



# The Iris

*A Publication of  
NAMI Wisconsin  
— the State's Voice  
on Mental Illness*

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## Annual Conference to Feature Noteworthy Speakers

NAMI Wisconsin's annual conference, ***Mind, Body, Spirit: One Journey***, will be held May 29-30, 2009 at the Madison Marriott West. NAMI Dane County will co-host this year's event.

Friday's keynote speaker, as highlighted in the last issue of ***The Iris***, will be Xavier Amador, PhD, clinical psychologist, professor at Columbia University, Teachers College, and author of eight books, including the best-seller, ***I'm Not Sick, I Don't Need Help!***

Featured speaker at Saturday's session will be veteran newsman, Dominic Carter. One of the most compelling journalists of his generation, Dominic Carter has been described as the best political reporter working in New York television, and a fixture at NY1 News in New York City since the news channel launched in 1992.

Carter will discuss his critically acclaimed autobiography, ***No Momma's Boy***. The book chronicles his triumphant struggle to overcome his mother's mental illness while growing up in a Bronx Housing Project. Dominic talks passionately about succeeding in life against the odds. He speaks candidly about his life story and his meteoric rise in broadcast journalism. Newsday said, "No TV anchor has ever produced a memoir as grippingly honest as this." NAMI rated the book one of the best of the year. Dominic also strongly considers himself an advocate for NAMI as the work of this organization is near and dear to his heart.

As the host of NY1's nightly political show, "Inside City Hall," Carter has handled some of the station's most challenging assignments including the events of September 11, 2001

and has interviewed every major political player in the state, as well as many national and international leaders. During this past Presidential Election, Dominic often appeared on national television shows like *Hardball* with Chris Matthews, CNN, and the Fox News Channel. The veteran newsman has also covered every national political convention since 1988.

His numerous exclusive interviews include former President Bill Clinton and Nelson Mandela during Mandela's historic visit to the United States — an interview he conducted as thousands of journalists from around the country pursued the South African president.


Carter received a B.A. in journalism from the State University of New York at Cortland, and attended graduate school at Syracuse University's S.I. Newhouse School of Public Communications before starting his career in radio.

As a youngster growing up in the Bronx, Carter was involved with the Police Athletic League, and today is proud to call himself a PAL kid. In his free time he often speaks to youth groups about the importance of education and achievement. He has received the Samuel P. Peabody Award from the Citizens' Committee for Children, for his vision, innovation and dedication to children and families. He has also been recognized by numerous professional organizations for his outstanding career. Also, on the big screen a few months ago, Dominic played himself in the movie "Pride and Glory." Carter has lived a remarkable life that Oprah Winfrey profiled as an exclusive in her signature magazine.



*Dominic Carter*

***Mind, Body, Spirit: One Journey*** will feature the informative workshops that conference attendees have come to expect: Ask the Doctor; Research on Schizophrenia; Advocacy; Veterans Issues; Consumer Experience in the Criminal Justice System; Evidence-Based Practices; Affiliate Networking and many more. The holistic theme of the conference has also suggested some new topics, a workshop on Native American Storytelling, for example, as well as a workshop presented by the Hancock Center for Movement and Dance Therapy.

A resource room filled with timely print resources, a silent auction and raffle, the NAMI Wisconsin Consumer Council Information and Sharing Room, and the opportunities for networking and camaraderie that conference attendees have long enjoyed will again be a significant part of the event. 

## NAMI Wisconsin County Affiliates

Barron .....	(715) 736-0089
Brown .....	(920) 430-7460
Chequamegon Bay.....	(715) 274-8403 (Ashland, Bayfield)
Dane .....	(608) 249-7188
Dodge .....	(920) 887-7211
Door .....	(920) 493-2912
Douglas .....	(715) 378-2772
Fond du Lac .....	(920) 922-0566
Fox Valley .....	(920) 954-1550 (Outagamie, Winnebago)
Green .....	(608) 328-9376
Iron .....	(715) 476-2172
Jefferson .....	(920) 262-7887
Kenosha.....	(262) 605-9038
La Crosse .....	(608) 784-7532
Manitowoc .....	(920) 683-3363
Marinette (WI) and Menominee (MI) .....	(906) 864-1933
Mid Central .....	(608) 408-0177 (Adams, Green Lake, Juneau, Marquette, Waushara)
Milwaukee .....	(414) 344-0447
Northwoods .....	(715) 298-2553 (Marathon, Lincoln, Langlade)
Oshkosh.....	(920) 651-1148 (Winnebago)
Ozaukee.....	(262) 241-3929
Portage/Wood .....	(715) 592-4522
Racine .....	(262) 637-0582
Richland .....	(608) 604-4535
Rock.....	(608) 758-8144
Sheboygan .....	(920) 803-6193
South Central .....	(608) 254-7092 (Sauk, Columbia)
Southwest Wisconsin.....	(608) 348-6136 (Grant, Iowa, Crawford)
St. Croix Valley .....	(715) 307-1921 (St. Croix, Pierce)
UW Madison .....	(608) 268-6000
Walworth .....	(262) 495-2439
Washington .....	(262) 338-2393
Waukesha .....	(262) 524-8886
Wishigan.....	(715) 336-2744 (Florence, WI, Dickinson, MI)

