NAMI Ozaukee
National Alliance on Mental Illness
NAMI Hope starts with you.

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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HOPE IN ACTION FOR A BETTER FUTURE

In her recent book Victoria Osteen observes, "We've all had times when things seemed to be going great and then, with no warning, some bad news pulls the rug out from under us". When this happens, Shane Lopez indicates that we all have a powerful weapon called "hope" to get back on track. Hope is the belief that things will get better, and the bad news will not last forever; "Tomorrow will be a better day".

The best way to put hope in action is to remember when you went through some bad times before; and you successfully got back on track. Say to yourself that this too shall pass and I will feel better soon. You can also remember all the blessings you have in your life and focus on positive memories. It's like shining a light in the darkness so you can see things more clearly and not lose sight of what you have.

Our goal then becomes using hope to create a better future for ourselves, our families, our friends, and even our community. Hope creates a ripple effect similar to creating ripples when throwing a stone in the water.

Neuroscience researcher, Barbara Fredrickson, says that hope is one of the eleven positive emotions that can increase our positive brain cells and can inspire more positivity. Hope matters, it is a choice, it can be learned, and hope can be shared. It is important that we realize that whatever we are going through is temporary and that we can change it through remembering our good qualities along with a realization that our hopefulness can have a positive ripple effect on those around us.

Take care, and reach out to others to help them build hope!

Dr. Michael Weber, Ph.D.
262-689-2270, text and voice
Drweber9097@att.net

The CIT and CIP Trainings are funded by Grants from NAMI Wisconsin.

NAMI Ozaukee Fall Family to Family Class beginning September 16th

The next Family to Family Class will be offered in the Fall of 2026 beginning September 16thth. The class is free and designed for adult family members and friends of persons living with mental illness. It includes information on illnesses such as major depression, bipolar disorder, schizo-phrenia and other mental health disorders. 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 intensively trained volunteers who have lived experience supporting loved ones with mental health disorders.

Thousands of families describe the class as life changing. One family member said "This course overall was the single most, with-out a doubt, helpful and informative thing ever offered in all my years of searching for answers…it has helped me to understand better and communicate more effectively with my brother.

The NAMI Family-to-Family Course is held in Grafton and will begin on September 16th at 6:30pm and continue for 8 more consecutive Wednesdays. Registration is required and space limited so call NAMI Ozaukee at 262-243-3627 as soon as possible.

Crisis Intervention Partners (CIP) Training

CIP #16 was held May 6-7 at the Grafton Fire Department. Crisis Intervention Partners (CIP) is a 16-hour training modeled after the educational components of CIT. It's designed for a wide range of professionals who want to improve their understanding of mental health and learn how to respond more effectively during a crisis.

There were 29 attendees from the following organizations & departments: Ozaukee County Sheriff's Dispatchers, Ozaukee Clerk of Courts, Ozaukee Economic Support, Ozaukee Aging & Disability, Ozaukee Human Services, Ozaukee Family Promise,, Ozaukee Family Services, Trinity Lutheran School Freistadt, Ashland County Sheriff, Shorewood PD, Wisconsin State Capitol, and Walworth County Sheriff's Office.

Medcor Safety Fair

On May 4th and 7th NAMI Ozaukee attended day-long Safety Fairs with Medcor at Port Washington and focused on Mental Health Information for Construction Workers. 225 of the workers attended during their lunch breaks. The focus was on Prevention of Suicide and PTSD for construction workers. Thank you to Medcor for inviting us. Thank you to Tom Luzinski, Donna O'Connell and Mary Luzinski for spending time with the workers.

2026 Wisconsin State Lion's Conference

On May 15th, 2026 NAMI Ozaukee attended the Wisconsin State Lion's Conference in Pewaukee. Dr Michael Weber was the luncheon keynote speaker on Friday. His session was titled "Who Takes Care of the Caregivers." and he spoke at a breakout session on "Dealing with Negative People & Keeping from Becoming Negative Yourself". The room was "Standing Room Only". Carole Hynes presented a session on QPR. Question, Persuade, Refer- techniques for the Prevention of Suicide. At the NAMI Ozaukee display table Tom and Mary Luzinski worked with attendees on setting up their own programs and resource materials. The day was very rewarding working with all of the Wisconsin Lions.

