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CALENDAR

October
Mental Illness Awareness Week  Oct. 7-13
Get to Know NAMI in Savage  Oct. 25

November
NAMI State Conference  Nov. 3
General Election - Vote!  Nov. 6
Get to Know NAMI  Nov. 8
Give to the Max Day  Nov. 15
NAMI Connection Support  Group Facilitator Training  Nov. 17-18

December
Get to Know NAMI  Dec. 14
NAMI Holiday Gift Drive  Dec. 1-21

Looking Ahead
Legislative Session Starts  Jan. 8
Mental Health Day at the Capitol  Mar. 14
NAMI Spring Gala  May 11

NAMIWalks Keeps Growing Stronger

More than 4,500 people joined in NAMIWalks Minnesota on Sept. 22 at Minnehaha Park in Minneapolis to celebrate hope, raise awareness, and support NAMI’s programs. Together they raised over $494,000, and with funds still being tabulated $500,000 is not out of reach! Donations to the walk will be accepted until Nov. 22. NAMIWalks keeps growing stronger every year.

It was a gorgeous 70-degree fall day with lots of sunshine and the park was filled with people from all over the state. The band Cross Current played, people perused resource tables and kids played games. People posted leaves with mental health messages on the Tree of Hope, teams had their photos taken and armchair chefs prepared picnic lunches.

KARE 11’s Bryan Piatt emceed again this year and Cigna and Blue Cross and Blue Shield of Minnesota were top sponsors. NAMIWalks is an inspiring experience with everyone walking side-by-side and many realizing for the first time that they

See “NAMIWalks” p.4

Retreat Sets Stage for 2019 Legislative Push

Mental Health policy can be complicated. That’s why it is so important to have all the key stakeholders in the room to understand what’s working as we build Minnesota’s mental health system and where we need to make improvements.

NAMI was pleased to participate in a Mental Health Retreat this summer with the Dept. of Human Services, mental health providers, other advocacy groups, and the members of the Mental Health Improvement Group and the Mental Health Legislative Network. While we don’t agree on everything, it is very important to have all of the organizations working together.

The last time a meeting like this was held (2014) the next legislative session was one of the most productive in years and saw the largest investment ever in our mental health system. NAMI Minnesota and our partner organizations are optimistic that we can see this level of success again.

Key priorities that emerged out of the mental health retreat include better enforcement of mental health parity, increasing reimbursement rates, addressing inadequate mental health networks, increasing funding for school-linked mental health services, and much more. There is so much work that needs to be done in the 2019 legislative session, so it is important to find common ground on a number of significant policy priorities.
Report Finds MN Parity Implementation Failing

Oct. 3, 2018 marked the 10th anniversary of the Mental Health Parity and Addiction Equity Act, led by Sen. Paul Wellstone and Pete Domenici and passed in 2008. Since then, how far have we come, where do we stand?

The Kennedy-Satcher Center for Mental Health Equity recently found that Minnesota’s statutes on parity received 51 out of 100 points, thus receiving an “F” grade. The states with the highest grades on how their statutes implement parity included Illinois, Tennessee, Maine, Alabama, Virginia and New Hampshire. See State Reports at ParityTrack.org.

NAMI executive director Sue Abderholden commented, “We cannot build our mental health system if private health insurance continues to treat mental illnesses differently. It’s time to focus on parity as a human rights issue and ensure access to appropriate treatment.”

Hennepin Co. Plans Secure Mental Health Facility

Hennepin County is studying a plan to build its own secure mental health facility in Plymouth and has earmarked up to $13 million for the project. The study will be completed this October.

How many people the facility would serve has not yet been decided. It would be a short-term facility for those who couldn’t get a secure bed at Anoka-Metro Regional Treatment Center (AMRTC), or those ready to leave the county jail or Hennepin Healthcare but have no secured place to be sent to.

This particular patient logjam has existed for years, meaning longer stays in jails or in unsecured facilities. In addition, if the only alternative is to send the person to AMRTC it costs $1,300 per day. Hennepin County hopes to provide a more timely and appropriate treatment setting and at the same time reduce its costs.

“The mental health system is jammed up, and this is the county stepping up to deal with a chronic problem,” said Hennepin Co. Commissioner Peter McLaughlin in an article in the StarTribune.

NAMI Co-Hosts Mental Health Forum in Campaign for Governor

NAMI Minnesota partnered with the Minnesota Association of Community Mental Health Providers, the National Council on Behavioral Health, the Behavioral Health Economic Network, the Minnesota Association of Resources for Recovery and Chemical Health, and the Wilder Foundation to host a gubernatorial forum on mental health on July 26 in St. Paul.

