



National Alliance on Mental Illness

Ozaukee



NAMI OZAUKEE NEWSLETTER OZAUKEE COUNTY'S VOICE ON MENTAL ILLNESS

Mental Illness is Everyone's Business

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.

Officers on the NAMI Ozaukee Board

- Dr. Michael Weber, President
- Vydas Dargis, Mike Wendlandt, Vice Presidents
- Dr. Thomas Luzinski, Treasurer
- Donna O'Connell, Jeanette Koch, Secretaries
- Mary Luzinski, Past-President and NAMI Oz Board Chairperson
- Terri Brah, Event Coordinator
- Carole Hynes, Youth Outreach Coordinator

NAMI National Organization

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

Encouragement from the President of NAMI Ozaukee

OVERCOME WINTER BLUES BY USING YOUR PEOPLE CIRCLE

As we begin the long months of winter, many of us struggle with winter blues (cabin fever). There are many articles written about winter blues with many good suggestions on how to manage them. In this article, I want to present a suggestion which can also be used anytime throughout the year when we hit tough emotional times.

All of us have certain people who bring out the best in us and who energize us. These folks comprise our inner "people circle". Stop for a moment and think who might be in your people circle? Take some time to write them down, and you will be surprised at how many people energize you and help make you feel good by just being around them. It is important to list them so whenever you read the list, you feel better, and in an instant you can remember and reach out to them. It also prevents you from thinking too much about the toxic people in your life. It forces you to move toward the positive.

On your list include only the people you enjoy being around. As an example, here is my partial list: Duane, Jim, Chris, Mary, Tom, Carla, 7 grandchildren, my entire family, all NAMI Wisconsin staff, Carey, Kelly, the local CIT planning team, Christy, Lindsay, and etc. Get the picture? Therefore, begin your list right now and continually add to it.

The challenge is to make sure you spend more time with the people on your list than those who might drag you down. Even if you cannot be personally present, you can call, text, and email. Especially reach out to your people circle when you are down in the dumps or feeling lonely.

By listing those in your people circle, you quickly realize you are not alone.

Dr. Michael Weber
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262-689-2270

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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.

MEET YOUR NAMI OZAUKEE BOARD Member

Our featured board member this quarter is John Abbot. John has been involved with NAMI Ozaukee for 11 years. He credits his wife

Becky for finding us and urging him to join. John has worn many hats. In the past he has been our treasurer, support group facilitator, and Family to Family instructor x 5 years. He has answered the chapter phones for years, providing assistance and direction to callers. He started our first email and web sites. John, along with Mary Luzinski, started and continues to oversee NAMI Ozaukee's Monday Night Bowling, a popular program for peers along with their families and friends. He is particularly proud of the program which costs peers \$5 dollars. He feels this helps teach budgeting skills for things desired as we all must. John is also our Marketer Extraordinaire. He happily spends hours distributing flyers for Nami Programs and explaining their value to providers and their representatives. THANK YOU John for all you have done and continue to do for NAMI Ozaukee and its members.



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

What does CIT mean?

This is a question NAMI Facilitators of Programs run into often. CIT or Crisis Intervention Training has been initiated by communities to improve the outcomes between our law enforcement officers and those who experience mental health issues. The objective is to prevent these encounters from turning tragic and causing harm to either party. According to De Pere Police Captain Jeremy, training has helped Law Enforcement to better serve citizens. Its emphasis on de-escalation, building rapport, and listening has helped us to work toward decriminalization and improved quality of life.

CIT provides 40 hours of intensive training for law enforcement on how to better respond to people experiencing a mental health crisis. The training is provided by NAMI, mental health providers, those who have had mental health issues and their family members along with other invested community members. NAMI Ozaukee often hosts and participates in this training.

The hope is that our officers will learn to see the underlying problems and be able to connect people with a support network, service providers, and better long term solutions.