## Executive Director's Corner

by Terry Schnapp, Interim Executive Director

It has been over four months since I started filling in as the Interim Executive Director here at NAMI Wisconsin. During that time I have been very impressed by the dedication of the staff at NAMI Wisconsin. They work hard to further NAMI's goals of support, education, and advocacy for consumers and their families.

Changes are coming to NAMI Wisconsin. This will be my last Executive Director's Corner update. The Board of Directors has begun to recruit for a new permanent Executive Director and hopes to have the position filled by the end of March. We have also had some other staff changes here at NAMI Wisconsin. Melissa Marsh who was our Administrative Assistant for several years has left us. She has joined the PACT staff here in Madison. We wish her the best in her new position and thank her for her years of dedicated service.

A new Administrative Assistant has been hired. We would like to welcome our new Administrative Assistant, Sarah Mroz, who started work here on February 2.

The terrible economy is having an impact on the state budget, and the budgets of many other organizations. It is now very clear that we are in for some prolonged difficult times. The stock markets keep dropping to new lows, more and more companies are cutting back and/or failing, and the number of people losing their jobs just keeps increasing. It is likely going to become more challenging to raise funds for not-for-profit organizations.

Some very timely training to help us work on sustainability will be provided in March. On March 21, 2009 we will be offering training on Sustainability, Fundraising and Grant Writing for NAMI Affiliates. With the current state of the economy, that keeps getting worse every day, it is some very timely training for NAMI Affiliates. We are pleased to be able to have Mr. Boris Frank doing the training at Chula Vista in the Wisconsin Dells. Please check out the NAMI Wisconsin web site for more information on this training that is intended to develop skill in accessing funds and achieving sustainability. 🌱

### SAVE THE DATE

MIND, BODY, SPIRIT



ONE JOURNEY

**NAMI Wisconsin  
Annual Conference**

**May 29-30, 2009  
Madison Marriott West**

**[www.namiwisconsin.org](http://www.namiwisconsin.org)**

**The mission of NAMI Wisconsin is to improve the quality of life of people affected by mental illnesses and to promote recovery.**

**NAMI of Wisconsin will accomplish its mission through the following:**

- Establishing local Affiliates in keeping with NAMI National's principles and guidelines;
- Supporting Affiliates by providing follow-up advice and counsel; educational and training programs and materials; access to financial resources as appropriate; and by offering conferences, seminars, and presentations;
- Advocating at all levels of government and throughout the public sector;
- Promoting public education and understanding of mental illnesses.

# New Beginnings, New Challenges

by Pat Rutkowski and Geoff Greiveldinger, Co-Presidents

Even in the frozen tundra, the New Year is the time of new beginnings. The inauguration of a new president and the swearing in of a new Wisconsin legislature usher in change. We as a nation, as a state, and as local communities are facing huge economic challenges. Competition for funding for government services will be fierce. Our new president said in his inaugural address:

*“The question we ask today is not whether our government is too big or too small, but whether it works — whether it helps families find jobs at a decent wage, care they can afford, a retirement that is dignified. Where the answer is yes, we intend to move forward. Where the answer is no, programs will end. And those of us who manage the public’s dollars will be held to account, to spend wisely, reform bad habits, and do our business in the light of day, because only then can we restore the vital trust between a people and their government.”*

It’s fortunate that this mission corresponds so well with the NAMI mission of funding and providing services that we know work. We at NAMI need to continue to advocate for effective programs and mobilize ourselves for the ensuing discussions in our counties, our state, and our nation about what works and what programs will move forward.

