

NAMI Doorways

Newsletter of NAMI Door County Inc.



April 2015

National Alliance on Mental Illness

Volume 23 Issue 4

From The Co-President

Ten Warning Signs Of Teen Suicide

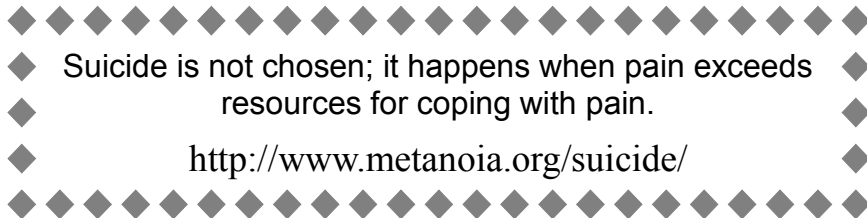
1. Feeling sad, withdrawn or unmotivated for more than two weeks.
2. Making plans or trying to harm, kill one self.
3. Out of control, risk taking behaviors.
4. Sudden overwhelming fear, for no reason, sometimes with a racing heart or fast breathing.
5. Not eating, throwing up or using laxatives to lose weight.
6. Severe mood swings causing problems in relationships.
7. Excess use of drugs or alcohol.
8. Drastic changes in behavior, personality or sleeping habits.
9. Extreme difficulty in concentrating or staying still.
10. Intense worries or fears getting in the way of daily activities like hanging out with friends or going to classes.

The above list was sent by NAMI National to all NAMI Affiliates.

Prevent Suicide Door County Nathan Wilson Coalition

P.O. Box 491
Sturgeon Bay, WI 54235
(920) 495-2383
preventsuicidedc@gmail.com

Our mission is to reduce the number of suicides in Door County through prevention education, public awareness and overcoming stigma. We provide free QPR (Question, Persuade, and Refer) training.



Suicide is not chosen; it happens when pain exceeds resources for coping with pain.

<http://www.metanoia.org/suicide/>

1 (800) 273-8255

National Suicide Prevention Lifeline

Hours: 24 hours, 7 days a week ~ Languages: English, Spanish

Website: www.suicidepreventionlifeline.org

Meeting Schedule

Monday April 13

6:00 Care & Share Support
7:15 General Meeting

Thursday April 16

NAMI Door County Board
Meeting 4:45pm

Monday April 27

6:00 Care & Share Support

Faith in Recovery

Fridays 1:00—2:00

April 10, 17 (Marlys goes to
NAMI Conference on the 24th)

JAK's Place will be closed April 3 for Good Friday Services.

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



JAK's Place

jaksplace@att.net

jaksplace2006@gmail.com

On the Web:

www.jaks-place.com



NAMI Door County's mission is to improve the quality of life of everyone affected by mental illness.

We are a self-help / support / advocacy / education group for individuals living with mental illness and their families and friends.



Door County

P.O. Box 273
Sturgeon Bay, WI 54235

Address service requested

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**Wisconsin NAMI Annual Conference
April 24 & 25 2015
Marriott West
1313 John Q. Hammons Drive
Middleton, WI 53562**

NAMI Door County has received four scholarships to the annual conference. JAK's Place staff Ed DiMaio and Seth Wiederanders, plus our two board members Thairon Berger and J.J. Parratta, will be attending, as well as Board Members Marlys Trunkhill and Paul Klapatch.

The annual conference is always informative, with many breakout sessions on various topics of interest. NAMI Door County provides reimbursement for one day for our members to attend (\$70). Breakfast and lunch are included, but the evening meal and transportation are not reimbursed.

Keynote speakers this year are Dr. Richard Davidson on Friday and Dr. Dan Fisher on Saturday. Dr. Richardson is at the University of Wisconsin Madison where his research is broadly focused on the neural bases of emotion and emotional style, and methods to promote human flourishing including meditation and related contemplative practices.

On Saturday Dr. Dan Fisher is the keynote speaker. He obtained his PhD at the University of Wisconsin to discover the so-called "chemical basis" of mental health conditions. He is presently on the faculty of the University of Massachusetts Department Of Psychiatry. He will be speaking on *Emotional CPR*.

This year's Brat Fry dates:
Memorial Day weekend, Friday May 22 through Monday May 26
Labor Day weekend -- Friday September 4 through Monday September 7

A resource center for anyone affected by mental illness, focused on the hopes, needs, goals and gifts of all who come through our door.

Happiness

The greatest thing in life is to find happiness. The hardest thing in life is to stay happy. Our needs and perceptions change. Our goals and desires shift. The plans you made last night while trying to get to sleep may have little or no real world application once the daylight hits. Change is inevitable and nothing lasts forever.