Every candidate was invited, and we were very grateful that Rep. Peggy Flanagan with the Walz Campaign, Rep. Erin Maye Quade with the Murphy campaign, Ole Savior, James Mellin with the Hold-
Opioid Bill would Remove Barriers to Mental Health Services

The U.S. House and Senate have agreed to a conference opioid package that was sent to the President’s desk in October. The bill contains many items that will help address the opioid crisis such as removing barriers to using telemedicine for medication-assisted treatment, creating a loan forgiveness program for people pursuing careers in substance use disorder treatment (SUD) and disseminating information on best practices for sober housing.

It also expands who can provide medication assisted treatment and temporarily repeals the IMD exclusion so that Medicaid can be used for SUD treatment in facilities larger than 16 beds.

NAMI Legislative Trainings

A number of NAMI Legislative Trainings have been planned to help those interested in the legislative process learn how to contact elected officials, and the most effective ways to share their stories. This workshop is for anyone interested in advocating for children and adults with mental illnesses and their families.

The trainings are set for Nov. 27, 6:00-8:00 p.m., Dec. 1, 10:00-Noon, and Jan. 7, 6:00-8:00 p.m., all at NAMI’s office. A Webinar training will be held Jan. 5, from 10:00-Noon for people in Greater Minnesota. For information contact Sam Smith at ssmith@namimn.org.

DHS Issues RFP for Behavioral Health Crisis Centers

The 2018 bonding bill included $28.1 million to fund the development of new mental health facilities called Regional Behavioral Health Crisis Centers (RBHCC). These facilities are designed to provide treatment services for people with a mental illness or substance use disorder.

DHS released the RFP in September for the development of RBHCCs across the state. Because these are bonding dollars, the money can only be used to develop the bricks and mortar of the facility and not to provide services. Information is due by December 14.

NAMI Minnesota is concerned about how these programs will be developed. NAMI does not want these crisis centers to mirror the central receiving centers in Texas and Florida which were developed to make it easy for police to drop people off, but not make it easy for the individual with mental illness to access treatment.

People are aware that they can go to emergency room and that it is an appropriate place to be assessed. The issue is to create calmer places, such as psychiatric emergency departments, and to develop services for people who do not meet hospital level of care. There are many people who go to the ED for all sorts of health care conditions who are not subsequently hospitalized.

When thinking about the importance of integrating these facilities into existing resources, the crisis centers should not address a single problem like emergency department wait-lists. Instead they should enhance the continuum as a whole. These facilities need to be able to bill for providing mental health services. Without this commitment, the crisis centers will become an expensive, revolving door for people with mental health needs and they will not fill any of the gaps in our mental health system.
NAMIWalks Minnesota 2018 Sponsors

National NAMIWalks Elite Sponsor: Alkermes
Premiere Sponsor: Cigna
Presenting Sponsor: BlueCross and BlueShield of Minnesota

Gold Sponsor: Allina Health/Mental Health, Debra Hobag Anderson, Great River Energy, Guild Incorporated, HealthEast - a part of Fairview Health Services, HealthPartners/Regions Hospital/Park Nicollet Melrose Center, Hennepin Health, Hennepin Healthcare, Medica Foundation, UnitedYouth and Family Solutions, North Memorial Health, PrairieCare, Science Museum of Minnesota, UCare, University of MN, Dept. of Psychiatry

Silver Sponsor: CentraCare Health Foundation, Discount Steel, Mall of America, Metro Transit, Optum, People Incorporated

Start / Finish Sponsor: Allan & Mary Lou Burdick, Genoa Healthcare, Headway Emotional Health, Richard R. Lancaster and Abigail E. McKenzie, Natalis Counseling & Psychology Solutions, Al & Pat Rousseau, in memory of Kurt Rousseau; Touchstone Mental Health, Vail Place

Bronze Sponsor: Associated Clinic of Psychology, Avvo, Children’s Minnesota, House of Charity, Mental Health Resources, Northern Pines Mental Health Center, Pinstripes, Reed Psychological Services, Walgreens

Supporter Sponsor: Carlson Capital Management, Catholic Charities, Edholm/McCabe Families & Tandem Printing, Fraser, Hamm Clinic, Cort Holten/Coburn’s, David Holy & Associates, Lindberg Law, P.C., Minnesota Psychiatric Society, Northwood Children’s Services, Nystrom & Associates, Ltd., Nancy Silesky/Carbone’s, Washburn Center for Children


NAMIWalks Growing Stronger... from p.1

are not alone. There were over 250 walk teams this year and more than 80 walk sponsors.

