

# MENTAL HEALTH MATTERS

Mental Health America  
in Sheboygan County (MHA)

June 2017

Hello Friends,

First, I am thrilled to welcome Brianna Suttner and Rachael Lewinski to our team as our new Mindful Classroom Instructors.

They bring with them personal and professional experience teaching mindfulness, passion, and great energy! Read more about them below.

Next, we are on the search to fill our Mental Health Resource Specialist position as we say farewell to our current Interim Administrative Assistant/Resource Specialist, Rachel. She will be missed and we are ever so grateful for her commitment to our mission and multi-faceted skillset during this transition period.

Check out the open job position in the sidebar and apply today!

(drumroll)...**There is Hope (our walk for suicide awareness and prevention event)** online registration is open! We will be mailing out registration brochures in the coming weeks and you will soon see flyers and banners all over town. Learn more below.

As always, please support the event business donors (listed on our website), as they are true mental health champions in our community. My heart could nearly burst!

Lastly, I want to share continued thanks and gratitude for those who were involved in our Mindfulness event. Facilitator session leaders, vendors, volunteers, donors and participants who made this a remarkable day. We look forward to providing continued mindfulness education in the schools, as well as in employer-based environments. The feedback was heart-warming we look forward to continuing to be a part of bringing mindfulness to Sheboygan County and beyond!

*With Gratitude,*

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

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

**Welcome Brianna & Rachael!**

We are pleased to welcome two new part time Mindful Classroom Instructors: Brianna Suttner and Rachael Lewinski!

## Spotlight On...

**MHA is hiring ~  
Join our team!**

**MHA is growing! Learn more about our open Mental Health Resource Specialist position on our [website](#) or print off the [job description](#).**

**Please send your resume and cover letter to [kate@mhasheboygan.org](mailto:kate@mhasheboygan.org) if this sounds like you:**

- enjoys helping others
- reliable & trustworthy
- empathetic and nonjudgmental
- willingness to think outside the box and try new things
- skilled in computer programs including word and excel
- experience with database management or willingness to learn
- positive self and world view, humble and helpful attitude
- ability to adapt to change
- efficient and effective time management skills

\* \* \* \* \*

## MHA Wish List

*Can you help us?*

**MHA is in need of:**

*Microwave*



Brianna (left) enjoys being outdoors and you can often find her fishing or kayaking for her mental health. "It is my belief that my love of nature helps me to embrace mindfulness to the best of my ability" and she looks forward to "promoting the growth of others... to live healthy, satisfying, and successful lives".

Rachael (right) meditates, values healthy nutrition, practices yoga and deep breathing for her mental health. She likes to "focus on the positive while still addressing the negative" knowing that she "can create and/or affect (her) reality with (her) thoughts, beliefs and mental focus." She looks forward to working on a team that "helps to improve our society's mental health."

[Read more about Brianna & Rachael here.](#)

We also welcome Lakeland University student, Rebecca Giessen, as our new summer intern!



Bus Passes

Empty jars (think mason jars, jam jars, baby food jars, etc.)

Volunteer Needs

Include:

There is Hope Walk Sat.

Sept 9, 2017

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

[info@mhasheboygan.org](mailto: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](mailto:opendoor@mhasheboygan.org).

## There is Hope

Suicide Awareness & Prevention Walk  
Saturday Sept 9, 2017

[Click here to REGISTER today!](#)

Join us to kick off National Suicide Prevention week at this powerful local event.

Folks show up to support suicide awareness and prevention because mental health matters. It supports those who have experienced the real and tragic loss of a loved one to suicide while uplifting attendees to know that we can make a difference. It supports programmatic efforts by MHA to help promote mental health and prevent suicide all year long. The event is also an opportunity for those who face or have faced mental health

### 2017 MHA Board of Directors

President  
Jerry Gartner

Vice President  
Tracy Brinkman

Secretary/Treasurer  
Adam Norlander

President-Elect  
Wendy Yurk

Board Members  
Elizabeth Abler  
Laura Albright  
Kevin Bruggink

struggles to support one another and feel the support from our community.

**Walk to honor a loved one.  
Walk for mental health.  
Walk to save lives.**

Together, we can make a difference in suicide prevention. Walk 2, 3, or 4 miles along beautiful Lake Michigan to support suicide prevention and mental health. We must come together as a community to talk about mental health, illness, and suicide to have positive impact and make change.

Visit our [website](#) for complete event details.

