

# Journeys: Virtual Edition

We connect mind and spirit so individuals, families, organizations and communities thrive. YOU make it possible.

## In This Issue

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**Oct. 3, 2017**  
**7:30-11 a.m.**

**D.J. Bordini Center,  
Fox Valley Technical College**

**[Register today!](#)**

*At only \$50, seats will fill fast.*

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## Tune in to learn more!

WFRV Ch. 5 will feature the Ethics in Business Summit on "Doing the Right Thing"

Thurs., Aug. 24, 6:30 p.m.  
Fri., Aug. 25, 4:30 p.m.

## Know the Warning Signs of Suicide



As we head into September's National Suicide Prevention Awareness Month, Samaritan Counseling Center wants to empower you to know the signs that someone may be considering suicide.

**[Samaritan Counseling therapist Mari Krueger](#)** says, "Suicide is a difficult, sensitive topic, but talking about it openly and becoming educated about warning signs, prevention, and support is key."

### **Warning Signs of Suicide Risk:**

- **Talking or writing about wanting to kill or hurt him/herself**
- **Access to lethal means**
- **Expressing hopelessness - "It won't get better."**

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Good ethics mean good mental health for employees and their families. That's why we host the Ethics in Business Summit.

**Why attend?**

Join a great conversation with community leaders.

Network and connect across industries.

Support access to mental health care in our region.

Get 2.5 ethics credits if you're an attorney, CPA or HR professional.

**Keynote Speaker  
Dr. Bruce Weinstein**

The Ethics Guy®  
Author, *Ethical Intelligence: Five Principles for Untangling Your Toughest Problems at Work and Beyond*



**[Register now.](#)**

The Ethics in Business Summit would not be possible without our partners. Thank you!

**Presenting Partners**



- **Dramatic mood changes, rage, uncontrolled anger**
- **Engaging in risk-taking behaviors, seemingly with little concern about personal safety**
- **No sense of purpose**

"It can definitely be scary and intimidating when someone you care about expresses suicidal thoughts, but it is important to take these thoughts very seriously. It's ok to ask someone if they are feeling suicidal. Open conversations about suicide can truly save a life," Mari confirms.

"Remember...suicide is a permanent solution to a temporary problem. Help is available."

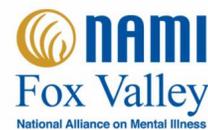
If you, a friend or a loved one observe someone experiencing the warning signs of suicide, **SEEK HELP AS SOON AS POSSIBLE** by contacting a mental health professional or calling **1-800-273-TALK (8255)** for a referral.

**[Read Mari's blog](#)** for an easy way to remember the WARNING SIGNS OF SUICIDE.



**Mari Krueger, MSE, BSN, RN, LPC**

*Mari Krueger is licensed professional counselor with more than 25 years' experience in mental health nursing. She works with adolescents and adults with a variety of mental health issues. Mari sees clients in Samaritan's Oshkosh and Menasha locations.*



**Faith Leaders:**

**Make mental and spiritual health a priority in your faith community**

## Book Partner



## Hospitality Partners

Bemis Company

Bergstrom Corp.

Heartland Business  
Systems

Rotary Clubs  
of the Fox Valley

U.S. Bank Foundation

## Investors

American National Bank

Associated Bank

Community Foundation  
for the Fox Valley Region

Oshkosh Corp.

"Thank you so much -- this pertains to  
members of my congregation!"

- Past Participant



## Mental Health Integration Project for Faith Leaders

Third Thursdays (except December)  
Sept. 21, 2017, to March 15, 2018  
9-11 a.m.

Miron Construction  
Wenzler Community Room  
1471 McMahan Dr., Neenah

**\$295 for 2 participants in the full series**

[Register today.](#)

Equip yourself to lead people to wellness in mind and spirit with this six-session series focused on mental health -- one of the most relevant issues of our day.

Topics include substance abuse; depression; living well in recovery from mental illness; and community resources.

[Learn more](#) about how your team of two -- and your entire faith community -- will benefit from your participation. [Or register now!](#)

► Donate Now

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 Forward to a Friend



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**Samaritan Counseling Center**

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## WELCOME OUR WELLNESS SCREEN TEAM TO THE 2017-18 SCHOOL YEAR



**2017-18 Wellness Screen Team**  
(some members not pictured)

The Connected Community Wellness Screen team, pictured above, will be providing free school-based mental health check-ups to approximately 12,000 youth this upcoming academic year.

The computerized check-up asks about symptoms of common, treatable mental health concerns. It aims to prevent suicide.

When a student's check-up shows concerns, the Connected Community Wellness Screen team site coordinators, case managers and clinicians connect the family with mental health professionals and other community resources.

The team will be in 10 school systems:

- Appleton Area School District
- Oshkosh Area School District (Rise Up)
- Hortonville Area School District (E3)
- Neenah Joint School District (HOPE)
- Kaukauna Area School District
- New London Area School District
- Winneconne Community School District
- Omro School District
- Seymour Community School District
- Little Chute School District

Learn more about Samaritan's [Wellness Screen](#) youth mental health program.