Advocates Seek Equal Mental Health Care

An overflow crowd packed the Capitol Rotunda for Mental Health Day at the Capitol on Thursday, March 15. More than 500 people joined in the rally to call on legislators to make mental health care services equal to those provided for physical care.

Long waiting lists, lack of crisis response and school-linked mental health services, and shortages of psychiatrists, psychologists, residential treatment, affordable supportive housing, employment programs and more remain commonplace.

"Had there been a bed available when my son so desperately needed it, there is no doubt that my son would be here today," said Becky Scheig, whose son Andrew didn’t survive the shortage of services.

NAMI member Becky Scheig urged legislators to support mental health parity.

With a photo of her son resting on the podium beside her, Scheig continued, "I find it appalling that in this state that is known for its abundance of chemical treatment programs we lack when it comes to available and appropriate treat-

See “Seeking Parity” p.3

NAMI’s Move Builds Momentum for Change

It’s hard to imagine, but NAMI Minnesota originally began around a kitchen table. Later, we moved to an efficiency apartment. Through the years we’ve grown by leaps and bounds into a staff of 35 with an ambitious mission to serve thousands of people around the state, and NAMI’s momentum to create positive change continues to gain speed.

Executive director Sue Abderholden remarked, “When I came to NAMI Minnesota over 16 years ago, I knew we would get bigger, because there is so much work to do. We have been diligent in making NAMI into the largest grassroots organization of its kind in the state. By the time you read this, we will be settling into our new, larger office. This move marks another key milestone in strengthening NAMI’s leadership in our movement to educate, support and advocate for those living with mental illnesses and their families.”

NAMI’s new location has a larger conference room (shown), more office space, new cubicles and furniture and better technology.

NAMI’s new office is located at 1919 University Ave. W. in St. Paul. It offers easier access to public transportation and more opportunities to bring in people for volunteering, training, classes and outreach. Having the additional space will allow us to enhance the scope of our mission.

See “NAMI Moves” p.6
Making a Difference in a Difficult Legislative Year

The legislative session will be coming to a close when this newsletter hits the mailboxes. It officially ends on May 21 and all the deadlines for bills to be “alive” will be done by April 20. There are many important and controversial issues that are moving forward.

The mental health parity bill was pared down to creating a task force to make recommendations on how the health plans will demonstrate to the Departments of Health and Commerce that they are implementing the mental health and substance use disorder parity law. The bill met all the deadlines and will likely have a small fiscal note. We are hopeful that it will pass.

The bill to provide online suicide prevention training to teachers is moving forward and was included in the House Republican safe schools package. It was heard in the Senate as well. The safe schools package also includes $5 million for school-linked mental health services, the same as proposed in the Governor’s supplemental budget request.

The bill to extend the deadline to use state funds when the Federal government pulls back Medicaid funding from children’s residential treatment programs will likely pass, with the deadline extended from May 2019 to June 30, 2019 instead of into the next biennium. But even this small change will help.

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Groups Visit Legislators


Rep. Rena Moran (center) listened to constituents.

Advocates met with Rochester area Sen. David Senjem (center of back row).

Sen. Melisa Franzen (center, standing) greets rally-goers.

Sen. Kent Eken (4th from L) met with Becker area residents.

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The Medicaid Work Requirement bills are, unfortunately, moving forward, although Governor Dayton has stated that he opposes it and would veto it. The bill would require all “able bodied adults without children” to work, volunteer or job seek at least 80 hours a month. For people with mental illnesses to be exempted from the work requirements they would have to be certified as “disabled” or “mentally unfit” for work. People would need to certify monthly that they are working. The bill would cost the state money – not save it money – and would require a huge investment in county and state staff to verify that people are working or are unfit to work.

When Medicaid expanded to people with low incomes where they didn’t have to prove they had a disability, many more people were able to access mental health care for the first time.

The county bill to provide bonding money to develop crisis stabilization services, crisis homes and supportive housing is still moving. Changes were made to clarify that these were not regional treatment centers nor were they central receiving or triage centers that exist in other states. They will be providing real treatment and will need to demonstrate on their applications the sources of funding, sustainability and an evaluation component.

NAMI had other bills that looked at addressing the “flow” issues in our mental health system, increasing funding for Bridges and supportive housing, increasing funding for early childhood mental health and more. It does not look like these will be included in the final bills this session.

To keep up-to-date and to know when calls are needed, please sign up for the legislative updates at namihelps.org. Our movement needs everyone calling their legislators if we are to continue to build our mental health system.
Seeking Mental Health Parity...from p.1

Mental health service providers, advocates, legislators and people living with a mental illness also spoke up at the rally.

Jenna Ericson told the crowd, “I am one of the many faces of mental illness. Like many of you I have been in the trenches fighting for my health and my life. I was the patient who nobody ever thought could get better. It’s been 11 years since an ER nurse made that prognosis, and today I’m proud to say that I am in recovery.”

