ANNUAL REPORT 2013

A YEAR OF PROGRESS

Advances in Advocacy, Education and Support

National Alliance on Mental Illness Wisconsin
Dear NAMI Wisconsin Supporters,

It is not everyday that you see social change unfold before your eyes. But people say that timing is everything and, when the timing is right and you seize the moment, anything is possible.

2013 was a year of opportunity and, thanks to the strength of our grassroots NAMI movement, was a year of action and progress for all of us in Wisconsin who are affected by mental illness.

In early 2013, we were inundated with media coverage about guns and mental illness. We knew that we had to steer the conversation away from the issues of violence and towards the issues of early intervention, access, treatment, education and support. So, we called on NAMI advocates to help change the way people in Wisconsin think about mental illness. Our advocates delivered.

In partnership with dedicated media sources, the spotlight continued to shine on mental illness. However, the conversation shifted to focus on recognizing system deficits and creating solutions within our communities. We saw local and statewide reports and radio stations shed light on the true experiences of people living in recovery. The media painted a vivid picture of Wisconsin’s broken mental health system and the burden that it is creating for other public systems such as schools, hospitals and prisons/jails. The voice of NAMI Wisconsin members rang loud throughout this coverage and brought the lived experience of individuals and family members to the forefront.

NAMI Wisconsin leveraged the attention that mental illness was receiving in Wisconsin to raise our presence. We saw unprecedented success in 2013 as Governor Walker’s 2013–2015 budget included $29 million in additional mental health funding and policymakers took significant action to address problems in Wisconsin’s mental health system. Our NAMI Voices made a difference!

2013 was truly a year of progress. Together, we rediscovered hope that we can and will change the way people in Wisconsin access and experience mental health services. Our successes are, in large part, a result of the dedication and organizing that has taken place for more than a decade. We were well poised to experience the moment of truth and seize the moment!

For that, we extend a heartfelt thank you to all of the advocates who joined our voice, past and present. Of course, there is much more we still need to accomplish. But, it is important to appreciate and absorb the progress we have made.

With gratitude and warmest regards,

Julianne Carbin, Executive Director
$29 million in additional funding

MENTAL HEALTH IN THE BUDGET
Governor Scott Walker’s 2013-2015 budget included $29 million in additional funding for mental health services! This included funding to expand Comprehensive Community Services (CCS), create an Office of Children’s Mental Health and Coordinated Service Teams (CST), increase admission units at Mendota Mental Health Institute and establish Peer-run Respites. Many pieces of the budget were items that NAMI Wisconsin advocates have pushed to see expanded for over a decade. It was a major accomplishment to see our recommendations in the Governor’s biennial budget. It was a testament to the strong relationship we have with administrators at the State Department of Human Services and in the legislature.

MENTAL ILLNESS IN THE MEDIA
In 2013, advocates faced a now-familiar dilemma. Although mental health gained strong media and policy attention, it was too often in the context of violence and tragedy. We know that people with mental illness commit a tiny percentage of violent crime. But when tragedies occur, we all want an explanation. The media too often uses inaccurate portrayals of mental illness to fill that need. In response, NAMI advocates stayed visible in state and local media, working hard to keep the truth in the public eye: people with mental illness are not violent; they are our friends, family neighbors and community leaders. With good treatment, support and empowerment, recovery is possible.

PUBLIC POLICY PLATFORM
NAMI Wisconsin updated and streamlined our public policy platform in 2013. You can view our advocacy priorities at namiwisconsin.org/nami-on-the-issues.

INDIVIDUAL SUPPORT
Individualized assistance was provided to more than 320 individuals by the NAMI Wisconsin on-staff advocate. NAMI Wisconsin also re-launched the NAMI Smarts participant referral program in 2013. You can view our advocacy focus at namiwisconsin.org/nami-on-the-issues.

NAMI WISCONSIN ADVOCACY

WORKING FOR WISCONSIN

Tom Stolpa, 26, has a wry sense of humor, a steady job and aspirations of achieving a doctorate. He also happens to live with bipolar disorder. Each week, Tom works at the Coulee Children’s Center in La Crosse as a janitor. For 12 hours a week, Tom helps ensure that the children have a clean environment for work and play, something he takes great pride in. Although he’s had the job for a year, it wasn’t an easy process. He admits freely that there were some significant barriers that he had to overcome. To work through those barriers, Tom needed support. He is involved with Individual Placement and Support (IPS) supported employment, a service of his Community Support Program (CSP). IPS is an evidence-based program that helps people living with serious mental illnesses find and keep jobs that fit their needs, preferences and personal goals. IPS can be a life-changing support for people who want to work.

