

# Mental Health Awareness Month

Kick-off Event &

**Member Meeting**



May 4, 2026

# Donors and Funders-THANK YOU!



**Caribou Coffee**



***Building Excellence***

This wonderful meeting space

**Printing donated by:**



**ThedaCare®**



**A grant from the Community Vision Fund within the Community Foundation for the Fox Valley Region**



# AGENDA

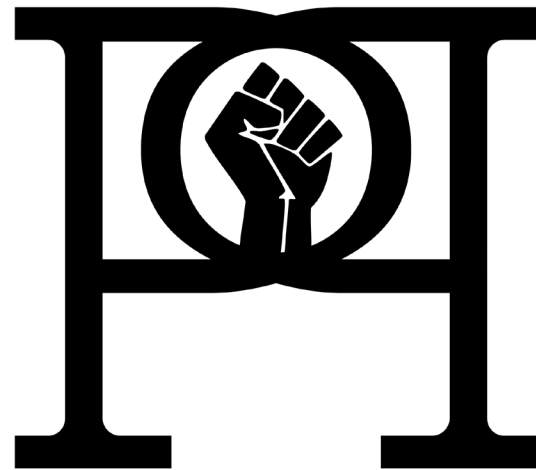


- **Welcome!**
- **Spotlight: People of Progression**
- **Mental Health Awareness Month: “Wellness through Connection”**
  - **Community Bingo challenge and Social Media Toolkit**
  - **Mental Health, Mutual Aid and Social Connection**
  - **BINGO opportunities plus**





# The Connection's Agency Spotlight



**PEOPLE OF  
PROGRESSION**

**Kristen Kelly**

Executive Director

**Ciara Perrizo**

Support Services Supervisor



# ◆ People of Progression ◆





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## ◆◆ THE MISSION

**We use our collective voice, resources, and collaborative partnerships to support African Americans and all diversities to reach their full potential, lead healthy lives, and live safely in their communities.**

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## ◆◆ THE VISION

**People of Progression envisions a society that honors all Afro-diasporic identities, respects our experiences, and celebrates a thriving Black community as a source of pride and joy.**

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Community Center



Welcome/Intake Office



Group/Workshop Area



Play-Based Learning Area

# Rooted & Resilient: The Power of Racial and Cultural Identity in Mental Health

Positive racial and cultural identity is a powerful protective factor for mental health—especially for Black and other historically marginalized communities. When individuals feel connected and knowledgeable about their culture, history, and community, it strengthens self-worth, sense of belonging, and resilience.

- Builds confidence and a strong sense of self
- Counters the impacts of racism and discrimination
- Supports emotional regulation and coping skills
- Nurtures pride in self, connection, and community support
- Reinforces intergenerational strength and cultural wisdom

***When we affirm who we are and where we come from, we create space for healing, strength, and thriving.***



[POP Funder Video D01V01.05.mp4](#)



# Advocacy & Support Services



We serve all people with this program and provide specialized services for:

- Black and African Americans
- Domestic Violence Survivors
- Sexual Violence Survivors
- Victims of Trafficking/Exploitation
- Individuals Experiencing Homelessness

**Our services include:**

- Housing advocacy and Rent Smart Classes
- Legal advocacy/accompaniment
- Personal advocacy/emotional support
- Birth - 5 parent/child support
- Employment advocacy
- Referrals to other community resources
- Basic needs assistance

## Advocacy Related Referrals Process:

Email Advocacy Supervisor at:

**[Kimberlyh@peopleofprogression.org](mailto:Kimberlyh@peopleofprogression.org)**

Client name\*, Client contact information\*, and brief summary of the clients needs and what types of victimization\*.



# The Community Garden



The garden is community-led in both design and intention, with volunteers supporting preparation and maintenance (e.g., laying soil, planting, weeding, and upkeep).

## Engagement for survivors

The Advocacy Team integrates the garden into one-on-one work with survivors as a healing, grounding, and empowerment space.

The Youth Prevention Program incorporates the garden into youth engagement efforts, promoting leadership, wellness, and connection to land and culture.

We also host our support groups outdoors to build healing connections, improve overall wellness, and generate enthusiasm for using time in the outdoors as a coping strategy.

**How can you help?: Attend our community garden days, and reach out to volunteer your time!**



# Community Circles



- **Black Queens, Fix Our Crowns:** A support group that meets monthly to explore topics related to domestic and sexual violence. The group emphasizes setting healthy boundaries and fosters a safe, supportive space for collective healing and empowerment.
  - Every fourth Saturday at 12:00pm at Harbor House
- **Biracial Healing Group:** A healing space for biracial identifying people mixed with any other race(s) to navigate their identities and freely be themselves. Led by clinical therapist.
  - Every 1st and 3rd Friday at 5:00pm at POP
- **STICK Talk:** (Stay Talking in Color and Kindness) is a virtual monthly support group that creates space for honest conversations about mental health, life, manhood, and healthy relationships—centered on the lived experiences and perspectives of Black men.
  - Every first Wednesday at 5:00pm at Pillars; Monthly at P.O.P. Office
- **Sister Let's Talk:** is a welcoming space for women of all backgrounds to come together through intimate events focused on healing, connection, and community. The gatherings foster supportive networks, affirm that every woman deserves a place where she belongs, and offer a safe environment to share experiences, feel seen, and embrace joy.
  - Mother's Day Brunch, TuTu's & Sneakerball, Ugly Sweater Holiday Party

# ◆◆ Community Outreach ◆◆

As part of this effort, we're excited to join a range of community events, tabling opportunities, and support for shaping health priorities. These engagements allow us to connect directly with community, share information about our services, and listen/share out needs.

<b>Internal Events</b>	<b>External Events</b>
<ul style="list-style-type: none"><li>● Afro Hair Fair</li><li>● Culture in the Valley</li><li>● Third Thursdays Black Biz Networking</li><li>● Mothers and Fathers Day Celebrations</li><li>● Ubuntu Holiday Event</li><li>● <b>Tri-County Co-Advocacy Day</b> (Semi Annual)</li></ul>	<ul style="list-style-type: none"><li>● Black History Month Events</li><li>● Pride Events</li><li>● Summer P.O.P. Outs</li><li>● DVAM and SAAM</li><li>● Juneteenth Celebrations</li></ul>
<p><b><u>Systems Change Projects/Collabs:</u></b></p> <ul style="list-style-type: none"><li>● Community Health Improvement Coalition (CHIP/CHIC) involvement</li><li>● Community Readiness Assessment (CRA) interviews - Local data collection and autonomy over our community data</li><li>● Community Health Worker Training (CHW) - La Crosse, Great Rivers HUB and Western Technical College</li></ul>	

# Youth & Teen Progression Practices

## Overview

Our Youth & Teen Prevention Program provides trauma-informed, culturally responsive prevention, mentorship, and school-based supports that reduce violence, substance use, and other risk factors for youth. Through coordinated programs and workshops, we ensure youth have safe spaces to learn, grow, and build lifelong skills.

### Key Programs & Outcomes

- **MENTorship Rising:** A systems change initiative that pairs young Black men with trained male mentors; increased emotional readiness, decision-making, and positive male role models.
- **Healers in the Hallways:** Peer-led school support; improved school climate, conflict de-escalation, and early crisis identification.
- **STICK Talk Jr:** Boys' wellness group; stronger emotional expression, coping skills, and increased protective factors.
- **SOUR (Girls Group):** Builds emotional intelligence, boundaries, grief navigation; strengthened peer networks and identity.
- **Teen Drop-In Hours(2026):** Safe after-school space; reduced isolation, increased access to mentors and crisis prevention.
- **Healthy Relationship Workshops:** Improved skills in consent, boundaries, and dating-violence prevention.
- **Life Skills Workshops:** Strengthened communication, decision-making, self-advocacy, and real-world readiness.



