



**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](http://www.nami.org)  
and the State NAMI website at:  
[www.namiwisconsin.org](http://www.namiwisconsin.org)  
Or NAMI Ozaukee at:  
[www.namiozaukee.org](http://www.namiozaukee.org)

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.

**Encouragement from the President of NAMI Ozaukee**

**Three questions to ask yourself to help choose your friends and therapist/counselor**

We all need a support system of friends, family, and possibly a therapist/counselor. How do we know if these people "have our backs"? We can determine the strength of those supports and whether they will be there for us through good and bad times, by using the three question technique. Renowned author and researcher, John Maxwell, offers a great suggestion which I have personally found to be very helpful.

In any relationship, ask yourself three important questions:

- Do you care for me?*
- Can I trust you?*
- Can you help me?*

If the answer to any one of these questions is no, then you might want to evaluate your relationship with this person because during challenging times, you need people who care about you, that you can trust, and that can help you.

What I have discovered by using this three question technique as a friend to someone else is that I try to show I care, that I can be trusted, and that I can help by setting aside my own needs to focus on the other person. Also, when applying this technique to someone I want to build a relationship with, if I answer no any one of these questions, I work at helping the other person to know me better. If I cannot change the no answer to a yes, I let the relationship go, and know that I will need to reach out to someone else during challenging times.

Therefore care for your friends, trust them, and help them. They will return the favor and you will have built strong relationships that will be with you through the good and bad times. Then cherish them and be thankful that they are in your life.

Take Care,  
Dr. Michael Weber  
NAMI Ozaukee President  
[Drweber9097@att.net](mailto:Drweber9097@att.net)

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**Meet your NAMI Ozaukee Board Member**

Vydas Dargis is our Co-Vice President. He shares the position with Mike Wendlandt. Vydas occupies many other roles both in NAMI Ozaukee and our local communities. He is a trained support group facilitator and co-facilitates a monthly Peer Support Group. His friendly face can be seen weekly at Monday Night Bowling where he offers encouragement to his fellow pin crackers along with factoids and lots of dad jokes even though he is not technically a dad. He is a steadfast mentor to NAMI Peers and families, regularly transporting and/or spending time with those in need of a little lift. He puts on his handyman hat for his friends and family and will apply himself to any task asked of him. If Vydas CAN do it for you, he will.



Vydas has belonged to NAMI for approximately 25 years. He believes that his faith and volunteering are central to his therapy and recovery along with the love of his family. He has attended Gesu Catholic Church in Milwaukee for 25 years and practices his faith diligently. His volunteer activities are numerous and have included math tutoring for the GED Program, volunteering for Red Cross activities, Al's Run and other runs for charitable causes. Currently he helps with church outreach, St. Vincent De Paul activities (for 28 years), and NAMI Ozaukee needs. He can be seen cleaning up after events, decorating Christmas trees, sharing his lived experience at classes and CIT, bringing food to share, and assisting with peer field trips. Supplying movies for Pizza and a Movie Night are one of his NAMI responsibilities, where he also excels at pizza consumption.

Vydas attended MATC in Milwaukee earning a degree in Electrical Technology and graduating with honors. There he participated in intramural basketball for which his height suited him well. He loves music and is a skilled Blues Harmonica practitioner. In his spare time (I don't know how he finds any) he enjoys thrift store shopping and collecting historical memorabilia.

This Gentleman is NAMI Ozaukee's hidden treasure. Thank you Vydas for all that you do.

<b>Holiday Party—December 19th</b>	<b>The Talent Corner</b>	<b>Illuminate Ozaukee with US</b>
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Please join us on December 19<sup>th</sup> for our NAMI Ozaukee Holiday Party in Cedarburg. There will be lots of love, cheer, music and carols to share. Be prepared to smile, sing, eat and applaud. Can't wait to see all your shining faces. Call 262-243-3627 if you need an invitation to complete. Free for Peers and only \$15 for friends and family. Joy to the World!

Meet Peanut and Michelle. Michelle says that Peanut is very skilled at sitting, but Peanut's special and most precious talent is loving Michelle unconditionally. Michelle returns that love and considers Peanut to be a vital support in her life.

Treat your family to a drive through holiday light show brought to you by the Ozaukee Nonprofit Center at Zeunert Park in Cedarburg in support of Ozaukee organizations (including NAMI). The event happens on December 6, 7, 13, 14, 20, 21, 22 and 23 from 5:00 to 8:00pm. There is a Letters for Santa drop box and characters for the kiddies to meet. Donations are optional. Search "Illuminate Ozaukee" for Details.

**Fall Banquet**

Our Western Themed 2024 Fall Banquet was a tremendous success featuring, Peggy James, our local singing talent. We got a preview of her 7<sup>th</sup> album tunes and kicked up our heels to work off the wonderful chili we had just consumed. Chefs were Erik Anderson, Vydas Dargis, Sue Sellin, Jeanette Koch and Donna O'Connell's son Jason. Sue Durr was our interior decorator. Terri Brah, Linda Wendlandt and Bonnie Wasserman, our Social Events Committee, directed the whole affair with finesse. As you can see a wonderful time was had by all the cowpokes and cow gals.

Aren't we lucky to have such friends?



**NAMI Ozaukee Field Trip Journal**

Pictured are our Vice Presidents Vydas and Mike after they exerted themselves decorating NAMI's Tree.



Two wonderful Field trips occurred this quarter. We visited the Shalom Wildlife Zoo in September. We were eight strong and a terror to behold with our three golf carts. Connor Dunn, Jeanette Koch and Erik Anderson chauffeured the attendees through the winding paths with aplomb. Goat, zebra and deer petting commenced.

