NAMI Minnesota’s mission is to champion justice, dignity, and respect for all people affected by mental illness (biological brain disorders). Through education, advocacy, and support, we strive to eliminate the pervasive stigma of mental illness, effect positive changes in the mental health system, and increase the public and professional understanding of mental illness.

“Education is the most powerful weapon which you can use to change the world.” - NELSON MANDELA
Changing the negative attitudes associated with mental illnesses is no easy task. Children and adults with mental illnesses and their families continue to experience discrimination and misunderstanding by the public and by our various systems. In 2012 NAMI Minnesota was up for the task and worked hard to change attitudes through our education, support and advocacy programs.

Changing attitudes requires a multi-pronged approach and NAMI works on many levels to affect change. Whether it’s an individual living with a mental illness, a family member, or a provider - we ascertain if it is an isolated problem or a system problem. If it’s an isolated problem we educate individuals and families on how to advocate for themselves and how to connect to others. If it’s a system problem, we bring together stakeholders to create a solution.

We ended 2012 by exceeding all the benchmarks set for this year. We increased the number of classes, workshops and support groups offered, more people attended our classes and presentations, we increased our reach statewide, and we brokered new collaborations and implemented new initiatives that reduce stigma and improve our mental health system.
Changing attitudes **through education**

Education is a key component of NAMI’s mission because it produces the most immediate results. Learning about mental illnesses and knowing you are not alone are powerful antidotes to stigma and hopelessness. Education changes attitudes. NAMI’s classes provide information on mental illnesses, treatment options, the mental health system and coping strategies.

**Educating Families**

Very few people truly understand what it is like to live with a mental illness and know how to support their loved one. NAMI’s classes for families emphasize the importance of accompanying their loved one on their journey to recovery. Classes include Family-to-Family, Hope for Recovery, Family Connections, Children’s Challenging Behaviors (CCB), What Works What Helps, and Mental Health Crisis Planning for Families. All classes are free and taught by people who have a loved one with a mental illness. NAMI is committed to reaching all communities. Our Children’s Challenging Behaviors curriculum is tailored to include the impact of trauma and historical racism for the American Indian and African American communities. Our Hope for Recovery class is offered in Spanish.

**Educating Professionals**

Because professionals within the health care system, the criminal justice system and education have access to large groups of people seeking help, NAMI provides education specifically targeted for professionals. Often a professional is the first point of contact for individuals and families seeking help.

NAMI offered Mental Health First Aid, Means Restriction Education (suicide prevention), Emergency Department Training (empathy and de-escalation skills) and Gray Matters (older adult care providers) as well as special trainings for jail staff, teachers, mental health professionals, hospital staff, children’s residential staff and others.

**Educating the Public**

Changing attitudes requires reaching out. NAMI staff and volunteers presented to nearly 7,000 people at workplaces, community settings and major conferences. The presentations included In Our Own Voice, Understanding Stigma, Mental Illnesses in the Workplace and Mental Illness 101. NAMI held its 10th annual research dinner with the University of Minnesota, Department of Psychiatry to showcase the results of new research and progress being made toward a greater scientific understanding of mental illnesses. The Beyond the Baby Blues conference featured keynote speaker, Neal Tift and a variety of breakout sessions related to postpartum depression, early childhood and mental health. The NAMI annual state conference featured Dr. Steven Simring, MD, MPH from the L.E.A.P. Institute and had 15 breakout sessions for nearly 300 participants. NAMI collaborated with the Compassionate Touch Network to present “Minds Interrupted” at the History Theater where seven individuals with mental illnesses shared their personal story to help break down the stigma of mental illnesses.
“NAMI Minnesota has been a life saver for me and my daughter living with bipolar disorder. I don’t feel so alone in my efforts to help her and she feels more supported by me because I’m getting educated about the subject of mental illness ... I feel more hopeful and confident that my daughter can live a fairly normal life and be successful at fulfilling her dreams. I know it won’t be easy but now I know that it is possible. Thank you.” - FAMILY-TO-FAMILY PARTICIPANT

New Education Initiatives in 2012

- **PROGRESSION**, a peer taught class, was developed to teach young adults about mental illness, treatment and recovery.

- **THE REENTRY: ROAD TO RECOVERY PROJECT** helped people who have mental illnesses as they reentered the community from the corrections system. It assisted those individuals and helped keep them on the path to recovery by connecting and educating halfway houses, probation officers and community mental health services.

- **ALLIES IN RECOVERY** is a new curriculum that NAMI piloted. The goal of Allies in Recovery is to teach mental health staff the importance of family and friends in recovery and how to engage families for this reason.

- **NATIONAL INSTITUTE OF MENTAL HEALTH OUTREACH** - NAMI was chosen as the state’s outreach partner for the National Institute of Mental Health providing us with an opportunity to distribute their materials and promote research.

**EDUCATIONAL IMPACT: AT A GLANCE**

- 147 classes were provided to over 5,200 professionals on mental illness.

