

NAMI Door County Phone:
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Join NAMI Door County 2011 now!

Memberships run by calendar year and include local, state, and national dues and newsletters.

- \$10 Low income/Consumer
- \$35 Individual
- \$50 Family
- \$100-249 Supporter
- \$250-499 Advocate
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- Check here if you would prefer that you be listed as an anonymous contributor

Make checks payable to NAMI Door County.

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United Way of Door County
 A United Way Grant Recipient

NAMI Conference Notes

The NAMI Wisconsin Conference has a reputation for its excellent choice of Keynote Speakers.

This year's presentation by Eric Arauz was inspirational to say the least. He is a consumer, veteran, and advocate. Arauz is a state trainer for NAMI New Jersey's In Our Own Voice program. In an article published in The Star Ledger, New Jersey's largest newspaper, Robin Gaby Fisher quotes Arauz "In 1995, I woke up in a maximum-security mental hospital in New Jersey, shackled to a bed in four-point restraints...I thought my life was over." Doctors said he was a hopeless case – but he is using it to reach out to others. "I am not successful in spite of my mental illness; I am successful because of it."

Eric Arauz is a nationally renowned inspirational speaker who is currently working in a doctoral program in social and philosophical foundations of education at Rutgers University, focusing on preventing suicide in U.S. colleges. He serves as a consultant to the National Council on Alcohol and Drug Dependency on mental illness and chemical dependency. He recently appeared on ABC's Good Morning America on a six-segment special *Mind, Mood and Mental Illness*. He is a disabled U.S. Navy veteran who served in Operation Desert Storm.

Mr. Arauz's story of his early childhood includes an attempt by his father to kill him. He survived that trauma only to later lose his father to suicide. Of course he blamed himself for this act because he was such a bad boy. He survived the Desert Storm ordeal but it left him with an overwhelming addiction.

At some moments during his presentation, Arauz made use of a power point he had made entitled Trauma Informed Recovery, "I need to Integrate my fragmented Self to take full responsibility for my mania and addiction driven actions (my life): tattoos, divorce, loss of step-daughter, spending, drug use, etc. etc." It is a Journey from Thinking to Feeling, A Journey from Surviving to Living – I deserve a Life, a Future, Love, Dreams and Hope!!" At the end of his talk Mr. Arauz showed the audience a slide entitled God's Recompense: his young baby daughter 'Liv'. (not a dry eye in the house)

- Marlys

 *
 * **"May is Mental Health Month"** *
 * Enter that in an Internet search, including the *
 * quotation marks. Happy surfing! *
 *

JAK's Place – 820 Egg Harbor Road, Sturgeon Bay Phone: (920) 818-0525 E-mail: jaksplace@att.net
A resource center for anyone affected by mental illness, encouraging a caring atmosphere focused on the hopes, needs, goals and gifts of all who come through our door.

JAK's Place schedule at a glance:

Monday: 1—5 Wednesday - Thursday -
Tuesday: 1—7 Friday - 1—5

Tuesdays — Art group, 2:30-4:00

Dinner is at 5:00. Prep starts at 2:00. Cleanup at 6:00

Game Day — every 2nd and 4th Wednesday

Faith in Recovery — Fridays, 1:00-2:00

Computer Lab — Fridays — please make reservation

Closed Saturdays and Sundays

Check www.jaks-place.com for updates

Gabriele's Kitchen

Have you seen the new sign in the kitchen at JAK's Place? On March 22 we had a memorial service for Gabriele Wolfe as many of our members were unable to attend the funeral. We dedicated the kitchen at that time as a memorial to Gabriele.

More than 40 people crowded into our meeting room for a service led by Rev. Howard Lindsay. Howard and his wife Dolly have been our special volunteers for the Tuesday Dinners at JAK's and worked closely with Gabriele planning the meals. The sign was designed and donated by Jason Maccoux.

NOT FOR SALE

—that's right, it's free!

We have an exercise bike in good working condition that's looking for a home. If you have a few square feet of space you can pedal for miles, without having to watch out for traffic. It's one of the best ways to keep in shape when it's too cold or wet to get outside. You can even watch a movie while you work out. ☺

Saturday, May 7, 9am
—Donny's Glidden Lodge—

Fundraiser walk
dedicated to
JAK's Place!



THANK YOU! THANK YOU!



Our appreciation goes to the Sturgeon Bay Moravian Church and the Breakfast Rotary Club for their donations of food. We are grateful to all the churches and individuals who stop by with food donations.

We receive support from persons that reside in other parts of the United States. We received donations from Audrey Miller Sydney who lives in New York City, Missouri.

NAMI Conference Notes

WORKSHOP: Ask the Doctor: PTSD

PRESENTER: Kelly K. Duggan, PsyD

Combat, sexual assault or surviving a natural disaster like the recent earthquake and tsunami in Japan are examples of extreme and traumatic psychological events that can cause PTSD (Post Traumatic Stress Disorder). PTSD is classified as an anxiety disorder with symptoms that are active for more than one month after the traumatic event.

