



**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

Summer 2016

## Co-President's Corner

Hello NAMI Members,

The long days of summer are upon us and we are happy for sunshine, flowers and green grass. Here is a recap the last few months. NAMI Kenosha County has been busy with many special events.

Thank you to the NAMI Kenosha Team for gathering a group to walk in the NAMI Greater Milwaukee Walk on May, 14th. It was a great time with fun and fellowship as well as significant fundraising efforts of \$500.00 for NAMI Kenosha. Many thanks to Ashly Dimitrov, the Team Captain for your efforts to make our Kenosha Team happen (See the pictures from this event on the website). Kenosha was also represented by a team from the Dayton Hotel for the second straight year.

Another annual event was the Mental Health Awareness Vigil held in Civic Park in Kenosha on May, 18<sup>th</sup>. We had a turn-out of 85 people with Jack as the Master of Ceremonies. This vigil recognizes May as NAMI's Mental Health Awareness Month and featured our very own NAMI member, Carol Slovachek, as the guest speaker. The following awards were presented as part of the vigil:

-David Wagner Mental Health Advocacy Award- KPD Officer Luke Hoffman for his work with CIT, community presentations and actions during crisis situation.

-Community Service Award- Dr. Herbert Roehrich for his service to patients, especially those who lack resources to seek help.

-Exceptional Volunteer Award- Kris

Coen for her service as the NAMI Kenosha County Webmaster. She has designed and maintained the NAMI Kenosha County website.

Thank you to Doug, Sara, Dick, Carol, Dick, Jeff, and Walter for all of your efforts to make this a special event and a thank you to Bridges for hosting a great reception (See the pictures from this event on the website).

On May 26<sup>th</sup> after the Support Group Meetings we had a NAMI WI Conference Review. Dick and Dee as well as Nancy and Sara offered their summaries of the breakout sessions and workshops they attended at the Conference. Thank you all for your information on timely topics concerning mental health and your willingness to share what you learned.

Several up-coming events will be held in July, 2016.

First is the IOOV Training that our affiliate will host on the weekend of July 16<sup>th</sup> and 17<sup>th</sup>. We will be providing the conference room at the Job Center (donated by Kenosha County Human Services) the lunch and one of the trainers, Carol Slovachek. The other trainer, Ava Martinez, will come from Madison. This is a wonderful opportunity to train many more IOOV presenters for the IOOV program as well as the Ending the Silence Program. We are excited to be part of this opportunity!

A second event is the Bridges/NAMI/Dayton Picnic on Friday, July 22<sup>nd</sup>. This is an annual event that takes place on Simmons Island and gives people in our community living in recovery an opportunity for fun and fellowship in an outdoor setting. Come and enjoy the fun!

Finally, the last weekend in July will

encompass our annual fundraising kick off event at Tenuta's. This is a kick-off event for the Mental Health Awareness Week later in the fall. We hope to have volunteers outside of Tenuta's, Walmart, and Richter's Marketplace in Twin Lakes asking for donations in one/two hour increments. This is a great volunteer opportunity for those NAMI members who would like to give back to their community. Contact Lisa or Jack @ 262-697-0418 or 262- 605-9038.

Check out our website [www.namikenosha.org](http://www.namikenosha.org) Webmaster Kris Coen does a marvelous job keeping up with the monumental task of designing, updating and monitoring the information on this site. Thank you, Kris!

Have a summer filled with joy and fun!

Lisa Zanin and Jack Rose

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\*Organized in 1983 \*NAMI Kenosha County, Inc. is a non-profit corporation 501 ( c ) (3)  
ANNUAL MEMBERSHIP (ONE YEAR) INCLUDES: \*NAMI Wisconsin dues and NAMI dues  
Please send to: NAMI Kenosha County, Inc. PO Box 631 Kenosha, Wisconsin 53141

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## Find NAMI on the WEB

[www.nami.org](http://www.nami.org)

[NAMI Kenosha](http://NAMI Kenosha)

[www.namikenosha.org](http://www.namikenosha.org)

[NAMI WI](http://NAMI WI)

[www.namiwisconsin.org](http://www.namiwisconsin.org)

[NAMI Racine](http://NAMI Racine)

[www.nami.racine.org](http://www.nami.racine.org)

## Announcement

### Phasing out of Post Cards

We are in the process of phasing out the mailing of post cards as a reminder for support group days and times. If you would like to continue to get the post cards for the support groups call: 262-652-3606.

Also check us out on our very own web site: [www.namikenosha.org](http://www.namikenosha.org). The support groups and newsletter as well as many other articles and information about mental health have been included on our site. Thank you Kris Coen for all of your hard work with this endeavor!