To do so, we at NAMI need to educate the public and our representatives about how government can spend money wisely and effectively to assist people with mental illness to recover. NAMI National held its 2009 Winter Leadership Summit on February 5-8, in Washington D.C. NAMI delegations met with their elected representatives to advocate for services for persons with mental illness. The NAMI National website lists the following priorities for advocacy when meeting with congress.

This year, our priority goal is *to ensure that mental health care is an integral part of health care reform*. Our underlying message as part of health care reform is that...

- Millions of people with mental illness do not have access to life saving health care, and

- Untreated mental illness devastates our families, our communities, and our future.

In addition, as part of NAMI’s key message on health care reform, we ask that you emphasize the following four points during your Hill visits:

- 1. Health care reform must ensure mental illness parity.** NAMI commends the recent enactment of the federal Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008. Consistent with this legislation, health care reform should ensure that mental illness and substance abuse services are covered in the same way as services for all other health conditions in all public and private health plans.
- 2. Health care reform must ensure that mental illness and physical health care are integrated.** People with serious mental illnesses die, on average, 25 years younger than the rest of the population. Health care reform must promote integrated mental and physical healthcare to ensure that children and adults with serious mental illnesses have access to adequate primary health care and chronic disease management that promotes wellness and reduces premature death.
- 3. The mental health care provider shortages must be addressed.** There are severe shortages of qualified psychiatrists, psychologists, and other vital mental health professionals all across America. Health care reform must include mechanisms to increase the availability of qualified mental health care professionals in both urban and rural communities.
- 4. Health care reform must center on evidence-based, cost-effective services and supports.** Despite effective treatments, there are long delays — sometimes decades — between first onset of symptoms and when people seek and receive treatment. Health care reform must emphasize early intervention and evidence-based services and supports that promote recovery for children and adults living with mental illnesses.

(continued on page 5)

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**Madison, WI 53711**

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# ***Are Wisconsin Residents Getting Treatment That Works? Evidence-Based Practices in Mental Health, Part 5***

## **Illness Management and Recovery**

*Submitted by the NAMI Wisconsin Board of Directors Education Committee*

There has been a system-wide movement toward the use of evidence-based practices in the mental health field since the U.S. Surgeon General's Report issued in 1999. The Institute of Medicine report in 2001, "Crossing the Quality Chasm" and the report of the President's New Freedom Commission in 2003 both call for wide-spread implementation of evidence-based practices. Pressure toward evidence-based practices has also come from private and public health insurance providers, who sometimes refuse coverage of practices lacking systemic evidence of usefulness.

The term evidence-based practice (EBP) refers to the preferential use of mental and behavioral health interventions for which scientific research has provided evidence of statistically significant effectiveness as treatments for specific problems. According to "Policy Implications for Implementing Evidence-Based Practices," EBP is "... a quality improvement process that provides accountability through the monitoring of the practices to models that have been demonstrated by research to be effective" (Goldman et. al., 2001). An article published by the Milbank Memorial Fund, "Evidence-Based Mental Health Treatments and Services: Examples to Inform Public Policy," describes EBP as "the purchase of treatments and services that have been scientifically confirmed to improve outcomes" (Lehman et. al., 2004).

EBP is a philosophical approach that is in opposition to rules of thumb, folklore and tradition. Examples of a reliance on "the way it was always done" can be found in almost every profession, even when those practices are contradicted by new and better information. The evidence-based practice movement in mental health attempts to identify, implement, and disseminate treatments that have proven to demonstrate effectively some movement toward improvement through scientific evidence.

We know that people can and do recover from mental illness, and we know more and more about what treatment approaches work. An evidence-based practice has four key components: it must be a standardized treatment with guidelines and/or manuals; it must have been studied using controlled research design; the research studies must have employed a variety of different research teams; and the outcomes must matter to the recipient of the care. Selection of an evidence-based practice must take into account not only the treatment necessary for the individual, but the characteristics, personality and goals of the individual and the desired effect. While evidence-based practices are proven, many best-practices are still valuable and should not be discarded.

Illness Management and Recovery (IM&R) is a program that helps people suffering from serious mental illness set meaningful goals for themselves, acquire information and skills to develop more sense of mastery over their psychiatric illness, and make progress towards their own personal recovery. The effective components of IM&R programs include: psycho education, behavioral tailoring for medication, relapse prevention training and social skills training.

