NAMI Sets 2019 Legislative Goals

The 2019 legislative session begins on January 8. There will be a new governor, new commissioners of the various departments, and new house leadership. That leads to a lot of uncertainties in terms of who will be NAMI allies and advocates. This means that it is more important than ever that NAMI members contact their legislators and respond to action alerts.

This is the session where the next biennial budget is adopted. Funding is key to building our mental health system so this session is very important. NAMI will be working on a number of key issues covering a wide range of issues.

After a nearly two-year project of engaging stakeholders, the commitment act has been rewritten and updated. The bill would not allow a commitment to be dismissed due to missing paperwork and clarifications are made to transport and hold orders. A new section would add a non-court ordered engagement effort so that people who are experiencing troubling mental health symptoms could be voluntarily engaged in treatment.

An increase in funding will be sought for children’s mental health grants such as early childhood mental health, school-linked mental health services, and respite care. In addition, NAMI will work hard with others to find gap funding for the loss of federal dollars for children’s residential treatment and to fund new services such as crisis homes for children, children’s ACT teams and more.

NAMI will continue to advocate for funding for an online suicide prevention training for teachers, along with increasing the number of school support personnel.

Adult mental health grants will be a focus as well with targeted efforts to increase supportive housing programs, crisis services, ACT teams and first

See “2019 Legislative Goals” p.2

Holiday Gifts Galore

Thanks to many generous people and companies, 1,297 children and adults in 45 inpatient psychiatric units and residential treatment centers or crisis homes in the metro area received holiday gifts.

People stopped by NAMI’s Holiday Gift Drive throughout December with gifts and cash donations and a handful of people helped sort and deliver gifts. Agiliti Health brought journals with handwritten messages of hope. Cindy Nolette collects donations at her practice. The Titus family assembled 24 gift bags for people. Large and small donations made it possible so that people could feel support and hope during the holidays.
2019 Legislative Goals

psychotic episode and mood disorder programs.

Three important ways we can build the mental health system are addressing rates, private insurance coverage and workforce shortages. NAMI will be supporting efforts by provider organizations to increase the rates.

NAMI will again strongly advocate for enforcing mental health parity and for changing network adequacy laws to better ensure access to the right services at the right time.

Several programs have proven to be successful in addressing workforce shortages and NAMI will work to expand them and to focus on health equity issues by addressing cultural competence and workforce diversity.

Employment will continue to a priority including increased funding for IPS evidence-based programs and new efforts to ensure workforce centers and other employment programs understand mental health in the workplace and accommodations for persons with a mental illness.

Several bills will address criminal justice issues. They include continuing to push for our bill that restricted the use of solitary confinement in the prisons, reinstating the ombudsman for corrections, increasing staffing of mental health professionals in the prisons, and increasing access to mental health services in the jails.

With suicide rates rising in Minnesota, close attention will be paid to efforts to promote suicide prevention across the state.

And lastly, NAMI will be supporting efforts to ban conversion therapy in our state, a harmful practice – especially to teens.

As you can see, this is not a small agenda. The needs of children and adults with mental illnesses are great. We don’t have a broken system; we never built it. All of these bills will go a long way in building on what works and ensuring statewide access.

Your voice is needed if NAMI is to be successful this session. Please sign up for legislative updates through namimn.org so you will stay informed about happenings at the Capitol and action alerts.

Mental Health Rally Set for March 14

The Mental Health Legislative Network has set this year’s Mental Health Day at the Capitol for March 14. This is the most important day of the year for mental health advocacy and we are counting on NAMI members to attend and share their story. Whether this is your first time for this event or you have been coming for years, this is your chance to make your voice heard.

The event begins at 9:30 a.m. with a legislative training at the Cedar Street Armory, a short walk from the Capitol. The training will help you learn about the top mental health issues for 2019 and some tips about how to effectively engage your legislators. Afterwards, everyone will make their way to the Capitol Rotunda for a Rally starting at 11:00 a.m. There will be an inspiring slate of speakers including legislators and mental health advocates.

Finally, attendees will have lunch and then meet with their legislators to share their story and advocate for the policies that will help people with mental illnesses and their families. Free buses will be available from Greater Minnesota. Bus Information will be posted at namimn.org. To learn more, contact Sam Smith at ssmith@namimn.org.
School-Linked Mental Health Grants

The MN Dept. of Human Services (DHS) announced the recipients of three-year school-linked mental health grants in October. The amount is $11 million a year. This program, viewed as a national model, provides funding to mental health providers who co-locate in the schools. This eliminates the barriers to care for children and youth such as lack of transportation, inability to take off of work, not knowing who to call, etc.

The grants are to serve any child and the providers bill public and private insurance to cover costs. Grant money is for children who are uninsured and underinsured and to pay for work that cannot be billed to insurance such as coaching teachers on how to work with a child and building the capacity of the entire school to support children who are struggling with their mental health.

Grants went to 57 community providers covering a little over one-half of the schools in Minnesota, and touching 83 of Minnesota’s 87 counties. Over the previous five-year grant that ended June 2018, 15,000 students received mental health services from 953 school programs in 287 MN school districts.

As we look at the future of these grants, NAMI Minnesota wants to ensure that current good providers can retain their funding and that new dollars are used for expansion. Redistributing grants every three years creates instability in our mental health system. NAMI also wants to ensure that funds are used to increase the capacity of schools to help children, which means going beyond treating a child. We also need to make sure that the grants can truly meet the needs before expanding to new schools. We have heard that in some areas if you don’t request help by November there are very long waiting lists. This will be a top priority for the 2019 legislative session.

Middle School Version of Ending the Silence Program

NAMI National’s Ending the Silence training is a 55 minute presentation for high school students that provides information about the warning signs of mental illnesses and suicide, and teaches students how to help themselves or a friend who may be experiencing warning signs. The training includes a 15-minute presentation by a young adult living with a mental illness who shares their story about their illness and road to recovery and wellness.