“It hasn’t been easy,” Ericson advised. “But with the help of some dedicated family, friends and professionals I was able to find a path out of darkness.”

Sponsored by the Mental Health Legislative Network, a coalition of nearly 40 organizations, the event brought busloads of people from throughout the state to join in the event and share their stories with legislators.

“We’re here to advocate for parity and equality,” exclaimed NAMI Minnesota’s executive director Sue Abderholden. “We don’t want children and adults with mental illnesses to face discrimination.

“Mental health care can no longer be treated like the 2nd cousin in healthcare. It needs to be funded. Through the years we have made great progress but we are not there yet. Our system is backed up. People wait for months for an appointment. People wait in the ER for a bed. People wait in residential care for services in the community. People wait for affordable housing. I don’t know about you, but I am tired of waiting.”

Psychologist Wille Garrett said, “What I see in my practice is that there is a huge shortage of providers, of all providers – especially providers of color. And not all providers prefer to work with people who are underserved populations.”

Rep. Dario Anselmo, chief author of online training for suicide prevention for teachers shared his family story and summed up, “We need to better fund and better support mental health as a parity to regular healthcare that’s out there.”

Also speaking were Rep. Matt Dean, Rep. Deb Kiel, Rep. Jim Davnie, Rob Edwards of the Lee Carlson Center, and Shannah Mulvihill of Mental Health Minnesota. A pre-rally information session also drew hundreds of people to learn more about the mental health proposals for this year’s legislative session.
After weeks of debate and an outpouring of public support, the Forest Lake City Council, on April 9, voted 3-2 against a proposed Psychiatric Residential Treatment Facility (PRTF) in their community. A PRTF is a new type of residential mental health treatment for children and youth up to age 22 (so long as they enter the facility by age 21), offering residential treatment that is less intensive than a hospital but more intensive than other forms of children’s residential treatment for a mental illness.

The PRTF in Forest Lake would have been a vital part of our children’s mental health system. In Washington County alone, 20% of children had to go out-of-state to receive residential treatment in 2016 and 2017. Statewide, roughly 300 children go out of state every year to access this level of treatment. This is unacceptable. That’s why NAMI and over 100 advocates attended the Forest Lake City Council meetings on Feb. 26 & April 9 in strong support of a PRTF in their community.

The support for the PRTF was inspiring. But the City Council delayed a final vote on the zoning amendment and referred the project back to the City Planning Commission. Once again, the PRTF was unanimously passed by the planning commission but the Council still voted it down.

Congress and the President have successfully passed a budget, averting a government shutdown and providing newfound certainty regarding federal funding for key mental health issues. Even better, the new budget makes a significant investment in mental health programs for the upcoming year. NAMI is especially excited that there is a $160 million increase in the Mental Health Block Grant – the largest increase that has ever been made in this program. The grant supports a range of mental health services, with 10% of the grant set aside for first episode psychosis treatment.

The budget also focuses on addressing mental illness in the Criminal Justice system, making the largest ever increase of $18 million in the Mentally Ill Of-fender Treatment and Crime Reduction Act. This program supports Crisis Intervention Teams (CIT), mental health courts, jail diversion programs, and other state and local initiatives to improve collaboration between criminal justice and mental health systems. We still have a long way to go, but this investment will help to divert more people with a mental illness from the criminal justice system.

The new federal budget also prioritizes Housing, with a $402 million increase for Section 811 mainstream vouchers. This program supports non-elderly individuals with a disability to access housing, including those with a serious mental illness. Permanent supportive housing also saw a significant increase in the budget.

Congress made a substantial investment in opioid treatment and prevention. It doubles State Targeted Response to Opioid Crisis funding from $500 million to $1 billion, with $50 million set aside for Native American tribes or organizations. It also includes $130 million for Rural Communities Opioids Response, a new program that provides treatment and prevention services tailored to rural communities.

In March, U.S. Senators Tina Smith and Lisa Murkowski introduced a bill to expand mental health services in the school system. The Improving Access to Mental Health Services Act would bring mental health professionals who work in the National Health Service Corps (NHSC), a student loan forgiveness program, into schools, community-based organizations and homes of families who need the services.

Right now, NHSC professionals can only provide care at certain approved clinics and the care they can provide off site is very limited. The bill would bolster mental health options for young people living in rural areas who lack adequate access to these services. This issue was one of the main issues brought up by those living in Greater Minnesota when NAMI Minnesota’s Sue Abdeholden held town forums on her 40-city tour of the state.

“Lawmakers often talk about the urgent need to expand mental health services,” said Sen. Smith. “But we need to do more than just talk. This is a common sense, bipartisan effort that needs to be passed into law.”
NAMI’s Children’s Team Reaches Out to Students

While the end of the school year is coming up, NAMI’s children and young adult team is keeping busy in supporting families and their schools throughout Minnesota. On May 10, the United States will be celebrating Children’s Mental Health Awareness Day as part of May is Mental Health Month.

