Andrew Wiese Receives 2019 Pattie Wollenburg Award

Every year the Pattie Wollenburg Award goes to someone who believes in NAMI and gives selflessly. This year’s recipient, Andrew Wiese, does just that.

Andrew was a nominee for the Patricia Wheaton Award at NAMI-Indiana’s State Conference in October. This award represents a person living with a mental illness who displays exemplary courage in recovery, education, and helping others to understand and overcome mental illness. Andrew attended the state conference to further his knowledge and commitment of NAMI’s initiatives in Indiana.

At the beginning of this year, Andrew attended training to become a Connection Support Group facilitator. Connection is a peer-led support group for adults living with mental illness that meets four times a week, once at Tippecanoe County Community Corrections (TCCC), twice at the NAMI office, and once at the VO Clubhouse. In June, Andrew took over the Connection group at TCCC and became a co-facilitator for one of the groups at the NAMI office.

Andrew also started a weekly writing group at TCCC in November, inspiring 18 different individuals to express themselves in writing. The group now meets regularly and covers genres from poetry to memoirs to reflective writing.

Additionally, Andrew completed training to become a mentor in the Trusted Mentors program, which uses mentoring to help adults at-risk for homelessness establish healthy lives. Andrew is also a regular presence at the monthly pizza party where he has designated himself as the guy who brings vegetables (that he prepares and slices himself!).

Congratulations, Andrew, and thank you for your time and dedication to NAMI West Central Indiana!
2018 a Year of Team-Building, Success, and Growth for NAMI West Central

NAMI West Central saw great success in 2018 with new programs, the growth of existing programs, awards, and new partnerships. Here are some of the highlights of all that we achieved as a team:

- NAMI Indiana presented Pam Weaver and Steve Ruppert with the Media and Public Awareness Award and Astrid Hastak with the President’s Award.

- Trusted Mentors was established and made its first mentor-mentee matches.

- Ending the Silence reached 1,535 middle/high school students, parents, and teachers (more than double the number in 2017!)

- There are now four Connection groups: Mondays 5:00-6:00 PM at TCCC, Tuesday 2:00-3:30 at the VO Clubhouse, and Tuesday 10:11:30 AM and Thursday 6:00-7:30 PM at the NAMI office.

- Inmates at Tippecanoe County Community Corrections are receiving In Our Own Voice presentations, Wellness Recovery Action Plan (WRAP) class, Writing Group, and the Connection Support Group.

- Work One has incorporated a mental health component in their Rapid Reemployment Manufacturing Placement (RAMP) where NAMI-WCI presents every five weeks.

- NAMI-WCI has partnered with Food Finders, Work One, PATH Street Outreach, Ivy Tech, Purdue School of Pharmacy, and Franciscan School of Nursing to raise awareness of mental health conditions and to help eliminate stigma.

- The LaNelle Geddes matching campaign provided us with $45,806 in gifts, plus an extra 30% ($13,742), which raised our endowment fund to $82,452.

- Several of our presentations, support groups, and classes saw increases in membership and participation, including FaithNet, Ending the Silence, Connection, and Peer-to-Peer class.

- Twenty-four of our members went through training to become facilitators and presenters of our various programs.

- One-hundred and ten volunteers contributed many hours to teaching classes, facilitating support groups, helping with mailings and events, telling their stories, and advocating on NAMI-WCI’s behalf.

- Forty-six organizations contributed sponsorships and in-kind donations to the NAMI Fall 5K Classic and the Beautiful Minds Gala

NAMI West Central would like to thank all our members, volunteers, staff, and sponsors for their commitment and support. We look forward to an awesome 2019!
Tickets for the “Beautiful Minds” Gala on Sale Online

We’re only three weeks away from NAMI West Central’s second annual “Beautiful Minds” fundraising gala on Wednesday, February 27, and tickets for the event are now available through our EventBrite page.

NAMI West Central continues to provide free support and education to the community. We are fielding more and more phone calls every day of people who are desperately seeking treatment but are told there are waiting lists to see a psychiatrist or clinician.

NAMI-WCI does not provide therapeutic services but we offer support, education, and training. NAMI-WCI relies on memberships, donations, grants, and fundraisers to provide the needed support. That’s why our annual fundraising gala is so important to our mission.

This year, musicians who have a mental health condition will be celebrated. There will be live music, and we are planning on the biggest crowd yet!

Don’t Miss Second Annual Painting with a Twist “Fun-raise” on Feb. 6th

There’s still time to sign up and join us at Painting with a Twist on February 6th, 6:30-8:30 PM, to create your very own masterpiece!

Last year, over 25 supporters of NAMI came together to paint their own renditions of Van Gogh’s Iris. This year, in keeping with the gala’s music theme, participants will paint a picture of a guitar using NAMI colors, as shown on the right. Just like last year, the paintings will be on display at the gala.

At Painting with a Twist, instructors guide you through a step-by-step process to complete a beautiful painting. You can even sip some wine or beer while creating art and chatting with friends.

