

Hello Friends,

Oh dear - how did the middle of August find me so fast?! Are you feeling similar? Summer is one of my most favorite seasons (tied with fall). I welcome sunny skies, high temps, and time spent with my children outdoors! However, the quick pace of life and never ending to-do lists sometimes make my head spin. When I am feeling out of sorts, I know it's more important than ever to take time to slow down, be present, and practice mindfulness. I hope you have also been able to find mindful moments, be present in your life and with the ones you love, even amongst the chaos that is sometimes life.

Speaking of spending time with those you love...Trisha ( MHA Education Coordinator) and her husband Dan Erpelding welcomed their first child, son Hayden into the world this past June! While we miss Trisha around the office, we know she is enjoying those baby snuggles to the fullest! She wanted us to share this smile with you and spread some cheer!



**Hayden Eldon Erpelding**  
**June 11, 2017**  
**9 lbs, 12oz, 22in**

While Trisha has been out and missed, we have excitedly filled our Mental Health Resource Specialist position, welcoming Laura Albright to our team! Laura was most recently on our Board of Directors, but resigned after accepting the position. We are thrilled beyond words to have Laura on our team and her organization skills, work history, personal experience and passion will help her soar in this position! Learn more about Laura [here](#).

## Spotlight On...

### **A Community That Gives Back!**

We are so grateful and fortunate to live in a community that chooses to give back! Recently, two organizations have chosen to support MHA Sheboygan and we think they're tops!

### **Sweet Potato's Boutique**

*Shop at one of our favorite, one-of-a-kind local boutiques (July-December) and vote for MHA to be recipients of Sweet Potato's Boutique's charitable contribution supporting local nonprofits! Now you have a reason to shop and give back! Can we say win/win?!*

[www.sweetpotatosboutique.com](http://www.sweetpotatosboutique.com)

### **Superior Bar & Grill 4th Annual Golf Outing**

*Superior Bar and Grill have chosen MHA as their charity*



One more staffing update to share is an expansion in roles of our Mindful Instructor, Brianna Suttner. She has taken on the additional responsibilities of PATH Coordinator (Providing Access to Healing), a local United Way initiative working to remove the barrier of access to care by bringing clinicians into the school setting. This model aligns closely with MHA's mission and we are thrilled to be a part of helping facilitate conversations around mental health services in the schools and provide support for these PATH program efforts! More on this in the months to come!

All that said, we haven't stopped moving on all the things that matter most (details below)! Prevention/Education, Access to Care, and Recovery Support Services for mental health! This eblast is full of important happenings presented by MHA and other local organizations doing good things. Join us at our Open Door Picnic or for a Mindful Moment in September. You won't want to miss out on our largest event and fundraiser on Saturday September 9th :: There is Hope, our Suicide Awareness and Prevention event (note: Early Bird Pricing Ends Friday August 18!). It's so powerful and I am so honored to be a part of it. If you've never participated, try it and be surrounded by a community that cares! Help us celebrate Recovery Month by attending one of Dr. Tom Campbell's performances of One Step Up (I can't wait!) and learn more about WIRCO and their efforts for addiction awareness and Recovery Coaching opportunities in Sheboygan County.

Good things are happening.

Never stop believing that together we are building hopeful and resilient communities for a better tomorrow!

*With Peace & Gratitude,*

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

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

**There is Hope**  
**Suicide Awareness & Prevention Walk**  
**Saturday Sept 9, 2017**

recipient for their 4th annual Golf Outing on Saturday August 26th. Sign up at Superior Bar and Grill by August 15th and join in on the fun and Town & Country Golf Course. \$75 includes 18 Holes, Cart, Food and Two Drinks at SBG. Enjoy golf? Mental Health Champion? What a fun way to give back!

<http://sbgshboygan.wixsite.com/sbgshboygan/home>

\* \* \* \* \*

## MHA Wish List

*Can you help us?*

MHA is in need of:

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

[Click here to REGISTER today!](#)

*Early bird pricing ends Friday August 18!*

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. This event 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 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..](#)

**Open Door's  
Picnic in the Park**

[Open Door Picnic in the Park Flyer](#)

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

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)

**Education Coordinator**

Trisha Erpelding, M.S.W.

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

**Mental Health Resource  
Specialist**

Laura Albright

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

**Lead Peer Specialist**

Joanna Brandt

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

Join us for a picnic in the park! Saturday August 19, Open Door staff and friends of Open Door will be gathering for our annual Picnic in the Park event! All are welcome!

**Saturday August 19, 2017**  
**11am-1pm**  
**Deland Park, Sheboygan (Richardson Shelter)**

## One Step Up

**"Alcoholism, Recovery, & Bruce Springsteen."**

University Theatre and Mental Health America are collaborating on presenting *One Step Up*. The piece, written and performed by University of Wisconsin - Sheboygan, University Theatre's/ MHA Board Member Director Dr. Thomas Campbell, is an intimate look into one's journey with alcoholism and recovery. MHA will host an information table at each performance night, running September 21-23, 7:30pm. A discussion panel will close the show each evening.