Psycho education improves knowledge of mental illness and its treatment, equipping consumers with information to make informed decisions about their treatment and their lives. Behavioral tailoring for medication improves the ability of persons taking medications to take them as prescribed. Relapse prevention training reduces crisis/relapse and reduces re-hospitalizations. Coping skills training reduces the severity of persistent symptoms, as well as reducing the distress experienced from persistent symptoms. Social skills training improves social functioning, including the quality and number of sustainable relationships in a person's life. Social skills training also

improves skills that are related to achieving recovery goals.

All seven life domains are addressed in a workshop format over a period of several months. For persons who suffer from a dual diagnosis (mental health and substance abuse issues), an integrated dual recovery approach is used.

IM&R builds a collaborative relationship between providers and consumers. It focuses on the relevant stages of change and emphasis is on motivational strategies. The goals are focused on areas of personal and social success that the consumers define as important to them. Skills are generalized to "real life" through cognitive behavioral strategies. This program can be done one on one or in a group format, in weekly sessions of 45-60 minutes over a period of five to nine months. The program is structured with a manual taking participants through the process step-by-step. Research and educational materials in the manual cover four areas: schizophrenia, schizo-affective disorder, bipolar disorder and major depression. The program is interactive to promote discussion and sharing. Role plays are used to practice skills that are being learned.

With advances in research and a belief that consumers can and will recover, we must continue to advocate for EBPs that work for Wisconsin consumers. 🌿

— *Alyce Kowlton-Jablonski, CPS*

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*This series has been based on the initiative launched by the Substance Abuse and Mental Health Services Administration (SAMHSA) to promote and implement practices that are proven effective by substantial research.*

# Family-to-Family Community Outreach Manual To Assist Affiliates in Marketing the Program

NAMI Wisconsin, under the direction of Family-to-Family Program Director, Gail Auerbach, is preparing a community outreach manual for NAMI Wisconsin affiliates. The manual is a compilation of materials and ideas to assist affiliates in outreach as they plan to publicize their Family-to-Family classes to their communities and especially to local mental health providers. NAMI Wisconsin will mail the manual to each affiliate with a Family-to-Family program.

This project is the result of the work inspired by teachers who elected to participate in a Family-to-Family Conference Call with Ms. Auerbach and Jennie Lowenberg, NAMI Wisconsin Advocate, in November. The many good ideas generated in that call inspired the idea to build on them and share them with all teachers and all affiliates who have the

Family-to-Family Education Program.

The manual includes many components to assist affiliates in their outreach and marketing. There is a packet suggesting strategies of outreach ideas compiled from the conference call with additional materials from other Family-to-Family Education Programs. Two DVDs that relate to outreach are enclosed. One is the *Family-to-Family Tribute DVD*, a 10-minute production depicting family members telling their moving stories of what Family-to-Family means to them. The tribute video can be used in a community presentation, during home visits and at local NAMI affiliate and state NAMI meetings. The second DVD is the *Bristol-Meyers Squibb Family-to-Family Video — Community Outreach Project*, featuring well known psychiatrists who endorse Family-to-Family. The outreach

DVD comes with guidelines for a 25-minute talk to be presented to civic groups, church groups, mental health providers, administrators and funding boards, as well as affiliate organizations.

The manual also includes Family-to-Family posters and brochures, flyers that list and describe all of NAMI Wisconsin's educational programs, as well as a brochure featuring Frank and Terry Ryan's stories of the impact of the program on their family.

Gail Auerbach commented, "Outreach for marketing Family-to-Family is a year-round endeavor; we trust the ideas in the Community Outreach Manual will inspire that endeavor." ❀

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## NAMI National Produces New Video

The *In Our Own Voice* program has a powerful new tool with which to reach even more of Wisconsin's citizens. A new DVD for *In Our Own Voice* presentations features several consumers from different cultures, backgrounds and diagnoses sharing their personal perspectives in *IOOV* format.

Cited as one of the most effective anti-stigma programs in several research studies, the *In Our Own Voice* format featuring the video and two presenters outlining their *Dark Days, Acceptance, Treatment, Coping, and Successes, Hopes and Dreams*, continues to have an impact on audiences around the state. NAMI Wisconsin's 50 active presenters reached over 2,000 attentive audience members in 2008.

A sampling of comments from one presentation before high school students early in 2009, suggests the wide range of positive effects of the presentation. "All [parts of the presentation] were helpful because now I understand more of what my Dad is going through." Another student found the *Coping* section of the presentation most helpful because, "I have



Jeri Wilson and Joan Sikorski, *IOOV* presenters, share their experiences

depression and anxiety and I try coping with it." Audiences frequently comment on the power of different points of view given by presenters of diverse backgrounds. One of NAMI Wisconsin's most well received teams of presenters is an older woman and a younger man. NAMI National hopes to impact all audiences, particularly those from diverse racial and cultural backgrounds, with the new video.

