

MENTAL HEALTH MATTERS

Mental Health America
in Sheboygan County (MHA)

November &
December 2016

Greetings,

On behalf of our key stakeholders, including our board of directors, staff, organization partners, and most importantly those we serve, I write to you today in our November/December eblast to ask for your consideration in making a year-end tax deductible donation to support the important and meaningful work of MHA.

It is during the holiday season that we often take time to appreciate people, events, and things we are thankful for. **At MHA, we are grateful to count on YOU as a mental health champion in our community.** Know that your support helps our programs thrive in areas of prevention, education, access to care, and recovery/support services for mental health.

To continue to provide these valuable services for our community, we need your help. At MHA we are honored to play an integral part in our community's health and wellbeing as you can see by some of the 2015 outcome measurements I share below. We are the little agency that does big things and only so because of folks like you who believe in our work! Your dollar helps us do this. Within the last year, and with your financial support, we have:

- implemented a new mindful-based skills social emotional curriculum program plan for over 20 classrooms in local participating schools
- created a much-needed Substance Use Treatment & Recovery Options Guide for individuals struggling with alcohol or drug abuse issues and their loved ones
- updated, printed, and distributed over 2,000 copies of the Directory of Community Resources for Sheboygan County,
- lead an effort, and partnered with multiple agencies, to provide a county-wide mental health and alcohol drug abuse resource fair,
- hired a new Mental Health Resource Specialist dedicated to improving access to care for folks in our community, and
- expanded our program offerings through Open Door, a peer support recovery drop in center for adults with mental illness.

Spotlight On...

MHA Sheboygan's annual stakeholder survey.

We value your feedback. Please take a moment of your time to respond to our brief 2016 stakeholder survey so we know how we are doing. Your responses help with the direction of our programming as well as securing future funds!

[Click here to be directed to the brief \(5-10minute\) survey.](#)

MHA Wish List

Can you help us?

MHA is in need of:

Socks

Deodorant

Toothpaste and Toothbrushes

Men's Clothes

Winter Coats

Mittens/Hats/Scarves/

Winter Boots

We hope we can count on you again for financial support now or in the year ahead to continue to keep and grow the services above. [Donate online](#) or send in a check to MHA Sheboygan, 915 N. 7th Street, Sheboygan WI 53081. **Your support is critical in helping us build resilience, inclusion, and hope in our community...positively changing lives!**

With gratitude,

Kate S. Baer, M.A
Executive Director

DONATE ONLINE TODAY!

A Time of Thanks & Giving

What a wonderful thanksgiving feast we had at Open Door thanks to the generosity of Home & Community Education (HCE) local chapter and the Sheboygan County Food Bank for providing us with such wonderful food which fed roughly 40+ people. The ladies from HCE brought, served and cleaned up potatoes, gravy, corn, stuffing, cranberry sauce, jello, rolls, and lots of pies and cupcakes! The Sheboygan County Food Bank provided us with 3 very large turkeys! We are so very grateful (and stuffed!), not to mention proud to live in a community that cares.



Volunteer Needs

Include:

Distribution support for Directory of Community Resources to local educational institutes, social services agencies, businesses, etc.

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.*

2016 MHA Board of Directors

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Peer Specialist

Tracy Krause
tracy@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

MHA 2015 OUTCOMES INCLUDE:

4,711 students & 1,227 Adults participated in mental health education programs

98% reported learning 3 or more new things

Over **150** community members attended the first ever Mental Health & Alcohol & Drug Abuse Resource Fair, a collaborative cross agency effort MHA staff helped to lead

98% reported learning of a new resource

98% planned to follow up

998 free consultations and referrals were provided to individuals in need

96% reported the service helpful

576 mental health champions present at There is Hope suicide awareness & prevention event

94% report benefit from attending

5,327 visits to Open Door, peer support recovery center, averaging 37/day, open 149 days

88% feel less alone in dealing with mental illness

90% report learning about a new resource

71% feel Open Door is a part of their recovery

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

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.

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



There are lots of great happenings going on all month long. 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.



Partner Agency
United Way of
Sheboygan County

www.uwofsc.org

#MindfulMondays

#MindfulnessMatters

Please email info@mindfulness.org

to ask to be added to our new

#MindfulMondays #MindfulnessMatters

weekly eblasts!