



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 26, Issue III

Winter 2015

Co-President's Corner

Hello NAMI Members,

It has been an eventful last several months since our last newsletter. Many thanks and shout-outs to all of our volunteers who are the workers and inspiration for our progress!

In October we held our annual fundraiser at the Kenosha Walmart and Tenuta's as well as the Twin Lakes Richter Market. All this money will stay in Kenosha County for education, support and advocacy and these efforts will directly benefit those living in recovery. To date we have collected a grand total of \$7,606.24. A big THANK YOU to all the volunteers who made this event possible and a special THANK YOU to Sue Rose who once again scheduled the volunteers and alternates for the fundraiser. Included in the newsletter is a list of the volunteers who gave of their time, energy, money and support for this effort.

Also, on October 24th we hosted the dramatic presentation of "Pieces, In My Own Voice" at Reuther auditorium. This is an evidence based program for awareness and education of those living with mental illness. It was well received with 35 people in attendance. The Q and A was especially helpful and supportive for individuals.

On December 5th NAMI Kenosha County sponsored our annual Christmas Party for those living with mental illness and their families. The Kenosha Lioness Club provided entertainment as well as goodies. The Kenosha Police Explorer Scouts helped with set up and clean up. Many other NAMI volunteers were present to set up, serve, host and clean up. Over 100 people with mental illness and family and friends enjoyed a delicious catered meal and received a

warm garment as a Christmas gift. A big THANK YOU to Janet and Mike Deleo who organized this event. Well done to everyone who participated!

At press time, "Ending the Silence" for the high school students will have begun. A huge shout-out goes to the ETS team of Mark Zanin (lead presenter), Dan Guenther (IOOV presenter) and Sara Lehrke (IOOV Presenter). These three NAMI members spent two days at Tremper High School (November 10th and 11th) educating 200 sophomores and staff on the warning signs of MI, suicide prevention ideas and "How to Help a Friend" tips. At least two high schoolers reached out after the presentation and asked for help. Due to the presentation these students will get help! On December 1st and 2nd Team Mark Zanin, Sara and Dan presented again, this time to 270 staff and students at Indian Trail. Finally Team Lisa Zanin and Adalia Shchurovsky will present at Bradford High School and Team Walter Stern and Sara Hamby will present at Harborside Academy. Thank you to all the ETS Teams!

In conjunction with the Kenosha Police Department, Kenosha County Mental Health Services, Gateway Technical College and the Kenosha County Sheriff's Department we are extremely proud of bringing **Crisis Intervention Team Training (CIT)** and **Crisis Intervention Partner (CIP)** to our community. The "Circle of Care" has grown to 165 local law enforcement trained in CIT and 538 folks trained in CIP. In our most recent CIP #13 held on November 16-17th we had a good mix in our class of 29. The class included representatives from Professional Service Group, Oakwood Clinical, St. Catherine's

ER, Kenosha County Health Division, ADRG (Aging and Disability Resource Center), St. Nicholas Orthodox Church, Hope Council, Society's Assets, KHDS, Frontida, Concordia University and others. Officer Jeff Wamboldt is replacing Sgt. John Rohde on the CIT/CIP team. John Rhode is quoted in the current IRIS article on CIT. At this time our tentative dates for the 2016 schedule are:

- CIP #14 February 29- March 1, 2016
- CIT #7 September 12-16, 2016
- CIP #15 November 14-15, 2016

Our other programs are not forgotten and those include: **Family 2 Family** (which will begin in January and February at two different sites), the **IOOV Program** (In Our Own Voice) and **YMCA Fitness Program**. Thank you to Dick, Adalia and Brad for continuing to lead these programs.

Have a joyful holiday season!

Jack Rose and Lisa Zanin

Inside this issue:

Co-President's Corner	1
Postcard Announcement	2
Mark Your Calendars	2
Amazon Donations	2
YMCA PROGRAM	3
Oxford Houses	3
County Announcement	3
Bridges Calendar	Insert
Poem by Nicole Hyatt	Insert
Family-to-Family Class	Insert
Christmas Party	

*Organized in 1983 *NAMI Kenosha County, Inc. is a non-profit corporation 501 (c) (3)

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

Board of Directors

Co-Presidents

Jack Rose
Lisa Zanin

Treasurer

Dick Guenther

Secretary

Officer Kelly Andrichik

Members at Large

Kris Coen
Brad Cramlet
Mike & Janet Deleo
Marie Patty
Adalia Shchurrowsky
Carol Slovachek
Steve Solms
Walter Stern
Officer Jeff Wamboldt