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The Art Corner

We just have to show you how again how talented our Crochet Champion Cheri Gregorius is. She just whipped up a bunch of washcloths and dish scrubbies as shown in the photo to give as gifts. She also makes hats. So cute. And plays the piano too! Great work Cheri! Thank you!

NAMI Ozaukee's 2026 Spring Banquet

May 21st we celebrated our mutual alliance with old friends and new. The gang was decked out in their Milwaukee Brewer finery to show support for our local team. Our Bingo Leaders were John Kehoe (number caller) Mike Wendlandt (number spinner) and Linda Wendlandt (supervisor of the other two).

Dr. Tom Luzinski recited "Casey at the Bat" along with words of wit and wisdom. Molly's Catering , as usual, served fine food and superb desserts were provided by our generous attendees. The Meatball Wizard performed his usual magic with his delectable balls of meat in his secret sauce and was appreciated gastronomically. Thank you all for sharing this event with us and ***mark*** your calendars for September 17th, the date our Fall Banquet will commence.

NAMIWalks Ozaukee- Saturday October 10th- Thiensville Village Park

We are so excited to have you join us for this special day full of community, awareness, and ending the stigma. Funds raised from NAMIWalks Ozaukee will allow NAMI Wisconsin to continue providing free support, education, and advocacy year round. NAMIWalks Ozaukee is a NAMI Wisconsin event in partnership with NAMI Ozaukee. Keep an eye out for future information.

The Adventures of the Gallivanting Secretaries 2026

NAMI Ozaukee's Board Secretaries Donna O'Connell and Jeanette Koch attempted to take off for the balmy shores of San Clemente California on January 28th in the year of our lord 2026. OOPS! The flight out of Milwaukee was canceled 7am and rescheduled for 3pm, then

OOPS! The flight is delayed another 2hrs and rerouted for layover from Phoenix to Dallas then OOPS, delayed another 2hrs.Then OOPS flight to California is rescheduled for next Morning because the destination Airport (John Wayne) California closes at 10 pm. What fun the Secretaries had sleeping in the Dallas Airport with the employee's rap and country radio stations serenading them. What comfortable accommodations! The next scheduled flight to head in California's direction is 9am. Oops flight delayed another 2 hrs. Arrival at John Wayne Airport, California 1pm only 24 hours late!!!

After such fun getting to San Clemente the vacation itself was tame, only hours by the ocean, sun sparkling on the waves, birds fishing, dolphins frolicking and the temperature reaching a scant 83 degrees compared to Wisconsin's -14 degrees. They missed you all.

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NAMI Helplines

We here at NAMI Ozaukee would like to highlight the multiple Helplines and Resource Guides available through NAMI. We would like, also to encourage those who are in need of an empathetic ear or information leading to various Support Networks and Navigation Guides to help you get through the many complex bureaucracies which intersect with the Mental Health System. Take a look at the list of helplines and resources available and USE them. They are there for you. NAMI Helplines are available 10am to 10pm M-F ET.

The Caregiver Helpline Specialist-call 1-800-950-624, press"4"or text "Family" to 62640.

The 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-call 888-843-4564.

NAMI Ozaukee-262-243-3627. Leave a message and you will receive a return call the same or next day. Email us at namiozaukee@gmail.com.

The NAMI Helpline-call 1-800-950-6264, text 62640, chat nami.org/help, email helpline@nami.org.

The Nami Wisconsin Resource Guide (Navigating the Experience) - offers in depth resources, information and advice for people navigating the mental health system. Go to namiwisconsin.org, click on resources to download or print. Ask Mary Luzinski, Donna O'Connell, Jeanette Koch or Dr. Michael Weber if you want a hard copy.

Guide to Navigating the Criminal Justice System-Learn more at nami.org/ CriminalJusticeGuide.
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24/7 NonNami Helplines

The National Suicide and Crisis Helpline (988)-call or text.

211- Call for housing crisis and social service resources.

