



National Alliance on Mental Illness

nami

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

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

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NEGATIVITY BLOCKERS

In the last newsletter, we discussed how negative words can hurt and how we should use positive words to build others up. We now need to explore how to deal with negative words that come at us so we can protect ourselves by using negativity blockers. There are several negativity blockers you can use. Below are five of the most common and effective that I use all the time:

1. First, realize that the negative words say more about the other person than you. You are not what people say you are but who you believe you are. So see yourself as a mirror and let those negative words bounce off of you and back to them.
2. Create a positive atmosphere around yourself by what you think, you say, your attitudes, and how you act. Negative words get stuck in this positive atmosphere and go no further. Because you have this positive atmosphere around you, the words do not phase you, and you will have the power to ignore them and move on. A great bonus is that you will draw positive people toward you.
3. Use the concept called Cognitively Reframe. You control your mind and what you think. Therefore take the negative and turn it around into a positive or wrap the words up into an imaginary ball. Then throw the ball into the lake and watch it sink. Also, you can say to yourself that you are too positive to let the words bother you as you raise above the words (take high road).
4. Only you can let negative words get past your outside and into where you live (your thoughts, your mind, and your spirit). So see the words hitting your outside and going no further, and even bouncing off of you.
5. The final one I will discuss in this article is to feel sorry for the person for being so negative that they need to use such negative language. Give them a silent blessing, take your positive atmosphere, and move on.

The goal is not to allow others' negative "to get to you". Do not allow it to come inside of you. If someone tries to give you a "gift" of negativity, and you do not accept it, then it still belongs to them.

These have been the five most popular of the ten I have developed. If you would like all ten, just email or text me.

Enjoy a positive day and take care!

Dr. Michael Weber, NAMI Ozaukee President, drweber9097@att.net, 262-689-2270 text and voice

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 Member Elected to NAMI Wisconsin Board of Directors



Meet Heather Boesch, a longtime member of NAMI Ozaukee. Heather grew up with a mentally ill family member and understands the importance of educating our public about this difficult condition. In 2015, when Heather was working as a dispatcher for the police department, she was encouraged by Sheriff Christy Knowles and then Port Washington School Superintendent Dr. Michael Weber, to tell her story during Police Crisis Intervention Training (CIT). During CIT, family members of those with mental illness share with officers their life experience with their affected loved ones. This humanizes and promotes empathy for people that the police might be in contact with who suffer from mental illness.

Heather has participated in many NAMI promotional events over the years including the NAMI Walk and CIT/CIP (Crisis Intervention Partners). She has attended NAMI's Family to Family Class and her first NAMI Wisconsin State Conference this year

Heather's mentally ill loved one recently passed away. When it was suggested she run for NAMI Wisconsin's Board of Directors, Heather felt it was a good way to honor her loved one.

Heather's personal and professional expertise will prove to be valuable in her new role as Board Member. She has experienced 'up close and personal' the distress mental illness can cause. She often received calls from individuals affected by this disorder during her dispatch days. She came to know well how educating emergency personnel can promote improved outcomes for interactions with those in the throes of a mental health crisis. She states she will continue to support and advocate for those impacted by this often misunderstood disease and to fight for the funding to do so.

CIP #14 Training

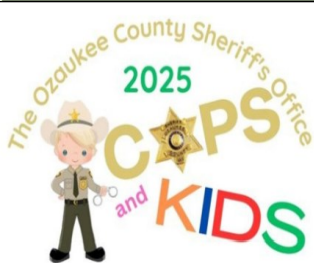


CIP # 14 (Crisis Intervention Partners) was held on May 14-15, 2025 at the Grafton Fire Station. The 38 attendees were from: Aurora Hospital Grafton, Center for Jewish Life in Mequon, Lumen Christi Church Mequon, Sheboygan County Communication, Grafton Fire/EMS, Ozaukee County Dispatchers, Ozaukee County Sheriff's Office Jail Duty, Ozaukee County Clerk of Courts, and Ozaukee County Human Services.

For those who are not familiar with the term CIP, it is

Crisis Intervention training for a wide range of personnel who are interested in learning more about how to respond to mental health crisis situations such as dispatchers, EMTs, nurses, prison employees and others. Our President Dr. Michael Weber, and Past President Mary Luzinski contribute many hours to CIT and CIP training programs benefiting both public service personnel and those experiencing a crisis. Thank you both.

