



NAMI

Kenosha

National Alliance on Mental Illness

A newsletter for those interested in Promoting the well being of individuals and families affected by Mental Illness

Volume 26, Issue II

Fall I 2015

Co-President's Corner

Here we go almost Fall and 2015 is flying by. It has been a busy year and we thank all our volunteers for making it happen. Here is a brief recap since our last newsletter.

June 8-12, 2015 CIT #6 with 29 completers making our total CIT 165 (DOT EAP rep joined us for this class; with goal to encourage more state trooper attendance). 6 correctional staff attended and the LT in charge of the downtown jail attended sessions. Received DOJ grant (\$41K) that provided OT for attendees.

June 22-23, 2015 CIP #12 with 36 completers making our CIP total 509.

June 26, 2015 annual picnic on Simmons Island lakefront park with Bridges Community Center (Adult Recovery Center), Dayton Residential Care Facility (VA patrons + Family Care + County), and NAMI Kenosha supporting the event. We had 125 attendees and a great time. **TRULY A FUN EVENT!**

July 24-26, 2015 Annual Fund raiser Kick Off at Tenuta's Delicatessen. 4 PM to 7 PM on Friday; 9 AM to 5 PM on Saturday; and 9 AM to 1 PM on Sunday. Raised \$556.66 in can donations. **THANK YOU! Kenosha!**

July 25, 2015 ETS training session at SW Library.

Pastor William Harris has invited NAMI Kenosha to participate on his weekly WLIP radio show. We first started in April and have been on his program three times. Our goal is to continue to build mental health awareness in our community and promote **ENDING THE SILENCE** in our schools. NAMI Kenosha will continue to build on the initial efforts of Lisa and Adalia. **WE THANK YOU!**

We are currently participating as a stakeholder in **MENTAL HEALTH – COUNTY AND COMMUNITY CHALLENGES**. Kenosha County Human Services has the lead in this opportunity to come up with solutions regarding local mental health treatment. The issues as we all

know are a statewide shortage of psychiatrists and hospital beds with rising costs. The number of beds at St. Luke's Hospital in Racine has recently dropped from 45 to 27. This has resulted in more emergency detentions from Kenosha going to Winnebago, an Institution for Mental Disease (IMD). IMDs are inpatient facilities of more than 16 beds whose patient roster is more than 51% people with severe mental. Federal Medicaid matching payments are prohibited for IMDs with a population between the ages of age 22 or over age 64. IMDs for persons under age 22 or over age 64 are permitted, at state option, to draw federal Medicaid matching funds. What this all means is that Medicaid does not cover folks between ages 22 to 64 at the IMDs which increases the cost burden on the county. The cost of a bed at St Lukes's Hospital is \$519 per day while the cost of a bed at Winnebago IMD is \$1,142 per day. FYI the cost of a bed at Kenosha's 11 bed KARE center (which is not a locked facility) is \$375 per day. Additionally the Kenosha Police Department has spent over \$49,000 so far this year for 85 trips from Kenosha to Winnebago since January 2015. We will keep you posted on the proposed solutions.

We should also share that while the number of crisis calls is **INCREASING**, the number of emergency detentions is **DECREASING**. The coordinated efforts between our crisis workers and CIT officers and our CIP program are paying off. **THE GOAL IS TO PROVIDE THE NECESSARY TREATMENT TO AVOID THE CRISIS SITUATION IF AT ALL POSSIBLE.** Our next CIP #13 class is November 16-17, 2015.

Meanwhile the number of psychiatrists, nurse practitioners, and physician assistants continues to decrease. We need to increase the staff @ KHDS so we can do better on the follow up care after the crisis situation or even prevent the crisis situation. CSP and CCS are working!!

Recent example of windfall at Bridges Community Center of \$194K and an

additional \$194K for scholarships is most outstanding. This provides a possible opportunity for staff at KHDS to pursue a Masters with the stipulation that you spend 3 or 4 years in Kenosha once you receive your degree. We know the problem all too well in our community and we need some prioritized solutions. DHS is attempting to develop these solutions.

On another note..... First Step is basically the last stop for people affected with substance abuse issues as well as mental illness in Kenosha. First Step is establishing a new board of directors, seeking assistance, and working towards their recertification. First Step may be an excellent candidate to possibly become a program within KHDS very similar to the steady progression exhibited by Bridges Community Center.

NAMI Kenosha would also like to welcome Kris Coen to our board of directors. Once again we are so very fortunate to be blessed with the best volunteers. Kris has recently designed a new website for our organization which is fantastic. Check it out namikenosha.org!! Thanks so much!

