



**NAMI Portage-Wood Counties
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From the Editor

Well friends, we are in the thick of winter. For some, it is magical. For others, it seems unbearable. One thing that we can embrace this winter is kindness. Kindness to ourselves, kindness to each other, kindness in everything we do and speak. Princess Diana once said, "Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you." Sometimes being kind takes a conscious effort, sometimes it just comes naturally, but it is always appropriate and worth it. You never know who you will touch when you are kind, and we can all use a little more kindness in our lives. As we move through the rest of winter, I will carry this message with me, as I hope you do too. Take care and thank you for reading.—*Andrea*



NAMI Wisconsin Annual Conference

NAMI Wisconsin's Annual Conference will take place on April 28 and 29, 2023 in Elkhart Lake, WI. The NAMI Wisconsin Annual Conference is one of the state's largest gatherings of mental illness supporters, peers, and community members.

There is a clear and critical need to care for mental and physical health simultaneously. This year's NAMI Wisconsin Annual Conference is focusing our conference theme on Uniting Hearts and Minds, where we will explore the vital connection to overall wellness and recovery for peers, family members, caregivers, and professionals.

Don't miss this once-in-a-year opportunity to hear inspiring speakers including re-search scientist **Dr. Cortland Dahl**, mental health activist & certified peer specialist **Maria Hanson**, NAMI Chief Medical Officer **Dr. Ken Duckworth**, and many more.

In addition to our conference theme, the 2023 NAMI Wisconsin Annual Conference will offer more than 30 workshops dedicated to mental health research, lived experience stories, advocacy updates, crisis response systems, and more. Registration is now open and can be accessed by visiting <https://namiwisconsin.org/annual-conference-registration-open/>.

NAMI Portage-Wood Counties Needs You!

NAMI Portage-Wood Counties is a non-profit organization, totally managed by a 12-person board and a small group of volunteers. Our affiliate covers three major cities, surrounding areas and smaller counties nearby, that do not have their own affiliate. Mental health and mental wellness are receiving more attention as of late, and we strive to provide what we can for our community, we are looking for volunteers to help us bring education, support and presentations to our communities. NAMI offers educational training free to members who want to help make a difference in others' lives. Perhaps you have a story to tell and share with others, maybe you have lived experience and would like to be trained as a support group facilitator or want to increase the knowledge on mental illness by becoming a teacher for one of our classes. We can also use volunteers to help at events, prepare items at home, help with resource tables and distribution of resources and advertising. If interested contact **Lisa Piekarski at 715-572-5797** or **NAMI Portage-Wood Counties at 715-544-9653**. We would love to hear from you! NAMI's programs work on a "buddy" system, so you do not have to do this alone.



What is NAMI?

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization

It was started in 1979 in Madison, Wisconsin by two mothers who were looking for help with their sons. NAMI provides advocacy, education, support and public awareness for people whose lives are affected by mental illness. (www.nami.org).

The NAMI Wisconsin mission is to improve the quality of life and promote recovery for people with a mental health condition.

NAMI Portage-Wood Counties, our local affiliate, offers support groups for families or individuals led by trained facilitators.

We also offer classes and events that are free to the public. These are funded through memberships, donations, fundraising and grants.

What is Mental Literacy?

Mental health literacy is the knowledge and beliefs about mental problems and disorders that help us recognize, manage or prevent them. It includes:

- being able to recognize specific mental health disorders;
- knowing how to get mental health information;
- knowledge of risk factors and causes, of self-treatments and of professional help available;
- having attitudes that recognize that there is a problem, and let us seek help (Jorm, et al., 1997).

For parents and educators, mental health literacy is an important factor in providing support for children with mental health problems or disorders. Mental health literacy can also help reduce stigma by changing the language used to describe mental health and individuals with mental health issues.

Stigma is the use of stereotypes and labels when describing someone. Stereotypes are often attached to people who are suffering from a mental illness. Our society tends to not give the same acceptance to mental disorders as we do to other organ disorders (e.g. diabetes or heart disease). This stigma can limit opportunities, it can stand in the way of a new job, it can increase feelings of loneliness, and it can cause many other outcomes.

Anyone with a mental health problem must know that it is not their fault and that it is OK to ask for help. NAMI Portage-Wood Counties offers resources to help improve mental health literacy and we advocate to help end the stigma. **You are not alone.**

Free Mental Health and Wellness Meetings

NAMI Portage-Wood Counties along with Suicide Prevention Portage County offer a free Mental Health & Wellness Speaker on the 3rd Monday of the month. It takes place from 6:00–7:00 p.m. in Stevens Point at our new location, **Mid-State Independent Living Choices**, located at 3262 Church Street in Stevens Point. Call **715-544-9653** for more information

PLEASE NOTE: The speaker event is being moved to the **third Monday of the month**, effective January 2023. Keep an eye on our website and Facebook page for information on the upcoming speakers for 2023.

Many who attend say that this was their first experience with NAMI and the first time they felt like people understood them and what they were dealing with. Long lasting friendships have been made here on a Monday night. We hope to meet you at one of this year's speakers.