2025 Cops and Kids



On May 4th NAMI Ozaukee volunteers Carole Hynes, Terri Brah, Dr. Michael Weber and Mary and Tom Luzinski braved the 43-degree, windy Wisconsin weather to man our educational booth at the annual Cops and Kids event on the Ozaukee County Fairgrounds. The event is held to connect our kids and families to emergency personnel and other altruistic agencies in a fun setting to promote community solidarity while spreading helpful information to encourage safety and health. The kids love the exhibits and swag and grownups appreciate all the useful information provided.

Important 2025 dates to save for NAMI events

September 18th - Fall Banquet at Lime Kiln Park in Grafton

October 4th - NAMI Walks Wisconsin at Kiwanis Park in Sheboygan

December 18th – Holiday Party held at Immanuel Lutheran Church in Cedarburg

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Wisconsin State NAMI Conference 2025



Ten NAMI Ozaukee members attended the NAMI Wisconsin yearly conference April 25 - 26th in Madison to network with other affiliates and attend multiple educational breakout sessions. Our own Board President, Dr. Michael Weber, is one of the most popular presenters every year! New NAMI Wisconsin Board Members (including our Heather Boesch) were presented and multiple awards given. We look to this conference for updates in research and advances in the mental health pool of knowledge. Inspiration is gained when people with like ideals and beliefs gather. Lots of swag was supplied by vendors of services and medication.

Kody Green, a motivational speaker on the experience of mental illness, drug addiction and advocacy for those affected by both, spoke and then signed copies of his new book, "Minds Over Meetings: A Personal Perspective on Wellness in the Workplace". Along with self-care and coping strategies to help all professionals manage their mental health better at work, this book provides employers with proper initiatives to foster an understanding, empathetic and supportive environment, backed by the latest research findings in the field.

We all learned much and came home with a sense of renewal, lots of literature and bags of swag. Join us next year on April 10th for the NAMI State Conference in Appleton at the Paper Valley Hotel. Can't wait!

Fall 2025 Family-to-Family Class

The National Alliance of Mental Illness is offering the Family to Family 9-week class in Grafton on Wednesday nights beginning September 17th from 6:30 to 9:00 pm. 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 who have been trained to meet NAMI National and Wisconsin State level standards and who have lived experience supporting loved ones with mental health disorders. You can connect with others who understand.

A participant stated "This course overall was the single most, without a doubt, helpful and informative thing offered in all my years of searching for answers. It has helped me to better understand and communicate more effectively with my brother".

"The course has helped me to realize that my son is still inside the body and is often times hidden by the mental illness and that I am not alone in this," said another participant. YOU are NOT alone! Call NAMI Ozaukee at 262-243-3627 for further information or to sign up. Reservation of a spot is required.

Spring Banquet 2025



NAMI Ozaukee's Spring Banquet was an event to remember. Fifty-one people attended to share food, fun, companionship and Bingo. John Kehoe and Erik Anderson called Bingo numbers with style, aplomb and humor. \$25 gift certificates for Meijer Supermarket were awarded as prizes. Delicious sub sandwiches from Out and Out, multiple desserts, Tom Luzinski's famous meatballs and chips from Vydas were featured. Erik Anderson made hot spinach balls. Becky Abbott's zucchini cake was a hit along with Terri Brah's lemon bars. Are you hungry yet? There were too many goodies to list here but thanks to all who contributed. We couldn't do it without you. Thanks to our Events Committee, Sue Sellin, Terri Brah, Bonnie Wasserman and Linda Wendlandt for their hard work. We applaud them. For more of the above, join us at the Fall Banquet which will be held at Lime Kiln Park Pavilion on September 18, 2025.

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Lucky Jeff

We all know Mr. Jeff Hoffman. He can be seen many a day biking around Ozaukee County. Jeff is, as you know, our premier bowler. His bowling shirt reads Turkey A LA King. He knocks down at least one turkey on each Circle B bowling Monday. Often he has two or three.

Jeff recently went Turkey hunting and bagged his bird.

At the Spring Banquet Jeff tried his hand at Bingo and, you guessed it, won.

When asked how he got so lucky Jeff cited his Irishness. Give us some Jeff!



