

# SECOND STREET NEWS



**NAMI** Fond du Lac

Winter 2016

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920-979-0512 NAMI-Fond du Lac  
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## *President's Report*

Spring is right around the corner! So goes the folklore of Groundhog Day as both Jimmy and Punxsutawney Phil did not see their shadows. This winter has in my opinion been very “manageable” with above normal temperatures in December and now a “predicted” early spring. Manageable is defined as controlled or accomplished without great difficulty. Many individuals suffering with a serious mental illness have a hard time managing basic daily living skills, many of which we take for granted. Families and caregivers who are impacted can struggle, worry, and doubt their methods of helping. Manageability starts to unwind in the family. This was my experience, not only did I not understand what a mental illness was, I sure was not prepared in my role and how to help, things unraveled pretty quickly.

Terry and Diane were the names of the facilitators of the NAMI Family-to-Family Program my wife and I attended. As they moved thru

the manual and shared their experiences, as well as others in the group, I learned that I was not alone, and that many families had very similar struggles with little understanding. I cannot thank my spouse enough for “dragging” me to the first meeting. It changed how I look at mental illnesses and definitely provided a better understanding on how to support our son in his recovery, and manage my role.



Hard to believe eight years later that this frightened, uninformed father would be starting his third year as the NAMI-Fond du Lac Board President. I have met a lot of terrific folks thru my involvement in NAMI. Because of the tremendous efforts of many volunteers,

## *Events*

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NAMI Family Support  
Group  
3<sup>rd</sup> Thursday each month

NAMI Family-to-Family  
Tuesday, March 8 – May 24

Dr. Treffert PhD Psychiatrist  
Tuesday, May 10

NAMI Wisconsin State  
Conference  
April 29-30, Elkhart Lake

## *Upcoming NAMI Trainings*

NAMI Peer-to-Peer  
March 11-13, Appleton

NAMI Family-to-Family  
April 1-3, Appleton

NAMI Ending the Silence  
May 7-8, LaCrosse

NAMI Basics  
May 21-22, Waukesha

today we offer a variety of Signature Programs that provide education and support to families, caregivers, consumers, and the community. Friendship Corner continues to advance with its expanded recovery programs. I see many new faces when I visit. Please watch the website for our upcoming quarterly membership events taking place at the Library and Marian University. I hope to see many of you attend. Thank you for your membership.

Days are getting longer with spring around the corner, managing a little cold weather should be no big deal, right? Please keep mental health in the conversation. Thanks again for your support.  
-Dale Hans-

### *Friendship Corner*

The year has started off strong at Friendship Corner; yet there is always work to be done as we all strive for happiness and purpose. Friendship Corner offers an inviting place to socialize during these cold and sometimes lonely days. Live, Laugh, Love support group is back on Wednesday evenings at 5:30. We are also starting a peer-run book club the 1st Wednesday of the month at 1:00. Please be sure to check out our calendar, or just stop in and say hello.  
-Julie Frederick-

### *Spotlight*



Check presentation to NAMI Fond du Lac from Catholic Financial Life for their sponsorship in the Horicon Bank's 4th Annual "5k Run/Walk for Wellness" held September 19, 2015. Pictured from Catholic Financial Life: Anne Henry – Public Relations Coordinator, Mike Henry – Vice President, Larry Schneider – Financial Advisor



FC member Kerry was our grand prize winner at the Christmas party on December 10. FC was packed with many familiar faces.



We want to recognize and thank the Diverse 5 MPTC Business Practice Firm Students for putting together the "Bowling 4 Awareness" fundraiser on December 6. \$1,350 was fundraised to help keep FC running. Great job ladies and thanks to all that participated and/or contributed.

### *Advocacy Front*

We are pleased to share the news that "FOX Sports Supports," the charitable arm of FOX Sports, has selected NAMI for a two-year partnership through 2017.



**TEAM UP FOR GOOD**

They will work with us to raise public awareness about mental illness and help promote NAMI's mission of improving the lives of individuals and families affected by mental illness. We are especially grateful to learn that NAMI was selected directly by a vote of FOX Sports employees themselves in December.

## The Growing Focus on Inflammation in Psychiatric Research

Two theories have for decades dominated research on the causes of schizophrenia: genetics and neurotransmitters. Over the past two years, a third theory – the infectious/inflammatory theory—has become the first major new addition to schizophrenia study in the last half-century and, with less evidence, to the study of bipolar disorder and depression.

This theory states that infections play an important role in causing schizophrenia, probably in conjunction with

predisposing genes or the effects of infectious agents on neurotransmitters.\*

Evidence of the growing focus can be seen in the recent outpouring of professional papers proposing to use anti-infective and anti-inflammatory drugs to treat schizophrenia and bipolar disorder. Also indicative is the emergence of infectious/inflammatory theory in mainstream scientific media and books, including *Infectious Madness: The Surprising Science of How We “Catch” Mental Illness*, by science writer Harriet Washington (Little, Brown, 2015).

## Thank You Contributors! Donations for the Winter Second Street News

Bev Gudex  
John & Peg Braun  
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Jessica King  
Carol McIntree  
Julie Stodolka  
Linda Schneider  
Frank Mulvey  
Maria Fleschner  
Louise Gudex  
Scott King

NAMI Signature programs are being funded by the following through grants received.



Fond du Lac Area Foundation  
From one generation... to the next



## Join NAMI Fond du Lac today!

*“Your support helps NAMI Fond du Lac provide programs and services that improve the lives of people affected by serious mental illness.”*

### Please choose one of the following memberships:

\_\_\_\_\_ \$35 Individual Membership      \_\_\_\_\_ \$3 Open Door Membership (low-income)

Please accept \$\_\_\_\_\_ donation in addition to my individual or open door membership

### Levels of Support

*\*the following levels of support include (1) individual membership.*

\_\_\_\_\_ \$50 Family/Friend      \_\_\_\_\_ \$250 Mental Health Advocate  
\_\_\_\_\_ \$100 Mental Health Professional      \_\_\_\_\_ \$500 Champion  
\_\_\_\_\_ \$150 Community Partner      \_\_\_\_\_ Other

*The amount in excess of \$35 will be designated as a donation and is tax deductible as provided by law.*

\*Annual membership includes NAMI WI and NAMI national dues. Members receive the following publications: The Second Street Newsletter, The Iris, and The Advocate

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### Mail to:

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OR

Pay online  
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**The greater our membership, the greater our impact. Join today!**