



**NAMI Portage-Wood Counties
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Kathy Hartman
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715-254-5452

Dixie Weber
Marshfield
715-897-1108

Board meetings are held at St. Paul
Lutheran Church, 1919 Wyatt Ave.,
Stevens Point on the third Monday
of each month, 6:00–8:00 p.m.

From the Editor

As we moved from Summer into Fall, I couldn't help but think of change. Changing of temperatures, changing of leaves, changing from the warmth of summer to the coolness the fall breeze brings us. It reminded me that we are forever changing as humans; always growing, evolving, and adapting to the things in life that make us us. Let's never give up on the chances we are given, for each new day brings new opportunities to change as beautifully as the autumn leaves do.—*Andrea*

Accept yourself as you are right
now: an imperfect, changing,
growing and worthy person.

Doris Whaley

SPASH and Rapids Soccer's "Kick the Sigma" event raises \$10K

The SPASH and Wisconsin Rapids high school soccer teams have raised over \$10,000 for NAMI Portage-Wood Counties in their annual "Kick the Stigma" fundraising event. The members of each team sold promotional items and gathered donations in a friendly competition to help bring awareness to mental health in our communities.

The symbolic check was presented at a recent SPASH–Wisconsin Rapids Soccer game, and was covered by WAOW Channel 9.

With so much in the news about how the mental health of our youth has suffered, especially during the pandemic, it is gratifying to see such an outpouring of support for these teams and their cause.

Thanks to all the donors, sponsors, players, coaches and volunteers who helped make this event so successful. A special note of gratitude goes to SPASH Coach **Derek Bell**, whose vision and dedication to this cause has done so much good in central Wisconsin.



NAMI Portage-Wood Counties Annual Meeting

This year's NAMI Portage-Wood Counties Annual Meeting will be held on Monday, October 17, 2022, at the United Methodist Church in Wisconsin Rapids, located at 441 Garfield Street, starting at 6:00 p.m. Food will be provided, and we will have a special speaker, Doug Christianson from the Wood County Sheriff's Department. Doug is the Investigator Sergeant-Mental Health Officer in the county, and he will share information on mental health in our community. New board members will be elected at this meeting as well.

NAMI members and non-members alike are welcome to join us for this event. If you're able, please RSVP for this event by e-mailing jrhartman@me.com or by calling **715-544-9653**. If you need a ride, please call **715-544-9653**.



nami

**Portage-
Wood Counties**

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.

NAMI Wisconsin Leadership Summit to Be Held November 4

NAMI Wisconsin is proud to hold an Affiliate Leadership Summit for NAMI Affiliate's Board of Directors, staff, program leaders, educational teachers, support group facilitators, presenters, volunteers and more!

This summit will take place on Friday, November 4 at Blackhawk Church in Middleton, WI. If you are interested in attending, please contact NAMI Wisconsin for more details at namiwisconsin.org.

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's Peer Support Groups

These groups are led by two trained facilitators who have lived experience with mental illness.

Stevens Point: First Thursday of the month from 6:15 p.m.–7:45 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: **Linda 715-572-7135** or **Andrea 715-321-6672** for more information.

Wisconsin Rapids: Third Wednesday of each month from 6:15 p.m.–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 p.m.–7:30 p.m. at Faith Lutheran Church located at 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

Stevens Point: First Monday of each month from 6:30 p.m.–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 p.m.–7:30 p.m.

United Methodist Church, 441 Garfield Avenue. Use the east parking lot and enter from the back of the building.

Contact: **Carrie 715-323-4437** or **Dorie 715-459-1568** for more information.



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

Fourth Monday Mental Health Speaker

NAMI Portage-Wood Counties along with Suicide Prevention Portage County offer a free Mental Health and Wellness Speaker on the fourth Monday of each month. This presentation takes place from 6:00 p.m.–7:00 p.m. in Stevens Point at our new location, the Midstate Independent Living Choices (MILC) building, located at 3262 Church Street. Call 715-544-9653 for more information.