This year’s national observance focuses on the importance of an integrated health approach to supporting children, youth, and young adults who may be struggling with mental illness or other mental health challenges.

Just in February, NAMI reached over 4,500 students through its Ending the Silence presentations at Burnsville High School, Minnesota Math and Science Academy, Hopkins High School, Dakota County Technical College, Pine Island High School and Central Public High School.

This programming provides students the ability to discuss topics surrounding mental health and mental illness, what the early warning signs are and what they should look out for, and how they can get connected to support if they or a loved one are struggling.

Students also listen to a young adult tell the story of their mental health journey, from initial onset to recovery, and participate in discussions along the way. NAMI is excited to see how this conversation is spreading to more and more schools and reaching kids that need it the most.

More Schools Sought for “Shoe Day”

Every April and May, NAMI Minnesota hosts “Walk A Mile In Our Shoes” in a dozen high schools to supplement our existing school programming and celebrate Mental Health Month. We invite schools to join us in our mission to help students and staff continue the conversation around mental illness and the negative consequences of stigma.

For NAMI’s Shoe Day, we set up booths during lunch periods and students are encouraged to write pledges on our interactive banner as to how they can offer support to themselves, their loved ones, and others in their community. Students are also given the opportunity to talk to NAMI Staff and volunteers and get connected to resources or hold discussions.

To make our 2018 mission possible, we need you! If you are involved within the school system in any way, consider having NAMI come out to engage with your school. For information, contact Liz Babkin, Parent and Youth Educator, at ebabkin@namimn.org.

Student Starts Stick with Hope Campaign

It takes one voice to start the conversation about mental health, which is why NAMI’s children and young adult team is excited to partner with Esperanza Lee, a local Minnesota student, to help spread her “Stick with Hope” campaign to schools throughout the metro area.

Stick With Hope is a youth-led initiative to advocate for mental wellness through notes of encouragement. Messages of hope are written on sticky notes and the packs are given for free to youth who volunteer to serve as ambassadors through writing supportive messages to other students or loved ones.

If you’re interested in becoming involved with Esperanza’s project or want packs sent to your school, contact her at esperanza.n.lee@gmail.com.

Mental Health Resources Adds Minnesota Alternatives

Mental Health Resources recently announced the intended purchase of Minnesota Alternatives. The addition of outpatient chemical health treatment services will enable MHR to more fully address the needs of people with serious mental illnesses who also have a co-occurring substance use disorder.

Minnesota Alternatives has a history of successfully working with people experiencing serious mental illnesses and substance use disorders by providing outpatient treatment, peer support and drop-in services.

The model embraces a full range of client goals from abstinence to harm/risk reduction and they provide trauma treatment that includes EMDR, CBT, Prolonged Exposure, Brain Spotting, and Somatic Experiencing. The program also integrates neuroscience, skills training, mindfulness practice, and peer support. They contract with an Addiction Psychiatrist who uses state of the art medication protocols, including Suboxone, to reduce both recurrence and the severity of substance use. Minnesota Alternatives has offices in Spring Lake Park and St. Paul.
Beyond the Baby Blues Set for June 7

Beyond the Baby Blues is a full-day conference designed to educate professionals and families about mood disorders and anxiety before, during and after pregnancy.

This year’s conference will feature a keynote presentation by Jamie Zahlaway Belsito who has a lived experience with post-partum mood and anxiety disorders, and is the founder of Effie’s Grace, a specialty firm that offers grassroots advocacy expertise for positive women’s health outcomes. There will also be breakout sessions on current topics, and a networking lunch.

Beyond the Baby Blues will be held Thursday, June 7 at the University of Minnesota Continuing Education Center, 1890 Bufford Avenue, in St. Paul.

CEUs and student discounts will be available. For more information, contact Briana Libby at blibby@namimn.org or 651-645-2948 x128.

Cross-Cultural Psychology is Emerging Force

The academic discipline of psychology and the study of mental health were developed largely in North America and Europe utilizing research studies conducted on participants, 90% of whom were from countries that are Western, educated, industrialized, rich and democratic.

Despite the similar composition of the study group, findings from these studies were thought to be universal and generalizable to the broader human population.

And, while some would argue these studies have been remarkably successful in understanding what drives human behavior and mental processes, new research has recently begun to question this assumption, especially as it relates to cultural differences in thinking, self-construal, perception, and self-expression.

Studies have shown that cultural differences in thinking styles are pervasive in cognition – affecting memory, attention, perception, reasoning and how we talk and think. Additionally, a number of culturally specific syndromes have been identified which exist outside of the North American and European groups traditionally studied.