- 76 free workshops were delivered in 15 regions throughout Minnesota with 827 attendees.

- 500 people were reached through three educational and outreach events in 2012. The events included: the University of Minnesota Department of Psychiatry research dinner, ‘Beyond the Baby Blues’ conference, and the NAMI Annual State Conference.

- 125 presentations were conducted by staff and volunteers to nearly 7,000 people at workplaces, community settings and major conferences. This is nearly double the number of people reached from the prior year.

- 54 NAMI booths were staffed at events and conferences, including the Minnesota State Fair.
CHANGING LIVES THROUGH SUPPORT

“We felt so welcomed, as if we knew you for many years. Everybody made us feel comfortable and accepted. All the information and tips you gave us will be very helpful to our family.” - SHEILA, PARENT & SUPPORT GROUP ATTENDEE

Over 2,000 calls came in last year ranging from parents of a child who was experiencing his or her first psychotic episode to adults who were having trouble navigating the health care system. Peer-to-peer support is one of the most successful keys to recovery. NAMI offered 59 support groups throughout the state for people with mental illnesses, family members, partners and spouses, parents of school-aged children and children with a parent or sibling living with a mental illness.

When a child or adult with a serious mental illness was asked what a key component was in their recovery, a large percentage cited family and friends. At the same time, a great burden is placed on those families and friends, especially those with the most serious and sometimes treatment-resistant mental illnesses. It is with this knowledge that NAMI continues to enhance its outreach and support, in hope for a better recovery and stronger support network.

In response to the number of inquiries NAMI receives for help, we have written nine booklets on various topics, with two new ones published this year helping families understand the juvenile justice system and inpatient psychiatric hospitalizations.

Mother and Daughter Find Hope through NAMI

Carmen called the NAMI office in early April. Her niece, Maria, had recently gone through a serious and unexpected mental health crisis and been hospitalized. She was subsequently diagnosed with bipolar disorder, anxiety and depression and was now back home with her mom, Sheila.

Sheila was totally over-whelmed with the situation and struggling to come to terms with the changes in her daughter. She said she felt totally isolated and had become extremely depressed. Sheila speaks Spanish, and the language barrier was an additional factor in her isolation. The family felt very strongly that Maria needed to have special education services at school. Until the onset of mental illness she was a ‘straight A’ student, now she was barely attending classes.

After talking to NAMI, Carmen brought Sheila to the NAMI parent resource group. Carmen took time off work to be Sheila’s translator so she could attend. Sheila did not participate in the conversation that day; she was clearly extremely emotional and cried for most of that first meeting.

During that meeting the NAMI group helped Sheila and Carmen make an action plan that included connecting her to a Spanish speaking advocate so she could work with the school directly and found a Spanish speaking mom who could come to the group and translate for Sheila. The NAMI group also connected her to the Experienced Parent Program in Dakota County and gave her samples of wording that she could use in an email to the school to officially begin the process to obtain an IEP and accommodations for her daughter. They also connected Maria to Progression, a peer-led program for teens living with a mental illness.
Within a few weeks Sheila was working with NAMI advocates to learn how to advocate for her daughter, she was attending the parent support group regularly and feeling less alone. Maria began attending the Teen Progression group and although it was difficult at first she said she was inspired by meeting the facilitators who had experiences just like her but were in recovery, attending college and doing well. After her first session, Maria had returned to school willingly and her level of anxiety had reduced and she seemed happy for the first time in months. Sheila told her parent support group “I have my daughter back.”

New Support Initiatives in 2012

• **EXPERIENCED PARENTS** was developed to support Dakota County parents with children that had recently been diagnosed with a mental illness. The parents were connected with experienced parents to help them through the system and provide support.

• **FAMILY SUPPORT** for children’s mental health was expanded to residents in Scott County, which was a replication of the previous children’s programming in Dakota County.

• **THE SONS & DAUGHTERS** program launched to support adults whose parent experienced mental illness.

SUPPORT SERVICES: AT A GLANCE

• NAMI fielded over 2,000 telephone calls from people seeking advice and resources.

• 59 ongoing peer-to-peer support groups were offered statewide for family members, adults living with mental illness, parents, spouses/partners, veterans, adult sons and daughters, and LGBTQ.

• The Experienced Parents program reached almost 30 parents to support them with their newly diagnosed child.
CHANGING MINDS THROUGH ADVOCACY & PUBLIC AWARENESS

“Sue Abderholden, Executive Director of NAMI, is my go-to person on any issue regarding mental health. Because of NAMI’s passion and commitment, the lives of people with mental illness, their families, and all the people of Minnesota are so much better and brighter.” - SENATOR TONY LOUREY

Breaking down barriers and changing behavior within the health care system is one of NAMI’s focus areas. Continuously, the vast majority of families report poor treatment from staff at a hospital or clinic during a mental health crisis. As one parent recalls, “They could have listened to us or taken us seriously. They didn’t even do anything to help. They sent us home with nothing.” In 2012, we expanded our work with mental health providers and hospitals to make sure that people with mental illnesses are treated with dignity and respect and that the importance of involving families and friends is recognized. We successfully continued to build on our anti-stigma project within hospitals and our anti-stigma posters can now be seen throughout inpatient unit hospitals across the state.