Thanks to all of the team captains and to everyone who joined in to make NAMIWalks 2018 such a terrific and tremendously successful event.

The top teams by size were: HealthPartners SuperTeam 211, Team Medica 141, People Incorporated 110, Team UCare 100, and Team Cigna 92. Top family teams by size: Team Kyle 79, Willpower 45, St. Anthony Villagers 45, The Soulshine Walkers-in Memory of Andy 42, and Team Big Red 37.

The top fundraising teams in order were: WAMI's, Team Kyle, SueNAMI, Team Big Red, and NAMIste. Top individual fundraisers were: Rosemary Janousek, David Badger, Sue Abderholden, Jesi Konen, and Trisha Stark.

The T-shirt contest winner was Heidi’s Hoit and Holler Squad. Thanks to the 200 plus volunteers who made the Walk day experience so great and to photographers Witchell Photography, Matthew Meyer and Viv Henry.

NAMIWalks was also held in Rochester on the same date. Donations (namiwalks.mn/donate) will be taken through Nov. 22. Next year’s Walk will be held on Sept. 28, 2019.

Supporting each other, the mental health community steps forward.

Family member Rick Lancaster saw hope.

Everyone got off to a great start.

U of M Health team members.

Three cheers for mental health advocates.
NAMIWalks was a lot of fun and a huge success.

The Minnesota RollerGirls got it rolling.

KARE11’s Bryan Piatt introduced the speakers.

NAMI board member Beatric Officer helped charge people up.

What a fabulous day to celebrate a great cause.

There were 250 Walk teams this year!

Shoulder to shoulder, no one walked alone.

HealthPartners team members gathered.

Kids enjoyed doing artwork and playing games.

NAMI’s Speaker’s Bureau member Kate Eifrig.

Rich Lives team walkers joined together.

The huge crowd heads out of the Park.

Some of the smaller members of the St. Anthony Villagers team were all smiles.

Happy walkers arrived at the finish line.

WillPower was one of the larger family teams.
**Progressive Individual Resources, Inc. Offers Culturally Competent Services**

Progressive Individual Resources, Inc. sponsored the 2018 African Mental Health Awards Banquet on July 14, in Woodbury. The organization recognized NAMI Minnesota’s executive director Sue Abderholden with its Excellence in Mental Health Advocacy and Policy Award.

Progressive Individual Resources is Progressive Individual Resources provides comprehensive culturally competent behavioral health services of support to meet the needs of the individual clients and families they serve.

**Housing Program for Homeless Seniors Planned**

Touchstone Mental Health is partnering with Alliance Housing to develop a new housing program with 24-hour onsite staff at Minnehaha Commons, 3001 E. Lake St., in Minneapolis. A groundbreaking ceremony for the 44-unit apartment building and program was held Sept. 13.

**Fraser Opens Autism Clinic in Woodbury**

On June 25, Fraser opened a new mental health clinic in Woodbury for treating autistic children. The organization now has seven mental health clinics in the Twin Cities area.

The new clinic features a soothing environment with buffered sound, soft colors, murals, diffused lighting that makes use of natural sunlight, and easy to navigate halls. The environment is considered state of the art for fighting hypersensitivity, built for reducing distractions and to a calming effect on the sensory perceptions of clients.

Fraser is the state’s largest and most experienced provider of autism services. The new clinic, which expects to serve 1,200 children in its first year, is located at 721 Commerce Drive in Woodbury. For more information, call 651-424-4000 or go to fraser.org.

NAMI’s executive director Sue Abderholden receives award at the African Mental Health Awards Banquet.

Some of these services include in-home family support for children with Serious Emotional Disturbances (SED), providing children rehabilitative services through Children Therapeutic Services & Supports, respite services for SED children/youth, short-term transition living arrangements for juvenile delinquent youths, Adult Rehabilitative Mental Health Services (ARMHS), and more.

The agency is located at 992 South Robert Street, Suite 400, in West St. Paul. For information, call 651-222-6567.

**Affiliates Host Grassroots Organizing Training**

Over the summer NAMI affiliates in Moorhead, Duluth, Willmar, Worthington and Albert Lea collaborated with NAMI Minnesota to host trainings on grassroots organizing. The trainings focused on grassroots organizing techniques as well as concrete ways that communities can apply for state funds and work with county boards.

Attendees included people living with mental illnesses and their families, county commissioners, social service staff, students, and mental health providers. Each affiliate discussed specific local challenges and strengths. Common themes across all affiliates included availability of affordable and supportive housing as well as availability of crisis services. The trainings were made possible by support from Otto Bremer Trust.

