

Start Healing Now

AUG 2026

Volume 2
Edition 8

August 31 is International Overdose Awareness Day. Together, we remember those we've lost, support those in recovery, and work to prevent future overdose deaths.

Join the I CARRY NARCAN Awareness Challenge this month!

August is Overdose Awareness Month, and Start Healing Now is inviting our community to take part in the I Carry Narcan Awareness Challenge.

Carrying naloxone (Narcan) is a simple act that can save a life. Whether it's an accidental overdose involving fentanyl, someone taking too much of a prescription medication, or a child finding medication they shouldn't, having naloxone nearby can make all the difference.

Here's how you can participate:

- Carry naloxone.
- Take a photo with your naloxone or our I Carry Narcan sticker.
- Post it on social media using #ICarryNarcan and challenge your friends and family to join you.

To help support overdose prevention and education, anyone who makes a \$10 or more donation to Start Healing Now during the campaign will receive an exclusive I Carry Narcan sticker while supplies last. Every donor will also be entered into a drawing to win SHN gear.

This challenge is about more than a sticker or a social media post. It's about reducing stigma, encouraging conversations, and helping more people be prepared to save a life.

Together, we can normalize carrying naloxone, raise awareness, and build communities that are ready to respond when every second counts.

Join the challenge today and help us spread the message: You never know whose life you might save.

#ICarryNarcan #NaloxoneSavesLives

Join the **I CARRY NARCAN** Awareness Challenge!

CARRY
Carry naloxone or encourage others to carry it.

SHARE
Post a photo and share why it matters to you.

CHALLENGE
Tag three friends and invite them to join the challenge.

I Carry Narcan SHN
— Start Healing Now —
Carry Naloxone. *Save a Life*
STARTHEALINGNOW.ORG

Every life is worth saving.
Carry Naloxone. Save a Life.

OVERDOSE AWARENESS MONTH • AUGUST

11th Annual Terry Fritz Memorial Golf Outing

Honoring a Legacy of Hope

Start Healing Now was honored to participate in the 11th Annual Terry Fritz Memorial Golf Outing.

The Terry Fritz Memorial Golf Outing is a day that brings together golfers, volunteers, sponsors, and supporters to celebrate Terry's legacy by making a difference in the lives of others.

Throughout the day, our team connected with attendees to share Start Healing Now's mission, demonstrate Overdose Aid Kits (OAKs), provide naloxone education, and answer questions about overdose prevention and recovery.

We were inspired by the number of people who stopped by our table, shared their stories, and wanted to learn how they could help save lives in their own communities.

The outing is much more than a golf tournament. Thanks to the incredible generosity of the Terry Fritz Memorial Foundation and everyone who participates, Start Healing Now is able to expand access to life-saving resources, including Overdose Aid Kits, naloxone education, and recovery support initiatives that continue to make an impact across Wisconsin.



We enjoyed meeting so many members of the community and giving away Start Healing Now "I Carry Narcan" gear during the event. Congratulations to Larry Brzakala, the winner of our SHN gear drawing, and thank you to everyone who entered and helped spread the message that naloxone saves lives.

We are also incredibly grateful to the generous donors who bid on Overdose Aid Kits (OAKs) during the outing. Their support will help place two memorial OAKs in Terry's honor, expanding access to life-saving naloxone while ensuring Terry's legacy continues to protect and save lives in the communities he cared so deeply about.

We extend our heartfelt thanks to the Terry Fritz family, the Memorial Foundation, the event organizers, volunteers, sponsors, and every golfer who made this special day possible. Your commitment to turning remembrance into action is creating hope, reducing stigma, and helping ensure that more people have the opportunity to heal.

Congratulations on another successful outing, and thank you for making the 11th Annual Terry Fritz Memorial Golf Outing a powerful reminder that one person's legacy can continue changing lives for generations to come.

GET TO KNOW THE BOARD

Kendall Witter, Board Member

Kendall Witter, BSN, RN, is a Registered Nurse Case Manager, recovery advocate, and single mother dedicated to supporting individuals and families affected by substance use and mental health challenges. She is pursuing her Doctor of Nursing Practice degree at the University of Wisconsin–Madison to become a Psychiatric Mental Health Nurse Practitioner. Kendall's passion for this work is rooted in both professional experience and her own journey in long-term recovery. Having experienced the challenges of addiction firsthand, she understands the importance of compassionate care, hope, and access to treatment. Her recovery has inspired a commitment to reducing stigma and helping others recognize that healing and lasting change are possible.

Throughout her nursing career, Kendall has cared for patients across a variety of healthcare settings and now works to help individuals navigate complex medical and social needs. She is especially passionate about addiction recovery, mental health, prevention efforts for youth, and supporting families impacted by substance use disorders.