For years, NAMI has earned a reputation as the trusted resource for expertise and collaboration surrounding mental health issues within the Legislature, health care systems, schools and correctional facilities. NAMI Minnesota is on over 40 different task forces and advisory committees to ensure that policy makers are aware of the needs of children and adults with mental illnesses and their families. Governor Dayton appointed NAMI’s executive director to the Health Care Exchange Advisory Task Force.

“NAMI is the trusted voice on mental illness issues at the Legislature”, REITERATES SENATOR LOUREY, “and is an invaluable resource for separating fact from fiction.”

NAMI was chosen as the state’s outreach partner for the National Institute of Mental Health providing us with an opportunity to distribute their materials and promote research. The Johnson and Johnson Dartmouth IPS Supported Employment Project selected NAMI Minnesota to create a family advocacy team to promote their evidence-based practice for employment supports for people with serious mental illnesses.

“NAMIWalks is a good way for me to bring up the subject of mental illness to my family. My mom and dad came this year and couldn’t believe that there were thousands of people there just like me. My dad actually cried. I think he is starting to understand me.” - NAMIWALKS PARTICIPANT

NAMI celebrated its fifth year of NAMIWalks, the largest anti-stigma walk in Minnesota with over 3200 participants and nearly 100 business sponsors. A NAMIWalks satellite walk was held for the first time in St. Cloud and attracted 300 participants.
**ADVOCACY & PUBLIC AWARENESS: AT A GLANCE**

- NAMIWalks brought together more than 3,500 walkers to reduce stigma.
- 700 individuals joined forces in the Day on the Hill rally at the State Capitol.
- NAMI staff and volunteers were represented on over 40 different committees and advisory committees.
- NAMI has 1,500 Facebook fans and 900 Twitter followers.
- 176 newspapers published 1544 NAMI articles.
- The website received over 32,000 unique visitors, a 50% increase from last year.

**LOOKING AHEAD**

It’s hard to think you’ve made progress when you look ahead to all that needs to be done. But when we look backwards, we can see that we have in fact made great progress. Last year we completed our five year strategic plan and have begun to look to the next five years. The plan is still in the beginning stages but one thing is crystal clear, NAMI will simply do more. NAMI will continue at add more classes, more support groups, more awareness, more public policy work and more help to individuals and families. Every day we will do more to ensure that children and adults with mental illnesses are treated with dignity, live full rich lives in our communities and have hope for the future.
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• Jerry Lynn & Tamara Lou Westman
• Ann White
• Mary Wichmann
• Lee Wiedrick
• Susan Kay Wiegand Vanhatten
• Sheila Wiegman
• Tom & Joann Wiita
• Russell Wiley
• Nina Wilking
• Linda D. Wilkinson
• Troy A. Will
• Nancy Williams
• Sandy Williams
• Sharleen Williams
• Peter & Margaret Willis
• Lawrence & DeAnne Willman
• Lloyd Wills
• Don & Linda Wilson
• Pete Wilson
• Jerry & Vonnie Winters
• Laura Winterstein
• Dawn Witthaus
• Ruth Wittrock
• Earl & Lois Witz
• Lawrence E. Witz
• Leonard Witz
• Christopher Wlaschin
• Hugo & Agnes Wolf
• Anonymous
• Scott L. & Kathi J. Wood
• Kellie Woodruff
• Karen Woodward
• Kelly Wray
• Jenny Wrenson
• Bette Wright
• Pat Wright
• Sheryl Wright
• Brad Wronski
• Rose Wurm
• Lynn Wyfield
• Curtis Wyman
• Bill Wyss
• Stuart & Dian Yellen
• Neil & Pat Young
• Monica Zachau
• Pat Zachau
• Rich Zawarki
• Dick Zetah
• Merrill & Laurel Zieman
• Dan & Jean Zimbric
• John & Elaine Zimmerman
• Ben & Brenda Zimmerman
• Jerianne Zimmerman
• Mark Zipper
• Renee Zorn
• Stacey Zorn
• Jane Zugschwert
• Nancy C. Zupan
• Kyle Zwack
• Valeria Zwak