John Michael Kohler Arts Center Field Trip

On May 18th five NAMI Ozaukee members descended upon the Kohler Art Museum in Sheboygan. We enjoyed all the exhibits including an entire bedroom done in what looked like bubblegum pink frosting. After the museum we visited Parker John's BBQ and Pizza for various BBQ dishes and peach cobbler. We groaned with full stomachs all the way home. Please join us for future field trips. A tentative schedule is listed below. Trips are followed by a visit to a local restaurant. The cost for Peers is only \$5. We carpool from the Ozaukee Nonprofit Center parking lot

Scheduled 2025 field trips still to come:

June 15: Polish Fest

June 29: Watching Conner and Patrick Dunn compete in a game of Hurling at Brown Deer Park picnic area #2 at 2pm

July 13: Shalom Zoo in West Bend

August 10: Jewish Food Fest

August 24: St Josaphat Basilica

September: No field trip due to Fall Banquet

October 19: East Troy Railroad, a train ride to the Elegant Farmer for lunch and back

December 7: Choral Symphony Performance of Handel's Messiah at Crossroads Church

Nami Ozaukee Treasurer Wins Prestigious Award



Thomas Luzinski, our Nami Ozaukee Board of Director's Treasurer, was presented with the highly coveted MEATBALL WIZARD Award on May 15th at our 2025 Spring Banquet. Dr. Luzinski is famed for his meatballs in BBQ sauce which he prepares for our many NAMI Ozaukee events. YUMMY! Thank you, Tom!

Donations and Grants- March 2025 to May 2025

Living Word Lutheran High School, Jackson, In Memory of Libby Wellner & Denny Oechsner

Kathy and Tom Stellato In Memory of Pam L Lee

Margaret Melrose In Memory of Pam L Lee

Community United Methodist Church, Cedarburg

Immanuel Lutheran Church, Cedarburg



Santa Makenieks

Charles Anderson

United Way Northern Ozaukee Grant

Ozaukee Generous Jurors

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Next Meetings for 2025		Movie & Pizza & "Nosh" Nights at Circle B Recreation 6261 WI-60 Trunk, Cedarburg WI 53012	
<p>Business Meetings (6:00 - 6:55PM)</p> <ul style="list-style-type: none"> • June 19, 2025 • July 17, 2025 • August 21, 2025 • September—no meeting—Fall Banquet <p>Location: Ozaukee Nonprofit Center 2360 Dakota Drive, Grafton WI 53024</p>		<p>Circle B Pizza Nights</p> <ul style="list-style-type: none"> • June 13, 2025 • July 11, 2025 • August 8, 2025 • September 12, 2025 <p>Circle B 'Nosh' Nights</p> <ul style="list-style-type: none"> • June 27, 2025 • July 25, 2025 • August 22, 2025 • September—No Nosh 	<p>Reservations must be made for both Pizza and Nosh nights by 3pm on the Wednesday of that week. Call 262-243-3627 to make a reservation.</p>
<p>Support Group Meetings: Family and Peers Leaders: Donna and Jeanette Third Thursday of the Month (7:00-8:00 PM)</p> <ul style="list-style-type: none"> • June 19, 2025 • July 17, 2025 • August 21, 2025 • September—Fall Banquet <p>First Tuesday of the Month (5:30-6:30 PM) Leaders: Terri Brah and Dr. Weber</p> <ul style="list-style-type: none"> • June 3, 2025 • July 1, 2025 • August 5, 2025 • September 2, 2025 <p>Locations: Ozaukee Nonprofit Center</p>	<p>Peers Only Support Group Leaders: Vydas and Donna Second Thursday of the month (6:00—7:30pm)</p> <ul style="list-style-type: none"> • June 12, 2025 • July 10, 2025 • August 14, 2025 • September 11, 2025 <p>Women Only Peers Support Group Leaders: Michelle, Kim and Donna Fourth Tuesday of the Month (6:00-7:00pm)</p> <ul style="list-style-type: none"> • June 24, 2025 • July 22, 2025 • August 26, 2025 • September 23, 2025 <p>Locations: Ozaukee Nonprofit Center</p>	<p>Peer and Friends of NAMI Social Events Monday Night Bowling</p> <p>At <i>Circle B</i> 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.</p> 	
Ozaukee County Important Contact Info		10 Common Signs of a Mental Health Condition	
<p>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</p> <p><u>IMPACT 211</u> - for Southeastern Wisconsin</p>  <p>Simply dial 211 to access Family, Health and Social Service Resources</p>		<p>Feeling sad or withdrawn for more than two weeks</p>	<p>Seeing/hearing or believing things that are not real</p>
		<p>Trying to harm or end one's life or, planning such</p>	<p>Excessive use of alcohol, drugs or both</p>
		<p>Severe risk taking that causes harm to self or others</p>	<p>Drastic changes in mood, behavior, personality or sleeping habits</p>
		<p>Sudden overwhelming fear/anxiety for no reason</p>	<p>Extreme difficulty in concentrating, staying still leading to physical danger</p>
		<p>Throwing up, using laxatives or, not eating to lose weight</p>	<p>Intense worry or fear that get in the way of daily activities.</p>
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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	
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