



NAMI

National Alliance on Mental Illness

Kenosha County

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

Volume 27, Issue II

Fall 2016

Co-President's Corner

Here we go into Fall. Once again we continue to get it done. We are so fortunate to have such a fantastic board of directors and general membership to do what we do. Since our last newsletter we have hosted an **In Our Own Voice (IOOV)** regional training on July 16-17th, celebrated our annual picnic with Bridges Community Center and Dayton Hotel with over 65 guests on August 10 at Simmons Island, conducted our 7th **Crisis Intervention Training (CIT)** Class at Gateway Technical College on September 12-16th, and made preparation for our annual fundraiser coming up October 7-9th, during Mental Illness Awareness Week. We are already taking registrations for our 15th **Crisis Intervention Partner (CIP)** which is scheduled for November 14-15th. Before you know it we will be celebrating our 27th **Annual Christmas Party** on Saturday, December 3rd starting at 11:00 AM. We have changed the starting time so that bus transportation is more readily available for our guests who ride the bus. We will see how this works. Please check out our website namikenosha.org for more information. 2016 is going by too fast. It is even faster as we get older. Just check with Dick and me. Once again the collaborative effort between our

community and NAMI make all these events possible. **THANK YOU!**

Our **“Ending the Silence”** Team is getting ready to start up in making the rounds of our local high schools. As you may have read in the Kenosha News, our Drug & Alcohol Court and Behavior Health Treatment Court will merge effective January 1, 2017. NAMI Kenosha is also participating on a committee attempting to improve the services of First Step. We need to do a better job for the homeless in our community who are living with mental illness and/or some type of addiction. First Step is definitely the last stop for many of these folks. We as a community can do better. We have also participated in discussions regarding prescribing rights for psychologists which continues to be reviewed.

Our **Family to Family** programs will be gearing up shortly after the first of the year with sessions both at the Job Center and the County Center Building. Our F2F team is one of the best, if not the best in State and we continue to add to the team. Kris Coen, our webmaster extraordinaire, has recently completed the requisite F2F training and will be joining the team. We have added to our

NAMI/YMCA program and our **Walkabout Rewards** program is also growing membership under the leadership of Brad Cramlet. Our twice a month support programs for adults living with mental illness and family & friends continue to provide help to more and more folks in our community.

Once again a big **THANK YOU** to all the volunteers who make NAMI Kenosha County go!!

Please let us know if we can be of any assistance and thank you for your ongoing support. Our Mission remains to fight stigma and support recovery and promote **Mental Health Awareness!!**

All the best,
Lisa and Jack

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Please send to: NAMI Kenosha County, Inc. PO Box 631 Kenosha, Wisconsin 53141

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NAMI Kenosha County hosted an IOOV Training on July 16th and 17th. Participants from Southeastern Wisconsin were trained in this NAMI program.

Family-To-Family Update

We are currently in the planning stages for our 12 week 2017 Family-To-Family classes. We hope to offer classes at the Job Center and at the County Center in English. We would also like to offer a class in Spanish if we get enough enrollees. The classes will probably start in January or early February.

The course will cover information about schizophrenia, the mood disorders (bipolar disorder and major depression), panic disorder, obsessive compulsive disorder, PTSD and borderline personality disorder. Other topics are coping skills such as handling crisis and relapse, basic information about medications, listening and communications techniques, problem solving skills, recovery and rehabilitation, and self-care from worry and stress.

The NAMI Family-To-Family education course is **free**. For more information please check our website (NAMIKenosha.org) and our newsletter for current updates.

If you would like to talk to someone about the class or pre-register, please call Dick Guenther, 694-7026 or NAMI Kenosha, 652-3606

Mark Your Calendars

Upcoming events for 2016

Support Groups at St. Paul's Lutheran Church 6:00 -7:30 pm

October 13th & 27th, Nov. 10th (No Support on the 24th), Dec. 8th and 22nd

County Support Group at the County Building on corner of Highways 45 and 50

October 13th, November 10th, December 8th

NAMI Board Meetings 5:30 pm at Bridges

October 6th, November 3rd, December 1st

Other NAMI Events

October 2nd-8th

Mental Health Awareness Week—NAMI Fundraiser

November 14th & 15th #15 CIP (Crisis Intervention Partner)

December 3rd

Christmas Party at Reuther High School

World Wide Web

Find NAMI on the WEB

www.nami.org

NAMI Kenosha

www.namikenosha.org

NAMI WI

www.namiwisconsin.org

NAMI Racine

www.nami.racine.org

Hip! Hip! Hooray!

