

MENTAL HEALTH MATTERS

Mental Health America
in Sheboygan County (MHA)

December 2017

GREETINGS,

Thank you! Over the past year, you have helped us **promote mental wellness through education, increasing access to care, and recovery support services**. I am hoping we can count on you for your continued support. Check out the positive impacts your investment in our programs have had and can continue to have:

10 WEEK MINDFUL CLASSROOM INITIATIVE

2016/2017 SCHOOL YEAR | 31 CLASSROOMS | 900 STUDENTS

Teaching children mindful-based social emotional skills in areas of 1) increasing focus & attention, 2) self-awareness, 3) thoughts & emotions and 4) positive relationships/ social skills. Here's what our participants are saying...

"Mindfulness changed my life. I do 'I Am Calm' breathing."

"It helps me when I am mad, sad, nervous, happy, excited."

- 3rd Grade Students

"I have anger or emotional issues and this helps me control it and helps me calm down."

- 5th Grade Student

"The program has been really good for our students! We appreciate giving them another way they can accomplish the right mindset to be productive and grow. Thanks!"

- 5th Grade Teacher

"I've seen so many positive benefits, both in my own life and in my students' lives. Thank you!"

- 1st Grade Teacher

We are currently in 40 classrooms this fall, serving over 650 students with your support!

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Access to Care

**910 REFERRALS, CONSULTATIONS,
AND/OR SCREENINGS**

"You made me realize I could be more and overcome myself"

- Betty, 58

"Thank you. I wouldn't have known where to start and you have given me so much hope." - James, 42

Spotlight On...

Compassionate Parents Support Group Special December Event



PLEASE JOIN US
Sunday December 10th,
Worldwide
Candle Lighting

We will be having a service to honor our children that have died, during a worldwide candle lighting.

*Place: Grace Lutheran Church
210 North Lincoln St.
Elkhart Lake WI 53020*

*Church is located across the street from the Elkhart Lake Elementary-Middle School.
Time: Service will start at 6:45 p.m. so all candles are lit by 7:00 p.m.*

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MHA Wish List

94% found the service helpful and felt supported
93% felt they had a plan of action after contacting MHA
92% reported an increased sense of hope

2,500 Directory of Community Resources Printed & Distributed

"This book is amazing. Excellent resource!" - Local Principal
"I strongly believe that MHA is meeting a need in the community with the Directory. Thank you!"
-Human Resources Business Professional

Open Door Peer Support Recovery Drop In Center

Open Door serves adults with mental illness by creating a non judgemental, safe place; a community of friends supporting wellness and recovery!

2016 AVERAGED 39 INDIVIDUALS/DAY | 5,796 VISITS/YEAR

93% would recommend Open Door to others
80% report having learned a new skill while at Open Door
93% say they can trust the Peer Specialists and team at MHA
75% consider Open Door as a part of their life/recovery

As we say, there is hope. We proudly incorporate our values of **compassion, acceptance, education, partnership, mindfulness, and hope** in all we do promoting good mental health through our spectrum of services, only some of which are highlighted above. We hope we can count on you for financial support to continue to sustain and grow these valuable services. [Donate here today.](#) **Thank you for believing in our vision of a resilient, hopeful community that supports mental wellness and for being a mental health champion!**

Be you. Be well. Be mindful.
With Gratitude,

Kate S. Baer, M.A.
Executive Director
kate@mhasheboygan.org

(Click 'display images below' above, to see the images in this eblast.)

MEET LISA!

MHA is excited to announce the hiring of our newest team member, Lisa Koepsell. Lisa will take on the roll of **Mental Health Resource Specialist**, connecting clients to mental health and community resources through referrals and consultations. She will also lead the organization's efforts of our information and assistance outreach materials through updating and maintaining our Directory of Community Resources, Substance Use Treatment &

Can you help us?

MHA is in need of:

Ribbon
Glitter
Bus Passes
Glass or Hard Plastic Jars
Gift Cards to Office Max
Coffee
Adult Gloves, Mittens, Hats &
Socks and Coats
Hygiene Products

Volunteer Needs

Include:

Data Entry

If you or someone you know can help, please don't hesitate to contact us at 458-3951 or info@mhasheboygan.org

*Open Door has a 'Clothing Closet' managed by our Peer Specialists. Inventory is collected by generous community donations (both individuals and groups). Questions specific to the Clothing Closet, please call Open Door at 920-783-6801 or email opendoor@mhasheboygan.org.

2017 MHA Board of Directors

President
Jerry Gartner

Vice President

Recovery Guide and online mental health database (official roll out coming soon!).

Lisa share's "*I truly believe in our mission to promote good mental health in our community and reduce the stigma of mental health issues in general. I am proud to be on a team of co-workers who really care about the well-being of others and practice our core philosophy that everyone matters.*"

[Learn more about Lisa here](#) or contact Lisa at lisa@mhasheboygan.org.



