



**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 29, Issue I

Winter 2018

## Co-President's Corner

Greetings members of the NAMI Kenosha County Family! We hope you had a peaceful and safe holiday season. Winter is here. The tundra is frozen. The Badgers looked great in the Orange Bowl as we roll into 2018. It's hard to believe 2018 is here, but let's count our blessings and press on. A recap of the last three months follows.

First, we had our fundraiser in October that was extremely successful with participation from Tenuta's Delicatessen and Richter's Marketplace in Twin Lakes. Many thanks to all the volunteers who made it go. Total collection proceeds were \$4,000. THANK YOU KENOSHA/TWIN LAKES.

We continue to move west with our Family to Family class and support groups. KHDS (Kenosha Human Development Services) will begin providing some services 10 AM to 2 PM on the second & fourth Wednesdays of each month at the Wheatland Town Hall, starting January 24<sup>th</sup>. Our Janet DeLeo is involved in this new project.

We completed our 17<sup>th</sup> Crisis Intervention Partner (CIP) class November 20<sup>th</sup>-21<sup>st</sup> with 67 completers (largest class to date)

making our total 761 folks since starting this program in Kenosha in 2010. Many thanks to Gateway Technical, Kenosha County Human Services, the Kenosha Police Department, and the Kenosha County Sheriff's Department for this collaborative program. We continue to build our "Circle of Care" within our community.

Our annual 28<sup>th</sup> Holiday Party in December was a great success. Check out the summary and pictures in this edition of the newsletter.

Ending the Silence (ETS) is NAMI's signature program for high school students as well as young adults. Check out our progress with ETS which is summarized on another page of this newsletter.

There are many events and meetings coming up in 2018. But one of the most important ones is the annual meeting. This event will be held at St. Paul's Lutheran Church, immediately following support groups on February 22<sup>nd</sup> at 7:30 pm. We will have a recap of the year for NAMI Kenosha County and hold the election of board members. This meeting is open to all NAMI members and we would love to see you there!

For the rest of the upcoming events, check the Mark Your Calendar section of the newsletter.

As always we are indebted to all of our volunteers and workers in the NAMI Kenosha County Affiliate. We value all of your contributions and could not do the marvelous events, programs, outreach and service without you! Please know that we sincerely thank you and realize that you have made our community a better place! Please check our website: [www.namikenosha.org](http://www.namikenosha.org) for the latest information.

All the Best in 2018,  
Jack & Lisa

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## Board of Directors

### Co-Presidents

Jack Rose

Lisa Zanin

### Treasurer

Dick Guenther

### Secretary

Officer Kelly Andrichik

### Members at Large

Kris Coen

Brad Cramlet

Jane Davis

Janet DeLeo

Mark Jaros

Adalia Shchurovsky

Walter Stern

Officer Jeff Wamboldt

Dr. Paul Zavada

Steve Solms, Member Emeritus

## Mark Your Calendar 2018

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

We meet on the second and fourth Thursdays of the month.

Our Support Groups in town have three sessions conducted simultaneously:

One for family/friends, one for adults with mental illness living in recovery and one for adolescents with mental illness living in recovery.

January 11<sup>th</sup>, 25<sup>th</sup>, February 8<sup>th</sup>, 22<sup>nd</sup>, March 8<sup>th</sup>, 22<sup>nd</sup>, and April 12<sup>th</sup> and 26<sup>th</sup>

**Support Group** at County Building, Corner of Highways 50 and 45.

This Support Group meets once a month on the second Thursday of each month in the morning 9- 10:30 am.

January 11<sup>th</sup>, February 8<sup>th</sup>, March 8<sup>th</sup>, and April 12<sup>th</sup>

**NAMI Board Meetings:** January 4<sup>th</sup>, February 1<sup>st</sup>, March 1<sup>st</sup>, and April 5<sup>th</sup> at 5:30 pm.

## NAMI Events

Annual Meeting **February 22<sup>nd</sup>** Following Support Group

St. Paul's Church- 7:30 pm

Outreach Community Event- Partnering with CUSH

Chat-N-Chew at Wilson School

Informational Meeting about Mental Health

**February 8<sup>th</sup>, 2018** at 5:30 pm

Family to Family 12 week course sponsored by NAMI

Kenosha County held **January 9<sup>th</sup> thru March 27<sup>th</sup>, 2018**

CIP Training #18 (Crisis Intervention Partner)

**February 19<sup>th</sup> and 20<sup>th</sup>, 2018**

Kare Center Grand Opening

**February 17<sup>th</sup>** at 11:00 am at 1202-60<sup>th</sup> Street

PTSD Healing Connections

Free community event sponsored by

NAMI Kenosha County **February 17<sup>th</sup>, 2018** in

Kenosha at the American Legion Hall, 1-4 pm.