911-for police intervention. Ask for a Crisis Intervention (CIT) Officer.

OTHER Helplines

Sirona Recovery-for drug abuse problems. 262-377-1477.

You may wish to print this list to have the information readily available. The NAMI Ozaukee Newsletter lists most of these numbers on the inside back cover. You are not alone!

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Goodbye to John Jr.

It is with heavy hearts we must announce that our dear friend John F Abbott passed away on April 1st, 2026. He was 48 years old. John was a Milwaukee Brewers fan, a dog lover, and held a deep affection for Australia where he spent time as student. He was an alumni of Homestead High School and subsequently the University of Wisconsin Oshkosh where he studied journalism. John participated in Crisis Intervention Training for the Police and with his dry sense of humor John had our officers cracking up. We will miss him so much!

Memorials and Donations – Spring 2026

NAMI Ozaukee Memorials and Donations

In Memory of Bobbie Hoffmann:
Phillip & Marie John
Faith Overdahl
Linda & Robert Reuss
Joseph & Michelle Shirley
Tom & Mary Luzinski
Barbara Hoffmann Living Trust

In Memory of John Abbott Jr.:
Terri & John Brah
Linda Wendlandt
Jo & Terry Heckenbach
Tom & Mary Luzinski

In Memory of Jenna Weber:
David & Kathy Weber
Sue Grosskoph & Connie Herwig
Terri Weber

In Memory of Rosemary Schmit:
Louise Blook

Mel's Charities

Janice Watson & Alfred Lustig Trust

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The Manitowoc Maritime Museum Field Trip

On March 29 a small group of NAMI Peers and Members descended on the Manitowoc Maritime Museum. Manitowoc is truly rich in the seafaring lore and shipbuilding in addition to being a beautiful place to live or visit on the west shore of Lake Michigan. 28 submarines were built there for the WWII effort. They then made a trip to Chicago before going overland to the Mississippi River and then to New Orleans. The USS Cobia which was built in Connecticut and sank Japanese ships in the battle for Iwo Jima, is docked at the Museum. The subs were tumbled into the water sideways after being constructed. It is most impressive. We saw the films. NAMI Folks got to bumble around inside this historical vessel imagining how smelly it got with no showers and 75 sailors for tours of duty adding up to months. Clothes pins must have been valuable!

The exhibits in the Museum are fascinating and include many boats and facts about the history of the Great Lakes. We highly recommend it.

Dates to Remember for NAMI Ozaukee in the Year 2026

June 14 - Field Trip to tour the Wisconsin State Capitol Building—12 pm
July 12 - Field Trip to the Shalom Wildlife Zoo
August 9 & 10 - Jewish Food Festival
August 16 - Field Trip; Blue Heron Landing Boat Tour of Horicon Marsh
September 16 - Fall Family to Family Class begins
September 17 - NAMI Ozaukee Fall Banquet
September 27 - Paine Art Center and Gardens in Oshkosh
October 10 - NAMI Walk in Thiensville
December 6 - "The Messiah" performed at Crossroads Presbyterian Church

Next Meetings for June 2026

No need to register for support groups—please attend as you wish

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 **Bowling at Circle B 6:30—7:40 pm**	2 **Family Support Group 5:30 - 6:30pm at ONC**	3	4	5	6
7	8 **Bowling at Circle B 6:30—7:40 pm**	9	10	11 **Peer Support Group 6:00—7:00 pm at ONC**	12 **Pizza Night at Circle B 4:30 - 5:30 pm**	13
14 **Field trip to Capital in Madison**	15 **Bowling at Circle B 6:30—7:40 pm**	16	17	18 **Business Meeting 6:00 - 6:55pm Family and Peer Support Group 7 - 8pm at ONC**	19	20
21	22 **Bowling at Circle B 6:30—7:40 pm**	23 **Women's Only Peer Support Group 6:00 - 7:00 pm at ONC**	24	25	26 **Nosh Night at Circle B 4:30 - 5:30 pm**	27
28	29 **Bowling at Circle B 6:30—7:40 pm**	30	31			