The Speaker’s Task Force recognized IPS’s value. As a result of their hard work and partnership with advocates, the legislature passed a bill to expand funding for IPS. This is an important first step toward making IPS available to many more people with mental illness who want to work but need the right support to get there.

Through IPS, Tom received interview coaching from his employment specialist, Amber Kaio. Once he got a job, Amber and Tom’s mental health care providers continued to support him at work to ensure ongoing success. Tom says: “Work builds character. Being praised by your boss for good work builds self-esteem and you realize if you can do this, you can do other things too.” A job provides structure and a place to relax, helping his recovery.

“Use this program: it will get you farther than looking for work on your own,” he says. “The job market is tough but there are jobs out there. Get in somewhere and just get started. I did it. You can too.”

SPEAKER’S TASK FORCE
In February 2013, Speaker Robin Vos of the Wisconsin State Assembly launched a bipartisan Mental Health Task Force. The task force sought input from consumers, family members, professionals and advocates. NAMI advocates spoke up and played a crucial role in shaping the many pieces of proposed legislation that were introduced by the Task Force.

GRASSROOTS ADVOCACY
In order to more efficiently convey advocacy information to affiliates, leaders and members, NAMI Wisconsin launched an advocacy blog. Advocacy leaders at almost every affiliate were identified, restoring our advocacy focus at the local level. Monthly action alerts were developed and distributed to a grassroots network of over 200 advocates. NAMI Wisconsin also re-launched the NAMI Smarts participant program in 2013 to help advocates learn fundamental advocacy skills and plans to hold the NAMI Smarts training 3 times in 2014.

I plan to tell my story every chance I get! With help from NAMI Wisconsin, I feel comfortable contacting my legislators and speaking out about recovery.

– NAMI Smarts participant

“”
The most rewarding part of teaching the Family-to-Family class for me has been seeing how family participants’ lives have transformed from desperate to much more confident.

– Sheryl Smith, NAMI Washington County teacher

In late May 2013, NAMI’s Family-to-Family education program was added to the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP) with its consistent expansion across the U.S. and three other countries. With the listing comes national recognition of the effectiveness and value of the course; in hopes of reaching out to more and more families juggling mental illness.

NAMI Wisconsin’s Planning for the Future training drew 33 family members from around the state. Participants gained hands-on training about special needs trusts and life planning from speakers who are experts in the field of mental health, Social Security and estate planning. Featured speaker, Attorney Heather A. Wilson, shared information about the various trusts that are available to help families secure the future financial well-being of their loved one with a disability.

NAMI family program teachers are true advocates who are changing the world one class at a time. In November, 68 Family-to-Family and Basics teachers attended the 5th Annual Teacher Leadership Summit. The Leadership Summit celebrated the 20th Anniversary of the Family-to-Family program in Wisconsin. Colleen Drewel, NAMI Director of Education (right), presented the keynote speech on NAMI Family Education and facilitated a master class. The Leadership Summit showcased the annual Claire Ryan Award for Distinguished Service in Family Education. This year’s award winner was Pat Woitek from NAMI Dane County, for her decades-long commitment to Family-to-Family teaching. Pat has taught at least 16 classes (she’s lost count!).

**2 statewide**
**Family-to-Family** trainings and **1 statewide**
**Basics** training.

**1 statewide Peer-to-Peer** training and **2 statewide**
**In Our Own Voice** trainings.

**1 statewide**
**Connections** training and **1 statewide**
**Family Support Group** training.

**BY THE NUMBERS**

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<thead>
<tr>
<th>FAMILY PROGRAMS TRAININGS</th>
<th>CONSUMER PROGRAMS TRAININGS</th>
<th>SUPPORT GROUP TRAININGS</th>
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<tr>
<td>39 new teachers</td>
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<td>30 new facilitators</td>
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<tr>
<td>47 local classes</td>
<td>165 local classes</td>
<td>212 local groups</td>
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<tr>
<td>697 graduates</td>
<td>3000+ graduates</td>
<td>1700+ supported</td>
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| 3 Family-to-Family trainings | trains and 1 statewide Basics training. | 1 statewide Peer-to-Peer training and 2 statewide In Our Own Voice trainings. | 1 statewide Connections training and 1 statewide Family Support Group training. |
A LEADER IN STIGMA ELIMINATION