NAMI Kenosha County has achieved full re-affiliation status.

NAMI National has now recognized our hard work and confirmed our goal of achieving re-affiliation status. Many, many thanks to all the folks who participated in this endeavor and worked on the Re-affiliation Committee.

A special thank you goes to Dick Guenther. Dick spent many hours reviewing the Policy and Procedures Handbook as well as other tasks. It was only with his help and vision that this process able to move forward. We are official!!

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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Recovering Addicts Share 4 Things Their Peers Should Keep In Mind

“I don’t think about tomorrow — it’s of no consequence to me right now. It will be when I wake up, but not right now.”

Scott, a recent graduate of Turning Point Recovery, Addiction Campuses’ Mississippi facility, knows the key is taking recovery one day at a time. This is one important thing that anyone traveling the road to a more positive lifestyle must keep in mind if they’re going to truly recover. Variations on the “one day at a time” mantra are about as common as anything else you’ll hear when it comes to recovery, and there’s a good reason for that. At the same time, however, there are other things to consider. Here are a few important ideals the brave recovering addicts we spoke with want their peers to remember throughout the sobriety journey.

1. Live in the present.

“Yesterday is history,” Scott continued. “I’m only focused on today and right now. I haven’t had a drink yet today, but I can’t say what’s going to happen three hours from now. You have to do what you have to do to stay clean and sober. I tell some newcomers to take it one hour at a time — you only have to stay clean for this hour. Then, eventually, hours will become days, days will become weeks, and weeks will become months. For me, that’s what works. That’s the program that works for me.”

2. Don’t be too complacent.

You may make it days, months, or even years without relapsing, and that’s wonderful. You’re doing great! However, you can’t let yourself become too complacent, because plenty of addicts have been where you are and have slipped back into their old ways simply because sobriety is a round-the-clock, full-time job. “My advice to someone once they get sober is never to get too complacent,” said recovering addict Wendy, who now works in a treatment facility herself. “No matter how much time you’ve had, you’re always one drink, one toe, one line away from relapse. You have to keep that pain — you have to hold onto it. Thinking about the pain that I went through to get here is what keeps me sober. And if you always keep that pain up front and never be complacent, it will help you stay sober.”

3. You have to want it.

I spoke with quite a few recovering addicts, and one common theme I heard repeated time and time again was that for recovery to work, you have to really *want* it to work. Scott agreed, “If I can do it, anybody can do it — they just have to want it. That’s the key. Being ready for sobriety is the first step.” “Until you really want the help, I don’t think you are going to stay sober,” Wendy concurred. “You can’t do it for anybody else — you have to do it for yourself. It’s a selfish time, but this is a time to be self-absorbed. I have to be right with myself before I can be right with other people.”

4. Remember that nobody is perfect.

As you work on your recovery, it’s easy to get caught up in the sadness of the past and place a lot of blame on yourself, but it’s a good idea to frequently remind yourself that nobody’s perfect. Everybody you know has made their share of mistakes, whether you know what those are or not. We’re all human, and we have our flaws and regrets. That’s the beautiful thing about the world we live in — there are 7 billion people and *nobody’s* life is perfect,” said Lincoln, who reached a full year of sobriety just a couple of months ago. “Everybody goes through traumas and dramas and has had things happen that brought them to where they are now. But no matter what you’re going through, somebody *has* been through it before you, and somebody *was* able to get past where you are now.”

I believe that truer words — which apply to *all* of us, whether we’ve struggled with addiction or not — were never spoken.

Cecelia Johnson believes strongly in the power of good deeds and recognizing great work. That’s why she created RecognitionWorks.org. The site is dedicated to connecting those who’ve been awarded for exemplary work in their communities to companies and organizations that can help them continue their admirable efforts through donations, sponsorships, and gifts. By making these connections, she hopes to build stronger, more altruistic communities and citizens.



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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 Open Door (Low Income)

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 _____

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

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