



Welcome to NAMI-UW!

March 5, 2025

Please check in with us at the front to
earn your attendance point!

Tonight's Agenda



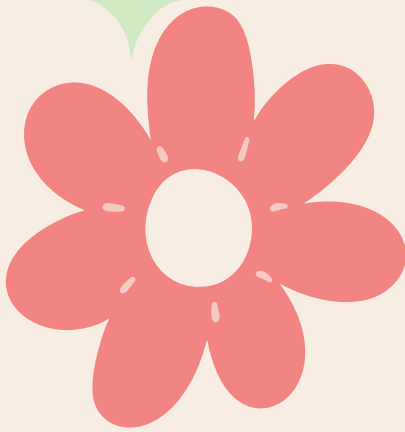
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- Warm Up Activity
 - Announcements & Events
 - Guest Speaker

GRATITUDE JAR

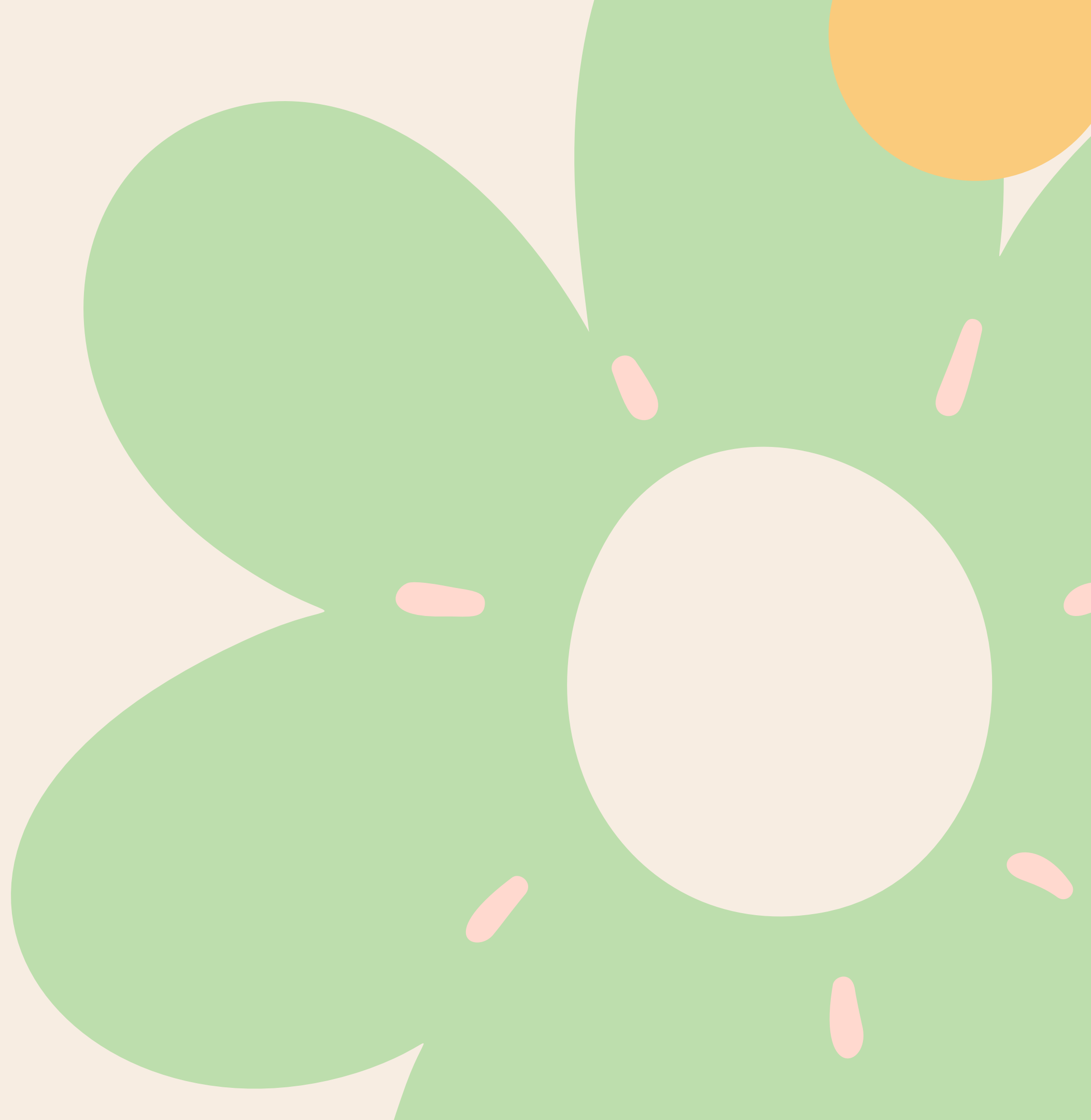
Something I'm Grateful For:



- ❖ In nature is...
- ❖ That tastes good is...
- ❖ That makes me laugh is...
- ❖ That's a strength of mine is...
- ❖ That acts as my safe place is...
- ❖ That I miss is...
- ❖ That's a challenge is...
- ❖ That I did today is...
- ❖ That's beautiful is...
- ❖ That makes me cry is...
- ❖ That I can't live without is...
- ❖ That's someone I love is...



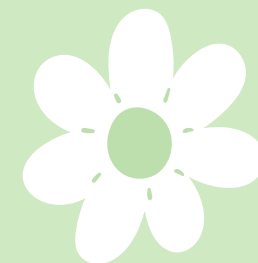
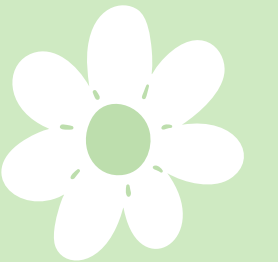
UPCOMING EVENTS



Upcoming Socials



**Thank you for those who came to
Trivia!**



Upcoming Socials

Scoops of Kindness

When: Tuesday, March 11th 6-7 pm

Where: Memorial Union Park View
Room (4th floor)

What: Making tie blankets for local
inpatient center and having ice cream

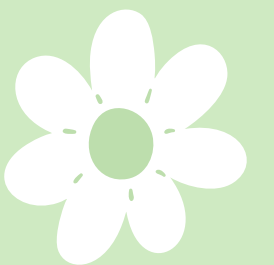
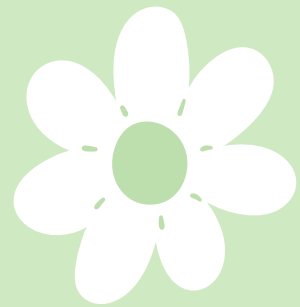
***Members can choose volunteering or
social point***

Nami x Puzzle Club

When: Tuesday, March 18th 7-8 pm

Where: Memorial Union
(Room TBD)

What: Social event collab with
puzzles, games, snacks, mental
health chats, and good vibes



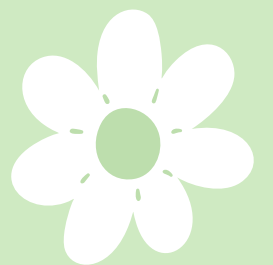
The times have been updated

Upcoming Socials

Scoops of Kindness



Nami x Puzzle Club



Ongoing Volunteering



UHS Suicide Prevention Training 2025

When: Ongoing

Where: Accessible via our [website!](#)

What: At your own time complete the updated 2025 canvas suicide prevention training!

Point: 1 volunteering point

Email nami.wisco@gmail.com with a picture of your completed screen to earn a point!

***It has been updated for 2025, so if you have previously completed the training, you are eligible to complete the 2025 updated version for a volunteering point!**

Conversations to Remember

When: Ongoing

Where: Sign up to volunteer via this [link!](#)

What: Volunteer with Conversations to Remember to virtually connect with senior citizens and, alongside 2-3 fellow student volunteers, provide companionship that helps combat loneliness and creates meaningful moments!

Point: 1 volunteering point (can earn multiple - weekly commitment)

Email nami.wisco@gmail.com with a picture of your registration to earn your point!



Upcoming Volunteering

Green Bandana Project: *Green Bandana Distribution*

When: 3/19/25 @6-7pm

Where: Union South (1st floor)

What: A symbol of our club around campus is the green bandana! Join us in distributing the green bandanas and resource cards to students!