**Women's Peer Support**

You may have heard that NAMI Ozaukee now offers a Peer Support Group for "Women Only" on the 4<sup>th</sup> Tuesday of each month at 6pm excluding holidays. There will be none in December but the group will resume in January 2025 with Michelle Block, Kim O'Malley and/or Donna O'Connell facilitating. The women only format offers a safe space for those who are uncomfortable airing their feelings and concerns in the presence of the opposite sex to find camaraderie and support. The response thus far has been very positive. No need to register. You only need to be a peer and 18 years of age or older. Call 262-243-3627 with any questions.

In October, twelve NAMI Ozaukee members toured the Holy Hill Basilica to enjoy the fall colors. We barely glimpsed the interior of the Basilica due to enthused crowds but enjoyed nature. After Holy Hill we had lunch at the Sawmill Restaurant and were served with good humor.

Our next adventure will commence on December 8th at 3:00 pm when we will attend the choral symphony HANDEL'S MESSIAH at the Crossroads Presbyterian Church in Mequon. Our own star, Jeanette Koch, is a choir member in the production. Join us to see this extraordinary Christmas presentation. Admission is free. We will carpool from the ONC as usual. Call 262-243-3627 if interested.

**NAMI Ozaukee Holds Crisis Intervention Training No. 17**

NAMI Ozaukee's Crisis Intervention Training (CIT) No.17 was held on October 7-11 at the Ozaukee Sheriff's Office and Concordia University. There were 22 officers from 14 departments: Ozaukee and Richland County Sheriff's Department and the Police Departments of Port Washington, Saukville, Mequon, Thiensville, Sheboygan Falls, Kohler, Plymouth, Fall River, Fond du Lac, Lake Geneva, Oneida, and UW-Milwaukee.



Concordia University Theater students role played in different scenarios depicting individuals in a mental health crisis giving participating officers the opportunity to practice skills they learned during the 40-hour Crisis Intervention Training. The student actors were Joshua Bowen, Wyatt Michaels, Tirzah Schmicke, Rivkah Schmickle, Elani Dalianis, Lilly Keller (Teegan), Aimee Zanter Krawczyk, Magdalena Horn, and Courtney Marie Reid.

**Wellness Event**



On the 16<sup>th</sup> of November, Carole Hynes and Mary Luzinski along with a little elf, aka, Carole's grandson, Henry Krabbe (pictured here) manned a NAMI information booth at a Wellness Event hosted by Elite Fitness. Approximately 50 people stopped by the table obtaining useful and sometimes life changing information. Thanks Mary and Carole and Henry.

Our own Past President Mary Luzinski and current NAMI Ozaukee President Dr. Michael Weber are part of the CIT presenting team. The program is designed to promote an understanding of individuals who experience mental illness and the family/loved ones who support them.

The CIT training is funded by NAMI Ozaukee and a grant from NAMI Wisconsin.

Do not hesitate to contact us if you know of an event that would be appropriate for NAMI Ozaukee to participate in. We are free!

**Spring 2025 Family-to-Family Class**

2025 approaches quickly with our next Family to Family Class. The sessions will be held on 9 consecutive Wednesdays beginning March 12<sup>th</sup> from 6:30 to 9:00 pm. Dan Wolff and Donna O'Connell will facilitate with humility and humor. The class is designed for adult family members, friends and any other loved ones of persons experiencing mental illness. The course includes information on illnesses such as major depression, bipolar disorder, schizophrenia, and other mental disorders. Also included are strategies for communicating with the ill loved one, maintenance of the supporter's own health and minimizing life disruption. The program is taught by volunteers trained by NAMI Wisconsin and who have lived experience supporting mentally ill loved ones. Please spread the word to anyone you think might benefit from this class. Reservations are required. Email [namiozaukee@gmail.com](mailto:namiozaukee@gmail.com) or call 262-243-3627 if interested.

*NAMI Ozaukee CIT and CIP training grants are provided by NAMI Wisconsin. We thank you for your continued support!*

**Next Meetings for 2024**

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

- December—no meeting—holiday party
- January 16, 2025
- February 20, 2025
- March 20, 2025

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 —no meeting
- January 16, 2025
- February 20, 2025
- March 20, 2025

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

- Leaders: Terri Brah and Dr. Weber
- December 3, 2024
  - January 7, 2025
  - February 4, 2025
  - March 4, 2025

Location: Ozaukee Nonprofit Center

**Peers Only Support Group  
Leaders: Vydas and Donna  
Second Thursday of the month (6:00—7:30pm)**

- December 12, 2024
- January 9, 2025
- February 13, 2025
- March 13, 2025

**Women Only Peers Support Group  
Leaders: Michelle, Kim and Donna**

**Fourth Tuesday of the Month (6:00-7:00pm)**

- December—no meeting
- January 28, 2025
- February 25, 2025
- March 25, 2025

Location: Ozaukee Nonprofit Center

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

**Circle B Pizza Nights**

- December 13, 2024
- January 10, 2025
- February 14, 2025
- March 14, 2025

**Circle B 'Nosh' Nights**

- December—no 'Nosh' due to holiday party
- January 24, 2025
- February 28, 2025
- March 28, 2025

**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 **Vydas Dargis**.



**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  
**LGBT National Hotline - 888-843-4564**  
**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!**

Brian and Laura Brewer, Baird Foundation, Ozaukee County Jurors, John and Becky Abbott, Linda Wendlandt, Paula Floor, Mark Repenshek, Phyllis Moritz, Thiensville Mequon Sunrise Rotary

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>
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