Symptoms of PTSD include persistent re-experiencing of traumatic events through nightmares or flashbacks and intense reminders of the trauma. A person may even experience physical reactions to triggers that symbolize or resemble the event. If a woman was assaulted by a man wearing a certain cologne she may have a flashback whenever she smells that particular cologne. Avoidance of activities, places or people that remind the person of the trauma and inability to recall an important aspect of the trauma are also common with PTSD. A person may have amnesia for the event or precisely the opposite. Some people have a very clear memory of the event that has caused them so much anguish. Increased arousal is the third broad symptom cluster that is associated with PTSD. A person may have difficulty sleeping and concentrating. Outbursts of anger and increased irritability are common. A soldier returning to society after deployment may also experience what is termed "hypervigilance." The soldier is effectively still "on alert" and may constantly scan the environment as if he or she is still in combat.

Treatment for PTSD includes restoring a patient's sense of safety and helping the person to learn to trust again. After a person is stabilized, reintegration is the next step. Medication and therapy are, of course, an important part of a treatment program for people that suffer from this increasingly common illness.

Seth Wiederanders

NAMI *Doorways*

Newsletter of NAMI Door County



May—August 2011

National Alliance on Mental Illness

Volume 19 Issue 2

News from our Co-President

Our affiliate was represented at the State NAMI Convention April 15 & 16 in Milwaukee by Seth and William Wiederanders, Paul Klapatch and yours truly. Between the four of us we managed to participate in a large number of break-out sessions as well as attend the Keynote Speakers, Eric Arauz, Consumer Advocate, and David A. Baker, PhD, Biomedical Researcher at Marquette University. You will find articles on the convention in this issue.

May is Mental Illness Awareness Month. This is a good time to stop in at JAK's Place and get acquainted with our facility and programs. We can always use volunteers to assist with our raised vegetable beds and to help out with meals and games days. If you have a special talent and would like to mentor others by teaching a skill, just let us know and we will match a person who wants to learn that skill.

Please welcome our newest employee, Ed DiMaio, who will be filling in for John Fredrickson who is on medical leave for six weeks. Ed is no stranger to JAK's Place, he has offered drumming events at JAK's and also was previously employed by NAMI as a med-tech to work with consumers of the Community Support Program.



The United Way Day of Caring is Saturday April 30 8am until noon. We can use some help both indoors and outdoors at JAK's place. Volunteers meet at the SBHS cafeteria for breakfast provided by McDonalds, pick up a free Live United T-shirt, then proceed to various work sites. I look forward to seeing a lot of you on Saturday!

Happy Spring – once it finally arrives,
Marlys Trunkhill



Please let us know if you move, so you won't miss any newsletters ☺

Meeting Schedule

Monday May 9

6:00 Care & Share Support Group
7:15 Monthly Meeting

Thursday May 19

4:45 Board Meeting

Monday May 23

6:00 Share & Care Support Group

Monday June 13

6:00 Care & Share Support Group
7:15 monthly Meeting

Monday June 27

6:00 Care & Share Support Group

Monday July 11

5:30 Annual Picnic
Otumba Park
No Support Group

Monday July 25

6:00 Care & Share Support Group

Every Friday 1:00

Faith in Recovery

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



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



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Monday July 11, 5:30
NAMI-DC Annual Picnic at Otumba Park
Beverage and main course provided; bring a dish to share.

NAMI Conference Notes

Dr. Baker, from Marquette University, was a keynote speaker at the NAMI State Convention on April 15th-16th in Milwaukee. He lectured on the history of anti-psychotic medication up to the present. He said the first anti-psychotic medication, chlorpromazine, otherwise known as Thorazine was introduced 1952. What it did was block the dopamine receptors. Scientists hypothesized that those suffering from schizophrenia must have too much dopamine, and that blocking dopamine in the pre-frontal lobe of the brain could increase positive symptoms. Other drugs with that same makeup and effect on dopamine were developed, and for 60 years treated positive side effects and not negative side effects or cognitive deficits.

Clozaril (Clozapine) was developed in 1960 but was not introduced for treatment till 1989. Clozaril did not target the dopamine receptors but instead targeted the serotonin receptors. When introduced it was found that it increased positive side effects and also had its own negative side effects. The behavior was then repeated where a whole

bunch of drugs were developed to block serotonin receptors and these are the family of atypical-antipsychotic medications we have today.

Dr. Baker has been a part of research with many other scientists to study how the disease of schizophrenia is causing its symptoms. To summarize the progress: it has been found that glutamate in the pre-frontal lobe, if blocked in various receptors, can either cause or decrease symptoms of schizophrenia; glycine transport inhibitors if lowered can cause schizophrenia. There are 90% more glial cells than neurons and they need to be looked at on how they effect schizophrenia.

In other words, studying the mechanism of these receptors and how they are affected by glutamate in the pre-frontal lobe has directed scientists and their research into areas of study of what causes schizophrenia. Hopefully new medications are on the horizon that will affect both positive and negative side effects in the treatment of schizophrenia.

Paul A. Klapatch