Thanks for all your support,

Lisa and Jack

Inside this issue:

Co-President's Corner	1
End the Silence Training	2
Mark Your Calendars	2
Amazon Donations	2
We've got THE POWER	3
Bridges Calendar	Insert
Poem by Joseph Engel	Insert

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ANNUAL MEMBERSHIP (CALENDAR YEAR) INCLUDES: *NAMI of Wisconsin dues and National NAMI dues
Please send to: NAMI, Kenosha County, Inc. PO Box 631, Kenosha, Wisconsin 53141

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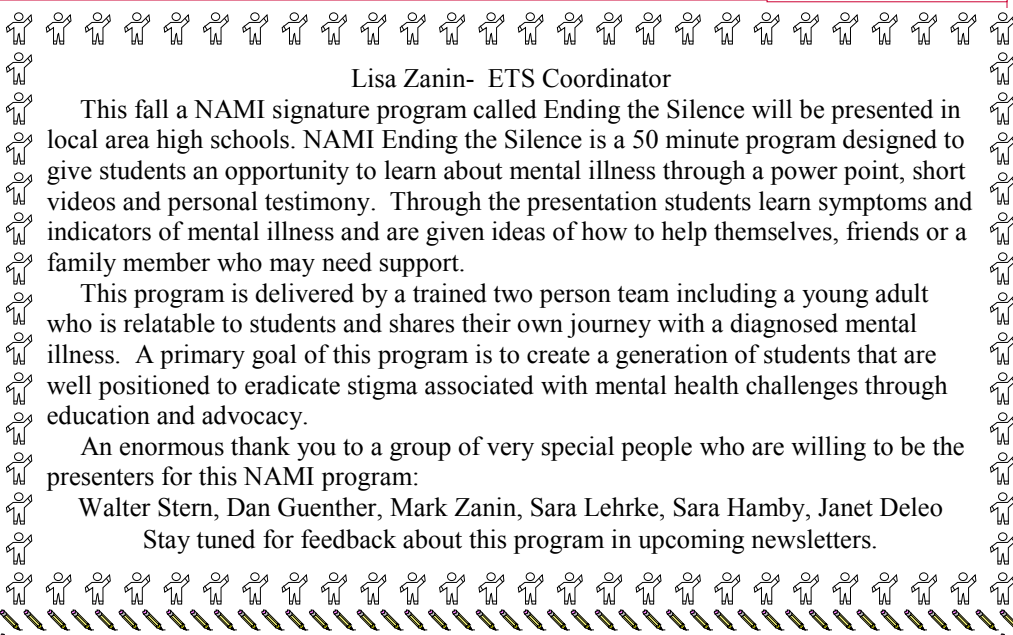
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Lisa Zanin- ETS Coordinator

This fall a NAMI signature program called Ending the Silence will be presented in local area high schools. NAMI Ending the Silence is a 50 minute program designed to give students an opportunity to learn about mental illness through a power point, short videos and personal testimony. Through the presentation students learn symptoms and indicators of mental illness and are given ideas of how to help themselves, friends or a family member who may need support.

This program is delivered by a trained two person team including a young adult who is relatable to students and shares their own journey with a diagnosed mental illness. A primary goal of this program is to create a generation of students that are well positioned to eradicate stigma associated with mental health challenges through education and advocacy.

An enormous thank you to a group of very special people who are willing to be the presenters for this NAMI program:

Walter Stern, Dan Guenther, Mark Zanin, Sara Lehrke, Sara Hamby, Janet Deleo
Stay tuned for feedback about this program in upcoming newsletters.

MARK YOUR CALENDARS

Upcoming events in the Fall of 2015

- Support Groups at St. Paul's Lutheran Church 6:00 -7:30 pm
- September 10th and 24th
- October 8th and 22nd
- November 12th (No support group on Nov. 26th due to Thanksgiving Day)
- December 10th (No support group on Dec. 24th due to Christmas Eve)

NAMI Board Meetings 5:30 pm
Sept 3, Oct. 1, Nov. 5, Dec. 3

October 4th- 10th—Mental Health Awareness Week—Fundraiser at Tenuta's, Walmart, Pick and Save (63rd street) and Richter's Market in Twin Lakes

October 9th—"Pieces in My Own Voice" Dramatic presentation at Reuther
An evidence based program designed to fight stigma which leads to treatment.