**Restoring Place Helps Women with Co-Occurring Disorders**

People Incorporated’s Ramsey House closed at the end of April this year, but reopened in August with a new name, the Restoring Place.

Minnehaha Commons will serve people 55 and older who have a history of homelessness and who may be in poor health or experiencing symptoms of a mental illness. Services provided will include individual support, community referrals, and assistance accessing physical and mental health services. Wilder Research says people over age 55 are the fastest growing homeless population in Minnesota.

Modeled after it’s new Huss Center for Women program, the Restoring Place is a 10-bed residential and outpatient program for female-identifying clients with mental illness and a substance use disorder.

Both programs offer on-site medical care and clients can access psychiatry services, and prescribers experienced in treating co-occurring disorders. For information, call 651-774-0011 or email to: info@peopleincorporated.com.

If you have a workplace giving program, please consider designating your donation to NAMI Minnesota. We are a member of Community Health Charities (CFC Code: 26549). You can also designate NAMI Minnesota if you use Thrivent Choice, United Way, or another workplace giving program. To donate be sure to write in NAMI Minnesota (not just NAMI, unless you intend your donation to go to the national organization). Your support is greatly appreciated.
respect for all people affected by mental illnesses.

**Mental Health Awareness Day at the State Fair**

On August 27, NAMI Minnesota, in collaboration with the Minnesota State Advisory Council on Mental Health and Subcommittee on Children’s Mental Health, hosted the first Mental Health Awareness Day at the State Fair.

The event featured exhibits and performances in Dan Patch Park on the state fairgrounds. Thirty-eight mental health organizations from across Minnesota offered information and activities in the park, including art projects, photo opportunities, trivia, and games.

Highlights from the stage included performances by Cedar Creek drummers, Joyann Parker, John Moe (Hilarious World of Depression), Rapper Katana da Don, and Fidgety Fairy Tales, as well as guest emcee appearances by Dr. Kaz Nelson (University of Minnesota Medical School), Bob Collins (Minnesota Public Radio), Bryan Piatt (Kare 11), and Claire Wilson (MN Dept. of Human Services).

This is the first time the Minnesota State Fair has designated a day for mental health awareness. By partnering with the State Fair, NAMI Minnesota hopes to reach people when they are open to seeing mental health in a new and positive way. The event created a welcoming space where people from across the state were able to start a conversation about mental health and find information and resources.

All special days at the Fair are evaluated, but from early reviews it seems like Mental Health Awareness Day will be back at the State Fair next year.

**Mercy Hospital Pilots Emergency Dept. Changes**

Earlier this year, Mercy Hospital’s Unity Campus began piloting a program in its emergency department to improve mental health patient care. In the first four weeks of the program, the length of stay for patients decreased by 47 minutes and patient and family satisfaction increased.

The hospital’s new addiction withdrawal program also opened in May. The program treats patients with addictions and resultant medical complications. Psychiatrists, family practitioners, therapists or county mental health agencies can call 763-236-7861 for information or to arrange an admission.

Mercy Hospital also has a new Mental Health Specialty Services for Substance Use Disorders Program for adults. The program features both individual and group therapy. For information, call 1-866-603-0016.

**NAMI State Conference: Transforming Attitudes**

The annual state conference will be held on Saturday, November 3rd at the St Paul RiverCentre. Cost is $60 for members, $100 for nonmembers and $35 for students – and many scholarships remain for people with low incomes.

The keynote speakers include Attorney Daniel D. Dawes a nationally recognized leader in the health equity movement and mental health disparities. The closing keynote will be by Sam Miltich an incredible jazz guitarist who will share his own story living with mental illness and his musical talent.

There are 18 breakout sessions including one on the 2019 legislative session, how to enforce mental health parity, and more.

Register today for this exciting event. 5 CEUs are available. For scholarships email blibby@namimn.org.

**Strategic Planning Survey**

NAMI Minnesota is developing its new strategic plan – and we need to hear from you! Please take a few minutes to provide your ideas and thoughts to help shape NAMI Minnesota’s future. This survey will be ending soon, so act now. Find the survey at: https://www.surveymonkey.com/r/MBVK6LN.
Shout Out Loud Raises Suicide Awareness

In honor of National Suicide Awareness Month, Laura from Tiny Acorn Portraits and Lisa from Synergy eTherapy teamed up to hold the 1st Annual ‘Shout Out Loud’ suicide prevention and resource awareness charity event on Saturday, September 15 at Copperwing Distillery in St. Louis Park.