# Healers in the Hallways



Provides peer-led support for students, helping to create a safer, more supportive school environment. Empowers youth to assist classmates, identify early crises, and de-escalate conflicts while promoting positive relationships and mental wellness.

## Goals

- Strengthen school climate and student well-being
- Promote peer leadership and mentorship among students
- Support early identification of crises and provide appropriate guidance
- Equip students with conflict resolution and de-escalation skills
- Foster a culture of empathy, safety, and community care within schools

## Partnerships & Structure

- Collaboration with Oshkosh Area School District
- Integrated into daily school environment through trained student peer leaders
- Supported and supervised by People of Progression staff for safety and effectiveness



**THANK YOU**

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**People of Progression**

# WELLNESS THROUGH CONNECTION

**CONNECTING OUR COMMUNITY  
ONE MEANINGFUL MOMENT AT A TIME**

A MENTAL HEALTH AWARENESS MONTH INITIATIVE BROUGHT TO YOU BY



**The Connection**  
NEW MENTAL HEALTH



be kind



**NEW  
HMONG**  
Our Story. Our Future.

**multicultural**  
coalition, inc.



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PROGRESSION**





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N.E.W. MENTAL HEALTH

# Community BINGO Challenge



We each have experiences, skills and knowledge to share.

Simple acts and gestures of sharing can create a sense of connection that positively impacts mental wellbeing.

This month we challenge our community to **Get Connected!**



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**NEW HMONG**  
Our Story. Our Future.

multicultural coalition, inc.



PEOPLE OF PROGRESSION





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# How the Bingo Campaign Works (Digital Card)



## 1. Get Your Card

- Click the [link](#) on the website to get
- Enter your email address
- Click “**Generate Card**” to receive your unique bingo card

## 2. Play Along

- Click a square each time you complete a connection activity
- Each participant gets a different card

## 3. Save Your Progress

- Bookmark your card *or* email the link to yourself
- Progress is tracked on Bingo Baker when users obtain a bingo

## 4. Win a Prize

- Get **BINGO (5 in a row)** by the end of May for a chance to win a raffle prize



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# Printable Bingo Card Instructions



## 1. Grab a Card

- Pick up a printed bingo card from the kickoff breakfast table
- Print off copies from [The Connection bingo campaign webpage](#)

## 2. Complete Activities

- Fill in squares as you complete connection activities

## 3. Get BINGO

- Complete **5 squares in a row** before the end of May

## 4. Submit Your Entry

- Scan the QR code *or* visit the link provided on the back of the bingo card
- Fill out the short [Google Form](#) to be entered into the raffle

**Deadline:** Submit by the end of May to be eligible for the raffle



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## What You'll Find on Your Card



Each square includes a simple way to connect, such as:

- Listening to someone without interrupting
- Inviting someone to go for a walk
- Sharing a positive memory
- Participating in a group activity
- Checking in on a neighbor or family member

**Small actions = Big impact**

# Goal is to Have fun! Connect!

- 5 in row even diagonal-Go for a BLACK OUT!

You have all month to play 😊

- Enter the raffle for a chance to win!
- All ages can participate
- Translated into 4 Languages:  
French, HMong, Spanish, Swahili

**Help Spread the word:** We hope to have as many community members participate as possible!



be kind



# Social Media Toolkit

## Wellness Through Connection

*A BINGO Challenge in Honor of Mental Health Awareness Month*

### Mental Health Awareness Month BINGO Challenge

*Simple, everyday actions to build connection and support your well being*

Join us this May for a fun, community-wide BINGO challenge designed to highlight small, meaningful ways we can support our mental health through connection.

#### About the Campaign

This campaign is brought to you through a community partnership between the Northeast Wisconsin Mental Health Connection, NAMI Fox Valley, NEW HMong, People of Progression, Multicultural Coalition, Inc., and HMong American Partnership.

Together, we're helping our community reconnect, one small moment, one conversation, one square at a time.

#### Why Connection Matters

Connection is essential to mental health. It helps reduce feelings of isolation, strengthens resilience, and reminds us that we are not alone.

Even small actions (like checking in on a neighbor, sharing a laugh, or inviting someone for a walk) can have a lasting impact on both your well being and someone else's.

Download our social media toolkit!



[Download Toolkit!](#)

### Example of Social Media post



Sometimes the most powerful thing you can say... is nothing at all.

Research shows that feeling heard can significantly reduce stress and improve emotional well being. When we listen without interrupting, or trying to "fix", we create space for real connection.

Today, try:

- 👂 Listening fully
- 🗨️ Reflecting back what you hear
- ❤️ Validating how someone feels

You don't need the perfect response, just your presence.

✔️ If you practiced this today, mark it off your Wellness Through Connection bingo card.

Haven't started your bingo card yet? Head to [www.newmentalhealthconnection.org/mham-2026-bingo](http://www.newmentalhealthconnection.org/mham-2026-bingo) to



# Wellness Through Connection

A BINGO Challenge in Honor of Mental Health Awareness Month



Get BINGO and enter to win a drawing at the end of the month or play just for fun!

## Mental Health Awareness Month BINGO Challenge

Simple, everyday actions to build connection and support your well being

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Together, we're helping our community reconnect, one small moment, one conversation, one square

### Why Connection Matters

Connection is essential to mental health. It helps reduce feelings of isolation, strengthens resilience, not alone.

Even small actions (like checking in on a neighbor, sharing a laugh, or inviting someone for a walk) can both your well being and someone else's.

Download our

## Digital BINGO Card

Best for tracking your progress online\*

1. Click below to generate your BINGO card
2. Enter your email address
3. Click "Generate Card"
4. Click a square each time you complete an activity
5. Bookmark or save your card to return throughout May
6. Get BINGO (5 in a row) to be automatically entered into the raffle

\*Available in English only

Get a Digital BINGO Card

## Choose Your BINGO Card

**WELLNESS THROUGH CONNECTION**  
A Bingo Challenge In Honor of Mental Health Awareness Month

ASK FOR AND LET SOMEONE HELP YOU	THANK SOMEONE TODAY	LISTEN WITH INTENT	SHARE YOUR SKILLS OR KNOWLEDGE	SHARE A POSITIVE MEMORY WITH SOMEONE
WRITE A THANK YOU NOTE OR MESSAGE TO SOMEONE	HOLD THE DOOR FOR SOMEONE	PARTICIPATE IN A GROUP ACTIVITY	LET SOMEONE KNOW THEY MATTER	SHARE A COMMUNITY RESOURCE
HELP SOMEONE WITH A TASK	GO FOR A WALK WITH SOMEONE	FREE SPACE	SHARE A LAUGH WITH SOMEONE	ASK "HOW CAN I SUPPORT YOU?"
COMPLIMENT SOMEONE SINCERELY	LISTEN WITHOUT INTERRUPTING	PERFORM A SMALL ACT OF KINDNESS	VOLUNTEER AT A LOCAL NON-PROFIT	MAKE PLANS WITH SOMEONE
CHECK IN WITH A LOVED ONE	SHARE SOMETHING YOU'RE GRATEFUL FOR	EAT A MEAL WITH SOMEONE	SEND A "THINKING OF YOU" TEXT	PUT PHONE AWAY WHEN WITH OTHERS

Instructions on back.

## Printable BINGO Card

Prefer paper? Download and print your card!

