

# MENTAL HEALTH MATTERS

Mental Health America  
in Sheboygan County (MHA)

September 2017

Hello Friends,

We are days away from hosting a truly powerful & beautiful community event. **There is Hope** ~ A Walk for Suicide Awareness & Prevention, is on the morning of **Saturday, September 9th**, at Deland Park in Sheboygan along beautiful Lake Michigan.

**I want to take this moment to both invite and encourage you to join hundreds of fellow mental health champions in a moment in time when we unite with a message of hope, resiliency, and recovery.**

We truly believe that sharing our message "**You are not alone.**" and raising funds to support our on-going work in the community in areas of prevention/education, stigma elimination, increasing access to care, and providing recovery and support mental health services is an incredible sentiment to those who have heartbreakingly lost their lives to suicide. This gathering is **light** for those who have been, or are, lost among the shadows and fog. This event reminds us that there is **no shame or blame in mental illness** and that **no death in our community by suicide loss is forgotten**. These losses are not statistics to us. These are people; mothers, fathers, sisters, brothers, grandparents, friends, loved ones. Anyone currently struggling is *no* statistic to us either.

A person, who when participating in the right treatment options, given support and engaged in their own wellness can find recovery.

Those who have fought the darkness and share their own stories of resilience (whether that be a loss of a loved one, their own emotional health, brain disease or all of the above) are the real heroes to me.

Please join me. I look forward in sharing this special moment in time with you. A moment of togetherness our community can be proud.

*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.)

## Spotlight On...

### RECOVERY

MHA Sheboygan supports the guiding principles of recovery developed by SAMHSA (The Substance Abuse and Mental Health Services Administration) which include:

- *Recovery emerges from hope.*
- *Recovery is person-driven.*
- *Recovery occurs via many pathways.*
- *Recovery is holistic.*
- *Recovery is supported by peers and allies.*
- *Recovery is supported through relationship and social networks.*
- *Recovery is culturally-based and influences.*
- *Recovery is supported by addressing trauma.*
- *Recovery involves individual, family,*

# There is Hope

Suicide Awareness & Prevention Walk  
Saturday Sept 9, 2017

## Questions & Answers

### Why support suicide prevention?

This event is powerful. 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 struggles to support one another and feel the support from our community. Suicide and mental illness impact us all, regardless of age, gender, socioeconomic status, etc.

### Who should attend?

This event is inclusive and everyone is welcome!

### What if I didn't register?

Walk-ins are welcome the morning of the event between 8:30am-9:30am. Regardless of ability to pay, this is an inclusive event and all are welcome. Registration fees do help support our programming in prevention, education, increasing access to care, & recovery / support services for mental health!

#### Registration Fees for Walk-ins

Adults \$25

Students 18 & Under \$15

Family Fee (2 adults and up to 4 minor children) \$75

**\*\*\*Regardless of ability to pay, all are welcome to join this community event. Just show up and you are welcome to listen to the opening ceremony, join the walk, buy a brat, browse the info tables, etc.\*\*\***

### What can I expect that morning?

**Registration** is 8:30am-9:30am. (Walk-ins welcome.)

**Opening Ceremony** starts at 9:30am with Kristin Stearns as Emcee and Keynote Speaker Kristin Cahak. Listen to how your donations are making a difference. Join in for a mindful moment or prayer after our Keynote, followed by a song and then a 2, 3, or 4 mile walk (if one chooses). Other things to note for the day below:

**Raffles** close at 11:30am (Do NOT need to be present to win!)  
Tickets 1-\$1, 6-\$5, 12-\$10, 25-\$20

**Silent Auction** closes at noon. Do NOT need to be present to win!)

**Quiet Remembrance Area** - Take a moment to say a prayer, be

and community strengths and responsibility.

- Recovery is based on respect.

Four major dimensions that support a life in recovery are areas of **Health, Home, Purpose, and Community**. Health reflects overcoming and management of addiction and illness, including healthy choices that support mind, body, and soul. Home is having a stable and safe place to live. Purpose is finding meaning in life again after living life with untreated mental illness and/or substance abuse issue. Work, school, volunteerism and contributing to society in healthy ways give purpose. Community encourages socialization and supportive networks of friendship, love and hope.

\* \* \* \* \*

## Spotlight On...

Tips for Talking to Children about Suicide

Check out the American Foundation for Suicide Prevention's website for resources, videos and

mindful, meditate, or simply reflect. Write out a wish for our wishing well.

**Hope Flag** - Customize a Hope Flag, write a loved one's name or message of hope to carry on walk and take home after event. (\$5 donation)

**Memory Quilt** - Fill out your loved one's name to be added to our quilt

**Activity Table 'Hope Rocks' for Sheboygan Rocks'** - Sponsored by Aurora

**Spin-To-Win Trivia Wheel** at MHA Info Table with local resources and free prizes!

**Live Music** with Mr. Feedback!

**SURPRISE** youth directed event at noon!

**Wear beads** to symbolize your loss to suicide.

**Brats, Hamburgers, Chili Dogs, Bake Sale, Popcorn all throughout!** Just stopping in for a hamburger supports the cause and shows you care!

