



## Meet Journey Board Member **Marty Croak**



### **Education:**

- BA History and Political Science UW Madison
- Law Degree UW Madison

### **Experience:**

- Attorney in Monona Wisconsin for 30 years
- Long term member of Journey's Board
- Journey Advocacy & Development Committee member

### **Other organizations I have belonged to:**

- Member of Monona Jaycees
- Member of Madison Knights of Columbus
- Charter secretary of Monona Optimist Club
- Building committee of Christ the King Catholic Church
- Co-chair of McFarland schools building committee two three year terms on Church Council

### **What brought me to Journey:**

I am bi-polar, which was first diagnosed when I was 19 years old. The late teens or early twenties is the typical onset of both bi-polar and schizophrenia conditions. Bi-polar disorder was previously called manic/depression. This is more meaningful to most people. We all know what depression is. Mania is much harder for people to understand. People with mania are often very creative and intelligent. However, it often results in several significant problems. For most with manic episodes, the result is hospitalization. Medications are essential.

I joined the Journey Board of Directors as a way to use my knowledge to help serve the many clients of the Center. I also have been the guardian of seven mentally impaired individuals (wards). For six, I have been a volunteer guardian. Two have passed away, and four remain. I chose to be there guardians as a way to pay back for my care. I was treated outside of Journey.

I joined the Advocacy and Development Committee to help advocate for Journey and to help raise funds. I have also taken steps to fight the stigma of mental illness. Along with five other people, I volunteered to have my photo and acknowledgement of my illness on billboards throughout the Madison area. This is a reflection of my openness with discussing my illness with anybody. Journey Mental Health Center is essential to the treatment of the large number of people needing help.