October 24 : Bonnie Bauman, a mental health therapist, will be discussing “*Grieving the Life I’d Be Living (This Isn’t What I Signed Up For)*”

November 28: Ron Matthew, a psychologist, will be discussing the subject of compassion.

Seasonal Affective Disorder

As we move past summer into the colder months, many people develop Seasonal Affective Disorder, or SAD. Seasonal Affective Disorder is a type of depression that’s related to changes in seasons — SAD begins and ends at about the same times every year. If you’re like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months. Less often, SAD causes depression in the spring or early summer and resolves during the fall or winter month.

Some symptoms to watch for are feeling listless, sad or down most of the day or nearly every day, losing interest in activities you once enjoyed, having low energy, feeling sluggish or problems with sleeping too much, experiencing carbohydrate cravings, overeating and weight gain, having difficulty concentrating, feeling hopeless, worthless or guilty or having thoughts of not wanting to live. If you are experiencing any of these symptoms, speak to your doctor or therapist. As a reminder, you can call/text 988 if you’re having a mental health or suicide crisis.

Crisis Intervention Partners Youth Training Set for November

NAMI Portage-Wood Counties, Portage County Health & Human Services along with the Stevens Point Police Department are holding a **Crisis Intervention Partners Youth Training** on November 3–4 from 8:00 a.m. to 5:00 p.m. at the Stevens Point Police Department. This 16 hour, two-day CIP training trains adults who interact with the youth of the community to learn about and use trauma informed care attitudes, beliefs and verbal/non-verbal skills as a part of their response to crisis situations. The training is filling up fast. So if your role involves working with youth in our schools, community, religious groups or other organizations, then this FREE training is for you! If interested, please contact Kristi Ahrens at kahrens@stevenspoint.com or the Stevens Point Police Department.

Local Crisis Lines

NAMI Portage-Wood Counties is an all volunteer organization whose members share a lived experience with mental illness, either in themselves or in a loved one. We are not professional caregivers, and cannot provide advice or counseling. If you or a loved one is experiencing a mental health emergency, please dial 988. Local crisis lines are listed below.

Portage County • 866-317-9362

Marshfield • 715-384-5555

Wisconsin Rapids • 715-421-2345

Text: HOPELINE to 74174



National Alliance on Mental Illness

Portage- Wood Counties

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

FIRST CLASS MAIL

Oct.–Nov. 2022 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.

Mental Health Seminar

Monday, Oct 10 - 6 PM

McMillan Memorial Library



Join us and meet best-selling author Joseph Reid. Monday evening you can join us for his presentation *Four Words to Move Forward*. This will be held at McMillan Library from 6-7:30 PM in the All Purpose Room on the first floor.

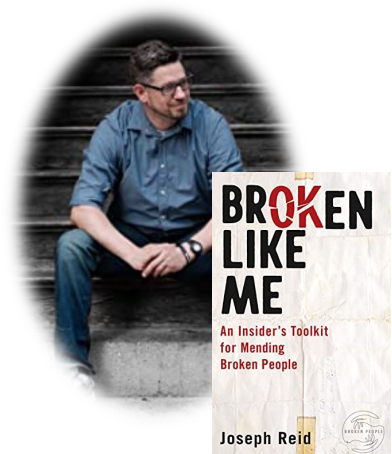
Monday, Oct. 10, 6 PM

McMillan Library (All Purpose Room) - *Four Words to Move Forward*.

"One of the hardest things Joe has had to learn to do is communicate with professionals and loved ones when he is emotionally at rock bottom. As a result, he created the Joe Scale (Universal Mental Health Scale) and a 4 pronged method to inspire people to utilize their own unique talents and abilities to get moving in the right direction."

Meet the Author

Joseph Reid is the founder and Executive Director of Broken People, an international mental health peer support group. He is the best selling author of Broken Like Me, An Insider's Toolkit for Mending Broken People, and has helped thousands of people with his writing since its publication in the summer of 2021. He is also very active as a Peer Support Specialist, Family Advocate, and In Your Own Voice presenter with NAMI Kent County (National Alliance on Mental Illness), the nation's largest grassroots mental health non-profit organization.



Sponsored by:

