



# Fox Valley Chapter (FVC) Newsletter

May 25, 2021

Volume 2, Number 5

## Features

- Save the Date
- June 14 FVC Meeting
- FVC's May Security Resource, Matt Digman
- Keynote: Megan Zimmerman, NAMI Fox Valley

### All-Digital Meetings

Aligned with ASIS's decision to hold only all-digital events though June 2021, all FVC functions will also move to an all-digital platform

### FVC Leadership Team

Bill Niemuth – Chair  
 Harold Rivkin – Vice Chair  
 Kevin Krutza – Treasurer  
 Kate Colberg Jones – Secretary  
 Ed Krueger – Senior Advisor  
 Scott Isensee – Past Chair

### Contact Us

<http://www.asisfoxvalley.org/>

## Save the Date

FVC has a couple of notable events you need to mark down to Save the Date because *you do not want to miss them*. More details for each event will be upcoming.

August 24, 2021 – FVC Annual Golf Outing (It's happening!)

Royal St. Patrick Golf Links  
 201 Royal Saint Pats Dr.  
 Wrightstown, WI 54180

October 11, 2021 – Fox Valley Tech Public Safety Training Center Tour

Appleton International Airport  
 W6400 County Rd. BB  
 Appleton, WI 54914

## Monday, June 14 FVC Meeting Agenda

Join us for June's FVC meeting!

June's meeting will feature a presentation by Dr. Frank Grimm of Constellis. Dr. Grimm is the Director of Global Crisis Response for Constellis and will be discussing Security in High Risk Environments.

In addition to Dr. Grimm, we will also have our popular Security Resource of the Month.

### All-Digital FVC Meeting

**2PM to 3:30PM**

**No Cost**

### Agenda

2:00PM – Meet and Greet and Introductions

2:15PM – Keynote: Dr. Frank Grimm – Constellis *Security in High Threat Environments*

3:00PM – Security Resource in NE WI and N MI

3:10PM – Region 2B Update



3:15PM – Business Meeting

Please join us to learn, share, and build friendships with your colleagues.

### FVC Membership Committee

Kate Thone – Chair  
Don Wilson  
Randy Rickert  
Harold Rivkin – Officer Rep

### FVC Program Committee

Ryan Peterson – Chair  
Randy Lukasavage  
Jim Sagan  
Kevin Krutza – Officer Rep

### FVC Nonprofit Vetting Committee

Brenda Vetting  
Steve Diedrich  
Bill Niemuth – Officer Rep

### Women in Security Liaison (WiS)

Kate Colberg Jones

### Region 2B Discussion Group

If you have not joined the Region 2B discussion group on the ASIS website, please go and introduce yourself! It is a great way to meet fellow security professionals in Wisconsin & Minnesota. To find the discussion group log into the ASIS website → Click on Connects on the top of the page → Click on Communities → Click on My Communities

## FVC's May Security Resource

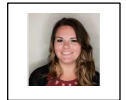
*Matt Digman - Director of Security, Ascension Wisconsin*



Matts has worked in the safety and security field for over 30 years, mostly in the healthcare industry. His current job as Director of Security for Ascension Wisconsin has him overseeing 16 hospitals throughout the state of Wisconsin with an additional 200 digital locations. Matt has been in this role only since end of January 2021, which means his current focus is working on setting up the structure of and putting together his teams. Matt participates in both the Fox Valley and Milwaukee ASIS chapters.

## National Alliance on Mental Illness - Responding to a Mental Health Crisis

*Megan Zimmerman - Community Outreach Coordinator, NAMI Fox Valley*



Megan provided FVC with a fascinating presentation of the National Alliance of Mental Illness (NAMI) and how to identify and address people who are experiencing a mental health crisis. NAMI is the nation's largest grass roots mental health organization. Started in 1979 in Wisconsin, NAMI has 28 affiliates in Wisconsin and 1,100 affiliates worldwide with a goal to provide advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

NAMI defines a mental health crisis as any situation in which a person's behavior puts them at risk of hurting themselves or others and/or prevents them from being able to care for themselves or function effectively in the community. The most common co-occurring condition with a mental health crisis is substance abuse. Other conditions that can further complicate the difficulties created by mental illness include:

- changes in relationship with significant other
- loneliness
- loss of any kind due to death/estrangement/relocation
- conflict with loved ones/friends
- trauma/exposure to violence
- work difficulties/job loss
- financial difficulties
- difficulties with coworkers
- real or perceived discrimination



GSX 2021 will be held in Orlando, FL and online from September 27-29. You can get more information and register here - <https://www.gsx.org>

### **FVC - GSX Free Access Pass!**

Thanks to ASIS International one FVC member will be awarded a GSX access pass to attend in-person or digitally. Watch your email for more information and how to apply.

It is important for people to recognize some of the common warning signs of a mental health crisis, those include:

- inability to perform daily tasks (bathing, brushing teeth, changing clothes)
- rapid mood swings
- increased energy
- inability to stay still or pacing
- increased agitation
- verbal threats
- violent or out-of-control behavior
- causing harm to self or others
- isolation
- psychosis (losing touch with reality)
- paranoia

Social withdrawal can also be a harbinger of a mental health crisis. Common symptoms of social withdrawal include:

- sitting & doing nothing for long periods of time
- losing friends
- unusual self-centeredness
- dropping out of previously enjoyed activities
- declining academic work or athletic performance

A mental health crisis typically includes thought disturbances which may look like:

- inability to concentrate
- inability to cope with minor problems
- irrational statements
- use of peculiar words or language structure
- excessive fear or suspicion (paranoia)

A mental health crisis may also include irregular expression of feelings such as:

- hostility (out of character)
- indifference to situations, even important ones
- inability to express joy
- laughter at inappropriate times or for no reason

People experiencing a mental health crisis will have changes in their behavior. Common ones are:

- hyperactivity, inactivity or alternating between the two

## Got spam?

### You're not alone.

Some members have found the Fox Valley Chapter emails are being caught by the corporate email spam filters.

If this is happening to you, please email Secretary Kate Colberg Jones [secretary@asisfoxvalley.org](mailto:secretary@asisfoxvalley.org) to obtain a list of IP and email addresses for your IT department to add to their 'permit list.'

- lack of personal hygiene
- weight gain/loss
- automobile accidents
- substance abuse
- forgetfulness/loss of personal possessions
- moving out of the home to live on the streets
- not sleeping for several nights in a row
- strange behavior (skipping, staring, grimacing)
- unusual sensitivity to noises, light, clothing

When a crisis involves the risk of suicide, there are a number of behavior changes that friends and loved ones may notice. Those changes may include:

- giving away personal possessions
- talking as if they're saying goodbye
- taking steps to tie up loose ends
- stockpiling medications or obtaining a weapon
- preoccupation with death
- sudden cheerfulness after a period of depression
- drastic changes in personality, mood and/or behavior
- increased drug/alcohol abuse
- withdrawal and isolation
- sense of utter hopelessness and helplessness
- history of suicide attempts or self-harming behavior

Should you believe suicide is a concern, NAMI suggests asking the following questions:

- "I've noticed lately that you..."
- "Are you thinking about suicide?"
- "Do you have a plan? Do you know how you would do it?"
- "When was the last time you thought about suicide?"

If the answer is YES to suicide ideations, then:

- call the National Suicide Prevention Line or 911
- don't leave the person alone
- listen, express concern, reassure
- focus on being understanding, caring and nonjudgmental

When dealing with someone in the midst of a mental health crisis, remember that the behaviors of a person experiencing a crisis can be unpredictable and can change dramatically without warning. Assess the immediacy of the situation to help determine where to start and who to call:

- Is the person in danger of hurting themselves, others or property?
- Do you need emergency assistance?
- Do you have time to call for guidance and support from a mental health professional?

Some techniques to help de-escalate a situation:

What to do:

- Keep your voice calm
- Active listening
- Express support & concern
- Ask how you can help
- Move slowly
- Offer options
- Be patient
- Announce actions before initiating them
- Give them space

What NOT to do:

- Overreact
- Maintain continuous eye contact
- Take control
- Touch the person without permission
- Make judgmental comments
- Argue or try to reason with the person

If you ascertain there is no immediate danger:

- Call a psychologist, nurse, therapist, case manager or family physician that is familiar with the person's history
- If you don't reach someone and the situation is getting worse, consider calling your county's CIT (Crisis Intervention Team)


If there is immediate danger:

- Call 911 and request a CIT-trained officer if available

In preparing for a crisis remember that no one wants to worry about the possibility of a crisis, but sometimes it cannot be avoided. Also remember that it is *rare* that a person loses control of their thoughts, feelings and behavior

General behavior changes often occur BEFORE a mental health crisis:

- Sleeplessness
- Ritualistic preoccupation with activities

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- Increased suspiciousness
  - Unpredictable outbursts
  - Increased hostility
  - Verbal threats
  - Angry staring

Like any other health crisis, it is important to address a mental health emergency quickly & effectively. The contact information for NAMI is 800.950.NAMI [info@nami.org](mailto:info@nami.org). NAMI also has a number of free resources on their [website](#).