In Kind Donations
• Abdallah Candies
• Sue Abderholden
• Diane Allen
• Anchor Paper Express
• Robby Anderson
• Anonymous
• Bachman’s Floral
• Sharon Bastin
• Bayview Event Center & Charter Cruises
• Judith Bemis
• Jennie Bennett
• Bibelot
• Big Top Liquors
• Molly Black
• Therese Blaine
• Bloomington Civic Theater
• William Bond
• Brave New Workshop
• Breadsmith
• Bryant Lake Bowl
• Jeff Bugenstein
• Matt Burdick
• Burnsville Performing Art Center
• Butterflies from Janie
• Café Latte
• Lisa Carmichael
• Chanhassen Dinner Theater
• Chocolat Celeste
• Sandy Christie
• Kristy Collier  
• Carolie Collins  
• Commonweal Theater Company  
• Cragun's Conference and Golf Resort  
• Scott Craven  
• Dakota Jazz Club and Restaurant  
• Tracey Daniels  
• Dunn Bros.  
• East Lake Liquor Store  
• Jon and Nikki Edwards  
• Epic Bodyworks Clinic  
• Shari A. Erickson  
• Deborah Erickson  
• Donald Eubanks  
• Fabulous Ferns  
• Cynthia Fashaw  
• Feisty Girl Art  
• First Avenue  
• FM 107 - Lori and Julia Show  
• Donna Fox  
• Gail Gislason  
• Grand Casino Hinkley and Mille Lacs  
• Grand Hair and Beyond  
• Great Lakes Aquarium  
• Michelle Greene  
• Guthrie Theater  
• Half Price Books  
• Sue Hangge  
• Sue Hanson  
• Dave Hartford  
• Haskell's Wine  
• Herkimer  
• Kate Hersey  
• History Theatre  
• Hollydale Golf  
• HOM Furniture  
• Laura Ibsen  
• Ichiban  
• Illusion Theater  
• Izzy’s Ice Cream  
• Jax Café  
• Liz Johnson  
• Jon Charles Salon  
• Brian Jost  
• Jungle Theater  
• Kincaid's  
• Kay King  
• Samantha Kolles  
• Koehler and Dramm  
• Chuck Krueger  
• Fred LaFleur  
• Lakeshore Players Theater  
• Steve Larson  
• Linda Lee  
• Leitner’s Garden Center  
• Let’s Dish  
• Ruth Lewis  
• Barb Lindberg  
• Karen Lloyd  
• Mall of America  
• Maplewood Toyota  
• Don and Abby Marier  
• Massage Benefits  
• Joe Mauer, c/o Teresa Mauer  
• Maynards  
• Anna McLafferty  
• Menards  
• Pete and Sandy Menge  
• Carolyn Miller  
• Marc Miller and Fred Elias  
• Minnesota Landscape Arboretum  
• Minnesota Orchestra  
• Minnesota State Fair  
• Minnesota Timberwolves/Lynx  
• Minnesota Vikings  
• Minnesota Wild  
• Minnesota Zoo  
• Mississippi Market  
• Mystic Lake Hotel and Casino  
• NAMI Board of Directors  
• NAMI Hennepin County  
• NAMI Staff  
• National Mississippi River Museum and Aquarium  
• Tracey Newman  
• Northrup Auditorium  
• Olive Garden  
• Ordway Center  
• Park Tavern  
• Pearson's Candy Company  
• PennyRose Yarns  
• Pool and Yacht Club, Inc.  
• Amy Poulson  
• Punch Pizza  
• Red Stag  
• REI  
• Rick Bronson’s House of Comedy  
• Catherine Roach  
• Charles and Ginny Roach  
• Roasted Pear  
• Pat and Al Rousseau  
• Suzette Scheele
IN MEMORIAM

- **Frank Ario**
  Hazel Angell
  Joyce Angell & Randy Rylander

- **Ted Arneson**
  Steven & Annette Anderson
  Ruth Arneson
  Citizens Independent Bank
  Phillip & Anna Gerber
  James F. Hart
  Dale A. Hulme & Susan P. Quist
  Glenn & Claire Laedtke
  AnnaJean MaGinnis & Joseph Lee
  Shirley Ohnesorge
  Kirk & Suzanne E.N. Thompson
  Donald Urban & Jeffery Eisenberg
  Peter Benner
  Jane DeVries-Kottke
  Pat Headrich
  Dennis & Barbara Larson
  Melvin Liebers
  Yvonne & Paul Ryan
  Gary Schwochau & Beth Averbeck
  Beth Waterman

- **Shawn Blaisdell**
  Merrilee Kinney & Dan Levendowski
  Mary Kay Van Kempen

- **Roger Breisch**
  Mary Small

- **Robert Burns**
  Sue Abderholden & Lee Keller
  Donald Akins & Marcia Jo Akins, J.T. Wros
  Donald & Shirley Alsaker
  John Aracand
  Damon & Susan Bay
  Carol Bayer
  Jerome Benson
  Dan Bergeron
  Peter & Meggen Lindsay Berlute
  Robert & Margaret Berlute