We in NAMI encourage families who must summon police to assist in handling a mental health emergency to request a CIT trained officer and inform dispatch that you have a mental health emergency. Better still contact that officer before a crisis occurs to give them a better understanding of your family situation and loved one.

Our Featured Artist



Connor is the featured artist for this quarter. He plays guitar and has done so since he was 13 years old. His instrument of choice is a six string acoustic guitar. He states this activity relaxes him. His favorite tune is "Greensleeves" We hope to negotiate with this musician for a future performance.

Connor's alter ego is "Speedee" shown here in his Turkey Ally King uniform along with his father and Vydas. He is quickly becoming one of our fiercest competitors. Go Connor!



NAMI Ozaukee offers Free Family to Family Class March 13, 2024

Our next Family to Family Class begins Wednesday, March 13, 2024 from 6:30pm to 9:00pm and continues for 9 consecutive Wednesdays ending on May 8, 2024. 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.

Please email namiozaukee@gmail.com or call 262-243-3627 if you are interested in attending.

NAMI Ozaukee sends their condolences to the families of those who are not with us today—Dennis Wendlandt and Robert Tackes. They were both long time members of NAMI Ozaukee and provided outstanding support to individuals living with a mental illness.



Robert Tackes
February 26, 1980
October 04, 2023



Dennis Wendlandt
November 6, 1942
August 17, 2023

Definition of terms in the Newsletter and other communications

We are often asked what we mean by the terms consumer and peer. By consumer and/or peer we mean those who experience mental health issues. By family we mean any person or persons who support a peer/consumer emotionally or otherwise. A biological family connection is not necessary. Hopefully this article clears up some confusion.

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Next Meetings for 2023

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

- December - no meeting, holiday party
- January 18, 2024
- February 15, 2024
- March 21, 2024

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)

- December—holiday party
- January 18, 2024
- February 15, 2024
- March 21, 2024

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

Leaders: Terri and Dr. Weber

- December 5, 2023
- January 2, 2024
- February 6, 2024
- March 5, 2024

Location: Ozaukee Nonprofit Center

Peers Only Support Group

Leaders: Vydas and Donna

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

- December 14, 2023
- January 11, 2024
- February 8, 2024
- March 14, 2024

Location: Ozaukee Nonprofit Center

Movie & Pizza & "Nosh" Nights at Circle B Recreation 6261 WI-60 Trunk, Cedarburg WI 53012

Circle B Pizza Nights

- December 8, 2023
- January 12, 2024
- February 9, 2024
- March 8, 2024

Circle B 'Nosh' Nights

- December - no nosh night
- January 26, 2024
- February 23, 2024
- March 22, 2024

Peer and Friends of NAMI Social Events **Monday Night Bowling - No bowling on 12/24 or 1/1 due to the Holidays**

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**.



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!

In memory of Dennis Wendlandt: Terri and John Brah, Pat Diefkes, Linda Wendlandt, Michael Wendlandt. NAMI Walk donors: Bobbie Hoffman, Pamela Ploor, Linda Wendlandt, Allan & Bonnie Wasserman, Donna O'Connell, Jeanette Koch, Michael Wendlandt, Vydas Dargis, Tom & Mary Luzinski, Michael Weber and their individual donors. John Balzer, Steve & Michelle Pape, Tracey Rosenfeld, Morgan Muir, May Butsic, Whitney Cuson, Jaime Fitzgerald, Dan Ebben, Jill Weber, Thomas Reilly, Gloria & Neil Wood, Mackenzie Scott Fund, Regal Rexnord Employees, Mel's Charities, FC Wisconsin Girl's Soccer Club and Family and Friends of Kurt Nagel.

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

NAMI Teen and Young Adult (TYA) HelpLine

Call 1-800-950-6262, chat and nami.org/help or text

"Friend" to 62640 or email helpline@nami.org

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

Please leave a message with your name and telephone #

Email: namiozaukee@gmail.com

IMPACT 211 - for Southeastern Wisconsin



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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: _____	

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