February 20, 2023: Dr. Pam Beyer – *Parenting Kids with Mental Health*

March 20, 2023: Madison Matijevich – *Disability, Mental Health & LGBTQIA+ Identity*



Dr. Pam Beyer



Join a support group and take care of you!

SUPPORT GROUP for PEERS

(those living with a mental health condition)

Stevens Point

First Thursday of each month

St. Paul Lutheran Church

1919 Wyatt Avenue

6:15–7:45 p.m.

Contact:

Linda • 715-572-7135 or if you need transportation

Wisconsin Rapids

Third Wednesday of each month

United Methodist Church

441 Garfield Avenue

6:15–7:45 p.m.

Contact:

Andrea • 715-321-6672 or

Lisa • 715-630-8227

Marshfield

Fourth Wednesday of each month

Faith Lutheran Church

207 South Cherry Avenue

6:00–7:30 p.m.

Contact:

Andrea • 715-321-6672 or

Dixie • 715-897-1108

SUPPORT GROUPS for FAMILY AND FRIENDS

(those with a loved one living with a mental health condition)

Stevens Point

First Monday of each month

NAMI Family Support Group

St. Paul Lutheran Church

1919 Wyatt Avenue

(Door 3, lower level)

6:30–8:00 p.m.

Contact:

Kathy • 715-254-5452 or

Marvin • 715-592-4522

Wisconsin Rapids

Second Monday of each month

NAMI Family Support Group

United Methodist Church

441 Garfield Avenue

6:00–7:30 p.m.

Contact:

Carrie • 715-323-4437

Dorie • 715-459-1568

NAMI Portage-Wood Counties Offers Support

Are you living with mental illness and would like additional support from others living with mental illness? Do you have a family member or friend who lives with mental illness? Did you know that NAMI Portage-Wood Counties offers free monthly support groups to help cope and connect with others who will understand and be a listening ear?

The Peer Support Groups are for those living with their own mental illness and the Family Support Groups are for those who have a family member living with mental illness.

NAMI Peer Support Groups

These groups are led by two trained facilitators who have lived experience with a mental health condition.

Stevens Point

First Thursday of the month from 6:15–7:45 p.m.

St. Paul Lutheran School, 1919 Wyatt Avenue. Use Door 3, off the east parking lot and follow the signs downstairs. An elevator is available.

Contact: **Linda at 715-572-7135** for more information.

Wisconsin Rapids

Third Wednesday of each month from 6:15–7:45 p.m.

United Methodist Church, 441 Garfield Avenue. Use the parking lot off Garfield and enter using the door facing the parking lot.

Contact: **Andrea 715-321-6672** or **Lisa 715-630-8227** for more information.

Marshfield

Fourth Wednesday of each month from 6:00–7:30 p.m.

Faith Lutheran Church, 207 S. Cherry Avenue. Doors will be unlocked starting at 5:30 p.m. and locked at 6:30 p.m. Contact: **Dixie 715-897-1108** or **Andrea 715-321-6672** for more information.

NAMI Family Support Groups

These groups are led by two trained facilitators who have loved ones experiencing a mental health condition.

Stevens Point

First Monday of each month from 6:30–8:00 p.m.

St. Paul Lutheran School, 1919 Wyatt Avenue. Please use door 3, off the parking lot and follow the signs downstairs. An elevator is available. Contact **Kathy 715-254-5452** or

Marvin 715-592-4522 for more information.

Wisconsin Rapids

Second Monday of each month 6:00–7:30 p.m.

United Methodist Church, 441 Garfield Avenue. Please use the East parking lot and enter the rear of the building.

Contact: Contact **Kathy 715-254-5452** or **Marvin 715-592-4522** for more information.



National Alliance on Mental Illness

Portage- Wood Counties

P.O. Box 21
Stevens Point, WI 54481
715-544-9653

FIRST CLASS MAIL

Feb.–Mar. 2023 Newsletter

Check out our website namiportagewoodcounties.org
Facebook NAMI Portage-Wood Counties, like us on Facebook and see our inspirational posts.
Call NAMI Portage-Wood Counties 715-544-9653

Your Membership Helps Support NAMI Portage-Wood Counties

Membership includes regular mailings from NAMI Portage-Wood Counties, NAMI Wisconsin, and NAMI National. Donations and membership fees are tax deductible.

Make checks payable to NAMI Portage-Wood Counties. Mail with this form to:
Linda Froehlich, Treasurer, 4309 Heffron Street, Stevens Point, WI 54481 (715) 572-7135

Date: _____

Name: _____ Organization, if applicable _____

Address _____ City _____ State _____ Zip code _____

Telephone Number: (____) _____ *E-mail Address: _____

*The NAMI Portage-Wood Counties newsletter is sent by e-mail. Check here if you would prefer to receive a hard copy

Please select your type of membership:

Household Membership \$60 Names in household: _____

Full Membership \$40 Open Door Membership \$5 Donation Only \$ _____

Please accept my \$ _____ donation in addition to my membership.