the supporter's own health and minimizing life disruption. The program is taught by trained volunteers who have lived experience supporting loved ones with mental health disorders.

## NAMI Ozaukee's Spring Banquet



NAMI Ozaukee's Spring Banquet was held on May 18 at the Lime Kiln Pavilion in Grafton. A taco buffet, appetizers, fruit and many other goodies were served. The event was well attended and lots of fun. We look forward to our FALL BANQUET on September 21st. Save the date and add it to your calendars!

## NAMI Ozaukee Crisis Intervention Training



NAMI Ozaukee CIP #12 was held on May 16-17, 2023 at the Grafton Fire Department. Twenty five individuals attended from eight departments: Ozaukee Sheriff's Office, Grafton/Saukville Fire/EMS, Cedarburg Fire Department, Cudahy Police Department, Greendale Police Department, Kenosha County Sheriff's Office, UWM Police Department, and Green County Sheriff's Office. Thank you to the Grafton Fire Department for hosting our training.

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### Next Meetings for 2023

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

- June 15, 2023
- July 20, 2023
- August 17, 2023
- September— No meeting - picnic

**Location: Ozaukee Nonprofit Center**  
2360 Dakota Drive, Grafton WI 53024

#### Support Group Meetings: Family and Peers

**Leaders: Donna and Jeanette**

#### Third Thursday of the Month (7:00-8:00 PM)

- June 15, 2023
- July 20, 2023
- August 17, 2023
- September—no meeting

#### First Tuesday of the Month (5:30-6:30 PM)

**Leaders: Terri and Dr. Weber**

- June 6, 2023
- July 4, 2023 - NO MEETING - HAPPY 4TH OF JULY
- August 1, 2023
- September 5, 2023

**Location: Ozaukee Nonprofit Center**

#### Peers Only Support Group

**Leaders: Vydas and Donna**

#### 2nd Thursday of the month (6:00—7:30pm)

- June 8, 2023
- July 13, 2023
- August 10, 2023
- September 5, 2023

**Location: Ozaukee Nonprofit Center**

### Movie & Pizza & "Nosh" Nights at Circle B Recreation

**6261 WI-60 Trunk, Cedarburg WI 53012**

#### Circle B Pizza Nights

- June 9, 2023
- July 14, 2023
- August 11, 2023
- September 8, 2023

#### Circle B 'Nosh' Nights

- June 23, 2023
- July 28, 2023
- August 25, 2023
- September—no nosh night—picnic on 9/21

#### Peer and Friends of NAMI 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**.



### Ozaukee County Important Contact Info

**EMERGENCY..... 911**

**Mental Health Emergency...988**

**Ozaukee County Crisis Line ... 262-284-8200**

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

**(Press / for the Sheriff's Dispatch)**

**Sirona Recovery... 262-377-1477**

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

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

Please leave a message with your name and telephone #

Email: [namiozaukee@gmail.com](mailto:namiozaukee@gmail.com)

**IMPACT 211 - for Southeastern Wisconsin**



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

### 10 Common Signs of a Mental Health Condition

Feeling sad or withdrawn for more than two weeks	Seeing/hearing or believing things that are not real
Trying to harm or end one's life or, planning such	Excessive use of alcohol, drugs or both
Severe risk taking that causes harm to self or others	Drastic changes in mood, behavior, personality or sleeping habits
Sudden overwhelming fear/anxiety for no reason	Extreme difficulty in concentrating, staying still leading to physical danger
Throwing up, using laxatives or, not eating to lose weight	Intense worry or fear that get in the way of daily activities.

### Thank you to the following for their generous donations!

Barbara Light IMO Jason Michael Miller; Westlawn Teachers, Cedarburg IMO Jason Miller; Louise Block IMO Elizabeth Gabrys; FC Wisconsin Girls Soccer IMO Kurt Nagel; First Immanuel Church, Cedarburg; Meijer Foods, Grafton; United Way Northern Ozaukee Grant

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Box 335

Mequon, WI 53092

Address Correction Requested



<b>Join NAMI Ozaukee</b>  <i>When you join now, you become a member of your NAMI Affiliate, your NAMI State Organization and the national NAMI organization.</i>		<b>Contributions</b>  <b>NAMI Ozaukee</b> needs your support. Your gift will help continue the support and education services for everyone affected by mental illness		<b>Mail to:</b>  NAMI Ozaukee Box 335 Mequon, WI 53092 (Or—Pay online at the website: <a href="http://www.nami.org">www.nami.org</a> )	
<b>Yes, I want to:</b> (please check one) <input type="checkbox"/> <u>join</u> NAMI <input type="checkbox"/> <u>renew</u> membership for one year <b>Dues:</b> _____ \$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: <a href="http://www.nami.org/subscribe">www.nami.org/subscribe</a> . 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.		<b>Title:</b> <input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Dr.  <b>Primary Member Last Name:</b>  <b>Primary Member First Name:</b> _____ <b>Middle:</b> _____  <b>Address:</b>  <b>City:</b> _____ <b>State:</b> _____ <b>Zip:</b> _____  <b>Phone:</b> _____  <b>Email:</b> _____	
<b>Payment Information</b>		<input type="checkbox"/> <b>Check</b>		or <input type="checkbox"/> <b>Cash Enclosed</b>	
<b>For Office use only:</b>		<input type="checkbox"/> Check <input type="checkbox"/> Cash		Date: _____	

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