### **What if I can't make it, but want to donate?**

**Please donate here.**

We appreciate your generosity and helping us build hopeful and resilient communities.

### **What do the funds raised support?**

Funds support programmatic efforts by MHA to help promote mental health and prevent suicide all year long. MHA provides services in prevention, education, increasing access to care, & recovery / support services for mental health! We would LOVE to connect with you about our Mindfulness Program, Information & Assistance Program, or Open Door Peer Support Recovery Drop In Center program to name a few!

### **Where do we meet?**

The event is located down at the lakefront across from the YMCA at Deland Park. You will see two large tents next to the open air Richardson Shelter. The event takes place throughout this area and the walk portion is along the walkway up to North Point and back.

One does not have to walk if they cannot or do not want to.

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

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

**talking points for talking to your children about suicide.**

**[Click here to learn more.](#)**

\* \* \* \* \*

## **MHA Wish List**

*Can you help us?*

**MHA is in need of:**

Ribbon

Glitter

Bus Passes

Glass 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](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).*



**Our continued gratitude...**

**Gold Sponsors**

Aurora, Prevea/HSHS St. Nicholas Hospital, Lakeshore HVAC & Solar Co. Inc., Kohler, Johnsonville, and Brickner Family

**Silver Sponsors**

Just Kids Dental, Masters Gallery, Brown Baer, Off the Rail, Wilson Mutual Insurance Company, Sheboygan Police Benevolence Association, Broadway Popcorn Company, Mountain Promotion, and Tents Inc.

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**September is Suicide Prevention Awareness Month  
National Suicide Prevention Week is Sept 10-16  
World Suicide Prevention Day is Sept 10**

**One Step Up  
"Alcoholism, Recovery,  
& Bruce Springsteen."**

**University Theatre to Present One Step Up  
Play is written and performed by UW-Sheboygan's  
Professor Thomas Campbell**

Sheboygan: The University of Wisconsin-Sheboygan's Theatre Professor, Dr. Thomas Campbell is switching roles for the first theatre production of the new semester. Rather than his customary role as director of University Theatre, Campbell will be front and center - as author/performer in One Step Up, a story about "alcoholism, recovery and Bruce Springsteen." This is the premier production of a story that Campbell himself started writing while a Ph.D. candidate at Southern Illinois University in Carbondale, Illinois. He has been developing the script for the past six years and is now preparing for three performances, September 21-23.

Campbell's research agenda looks at portrayals of alcoholics and alcoholism on the American stage and how stigmas and

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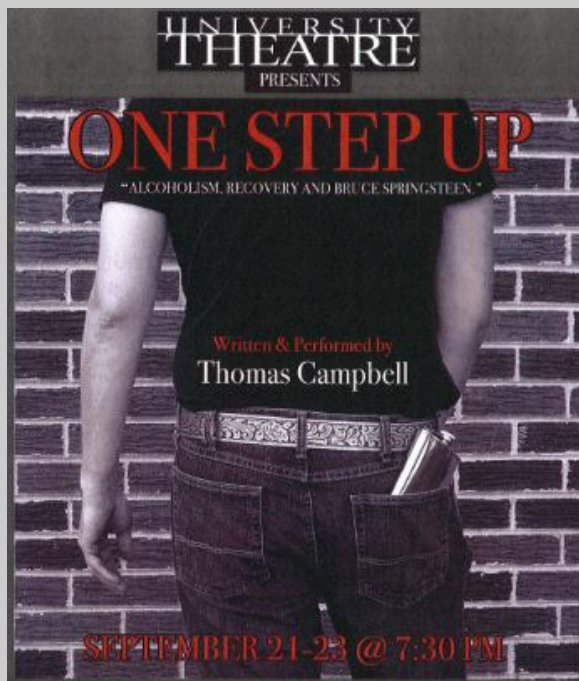
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**Peer Specialist | Recovery  
Coach**  
Tracy Krause

stereotypes in those mediums are deterrents for people getting the help they need in real life. Campbell also posits the theory that stigmas and stereotypes can be diminished and possibly eliminate with the use of theatre and through the act of storytelling. "Stories humanize issues that we have difficulty understanding," states Campbell, "and we have to break through our trepidations and face our fears when we discuss things that may have traumatized us in the past. That's an incredibly difficult thing to do, but it become a bit easier for some when they say, 'Let me tell you a story!'"

Although the topic of addiction and recovery is a hot topic right now and culturally relevant, Campbell acknowledges the challenges of talking about these issues in a public format. "When it comes to addiction, people are often dealing with so much pain, that they don't want to talk about it, which I respect. That said, there are people out there who have powerful stories that are comfortable sharing them in the hopes that their story can help another person. That should be respected, too."



"The power of narrative" is a common theme for the entire University Theatre 2017-18 season, according to Campbell. He explains that "while theatre is always about story-telling, this year's line-up will have one or two actors addressing the audience directly - overtly telling a story." The stage of the Fine Arts Theatre is also being converted to a black-box space. Campbell noted that the "black box atmosphere provides a more intimate atmosphere to enhance the story-telling, as well as the emotional connection with the audience." Other performances planned for the 2017/18 season include: Bash: LatterdayPlays (Nov. 15-18); Collaborator (Jan. 31-Feb. 3) and Rainy Day People (April 11-14).