- English
- Hmong-Daw
- French
- Hmong-Leng
- Spanish
- Swahili

1. Choose your preferred language
2. Mark each square as you complete an activity
3. Get BINGO (5 in a row)
4. Submit your entry using the form below

Submit Your Entry

# BINGO cards



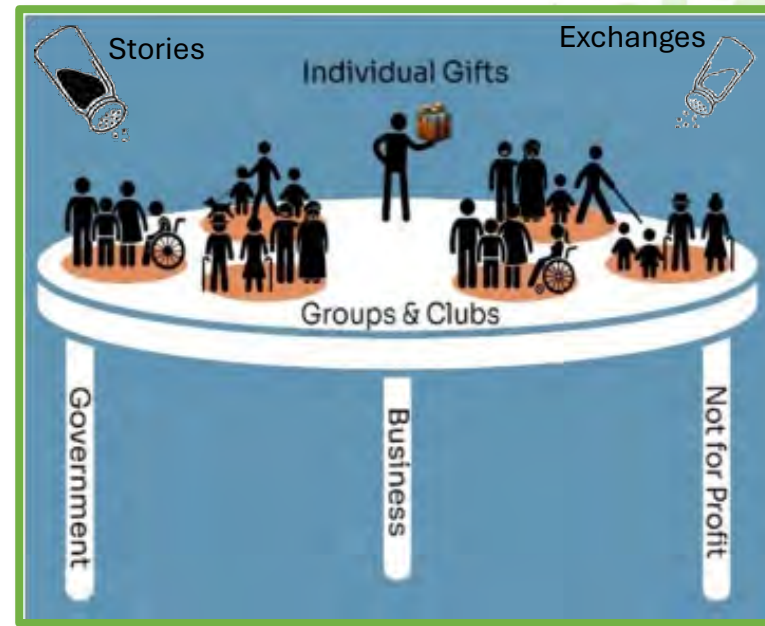
# Why Wellness through Connection: Mental Health, Social Connection and Mutual Aid



*Sense of belonging and power to shape a common world*

**MULTI-SOLVER**-Strengthens 5+ vital conditions

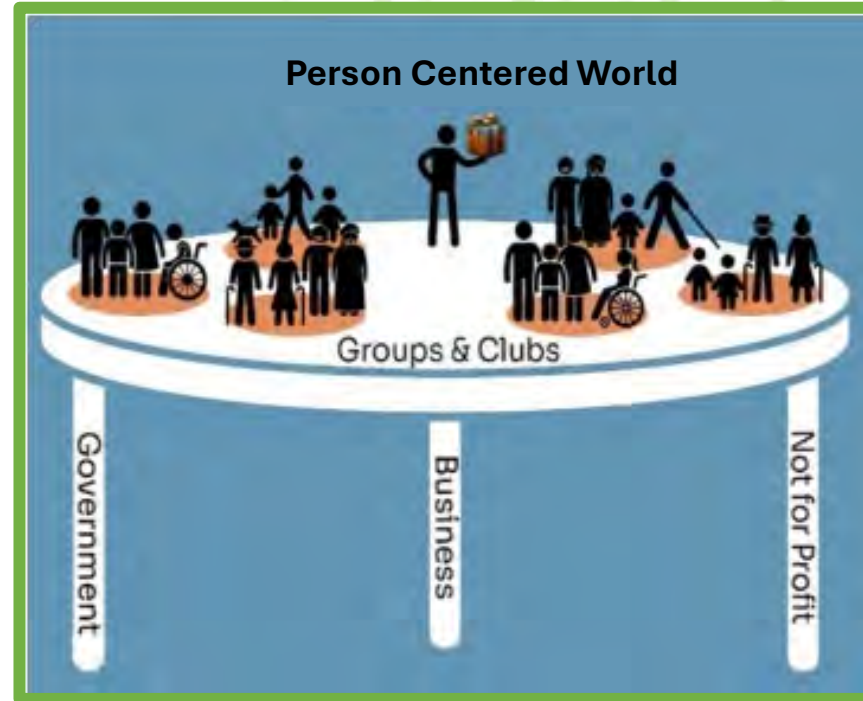
## Collective Efficacy



Prioritize supports for groups that have been economically and socially marginalized and under-resourced communities