See flyer insert for more information.

Annual Mental Health Awareness Vigil - **May 23<sup>rd</sup>, 2018**

in Civic Park, Kenosha

CIT #9 (Crisis Intervention Training) Gateway Campus

**May 14<sup>th</sup> thru May 18<sup>th</sup>, 2018**

Bridges/NAMI Picnic **July 25<sup>th</sup>, 2018** - Simmons Island Park

29<sup>th</sup> Annual NAMI Holiday Party – Reuther High School

**December 1<sup>st</sup>, 2018**



### Find NAMI on the WEB

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

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

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

[NAMI WI](http://www.namiwi.org)

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

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

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

### 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



[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](#)

\*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

### Ending the Silence Update

By Lisa Zanin

NAMI's signature program for high school youth and young adults called Ending the Silence, has been welcomed in our local school system and other venues such as KHDS (Kenosha Human Development Services) and Carthage College. This program is a 50 minute prevention and early intervention program that engages youth in a discussion about mental health. Teens and young adults learn how to recognize the early warning signs of mental illness and what to do if they or someone they know is exhibiting these signs.

We now have three teams of presenters who have all done a fabulous job of "getting the word out and destigmatizing mental illness." A warm thank you to Mark Zanin, Monika Anderson and Walter Stern all lead presenters and to Sara Lehrke, Dan Guenther, Adalia Shchurovsky and Sara Hamby-Cummings, our IOOV speakers! We could not do these presentations without your willingness and passion. Well done!

Young people in Kenosha County have been helped to end the silence and speak up about their mental health challenges and those of their peers or family members. So far this year we have presented at: Tremper, Bradford, Indian Trail, Lakeview Technical School, Shelter Care/Teen Talk (KHDS) and Carthage College.

In the coming months we hope to present at Westosha Central High School for the HOSA club (teens interested in the medical field) and at Carthage College for nursing students. This spring we will also be back at Kenosha High Schools in the health classes presenting to the other half of the sophomore classes.

To date we have presented to well over 2,500 students and staff and we hope to double that number in 2018!

### KENOSHA HUMAN DEVELOPMENT SERVICES (KHDS) UPDATE

The new year brings excitement for Kenosha Human Development Services. Our Crisis Prevention Center and KARE Center construction is winding down. Everyone is welcome to our dedication ceremony at the Crisis Prevention Center at 1202 60<sup>th</sup> Street on February 17<sup>th</sup> 11:00 am – 2:00 pm. This event will provide a chance to see the new building, walk through the new KARE Center, and give thanks to all who made this wonderful facility possible.

With the anticipation of the Crisis Prevention Center and all of the Adult and Juvenile Crisis workers moving to the new building, we will, of course, be taking the well-known Crisis phone number along. As of January 1, 2018, the main offices of KHDS has a new phone number: **(262) 764-8555**.

Any worker inside the main business office can be reached using the new number, **(262) 764-8555**. Along with this change of the main office phone number, each person working will now have an individual, direct dial phone number. The Crisis Prevention Center will have the ability to connect main office calls while we are in transition, but we are hopeful that most people trying to reach the Resource Center, CSP/CCS, and all of the other programs at KHDS will begin using our new number or call the needed person directly.

We would like to thank the Kenosha community for making the new Crisis Prevention Center a reality! Please come out to see us!

**Jeannine M Field, CSW, MBA, Executive Director**

Our 28th Annual Holiday Party this year was another huge success and we could not have done it without your help and support! A special thank you to Janet and Mike DeLeo for their outstanding leadership of this event. Our 142 guests enjoyed an afternoon of delicious food, presents, music, and holiday cheer.

We want to extend special thanks to the Lioness Group, the Explorer Scouts, the men and women from Oxford Houses and the volunteers from Journey Church, Paielli's Bakery for the cake donation, Kaitlyn Rhey - Miss Kenosha, Dave Marifern - Kenosha Firefighters CARE Program, Angela Marek for her donation of handmade centerpieces, Sonny, Doug Kancian, the Nelsons, Linda Cooklin, Sue Rose, Dee and Dick Guenther, the Relichs and Lehrkes. Paul Wambolt and Andy Moore were a great help and support as always. Thank you to Jeff Wamboldt for his jolly rendition of Santa again this year, warming the hearts of all who attended.

We have a very special team of volunteers at NAMI Kenosha County and 38 came out and made this event a huge success. Thank you again for making the holidays a little brighter for many of our fellow 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

\$60.00 Household Membership

\$40.00 Regular Membership

\$5.00 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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