

**October, 2011**

## What Do You Know?

Mental Illness Awareness Week in October provides an opportunity to learn about serious mental illnesses such as major depression, bipolar disorder, and schizophrenia.

Mental illnesses are medical illnesses that affect one in four adults in any given year. One in 17 individuals lives with a serious, chronic illness.

The good news is that treatment does work for the majority of individuals and recovery is possible.

According to the National Alliance on Mental Illness, people living with a serious mental illness live 25 years less than the rest of the population. One reason is that less than one-third of adults and less than one-half of children with a diagnosed illness receive treatment.

The U.S. Surgeon General has reported that stigma is a major barrier to people seeking help when they need it.

The more people know, the better they can help themselves or help their loved ones get the help and support they need.

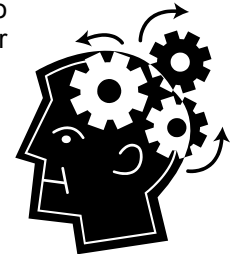
The lack of mental health care often results in lost employment, disruption in families, and homelessness. Mental illnesses also drive up costs associated with hospital emergency rooms, nursing homes, schools, police and even courts, jails and prisons.

Mental Health America addresses these issues by providing the following at no charge:

- MHA's resource library contains books, magazines, tapes, CDs, and pamphlets that create

awareness about the various types of mental illness.

- MHA's website includes anonymous, on-line screenings for common mental illnesses and the abuse of alcohol. The screenings are available in both English and Spanish.
- MHA staff is available to provide confidential referrals when professional care is needed.
- MHA's emergency Medication Account provides temporary assistance for individuals who are unable to afford their medications.



## Workshop Offered on Grief



In collaboration with the Hospice Foundation of America, MHA

is offering a DVD workshop on death and grief for professionals in the community.

*Beyond Kübler-Ross: New Perspectives on Death, Dying, and Grief* will be held on Thursday, November 10 from 8:15 - 11:15 a.m. in the community meeting room of the United Way building, Sheboygan.

The program will explore the theoretical perspectives of dying, death, and grief, emphasizing understandings that have been challenged and developed since Kübler-Ross published her book *Death and Dying*.

The cost of the workshop is \$12. A companion book is also available through MHA at a reduced cost of \$19. A workshop registration form can be found at MHA's website under "Upcoming Events."

For an additional fee of \$25, professionals are able to receive 2 1/2 CEUs for participating in the event. Those wishing to receive CEUs need to participate in a half-hour panel presentation following the program.

Local panelists are:

- Nancy Simenz, chaplain and bereavement coordinator at Sharon S. Richardson Hospice
- Ray Hoffmann, LCSW, LMFT, SAC, a psychotherapist with the Aurora Sheboygan Clinic
- Mary Buser, associate professor of psychology at the University of Wisconsin - Sheboygan.

## MHA Offers Free Screenings

MHA's website offers free, anonymous screenings for common mental disorders in both English and Spanish. The screenings are easy to complete and scores are provided immediately.

The screening project was initiated by Dr. Doug Jacobs, M.D., who serves as a professor of psychiatry at Harvard Medical School. In 1991, Dr. Jacobs launched the first national screening program for depression. Its success in identifying symptoms of depression at an early stage when they are most treatable led to an expansion of the project.

Screenings for bipolar disorder, generalized anxiety, post-traumatic stress disorder, depression, and alcohol abuse can be accessed at MHA's website - mhasheboygan.org.



## A Message from Dr. Al Hardersen, MHA's president

It was on August 20<sup>th</sup> that Mental Health America in Sheboygan County hosted the There is Hope walk in Sheboygan Falls. This was the third year that MHA has taken the lead with organizing and serving as sponsor. I believe that it may be helpful to take a step back and reflect on the purpose of the walk.

Mental Health America explains in its mission statement that the organization is, "Dedicated to promoting mental health, preventing mental disorders, and achieving victory over mental illness through advocacy, education, research, and service."

The focus areas of Mental Health America in Sheboygan County are education, emergency medication assistance, individual assistance, and collaboration. The walk provides our agency with the opportunity to work in all these areas. A dedicated staff of three in concert with the members of MHA board and a cadre of community volunteers all work together to make the "Walk" a success. As MHA's signature fundraiser, this event helps to provide valuable assistance to residents of the Sheboygan County community.

If you are someone who donated to MHA through the Walk, thank you. If you were a participant in this year's walk, we thank you for that. Some of you helped sponsor the event, thank you. You may have assisted in the work of the day, thank you. Regardless of how you contributed, we appreciate all that was done.



As the Walk was about to kick off, we had a few raindrops falling. They did not dampen the spirits of those involved. The day turned out to be a wonderful summer experience. We hope to see you at the next "There is Hope Walk" in 2012. Thank you.

*Dr. Al Hardersen*

### Reducing Bullying Behavior

As the school year begins, students may find themselves in a bullying situation. Very few, if any, school environments are immune to bullying behavior. Students are often targets of bullying behavior by classmates who have more physical power and less healthy coping behaviors than their peers. While bullying is a common problem, it does not have to be tolerated. Here are some concrete actions that students can take to reduce bullying behaviors in their own school.

▪ **Ignore the bully.** While it may seem like too simple of an approach, this action can be helpful to targets of bullying behavior. Quite often, a bully is searching for a reaction to his or her negative behavior. If the target chooses to not react to unkind words or physical bullying, the bully may rethink the decision to target that student.

▪ **Tell the bully to stop.** This action empowers the student to stand up for him/herself, and should only be done if the student feels comfortable. When a bullying situation is occurring, telling the bully to stop can be powerful. The act of standing up to a bully and advocating for oneself can change the dynamics of a situation. While it is not

appropriate for the target student to engage in bullying behavior as a result of being bullied, it is perfectly acceptable for a student to stand up for his or her own proper treatment.