You can reserve your spot for the event on the Painting with a Twist website. Tickets are $35.00 per person. Last year we raised a total of $275, and this year we want to raise even more. We hope to see you there!

Attire is festive, business casual, or dressed as your favorite musician!

Parking is available in the Grant Street Garage. Follow signs to the Purdue Memorial Union North Ballroom. You will get a validated parking pass when you check-in at the gala.

Cocktail hours with hors d’oeuvres goes from 6:00 to 6:45 PM:
- Meet and greet with special musical guests
- Peruse our Brian’s Song Gallery from our creations at Painting with a Twist
- Enjoy a beer or a glass of wine

Dinner will begin at 6:45 PM, and dessert and our musical performance by LiveWire will begin at 7:45 PM and conclude at 9:00 PM.

Opportunities to support NAMI West Central Indiana will be available throughout the night. While not obligated, we will have the opportunity for you to donate, so consider bringing your checkbook or credit card.

Tickets are $65.00 per person and are available for purchase until February 20th. You may purchase tickets individually or by the table by creating a group and inviting your guests. If you wish to donate, please select the individual option under tickets.

Thank you for your continued support. We hope to see you there, ready to rock!
Behind the Music: Musicians Living with Mental Health Conditions Bring Awareness and Hope

This year’s “Beautiful Minds” gala celebrates famous musicians who have been open about their experiences with mental illness. During the event, 16 actors will portray famous musicians from the 20th and 21st centuries who have lived or are currently living with a mental health condition.

Once you cross the threshold into the North Ballroom at Purdue Memorial Union, you’ll be able to mingle with the likes of Brian Wilson, Barbra Streisand, Cass Elliot, Karen Carpenter, Judy Garland, Joni Mitchell, Adele, Chester Bennington, Poly Styrene, Dusty Springfield, Lou Reed, Gwen Stefani, Paul Simon, Kurt Cobain, Bruce Springsteen, and Syd Barrett. Here’s a preview of some of our musicians background with mental illness:

**Brian Wilson** has been diagnosed with schizoaffective disorder and is open about his auditory hallucinations, which he has been hearing since 1965. Despite his mental health condition, he is able to successfully tour and has written a book titled *I Am Brian Wilson*.

**Barbra Streisand** started having panic attacks and other symptoms of anxiety disorder after forgetting lyrics to a song while she was on stage. She has been able to successfully manage her anxiety through medication.

**Judy Garland**, who continues capturing hearts through her role as Dorothy in *The Wizard of Oz*, lived with depression, and although she was never formally diagnosed, some mental health practitioners now believe that she may have experienced bipolar disorder.

**Joni Mitchell**, one of the most prolific folk artists in the 1970s, was diagnosed with Morgellons disease, a delusional disorder where individuals who have a skin condition believe that sores on their skin contain fibers.

**Adele**, a powerhouse in today’s pop music scene, has been open about her struggles with postpartum depression, Generalized Anxiety Disorder, and panic attacks.

New Family-to-Family Classes Begin in March

Registration is now open for NAMI West Central’s next Family-to-Family course.

Family-to-Family is evidence-based and provides participants with the vital information, insight, and understanding of their loved one living with a mental illness. Many describe this course as life-changing. Trained volunteers who also have family members living with a mental illness teach the course and provide peer-led guidance and advice.

This class is **free** to anyone with a family member/loved one living with:

- ADHD
- Anxiety disorders
- Bipolar disorder
- Depression
- Borderline Personality Disorder
- Depression
- Obsessive-Compulsive Disorder
- Posttraumatic Stress Disorder
- Schizoaffective Disorder
- Schizophrenia
- Co-occurring Brain Disorders & Addictions
- Other diagnosed mental illness

Classes will meet weekly on **Tuesdays, March 5-May 21 6:30-9:30 PM**. All classes take place at the NAMI-WCI office: 1508 Tippecanoe St, Room 1-902.

Registration is required. Please contact Joy Mabbitt at (765) 423-6939 or jmabbitt@nami-wci.org.
Public Policy Roundup

The Indiana General Assembly is currently in session, and there are a number of bills under consideration in the both the House and the Senate that affect mental health in our state:

**HB 2018—mental health care of released inmates:** requires corrections facilities to help inmates seek mental health care upon release

**HB 1039—study of mental health concerns:** creates a special committee to study mental health in Indiana

**SB 11—needle exchange program participation:** requires needle exchange programs to establish registries

**SB 33—comprehensive addiction recovery centers:** sets up grants for comprehensive addiction recovery centers

**SB 111—substance abuse grant programs:** establishes grants for community and faith-based substance abuse programs

**SB 146—prescribing of controlled substances:** requires medical facilities to issue controlled substance prescriptions electronically

**SB 173—expungement of addiction related convictions:** allows individuals convicted of an addiction-related offense to expunge their conviction after completing a residential treatment program

**SB 217—behavioral health addiction services:** designates funding to the integrated behavioral health and addiction treatment development program account

**SB 225—controlled substances in a penal or juvenile facility:** increases penalty for committing controlled substance offenses at penal facilities or juvenile facilities

