

1623 Rhode Island St  
Sturgeon Bay, WI 54235



## JAK's Place Quarterly Newsletter 2nd Quarter 2022



JAK's Place is a mental health resource center providing structured and social resources to those affected by mental illness in our community and their families. Our doors are open Monday-Thursday 1PM to 5PM, Friday 10AM to 2PM. Join Us!

### Staff

Seth Wiederanders, Certified Peer Specialist

Magda I. Gutiérrez, Mental Health Advocate (Bilingual-Spanish/English)

Julie Layton, she/her, Certified Peer Specialist

Sam Burris, Program Director

### Advisory Committee

Sheryl Flores

Paul Klapatch

Melissa Wolfe

Marie Massart

Cami Peggarr

Chad Welch

Sam Burris

Collen Hombs

## Happenings at JAK's...

**APRIL: Online Spring Fundraiser Drive Continues.**

**Visit:** <https://www.mightycause.com/story/22jaksplace>

**MAY: 17th JAK's Place Open House honoring Mental Health Awareness Month.**

**JUNE: Memorial/Rock Garden Party to be held on a Saturday in late June**

**SAVE THE DATE!**

*Spaghetti Dinner Fundraiser*

***Tuesday, September 25th, 2022***

## Fun Fact

**NATIONAL FRIENDSHIP DAY HISTORY... in 1998 Winnie the Pooh was named the world's Ambassador of Friendship at the United Nations. In April 2011, the United Nations officially recognized July 30th as International Friendship Day, although; most countries celebrate it on the first Sunday of August!**

## JAK's Place Quarterly Newsletter 2nd Quarter 2022

### Spring Messages from Staff

JAK's Place is a Mental Health Resource Center. We offer free services to anyone in need of information about mental illness. We work with individuals who are affected by mental illness, such as a person who has just been diagnosed with a mental illness. We also offer services to friends or family members of someone who has been diagnosed with a Serious Mental Illness.

At JAK's Place, we allow individuals to be themselves and speak freely about any mental health topic they have. Individuals are welcome to be themselves and speak openly about their mental health. We have different groups for different needs in our community. 50% of our groups are "Peer Support," which means they are led by someone who has a diagnosed mental illness.

JAK's Place exists because of donors in our community who choose to support the work we do. Please consider donating to JAK's Place, to allow us to be able to continue to support those in need of mental health resources. JAK's Place is not a treatment center, we are a "Drop-In" center where Individuals can stop by anytime we are open to talk with staff. No appointment is necessary.

Please check out the Article "Is Wellness Possible with Disabilities?"

Click on the Link below to learn more

<https://www.wellnessrecoveryactionplan.com/is-wellness-possible-with-disabilities/>

Sam Burris, Program Director

## Spring Messages from Staff Continued

### **Supportive Community Choices & Conditions: request for submissions of visual art**

What choices and conditions in the community do you find support mental health concerns? What choices do you wish communities would make to support mental health concerns? What conditions do you wish communities would make an effort to create to support mental health concerns?

JAK's Place is now requesting submissions for display as a part of our exhibit during our Open House May 17th, honoring Mental Health Awareness Month. Submissions should strongly represent the theme of Supportive Community Choices & Conditions.

Submit your visual art for consideration by April 5<sup>th</sup>, 2022. Submissions will be considered through email. Send a picture of the work to [juliel@lakeshorecap.org](mailto:juliel@lakeshorecap.org) with subject line: Art May 2022. Email must include a short paragraph of approximately 50-100 words about the piece as well as the name of the group or individual submitting it.

Email with pictures attached must be received no later than midnight April 5<sup>th</sup>, 2022. You will receive an email in return by April 19<sup>th</sup>, 2022 letting you know if your submission was chosen for display. Following a piece being selected, artists must bring the physical work to JAK's Place no later than May 3<sup>rd</sup>, 2022. Pieces will remain on display May 17th through 31st. Pieces may be picked up starting June 1st and will remain available for pickup until closing June 15th. Any pieces not picked up by that time will become property of JAK's Place.

## Spring Messages from Staff Continued

### Just Get a Job

One of the most popular misconceptions about people living with mental illness is that we don't want to work. There are a ton of jobs out there, plenty to choose from, surely one of them would be a good fit right? Not so fast. Consider where a person living with mental illness is coming from and how they got there. Something may have gone drastically wrong and more often than not a person has been detained by law enforcement, hospitalized, or worse. One does not simply walk out of a secure facility and into employment in the community. The transition can be tedious and difficult and a person can't be expected to manage it on their own.

Some things to keep in mind:

Mental Illness is typically treated with medication that can cause drowsiness and sedation as side effects, you may need to sleep more each night and take naps during the day.

Your tasks at work may trigger you or your boss might not understand what you're going through. Be honest and share what you need to about where you are in your Recovery.

How do you explain gaps in employment or the fact that you can only work limited hours because you can't afford to lose your SSDI check and your health insurance? Again, be honest with your employer.

Be aware of the fact that you might lose your other benefits such as Foodshare, Homestead Credit and Energy Assistance. It might be tempting to just cash that paycheck and spend it but **PAY THE BILLS FIRST**. You might have to spend more out of pocket because of lost benefits. Work can be rewarding and even therapeutic but take care of number one first.

Seth Wiederanders - Certified Peer Specialist

## Spring Messages from Staff Continued

### **Supportive Community Choices & Conditions: request for submissions of visual art continued**

All artists submitting agree to display their work at JAK's Place.

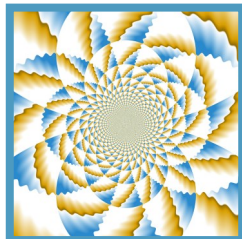
All submitting artists agree that their pieces may be photographed and used in marketing by JAK's Place. While names are necessary for submission, they do not have to be on the piece or displayed in any way to the public if the artist chooses. These artists should indicate their wish to be anonymous in their submission email.

All artists submitting agree that their submissions may be altered as necessary for display purposes, not to affect the image or message.

Individuals and groups may submit a maximum of three individual artworks.

Individuals and groups may bring their piece to JAK's Place to be photographed for their submission if needed. JAK's Place has a computer available for participant use where email submissions can be made from.

Julie Layton – she/her- Certified Peer Specialist



**I would like to make a contribution to JAK's Place.**

**Donation amount: \$ \_\_\_\_\_**

**(Enclose Check)**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_