Clearly, many psychological phenomena are shaped by the culture we live in. The existence of culture-bound syndromes has been acknowledged by both the World Health Organization and the American Psychiatric Association recently, as some culture-bound syndromes have been included in their classifications of mental illnesses.

“Cross-cultural psychology,” the field in psychology that looks at how cultural factors influence human behavior is emerging as an increasingly important topic as researchers strive to understand the differences and similarities among people of various cultures throughout the world.

(Excerpted from How Knowledge about Different Cultures is Shaking the Foundations of Psychology - March 9, 2018 - by Nicolas Geeraert, The Conversation.)

NAMI Moves...continued from p.1

As our movement grows, we need your help. We have raised $101,000 and are more than halfway to our goal of raising $200,000 for our capital campaign. These funds are being used to pay for our move, new cubicles and office furniture, better technology and more.

The Wasie Foundation has generously provided a 3:1 match. For every $3.00 we raise, the Waise Foundation will match it by $1.00 up to $5,000. This grant is contingent on us raising funds from donors who have not given in a year or longer and from new donors.

If you are new to NAMI, or have been away for a while, please consider making a gift. Current donors are encouraged to invest in our capital campaign as well! For larger donations, the donors will receive special recognition on a “Tree of Hope” to be displayed in our new office. Donors of $5,000 or more will have their name on a gold leaf; $2,500-$4,999 will be recognized on a silver leaf; and $1,000-$2,499 will have their name on a copper leaf.

To donate in any amount, please send a check with memo noting “capital campaign” to: NAMI Minnesota, 1919 University Ave. W., Suite 400, St. Paul, MN 55104 or give online at namihelps.org. For information contact Dinah at 651-645-2948 x104 or ddale@namimn.org.

Roundtable on Opioid Crisis

U.S. Sen. Tina Smith (center) held a roundtable talk on the opioid crisis on Jan. 12. NAMI’s executive director Sue Abderholden (2nd from L) discussed the need for dual disorder programs.
Physical Activity and Mental Wellness

Physical activity can play a large role in an individual’s mental health. A study by the American Psychiatric Association shows the outcomes of exercise on individuals who are depressed is similar to those receiving psychotherapeutic interventions. Exercise can relieve symptoms such as social withdrawal and low self-esteem.

This study goes on to state, “although structured group programs can be effective for persons with serious mental illness, walking programs and lifestyle changes that focus on accumulation of moderate-intensity activity throughout the day may be most appropriate.” Moderate activity 3-5 times per week for 30-60 minutes can also help an individual reduce anxiety, improve sleep, and help manage stress levels.

Physical Activity & Mindfulness was the topic of NAMI’s Wellness Series in March. Community members learned the benefits of incorporating moderate physical activity into their life. Tai chi and elastic band stretching were also demonstrated so participants were able to learn moderate activity level skills and improve their mental health by adding these into their daily life.

NAMI’s Wellness Series previously covered Sleep, Self-care & Mindfulness, and will wrap up on April 19 with a session on Nutrition. It will be held from 1:00-2:30 p.m. at the Rondo Community Library, 461 Dale St. N., in St. Paul. Join this free event to learn about nutrition’s link to mental health, presented by Registered Dietitians from Melrose Center. For more information, contact Cat Gangi or Hayley Smith at 651-645-2948.

NAMIWalks, set for Sept. 22 this year, is a joyous and inspirational event. If you would like to “step-up” in support of NAMI Minnesota and learn how to participate in NAMIWalks, join us for our Walk Information Meeting on May 22 at 6:00 p.m. at NAMI Minnesota, 1919 University Ave. W., Suite 400, St. Paul. Snacks & beverages provided. RSVP to Amy Britt at abritt@namimn.org or 651-645-2948 x112.

NAMIWalks Committee Members Wanted

Organizers, influencers, connectors, and doers – join our team! Please join the NAMIWalks leadership committee and help plan and facilitate our favorite day of the year. The committee meets once each month between May and September. Your experience with social media, your connections in your community, your encouragement of team captains with fundraising motivation, or just your energy and humor are needed! Knowledge of our local corporate community or fearlessness with asking for in-kind donations is a huge plus. If interested, contact Amy Britt at abritt@namimn.org or 651-645-2948 x112.

NAMIWalks Sponsors

By being a part of the energy and momentum of NAMIWalks, sponsors leave a lasting impression and help to raise awareness and change attitudes about mental illnesses. Levels range from $250-$20,000. To receive detailed sponsorship information, contact Amy Britt at abritt@namimn.org or 651-645-2948 x112.

NAMIWalks Kick-Off Breakfast

NAMIWalks Team Captains and those interested in raising critical support for NAMI are enthusiastically encouraged to come to this free event where we’ll share tips and inspiration, and learn from each other’s NAMIWalks experiences. You’ll be inspired with true NAMI spirit at this event on Wednesday, August 1, from 7:30 to 9:00 a.m. at Pinstripes in Edina. RSVP information to come!