  Duane & Laurie Boeser
  Nancy Brandt
  C. Patricia Bringgold
  Evelyn Me Burns
  Jodi & Eugene Byland
  Emily & J.P. Carlin
  Donald & Arleen Casey
  Tara Constantine
  William & Elizabeth Crowl
  Thomas & Lonnie Draper
  Ruth & Gerald Erickson
  Patrick & Maureen Flahaven
  Eugene & Joyce Ford
  Michael & Jean Garaghty
  James & Susan Gloudemans
  Susan Haley
  William & Delores Hall
  Harbour Management, LLC
  David & Mary Hatzung
  Steven & Julie Hatzung
  Loies Haugerud
  Robert & Jean Jacobson
  Arden & Delores Kafka
  Jeanne Kauth
  Clifford & Mary Klehr
  Richard & Othelia Kunitz
  LHS Class Reunion of 1941
  Magdalyn Lofdahl
  Jerry Lynn & Tamara Lou Westman
  Lindsay & Ann McCabe, Evert Foundation
  C.M. McGlennen
  Michael & Mary Murphy
  Catherine Sailer, Nancy Niedermaier & Diane Proulx
  Michael & Deloris O’Brien
  Sandra & Richard Olmsted
  Ina & Charles Olsen
  Robert & Phyllis Peterson
  Thomas, Marion & Steven Ryan
  Herman & Mary Schulte
  Faye & Jason Lee Stalwick
Richard & Constance Summers
Donald & Mary Teigen
Mary Vanek, Barbara Stevens
Shelley White
Dick & Sue Abel
Laura Bennett
Marguerite & John Blinn & Ann McCabe
Mary Colson-Burns
Mary Hoiland
Ruth Lee & Gretchen Robertson
Ruth Jacobsen

**Nick Camm**
Sue Abderholden & Lee Keller
Dick & Sue Abel
Sandra Accola
Theresa & Al Carufel
Carmen & Wayne Hagstrom
Susan & Terry Hanson
Robert & Kathleen Iverson
Pete & Sandy Menge
Herman & Mary Schulte
Linda Wilkson

**Warren Carlson**
Marna Reilly

**Audrey Coulter**
Paul & Sara Coler
Friends of Audrey Coulter
Judith Swanholm

**Jaclyn Ann Evert**
Michael & Karen Boland

**Neal Freese**
Scott & Kathi Wood

**Benjamin Gidmark**
Katherine Hanson

**Linda Glader**
Paul L. Glader
Donald & Rebecca Van Loon
Leonard Witz

**Ruth Gordon**
Gerald & Janice Gordon

**Mark A. Griffin**
Mary S. Adey
Marilyn Boe
William & Heather Brands
Judith Carlson
Dawn M. Cordes
Thomas & Florence Farnham
Brenda K. Griffin-Wagner
Osiris Guzman
Paul A. Lefebvre & Carolyn D. Silflow
Paul & Sharon Quast
Kristine M. Rich
C.L. Wiehle & R. J. Teresi
H. John Wagner

**Patrick Grill**
Mary May

**Tom Grupp**
Darlene Carroll

**John Herron**
Wren Aigaki-Lander
Steven Block
Suzanne Block
Kathryn Carley
Keely Herron
Jody Herron Hale
Ronald Miller
Marnie S. Moore
Erin Prelypchan
Denise J. Sucik

**Vernon M. Hogan**
Anonymous

**Linden Hulquist**
Charlene Myklebust

**Rita Jean**
Mary Schmidt

**Julia Johnson**
Gloria Knoblauch

**Aaron Johnson**
Timothy & Bonnie Manley

**Rueben Junkert**
Charlene Briner
• **Jeff Kaner**  
  Susan Abderholden & Lee Keller  
  Advance Consulting LLC  
  Susan E. Brown  
  Richard Carlbom  
  Bryan Carr  
  Amy K. Crawford & Alice Johnson  
  Wendy Dobres  
  Robin Doroshow & Richard Kronfeld  
  Roger & Mindy Greiling  
  Daniel & Susan Hanson  
  Sheila Heskin  
  Joseph Kaner  
  Chuck Krueger  
  Benjamin R. Latz  
  Ann Kaner-Roth  
  Erica Mauter  
  Judy Pierotti  
  Jeffrey Richman & Karen Casanova  
  Rebecca Skoler  
  Jill Sletten  
  Steve Susens  
  Russ Testa  
  Sonny Ward  
  Shelley & Tony White  
  Beth Silverwater & Norman Greenberg

• **Terry Mit**  
  Kathryn Kmit

• **Gloria Knoblauch**  
  Sue Abderholden & Lee Keller  
  Valerie Askeland  
  Joyce Bjorklund  
  Virginia Gross  
  Daniel & Susan Hanson  
  Jeannie Snell

• **John Kuhn**  
  John & Pam Hallman

• **Miriam Langsjoen**  
  First Congregational Church of Anoka (UCC)

