

NAMI Doorways

Newsletter of NAMI Door County Inc.



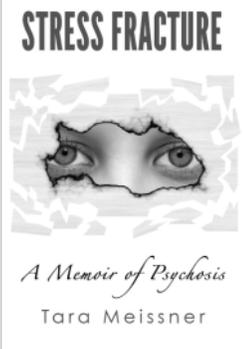
October 2014

National Alliance on Mental Illness

Volume 22 Issue 5

MENTAL ILLNESS AWARENESS WEEK IS OCTOBER 5-11

NAMI Door County has scheduled several events to bring attention and raise awareness among the citizens of Door County. Each year our affiliate donates a mental health book to the 8 Door County Library branches during the Awareness Week. This year's selection is *Stress Fracture: A Memoir of Psychosis*, by Tara Meissner, who lives in Manitowoc, Wisconsin, with her husband Mike and three children. This psychological memoir is about things that break us and how we heal. It offers a raw view of a 33-year-old wife and mother swallowed by psychosis.



Outpatient recovery consumed the better part of a year, with psychiatric treatment and spiritual contemplation. Though she was left scarred and damaged, health returned, allowing her to tentatively embrace a grace and peace earned through acceptance of bipolar disorder.

The books will be presented to the branch librarians at their monthly meeting on October 2 in Sturgeon Bay.

Meeting Schedule

Monday October 13

6:00 Care & Share Support

7:15 Monthly Meeting

Thursday October 16

4:45 Board Meeting

Monday October 27

6:00 Care & Share Support

Faith in Recovery

Fridays 1:00

October 3, 10, 17, 24

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

NAMI Door County will also have a display window at the Main Branch during the entire month of October.

Stigma: Breaking The Habit

I have a friend who suffers from depression. So do I. But social conditioning tells him that I should burst out in smiles at his convenience.

No physical injury or illness is treated with such casual denial. No one expects a person with a broken leg to get up and dance. Does anyone think that a strep throat can be cured by not thinking about it?

There's always "something going around" that's making people sick, but while mental illness affects more people on average than flu, it is given far less attention. People get flu shots, or take other measures to prevent illness. How many of them would give the same thought to treating or preventing a potentially fatal mental disorder?

A habit is something that we do without thinking. The first step in breaking any habit is to become aware of it. Habits of thought are harder to

get hold of than habits that involve actions, but thought habits are a part of all types of habit. We can change the way we think by increasing our self-awareness.

Awareness brings unconscious processes into the light. This includes our unconscious reactions to mental illness. Stigma is the result of thought habits that we have developed to defend ourselves. It puts a comforting wall between "us" and "those other (crazy) people."

Humans are social beings. We need to belong. Saying and doing the "wrong" things will get us cast out. Long ago, when all humans lived in small, relatively isolated groups, it was a life-or-death matter. No one could survive alone, without their tribe. We are still letting that ancient fear rule our lives. We are letting it ruin lives. Isn't it time to wake up?

— Laura Haglund

JAK's Place drop-in resource center is a project of NAMI Door County Inc.

JAK's Place Open House

JAK's Place was the scene for our third quilt raffle on Saturday September 20th. Bettie Greenwood of Aylett, Virginia has donated all three of the quilts to NAMI Door County to help raise funds for JAK's Place.

Previous winners include Marlys Trunkhill and LuAnn Desotell. This year's winner is Kris Wagner-Maclean from Door County Department of Human Services. She claimed her prize Monday and was given a tour of JAK's Place facility by Seth Wiederanders, Staff Coordinator.



Kris and Seth hold up the quilt for one last good look.

Melissa Andrews with Milo, the young gentleman who picked the winner



THANK YOU! THANK YOU!

Donations:

- Everyone who purchased quilt raffle tickets
- Bettie Greenwood, for *The Quilt!*
- Attic Correctional Services
- United Way of Door County
- David & Nancy Danis Fund
- Jenny Blue
- Welsing Foodland, Inc.
- Keith & Jacquelyn Anclam

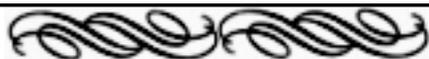
In Kind:

- Bay View Lutheran Church – Food Donation
- Jenny Blue – Food Donation for Open House
- Marlys Trunkhill – Food Donation for Open House

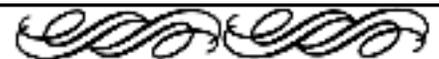
A FREE EVENT will be held at Stone Harbor on Tuesday, **October 7**, during Mental Illness Awareness Week.

The program, sponsored by Door County Public Health's Mental Health Focus Group and the Door County Alcohol and Other Drug Coalition, begins at **6pm**, with a community resource fair and hors d'oeuvres. No reservation is needed.