NAMIWalks Sponsors

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Research Dinner Highlights New Directions

NAMI Minnesota and the University of Minnesota’s Department of Psychiatry held their annual Research Dinner on Feb. 27 at the Radisson Hotel in Roseville.

The event was attended by nearly 100 people and featured talks by some of the University’s finest psychiatric research scientists.

Secrets Revealed on Antipsychotic Receptors

Scientists funded by the National Institutes of Health have achieved a landmark of psychiatric neuropharmacology: deciphering the molecular structure of a widely prescribed antipsychotic docked in its key receptor. They are hopeful that this discovery may hold secrets to designing better treatments for schizophrenia, bipolar disorder, and other mental illnesses.

“For the first time, we can understand precisely how atypical antipsychotic drugs bind to their primary molecular target in the human brain,” explained Dr. Laurie Nadler, chief of the neuropharmacology program at the National Institute of Mental Health (NIMH), which co-funded the study along with the National Institute of General Medical Sciences and the National Cancer Institute.

“This discovery opens the way for the rational design of a new generation of antipsychotic drugs, hopefully with more desirable effects and fewer side effects.”

Researchers Bryan Roth, M.D., Ph.D., of the University of North Carolina (UNC) Chapel Hill, Brian Shoichet, Ph.D., of the University of California San Francisco, and colleagues, report on their discovery of the crystal structure of the antipsychotic risperidone docked in the D2 dopamine receptor in the journal Nature.

Before becoming a laboratory scientist, psychiatrist Roth experienced first-hand the limitations of existing antipsychotics while treating patients with schizophrenia. The medications excel at quelling hallucinations and delusions, yet largely fail to address schizophrenia’s debilitating cognitive and social impairments, while increasing risk for movement disorders, weight gain, and other metabolic and cardiovascular side effects.

Many of these side effects result from existing antipsychotics’ interaction with several other types of receptors in addition to the D2 receptor. Consequently, an in-depth understanding of the molecular workings holds hope for designing agents with just the desired properties that would act more precisely.

For example, Roth and colleagues in 2016 reported developing such a designer pain-reliever that works via a key opioid receptor, but in a way that avoids morphine’s side effects. Earlier this month, they similarly revealed a designer opioid compound that selectively acts through a different opioid receptor that has a more benign side effect profile.

The new molecular pictures show that risperidone binds to the D2 receptor in an unexpected way that could not be predicted based on previous structures of similar dopamine receptors. Notably, the D2 receptor harbors an unexpectedly deep “pocket” that the researchers think could be targeted to design more selective drugs with fewer side effects.

(Article from NIMH, Jan. 29, 2018)

One Crisis Phone Number Piloted in Twin Cities

The MN Dept. of Human Services has been testing a new phone number to connect people to mental health crisis services. Testing of this number in the metro area has been completed, and the pilot of the new crisis number is now getting underway.

Starting Monday, January 8, individuals and service providers in the Twin Cities metro area, calling from a cell phone, can call one number – **CRISIS (**274747) – and have their call seamlessly forwarded to their county mental health crisis team.

At this time, **CRISIS is being piloted in the metro area only. The counties in the **CRISIS pilot are Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington. Eventually, **CRISIS will replace a list of 30 county crisis numbers across the state. As the system rolls out, a landline 800 numbers will be added for people without cell phones, especially in rural areas.

During the pilot, in order not to miss any calls, if an individual outside of the metro area calls the number they will be routed to their local team as well. However, data collection will be focused on the metro area at this time.

For more information, contact Dominique. jones@state.mn.us.
NAMI Dakota County and NAMI Western MN

NAMI Dakota County
On the second Tuesday of every month, from 7:00-8:00 p.m., you can find NAMI Dakota County members at their monthly education night. Each month, affiliate members choose a topic or speaker based on their local interests and needs. Previous topics/speakers include a representative from Work Incentives Connection at Goodwill/Easter Seals and the Vitals app.

Upcoming topics are Employment and Training Programs in April and “Get to Know NAMI” in May. NAMI Dakota County education nights are located at Mary Mother of the Church, 3333 Cliff Road, in Burnsville.

NAMI Dakota County also manages an emergency fund to help individuals who are living with mental illnesses cover basic needs in crisis situations. The group is currently working through the NAMI re-affiliation process. For more information on NAMI Dakota County and monthly education nights, visit www.namidakota.org.

NAMI Western MN
The NAMI Western Minnesota “Rural Rowdies” recently participated in the Community Days fundraiser in partnership with Herberger’s in Willmar. The affiliate sold coupon books for $5.00 each and raised over $1200!

NAMI Western Minnesota offers on-going monthly support groups and plans to participate in the Annual Community Conference on the Brain in Willmar in April. For more information, visit www.namiwesternminnesota.org.