According to Dr. Patrick Corrigan, a principal researcher of stigma in the U.S., research suggests that the combination of personal story and data is the most effective way to change people's attitudes about mental illness. In 2013 NAMI Wisconsin presented at 8 statewide conferences reaching more than 600 people. NAMI Wisconsin was also active in the statewide coalition, WISE, that is working to promote evidence-based stigma reduction activities. In honor of May Mental Health Month, NAMI Wisconsin, in partnership with WISE and Wisconsin United for Mental Health, sent information to legislators of the Speakers' Taskforce on Mental Health about the impact of stigma including the effects on children and youth, older adults, those in the workplace, in healthcare settings and in the media.

MINORITY HEALTH

July 2013 was officially declared Minority Mental Health Awareness Month in Wisconsin! Thanks to the work of our staff and grassroots advocates, Governor Scott Walker and Douglas La Follette signed the official proclamation (below) on June 28 and marked it with the official golden Great Seal of the State of Wisconsin. With this proclamation, we helped raise the awareness of mental health for those in diverse communities.

focused on the latest mental health research and advocacy strategies aimed to reduce stigma. In collaboration with NAMI Greater Milwaukee, and support of the Charles E. Kubly Foundation, NAMI hosted a theatrical production of Pieces, a play which depicts the lives of people living with a mental health disorder.

IRIS AWARD WINNERS

Community Program of the Year: Vital Voices for Mental Health, Outstanding Mental Health Professional: Dave Delapl, Lifetime Contribution to Advocacy: Dylan Abraham; Education Advancement Award: Dr. Eileen Abrams; Leadership Award: Debby Ganaway; Jim Maddox Peer of the Year: Karen Schiller & Julie Sgambati; Media Award: Racine Journal Times; Philanthropy Award: Harold Steen; Research Award: Bruce Christiansen; Volunteer of the Year: Dick Guenther.

MENTAL ILLNESS AWARENESS WEEK

During Mental Illness Awareness Week (MIAW) NAMI advocates held a variety of community events to bring mental illness out of the shadows and into the forefront of their community. The week is a focal point that builds on the work we do to increase education, promote support for individuals and families and influence policy and funding decisions. NAMI Wisconsin kicked off the week with the 7th Annual Healing Art Show, hosted a Text-to-Donate Day of Action, spoke at the Medical College of Wisconsin’s Depression Summit and recognized the National Day of Prayer and Depression Screening Day.

HEALING ART SHOW

The Healing Art Show, NAMI Wisconsin’s main event during Mental Illness Awareness Week, was part of the Madison Museum of Contemporary Art’s Fall Gallery Night, which happens only twice a year. It was on display at Crescendo Cafe for the entire month of October. By showcasing the artistic works created by people with mental illness we highlight the creative talents and personal strengths that far overshadow mental illness. At the opening reception on October 4, guests gawked over the paintings, poems, photography, and sculptures of 14 artists who have experienced mental illness. The evening offered a raffle, live music, tasty food and great company.

Art has been the very best self-esteem builder for me.

– Jay Brown, Featured Artist

Maintained namiwisconsin.org to provide the latest mental health news, county-based resources and service information. The site saw more than 120,000 visitors in 2013.

Launched a Facebook page that was used as the interactive platform for communicating breaking news with the general public. It reached over 200 likes in 5 months.

Created a Twitter account to indentify like organizations and collaborate on mental health initiatives such as Mental Illness Awareness Week. It quickly gained over 250 followers.

Designed and distributed 6 issues of The Iris to over 3500 people. 17 libraries and various organizations, agencies and professionals around the state.
I

In July, at around 3:00 a.m., there was an inmate threatening to harm himself with a jail-made weapon. He was holding the weapon to his neck. When the jailer came near him, twice he swung at him with the weapon. He was holding the weapon to his neck. When the jailer came near him, twice he swung at him with the weapon. While other jail staff suited up for a dangerous cell extraction, a CIT trained correctional supervisor engaged the inmate in conversation.