Lisa Koepsell, Mental Health Resource Specialist

Open Door/MHA Holiday Party

Friday Dec 22, 11am-1pm

Ho. Ho. Hope you can join us at our annual Open Door/MHA Holiday Party on Friday December 22nd 11am-1pm.

All are welcome.

Questions, please call Open Door at 920-783-6801 or email opendoor@mhasheboygan.org for more information.

Tracy Brinkman

Secretary/Treasurer

Adam Norlander

President-Elect

Wendy Yurk

Board Members

Elizabeth Abler

Kevin Bruggink

Dr. Thomas Campbell

Elisa Carr

Dr. John Olsen

Mary Paluchniak

Katherine Pruitt

Rebecca Rupnick

Dana Salata

Fr. Matthew Widder

Wendy Yurk

MHA Staff

Executive Director

Kate Baer, M.A.

kate@mhasheboygan.org

Education Coordinator

Trisha Erpelding, M.S.W.

trisha@mhasheboygan.org

Mental Health Resource Specialist

Open Position

yournamehere@mhasheboygan.org

Lead Peer Specialist

Joanna Brandt

joanna@mhasheboygna.org

Peer Specialist | Recovery Coach

Tracy Krause

tracy@mhasheboygan.org

Mindful Instructor | PATH Coordinator

Brianna Heusterberg

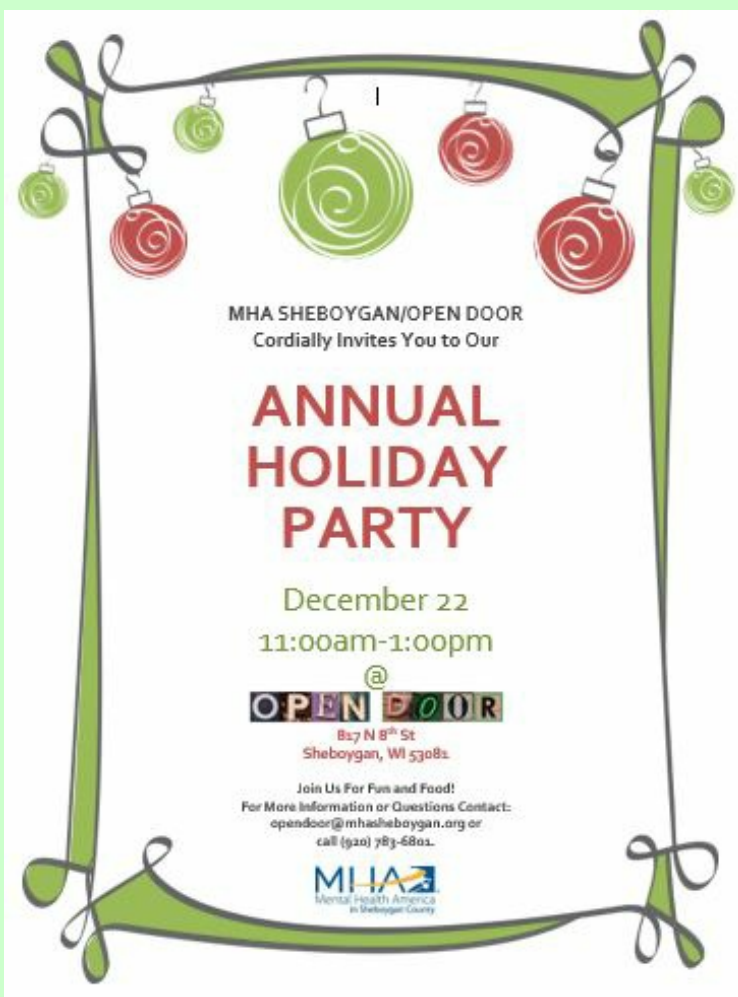
brianna@mhasheboygan.org

Mindful Instructor

Rachael Lewinski

rachael@mhasheboygan.org

MHA



915 N. 7th Street
 Sheboygan, WI 53081
info@mhasheboygan.org
 (920) 458-3951
 Monday – Thursday
 8am – 4pm
 Friday, Saturday, Weeknights
 by appointment.

Open Door

817 N. 8th Street
 Sheboygan WI 53081
opendoor@mhasheboygan.org
 (920) 783-6801
 Monday, Wednesday & Friday
 9am – 5pm

Check out the [online calendar](#) of Open Door for activities during and outside drop-in hours.

Visit our [online events](#) page to learn about MHA education events and support groups meetings.

www.mhasheboygan.org

Community Happenings

Healthy Sheboygan County 2020's Stigma Committee organized a large training of QPR trainers



Open Door is a safe, nonjudgmental place that provides a leisure space for folks to gather. Newly incorporated into the program is a monthly Mental Health Discovery topic that connects with other activities throughout the month like Ted Talks, movie day, Art Tonic activity and much more! Learn more and visit our website page [here](#) to find the latest calendar.

in June 2017. This cadre of trainers represents over 18 individuals from a variety of sectors in community including higher ed, hospital systems, health care, community organizations and businesses!