U of M Developes Early-Onset Mood Disorders

Mood disorders – major depressive disorder and bipolar disorder – affect 60 million Americans. Receiving an early, accurate diagnosis and receiving treatment with evidence-based medications and psychological approaches are the keys to full, sustained recovery. However, major depressive disorder and bipolar disorder often go undiagnosed, or get misdiagnosed as other medical or psychiatric conditions.

One of the difficulties in correctly diagnosing major depressive disorder and bipolar disorder is that they typically begin in adolescence or early adulthood, and their symptoms can be difficult to distinguish from the normal developmental challenges faced by people at that age, and from other conditions with similar symptoms (for example substance use disorders or attention deficit disorder).

Misdiagnosis and incorrect treatment lead to a greater likelihood of recurrent mood episodes, poor treatment response, and disability.

To ensure that Minnesotans with major depressive disorder and bipolar disorder receive the best possible care from the outset of their mood disorders, the University of Minnesota Department of Psychiatry has created an Early-Onset Mood Disorders Discovery Clinic.

This state-of-the-art clinic, led by Dr. David Bond, MD, PhD, and Dr. Kathryn Cullen, MD, will provide comprehensive, multidisciplinary assessments and treatment for children, adolescents and young adults with mood disorders. The clinic team will use a combination of in-depth interviews with affected people and their families; computerized self-report questionnaires and psychological/cognitive testing; and laboratory investigations to arrive at the correct diagnosis and an individualized treatment plan.

The clinic’s missions will also include training the physicians of the future, and conducting groundbreaking research into the diagnosis, treatment, and brain basis of major depressive disorder and bipolar disorder.

Who is eligible:
- Children, adolescents and young adults (age 25 or younger)
- Diagnosed with major depressive disorder or bipolar disorder, or these diagnoses are suspected
- Symptoms are not so severe that immediate hospitalization is required

What to expect:
- A comprehensive, team-based diagnostic assessment by psychiatrists, psychologists, pharmacists, advanced-practice registered nurses, family therapists, and trainees in these disciplines
- An individualized treatment plan that, depending on a person’s needs, may include medications, education about self-care strategies, psychological interventions, and family counselling
- Up to two years of follow-up by the clinic team to ensure excellent treatment response with minimal side effects

(From the University of Minnesota Dept. of Psychiatry)

Discovery Clinic

Willmar Fundraiser

NAMI Western MN sold Herberger’s coupon books.

Family Teachers Trained

New Family-to-Family teachers were trained Jan. 19.
Memorials & Tributes

Dec. 22, 2017 - March 10, 2018

In Memory of

AARON KITCHENER
From
Michael Zalk

ALEXANDER BERGER
From
Brian & Gail Berger

ANDREW ENGELDINGER
From
Leonard & Renee Peterson

ANNA JEANNE HEDHILD
From
Bernard & Gail Berger

ANTHONY MITCHELL
From
Mary Olin

ANTHONY MITCHELL
From
Mary Tomes & Gary Yangita

FAITH RUSSELL & JOHN MILLER
From
Robert Rupp

JAN PETERSON
From
Pete & Caryl Peatrowsky

CLAIRE & STEVEN PARSONS
From
Denny & Paula Olander

MICHAEL & SANDRA MUYRES
From
Mr. & Mrs. Mante W. Miller

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Terrance Metz

Donald Mcung & Anne

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Jan Peterson

Michael Pickett &
Barbara Feller-Pickett

Robert Rupp

Faith Russell & John Miller

Mary Tomes & Gary Yangita

Brian & Jennifer Toms

ANTHONY MITCHELL
From
Mary Olin

BEATRICE TAMMINEN
From
Paul & Diane Amundson

BEN HANSEN
From
Cindy Nollette

Nancy Kohout

Kathleen Kozub

Robert & Claire Kreuter

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George Droese, MD

From

Dexter Albrecht

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Tyler Berling

Colby Dewshy

Scott Gullickson

Jonathan Mikkelsen

Brenda & Scott Apelbacher

BRIAN HENRY IDEMANN
From
Elizabeth Walters

CHAR COAL
From
Shelley & Tony White

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From
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COAL GOETTE
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Mary Lee Benner

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From
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From
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Lori Grotto

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Landon Lind
From
Megan Martinson