Find NAMI on the WEB

www.nami.org
NAMI Kenosha
www.namikenosha.org
NAMI WI
www.namiwisconsin.org
NAMI Racine
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. 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 the Winter of 2016

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

January	14 th and 28 th	February	11 th and 25 th
March	10 th and 24 th	April	14 th and 28 th

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

January	14 th	February	11th
March	10th	April	14th

NAMI Board Meetings	5:30 pm at Bridges		
January	7 th	February	4 th
March	3 rd	April	7 th

Annual Meeting

February 25th following the Support Group Meeting at St. Paul's Church 7:30-8:30 pm

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



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](#)

*Organized in 1983 *NAMI Kenosha County, Inc. is a non-profit corporation 501 (c) (3)

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

YMCA Program

Hello Everyone, My name is Brad Cramlet and this is my first article for the Newsletter. I would like to tell you all about a very successful program your local NAMI has been doing. About two years ago NAMI bought a group membership at the YMCA in Kenosha for adults in our community living with mental illness. The program was started to give people a positive social environment and an up to date facility to work out and at no cost. Talking to several people that have taken advantage of this; all have reported very positive experiences, and I have not talked to anyone who has felt stigmatized while at the YMCA. Currently we have 178 people on the list authorized to use the YMCA with the NAMI group membership. We have had over 1100 visits since the program started without a complaint from the other members or staff of the YMCA. Now that is a stigma buster! So if you would like to participate in this program please contact me at 262-914-0522 to get more information. Happy Holidays to all!

Oxford Houses

NAMI Kenosha has been a major advocate of the Kenosha/Racine Chapter of Oxford Houses (KRCOH). Oxford Houses are self-run, self-supported recovery houses. The chapter currently includes three houses with a total capacity of 26 residents. Oxford House Ayers houses seven men, Oxford House Lena houses nine women, and Oxford House Joe Prott houses ten men.

Oxford Houses save money because the houses are rented, never purchased, to avoid tying up capital and to keep the rental property on local tax rolls. Oxford Houses avoid the cost of staff. House residents democratically operate the houses themselves. Each resident has one vote to elect officers and to resolve issues facing the house.

Once opened, Oxford Houses are self-financed. Residents pay all household expenses by equally sharing rent and related household expenses. NAMI Kenosha has provided the initial rent payments for individuals without income to move into Kenosha Oxford Houses while they search for employment.

Because residents pay all expenses, these types of self-governed settings have important public policy implications for stabilizing individuals with substance abuse histories, especially in an era of cutbacks in funding for a variety of social service programs.

The American Journal of Public Health study performed on Illinois Oxford Houses found that in areas such as substance use, criminal activity, and employment, participants residing in Oxford Houses showed significantly greater positive outcomes than those receiving traditional services. Over \$9,500 per Oxford House member is saved through lack of incarceration and improved productivity. That means that in the Kenosha/Racine Chapter of Oxford Houses, over \$200,000 in tax dollars are saved annually.

The major barrier to creation of Oxford Houses is the lack of start-up funding. Most Oxford Houses exist in states where the state or locality contracts with Oxford House to provide funding for outreach workers and a start up loan fund. Wisconsin currently has no such funding.

Such organizations as NAMI Kenosha and Hope Council on Alcohol & Other Drug Abuse have made it possible for the Kenosha Oxford Houses to open without state or locality contracts. These organizations have provided invaluable assistance to those individuals who credit their recovery to their experiences as residents of Kenosha Oxford Houses.

With gratitude,

Jane E. Davis

Oxford House Lena Alumna

Volunteer Outreach, KRCOH

CALLING ALL COUNTY RESIDENTS!

A new Support Group will start in the county for family members or friends of people who are living in recovery with mental illness. This group will start on January 14th, 2016 from 6-7:30 pm at the County Building at the corner of highways 45 and 50. If you need more information call NAMI Kenosha County at 262-652-3606 or visit our web site at www.namikenosha.org.

*Organized in 1983*NAMI Kenosha County, Inc. is a non-profit corporation 501 (c) (3)
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



NAMI
National Alliance on Mental Illness

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 _____

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

*Organized in 1983 *NAMI Kenosha County, Inc. is a non-profit corporation 501 (c) (3)
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