As a board member, Kendall is honored to help advance Start Healing Now's mission of education, prevention, and recovery support. She hopes to use her voice and experience to help create a future where more individuals and families find connection, healing, and hope.



Healing in Focus: Building Stronger Schools Through Partnership

Our latest Healing in Focus blog features Matt Kaemmerer, Director of Pupil Services for the Oshkosh Area School District, whose leadership demonstrates the power of collaboration in supporting student mental health, well-being, and overdose prevention. Through strong partnerships between schools, families, healthcare providers, and community organizations, Matt shares how working together can create safer, healthier environments where students have the support they need to thrive. His story is an inspiring reminder that meaningful change happens when communities unite around prevention, compassion, and hope. We invite you to read Matt's full story and explore how these partnerships are making a lasting difference.

Read the full blog: <https://starthealingnow.org/matt-kaemmerer-director-of-pupil-services/>



START HEALING NOW

<https://starthealingnow.org/>



MKE RECOVERY NIGHT

SEPTEMBER 8TH, 2026

BREWERS VS. CUBS
FIRST PITCH AT 6:40 PM

4:30 pm Sober Tailgate at Helfaer Field
Free and Open to the Recovery Community!
Questions? Email recovery@marquette.edu

ROGERS[®]
Behavioral Health

Recovery at Marquette

THE PHOENIX
RISE | RECOVER | LIVE

GIBSON COMMUNITY MUSIC HALL HOSTS

RISE'S LUCKY 13

A COMMUNITY CONCERT
CELEBRATING 13 YEARS OF HOPE
FEATURING LEGENDARY HIP-HOP GROUP
ONYX | OPENING PERFORMANCE BY **@IMKEAG**



SAT. SEPT 12 5-9 PM

STAGE SPONSORED BY THZ INSURANCE

ADMISSION

\$35 EARLY BIRD GENERAL
\$40 GENERAL
\$30/PERSON - COMMUNITY GROUP (10+)
\$50 VIP

GIBSON IS A 21+ VENUE
Gibson Community Music Hall
211 W. College Ave. - Downtown Appleton
gibsonmusicall.com
facebook.com/gibsonmusicall

6 PM DOORS OPEN
HIGHLIGHTS + FOOD + RAFFLES
6 PM SHOW BEGINS
WELCOME + SPOKEN WORD
7 PM OPENING PERFORMANCE
@IMKEAG
8 PM HEADLINING PERFORMANCE
ONYX
CLOSING
RAFFLE DRAWING & THANK YOU

Celebrating 13 years of hope.
Every ticket helps young people
discover they are not alone.
WEALLRISETOGETHER.ORG

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Board Member



Wisconsin Lights of Hope

8TH ANNUAL WISCONSIN LIGHTS OF HOPE A RECOVERY CELEBRATION & MEMORIAL WALK

SUNDAY SEPT. 13, 2026

Wear Purple!

Pierce Park
1035 W Prospect Ave
Appleton, WI 54914

- Raise awareness about Substance Use Disorder
- Celebrate Recovery
- Support people impacted by the loss of a loved one
- Raffle Baskets
- Resource Vendors
- Narcan training
- Make a Button (bring a picture)
- Food by Rupena's Fine Foods

Become a Sponsor!

\$15 Adult with Memorial Sign or Recovery Sign
\$10 Adult no sign
No Charge for Children
Proceeds to benefit: The Megan Kelley Foundation, Just Listen and Mandolin Foundation

12:30-Register, browse vendors, make a button & Narcan training
1:00-Walk Begins
2:00-Speakers and food served
Finish with a candle lighting
Raffle baskets must be picked up day of event

FOLLOW US ON FACEBOOK:
facebook.com/StartHealingNow2022

facebook.com/overdoseaidkit

AND INSTAGRAM:
[@starthealingnow2022](https://instagram.com/starthealingnow2022)



SEPT 30

MADISON

RECOVERY ALIGNMENT DAY

JOIN US September 30, 2026, International Day of Recovery and launch of the Recovery Alignment Tour, for our third Alignment Day at the Wisconsin State Capitol. Alignment Day is a purposeful convening, where recovery advocates, community leaders, elected officials, and those with lived expertise/experience align on the future of the recovery workforce, drive recovery-centered advocacy, promote community based overdose responses, and celebrate the partners who make sustainable recovery possible across Wisconsin. Since our inaugural launch in 2019, Recovery Alignment Day has been Wisconsin's premier forum for bridging grassroots passion and change.

Sponsorship or partnering inquiries:
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WISCONSIN RECOVERY ALIGNMENT DAY SPONSOR:

Vital Strategies

RECOVERY ALIGNMENT DAY PLANNING:

HELIOS

RESOURCE TABLE & VENDOR REGISTRATION