Lisa Ann Calderon
From
Anna Lilson

Loretta Lundy
From
David & Jennifer Fox

James Fox

Kathy L Metcalf

Margaret Bednarz
From
Robin Rovick

Mark L. Sabin
From
Charles & Carol Emery

Rhonda K Franken

Steve & Susan Josephson

Bradley T. Lindes

Sandra & Raymond Meglic

Gregory Muth

Sahmil

Maureen Mikel
From
Brenda & Scott Apelbacher

Michael David Halsey
From
Lihan Tsi

Nancy Olson
From
Bart & Margie Schneider

Nick Lee White
From
Eric & Lucinda White

Bill & Noel White

Noah Storslee
From
Gina Davis

Patrick D. Cotter
From
Shelley & Tony White

Reidun M. Henicord
From
Michelle Lindner

Robert A. Lawrence
From
David & Susan Lorence

Robert Granquist
From
Kristin Teipel

Robert Jonathan
Wellington, III
From
Chana & Phil Weber

Ruth Marie Odegaard
From
Family of Ruth Marie Odegaard

Ryan Christopher Fuih
From
Tom & Lorrie Fuih

Sam Macey
From
Sue Abderholden & Lee Keller

Emily & Bing Carlin

Joseph & Sarah Walbran

Tammy Tischler
From
Wendy & John Rucinski

Thomas Carter, MD
From
James L. Craig, MD

Marilyn Zimmerman

Tim Pofelr
From
Melissa Hunter

Kristofer Dupedal
From
Cindy Olson

Liz Bahkin
From
Peter Leonov

Meagan Pruoty
From
Mark Peterson

Michael Trangle, MD &
Carris Borchardt, MD
From
Gail Bernstein, MD &
Thomas Davis, MD

Michael K. Popkin, MD &
Renee Popkin
From
Mark & Rebecca Oland

Rich & Julie Varda
From
Kenton Varda

Sandy Heidemann &
Jim Stengel
From
Mark Stengel

Sue Abderholden
From
Lisa & Gordon Alexander

Talender Family
From
Thomas & Sue Talender

Thomas Peterson
From
Mark Peterson

www.namihelps.org
Homefront Classes for Families & Friends of Vets

NAMI National has a new online class called Homefront. This is a free, 6-session class for family and friends of Military Service Members and Veterans. The class helps families comprehend what their loved one is experiencing related to trauma, combat stress, civilian life, PTSD and other mental health conditions.

Topics include mental health, communication, handling crises, treatment and recovery. To learn more about Homefront and register for this online course copy and paste this link into your browser: https://www.nami.org/homefront.

Upcoming classes will be held as follows:
- Eastern, Mondays, 6:30 - 8:30 p.m., ET, 4/30/2018 to 6/11/2018
- Central, Wednesdays, 6:30 - 8:30 p.m., CT, 5/2/2018 to 6/6/2018
- Mountain, Thursdays, 6:30 - 8:30 p.m., MT, 5/3/2018 to 6/07/2018
- Pacific, Mondays, 6:30 - 8:30 p.m., PT, 4/30/2018 to 6/11/2018

Please note the Time Zone listed for each class time.

Fundraisers by Others Support NAMI’s Work

Thank you to all of our Do It Yourself Fundraisers for supporting NAMI Minnesota’s work! Your support and hard work are very important to us and to our mission.

- A student at Maple Grove High School, Isabel Taufen, organized a concert with music provided by students. The concert was well attended and raised awareness of the need to support those living with a mental illness and their families. The proceeds of $1,570 from the ticket sales went to NAMI Minnesota.
- An Annual Bowling Tournament in memory of Bill Oehlers is held by Bill’s college friends. The tournament continues to grow, and one of the highlights is that the bowlers wear ugly bowling shirts in memory of Bill who died by suicide. Bill was well known for wearing his favorite ugly bowling shirt to formal events. Old and new friends came together to raise over $1,300 for NAMI Minnesota.
- The employees of Great Northern Twin Cities, LLC selected NAMI as their favorite charity, and donated $1,042 to our cause.

Do it Yourself fundraisers not only raise much-needed funds, but they also raise community awareness and bring in additional people to build our movement. If you would like to hold a fundraiser for NAMI Minnesota, go to namihelps.org/about-nami/giving.html or contact Dinah Dale at ddale@namimn.org or 651-645-2948 x104.

Crisis Text Line Launched

As of April 1, Crisis Text Line is offering text-based suicide prevention services across Minnesota. People who text MN to 741741 will be connected with a counselor who will help defuse the crisis and connect the texter to local resources. Crisis Text Line is available 24 hours a day, seven days a week.

Crisis Text Line handles 50,000 messages per month across the U.S. For callers who are in the most in distress, average wait times for a response is only 39 seconds.