The net proceeds from the event are being split between NAMI Minnesota and Canvas Health, to assist them in offering suicide prevention programs. The event was fun-filled with local bands, food trucks, an incredible photo booth by Tiny Acorn Portraits, drinks, and kid-friendly activities for everyone to enjoy. NAMI greatly appreciates their efforts to raise awareness and to support our mission.

Sheriff’s Car Promotes Suicide Prevention

The Washington County Sheriff’s Office rolled out a new squad car in September that is fully loaded with suicide awareness and prevention ads and phone and text help numbers. The car is decorated in teal and purple, the nationally recognized suicide awareness colors, along with a suicide prevention ribbon.

According to Sheriff Dan Starry in a recent article in the Stillwater Gazette, this helps the squad car stand out, and he hopes it encourages the community to have more discussions about suicide awareness and prevention. He added, “We train all of our deputies in CIT (crisis in intervention training) and will continue to do whatever we can to try and raise awareness and save lives in the areas of mental illness and suicide prevention.”

Starry also said his office has responded to 163 suicide related calls since the beginning of the year. That is a big jump from ten or fifteen years ago. “Our goal is simple: it’s to educate and bring awareness about suicide,” he said.

Shorter Therapy Studied to Treat PTSD

Research supported by the National Institute of Mental Health (NIMH) has shown that a shorter therapy may be just as effective as lengthier first-line treatments for PTSD. The study appeared in the March 2018 issue of JAMA Psychiatry.

First-line treatments for PTSD consist of psychotherapies that focus on exposure and/or cognitive restructuring. One such therapy is cognitive processing therapy (CPT), which is widely acknowledged as an effective treatment for PTSD. Patients being treated with CPT take part in 12 weekly therapy sessions that are delivered by a highly trained practitioner. During these sessions, patients learn to recognize and challenge dysfunctional thoughts about their traumatic event, themselves, others, and the world. In addition, patients are given homework to complete between sessions.

“While of proven efficacy, structured therapies, such as CPT, require extensive training of therapists, a relatively long series of treatments, and, as a further burden on patients, homework exercises between treatment sessions,” said Matthew Rudorfer, M.D., program chief of adult interventions in the NIMH Division of Services and Intervention Research.

“Another trauma-focused therapy—called written exposure therapy (WET)—may provide practitioners and patients with an equally effective, but shorter, treatment option. WET consists of five treatment sessions during which patients write about their specific traumatic event. Patients follow scripted instructions directing them to focus on the details of the event and on the thoughts and feelings that occurred during the event. WET requires less specialized practitioner training and no homework assignments between therapy sessions.

WET was found to be as effective as CPT at all time points. In addition, individuals assigned to WET were less likely to drop out before completion of the treatment. Participants in both treatment groups reported high levels of satisfaction with the treatment they received.

Dr. Rudorfer added that while more research is needed to identify who might require standard, more intensive therapy, the availability of the new WET intervention “offers additional options for personalizing treatment to meet the needs of the individual.”

(NIMH’s Science Update, Aug. 8, 2018.)

DanOGolf Tees Up 10th Anniversary

The 10th Annual DanOFund’s Golf Outing & Banquet was held on Sept. 17 at the Minnesota Valley Country Club in Bloomington. NAMI thanks the DanOFund for their terrific work at raising awareness and promoting suicide prevention.

Organizers of this yearly event are committed to supporting families that deal with depression and other mental illnesses, or who have lost a loved one due to suicide. This year the event raised over $20,000 for NAMI Minnesota’s work on suicide prevention and increasing mental health literacy of first responders. For more information, go to: danofund.org.
Helping to Educate Rural Communities

NAMI Minnesota is excited to partner with the Upper Midwest Agricultural Safety and Health Center (UMASH) on a project that will address mental health needs in farming communities in greater Minnesota.

Men in farming, forestry, and fishing industries have higher rates of suicide than their peers in other professions. A recent Center for Disease Control (CDC) report found that suicide rates in rural areas were higher than other communities. Researchers are examining why this is and have found that isolation, substance use disorders, an aging population with poor physical health and financial issues – along with easy access to guns – are some of the contributing factors.

This spring NAMI Minnesota participated in a forum held by UMASH and the Department of Agriculture. Forum participants, including farmers, identified many strategies to address the mental health needs of people in rural Minnesota. Key issues were lack of awareness, mental health screening, and access to care. Priorities for addressing change included outreach and awareness campaigns and broader training in mental health first aid.

