



**NAMI Portage-Wood Counties
Officers and Board Members**

President:

Kristi Ahrens
Stevens Point
ahrenskristi@hotmail.com
namiportagewood
counties@gmail.com

Vice President:

Martin Lieber
Plover
(715) 544-2656

Treasurer:

Linda Froehlich
Stevens Point
(715) 572-7135
lfroehlich2301@gmail.com

Secretary:

Carrie Christianson
Wisconsin Rapids
(715) 323-4437

Board Members:

Lisa Cychosz
Wisconsin Rapids
(715) 630-8227

Rhonda Evenson
Stevens Point

John Hartman
Stevens Point

Rita Johnson
Marshfield
(715) 897-5215

Marvin Lutz
Stevens Point
(715) 592-4522

Lisa Piekarski
Stevens Point

Kathy Hartman
Stevens Point
715-254-5452

Dixie Weber
Marshfield

Board meetings are held via Zoom on the third Monday of each month, 6:00 p.m. Contact John Hartman at 715-326-0527 for a meeting link.

Wisconsin Winter Has Finally Arrived!

The frigid cold, crisp days of winter in Wisconsin, finally arrived this past week along with a dumping of fresh white snow. Hoping you are taking care to stay warm inside and out. Along with this weather comes the bright sunny days, which many find helpful in lifting their spirits and levels of motivation. This editor is thankful for the sunshine, as it keeps me motivated and in a healthier, mental state of mind. Here are a few available resources you may also find helpful as you work at keeping warm inside and out.

NAMI PEER SUPPORT GROUPS

NAMI Portage-Wood Counties now has two options available for a virtual support group open to anyone, anywhere who needs support as they journey through their life with a mental illness.

• **First Thursday of each month** from 6:15–7:45 p.m. Contact Kay at 715-254-1864 or Lisa at 715-630-8227 for the link to join this group.

• **Fourth Monday of each month** from 6:15–7:45 p.m. Contact Rita at 715-897-5215 or Dixie at 715-897-1108 or *A Better Way Clubhouse* at 715-207-6622 for the link to join the group.

NAMI FAMILY SUPPORT GROUPS

NAMI Portage-Wood Counties has two opportunities to join a virtual support group if you have a family member or friend who lives with a mental illness.

• **First Monday of the month** from 6:30–8:00 p.m. Contact Kathy at 715-254-5452 or John at 715-326-0527 for the link to join.

• **Second Monday of the month** from 6:00–7:30 p.m. Contact Carrie at 715-323-4437 or *christianson-crew@yahoo.com* or Dorie Weigel at *dorie.weigel941@gmail.com* for the link to join.

Support groups are a great way to connect with others who may be experiencing what you are facing.

The Warming Shelter in Stevens Point is open at Frame Memorial Presbyterian Church, 1300 Main Street for a warm place to rest overnight. Please use the shelter door at the back of the building. The door opens from 8:30 p.m.–9:00 p.m. every night. A police escort, is needed to enter after 9:00. Checkout time is 6:00 a.m. Social distancing and safety issues are in place to protect those using the shelter as well as the staff and volunteers. If you have questions or would like to volunteer at the shelter, please call Tiffany at 715-252-7860.

The Franciscans Walk-in Center, downtown Stevens Point has opened with limited hours on Monday and Wednesdays from 1:00-3:00 p.m., with a light lunch, limit 5–6 at a time, with a 20 minute time limit.

Clubhouses Available in our Counties

• ***A Better Way Clubhouse*** at 205 S. Cherry Ave., Marshfield opened weekdays 10:00 a.m.–2:00 p.m. Call 715-207-6622.

• ***River Cities Clubhouse*** at 441 Garfield St., Wisconsin Rapids opened weekdays 10:00 a.m.–2:00 p.m. Call 715-424-4115.

• ***ROCC Point Clubhouse*** at 2040 Jefferson St., Stevens Point opened weekdays 10:30 a.m.–3:30 p.m. Support Groups will be held at ROCC on Tuesday & Wednesdays at 3:00. Call 715-544-0455



What is NAMI?

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization

It was started in 1979 in Madison, Wisconsin by two mothers who were looking for help with their sons. NAMI provides advocacy, education, support and public awareness for people whose lives are affected by mental illness. (www.nami.org).

The NAMI Wisconsin mission is to improve the quality of life and promote recovery for people with a mental health condition.

NAMI Portage-Wood Counties, our local affiliate, offers support groups for families or individuals led by trained facilitators.

We also offer classes and events that are free to the public. These are funded through memberships, donations, fundraising and grants.

We Are Grateful to All Our Supporters

NAMI Portage-Wood Counties extends its heartfelt thanks to all those who donate to our affiliate. Whether you support us financially or with your time and talents, this small, volunteer affiliate is more powerful because of you. You make it possible for us to continue the much needed work in our counties to support, educate and advocate for those affected by mental illness. A membership form can be found on the back page of this newsletter. If you want more information on how to get involved or donate to our non-profit, please contact Linda Froehlich at **715-572-7135** or at lfroehlich2301@gmail.com or contact any of our board members listed on the front page.