Point: 1 volunteering point

Sign up with this [link](#)!



Having a green bandana on your backpack indicates that they are a safe individual to approach with mental health-related issues, that they know where resources are, and that they hold a few resource cards (provided by the UWPD) with outlets to get help and support in times of crisis such as UHS, NAMI-UW, and National Crisis Lines.

Upcoming Volunteering

Ronald Mcdonald House Charities – Afternoon Treat Making

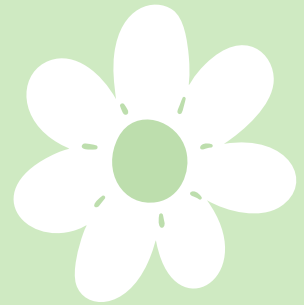
When: 4/5/25 @12-2pm

Where: Ronald Mcdonald House Charities (2716 Marshall Ct,
Madison, WI 53705)

What: Up to 8 members will be going to Ronald Mcdonald House to make chex mix and a baked good to provide an afternoon snack to families staying there! NAMI-UW will be providing all necessary materials, but we need your help to make the snacks & treats!

Point: 1 volunteering point

Sign up with this [link](#)!



Upcoming Volunteering

AFSP – Out of the Darkness Campus Walks

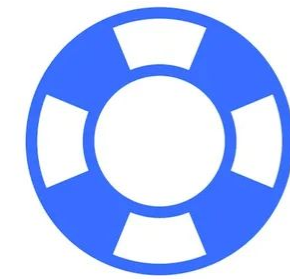
When: 4/12/25

- Check In: 9:30 AM
- Event Start Time: 11:00 AM

Where: Sellery Basketball Courts, Madison, WI

What: The Out of the Darkness Campus Walks are the American Foundation for Suicide Prevention's (AFSP) signature student fundraising series, designed to engage youth and young adults in the fight to prevent suicide, a leading cause of death.

Point: 1 volunteering point



**American
Foundation
for Suicide
Prevention**



More information with this [link](#)!
Register to walk with this [link](#)!
Want to volunteer? Email Hailey Shevitz (she/her) for more details.

- afspuwmadison@gmail.com

Upcoming Fundraisers

Nitty Gritty Cup Night

Help buy or sell cups **Where:** Nitty Gritty on N Frances St
at the Nitty Gritty to support NAMI! **When:** March 20th, 9 pm - 1 am

Various fundraising point opportunities with advertising online, selling cups at the event, or bringing friends to enjoy the fun!

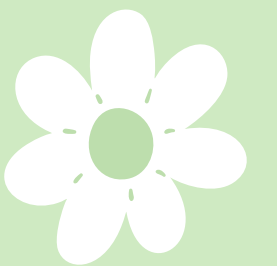
Check out this spreadsheet for more information about sign-ups and fundraising points available.



*Sign-ups
open until
Wednesday,
March 12th*



Official Birthday Place
Madison • Middleton • Sun Prairie



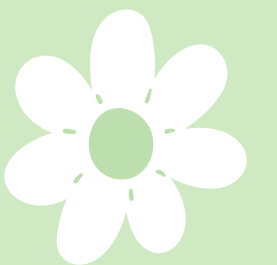
Upcoming GMM

Identity X Mental Health

When: 3/19 @7 PM

Where: Union South Agriculture Room (3rd Floor)

Panelists: **Rhiannon Kunesh** (Let's Talk: Indigenous students focus), **Geetanjali Deole** (Let's Talk: multilingual/international focus), **Alex Little** (Trans and Gender Diverse & Survivor Services focus), & **Bjorn Hanson** (Athletics embedded Provider; Coordinator of Data, Quality, and Informatics)



MENTAL HEALTH & ACTIVISM



March 12, 5:30-7:00 PM

Learn How to:

- ✓ Identify activism fatigue and burnout and recognize the role of mental health in activism
- ✓ Explore tools and skills for sustainable mental health awareness and wellbeing
- ✓ Create personalized care bags while engaging in a supportive and welcoming community

Community Meal Included!