The target audience to QPR trainings is anyone and everyone! This cadre will likely be training those 16 years and older, but please do not hesitate to inquire about younger ages as well by following the link and filling out the form below. The training is evidence-research based and typically an hour length (at minimum).

To request a QPR training, please visit the link below:
<https://www.surveymonkey.com/r/QPRSheboygan>

Questions? Please contact MHA Sheboygan:
(920)458-3951 or info@mhasheboygan.org

Need more info on QPR training? Please visit link below:
www.qprinstitute.com/

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#MindfulMondays #MindfulnessMatters

Stay in touch! [Click here and sign-up](#) to be added to our MindfulMondays weekly eblast!

Thanks for helping us build resilient and hopeful communities. Together we make a difference.

**If you are interested in bringing mindfulness to your classroom or business, please [contact us!](#)*



Crisis Information & Emotional Support

24/7 Sheboygan County Mental Health

Hope to see you there!

Open Door is a peer support recovery drop-in center creating a community of friends supporting wellness and recovery.

Get Shopping!

AmazonSmile is a website connected to Amazon.com, offering a simple and automatic way for you to support the MHA Sheboygan at no cost to you, each time you shop.

YOU get the same Amazon selection, while WE get a charitable donation of .5% of your purchase of tens of millions of eligible items. How cool is that?

Learn more here at smile.amazon.com.



Proud Partner Agency

United Way of
Sheboygan County

www.uwofsc.org

Thank you friends and supporters of United Way! We recognize how valuable United Way's staff, board, and

Mobile Crisis

#920-459-3151 or 9-1-1

Please do not hesitate to call Sheboygan County Mobile Crisis if you or a loved one is having a mental health emergency and live in Sheboygan County.

24/7 National Suicide Lifeline

1-877-273-TALK (8255)

Statewide Emotional Support Text Line

HOPELINE

Text HOPELINE to 741741

HOPELINE is the first Emotional Support Text Line in the State of Wisconsin and provides service throughout the entire state for help and hope. HOPELINE's purpose is to offer emotional support and resources before situations rise to crisis level. Texts received reflect struggles with breakups, job loss, bullying, LGBTQ issues, parental issues, school, friends, relationship issues or any struggle a person is experiencing.

Solstice Warmline

#1-608-244-5077

A non-clinical warmline service answered by people who have lived experience of mental health and/or substance use issues and are trained to support people during tough times. This program is operated by the Solstice House, a Peer Run Respite program in Madison, WI.

Hours of Operation

Mon-Fri: 4pm-10pm

Saturday & Sun: 2pm-10pm

COPE Hotline

#1-262-377-2673

The Mission of COPE Services is to provide emotional support and crisis intervention, accomplished by the maintenance of 24-hour telephone hotline. Trained volunteer listeners await on the other line, located in Ozaukee County, providing an listening ear locally, statewide, and nationally.

You are not alone. Treatment works. Recovery is possible.

MHA & Open Door Holiday Hours

MHA and Open Door will be closed

volunteers are in supporting the work we do.

We are pleased to announce a continued partnership of investment into MHA's Education, Information & Assistance, and Community Services programs for 2017/2018!

Thank you!

MHA Support Groups

Compassionate Parents Support Group

- * Next meeting Monday December 11, 2017
- * Meets the 2nd Monday of the month at 6:30pm
- * For bereaved parents who have lost a child
- * Meeting location (Open Door site) 817 N. 8th Street, Sheboygan

Telephone Friends

Julie Kaboord

920-876-3181

Jeff and Jane Meyer

920-892-6602

Suicide Loss Support Group

- * Next Meeting Monday January 29, 2018
- * Meets the last Monday of the month at 7:00 p.m.
- * For anyone who has lost a loved one to

the week between Christmas and New Years.

We are a small team of staff that provide a variety of services to fulfill our mission of promoting good mental health. We believe this is a great time for us to re-energize and relax with family and friends as we live the value we teach of work/life balance. We also know firsthand that taking time for self-care is incredibly important, especially in a helping field.

We recognize we have the ability to do this as we are not a crisis center/program, but that others are there to help in need and we thank them for taking time away from their families to do so. Please know, Sheboygan County Mobile Crisis Counseling is 24/7 and you can call 920-459-3151 in the event of a mental health emergency or 9-1-1. One can also present yourself/loved one at the nearest emergency room department.

Thank you for believing in our vision of a resilient, hopeful community that supports mental wellness!

**From all of us at MHA,
we wish you peace, warmth, and hope in the new year!**

suicide

* Meeting location:
(MHA House Building)
915 N 7th St.,
Sheboygan

Questions?

Contact MHA Sheboygan at
(920)458-3951 or
info@mhasheboygan.org