In short, Campbell says that the discomfort is worth facing if it helps somebody else, "If this show can lead to even one person getting some help or maybe feeling a little less alone or empowered to share their story, then doing it is worthwhile. We can make this better, but we have to be willing to face the hard stuff."

tracy@mhasheboygan.org

### Mindful Instructor | PATH Coordinator

Brianna Suttner  
brianna@mhasheboygna.org

### Mindful Instructor

Rachael Lewinski  
rachael@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

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



Three performances of One Step Up are planned for Thursday, Friday and Saturday evening, September 21-23 at 7:30 pm with talk-back sessions taking place after each performance moderated by MHA-Sheboygan. All performances will be in the University Theatre, located on the UW-Sheboygan campus at One University Drive in Sheboygan. Tickets are available at the door and online at <http://sheboygan.uwc.edu/campus/arts/theatre>. The box office opens at 6:30pm. The general admission tickets are \$10 adults and \$5 for seniors and non-UW Sheboygan students. UW-Sheboygan students are free (with student ID).

#### IN A NUTSHELL:

**What:** Fall Theatre Production, One Step Up

**Who:** University Theatre

**When:** September 21, 22, 23; 7:30pm

**Where:** University Theatre, UW-Sheboygan Campus, One University Drive, Sheboygan

**How:** 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](#) - Stop by MHA Sheboygan to grab a glossy poster to help us spread the word!

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

**Mindful Moments**

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



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](#)

Proud Partner Agency

United Way of  
Sheboygan County

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

Thank you friends and supporters of United Way!

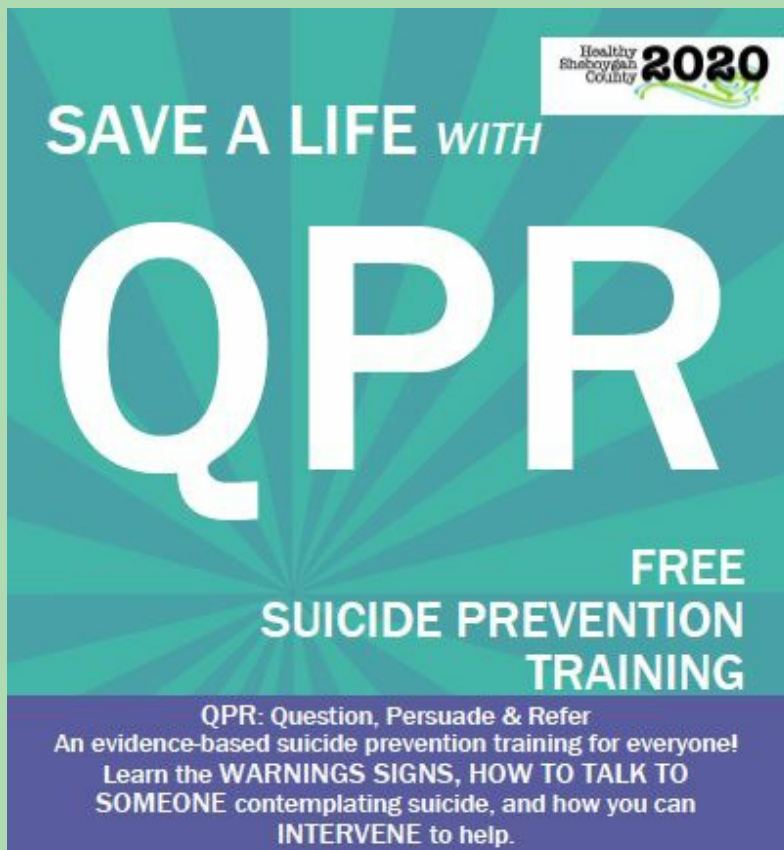
We recognize how valuable United Way's staff, board, and volunteers are in supporting the work we do.

We are pleased to announce a continued partnership of investment into MHA's Education, Information & Assistance, and Community Services programs for 2017/2018!

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Thank you!

## 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:

## MHA Support Groups

### Compassionate Parents Support Group

- \* Next Meeting Monday September 11
- \* 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

(920)458-3951 or [info@mhasheboygan.org](mailto:info@mhasheboygan.org)

Need more info on QPR training? Please visit link below:  
[www.qprinstitute.com/](http://www.qprinstitute.com/)

\* \* \* \* \*

## United Way of Sheboygan County's Day of Caring & Campaign Kick Off!

Thursday September 14

To learn more visit: [uwofsc.org](http://uwofsc.org) or call (920) 458-3425

\* \* \* \* \*

### WIRCO Updates

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.

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

[www.wirco-sheboygan.org](http://www.wirco-sheboygan.org)  
[wirco.sheboygan@gmail.com](mailto:wirco.sheboygan@gmail.com)

## #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!*

## Crisis Information & Emotional Support

## Suicide Loss

### Support Group

\* Next Meeting Monday  
September 25

\* 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](mailto:info@mhasheboygan.org)



## **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.**