▪ **Stay with a friend or group.** The saying goes that there is often strength in numbers, and the situation of bullying is no exception. While it is helpful for students to stay with peers in any type of bullying situation, it is especially helpful if physical bullying is occurring. If a student knows that bullying usually occurs in the locker room, it is helpful to go into the locker room with a friend or group of friends. The amount of people working together can often deter the bully and limit the harmful behavior.

▪ **Tell an adult.** Although the previous three actions are helpful ways that students can interact with bullies, there is no substitute for involving an adult in the situation. When an adult is involved and committed to ending bullying behavior, quick and positive results are usually seen. It is not uncommon for students to feel shy or embarrassed about being bullied, so adults should also try to ask questions of the students in their lives. Inquire about the student's day, and try to recognize when there is something upsetting the student.

Sometimes it may seem like most students are acting as bullies, but research shows that about 15% of students are initiating bullying behavior. This means that around 85% of students are making good choices and choosing to not bully. As students stand up for themselves, work together, and involve adults in situations, school climates will begin to change and bullying behavior will be reduced.



### Invest in Your Community

"We are Family" is the theme for this year's Sheboygan and Plymouth Area United Way campaign. Donations to Sheboygan County United Way and United Fund campaigns at this time of the year provide 62% of MHA's funding. Thank you for supporting:

- Sheboygan & Plymouth United Way
- Cedar Grove United Fund
- Oostburg United Fund
- Sheboygan Falls United Way
- Random Lake / Adell United Fund

## There is Hope 2011 - A Success!

Rain did not dampen the spirits of those who participated in the 6th annual There is Hope walk for suicide awareness and prevention on Saturday, August 20. In addition to the 208 individuals who registered to walk, there were close to 70 additional participants the day of the event.

The support of the community contributed greatly to the success of the walk. MHA is very appreciative that Odyssey Fun Center allowed their grounds to be used as the gathering point for the event. Special thanks to those who walked, volunteers, corporate donors, and the many individuals and businesses who donated items for the bake sale, silent auction and raffles.

The proceeds from the event will support MHA's mission of promoting good mental health for people of all ages in Sheboygan County.



Participants in the 6th annual There is Hope walk head down the Old Plank Road Trail in Sheboygan Falls following the opening ceremony. Additional photos from the event can be viewed at [www.mhasheboygan.org](http://www.mhasheboygan.org).



**Saturday, August 18, 2012**  
**Deland Park**  
**at Sheboygan's lakefront**

## Help for Caregivers

Mental Health America has been privileged to serve as one of the founding organizations of the Family Caregivers Coalition in Sheboygan County.



Now beginning its second year, the Family Caregivers Coalition is reaching out to all family caregivers in Sheboygan County by providing education, recognition, and support.

"Caring for the Caregiver" is all too often forgotten. Helping those who help others is the mission of the organization. The vision of the Family Caregivers Coalition in Sheboygan County is to be the well-known and utilized resource to empower the family caregiver.

If you would like to learn more, call the Aging and Disability Resource Center at 920-467-4100 and ask to speak with Kathleen Manny, the Community Services Specialist.

### Updating the Mailing List

If you no longer wish to receive the *Mental Health Matters* newsletter, please call 458-3951 or send an email to [assistant@mcleodusa.net](mailto:assistant@mcleodusa.net).

Past issues of the newsletter can also be viewed on MHA's website.

## Become a Friend of Mental Health America

Please consider becoming a "Friend of MHA." Your tax-deductible contribution supports the organization's work of promoting good mental health. MHA "Friends" receive the *Mental Health Matters* newsletter three times each year, a membership gift, email updates (optional), and the opportunity to attend the annual meeting as a voting member. **MHA would like to be able to count on you!** Thank you.

### Friend of Mental Health America

#### Donation form

Benefactor - \$100 or more    Partner - \$50 - \$99    Associate - \$25 - \$49    Contributor - \$10 - \$24

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Email \_\_\_\_\_

- I would like to receive information via email about upcoming MHA programs.  
 Contact me about volunteer opportunities with MHA.



**Return to Mental Health America, 2020 Erie Avenue, Sheboygan, WI 53081**



Mental Health America  
in Sheboygan County  
2020 Erie Avenue  
Sheboygan, Wisconsin 53081  
920-458-3951  
www.mhasheboygan.org

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Angela Wessels, MA, youth educator  
Jessica Fale, administrative assistant

## **Conference Scheduled for Middle School Girls**

Girls in 6th, 7th, or 8th grade are invited to participate in a day-long conference created especially for them on Saturday, November 12 on the UW - Sheboygan campus.

The Young Women's Conference is designed around a variety of intriguing workshops that expand awareness about such things as health, the world of work, relationships, and creativity.

The registration fee is only \$12 which includes four workshops, opening and closing events, lunch, and an event bag.

For information or to receive a brochure, contact Angela Wessels at 458-3951 or visit the conference website at [www.ywcsheboygan.org](http://www.ywcsheboygan.org).

## **Free Programs for Youth**

Are you involved with youth? Consider scheduling a free program provided by MHA's youth educator, Angela Wessels, MA. Programs are available on topics such as:

- ▶ Healthy relationships
- ▶ Depression
- ▶ Mental health awareness
- ▶ Bullying
- ▶ Stress management.

To schedule a program, contact Angela Wessels at 458-3951.

Mental Health America's mission is one of promoting mental health, preventing mental and substance abuse conditions, and achieving victory over mental illnesses and addictions through advocacy, education, research, and service.