Ian's Pizza

While supplies lasts

Location:

Office of Inclusion Education
Room 217
Red Gym



Inclusion Education
STUDENT AFFAIRS
UNIVERSITY OF WISCONSIN-MADISON



RECREATION
& WELLBEING
UNIVERSITY OF WISCONSIN-MADISON

Active vs. General Membership?

- **Active Members:** Those who consistently meet participation requirements, including attendance at meetings and participation in events, fundraising, and volunteering. Active membership will be taken into account in future executive team applications (2025–26 school year) Dues are required*.
- **General Members:** Those who attend meetings and events on a more occasional basis. While they are welcome and encouraged to participate whenever they can, they are not required to meet the formal obligations that active members do. Their involvement is more flexible and less structured. Dues are not required.

We educate, advocate, and support.

Active Membership Requirements

7 Points Per Semester!

Membership Fee (\$15/semester or \$25/year)

GMM Requirement: Attend 3 of our 5 other meetings this semester (held *bi-weekly on Wednesday nights from 7-8pm)

Social, Volunteer, Fundraising: Participate in at least one event per semester!

Extra Point: Choose any of the above!

Future Meeting Dates:

March 19, April 9, April 23

1. GENERAL MEMBER MEETING

2. GENERAL MEMBER MEETING

3. GENERAL MEMBER MEETING

4. SOCIAL EVENT

5. VOLUNTEER

6. FUNDRAISE

7. +1 EXTRA POINT (ANY)

Active Membership Fee

ALL are welcome to attend our meetings and events, regardless of active membership status

SEMESTER-
BASED:

\$15

YEAR-BASED:

\$25

Payment Methods

Venmo: @NAMIUW
(Parker Worden)

Card/Cash

**If you have concerns about the active membership fee, please email us at nami.wisco@gmail.com*

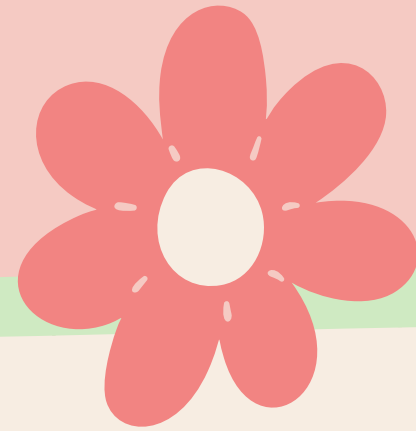
Parker Worden

@namiuw

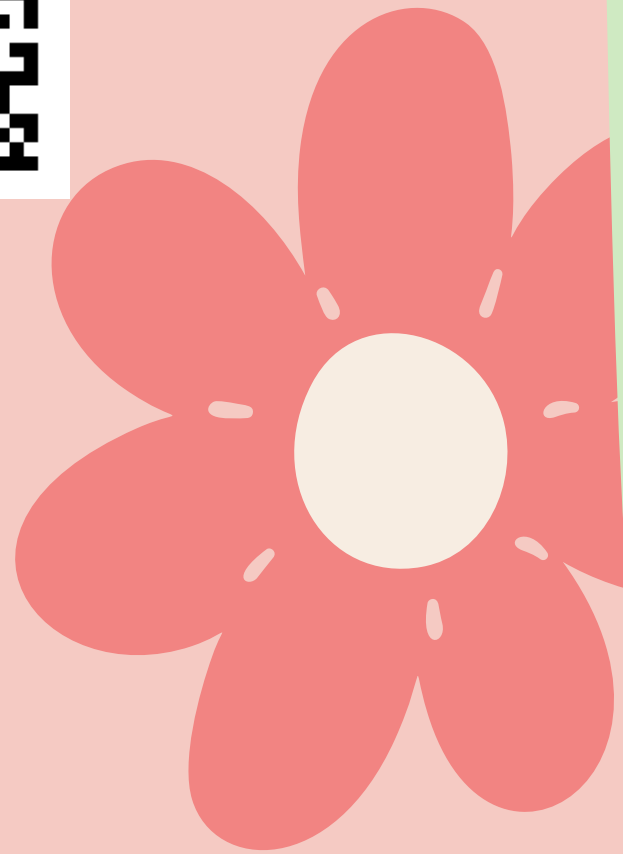


venmo

NAMI-UW Office Hours



Our office hours are available to you throughout the semester! Feel free to stop by our office at any of our scheduled times to chat with our executive team, ask questions about our org, study, grab a snacks/a bandana, and more!



