

Join NAMI Door County!

Memberships are for one year and include local, state, and national dues and newsletters.

___ \$35 Individual

___ \$3 Open Door (low income)

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Mail to:

Treasurer

NAMI Door County

P.O. Box 273

Sturgeon Bay, WI 54235



NAMI of Door County is a 501 (c) (3) public charity. Donations are fully tax deductible to the extent the law provides.

A United Way Grant Recipient

Members receive our newsletter, **NAMI Doorways**, six times a year. It contains news of local NAMI events; dates and times of meetings, presentations, and current information about NAMI National.

The JAK's Place newsletter is published monthly. There is no charge for it, or any membership requirement. Both newsletters are also made available on the JAK's Place website, in PDF (Adobe Acrobat Reader) format. Those who wish it can receive e-mail notification when the newsletters are on line.

What is mental illness?

Mental illness is a condition that affects a person's mood, thinking, and/or ability to relate to others. Many types of mental illnesses have been classified and named; and they occur in varying degrees of severity.

It is almost as common as the common cold. Twenty-three percent of North American adults will have a mental illness in any given year, though less than half will be affected severely enough to disrupt their normal activities.

Mental illness has many faces. It may be defined differently at different times, in different cultures. What matters to individuals is that mental illness changes their lives, and the way others see them.

Other forms of illness don't have a terrible stigma attached to them. Illness that has only physical effects is seen as "normal". Mental illness affects social interactions; it produces changes in behavior that seem, to friends, family, and co-workers, incomprehensible and unreasonable. But mental illness is just another kind of illness. In most cases it is treatable. It can be lived with, just as chronic physical disabilities can be lived with.

The key to effective treatment and recovery is knowledge. Knowing that mental illness is treatable, that it is not a character flaw or a moral weakness, makes early treatment possible. No progress is possible as long as we deny the reality of mental illness. It won't go away if we pretend it isn't there. NAMI exists to inform and support; our mission is to bring those who suffer from mental illness back into the mainstream of life.

NAMI

of
Door County

National Alliance
on Mental Illness



Dedicated to improving the lives of individuals and families affected by mental illness since 1992.

NAMI-Door County
PO Box 273
Sturgeon Bay, WI 54235

Mental Health Resource Center:

JAK's Place
820 Egg Harbor Rd
(920) 818-0525

jaksplace@att.net
www.jaks-place.com

What is NAMI?

NAMI is the National Alliance on Mental Illness, the nation's largest organization devoted to increasing awareness of mental illness and helping individuals, their family, and friends cope with it. NAMI is a national organization with state and local affiliates in more than 1,100 communities.

What do we do?

- Educate
- Support
- Advocate

NAMI's education programs provide critical information to help individuals and families gain knowledge and skills for successfully living with mental illness. NAMI has fought for public policy changes that raise the bar on mental illness care and promote treatment and research.

Outreach and education in the community, in schools and churches, spreads the word that mental illness is treatable and not something to hide and be ashamed of.

In Our Own Voice, a public education presentation by individuals who have lived the experience, has been shared with more than 150,000 people nationally.

Family-to-Family, a free 12-week course of education and support for families and friends of people with mental illness.

Booklets, brochures, newsletters and magazines are available at our local resource center, and through the NAMI National website, www.nami.org

NAMI—DC meetings are held on the second Monday of every month at JAK's Place, at 7:15pm. Guest speakers present many subjects related to mental illness. Anyone is welcome to attend. See our newsletters and online bulletins for details.

NAMI programs and resources at JAK's Place

NAMI Door County established a mental health resource center in Sturgeon Bay in September 2006. **JAK's Place** is named after Jonah Andrew Klapatch (JAK), who lost his life to the unpredictable effects of mental illness in 2005.

We are a community resource center with an inviting, encouraging and caring atmosphere focused on the needs, hopes, goals and gifts of everyone who comes in our door.

Through outreach, education and active programming, we seek to be both a refuge and a beacon for all those whose lives have been impacted by mental illness.



820 Egg Harbor Rd.

Open weekday afternoons, 1-5

Membership is free; there are no requirements.

Please drop in and have a look around.

Open Support Group with Roy and Nancy meets every second and fourth Monday at 6pm.

Faith in Recovery, a support group led by Marlys Trunkhill, meets at 1pm every Friday.

Computer Support: JAK's Place has a public Internet computer. One-on-one help and instruction with Laura Haglund are available on Mondays and Fridays. Bring your own laptop or tablet and use our wifi.

The Lockwood Family Library has books and videos on mental illness that can be borrowed. We have video equipment for viewing by individuals or groups.

Other Group Activities

Seth Wiederanders' Tai Chi and Anne Miller's Yoga classes are held on most Mondays (times may vary; check our online schedule).

Art Group meets on Tuesday afternoons. We have a great variety of media, and occasionally professional artists volunteer instruction.

A family-style dinner is held every Tuesday evening at 5pm. Now and then we have a cookout, or a special holiday meal. Advance reservations are required.

We have an active Chess Group that meets on Wednesdays, and it is also Movie Day.

Every 2nd and 4th Wednesday is Game Day, with cards, board games, and Wii available, plus an outdoor basketball hoop.

Magda Gutierrez offers nutritional guidance on Thursdays. A healthy body helps maintain a healthy mind.

On Fridays, Ed DiMaio heads the Film Group, an informal but sometimes intense gathering devoted to creating videos. Following that is his Journaling Poets Group. *Drop-in poets are always welcome!*

Every year NAMI—DC sponsors a trip to some point of interest. There is no cost to participants. Past excursions have included the NEW Zoo, Bay Beach, and the Packer Hall of Fame and Stadium in Green Bay.