• **David Laughter**  
  Eileen Rosenthal

• **Jonathan Lindike**  
  Sue Abderholden & Lee Keller

• **William Lunde**  
  Eleanor Edstrom & Joanne Minnetti  
  Philip & Marilyn Froiland  
  Roger & Mindy Greiling  
  Matthew & Angela Greiling Keane  
  Linda Lunde  
  Curtis & Ramona Pearson  
  Osty Swain

• **Jenny Mahan**  
  Lawrence & Mary Jane Benjamin  
  George & Marcia Bole  
  Michael & Gail Dorsey  
  Marvin Drake  
  John & Kimberly Fraise  
  Jessica Greenstein  
  Paul & Deborah Heisel  
  Margaret Hunt  
  Janice & John Lindau  
  William & Hannelore Matthews  
  B.H. Melzarek  
  Robert & Susan Mils  
  Mary Morehouse & Gregory Kruse  
  Myrna & Lyle Nelson  
  Barbara & Mark Ney  
  William & Gail Wik  
  Martin & Mary Beth Mahan  
  Thomas & Mary Muellner  
  Shirley Skauge  
  Alan & Karen Vanasek

• **Patty Malloy**  
  Jane & Gordon Skjerven

• **Clayton Meyer**  
  Mark & Laura Brill  
  David & Mary Crandall  
  Darlene Edge  
  Amelia Eng  
  Terry & Jan Fox  
  Suzanne & Michael Hangge
Judy & Leslie Heinen
Don Hodapp
Kermit & Ruth Hoversten
K.R. & S.G. Howes
George & Shirley Moore
Gregory L. Meyer
Michael & Sara Meyer
Mark & Margery Sborov
Ravich, Meyer, Kirkman, McGrath & Tasey
Everett & Marilyn Robb
Rod & Cindy Smith
Roxanne Tuomi & Mark Trees
Donald & Sharon Wagner

- **Roland Miles**
  Noralane Lindor

- **Dale Nelson**
  Janet Nelson-Schwartz

- **Dan Olsen**
  GlaxoSmithKline Foundation,
  Matching gift of Mary Koenecke

- **Rolf Olsen**
  Eileen Herbert

- **Marnie Owen**
  Rick Owen

- **Terrence J. Rolando**
  Sue Abderholden & Lee Keller
  Dick & Sue Abel
  James & Liisa Bata
  Thomas & Julie Bredesen
  Lavon Campbell
  Robert Campbell
  William & Jane Collien
  William & Sheila Coy
  Nancy Duncan
  Gene & Jan Eggersgluess
  Betty Lou Falkman
  C.R. Geisen
  Kathleen Groen
  H. Brandon & Colleen Guest
  Karen Hanson
  Ralph Haugen
  Elaine Hecker

  Darlene Hesse
  Leslie Ann & Thomas Johnson
  Alan & Constance Kotula
  Janet Krebs
  Ann LaFrance-Kemmer
  Robert & Janice Levens
  Dale Madelans
  Nancy Marth
  Bruce Mikkelson
  Karen Mikkelson
  Jeanette Nistler & Susan Haugen
  Suzanne Parrington
  Carol & John Penn
  John & Anne Pudas
  Dale & Linda Putrah
  Mary Ann Rahm
  Charles & Mary Ann Rolando
  Marcus & Cheryl Rolando
  Mary Rukavina
  Herman & Mary Schulte
  Jennifer Seidel
  Robert Seidel
  Ryan & Christine Sexton
  Patricia Shaughnesy
  Susan Marta Stiles
  Sandra & Dale Stoffel
  Maurine Sutton
  Susan & Stephen Tollison
  Roy & Jeanne Turner
  Keith & Elizabeth Tyree
  Marietta & Richard Walker
  Leonard J. Wall
  David & Francine Wallin
  Norm & Babe Wartnick

- **Kurt Rousseau**
  Sue Abderholden & Lee Keller
  Roberta Anderson
  Sharon Baker
  Robert Brown
  Gina Buccellato
  Al & Theresa Carufel
  Daniel & Susan Hanson
  Joan & Barb Hauri
John Huberty
Ronald & Dorothy Jacobson
Thomas Jacobson
Teresa Jacobson Kimberley
Paulette Jones & Marvin Edward
Dennis & Linda Kluy
Deborah Knodt
Nancy Koonce
J & R Marshall
Bruce Mathson
Meyers Family
Elaine Mucciacciaro
Patricia Penn
Robert & Peggy Rafferty
John & Patricia Rees
Lauren Ricker
Ruth Rousseau
Laura Runge
R. Smith & Patricia Schuneman
John Sebastian
Young Tzung Shih
George A. Herman, Jr. & Susan A. Herman
D.F. & M.J. Teed
Angie Teegarden
Lonnice Thompson
Sharon Thompson
Christopher & Susan Steger Welsh
Joseph Zwack
Carroll & Eileen Anderson
Allan & Mary Lou Burdick
Lyle & Cheryl Chacka
Lisa Dietrich
Laura Kloiber
Thomas & Wendy Kreimer
Paulette Lappi
Maureen Lynn
Ann Marie Lynskey
Pete & Sandy Menge
Gisela & Steve Ordahl
Jeff Davis & Caryn Schall
Herman & Mary Schulte
Jimmy & Marge Springett
Dorothy Sterling
John & Jan Stratte