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Next Meetings for July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 **Bowling at Circle B 6:30—7:40 pm**	7 **Family Support Group 5:30 - 6:30pm at ONC**	8	9 **Peer Support Group 6:00—7:00pm at ONC**	10 **Pizza Night at Circle B 4:30 - 5:30 pm**	11
12 **Field Trip to the Shalom Wildlife**	13 **Bowling at Circle B 6:30—7:40 pm**	14	15	16	17	18
19	20 **Bowling at Circle B 6:30—7:40 pm**	21	22	23 **Business Meeting 6:00 - 6:55pm Family and Peer Support Group 7 - 8pm at ONC**	24 **Nosh Night at Circle B 4:30 - 5:30 pm**	25
26	27 **Bowling at Circle B 6:30—7:40 pm**	28 **Women's Only Peer Support Group 6:00 -7:00 pm at ONC**	29	30	31	

Next Meetings for August 2026

7SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 **Bowling at Circle B 6:30—7:40 pm**	4 **Family Support Group 5:30 - 6:30pm at**	5	6	7 **Pizza Night at Circle B 4:30—5:30 pm**	8
9	10 **Bowling at Circle B 6:30—7:40 pm**	11	12	13 **Peer Support Group 6:00 - 7:00 pm at ONC**	14	15
16 **Field trip; Boat tour of Horicon Marsh**	17 **Bowling at Circle B 6:30—7:40 pm**	18	19	21 **Business Meeting 6:00 - 6:55pm Family and Peer Support Group 7 - 8pm at ONC**	22 **Nosh Night at Circle B 4:30 - 5:30 pm**	23
24	25 **Bowling at Circle B 6:30—7:40 pm**	26 **Women's Only Peer Support Group 6:00 - 7:00 pm at ONC**	27	28	29	30

Reservations must be made for both Pizza and Nosh nights by 3pm on Wednesday of that week. Please call 262-243-3627 to make a reservation. The Ozaukee Nonprofit Center (ONC) address is 2360 Dakota Drive, Grafton. Circle B Recreation's address is 6261 Hwy 60, Cedarburg. The cost of bowling for peers and children is $5.00. The fee for all others is $10.00

Ozaukee County Important Contact Info

EMERGENCY..... ***911***

Mental Health Emergency…988

Veteran Crisis Hotline ….988 press "1"

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

IMPACT 211 - for Southeastern Wisconsin - Simply dial **211** to access Family, Health and Social Service Resources

LGBT National Hotline - 888-843-4564

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 Family Caregiver Helpline Specialist
Call 1-800-950-6264, Press "4" or text Family to 62640

NAMI OZAUKEE……262-243-3627

Please leave a message with your name and telephone #
Email: ***namiozaukee@gmail.com***

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NAMI Ozaukee
National Alliance on Mental Illness

Box 335
Mequon, WI 53092
Address Correction Requested

Join NAMI Ozaukee

When you join now, you become a member of your NAMI Affiliate, your NAMI State Organization and the national NAMI organization.

Yes, I want to: (please check one)

☐ join NAMI
☐ renew 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 *Advocate*, as well as NAMI's monthly e-newsletter, *NAMI Now*, if you subscribe at:**www.nami.org/subscribe**. All members receive the same benefits. NAMI membership is valid for one year.

Contributions

NAMI Ozaukee needs your support. Your gift will help continue the support and education services for everyone affected by mental illness

☐ $ 25
☐ $ 50
☐ $ 75
☐ $ 100
☐ $ 125
☐ $ 200
☐ $ _____

NAMI Ozaukee is a tax exempt, non-profit organization. Donations are tax deductible to the extent allowed by law.

Mail to:
NAMI Ozaukee
Box 335
Mequon, WI 53092
(Or—Pay online at the website: www.nami.org)

Title: ☐ **Mr.** ☐ **Mrs.** ☐ **Ms.** ☐ **Dr.**

Primary Member Last Name:

Primary Member First Name: | **Middle:**

Address:

City: | **State:** | **Zip:**

Phone:

Email:

Payment Information	☐ **Check**	**or**	☐ **Cash Enclosed**

For Office use only: ☐ Check ☐ Cash Date:

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