GRANTS KEEP NAMI GROWING

IRIS CIRCLE ($10,000+)
- Haggerty Family Foundation – General Operating
- The Minneapolis Foundation – General Operating
- Ruth Marie Odegard – General Operating

VISIONARY ($5,000-$9,999)
- The Elizabeth C. Quinlan Foundation, Inc. – General Operating
- Wasie Foundation – Matching first-time donors or donors who have not donated in one year or more

BENEFACTOR ($1,000-$4,999)
- AMRTC Auxiliary Rose Masenbrook Fund – Capital Campaign
- Archie and Tina Smith – General Operating
- Brown Family Foundation – General Operating
- Carney Family Partnership – General Operating
- Charlotte Monroe and Barbara Shine Family Fund – General Operating
- Don and Abby Marier Giving Account – General Operating
- Family Memorial Fund of The Minneapolis Foundation – General Operating
- Foundation for the Development of People – Family-to-Family
- Grace Upon Grace Mooty Family Foundation – General Operating
- Jean Enloe – General Operating
- Kunin Family Fund – General Operating
- Last Man Standing Club – General Operating
- Lorraine and Harry Hammerly Fund – General Operating
- Mary and Gary O’Brien Family Fund of The Minneapolis Foundation – General Operating
- Miller-Levin Family Fund – General Operating
- Nancy Somers Family Foundation – General Operating
- The Robert Karels and Sandra Robinson Charitable Fund – General Operating
- Sacajawea Charitable Foundation – General Operating

NAMI Speakers Trained

Four new speakers were trained in March to be part of NAMI’s Speakers Bureau.

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NAMI SUPPORT GROUPS

FAMILY SUPPORT GROUPS
Andover
Becca: 612-790-0938
Austin
Shari: 507-433-2301
Chaska
Jan: 612-554-0825
Duluth
NAMI Duluth: 218-409-6566
Eagan
Connie: 952-432-0978
Eden Prairie
Carol: 952-426-0343
Grand Rapids
Mary: 216-230-9553
Mankato
Diane: 507-385-7804
Minneapolis
Dorothy: 612-759-1977
Moorhead
Denise: 218-443-5286
New Ulm
Mary: 507-276-5936
Northfield
Call: 507-663-7950
Oakdale
Dan: 651-341-8918
Owatonna
Judy: 507-451-0043
Plymouth
Elizabeth: 612-432-0471
Rochester (2 groups)
Call: 507-287-1692
Roseville
Anna Mae: 651-484-0599
St. Cloud
Mike: 320-205-7101
St. Paul
Jennifer: 507-254-5524
Stillwater
Marie or Bob: 651-770-1436
Virginia
Dan: 218-290-5461
Willmar
Family support: 320-444-4860
Winona
Helen: 507-459-2230

PARTNERS & SPOUSES
Minneapolis
NAMI: 651-645-2948
St. Paul
Melissa: 651-354-0825
or Sara: 763-350-6502

PARENT RESOURCE GROUPS
Apple Valley
NAMI: 651-645-2948
Duluth
Deb Semmelroth: 218-590-4189
Elk River
Sue: 763-633-0894
Hastings
NAMI: 651-645-2948
Minneapolis South
651-645-2948
Minnetonka
Jim: 952-212-4893
Prior Lake
NAMI: 651-645-2948
St. Cloud
Louse: 320-654-1259
Savage
NAMI: 651-645-2948

NAMI CONNECTION SUPPORT GROUPS
Albert Lea
Sara: 507-377-5483
Andover
Curt: 612-881-2477
Bloomington
Joelle: 612-752-8384
Burnsville
Lyn: 612-749-5408
Cambridge
Dan: 763-219-6236
Coon Rapids
Tim: 612-668-5111
Crystal
NAMI: 651-645-2948
Duluth
Jake: 218-591-2925 or Jill: 218-348-5417

Kasson
Karen: 507-316-0968 or call 507-287-1692
Mankato
Morgan: 651-645-2948 x121
Minneapolis HCMC
Tim: 612-220-8837
Minneapolis Mt. Olivet
Kim: 651-280-8527
Minneapolis North
Don: 651-334-1778
Minneapolis Uptown
Jack: 612-310-3628
Minneapolis (LGBT)
David: 612-920-3925
Minneapolis Uptown
Maran: 218-443-5286
Rochester
Contact: 507-287-1692
Roseville
Will: 651-578-3364
Stillwater
Diane: 651-724-0977
Wadena
NAMI: 651-645-2948
Willmar
320-235-3084
Winona
Judy: 507-250-0265

YOUNG ADULT NAMI CONNECTION
Apple Valley (ages 16-20)
Devin: devinlast@gmail.com
Minneapolis (ages 18-30)
Donald: bstr023@umn.edu
St. Paul (ages 18-30)
Tessa: tescametronh@gmail.com
U of Minnesota (ages 18-30)
Jaramie: woodx421@umn.edu
Anna: berg7420@stthomas.edu

OPEN DOOR ANXIETY SUPPORT GROUPS
Brooklyn Park
Sue: 763-424-0845
East St. Paul
Rachel: 651-818-7343
Edina
Mark: 651-485-1882
Edina
Shawn: 651-239-8381
St. Paul Highland Park
Les: 612-229-1863
Minneapolis
Scott: 612-998-6160

DUAL DIAGNOSIS SUPPORT GROUPS
Minneapolis
Bruce: 612-338-9084

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Bruce: 612-338-9084