



nami

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

You Are Not Alone!
(Four simple words with a powerful meaning)

Recently, the U.S. Surgeon General (Vivek H. Murthy, MD) called loneliness an epidemic which adversely affects health, happiness, and social connections. National NAMI indicates that this is especially true for individuals living with a mental illness and their families. Dr. Murthy found that individuals can feel alone even in a crowd. Also, many college students report that loneliness is one of their biggest challenges even when surrounded by others.

In his groundbreaking book; Together: The Healing Power of Human Connection in a Sometimes Lonely World, Dr. Murthy says that many of us are walking around with a hidden secret of loneliness. We rarely share this with others because of the stigma associated with expressing feelings of loneliness.

Loneliness can be situational, it can come and go, and it can be pervasive. No one is immune; and loneliness is more widespread than most of us realize. The CDC, NAMI, Dr. Murthy, and Help Guide have several suggestions for us.

First, realize "You are not alone!" There are many others who feel the same and would be glad to help and share. Therefore, reach out to others by inviting them for coffee, lunch, and/or a walk. Join a club, volunteer your time (especially with organizations that help others), and get out of your house/apartment into the fresh air. Talk with your family about loneliness and schedule regular times to talk, either personally or by phone. Use other ways to keep in touch with friends and family such as email, text, facetime, and personal visits.

Participate in one or more of NAMI Ozaukee social events which includes bowling every Monday as a spectator or bowler. Also, attend the pizza and movie night on the second Friday of each month and Nosh night every fourth Friday. All of these are at Circle B Recreation and listed in this newsletter. Everyone is welcome!

If loneliness becomes too much to bear and you feel overwhelmed, seek counseling or call NAMI Ozaukee. We are here to help, because you are not alone. Finally, if you just want to talk, you can call us at 262-243-2637 or you can email me directly at drweber9097@att.net, or call me at 262-689-2270.

Thank you, and take care of yourself!
Dr. Michael Weber, President, NAMI Ozaukee
Drweber9097@att.net, 262-689-2270

*Volume 2, Issue 62
Published Quarterly
June 2024*

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



I am sure everyone is familiar with the smiling face of Terri Brah who brings our spring, fall and holiday banquets into being. Terri and Bonnie Wasserman do their coordination magic every year for which our appreciation abounds. Terri came to NAMI in 2012. A family member was diagnosed with a mental health issue and her psychologist recommended us. Terri started by attending a Family to Family class. She went on to facilitate a Family Support Group and has continued to do so for the past ten years. Terri is a retired postal employee and now works part-time for Meijer Grocery who gave generous donations of \$5000 in 2023 and \$200 in 2024. Terri extends her thanks to NAMI members and the Family to Family class she attended for their love and support through difficult times in her life. To our readers Terri says "be sure to practice self-care while supporting others". She feels this is particularly important because if you are not healthy you cannot help someone else achieve that state. We thank Terri for her time on our Board of Directors and hope she will share her love and smiles with us for many years to come.

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

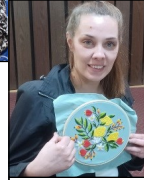


2024 NAMI Wisconsin
Iris Awards

Congratulations to Donna O'Connell for being the recipient of the NAMI Wisconsin Spark Plug Award at the annual conference.



Our Featured Artist



This month's featured artist is Kim who is shown with her beautiful embroidery project. What patience this takes! Thank you for sharing your remarkable art with us Kim.

This award is given to individuals who have made strong efforts to promote programs, fight stigma, and "spark" action. We thank Donna for all she has done and for her continued development and support of NAMI Ozaukee's programs, activities and her administrative abilities.

Crisis Intervention Partners Training

NAMI Ozaukee and COPS and KIDS



CIP is a 16 hour program presented in part by our Past-President, Mary Luzinski, and our President, Dr. Michael Weber, in addition to those credited below. CIP programs are meant to foster ongoing partnerships between first responders, advocacy, mental health and other community stakeholders. The target audience are 911 dispatchers, emergency personnel, hospital staff, teachers, social workers and more. The participants gain a better understanding of and improve interactions with people who experience mental health crisis.

NAMI Ozaukee mans a booth each year in the annual COPS and KIDS event. There you will meet lots of kids and their families along with our Fire and Police personnel. The event is meant to help develop trust between police/firefighters and the community. Our Youth Coordinator, Carole Hynes, brings treats and trinkets for the young visitors and gives out information about NAMI to the adults. Mary and Tom Luzinski, along with Donna O'Connell had a wonderful day helping Carole give out goodies and information.

CIT #13 was held May 7-8, 2024 at the Grafton Fire Department with a total of 25 in attendance. There were attendees from Ozaukee County Sheriff's Office, Washington County Sheriff's Office, Thiensville PD, Saukville PD, Southern Ozaukee FD, Clerk of Courts, Lumen Christi Church-Mequon, Prime Horizon, Sirona Recovery. The addition of community members added a new dimension to the training and was appreciated by all the attendees.

May 2024 Spring Banquet



Bingo was played at our Spring Banquet and enjoyed by everyone. We had a total attendance of 46 people.



Our bingo callers, Eric Anderson and John Kehoe, made the evening especially delightful.

A special thank you to Meijer Supermarket in Grafton for providing gift cards to the winners of each bingo game.

Fall 2024 Family to Family Class

Our next Family to Family Class begins Tuesday, September 10, 2024 from 6:00pm to 8:30pm and continues for 9 consecutive Tuesdays, taught by Jeff Graf, Susan Sellin and Jeanette Koch. 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 Peer Field Trips

We have recently begun to offer field trips for our peers at a cost of \$5 for peers. Families and/or other NAMI Ozaukee members are welcome to join us if they pay their fee for the venue and restaurant. Transportation is by car pool. Our first outing was to the Mitchell Park Domes. Eight people made the tour and enjoyed not only the sights but also the camaraderie of fellow attendees. Afterwards, we went to Katie's Diner to quench the thirst we worked up in the Desert Dome.

