

Hello Friends,

I hope this eblast finds you well. As always, I have excitement and gratitude to share from all of us at MHA.

First, I am excited to announce the dates of two special events for 2018: *Mindfulness* (Saturday May 19) and *There is Hope* (Saturday September 8). Both events allow us to raise awareness and funding to fulfill our mission to promote good mental health through building hopeful and resilient communities! Every year, more folks show interest and begin to take time to practice mindfulness and come together as a community to cultivate gratitude and happiness. Please consider joining us if you are a novice or experienced! There is Hope continues to be a remarkable and meaningful event, bringing close to 500 folks together to bring awareness to suicide prevention, mental illness, celebrate life and share stories of loved ones lost. I look forward to seeing these events grow with your help. A personal shout out to John Scholke, our There is Hope event Chair! He amazes me with his dedication, sense of humor, and all around attitude! Thank you John and all our committee members, volunteers, walkers, and donors!

In other MHA news...we are re-hiring for our **Mental Health Resource Specialist position**. Please take note of the position details on the right-hand sidebar and help us spread the word. I send my sincere thanks to Laura for her time with us and wish her the best on her journey. She has assured us she will be around and continue to support MHA in her new/old role as volunteer.

Lastly, ask me anything! No - really! I am the 'featured boss' for YNPN (Young Nonprofit Professionals Network) Coffee with the Boss series, an honest conversation about nonprofit leadership November 9th at John Michael Kohler Arts Center. Come join me. I love a good conversation and look forward to sharing insights I've gained in my experience as an executive director over the last decade!

With Peace & Gratitude,

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

Spotlight On...

Join the MHA 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 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

* * * * *

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

Gratitude ~ There is Hope!

**WOW! Outstanding! Hot diggity dog!
Fantastic! Whoooo-hoooo! Happy heart!**

These are just some of the words that came to our minds regarding the outpouring of love, impact on the almost 500 attendees, and the over **\$41,000 raised** at our recent There is Hope event!

Thank you! Please visit our website to find a [list of all the fantastic 2017 mental health champion donors!](#)



MHA Wish List

Can you help us?

MHA is in need of:

Ribbon

Glitter

Bus Passes

Glass or Hard Plastic Jars

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
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@masheboygan.org

Education Coordinator

Trisha Erpelding, M.S.W.

trisha@masheboygan.org

Mental Health Resource

Specialist

Open Position

younamehere@masheboygan.org

Lead Peer Specialist

Joanna Brandt

joanna@masheboygna.org

Peer Specialist | Recovery

Coach

Tracy Krause

tracy@masheboygan.org

Mindful Instructor | PATH

Coordinator

Brianna Suttner

brianna@masheboygna.org

Mindful Instructor

Rachael Lewinski

rachael@masheboygan.org

MHA

915 N. 7th Street

Sheboygan, WI 53081

Community Happenings

Healthy Sheboygan County 2020

SAVE A LIFE WITH

QPR

FREE SUICIDE PREVENTION TRAINING

QPR: Question, Persuade & Refer
An evidence-based suicide prevention training for everyone!
Learn the WARNINGS SIGNS, HOW TO TALK TO SOMEONE contemplating suicide, and how you can INTERVENE to help.

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

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/

* * * * *



What: Community Medication Take Back Day
When: Saturday October 28, 2017
Where: County wide in Sheboygan, Plymouth, Random Lake, Oostburg, and Howards Grove
Details: www.healthysheboygancounty.org/events/
Why: Safe disposal of old/extra medication helps prevent prescription pill abuse, suicide, and misuse of expired drugs.

For more information,
call Sgt. Stelter, Sheboygan Police Department at (920) 467-5192

***Please note: HSHS St. Nicholas Hospital is also having a medical equipment drive on the same day!
[Learn more here.](#)

* * * * *

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



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!

Gratitude

unlocks the fullness of life. It turns what we have into enough, and more.

Adopting an attitude of Gratitude has significant benefits! This interactive presentation will include:

- < Define and explore the benefits of Gratitude
- < Discuss the relationship between Gratitude and Happiness
- < Identify ways to cultivate Gratitude

Tuesday
November 14,
2017
6:30-8:00 pm

Aurora Behavioral Health Center

1221 N. 26th Street Sheboygan
(across from the Main Clinic)

Call: 920-451-5513



Aurora Health Care®

aurora.org

* * * * *

#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 intersted in bringing mindfulness to your classroom or business, please contact us!*

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 volunteers are in supporting the work we do.



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.

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 November 13, 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 October 30, 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

Questions?

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