To address the need for public education and public conversation about the experiences of stress and poor mental health and to train community members on the key warning signs and on community resources, NAMI Minnesota is seeking individuals from farming communities to share their stories.

NAMI Minnesota will be creating opportunities for 10 individuals to share their stories (through posters or video recordings) as well as collaborating with farming communities to host suicide prevention programs. If you or someone you know is interested in sharing their story or getting involved, email affiliates@namimn.org or call 651-645-2948 x118.

Suicide Prevention Class Offered at NAMI Minnesota

NAMI Minnesota offers a free suicide prevention class once each month at lunchtime and another in the evening at its office in St. Paul. The class is called QPR, which stands for Question, Persuade and Refer.

Learn the three steps anyone can take to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training program in the United States, and more than one million adults have been trained in classroom settings in 48 states.

This one-hour class is for members of the community over the age of 16 who want to learn best practices in suicide prevention.

The QPR suicide prevention class has been taught to more than a million adults in the United States.

NAMI also offers many other free QPR classes in various locations throughout the state, and arranges the classes for interested businesses and organizations.

To find out when the classes are available see “classes” at namimn.org, or call 651-645-2948 to arrange a presentation.

Afton Place Opens in Maplewood

One of the metro area’s newer programs is Afton Place in Maplewood, a part of Regions Behavioral/Mental Health. Opened this spring, it provides Intensive Residential Treatment Services (IRTS) for patients needing up to 90 days of care as they transition back to the community. This housing and 24/7 services program serves up to 16 people.

Afton Place offers sensory integration as part of its programming. It has a sensory room designed for patients to practice behavioral exercises and cognitive relaxation tools. These are tools that patients can learn to practice after they leave the program. Medical services for those with co-occurring diseases such as diabetes, COPD, high blood pressure, cardiovascular disease, and drug and alcohol addiction are also offered. The program is located at 2715 Upper Afton Road E., in Maplewood. For information, call 651-254-0500.

NAMI Booth at State Fair

Volunteers and staff supplied information to thousands of visitors at NAMI’s State Fair booth.

New Teachers Trained

Seven new Hope for Recovery teachers were trained on Sept. 8.
Memorials & Tributes

June 23 - Sept 23, 2018

In Memory of

LYNN E. AALGAARD
From
Suzanne LaPalm

ARON ALLEN
From
Steve Schneider
Kathleen Sellner

ARCHER AMOROSI
From
Carol Carlson
Sheila Carrier
Jennifer Daufeldt
Katherine Fisher
Kent & Julie Forss
Deborah Foss
Stephen Gabbert
Mark & Juli Gempfer
Cynthia & Rodman Kern
Jack Kinzer
Heidi Knapp
Steven & Janet Larson
Tiffany Leathold
Judith Lohnert
Angela & Joel Ludtke
Brian & Sheila McMullan
Brandi & Wendy Meltz
Elizabeth Olig
Charles & Renee Payne
Kelly Peterson
Gary & Jan Reed
Lori Shafer
Patty Schaller
Todd & Pamela Smitting
Michael & Julie Rae Smidtmann
Sarah, Steven, & Parker Swanson
Kristin Tollison & Dean Waskosky
Henry Wetling
Margaret Wener
Rander West

FISCHER ANDERSON
From
Nancy McKinley

ANDREW BEDDOR
From
Joanne Anderson
Theresa Ashmore
Catherine Avenson
David & Louise Barness
Donna Battaglia & Diane Beddor
P.A. & N.W. Bataglia
Jennifer Beddor
Michael & Diane Beddor
A.M. & M.Brandt
Joseph & Teresa Christensen
William & Margaret Coldwell
Kevin Combs
Nancy & David Dibb
Maureen & John Drewitz
Mary Egan & Thomas Hvezdik
David Engel
Lawrence Fosbury
G.C. & S.M.Tuman
Thomas Gaughan
Jerome & Patricia Gilligan
J.A. & K.L. Grafft
Robertta Heelan
Robert Hersman

NAMI Minnesota champions justice, dignity and

Jenny
From
Kathryn Turner

KATHY NIENSON
From
Ann E Calvert Rebovalc Trust
Karuna & Sanjay Mahajan
Alan & Carolyn Tasson
Margaret & Dennis Tuthill

HEIDI NORDIN
From
Amy McNamarra

MICHELLE OLSON PREECE
From
Alicia Gibb
Donald Skare

DANNY PATTerson
From
Robert Hodgins
Michelle Kors

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Matthew & Linda Abel
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ZACHARY RICHARDS
From
Don Venne