**Tonight's Guest
Speaker:**

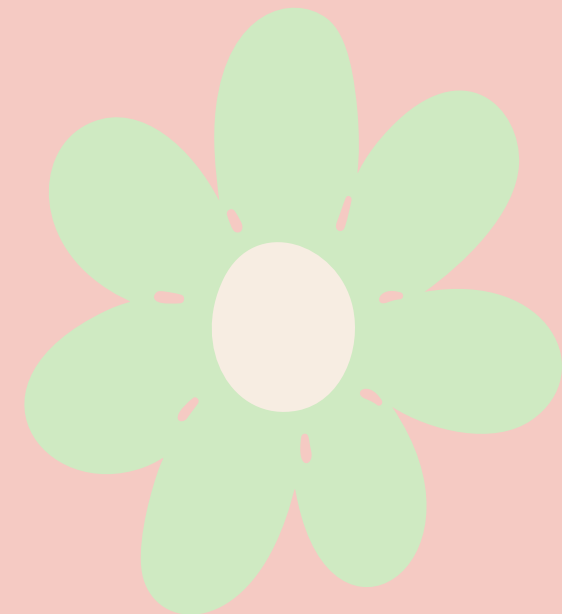




Let's all welcome:



Helen Rottier, PhD



Disabled Enough: Mental Health, Mental Illness, & Disability Identity

Helen Rottier, PhD
NAMI UW-Madison

Introduction & Access Notes

- ▶ Helen Rottier (she/her)
- ▶ Program Coordinator, Disability Cultural Center
- ▶ PhD in Disability Studies
- ▶ Focus on mental disability, knowledge production, postsecondary education, & disability culture.
- ▶ content note: discussion of ableism, sanism, psychiatric hospitalization, suicide, eating disorders
- ▶ You are invited to do what you need throughout this conversation.
- ▶ Please let me know if you have any questions or access needs.



My Mental Health & Disability Journey

Legal Definition of Disability

- ▶ Per the Americans with Disabilities Act (ADA) - a physical or mental impairment that substantially limits one or more major life activities
- ▶ This definition is intentionally broad!
 - ▶ physical and mental
 - ▶ visible/apparent and invisible/non-apparent
 - ▶ chronic health conditions
 - ▶ temporary disability or acute illness

What do we mean when we say...

- ▶ mental illness
- ▶ mental health condition
- ▶ madness
- ▶ psychiatric consumer/survivor/ex-patient
- ▶ psychiatric disability
- ▶ mental disability
- ▶ neurodivergence
- ▶ cognitive disability
- ▶ intellectual disability

Disability Identity & Culture

- ▶ **Disability identity** is how someone views disability impacting their life and sense of self.
- ▶ Not everyone who has a diagnosis or legal disability identifies as disabled. Disability identity is a journey and can change over time.
- ▶ **Disability culture** is the shared experiences, history, and traditions of disabled people and communities.
- ▶ sub-communities: autistic community, mad community, psychiatric c/s/x community

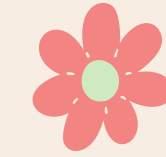
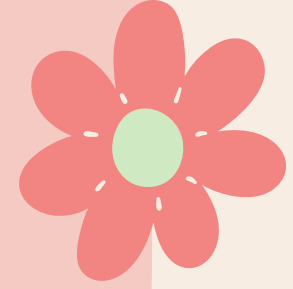
Coalition Building

- ▶ Coalitions are formed by groups of stakeholders with unique interests or experiences who come together to advocate for a common goal.



Questions & Discussion

- ▶ Please feel free to email me any time - helen.rottier@wisc.edu.
- ▶ Visit the Disability Cultural Center, located at 702 W. Johnson St.
- ▶ Follow us on Instagram - @uw_disability.



Thank you for coming!

Feel free to stop up at the front if you have any questions, and let us know if you haven't checked in for your attendance point!