A child's happiness is obvious. There are laughter and smiles and silliness; but as adults we are encouraged to make our happiness less transparent, to be cool. We are held to different standards than we were as children. There is the constant threat of miscommunication or misunderstanding. We need to remain alert and politically correct while in public. What a drag.

Happiness in life is wonderful and fleeting. It is hard to maintain and it requires self analysis and honesty. If you aren't happy with your current situation and your reality has become a dark place, you might fall, over and over, into despair. While it's easy to stay unhappy and complain, it can be difficult to seek out happiness in the first place. Life requires that we make adjustments as needed. Improving your life might mean stepping out of your comfort zone and happiness might be only one tough decision away.

— *Seth Wiederanders*

Happiness: *A state of well-being characterized by emotions ranging from contentment to intense joy*

Wikipedia snippets:

It is of such fundamental importance to the human condition that "Life, Liberty and the pursuit of Happiness" were deemed to be unalienable rights by the United States Declaration of Independence.

The United Nations declared 20 March the International Day of Happiness to recognize the relevance of happiness and wellbeing as universal goals. In 2014, *Happy* became the anthem and inspired clips from around the world.

Happy is a song written, produced, and performed by American singer and producer Pharrell Williams from the Despicable Me 2 soundtrack album.

THANK YOU! THANK YOU!

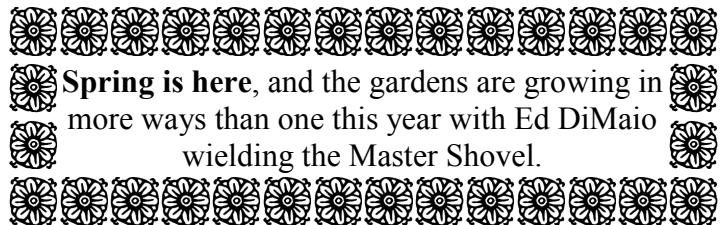


Membership Renewals and Donations

- Thrivent Financial Door County Chapter
- Ruth Endowment Fund – Bay View Lutheran Church
- Bay View Youth Group – Souper Bowl Sunday
- Carol Wagner
- Tonya Felhofer
- William Wiederanders
- Sharon Wiederanders
- Marlys Trunkhill
- David Swender
- Robert Scieszinski
- Mercedes Deakin
- Ed DiMaio
- Lucy Kile

In Kind Donations:

- Mary Ellen Parzych — Two boxes of picture frames for art group
- Paul Klapatch — Small refrigerator for soda storage.
- Ed DiMaio — Book, *Abnormal Psychology*, by Susan Whitbourne and Richard Halgin



Spring is here, and the gardens are growing in more ways than one this year with Ed DiMaio wielding the Master Shovel.

JAK's Place Activities

- Tai Chi** with Seth— Mondays, 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 - April 10 & 17
- Journaling Poets Group** — Fridays, 3:00
- Meditation Group** — Fridays, 4:00
- Friday — Computer Day!**



Door County

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

2015 Board Members:

Executive Board:

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

Members at Large

- Peter DeVaney Personnel Committee (vacancy)
- J.J. Parratta Consumer Activities
- Thairon Berger Consumer Activities
- Roy Jilburg Care & Share Support
- Bob Scieszinski Finance Committee
- Jan Pfannenstiel 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



It Takes A Community To Build A Community

Sometimes it seems as if this newsletter goes off into outer space every month, or into a bottomless pit. It vanishes, and no response comes back. I'm not talking about donations, or memberships. The missing element, the one that probably does the most good in the long run, is participation. We see too few new faces, hear too few voices. The burden of fulfilling our mission falls on a small group, and some days there aren't enough shoulders to go around.

What keeps people from taking an active role? Is it apathy, or "Well, I've paid my dues - now I can sit back and wait" - or is it fear of **stigma**? If it is the latter, non-participation is a vote for the enemy. We can't make mental illness go away by ignoring it; nor can we convince others that mental illness is not a hideous monster by avoiding the issue. *The real monster is stigma, and silence feeds it.*

It's not up to any one person to take up a sword and slay the monster. What matters is joining the effort as an active participant. Everyone is affected by mental illness. The more people who actually do something, the greater our effect as a group. Learn more about mental illness and treatment, read about how others cope. Face your own fears. Bring a friend to JAK's Place. Suggest a topic for a presentation. Write about something for the newsletter! You can tell your own story or a loved one's anonymously.

The best time to start is **now**.

— Laura Haglund, Editor



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:		