ANDREW SCHAEG
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From
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RITA ALTMANN'S BIRTHDAY
From
Ingrid Hillier

SHARI ERIKSSON'S BIRTHDAY
From
Inger Hillier

SHARON & JIM GEIGER'S ANNIVERSARY
From
Margaret & Mike Stillman
The Stillman Family

AMY JOHNSON & CHAD WELPER'S WEDDING
From
Sue Anderholm
Patricia Dawson
Chris Leyden & Brad Baldes
Chalie Woman

NATHAN SLOWINSKI
From
Jenomable Hill

DOROTHY P. SORLIE
From
Cindy Machus

BENJAMIN STASSEN
From
Gretchen Craz

TYLER THORESON
From
Jessica Kriech

BARB TRANGLE
From
Grace Tangleord Skmitt

CRAIG UHLIN
From
Pam Bloomendal
Carolle Hitt
Tom Thoe
Ann C. Jaque

Gloria Vandenberg
From
Katie Anderson
Rachel Gladis
Kimberly Homan
Melissa Sandmack

CRAIG UHLIN
From
Kaye Warg

NICK LEE WHITE
From
Maria Edman

KATHRYN ELIZABETH WINCKLER
From
Sara Keene

Rachel Novak's Birthday
From
Theresa Friesemuth
Brett & Barb Reiley
From
Mary & Tom Batch
Sharon Rolenc
From
Kali Christensen
Barbara Cox Wessel

Norma & Bill Schleppegrell's 70th Anniversary
From
Daniel Papin
Shea Sexton
From
Jennifer Levin

Teachers and Staff at South View Middle School
From
Allison Stoller
Torri's Birthday Wish
From
Dina Borm
Shaun Whitcraft
From
Bob & Faith Whitcraft

Madden Zappa
From
Cecilia Harry
Fundraisers by Others Support NAMI’s Work

Fundraisers by others provide creative ways to support NAMI’s work. We value your hard work on our behalf.

- Minneapolis Hash House Harriers raised $530.68 in their annual race for NAMI Minnesota.
- Fans of the Wine and Crime Podcast raised $525 for NAMI Minnesota.
- Wailin’ Jennys musical group performed a concert and raised over $500.
- Great Southern Bank raised $463 at their workplace for NAMI.
- Jonathan Smith, a musician, launched a self-relaxation CD, and performed a concert at the Chain of Lakes Church, and raised $265.
- Alex and Ani, eco-conscious jewelry creators at the Mall of America, hosted a “Charmed by Charity” event for NAMI Minnesota and raised $204.

If you would like to hold a fundraiser for NAMI, contact Dinah Dale at ddale@namimn.org or 651-645-2948, x104.

GRANTS KEEP NAMI GROWING

IRIS CIRCLE ($10,000+)
- Bentson Foundation – Ending the Silence
- Jerome J. and Ursula Choromanski Family Foundation – General Operating
- Liberty Diversified International – General Operating
- The Saint Paul Foundation, William and Connie Carroll Endowment Fund – East Metro Emergency Fund

VISIONARY ($5,000-$9,999)
- Anonymous through The Minneapolis Foundation – General Operating

BENEFACTOR ($1,000-$4,999)
- Haggerty Family Foundation – General Operating

NAMI Reaches Out to Help Overlooked Students

On August 30, staff at NAMI Minnesota delivered three large boxes of school supplies and personal basic necessities including notebooks, backpacks and toiletries donated by NAMI staff and volunteers to the high school students of Harrison Education Center in Minneapolis. Diagnosed with a serious mental illness and often overlooked, many students at Harrison live in high poverty and face homelessness.

With this donation, LeeAnn Sudduth, School Success Program Assistant, noted that students will have that much more. “We will take whatever we can get and appreciate everything,” she said. With an ongoing need, NAMI Minnesota will continue to serve Harrison.

Give to the Max on Nov. 15

Give to the Max Day is Nov. 15 this year. NAMI Minnesota members and friends raised over $20,000 to support our mission on GTMD last year. This Nov. 15, we hope to raise even more for our programs and the people who need them.

The fabulous people of Minnesota have long been among the most generous in the nation when it comes to giving to charitable causes, and we’re excited to once again take part in our state’s biggest day of giving. Your help makes a big difference.

Join in participating and giving to your favorite charity on this 10th anniversary of Give to the Max Day. Go to givemn.org.

NAMI Holiday Gift Drive

NAMI Minnesota will again be gathering gifts for children and adults who are in hospitals or residential treatment, including crisis homes, during the holiday season.