During their conversation the inmate made multiple statements that made it apparent the inmate was having some type of delusion. He stated that he was hearing voices, and made several threats to cut and stab himself. After talking about 25 minutes, the inmate calmed down and agreed to lay the weapon down and exit his cell. He did so without any incident.

This inmate was placed in a safety gown and was further evaluated by a crisis worker. The inmate told her he was hearing voices and having hallucinations. He admitted to having a mental illness but he could not know what it was or the type of medication he took to control it.

At the end of their conversation he was placed on a suicide watch and scheduled to be reevaluated the following day.

Only a few years ago there would have been no dialog. No crisis worker. A suited up jail staff would confront this inmate and if he didn’t immediately comply with their instructions, there would be a high likelihood of injury to the inmate, and jail staff too. A good job done by the Kenosha Sheriff’s Department correctional staff.

I learned to look at people and situations in a broader, more comprehensive way. A big piece of CIT is careful questioning… to uncover the real issues.

– Sgt. John Rohde, Kenosha PD Officer

OUR PARTNERSHIPS

1 CIT & CIP COORDINATION CONVERSATIONS

NAMI Wisconsin partnered with the Wisconsin Department of Corrections to offer two Crisis Intervention Partners (CIP) trainings that trained nearly 250 correctional officers. Trained NAMI speakers provided presentations and personal stories from the family and consumer perspective. In the fall, Crisis Intervention Training (CIT) trainers and supporters came together for a statewide stakeholder meeting to discuss ways to expand and strengthen CIT throughout Wisconsin. The day-long meeting allowed trainers to share resources and stories and develop a strategy for how to grow CIT in Wisconsin. Wisconsin currently has several NAMI affiliates with active CIT programs in partnership with local law enforcement, with programs in Waukesha, Racine, Kenosha, Fox Valley and Milwaukee.

2 VETERAN RESILIENCY PROJECTS

NAMI Wisconsin worked in partnership with NAMI Waukesha and NAMI Dane County, Madison College and Madison VA Connections to offer two Veteran Resiliency Trainings. The full-day, peer-led workshops for woman veterans drew Master Resiliency Trainer Major Sylvia Lopez who presented the keynote address and a virtual Ted Talk was screened titled “The Power of Vulnerability” that served as a discussion starter. The program established new partnerships to address woman veteran’s needs on college campuses and engaged women veterans in proactive outreach and support activities of other women veterans on their college campuses.

3 RESEARCH STUDY: PEERS HELPING PEERS QUIT SMOKING

NAMI Wisconsin was part of a community-based research project that worked on smoking cessation interventions for people with persistent mental illness in Community Support Programs (CSP). In partnership with UW Center for Tobacco Research and Intervention (UW-CTRI). NAMI Wisconsin hired two Certified Peer Specialists who worked as smoking cessation advocates and intervention specialists in CSP’s in Madison and Milwaukee. Our peer advocates provided education to CSP staff and consumers about the staggering health disparities that exist for people living with mental illness and worked one-on-one with consumers to assess motivation to quit and provided quit kit resources to those interested in quitting.

4 BUILD-IT-TOGETHER: DIVERSITY AND INCLUSION INITIATIVE

In September 2013, NAMI Wisconsin was selected by NAMI to partake in the Build-it-Together (BIT) initiative, designed as a yearlong in-depth technical assistance and skill building initiative to help NAMI State Organizations become more diverse and inclusive. The BIT priorities recognize that NAMI’s growth and strength depend upon our ability to meaningfully engage all people from all walks of life, especially those in underserved communities. The state’s BIT team has assessed the organization’s cultural competence, participated in a 3-day strategic coaching session in Washington D.C. where the team was trained by national experts, formulated a strategic diversity and inclusion plan and is now working to implement the plan statewide. The current initiative will work to make NAMI Wisconsin more inclusive by ensuring that these values become a part of everyday work and are embedded into all aspects of the organization to ultimately expand our reach in Wisconsin.

NAMI Wisconsin’s BIT team at a training in Washington D.C.

TRAINING OPENS DOORS TO TREATMENT

Wisconsin CIT Trainers
We are so grateful for the countless individual donors, sponsors and partners who give so generously to NAMI Wisconsin. All funds directly support the mission of the organization.