Fourth Monday Mental Wellness Speakers

The fourth Monday Mental Wellness Speakers are back for 2021. The one-hour presentations provided by the Suicide Prevention Mental Health Awareness Coalition and NAMI Portage-Wood Counties are free to the public. Join us from 6:00-7:00 p.m. in the Oak Room at 2501 Main Street, Stevens Point. (enter doors of parking lot walkway). Social distancing and masking procedures are in place. We want to thank Joe Burclaw, from Ascension St. Michaels Behavioral Health for speaking in January on EMDR, Eye Movement Desensitization and Reprocessing, as always a great presentation. The calendar and topics for the remainder of 2021 are as follows:

February 22: Wade Rasmussen – Resiliency Techniques

March 29: Kenneth Tessen – Addiction

April 26: Brittany Polacek – Supporting Children's Mental Health

May 24: Lisa Grasshoff – Resiliency

June 28: Dr. David Derus – TBA

July 26: Randal Ambrosius – Anxiety

August 23: Julie Hintzman – Memories

September 27: Janine Zuiches – Power of Gratitude

October 25: Gretchen Hintz – Children's Mental Health

November 28: Ron Matthew – Trauma and Mental Illness



If you have questions please feel free to contact Kathy at **715-254-5452** or Linda at **715-572-7135**.

Wood County has a Mental Health Deputy

Wood County announces the hiring of Doug Christianson as the mental health deputy for Wood County. This is a new position created in 2021 for the department and the community. NAMI Portage-Wood Counties will be there to help Officer Christianson as he works with those affected by mental illness in Wood County.

May Mental Health Month 2021

Are we already talking about May Mental Health Month? Yes we are! We are starting to plan now for the activities NAMI Portage-Wood Counties will hold throughout our counties to keep Mental Health part of the conversation in 2021. Watch for announcements on our website: namiportagewoodcounties.org, our Facebook page, in this newsletter or other media sources on how you can become a part of this year's activities. If we think about May, perhaps spring will arrive a little sooner.



Join a support group and take care of you!

SUPPORT GROUP for PEERS
(those living with a mental health condition)

Virtual group meetings via Zoom

First Thursday of each month
NAMI Peer Support Group
6:15–7:45 p.m.

Contact:
Kay • 715-254-1864

Fourth Monday of each month
NAMI Peer Support Group
6:15–7:45 p.m.

Contact:
Rita • 715-897-5215
Dixie • 715-897-1108

SUPPORT GROUPS for FAMILY AND FRIENDS
(those with a loved one living with a mental health condition)

Virtual group meetings via Zoom

First Monday of each month
NAMI Family Support Group
6:30–8:00 p.m.

Contact:
John • 715-326-0527 or
Marvin • 715-592-4522

Second Monday of each month
NAMI Family Support Group
6:00–7:30 p.m.

Contact:
Carrie • 715-323-4437
Helen • 715-213-6678

CRISIS LINES
(available for more urgent needs)

Portage County • 866-317-9362

Marshfield • 715-384-5555

Wisconsin Rapids • 715-421-2345

Text: HOPELINE to 741741

CAP Services Available for Mental Health Support

CAP Services Mental Health Navigators are available to provide support to Portage County residents. You can reach Trina and Lisa at **715-343-7104** or email them at tbierman@capmail.org or lgrasshoff@capmail.org.

Survivors of Suicide Support Group

The Survivors of Suicide Support Group meets on the first Monday of the month at Ascension Behavioral Health, 209 Prentice Street North in Stevens Point from 6:30 to 8:00 pm. (note this is a new location). Contact Michelle Nelson at Michelle.Nelson@ascension.org with any questions.

NFL Team Talks About Mental Illness

The Indianapolis Colts football team released their “*Kicking the Stigma*” initiative. Check out what players and others in the organization have to say at <https://www.colts.com/community/kicking-the-stigma>.

Free Sole to Soul Program at the YMCA

The Stevens Point YMCA has announced a free *Sole to Soul* program, designed to create an opportunity for individuals struggling with stress, depression and anxiety to find support and hope through health, wellness and exercise. YMCA Wellness Coaches will assist in creating a personalized wellness plan designed to eliminate stress, depression and anxiety through exercise.

This program is designed for families and/or individuals 18 years and older who are at a point in their mental health journey where wellness and physical activity will further their healing.

Call Amy Fox, YMCA Health and Wellness Director at **715-952-0303** or e-mail her at afox@spymca.org for an appointment.

Presidents’ Day

Presidents’ Day will be celebrated on Monday, February 15th this year. I leave you with a quote, that may inspire you from President Abraham Lincoln, who was affected by mental illness and dark days during his lifetime.

Lincoln said, “I want it said of me by those who knew me best, that I always plucked a thistle and planted a flower where I thought a flower would grow”.

Perhaps we can try to live by this when things become difficult in our own lives. Look at the beauty we have been given, rather than dwell on the sorrow, troubles and ugliness we may be facing.

Happy Valentines Day to all of you!





National Alliance on Mental Illness

Portage- Wood Counties

P.O. Box 21
Stevens Point, WI 54481
715-544-9653

FIRST CLASS MAIL

Feb.–Mar. 2021 Newsletter

Check out our website namiportagewoodcounties.org
Facebook NAMI Portage-Wood Counties, like us on Facebook and see our inspirational posts.
Call NAMI Portage-Wood Counties 715-544-9653

Your Membership Helps Support NAMI Portage-Wood Counties

Membership includes regular mailings from NAMI Portage-Wood Counties, NAMI Wisconsin, and NAMI National. Donations and membership fees are tax deductible.

Make checks payable to NAMI Portage-Wood Counties. Mail with this form to:
Linda Froehlich, Treasurer, 4309 Heffron Street, Stevens Point, WI 54481 (715) 572-7135

Date: _____

Name: _____ Organization, if applicable _____

Address _____ City _____ State _____ Zip code _____

Telephone Number: (____) _____ *E-mail Address: _____

*The NAMI Portage-Wood Counties newsletter is sent by e-mail. Check here if you would prefer to receive a hard copy

Please select your type of membership:

Household Membership \$60 Names in household: _____

Full Membership \$40 Open Door Membership \$5 Donation Only \$ _____

Please accept my \$ _____ donation in addition to my membership.