Featured speaker Rob Valentine will discuss *Mental Health and Substance Use Disorders—Strength Through Understanding*. Mr. Valentine served as the AODA Coordinator at Door County Unified Board from 1983 to 1986, and continued his work in private practice for over 21 years.



JAK's Place Activities



Tai Chi Mondays at 4:00
Art group Tuesdays, 2:30-4:00
Tuesday Dinner is at 5:00. PLEASE SIGN UP AHEAD. We can only seat twenty.
Game Days — every 2nd and 4th Wednesday, 1:30
Chess Group — Wednesdays, 1:30

Nutrition Group — Thursdays, 4:00
Faith in Recovery — Fridays, 1:00
Journaling Poets Group — Fridays, 3:00
Meditation Group — Fridays, 4:00
Friday & Monday — **Computer Days!**

NAMI Door County

National Alliance on Mental Illness

P.O. Box 273 Sturgeon Bay, WI 54235
mtpklapatch@greenbaynet.com

2014 Board Members:

Executive Board:

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

Members at Large

Peter DeVaney Personnel Committee
(vacancy) Personnel Committee
Alison Ernst Consumer Activities
Chris Basken Consumer Activities
J.J. Parratta Consumer Activities
Paul Klapatch Facilities Committee
Roy Jilburg Care & Share Support
Nancy Schmidt Care & Share Support
Bob Scieszinski Finance Committee

Advisors to the Board:

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

NAMI 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



New Faces, New Hope

An organization like NAMI Door County Inc. survives on its ability to draw new people. New people have new ideas, new things to contribute, and new energy. Each year we open JAK's Place on a Saturday in late September to celebrate the completion of another year as a mental health resource / drop in center. Each year we hope to draw new people in the door. Every new person that gets the tour during our annual Open House is a potential ally, someone that can benefit from our work and has the potential to contribute. As we increase our outreach, our dedication to our mission grows. There is strength in numbers, and a sense of empowerment that comes from uniting for a common cause.

If you have a friend or family member who is struggling with mental illness, please encourage them to stop in. We have a caring and attentive staff that will explain who we are and what we do. Sometimes all we can offer is encouragement, but sometimes a little encouragement is all that's needed. Your loved one may benefit from hearing stories of other people who have struggled and survived. We have all been through rough stretches but we can gain from each other's experience. Every person that comes into JAK's and leaves with a feeling of Hope is a success story. Please, spread the word!

— Seth Wiederanders

jaksplace@att.net
jaksplace2006@gmail.com



Join NAMI Door County <i>When you join now, you become a member of your NAMI Affiliate, your NAMI State Organization and the national NAMI organization.</i>		Contributions NAMI Door County needs your support. Your gift will help continue the support and education services for everyone affected by mental illness		Mail to: NAMI Door County PO Box 273 Sturgeon Bay, WI 54235 OR pay online using PayPal at our website: www.jaks-place.com	
Yes, I want to: (please check one) <input type="checkbox"/> <u>join</u> NAMI <input type="checkbox"/> <u>renew</u> membership for one year Dues _____ \$35 Regular Membership _____ \$3 Open Door (for low income) Member benefits include NAMI's flagship magazine, the <i>Advocate</i> , as well as NAMI's monthly e-newsletter, <i>NAMI Now</i> , if you subscribe at: www.nami.org/subscribe . All members receive the same benefits. NAMI membership is valid for one year.		<input type="checkbox"/> \$ 25 <input type="checkbox"/> \$ 50 <input type="checkbox"/> \$ 75 <input type="checkbox"/> \$ 100 <input type="checkbox"/> \$ 125 <input type="checkbox"/> \$ 200 <input type="checkbox"/> \$ _____ NAMI Door County is a tax exempt, non-profit organization. Donations are tax deductible to the extent allowed by law.		Title: <input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Dr.	
				Primary Member Last Name:	
				Primary Member First Name:	Middle:
				Address:	
				City:	State:
				Zip:	
				Phone:	
				Email:	
Payment Information		<input type="checkbox"/> Check		or	
				<input type="checkbox"/> Cash Enclosed (Please do not mail cash)	
For Office use only:		<input type="checkbox"/> Check		<input type="checkbox"/> Cash	
				Date:	

Non Profit Org.
U.S. Postage
PAID
Sturgeon Bay, WI
Permit No. 70

Address label here



HALLOWEEN PARTY!

Friday, October 31, from 1pm to 3pm, at JAK's Place
Food, Fun, Prizes for best costumes!
Everyone welcome. Bring a friend to haunt with.