Lack of belonging and loneliness are among the strongest predictors of **depression** and **anxiety**

# Mutual Aid is about meeting basic needs through social connection



Combats system inequities through collective power

How **traditional services** are delivered- can at times feel transactional, lacking social connection, hierarchical, often barriers

A voluntary, reciprocal **exchange of resources and services**; working together to meet common needs; built on the principle of "solidarity, not charity" - peer-to-peer support vs top-down, conditional aid; benefits the giver and recipient



# How does *mutual aid* impact *mental health*

- Increases emotional support and decreases loneliness.
- Fosters a sense of belonging and community.
- Reduces depression, anxiety and distress through a “social cure” that encourages active participation and builds self-efficacy which enhance mental well-being

## **EXAMPLES** (*mental health is a basic need*)

- Feeling heard can significantly reduce stress
- A compliment or thank you, can boost mood for both people
- Sharing our own experiences can reduce stigma and help others feel less alone.
- Engaging in community activities creates a greater sense of belonging
- Checking in on a neighbor, friend, or family member strengthens relationships and reduces feelings of isolation for both of you.





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# Mental Health Awareness Month Opportunities

If you have an event or opportunity you would like us to put on our  
**May Calendar** please email them to me!

[sarah@newmentalhealthconnection.org](mailto:sarah@newmentalhealthconnection.org)

Get a head  
start on your  
**BINGO**  
game...here is  
an opportunity  
to **VOLUNTEER!**



**Volunteers  
NEEDED**



**SATURDAY MAY 9<sup>TH</sup>, 2026**

Various shifts from 9:00am - 6:00pm

**We need help with**

- Food Collection
- Dock Helpers



**Join us!**



Scan to sign up!

**Volunteers will meet by the back of the Post Office on W. Packard St.**

 **The Post Office**  
410 W. Franklin St, Appleton  
 (920) 734-3324  
 karen.vanderwielen@usc.salvationarmy.org



DOING THE MOST GOOD



**2026 Hmong AMERICAN DAY**

# NORTHEAST WI HMONG AMERICAN DAY FESTIVAL

Celebrating Leadership: Our Past, Present, and Future

**MAY 9, 2026 // 442 Alpine Dr, Green Bay, WI 54302**

<b>Volleyball Tournament</b> <b>OUTSIDE</b> Men/Vball: Kamha Lar 320-324-9845 kamhalar.realstata@gmail.com Men/Vball: Maloi Yang 920-376-4375 malafakalvong@gmail.com Women Vball: Tau Lang Yang 920-737-4617 ty.tapp20home@gmail.com	<b>Cornhole Tournament</b> <b>1/2 GYM</b> Ten Kang 920-883-9568	<b>Smash Bro Tournament</b> <b>RM 117</b> Jeffrey Thao jeffreythao37@gmail.com	<b>Pickle Ball Tournament</b> <b>OUTSIDE</b> Kou Chang 920-412-4720 prlme10@outlook.com	<b>Basketball Tournament</b> <b>1/2 GYM</b> (Tony) Chy Lee 920-857-8822 sssoul1@gmail.com	<b>Parade</b> <b>INDOOR/OUTDOOR</b> Pa Der Lee paderlee@newhmongwi.org
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<b>Vendors</b> Food Trucks, Merchandise, Informational, Nonprofit, Drinks/Specialty	<b>OUTDOOR: FOOD TRUCKS</b> <b>INDOOR: REST</b>	<b>CONTACT</b> pkhang@hapfox.org	<b>Stage Program</b> MORNING PROGRAM VETERAN RECOGNITION CULTURAL PERFORMANCES ENTERTAINMENT <b>CONTACT</b> maivhnut7@gmail.com
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**We are looking for Volunteers!**