# MARK YOUR CALENDAR



Upcoming events for 2016

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

July 14<sup>th</sup> and 28<sup>th</sup>, August 11<sup>th</sup> and 25<sup>th</sup>, September 8<sup>th</sup> and 22<sup>nd</sup>

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

July 14<sup>th</sup>, August 11<sup>th</sup>

### NAMI Board Meetings 5:30 pm at Bridges

July 7<sup>th</sup>, August 4<sup>th</sup>

### Other NAMI Events

Bridges/Dayton/NAMI Picnic Simmons Island

Stop Heroin In Kenosha Picnic

Annual NAMI Kenosha County Fundraiser

#7 CIT (Crisis Intervention Training)

#15 CIP (Crisis Intervention Partner)

Christmas Party at Reuther High School

July 22<sup>nd</sup> (Friday)

July 23<sup>rd</sup> (Saturday)

July 29<sup>th</sup>, 30<sup>th</sup>, and 31<sup>st</sup>

September 12<sup>th</sup> - 16<sup>th</sup>

November 14<sup>th</sup> and 15<sup>th</sup>

December 3<sup>rd</sup>

## 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 1/2 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.



[www.facebook.com/officialNAMI](http://www.facebook.com/officialNAMI)



Get short, timely messages from NAMI. Twitter is a rich source of instantly updated information. It's easy to stay updated on an incredibly wide variety of topics. [Join today](#) and follow [@NAMICommunicate](#)

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**NAMI's In Our Own Voice Program 2016**

Our very popular program for reducing stigma in Kenosha County has been NAMI's In Our Own Voice. It allows persons living with mental health issues to tell more about their personal journey with bipolar disorder, schizophrenia, ADHD, borderline personality disorder and many others. This year we have presented to mainly college classes in Psychology and Nursing at Gateway and Parkside. We have been to Family to Family, another NAMI program for families living with a person with mental health issues, in the county and city. Most importantly we have presented to the police force through CIP and emergency workers through CIT. I want to thank Dan Guenther, Sara Lehrke, Sara Hamby and Carol Slovachek for their dedication and efforts to bring In Our Own Voice to interested audiences. NAMI Kenosha is hosting the first ever In Our Own Voice training workshop over the weekend of July 16 and 17 at the Job Center on Sheridan Road, Room S-9. The class begins at 8 a.m. both days. We have 15 persons signed up, coming from Milwaukee, Racine and Kenosha. I want to extend my appreciation to Ava Martinez and Carol Slovachek for offering to be the trainers for this event. It means we will be able to go further in offering the program to our community with brave, fresh voices.

Adalia Shchurovsky, Coordinator for IOOV

**NAMI Wisconsin Conference 2016, Connecting Heart to Heart**

Carol J. Slovachek

WOW! I could not picture a more beautiful setting for a mental health conference than the Osthoff Resort located on Elkhart Lake. This is the heart of our Northern Kettle Moraine Unit so to say I was immediately in heaven would be an understatement. Each year I attend the State conference I meet so many new people and get the opportunity to see the dedicated staff of NAMI Wisconsin reap the fruits of their labor. A big thank you to all of them for their efforts. This year's conference did not disappoint with a wide variety of topics for each breakout session. How does one choose? I thought..."Tool Box." What do I need to add to my recovery box of tools? Keynotes...I could review all of them but you can find that information both kenoshanami.org and namiwisconsin.org Now looking back, I can hear the thunderous applause for keynote speaker Alice Holstein. She is a compact unassuming messenger from LaCrosse whose not so simple journey sent a powerful message that kicks acceptance up to a level I never imagined. Hmmmm, what if I could transcend my life's journey? That is to find it as a path toward grace? Great material to inspire anyone to move ones life forward. Her book entitled A Tough Grace can be found on Amazon. Well, I have to lose weight. ....only 50 pounds so " Why Dieting Doesn't Work" appealed to me. This was an introduction to wellness coaching and being mindful of what you eat as well as preparing and savoring the whole experience. So I guess pounding down an apple and cheese sticks with a bottle of water is not as healthy as I once thought. Interesting enough we were given a small chocolate and asked to actually consume it in 3 bites. Of course my mind instantly went to where is the rest of the bag. Now I have a wellness coach to access via phone in my "toolbox." "Incorporating Mindfulness Practices into your Recovery" was another enlightening workshop. I was first introduced to mindfulness years ago but this was so simple. Take a walk and actually appreciate your surroundings. You mean listen to the numerous sounds of birds and smell the newly mowed grass. See the wide variety of trees and the shapes of their leaves. Perhaps feeling the sand between your toes. It's pretty basic stuff. Just be present in the moment and use all of your senses to enrich your day. Also remember to be grateful along the way! I wanted to add one of the "Ask the Doctor" sessions. I know many people who live with Schizophrenia and Schizoaffective disorder but I honestly don't understand it. What I found out in this workshop was there are almost as many varieties of this illness as there are people who live with it. Wrap your mind around that fact for a moment. I also listened to the many advances in treatment and medications. However, the message was clear that childhood trauma especially in a formative first five years can severely influence/ impact onset. So I on to my next kick...let's continue to work to prevent the onset of mental health. I just want to say a big thanks to NAMI Kenosha for sponsoring both Cynthia Skarda and myself; followed by an even bigger thanks to NAMI Kenosha and all the special people who lead by example, support and encourage me to move forward in my journey.



# NAMI Kenosha County

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 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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