To schedule an *In Our Own Voice* presentation in your community contact your local affiliate or call the NAMI Wisconsin office (800) 236-2988. ❀

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## New, continued from page 3

The website further lists other areas of concern and corresponding materials to assist in preparing to talk to representatives such as

- Decriminalizing Mental Illness
- Children, Adolescents and Transition-age Youth
- Housing
- Veterans
- Economic Recovery and Stimulus Package
- Discretionary Funding (SAMHSA/NIMH)

More information can be obtained at the NAMI National Website by clicking on: [www.nami.org/leadershipconf2009](http://www.nami.org/leadershipconf2009)

At the same time we need to ensure that our state and local officials have the same understanding of the barriers we face and the priorities we have. The issues above are just as relevant to our state and local programs. Please take a moment to refer to the websites below for information on the names and addresses, emails, and phone numbers of your elected representatives.

<http://www.legis.state.wi.us/w3asp/contact/legislatorslist.aspx?house=senate>

<http://www.legis.state.wi.us/w3asp/contact/legislatorslist.aspx?house=assembly> ❀



**NAMI Wisconsin Annual Conference  
May 29-30, 2009  
Co-Hosted by NAMI Dane County**

**Madison Marriott West  
1313 John Q Hammons Dr, Middleton WI 53562**

1-800-228-9290 or 1-608-831-2000 for hotel room reservations only  
(Ask for the "NAMI Wisconsin" rate – Deadline for special hotel rate is May 12, 2009)

**PLEASE SEND A SEPARATE REGISTRATION FORM FOR EACH PERSON REGISTERING.**

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_  
*(This is the name that will be printed on your name badge)*  
 STREET OR PO BOX \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_ / \_\_\_\_\_ LOCAL AFFILIATE \_\_\_\_\_

Do you require vegetarian meals? \_\_\_\_\_

Check the days you plan to attend (Required):  
 Friday, May 29      Saturday, May 30

**Members, Parents, & Caregivers**

Full Registration (2 days) -- \$115.00 ----- = \_\_\_\_\_  
 One Day Registration -- \$70.00 ----- = \_\_\_\_\_

**Professionals & Non-Members**

Full Registration (2 days) -- \$195.00 ----- = \_\_\_\_\_  
 One Day Registration -- \$105.00 ----- = \_\_\_\_\_

**Low Income**

Full Registration (2 days) -- \$65.00 ----- = \_\_\_\_\_  
 One Day Registration -- \$45.00 ----- = \_\_\_\_\_

Total = \_\_\_\_\_

**REGISTRATIONS WILL NOT BE PROCESSED WITHOUT PAYMENT:**

Enclosed is my check for \$ \_\_\_\_\_, payable to **NAMI Wisconsin**.  
 Enclosed is my donation of \$ \_\_\_\_\_ to the Consumer Scholarship Fund, payable to **NAMI Wisconsin**.  
 Please bill my credit card for \$ \_\_\_\_\_. Visa    MasterCard    Acct# \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_

**Conference Scholarships:** A limited number of scholarships will be available for consumers with a co-payment of \$10. Please call the NAMI Wisconsin office at 800-236-2988 after **March 13**, to receive information regarding the scholarship application process.

**Registration Deadline is Friday, May 22, 2009. No refunds after this date.**

**FOR OFFICE USE ONLY**

**Mail this form with payment to:**  
 NAMI Wisconsin, Inc.  
 4233 W. Beltline Hwy  
 Madison WI 53711

**Or FAX it to:**  
 (608) 268-6004  
 (Payment by credit card  
 required for fax registrations)

DATE RCVD: _____
AMOUNT: _____
CHECK #: _____
DB ENTRY: _____

# Call for Board Nominations

NAMI Wisconsin as an organization can only be as strong as its Board of Directors. Among a governing board's most important tasks is ensuring its own succession. This year five Board members' terms will expire and their seats will come up for general election. Two will be ineligible for re-election due to their completing two consecutive terms. With an eye toward building an ever-stronger state Board, we are asking you to recommend individuals whom you believe could make important contributions to the continued growth of NAMI Wisconsin.