- **Paul D. Schaefer**
  - Gerald Bauer
  - Helen Bauer
  - Virginia Becker
  - David Boran
  - Harold Fleegel & family
  - Arnie Gardner
  - David Glaze
  - Rita Kloss
  - Barbara Lynch
  - James McIntyre
  - Donald Opatz
  - Deb & Christopher Pflug
  - David Pundsack
  - Kathy Radebach & Lonnie Brichacek
  - Gerald Schaefer
  - Chuck & Deb Schey
  - Ted Swenson
  - Peter Tatum
  - Sara Tschimperle & Jim Culley
  - Robert White

- **Joan Schilling**
  - Joseph & Linda Lipari

- **Florence Schmidt & Miriam Langsjoen**
  - Michael & Roberta Anderson

- **Lucy Schmidt**
  - Heidi Heller

- **Edward Daniel Seghi, jr.**
  - Laura Bolstad
  - Dave & Maria Norcia
  - Mary Olivera & Family

- **Candace Smith**
  - Emily & j.p. Carlin

- **Joe Swendsen**
  - Barb Ell
  - Sue Swendsen

- **Moana Kim Teppen**
  - Debby M. Filler

- **Paul Thelander**
  - Ann Marie Thelander
• **Tyler Thoresen**  
  Douglas & Cynthia Blood  
  Laurie Conforti  
  Dennis Depew  
  Elizabeth Sebring & Gerald Sebring, jr.  
  Jennifer Gengler  
  Patrick & Kathleen Godbout  
  Gordon & Louise Gustafson  
  Douglas & Kelley Hinsch  
  Jeffrey & Jaymie Laurent  
  Philip & Amanda Little  
  Craig Nekola  
  Sara Nelson  
  Kenneth & Joan Rood  
  Steven & Cindy Rudek  
  Cynthia & James Thalhuber  
  Greg Ulrich  
  Sandra Wessman

• **Janice Voletta Kirby**  
  Darlene Dauk  
  Mike & Lisa Peterson  
  Brian Purrington

• **Margaret Walsh**  
  Steve Larson

• **Ardyce Warren**  
  Maureen Edstrom

• **Christoherper Wright**  
  Living History Farms Race

**In Honor of**

• **Frank Ario**  
  John & Linda Smaby

• **Tom & Heidi Johnson, A. Johnson & Sons Florist’s 75th Anniversary**  
  Kay King & Zach Doering

• **Sue Abderholden and the Legislative Committee**  
  Ann Kaner-Roth

• **Eva Traff**  
  Karin A. Nelson

• **Christopher Simondet**  
  Gene & Marilyn Martin

• **Josie & Denis Daly**  
  Joseph & Sharon Walbran

• **Sue Levahna**  
  Patricia Maki

• **Dave Nass**  
  Hearth Connection

• **Ivan Sletten**  
  Anne Barlass & Theodore Vezina  
  M.T. & Donna Barlass  
  Scott Craven  
  Daniel & Susan Hanson  
  Allen & Rosemarie Kroening  
  Jerry & Barb Lindberg  
  Karen Lloyd & John Schnibben  
  Michael & Janeen McAllister  
  Tom & Kathy Neukom  
  Roman Oliynyk & Maureen Hackett, m.d.  
  Daniel Parnell  
  Daniel Paskewitz  
  Jean & Joseph Rozinka  
  Lorraine C. Weber  
  Joseph Zwack

*Gifts listed were received between July 1, 2011 – June 30, 2012. Please accept our apology if your name is misspelled or missing in any of the lists of this report. Please call Michelle Greene at 651-645-2948 to correct our records.*
# STATEMENT OF FINANCIAL POSITION