**SB 267 & SB 326—integrated school-based mental health:** establishes grants for schools to offer mental health and substance use disorder service plans

**SB 269—study committee on addiction professionals:** assigns a committee to study the addiction treatment workforce and similar occupations regulated by the behavioral health and human services licensing board

**SB 274—opioid addiction recovery:** creates a recovery pilot program for pregnant women and women with newborns a permanent fixture and designates funding for the program

**SB 354—mental health education and screenings:** requires schools to include mental health education in the curriculum and provide screenings with the consent of a parent or guardian

**SB 359—individualized mental health safety plans:** develops a standard format for mental health safety plans and requires treatment providers to disclose them to other involved physicians or providers

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NAMI Celebrates Second WRAP Graduating Class

Congratulations to NAMI-WCI’s recent WRAP graduates! This was the second graduating class after the successful pilot program.

We are proud of our six new WRAP graduates, and we thank TCCC caseworker Benito Barrera and instructor Joy Mabbitt for making this possible.

WRAP is funded by the Drug Free Coalition

Changes to NAMI’s Free Clubs and Activities

At NAMI West Central we know that making friends and taking part in creative activities like art, music, and writing are beneficial to our mental health and can aid in the recovery process.

We’re currently making some changes to our social programming, and we’d like your input on the kinds of clubs and activities that interest you. Do you like the idea of a Book Club? Karaoke? Let us know! If you have an idea for a club or activity, please email office@nami-wci.org.

Our Craft Club still meets every Tuesday at 5:30-6:30 PM

There is also still a pizza party on the second Tuesday of each month at 6:30 PM. If you would like to attend, please RSVP with your favorite pizza toppings to jmabbitt@nami-wci.org.

All events and activities are held in the Old St. Elizabeth School of Nursing Room 1-902. We hope to see you!
Educational Programs

**Peer-to-Peer** is a FREE education program for people recovering from serious mental illness. Students participate in 8 weeks of classes on topics such as medications, signs of an impending relapse, patients’ rights, and obstacles to recovery. Classes are taught by trained NAMI peer leaders. Registration is required.

**Family-to-Family** is a FREE education program for family members, caregivers, and loved ones of individuals living with mental illness. The class contains 11 weeks’ worth of course materials intended to help family members understand and support their ill relative while maintaining their own wellbeing. Registration is required.

To register for a program, call 765-423-6939 or email jmabbitt@nami-wci.org

Presentations

**Ending the Silence** is a presentation facilitated by Purdue University students that can be customized for parents, teachers, or middle school and high school students to teach them about the signs and symptoms of mental illness.

**NAMI FaithNet** presentations equip clergy and congregations so they can create stronger support systems and welcoming, empathetic faith communities for people living with mental illness and their families.

**In Our Own Voice** is a FREE presentation given by individuals living with mental illness to increase awareness and reduce stigma. IIOV is available for groups, including schools, companies, and church or faith communities of any size.

To schedule a presentation, call 765-423-6939.

Support Groups

**Connection Recovery Support Group** is a peer-based support group for adults facing challenges from any serious mental illness. Registration is not required, and there is no fee.

When: Tuesdays, 10:00-11:00 AM and/or Thursdays, 6:00-7:30 PM at the NAMI office, Mondays, 5:00-6:00 PM at TCC, and Tuesdays, 2:00-3:30 at the VO Clubhouse.

**Family Support Group** is for adult family members who have a loved one with a serious mental illness. The group uses a problem-solving, workshop format. Registration is not required, and there is no fee.

When: 1st and 3rd Tuesday of every month, 7:00-8:30 PM

All support groups, Peer-to-Peer, and Family-to-Family education programs are held at the NAMI office in the Old St. Elizabeth School of Nursing Building at 1508 Tippecanoe Street in Room 1-902 (1st floor)

Join or Contribute to NAMI-WCI!

Join NAMI-WCI in fighting stigma and stereotypes associated with mental illness. Help us reach out to those living with mental illness and educate families, allies, and communities about confronting and living with a mental illness. Help us continue to offer support to individuals and families in need.

Membership Payment Information

- **Regular annual membership:** $40/year
- **Household annual membership:** $60/year (includes all individuals who live at one address; all names must be listed on membership form)
- **Open door annual membership:** $5/year minimum (Those on limited incomes are invited to join NAMI-WCI at a membership rate of their choosing, but no less than $5.)

To join or donate to NAMI-WCI, complete the [NAMI-WCI Membership and Donation form](http://www.nami-wci.org/join/). Please make all checks and money orders payable to **NAMI West Central Indiana** and send to the following address:

**NAMI-WCI**
1508 Tippecanoe Street, Room 1-906
Lafayette, IN 47904

**For memberships, your name and a portion of your membership dues will be shared with NAMI and NAMI Indiana**

**Members will receive a renewal notice when their one-year membership is going to expire. Please notify us about mailing address and email changes.**

**NAMI-WCI is a 501(c)3 organization. Contributions to NAMI-WCI are tax deductible to the extent of the law.**