

*from all of us at MHA in Sheboygan County*



## A look back at 2019

### MINDFUL CLASSROOM INITIATIVE

This year has been amazing for teachers, students and support staff. We served over 950 students in 43 classrooms. We educated over 50 teachers and support staff in mindfulness tools. In addition, we launched a 3 year study on social emotional learning in 6 schools.

### ACCESS TO CARE

Providing navigation to mental health, behavioral health, and community services is how we connect individuals and professionals with the help they need. Over 1,000 community members have accessed services this year.

### RECOVERY & SUPPORT

Allowing space for our community to grieve and process losses they experience is what recovery and support programming provides. Support groups like Compassionate Parents and Suicide Loss, as well as our annual There is Hope event, provide a place to heal.

## GREETINGS FROM OUR EXECUTIVE DIRECTOR

As we close the 2019 year we have many things to be grateful for at MHA. I am honored to be a part of an organization that leads with heart, compassion, and empathy. From our Board of Directors to our community partners, we are working each day to change the conversation about mental wellness. This work cannot happen without you by our side supporting the conversation, breaking down stigma, and championing the efforts to shift the culture of mental health. We thank each of you for showing up in many different ways.

With gratitude,

*Julie L. Preder*

**Together we make the biggest impact for our community.**







## OUR COMMUNITY THANKS YOU:

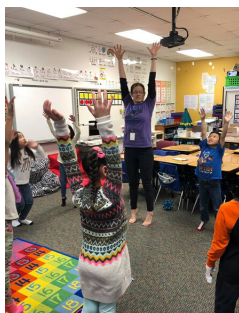
"Thank you. I wouldn't have known where to start and you have given me so much hope."  
- James, Access to Care Referral

"Thank you for all the help you give freely to the mentally ill, not just your programs but you as individuals." - Access to Care and Support Service participant

"This workshop came at a very tough time in my life and it was much needed for me. It was a great reminder of how to handle all emotions and to continue to care for myself (and my family) personally and professionally." - Workplace Wellness Participant

"I think mindfulness is amazing! It calms me down and makes me feel better. Thanks for teaching it to us!" - Elementary Student in the Mindful Classroom Initiative

"Best training/seminar I've had in 25+ years of being an educator."  
- Mindful Educator Series Participant



## MEET OUR BOARD

Incredible leaders from all walks of life come together with one passion in common: improving the mental health and wellness of our community.

PRESIDENT: Kevin Bruggink - Oostburg Schools

VICE PRESIDENT: Dr. Thomas Campbell - UWGB Sheboygan Campus

TREASURER: Adam Norlander - Acuity

PAST PRESIDENT Wendy Yurk - Yurk Counseling

Laura Albright - Community Member

Dana Bear - Acuity

Lili Behm - Hawks Quindell S.C. Law Firm

Connie Bitter - Community Member

Elisa Carr - Lakeshore Technical College

Dawn Jastrow - Kohler Company

Rev. Kristal Klemme - First Congregational Church, Plymouth

Mary Martin - St. Nicholas Hospital/Prevea

Dr. John Olsen - Prevea Behavioral Care

Katy Pruitt - Sheboygan Health & Human Services

Laura Reinemann - Aurora Advocate

Rebecca Rupnick - Sheboygan Police Dept.

Carol Sherman-Haid - Insight Therapies

## MEET OUR STAFF

We are a small agency doing BIG things!

(left to right) Rachael Lewinski, Trisha Erpelding, Brianna Heusterberg, and Julie Preder (pictured with Jon Kabat-Zinn, PhD, Founding Executive Director of the Center for Mindfulness: UMASS Medical School)



Enclosed is my donation in the amount of: (checks made payable to MHA Sheboygan)

\$25

\$50

\$100

\$250

\$500

\$1000

Other

Fill out & return this portion to mail a check donation. Send to: 915 N. 7th St. Sheboygan, WI 53081 TAX ID EIN: 39-1018013

I would like my donation to support:

- ☐ Education
- ☐ Recovery & Support
- ☐ Access to Care
- ☐ Where MHA needs it most

Please visit [www.mhasheboygan.org](http://www.mhasheboygan.org) to donate online.