Future trips planned for 2024 are: June 8th at the Calatrava Art Museum with picnic lunch afterwards, August 18th - Irish Fest, October 20th - Holy Hill Basilica followed by a meal at the Sawmill Restaurant and a tentative plan for a Brewers Game.

If you wish to join us, call 262-243-3627. Any help with carpooling would be appreciated. Hope to see lots of faces!

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!

What does NAMI do and how can we help?

Past-President, Mary Luzinski, and President, Dr. Michael Weber, put their considerably capable heads together to compile the following list of "What does NAMI do and how can we help? It is really quite impressive.

- ◆ *Our focus is Advocacy, Education, Support, Awareness and Socialization for the individuals living w/a mental illness.*
- ◆ *We are available to provide mental illness awareness and support training to your organization. We have three support groups monthly: Family Support, Family to Family Class, and Peer Support.*
- ◆ *We have several social events: weekly bowling, a pizza night; a nosh night; and a cookout each month, also several field trips; a spring picnic; and a holiday banquet.*
- ◆ *We are helping organize and participate in a NAMI Walk on October 5th in Sheboygan to help bring awareness and support to individuals suffering with mental illness and their families.*
- ◆ *There are three golf outings that we attend or provide literature and information.*
- ◆ *We have a youth initiative by working with the schools in Ozaukee County and the YMCA in Saukville.*
- ◆ *We are available to make presentations to both public and private schools students and staff, and assist colleges in starting an on-campus program for their students.*
- ◆ *We provide suicide prevent training and training on dealing with negative people and acceptance/expanded view of diversity.*
- ◆ *We work closely with law enforcement to provide training for first responders and law enforcement officers. We participate in Cops and Kids and the National Night Out for Ozaukee County.*
- ◆ *We attend the Jewish Food Festival as a group.*
- ◆ *We work with Washington County on a joint Washington/Ozaukee Health Department Mental Health Committee.*
- ◆ *We are currently promoting 988 and 211 resources in the community.*
- ◆ *Our office is located at the ONC in Grafton; and we participate in several events with them.*

2024 State NAMI State Conference



On April 26 to 27th, NAMI Wisconsin held its Annual State Conference in Wausau, Wisconsin. NAMI Ozaukee attendees from left to right are Donna O'Connell, Co-Secretary, Jeanette Koch, Co-Secretary, Julia Wolff, Family to Family facilitator, Dr. Michael Weber, President, Vydas Dargis, Co-Vice President and last, but certainly not least, Mary Luzinski, Past-President. NAMI Ozaukee Treasurer, Tom Luzinski, also attended and took many photographs. All joined together to promote and learn more about hope, resilience and recovery.

Dr. Weber presented a popular session on how to remain positive when dealing with negative people. NAMI Wisconsin is already busy planning their 2025 Conference to be held in Madison, Wisconsin. The conference is open to all, won't you join us?

Upcoming NAMI Ozaukee Attractions

We had a blast at the Spring Banquet! Now mark your calendars for the Fall Banquet on September 19, 2024. The theme will be Country and Western. We will kick the event into motion with a chili cook off, followed by a performance by singer Peggy James, whose self-composed songs have a country flavor. Put on your boots and ten gallon hats and join the fun. (No horses or cows will be admitted.) The 2024 NAMI Walks will be happening on October 5th at Kiwanis Park in Sheboygan, Wisconsin. Put on those tennis shoes, stretch a little and let's go. More information will be sent out later in the summer which we hope you will enjoy immensely.



NAMI Ozaukee received a grant from the United Way of Northern Ozaukee to help with funding of the Pizza Night and Nosh Night events that are held monthly at Circle B Recreation. Socialization in a secure environment is an important part of maintaining recovery when someone lives with a mental illness. The United Way of Northern Ozaukee has provided grants annually and their support is greatly appreciated.

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!

Next Meetings for 2024

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

- June 20, 2024
- July 18, 2024
- August 15, 2024
- September—no meeting— fall picnic

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

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

Circle B Pizza Nights

- June 14, 2024
- July 12, 2024
- August 9, 2024
- September 13, 2024

Circle B 'Nosh' Nights

- June 28, 2024
- July 26, 2024
- August 23, 2024
- September—no 'Nosh' due to picnic

**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**.



**Support Group Meetings: Family and Peers
Leaders: Donna and Jeanette
Third Thursday of the Month (7:00-8:00 PM)**

- June 20, 2024
- July 18, 2024
- August 15, 2024
- September - no meeting

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

Leaders: Terri and Dr. Weber

- June 4, 2024
- July 2, 2024
- August 6, 2024
- September 3, 2024

Location: Ozaukee Nonprofit Center

Peers Only Support Group

Leaders: Vydas and Donna

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

- June 13, 2024
- July 11, 2024
- August 8, 2024
- September 12, 2024

Location: Ozaukee Nonprofit Center

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



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!

Immanuel Lutheran Church-Cedarburg, Illuminate Ozaukee, John and Terri Brah IMO Kay Christenson, Sharon Niesing IMO Kay Christenson, Grace Uselding IMO Kay Christenson, Linda Wendlandt IMO Kay Christenson, Linda Wendlandt IMO Margaret Conaway Ozaukee County Juror Designated, Louise Block IMO Leonard Laehn, Meijer Supermarket-Grafton, UWNO (United Way Northern Ozaukee) Grant.

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!

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:	

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!