## June 30, 2012 & 2011

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash</td>
<td>$227,157</td>
<td>$216,178</td>
</tr>
<tr>
<td>Cash Held for Others</td>
<td>14,708</td>
<td>2,778</td>
</tr>
<tr>
<td>Accounts Receivable</td>
<td>102,006</td>
<td>105,353</td>
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<tr>
<td>Contributions Receivable</td>
<td>23,455</td>
<td>90,232</td>
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<tr>
<td>Inventories</td>
<td>6,662</td>
<td>5,986</td>
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<tr>
<td>Prepaid Expenses</td>
<td>29,550</td>
<td>22,433</td>
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<tr>
<td>Furniture and Equipment, Net</td>
<td>3,865</td>
<td>7,915</td>
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<tr>
<td>Beneficial Interest in Funds Held by Others</td>
<td>138,912</td>
<td>146,379</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td>$546,315</td>
<td>$597,254</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LIABILITIES</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts payable</td>
<td>$38,898</td>
<td>$52,782</td>
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<tr>
<td>Accrued Expenses</td>
<td>7,261</td>
<td>7,198</td>
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<tr>
<td>Deferred Revenue</td>
<td>18,750</td>
<td>3,802</td>
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<tr>
<td>Funds Held for Others</td>
<td>14,708</td>
<td>2,778</td>
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<tr>
<td><strong>Total Liabilities</strong></td>
<td>$79,617</td>
<td>$66,560</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NET ASSETS</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Unrestricted</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Undesignated</td>
<td>$72,428</td>
<td>$53,786</td>
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<tr>
<td>Beneficial in funds held by others</td>
<td>138,912</td>
<td>146,379</td>
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<tr>
<td><strong>Total Unrestricted</strong></td>
<td>$211,340</td>
<td>$200,165</td>
</tr>
<tr>
<td>Temporarily Restricted</td>
<td>200,451</td>
<td>275,622</td>
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<tr>
<td>Permanently Restricted</td>
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<td>54,907</td>
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<tr>
<td><strong>Total Net Assets</strong></td>
<td>$466,698</td>
<td>$530,694</td>
</tr>
</tbody>
</table>

| TOTAL LIABILITIES AND NET ASSETS                    | $546,315 | $597,254 |
Mental "illness" = More Love
## STATEMENT OF ACTIVITIES

Years ended June 30, 2012 & 2011

### 2012

<table>
<thead>
<tr>
<th></th>
<th>UNRESTRICTED</th>
<th>TEMPORARILY RESTRICTED</th>
<th>PERMANENTLY RESTRICTED</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUPPORT AND REVENUES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contributions</td>
<td></td>
<td></td>
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<tr>
<td>Individuals</td>
<td>$327,905</td>
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<td>$357,905</td>
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<tr>
<td>Foundation</td>
<td>195,376</td>
<td>126,400</td>
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<td>321,776</td>
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<tr>
<td>Government</td>
<td>269,392</td>
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<td>-</td>
<td>269,392</td>
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<tr>
<td>Juvenile Justice Coalition</td>
<td>-</td>
<td>77,817</td>
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<td>77,817</td>
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<tr>
<td>Membership Dues</td>
<td>22,739</td>
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<td>22,739</td>
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<tr>
<td>Interest Income</td>
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<td>2,715</td>
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<tr>
<td>Investment Income (Losses)</td>
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<td>-</td>
<td>(1,601)</td>
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<tr>
<td>on funds held by others</td>
<td>(1,601)</td>
<td>-</td>
<td>-</td>
<td>(1,601)</td>
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<tr>
<td>Conference</td>
<td>27,346</td>
<td>-</td>
<td>-</td>
<td>27,346</td>
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<tr>
<td>Special Events, Net</td>
<td>72,509</td>
<td>-</td>
<td>-</td>
<td>72,509</td>
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<tr>
<td>Merchandise Sales, Net</td>
<td>4,762</td>
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<td>-</td>
<td>4,762</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>12,871</td>
<td>-</td>
<td>-</td>
<td>12,871</td>
</tr>
<tr>
<td>Net Assets released from restrictions</td>
<td>309,388</td>
<td>(309,388)</td>
<td>-</td>
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</tr>
<tr>
<td><strong>TOTAL SUPPORT AND REVENUES</strong></td>
<td>$1,243,402</td>
<td>$(75,171)</td>
<td></td>
<td>$1,168,231</td>
</tr>
</tbody>
</table>

### EXPENSES

<table>
<thead>
<tr>
<th></th>
<th>UNRESTRICTED</th>
<th>TEMPORARILY RESTRICTED</th>
<th>PERMANENTLY RESTRICTED</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Program and Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Education and Support</td>
<td>696,057</td>
<td>$-</td>
<td>$-</td>
<td>696,057</td>
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<tr>
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<th>PERMANENTLY RESTRICTED</th>
<th>TOTAL</th>
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<tr>
<td><strong>Support Services</strong></td>
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**TOTAL EXPENSES**

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<td>TOTAL</td>
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<td>------------------------</td>
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<tr>
<td><strong>SUPPORT AND REVENUES</strong></td>
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<td>Contributions</td>
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<td>on funds held by others</td>
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</table>
FINANCIALS

**REVENUES**
- Contributions from individuals: 31%
- Contributions from foundations: 28%
- Government grants: 23%
- Fiscal sponsorship: 7%
- Special Events: 6%
- Conference: 2%
- Membership dues: 2%
- Miscellaneous: 1%
- Interest income: 0%
- Merchandise sales, net: 0%
- Total: 100%

**EXPENSES**

**Program Services**
- Education and Support: 56%
- Public Awareness: 13%
- Information and advocacy: 6%
- Public policy: 6%
- Membership: 3%

**Supporting Services**
- Management and general: 9%
- Fundraising: 7%
- Total: 100%