**CONTACT**  
 Hnueda.xiong@hapfox.org

For More Information, go to our Facebook page, "N.E.W Hmong American Day Festival"  
 Event Chair: Mai Nu Vang // maivpassionf@gmail.com

**Try something new**

**WHEN:** May 9<sup>th</sup> starting at 9am

**WHERE:** Edison Middle School in Green Bay

**LISTEN WITH INTENT 😊 Volunteer 😊**



# Participate in a group activity...

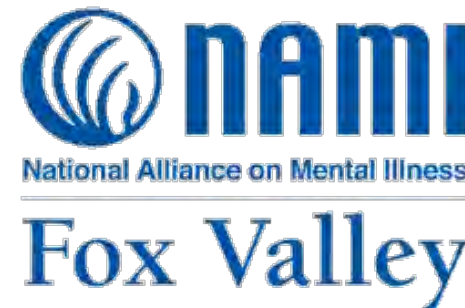
**Take in a baseball game!**

**May 12<sup>th</sup> at 6:40pm**

**A portion of ticket sales will be donated to:**

Link to purchase tickets:

<https://www.gofevo.com/event/Namifox2026>



*be kind.*



# Tri-County Community Health Improvement Coalition Panel

- **WHEN:** May 21<sup>st</sup> from 7:30am-8:30am
- **WHERE:** Bubolz Nature Preserve  
4815 N. Lynndale Dr. Appleton
- **WHO:** Community members; Members; Partners; Stakeholders
- **WHAT:** Learn about the Community Health Assessment, significant outcomes and what's next

Scan to Register



# Crisis Intervention Partners (CIP) Training

**WHEN:** June 9<sup>th</sup> and 10<sup>th</sup>, 2026 from 0800 to 1630 hours each day.

**WHERE:** The training will take place at the Catalpa Health - Appleton  
4635 W. College Ave., Appleton, WI 54914

**WHY:** Attending this training will not provide CIT “certification” but it will help you with the basic understanding of mental illnesses, interventions, and resources available in our community.

The core philosophy behind CIP is to improve safety, avoid unnecessary use of force, and improve identification, referral, and treatment planning for people living with mental illness.

**This is a FREE training and lunch will be provided.** Limited spots for participants and we expect them to fill up very quickly.

**Registration Link:**

<https://forms.gle/11MRdDg3uj1ozGS89>

Per NAMI Wisconsin: *Crisis Intervention Partners (CIP) training is a 16-hour training modeled after the training component of Crisis Intervention Team (CIT) programs. CIP is designed for wide-ranging audiences interested in better understanding and improving interactions with people who experience mental health crises. Participants include law enforcement, correctional officers, 911 dispatchers, emergency personnel, hospital staff and more.*



SCAN TO REGISTER



**US 2 BEHAVIORAL  
HEALTH CARE INC**

EVERYONE | HEALTHIER | TOGETHER

## Addressing Crisis Needs With Minoritized Youth



# FREE CEUs!

**WHEN:** Tuesday, June 16<sup>th</sup> from 12-1

**WHERE:** via Zoom- [www.newmentalhealthconnection.org](http://www.newmentalhealthconnection.org) to register

**WHO:** Members of The Connection

**HOW MUCH: FREE** for Members!



**The Connection**  
N.E.W. MENTAL HEALTH

# Not a Member of The Connection yet...

it's not too late!

1. Go to the N.E.W. Mental Health Connection Website

<https://www.newmentalhealthconnection.org/membership-2026/>

2. In the tool bar click on *Membership* → *Become a member*

3. Pay online or by check



Slide deck & recording of today's meeting can be found at:

[www.newmentalhealthconnection.org](http://www.newmentalhealthconnection.org)



## Next Meeting:

July 9, 2026

in person at Catalpa 7:30-8:30 or Zoom 11:30-12:30PM