**HONORARIUM AND MEMORIAL DONATIONS**

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<td>Mona Holzhauer</td>
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<td>Larry Doschadis</td>
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**CARRYING ON THE LEGACY**

David Huibregtse and his twin brother, Bruce, were born in the small town of Blair, WI. Not only was David intelligent, but he was extremely athletic and competed in football, basketball and track. He went on to attend the University of Wisconsin-Madison for his undergrad studies and medical school and did his orthopaedic surgery residency at the University of Missouri-Columbia. There he met and married his wife, Robyn, and in 1986, the two moved to Janesville where David practiced orthopaedic surgery for 27 years. Their three children, Jack, Carly and Quinn, were all proud of their father’s reputation as a compassionate physician and an exceptional surgeon. He instilled in them his love for orthopaedic surgery for 27 years. Their three children, Jack, Carly, and Quinn, were all proud of their father’s reputation as a compassionate physician and an exceptional surgeon. He instilled in them his love for orthopaedic surgery for 27 years. Their three children, Jack, Carly, and Quinn, were all proud of their father’s reputation as a compassionate physician and an exceptional surgeon. He instilled in them his love for orthopaedic surgery for 27 years. Their three children, Jack, Carly, and Quinn, were all proud of their father’s reputation as a compassionate physician and an exceptional surgeon. He instilled in them his love for orthopaedic surgery for 27 years. Their three children, Jack, Carly, and Quinn, were all proud of their father’s reputation as a compassionate physician and an exceptional surgeon. He instilled in them his love for orthopaedic surgery for 27 years. Their three children, Jack, Carly, and Quinn, were all proud of their father’s reputation as a compassionate physician and an exceptional surgeon. He instilled in them his love for orthopaedic surgery for 27 years. Their three children, Jack, Carly, and Quinn, were all proud of their father’s reputation as a compassionate physician and an exceptional surgeon. He instilled in them his love for orthopaedic surgery for 27 years. Their three children, Jack, Carly, and Quinn, were all proud of their father’s reputation as a compassionate physician and an exceptional surgeon. He instilled in them his love for orthopaedic surgery for 27 years. Their three children, Jack, Carly, and Quinn, were all proud of their father’s reputation as a compassionate physician and an exceptional surgeon. He instilled in them his love for orthopaedic surgery for 27 years. Their three children, Jack, Carly, and Quinn, were all proud of their father’s reputation as a compassionate physician and an exceptional surgeon. He instilled in them his love for orthopaedic surgery for 27 years. Their three children, Jack, Carly, and Quinn, were all proud of their father’s reputation as a compassionate physician and an exceptional surgeon. He instilled in them his love for orthopaedic surgery for 27 years. Their three children, Jack, Carly, and Quinn, were all proud of their father’s reputation as a compassionate physician and an exceptional surgeon. He instilled in them his love for orthopaedic surgery for 27 years. Their three children, Jack, Carly, and Quinn, were all proud of their father’s reputation as a compassionate physician and an exceptional surgeon. He instilled in them his love for orthopaedic surgery for 27 years. Their three children, Jack, Carly, and Quinn, were all proud of their father’s reputation as a compassionate physician and an exceptional surgeon. He instilled in them his love for orthopaedic surgery for 27 years. Their three children, Jack, Carly, and Quinn, were all proud of their father’s reputation as a compassionat


depression. Although the Huibregtse family had no prior connection to NAMI after David’s death they did online research to find an organization that would both honor his memory and help others who suffer from mental illness. The family felt strongly towards NAMI because of its efforts to promote recovery and public understanding of mental illness and reduce stigma. The family tried to convince David that his depression was not his fault, that it was no more shameful than his father’s cancer, his mother’s diabetes or his brother’s heart disease. But David saw depression as weakness, and couldn’t forgive himself for not “snapping out of it.” With his memorial, they hope to spare other families the pain they have felt.

Donations came pouring in to NAMI Wisconsin to honor David Huibregtse’s memory, totaling over $10,000. After seeing the kind words said about David, it is evident that he had an impact on countless lives and was dear to so many. NAMI Wisconsin would like to thank the Huibregtse family, for their support and for sharing their story with us and so many others.
OUR TEAM

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