To help guide you in your considerations, we want to articulate the experience, skills and expertise, with a special emphasis on diversity, we think we need on the Board of NAMI Wisconsin. We offer these guidelines hoping they will prove helpful as you think about NAMI Wisconsin members whom you might nominate. We also encourage self-nomina-


tions from talented people who meet some of these guidelines.

- Skills in fiscal management and accounting
- Fund raising expertise
- Experience or interest in working with the media, and monitoring coverage that stigmatizes persons with mental illness
- Ethnic and cultural diversity
- Public policy expertise, with an interest in monitoring and advocating for legislation that affects people with mental illness
- Consumer representation

We hope you will consider recommending individuals (including yourself) who can meet some of the above stated needs. Each Board nominee must be a member of a Wisconsin NAMI affiliate. In recommending someone, please remember you are not committing him or her to run for a Board seat. The Nominating Committee will talk

with the person about the responsibilities of Board membership and answer any questions the person might have. He/she will then have an opportunity to decide whether or not to run for a Board seat.

Recommendations may be made only by NAMI members in good standing, those who have paid memberships for the current year. Your suggestions must be received by March 13. They can be sent to the NAMI office (attn: Nominating Committee) or made by telephone at (800-236-2988) or via email (nami@namiwisconsin.org).

If you have any questions about the nomination process, please email or call Jan Greenberg, Nominating Chair at nami@namiwisconsin.org or 608-354-5115, or Co-Presidents Geoff Greiveldinger (dingers@tds.net) or Pat Rutkowski (pruts50@hotmail.com). 

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## Call for Facilities Committee Consultant

The NAMI Wisconsin Board of Directors takes its fiscal responsibility seriously. We are constantly evaluating opportunities for efficiencies in operations including cost efficiency. We are interested in streamlining costs and providing our members and the community with the most effective implementation of our Mission. To that end we are asking for help in the form of a consultant for our Facilities Committee. The Committee is responsible for providing recommendations to the Board as it relates to the building which the organization owns. Recommendations relate to care and utilization of the building. Are you a volunteer, or do you know of a volunteer, who has experience in commercial real-estate sales, valuation, and management? We anticipate a 10-15 hour time commitment, be forewarned, however, volunteering for an organization like this can be rewarding, exciting and compelling!

Please contact Terry Schnapp at 608-268-6000. 

## Important Conference Information

- The NAMI Wisconsin Annual Conference will be held May 29 – 30, 2009 at the Madison Marriott West, 1313 John Q Hammons Drive, Middleton, WI.
- **Registration Deadline** is May 22, 2009. No refunds will be made after this date. There will be a \$5 per day late registration fee.
- There will be no on-site registration.
- There will be a \$10 service fee for cancellations after May 22.
- For hotel reservations, please call 800-228-9290 or 608-831-2000 and ask for the NAMI Wisconsin conference rate of \$99 per night for single occupancy and \$109 per night for double occupancy rooms.
- The deadline for reserving your hotel room at conference rates is May 12.
- A limited number of scholarships will be available with a co-payment of \$10.
- Please call the NAMI Wisconsin office at 800-236-2988 **after March 13th** to receive information regarding the application process for scholarships.

## Events at a Glance

- Affiliates Sustainability, Fundraising and Grant Writing, March 21, Wisconsin Dells
- Consumer Support Group Facilitator Training, April 3 – 5, Wisconsin Rapids
- Family-to-Family Teacher Training, April 17 – 19, Wisconsin Rapids
- Consumer Leadership Summit, April, Madison

Check the web site, [www.namiwisconsin.org](http://www.namiwisconsin.org), for registration information.



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### Return Service Requested

## Help NAMI Wisconsin bring vital education programs to people affected by mental illness.



Yes, I want to support NAMI Wisconsin with the following gift:

\$100     \$75     \$50     \$35     Other \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Please charge \$ \_\_\_\_\_ to my:     Visa     MasterCard

Acct# \_\_\_\_\_ Exp. Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_

Is your donation being made in memory or in honor of someone special? If so, please complete the following:

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

I'd like more information about the following:     a local NAMI affiliate in my area     becoming a NAMI member

**Your gift to NAMI Wisconsin will change minds, raise voices, and help many individuals and families affected by mental illness.**

*"I received a scholarship for the conference in Racine. It was my first NAMI Conference or any NAMI related program. The conference was enlightening and inspiring. I hope to attend the next one."*

*"The Family-to-Family Education Course gave me the information and support I needed to not only better support my daughter, but to bring a more stress-free environment into our home."*

**Consider making a generous gift today.**