For tickets and information call (920)459-6677 or visit University Theatre at <http://sheboygan.uwc.edu/campus/arts/theatre>

General Admission \$10  
Student/Senior Admission \$5  
FREE Admission for UW-Sheboygan Students

**September is National Recovery Month!**

[One Step Up Flyer](#)

## Mindful Moments

*\*Peace Park Sheboygan\**



Meet MHA's newest team members, Mindful Instructors Brianna Suttner and Rachael Lewinski, at Peace Park Sheboygan for an opportunity to slow down, breathe, and release stress to help find inner peace. Learn simple techniques that anyone can practice throughout their day to bring a variety of wellness benefits including increased serenity, improved focus, and reduced stress.

**Peer Specialist & Recovery  
Coach**

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

**Mindful Instructor &  
PATH Coordinator**

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

**Mindful 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  
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

This event is free, open to the public and all are welcome.

**Mindful Moments**  
**Wednesdays: Sept. 6, 13, 20, 27**  
**5:30 - 6:00 pm**  
**Broughton Drive & Michigan Ave.**  
**Sheboygan, WI 53081**

Questions? (920)458-3951 | [info@mhasheboygan.org](mailto:info@mhasheboygan.org)

[Mindful Moments Flyer](#)

## Wisconsin Recovery Community Organization Announcements

### **International Overdose Awareness Day** [International Overdose Awareness Day Flyer](#)

August 31st is International Overdose Awareness Day. In recognition of this important day, Wisconsin Recovery Community Organization (WIRCO) is hosting a "walk into the dark" to recognize those individuals still in the dark of their addiction. At the end of this short (approx. 1 mile) walk, balloons will be released in memory of those who have been lost to addiction. The event begins at 6:00pm with LED balloons available for a donation of \$2 each. Speakers begin at 6:30pm, followed by the walk and balloon release.

### **Recovery Coach Academy** [Recovery Coach Flyer](#)

Wisconsin Recovery Community Organization is pleased to offer a recovery coach training opportunity. Based on the nationally-renowned CCAR (Connecticut Community for Addiction Recovery) curriculum, Recovery Coach Academy (RCA) will be offered over 4 days this fall. Recovery Coach Academy is a 30-hour training program designed to provide participants with an understanding of what it takes to be a recovery coach- to promote recovery from drugs and alcohol by removing barriers and obstacles to recovery and by serving as a peer and mentor for people seeking- or in- recovery.

RCA will discuss principles of recovery, enhancing relationships through active listening and asking questions, stages of change and stages of recovery, and will help individuals better understand the dynamics of power and privilege in our culture.

While there are no prerequisites for this training, ideal recovery coach candidates have had at least 2 years of continuous personal recovery and/or are allies and loved ones that have been impacted by addiction in some form in their lives.

This program may also benefit professionals in the field of substance

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!**

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



abuse treatment to think about recovery from a new perspective. 30 continuing education credits will be provided from CCAR.

Participants must attend all 4 days to complete the training and be eligible for CEUs. The total cost of the training is \$400, which will include your recovery coach manual, as well as lunch for all 4 days.

Please contact WIRCO at [wirco.sheboygan@gmail.com](mailto:wirco.sheboygan@gmail.com) for an application to the academy. Spaces are limited.

## Community Happenings

### Powerful Tools for Caregivers

6-Week Program that helps caregivers better care for their loved one - and themselves.

Powerful Tools for Caregivers, an evidence based workshop for family caregivers, will be held at Sharon S. Richardson Community Hospice, W2850 State Rd 28, Sheboygan Falls on six consecutive Wednesdays from 4:30 pm - 7:30 pm (meal is provided) beginning on August 30, 2017. Participants learn to reduce stress, improve self-confidence, better communicate feelings, increase ability to make tough decisions and locate helpful resources. See attached registration form and brochure. Space is limited, so register early!

For more information about Powerful Tools for Caregivers or to learn about other supports and services for family caregivers offered through the Aging & Disability Resource Center contact Lisa Hurley, Caregiver Coordinator at (920)467-4079.

### Free Community Developmental Screening

The Sheboygan County Community Partnership for Children is hosting its first FREE community developmental screening event next **Tuesday, August 15th from 8am-12pm** at the Early Learning Center in Sheboygan.

Registration is required, and spots are limited. Families with children 6 months to 3 years old can register.

[Screening Flyer](#)

## MHA Monthly Support Groups

### Compassionate Parents Support Group

#### Compassionate Parents Picnic

When: Monday, August 14th at 6:00pm

Where: Deland Park (across the road from Sheboygan YMCA)

A sub and chips will be provided, but please bring your own beverage and a dish to pass if you'd like.

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!

ALL FAMILY MEMBERS WELCOME!

**Questions? Please Contact Telephone Friends**

Julie Kaboord 920-876-3181

Jeff and Jane Meyer 920-892-6602

**Suicide Loss Support Group**

- Next Meeting Monday August 28th
- 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/>

**#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*

*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.**