

# MENTAL HEALTH MATTERS

Mental Health America  
in Sheboygan County (MHA)

Mental Health  
Month  
May 2017

Hello Friends,

Welcome to May as Mental Health Month! We have lots going on and are excited to invite you to be a part of it!

I am proud to announce that we are launching 3 new t-shirt campaigns to raise money and awareness for mental health & mindfulness! Check out the 'Spotlight On' sidebar to learn how YOU can purchase a t-shirt (choose from 3 fabulous designs and multiple colors and t-shirt sizes) AND your purchase supports MHA while also promoting good mental health! WIN/WIN!

**Don't forget, you can keep voting for us to be the little agency that does BIG things! [A Community Thrives](#) grant contest continues through May 12, and gives us a chance to win up to \$100,000!!!**

It's a simple, easy, and great way to show your support to MHA and our our work with mindful classrooms, creating change. [Click here to VOTE today!](#) (Please note, sometimes it takes a moment for the video to pop up, and you can also search the term 'mindfulness' and we are first video!)

**Registration is live for our first ever event [Mindfulness!](#) Saturday May 20th, but not for long!**

**We are extending registration until Wednesday May 10th, but don't let that delay your decision as space is limited!**

Offering a variety of sessions throughout the day, folks can sign up for a full day package (four sessions which includes lunch) or come and join for one or two. This event is for those new to these to these concepts as well as those experienced with mindfulness.

**[Click here and REGISTER TODAY!](#)**

**Join us TONIGHT! Mental Health and Alcohol & Other Drug Abuse Resource Fair will be held this evening on**

## Spotlight On...

### NEW T-shirt Fundraiser for MHA Sheboygan

*Calling all mental health champions!*

*Are you an advocate for mental health?*

*Do you believe #mindfulnessmatters?*

We are proud to launch 3 new t-shirt campaigns! A fun and easy way to support MHA in Sheboygan County!

You buy a t-shirt and we raise funds to support our mission! Check them out and place your order by May 22!

[Practice Compassion](#)

[Mental Health Matters](#)

[Be Mindful](#)

The designs were developed in-house by staff and board on our

**Tuesday May 2nd to help kick off May as Mental Health Month!** Please share to show your support. One never knows what challenges a friend, co-worker or colleague are facing and you showing your support of an event like this can make all difference! Over 50+ vendors, chance to win an iPad and other cool door prizes and FREE FOOD! You won't want to miss it. [Check out more information on our website here](#) including the pdf or visit our [facebook page event here](#) and help spread the word!

**Thank you for believing in us and the work we do. We could not do it without you.**

*With Gratitude,*

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

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

## **Honest, Open, Proud** to eliminate the stigma of mental illness

Have a story to tell?  
Thinking about sharing with someone for the first time or becoming an advocate for mental health? Join us!

The goal of this 6-hour workshop (held over 3 Tuesdays) is to help you think about the upsides and downsides of talking about your experiences with mental health challenges in the daily settings of your life (friendships, workplaces, etc.)

### **Three sessions (11:00am-1:00pm)**

Tuesday May 16th  
Tuesday May 23rd  
Tuesday June 6th

### **LUNCH WILL BE PROVIDED!**

Space is limited to 10 people!

CLICK HERE to register for this workshop or call us at (920) 458-3951 or email [info@mhasheboygan.org](mailto:info@mhasheboygan.org) with questions.

\*MHA is a proud organization partner to WISE, Wisconsin's Initiative for Stigma Elimination.\*

\* \* \* \* \*

Outreach & Visibility Committee. We hope you

LOVE them as much as we do! Once we sell 11 of each design, they will automatically print and begin shipping after May 22nd!

*How cool is that?* We are stoked! Thanks for considering your purchase (think birthdays, Christmas, or just because you care!).

Be you, be well, be mindful!

\* \* \* \* \*

## *MHA Wish List*

### *Can you help us?*

#### MHA is in need of:

Microwave  
Bus Passes

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

#### Volunteer Needs

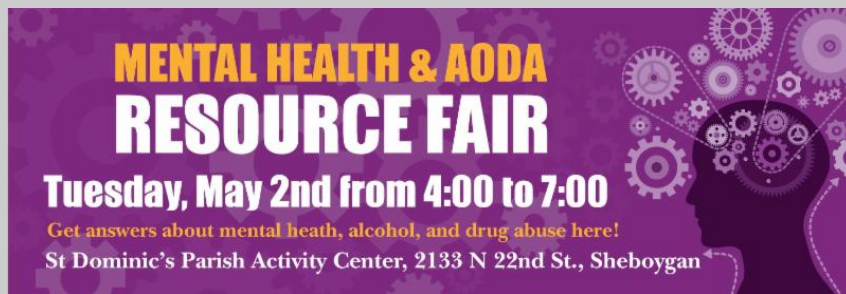
##### Include:

Support at the upcoming Mental Health & AODA Resource Fair & the Mindfulness May event.

