



**NAMI Portage-Wood Counties
Officers and Board Members**

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Paula Wolf
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Andrea Mora

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Linda Froehlich

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John Hartman

Kristi Ahrens

Lisa Piekarski

Martin Lieber

Paula Wolf

Dixie Weber

From the Editor

We have officially transitioned from Summer to Autumn. The leaves are changing, the nights are getting cooler and pumpkin spice is everywhere. This season is an opportunity for change, growth, learning, and transformation. I see this as a gift we are given each year, a gift we can use to re-invent ourselves, learn new skills, find better coping mechanisms and work towards our best selves, all with a blank slate, just as the trees have once the leaves fall. We can take this opportunity to allow growth to happen by embracing change instead of fearing it. Change is difficult at times, but if nature can do it each year, I believe we can too.—*Andrea*



NAMI Portage-Wood Counties Annual Meeting

Our NAMI Portage-Wood Counties Annual Meeting will be held on October 23, 2023, from 6:00–8:00 p.m. at St. Paul's Lutheran school. The address is 1919 Wyatt Avenue in Stevens Point. Come join us for dinner, conversation, electing the open board positions and hearing about how our affiliate will grow and evolve in 2024! Our annual meeting is open to all members of NAMI Portage-Wood Counties. If you have any questions, please reach out to our NAMI line at 715-544-9653.

Kicking the Stigma Soccer Event

We need to give recognition to the Lincoln High School and SPASH boys soccer teams for all the hard work they did to raise funds by holding their annual "*Kicking the Stigma*" campaign. This year, they raised over **\$9100** for our affiliate. This generous donation will allow us to continue supporting mental health in our communities throughout Portage and Wood Counties. These two teams worked so hard for us and we can't thank them enough for their dedication and commitment to our affiliate.



Monthly Mental Wellness Speaker

NAMI Portage-Wood Counties along with *Suicide Prevention Portage County* offer a free **Mental Health & Wellness Speaker** on the third Monday of each month. It takes place from 6:00 p.m.—7:00 p.m. in Stevens Point at the MILC building, located at 3262 Church Street in Stevens Point. Call **715-544-9653** for more information.

Monday, October 16– Wade Rasmussen: *Managing Difficult Family Holidays*

Monday, November 20 – Dr. Ron Mathew: *Compassion*



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.

Crisis Intervention Training

On November 2 and 3, NAMI Portage and Wood Counties will be holding a 16 hour training called **Crisis Intervention Partners (CIP)**. CIP is designed for wide-ranging audiences interested in better understanding and improving interactions with people who experience mental health crises. Participants include correctional officers, 911 dispatchers, emergency personnel, hospital staff, teachers, social workers, and more. Through information and practice, CIP is re-training participants to effectively use attitudes, beliefs, and verbal/nonverbal skills as part of their response to crisis situations. If you're interested in attending, please contact Kristi at kahrens@stevenspoint.com by October 20.

NAMI Teen & Young Adult Adult HelpLine

NAMI is proud to introduce the **Teen & Young Adult (T&YA) HelpLine**: A free nationwide peer-support service providing information, resource referrals, and support to teens and young adults. Our T&YA Specialists are young people who understand what you're going through because they have been through stuff, too. They are experienced and well-trained. They care and want to help you find a way forward. Reach out by phone, text, or chat.



TEXT: Text **Friend** to **62640** to immediately connect with a HelpLine Specialist trained to provide resources, information, and support.



CHAT: Click "Chat With Us" to connect with a HelpLine Specialist at [NAMI.org/help](https://www.nami.org/help).



CALL: If you are a teen or young adult with questions about mental health, call **1-800-950-NAMI (6264)** to speak with a NAMI HelpLine specialist now.

NAMI Portage-Wood Counties Needs You!

NAMI Portage-Wood Counties is a non-profit organization, completely managed by a twelve-person board and a small group of volunteers. Our affiliate strictly runs off volunteers, as we have no paid staff, so we are dependent on those that choose to donate their time to us. Our affiliate covers Stevens Point, Wisconsin Rapids and Marshfield, plus surrounding areas and smaller counties nearby that do not have their own affiliate.

As you know, mental health and mental wellness are receiving more attention in our world today, and we strive to provide what we can for our community to help support this. We are looking for volunteers to help us bring education, support, and presentations to our communities. NAMI offers free educational training to members who want to help make a difference in others' lives.

Perhaps you have a story to 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 also need 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! All of NAMI's programs work on a "buddy" system, so you do not have to do this alone.



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 Tuesday 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:

Helen • 715-213-6678

Kathy • 715-254-5452

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 health condition and the **Family Support Groups** are for those who have a family member living with mental health condition.

NAMI Peer Support Groups

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

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 Tuesday 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** 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: **Helen 715-213-6678** 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

Oct–Nov 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.