

NAMI *Doorways*

Newsletter of NAMI Door County



October-November 2013

National Alliance on Mental Illness

Volume 21 Issue 5

Mental Illness Awareness Week (MIAW), celebrated around the nation, is Oct. 6-12, 2013 and is an opportunity to learn more about serious mental illnesses such as major depression, bipolar disorder and schizophrenia, according to the National Alliance on Mental Illness (NAMI).

“Mental Illness Awareness Week is one way that we strive to spur conversations about mental illness,” said Julianne Carbin, Executive Director of NAMI Wisconsin. “President Obama has applauded many commitments from various organizations, encouraging the dialogue on mental health. It’s time to make a difference.”

One in four adults experiences a mental health problem in any given year. One in five young people aged 13 to 18 also experience mental illness. In fact, one-half of all mental illness begins by the age of 14--three-quarters by age 24.

Unfortunately, there are long delays--sometimes decades--between the first appearance of symptoms and when people get help. Recovery is possible, but only if people get the treatment they need. Less than one-third of adults and less than one-half of children with a diagnosed illness receive treatment.

Know where to find help if it’s needed and learn about the nature of mental illness and symptoms of different conditions. Information about specific illnesses, diagnosis and treatment options is available at www.nami.org.

- About 42 million Americans live with anxiety disorders, including obsessive-compulsive disorder (OCD) and posttraumatic stress disorder (PTSD)
- About 15 million live with major depression.
- About 6 million live with bipolar disorder.
- About 2.6 million live with schizophrenia.

“The U.S. Surgeon General has reported that stigma is a major barrier to people seeking help when they need it,” said Carbin. “It starts with a conversation. You are never alone, so don’t be afraid to speak up. The more people know, the better they can help themselves or their loved ones get the support they need. We know that advocacy, education and support around mental illness is an ongoing endeavor, but we invite you to join us and challenge you to take action during MIAW.”

Reprinted from www.namiwisconsin.org/

Meeting Schedule

Monday October 14

6:00 pm Care & Share
7:00 pm Monthly Meeting
DVD *Silver Linings Playbook*

Thursday October 17

4:45 pm NAMI Board Meeting

Monday October 28

6:00 pm Care & Share

Fridays Oct. 4, 11, 18, 25

Faith in Recovery 1:00 pm

Monday November 11

Annual Dinner Meeting
Hope Church 5:00pm Gathering
5:30 Dinner/Election of officers

Thursday November 21

4:45 pm NAMI Board Meeting

Monday November 25

6:00 pm Care & Share

Fridays Nov. 1, 8, 15, 22

1:00 pm Faith in Recovery

Unless noted otherwise, all NAMI Meetings and Support Groups are held at JAK’s Place, 820 Egg Harbor Road, Sturgeon Bay.

NOTE:

JAK’s Place will be closed on Thursday November 28, and Friday November 29 in recognition of Thanksgiving Day. We give thanks to all of our many donors who support NAMI’s Mission and JAK’s Place.

NAMI Door County’s mission is to improve the quality of life of those who have a brain disorder.

We are a self-help support / advocacy / education group for families and friends of and for the people who have a brain disorder (mental illness).

NAMI Door County
P.O. Box 273
Sturgeon Bay, WI 54235



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Life's Little Roadblocks.

A lot of us have established some sort of treatment plan to encourage continued health and to make sure we stay on track. While medication and therapy and such are the mainstays it is important to set goals also. Your goal may be to secure a job or a find a relationship or become more independent in general.

However, your treatment plan needs be flexible. You may not get the job you really want. The person you really like might find someone else. Your symptoms may worsen and your dream of more independence may be pushed into the future. The trick is to stay focused and continue to see the big picture.

If you didn't get that dream job don't give up, go out the next day and put in an application somewhere else. If you finally got the courage to ask that special someone out, and you got shot down, keep your head up. A pity party won't do you much good anyway. When we run into life's roadblocks we stop momentarily and then look for an alternate route.

~ Seth Wiederanders

Last Brat Sale of the Season

Mark your calendars to help out as we sell brats and burgers at Welsing's Foodland in Val my on October 12,13,14 (Sat. Sun. Mon.) It's Pumpkin Patch weekend and Columbus Day, for our Illinois Visitors!

JAK's Place Christmas Cards

We have a new card, a Christmas Rose, to celebrate the season. *Inside:*

Lo, how a Rose e'er blooming
From tender stem hath sprung!
Of Jesse's lineage coming
As men of old hath sung.

It came, a flow'ret bright,
Amid the cold of winter,
When half spent was the night.



The cards are 10 for \$5.00

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JAK's Place:
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2012 Board Members:

Executive Board:

Co-Presidents: Marlys Trunkhill
Mark Moeller
Vice-President: Sue Ernst
Treasurer: Nancy Schmidt
Secretary: Jan Pfannenstiel

Members at Large

Bob Scieszinski Finance Committee
Peter DeVaney Personnel Committee
Roy Jilburg Care & Share Support
Paul Klapatch Facilities Committee
Candace Worrick Facilities Committee
Howard Lindsay Personnel Committee
Nancy Schmidt Care & Share Support
Alison Ernst Consumer Activities

Advisors to the Board:

Sheryl Flores, Program Chair
Seth Wiederanders, JAK's Place Coordinator
Laura Haglund, Newsletter/Media Editor
David Miller, Finance/CPA

Join NAMI Door County 2013 now!

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

\$35 Individual
 \$3 Open Door (low income)

Additional categories of financial support

\$50-99 Friend
 \$100-249 Supporter
 \$250-499 Advocate
 \$500-999 Sponsor
 \$1000 and up Benefactor
 Check here if you would prefer that you be listed as an anonymous contributor

Make checks payable to NAMI Door County.

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



Mental Illness Awareness Week – October 6-12

There are a number of events taking place throughout October, not just during the celebration week. NAMI selects a book or DVD each year to present to the eight Door County Library Branches. This year our selected gift is the DVD *Silver Linings Playbook*. The movie directed by David O. Russell won 2012 Best Actress award for Jennifer Lawrence. An interview of the director appeared in the spring issue of the NAMI Advocate.

NAMI will have a foyer display at the **Sturgeon Bay Library** through out the month of October. Please stop in to discover what we have been up to this past year and coming events.

Once again we will have a table at the **YMCA Health Fair**, Tuesday, October 22, 8:30am-1:00pm. We will show our newest PowerPoint and pictures of events on the quad-fold, and offer free key chains made available to affiliates by NAMI Wisconsin.

Open House

Saturday September 21 was our annual kickoff to the fall season as we commence our 8th year as a Mental Health Resource Center. Several members of our NAMI board were present to welcome visitors to the center. Lunch was provided along with root beer floats for dessert. The highlight of the event was the drawing for our "Snowball" Quilt, a gift from Bettie Greenwood of Aylett, Virginia.

Seth Wiederanders, staff coordinator of JAK's Place pulled out the winning ticket stub purchased by LuAnn Desotelle. LuAnn has been a supporter of JAK's providing us with farm fresh eggs each month. We greatly appreciate her donation of eggs and hope that this quilt brings her the enjoyment that we've shared displaying it at JAK's the past few months. Congratulations!



Please help us keep our mailing list up-to-date. Let us know if you move! It costs us both unnecessary postage and a return fee when a newsletter is sent to someone who has moved or is away for the winter. Thank you.