*If you or someone you know can help, please don't hesitate to*

**REGISTER TODAY!**

*3rd Annual*  
**Mental Health & AODA  
(Alcohol Other Drug Abuse)  
Community Resource Fair**



Healthy Sheboygan County 2020's Stigma Committee is once again organizing the 3rd Annual Mental Health and AODA Resource Fair. This year's event, held at St. Dominic Parish Activity Center on the evening of Tuesday May 2nd (4pm-7pm), will be an opportunity for families, individuals, and professionals to check out the mental health and substance use related services provided in our community (& beyond)! This successful event allows folks in a relaxed and inviting atmosphere to check out over 50 vendors and learn more to better help themselves, a family member, friend, neighbor, or client, all the while reducing the stigma about mental health and addiction in our community.

Please post the [flyer](#) and help us spread the word! If you have any questions about this event, please don't hesitate to contact Jess Miner, our Mental Health Resource Specialist & chair of the event (email: [jessica@mhasheboygan.org](mailto:jessica@mhasheboygan.org) or call: 920-458-3951).

Visit our website for all the details.

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

*Special thanks to event sponsors: Aurora, Healthy Sheboygan County 2020, Homes for Independent Living, Mental Health America in Sheboygan County, Prevea, St. Nicholas Hospital, Sargento & United Way of Sheboygan County.*

## Mindfulness - Saturday May 20

**REGISTER HERE TODAY!**

Join us for a day of self-discovery dedicated to embracing mindfulness on the beautiful and unique property of Lake Orchard Farm Retreat (located just north of Sheboygan, WI). A variety of mindful sessions intended to cultivate happiness and gratitude can be purchased individually (\$25) or as a full day package (\$75 with lunch included!).

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).

### 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  
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)

Proceeds support our *Sheboygan County Mindful Classrooms* initiative, a local effort to bring social-emotional education and mindful awareness strategies to kids of all ages!

Visit our [website](#) for complete event details and session descriptions!



**MINDFULNESS**  
SATURDAY MAY 20, 2017

*Relax. Reflect. Renew.*

Join us for a day of self-discovery dedicated to embracing mindfulness on the beautiful & unique property of Lake Orchard Farm Retreat located just north of Sheboygan, WI. A variety of mindful sessions intended to cultivate happiness and gratitude can be purchased individually (\$25) or as a full day package experience (\$75).  
**Be present in your life. You deserve it.**

**BREAKOUT SESSIONS INCLUDE:**

	Nourish the Mind & Body (Lunch & Property Tour)	
	Yoga in the Barn	
	Mindfulness Based Stress Reduction	
	Essential Oils for the Mind & Body	
	Chinese Yoga on the Farm	
	Mindful Relationships	
	Creative Mindfulness	
	Drumming Circle	
	Meditation	

Registration details at [mhasheboygan.org](http://mhasheboygan.org)

Funds raised support MHA's **Sheboygan County Mindful Classroom** initiative, a local effort to bring social-emotional education and mindful awareness strategies to kids of all ages! Mindful vendor booths make session breaks fun. Discount prices on rooms! [www.lakeorchardretreat.com](http://www.lakeorchardretreat.com)  
Questions? Call (920-458-3951) or email ([info@mhasheboygan.org](mailto:info@mhasheboygan.org)) for more information. Must pre-register by May 5<sup>th</sup>.

Special thanks to The Herbert V. Kohler Jr./Natalie Black Kohler Foundation For Giving Back, Lake Orchard Farm Retreat, & Nourish

## Mindfulness Event Flyer

Mindful vendor booths make session breaks fun. Make it a weekend and call Mary at Lake Orchard Farm Retreat (920-627-3249) for discount prices on rooms!

Questions on the event? Call (920-458-3951) or email ([info@mhasheboygan.org](mailto:info@mhasheboygan.org)) for more information.

**Must pre-register by May 10th.**

You build your schedule based on the session options and how YOU want to spend your day!

### Youth Educator

Trisha Erpelding, M.S.  
[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

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)

## 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  
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)

Complete details on our [website](#).

**Session A (9:15am):** Yoga in the Barn, Mindfulness Based Stress Reduction, Creative Mindfulness or Meditation

**Session B (10:30am):** Chinese Yoga on the Farm, Essential Oils for Mind & Body, Meditation, or Mindful Relationships

**Session C (12pm):** LUNCH with Property Tour

**Session D (1:30pm):** Drumming Circle, Mindful Relationships (repeat from 10:30am), Essential Oils for Mind & Body (repeat from 10:30am session)

## Our Gratitude To...

*The Herbert V. Kohler Jr./Natalie Black Kohler Foundation for Giving Back, Mary and Nate Calkins of Lake Orchard Farm Retreat, Nourish, Kathy Olson with Yoga on the Lake, Marci Tousey owner of YogaLoft, Jon Doll and Jane Lang, Ryan and Jeremiah LaCrosse, Robin Cardell of Oshkosh Rhythm Institute, Peg Haubert of Sheboygan Visual Artists, and MHA Outreach & Visibility Committee Members Laura Albright (Event Chair), Tracy Brinkman, Dr. Thomas Campbell, Jessica Miner, Trisha Erpelding, Rachel Karras, & Kate Baer.*



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.*

## #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

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

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.**



Proud Partner Agency

United Way of  
Sheboygan County

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

Thank you friends and  
supporters of United Way!