Special thanks to the *Acuity Charitable Foundation* as our overall event sponsor for 2017!



**Our continued gratitude...**

**Gold Sponsors**

Aurora, Prevea/St. Nicholas Hospital

**Silver Sponsors**

Just Kids Dental, Masters Gallery,  
& Wilson Mutual

Top see a full list of donors and [learn how you can get involved, click here..](#)

## Mindful May Event Update

We are thrilled to share that over 75 participants joined us on May 20 for our first ever Mindfulness event!



Visit our facebook page to check out the [pictures](#), highlighting event moments from set up to sessions!

**80% of participants agreed, or strongly, agreed that they had a better understanding of mindfulness after attending.**

**88% of participants agreed, or strongly agreed, that the**

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](mailto:kate@mhasheboygan.org)

**Youth Educator**

Trisha Erpelding, M.S.W.

[trisha@mhasheboygan.org](mailto:trisha@mhasheboygan.org)

**Mental Health Resource Specialist**

Jessica Miner, C.S.W.

[jessica@mhasheboygan.org](mailto:jessica@mhasheboygan.org)

**Interim Administrative Assistant/Resource Specialist**

Rachel Karras

[rachel@mhasheboygan.org](mailto:rachel@mhasheboygan.org)

**Lead Peer Specialist**

Joanna Brandt

[joanna@mhasheboygna.org](mailto:joanna@mhasheboygna.org)

**Peer Specialist & Recovery Coach**

Tracy Krause

[tracy@mhasheboygan.org](mailto:tracy@mhasheboygan.org)

**Mindful Classroom Instructor**

Brianna Suttner

[brianna@mhasheboygna.org](mailto:brianna@mhasheboygna.org)

**Mindful Classroom Instructor**

Rachael Lewinski

[rachael@mhasheboygan.org](mailto:rachael@mhasheboygan.org)

### MHA

915 N. 7th Street

Sheboygan, WI 53081

[info@mhasheboygan.org](mailto:info@mhasheboygan.org)

(920) 458-3951

Monday - Thursday

8am - 4pm

Friday, Saturday, Weeknights

event was beneficial to their overall mental health.

Thank you to our amazing team; our Mindful May event planning committee (Chair/Board Member Laura Albright, board members Tracy Brinkman & Thomas Campbell, staff Kate, Jess, Trisha, & Rachel) and board member volunteers). Huge thanks to Mary & Nate (owners of [Lake Orchard Farm Retreat](#)) - without them this venue and magic would not have been possible. Also our gratitude to our rock star facilitators, vendors, volunteers and donors (shout out to The Herbert V. Kohler Jr./Natalie Black Kohler Foundation For Giving Back who helped us get started), and 75+ participants for the fabulous day! We look forward to offering more classes and workshops on mindfulness for adults as well as continuing our work in the schools with the Mindful Classroom initiative!

## Where in the world is MHA?

Visit our MHA booth at these two upcoming community events:

### Garden Remembrances - Wed July 12 (4-7pm)

Grief is a reality when we experience loss. Check out the many booths that share healthy ways to cope with loss and enjoy a walk through Sharon S. Richardson's beautiful gardens.

[Learn more here.](#)

### Acuity Health Challenge - Sat July 15

MHA will be part of the Health Village highlighting the best in Health and Wellness vendors will be on site on event day for this 5K or 2 Mile Run (timed) and a 5K or 2 Mile Walk event.

[Learn more here.](#)

## MHA Monthly Support Groups

### Compassionate Parents Support Group

- Next Meeting Monday June 12, 2017
- Meets the 2nd Monday of the month at 6:30 p.m.
- For bereaved parents who have lost a child of any age.
- Meeting location: (Open Door Building) 817 N 8th St., Sheboygan WI

### Suicide Loss Support Group

- Next Meeting Monday June 26, 2017
- Meets the last Monday of the month at 7:00 p.m.
- For anyone who has lost a loved one to suicide
- Meeting location: (MHA House Building) 915 N 7th St., Sheboygan

<http://www.mhasheboygan.org/services/support-groups/>

by appointment.

## Open Door

817 N. 8th Street  
Sheboygan WI 53081  
[opendoor@mhasheboygan.org](mailto: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](http://www.mhasheboygan.org)



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.

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!**

# #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 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*

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](https://smile.amazon.com).



Proud Partner Agency

United Way of  
Sheboygan County

[www.uwofsc.org](http://www.uwofsc.org)

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

*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.**