Gifts can be dropped off from Dec. 1 to Dec. 21, between 9:00-5:00 M-F, at NAMI, 1919 University Ave., Suite 400, in St. Paul. Volunteers will be needed to help deliver gifts on Dec. 22.

The most popular gifts are: journals (no spirals notebooks), colorful markers, word find books, simple crossword puzzle books, warm clothing for adults (hats, gloves, large shirts, sweaters, socks, long underwear), games (cards, board games), small stuffed animals, toiletries (shampoo, lotion, soap).

Gifts must be new, unwrapped and safe - nothing sharp or breakable, no wire notebooks, no ribbons or strings. Please check NAMI’s website at namimn.org for more gift suggestions.
<table>
<thead>
<tr>
<th>FAMILY SUPPORT GROUPS</th>
<th>PARENT RESOURCE GROUPS</th>
<th>YOUNG ADULT NAMI CONNECTION</th>
<th>OPEN DOOR ANXIETY SUPPORT GROUPS</th>
<th>DUAL DIAGNOSIS SUPPORT GROUPS</th>
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<tbody>
<tr>
<td>Andover</td>
<td>Apple Valley (2 groups)</td>
<td>Apple Valley (ages 16-20)</td>
<td>East St. Paul</td>
<td>Minneapolis</td>
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<tr>
<td>Becca: 612-790-0938</td>
<td>NAMI: 651-645-2948</td>
<td>Devin <a href="mailto:devlinlast@gmail.com">devlinlast@gmail.com</a></td>
<td>Mark: 651-818-7343</td>
<td>Minneapolis Edina</td>
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<tr>
<td>Austin</td>
<td>Elk River</td>
<td>Minneapolis (ages 18-30)</td>
<td>Rachel: 952-818-7343</td>
<td>Minneapolis</td>
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<tr>
<td>Chaska</td>
<td>Hastings</td>
<td>Donald <a href="mailto:bystr023@umn.edu">bystr023@umn.edu</a></td>
<td>Edina: 651-485-1882</td>
<td>Minneapolis Scott</td>
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<tr>
<td>NAMI Duluth: 218-409-6566</td>
<td>Roseville</td>
<td>Minneapolis Uptown</td>
<td>St. Paul: 761-229-1863</td>
<td>612-245-5720</td>
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<td>Eden Prairie</td>
<td>Winona</td>
<td>Sue: 761-229-1863</td>
<td>Shawn: 651-239-8381</td>
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<tr>
<td>Edina (1st episode)</td>
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<td>Mike: 320-259-7101</td>
<td>Mark: 651-485-1882</td>
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<td>Mary 218-230-9553</td>
<td>Willmar</td>
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<td>Maple Grove</td>
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<td>NAMI: 651-645-2948</td>
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<td>Diane: 507-358-7804</td>
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<td>Jack: 612-310-3628</td>
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<td>Minneapolis</td>
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<td>Minneapolis (LGBTQ)</td>
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<td>Cecelia at 205-292-5242</td>
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<td>Minneapolis (18-30, LGBTQ)</td>
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<td>Minneapolis (1st episode)</td>
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<td>David: 612-920-3925</td>
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<td>Nancy: 651-645-2948 x106</td>
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<td>Moorhead</td>
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<td>Denise: 218-443-5286</td>
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<td>New Ulm</td>
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<td>Mary: 507-276-5936</td>
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<td>Northfield</td>
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<td>St. Cloud</td>
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<td>Call: 507-663-7950</td>
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<td>Oakland</td>
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<td>Dan: 651-341-8918</td>
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<td>Judy: 507-451-0043</td>
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<td>Plymouth</td>
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<td>Elizabeth: 612-432-0471</td>
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<td>Rochester (2 groups)</td>
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<td>Roseville</td>
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<td>Anna Mac: 651-484-0599</td>
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<td>St. Cloud</td>
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<td>St. Paul</td>
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<td>Mary: 612-387-7036</td>
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<td>Stillwater</td>
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<td>Marie or Bob: 651-770-1436</td>
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<td>Willmar</td>
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<td>Family support: 320-444-4860</td>
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<td>Winona</td>
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<td>Helen: 507-459-2230</td>
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<td>PARTNERS &amp; SPOUSES</td>
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<td>Minneapolis</td>
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<td>Melissa: 651-354-0825</td>
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<td>or Sara: 763-350-6502</td>
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**NAMI SUPPORT GROUPS**

**CHANGE SERVICE REQUESTED**

**Non Profit Org.**

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**Twin Cities MN**

**Permit No. 30142**

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**St. Paul, MN 55104**

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