October 20th—Fun N' Fitness Health Fair at the Kenosha YMCA

November 16th-17th—CIP Training #13 Gateway 8-5 pm

December 5th—26th Annual Christmas Party – Reuther Gymnasium

Amazon Donations

Nami Kenosha is currently enrolled in the Amazon.com Smile program. It is an easy way to get donations from Amazon. You need to sign up for the AmazonSmile.com program and designate NAMI Kenosha as your preferred charity. Whenever you order anything on -line from Amazon, simply start at AmazonSmile.com and NAMI Kenosha will get ½ of 1% of the cost of the total order donated to NAMI Kenosha. It doesn't add anything to the cost of your order but NAMI Kenosha gets a monthly rebate based on the orders they receive.

Membership Renewal

Please check your mailing label to determine when your membership is up for renewal. In order to renew just use the blank form in the newsletter and mail to
NAMI Kenosha
P.O. Box 631 Kenosha, WI 53141.



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We've Got **THE POWER**

NAMI Wisconsin Annual Conference 2015

Carol J. Slovachek

This is the first conference that I have attended in three years and all I can say is “Wow!” The two day conference was packed with so many new topics that it was tough to choose which sessions to attend.

I was impressed to find a healthy number of holistic approaches to dealing with the every day stresses and challenges that we all face. I left with my tool box brimming full of new ideas to help get me stable and on track to deal with the ups and downs that mental illness can present.

The opening Keynote Speaker, Richard J. Davidson, PhD spoke on a topic entitled: *Order and disorder in the Emotional Brain*. This was a fascinating discussion on early brain development and how trauma can change the physical and chemical nature of the primitive parts of the brain that deal with flight and fight. He spoke about how these trauma issues can resurface in adult life in both veterans and people who have experienced childhood abuses and sexual assault.

There were the old favorites entitled *Ask the Expert* with a host of MDs providing information on the various mental health diagnoses. There were also numerous holistic presentations. I attended *Energy Medicine* by Sandra Sulzer which was very enlightening with a discussion on the various energy centers throughout the body that you can tap to help balance your emotional state.

I stayed largely on a holistic track and picked up tools about eating healthier from *Nourish your Mind: Eating for Improved Mood*. Yes! You can eat chocolate to improve your mood but the recommendation is moderate amounts of dark chocolate with a 75% or better of Cacao. Most of this lecture seemed like common sense focusing on portion control and incorporating more raw vegetables and fruits versus juices soda and processed foods.

Meditation and Mindfulness by Andrew Archer was a nice refresher from past courses. Mindfulness is a state of being that focuses on staying in the present to avoid worrying about the past or future. One new tip I picked up was the value of deep breathing from the diaphragm 10-20 times in the morning and evening or when you find yourself over stressed. This practice helps me to clear my mind and relax after a busy day.

My favorite session entitled *Mental Illness as a Spiritual Path*. Alice Holstein tells a harrowing story of her life's experiences in living with mental illness. Alice began her life as an Intelligence Officer serving in the United States Air Force. She was the first woman to brief highly sensitive satellite photography: the first woman ever sent to a bomb wing and the first woman sent to Guam and Okinawa during Vietnam.

In her mid forties she became symptomatic with Bipolar Disorder and her life's journey took her through numerous bouts of psychosis leaving her homeless. She went for months being lost on the streets without proper medications. Eventually she managed to regain her stability and find housing and medical help. She is currently a peer specialist at age 65 working in La Crosse with veterans who are diagnosed with PTSD. Her story of recovery covers every type of self help and holistic therapies that she used to keep her stable and healthy. She wrote a book that you can find on Amazon entitled [Tough Grace: Mental Illness as a Spiritual Path](#). She sums up her version of courage as “trust the universe.”

In an affiliate brainstorming activity representatives from across the state gathered in teams to tackle some of the challenges that NAMI faces statewide in every county. We created lists of ideas designed to help affiliates take on topics like grant writing, funding and growing the membership to name a few. Stay tuned as NAMI Wisconsin staffers assemble these suggestions and distribute them for future guidance.

If you missed the conference, don't worry. Stay mindfully present and type namiwisconsin.org. Click on “events” and you can download information from the conference presentations.



Kenosha County, Inc.

National Alliance on Mental Illness
P.O. Box 631 · Kenosha, Wisconsin 53141

ANNUAL MEMBERSHIP RENEWAL

The mailing label should include the expiration date for your membership. If you haven't been receiving the state or national publications please let us know. The national publication is sent four times a year and the state mailing are bi-monthly.



NAMI Membership...

I am interested in an Annual Membership

\$35.00 per Individual \$3.00 per Consumer

Enclosed is my tax-deductible contribution to NAMI, Kenosha County

_____ \$Enclosed. DONATIONS ARE ACCEPTED

Please make checks payable to NAMI Kenosha County

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

Note: Membership is for a year from the date of joining

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