Ending the Silence has been very well received in high schools across the state and it has been an effective tool in empowering students keeping the secret of a friend or fellow student contemplating suicide, and students contemplating suicide, to come forward. Ending the Silence is paired with suicide prevention training for school staff when feasible.

NAMI Minnesota is developing a similar training appropriate for junior high school students and has applied for additional grant funding to complete the curriculum.

New Support Group Leaders

A large group of NAMI Connection and Young Adult NAMI Connection support group leaders were trained on Nov. 17-18.

Key Pilot Projects Set to Expire

Certified Community Behavioral Health Clinics or CCBHCs are a new and innovative model for delivering mental health and substance use disorder treatment.

CCBHCs are a one-stop shop where people can get comprehensive mental health and substance use disorder treatment, with a focus on 24-hour crisis care, utilization of evidence-based practices, care coordination, and integration with physical health care.

Minnesota is currently one of eight states in the country that have been chosen to implement the CCHBC model and the early data show it is working. Unfortunately, without congressional action, the authorization for the CCBHC pilot project is set to expire on March 31 for two states and June 30 for the rest of the CCHBCs including those in Minnesota. NAMI Minnesota will advocate at the state and national level for these projects to continue.
IPS Work Programs Prove Effective

The Dept. of Employment and Economic Development (DEED) has just issued their annual report on Individual Placement and Supports (IPS). This is an evidence-based employment program for people with serious mental illnesses.

People with serious mental illnesses face numerous challenges finding and maintaining a job, leading to the highest unemployment rate and lowest workforce participation rate of any disability group. Despite this reality, there are very few employment programs like IPS in Minnesota.

Starting in 2006, Minnesota began offering IPS employment services. The core principles of this program include a focus on client choice, developing relationships with employers based on participant interests, the goal of integrated and competitive employment, benefits planning, continuous jobs supports, and most importantly the integration of employment and mental health services.

Research backs up the investment in IPS programs. The report from DEED notes that IPS is the “most effective” employment service for people with serious mental illnesses and is “3 times more effective” than other vocational approaches.

The impacts of IPS are also long lasting, with “about 40% of IPS participants who obtain a job with help from IPS (becoming) steady workers and remaining competitively employed a decade later.” Minnesota’s IPS programs continue to be national leaders with a 60% rate of competitive employment compared to a 45% rate nationally.

NAMI Minnesota strongly supports IPS services and is seeking a funding increase in 2019. The projects have not received a cost of living increase and a cut made in 2015 has still not been restored.

Itasca Co. Protected Transport Model

Protected transport providers are certified by the MN Dept. of Transportation and must have certified mental health crisis drivers. The service decreases the use of ambulances and law enforcement vehicles. It also is less traumatic for the individual being transported who doesn’t have an urgent medical need.

Following an evaluation by a crisis team, the service includes transporting people from an emergency room, jail, detox center, chemical dependency or mental health facility or the person’s residence to an inpatient facility or crisis bed. It also will transport them between any of the needed facilities or back home after treatment.

In Itasca County, the service started in June and uses 10 drivers who work with 23 Crisis Response Team (CRT) members. Many times clients need rides home from hospitals or treatment that is outside of Itasca County, such as from Fargo, Detroit Lakes, Maple Grove or Rochester. The team is seeking to get a second vehicle for the program soon.

The program is also exploring other ways to use the service, such as transporting children between placements.

The evaluation and transport service saves money and is also much better at getting the person to the right services and resources. Protected transport is a Medicaid funded service.

NAMI Online Family Support Group Starts

NAMI Minnesota is now offering an online support group for families and friends of adults living with a mental illness. The support group offers an opportunity to meet with others who share their concerns, to compare experiences and learn from each other. Those who care for someone with a mental illness and are over the age of 18 may attend the support group. The group meets on the first and third Wednesday of the month, from 7:00-8:30 p.m. For more information contact Sharon at sbastin@namimn.org.

To access the group: Go to www.supportgroupcentral.com/nami-mn and create an account, then click on NAMI Minnesota at the top of the page and find the support group you’d like to attend.
Cheers for Our 2018 Award Winners

NAMI Minnesota special recognition award winners were announced on Nov. 3 at the organization’s annual State Conference held in St. Paul.

The awards recognize individuals or organizations that have demonstrated extraordinary work and advocacy on behalf of children or adults with mental illnesses and their families. Congratulations to these outstanding 2018 NAMI Minnesota award winners.

ReEntry House Crisis Stabilization Program

ReEntry House Crisis Stabilization Program provides a safe place for individuals during a crisis to help them get their life back on track. Its team is made up of mental health professionals and practitioners, nurses and a peer recovery specialist.

The team helps clients find the support services they need to help manage their symptoms, have a safe place to live, develop meaningful daily activities and relationships, and build supportive social networks.

The length of stay at ReEntry House Crisis Stabilization Program is from 3 to 10 days. They provide service even to those without insurance. Walk-in’s to the program are always welcome if space is available. The program also has a network of resources to help people get linked to mental and chemical health treatment; financial, medical and food assistance; housing programs, transportation assistance, and employment resources. It is located at 1800 Chicago Ave., in Minneapolis. For information call 612-540-5700.

NAMI Minnesota Awards 2018

Professional of the Year
Resmaa Menakem, MSW, LICSW, SED

Provider of the Year
Southwestern Mental Health Center

Volunteer of the Year Award
Elaine Love

Criminal Justice Award
St. Paul Police Department

Employer of the Year Award
Grand Casino Hinckley

Legislator of the Year Awards
Representative Jenifer Loon
Senator Susan Kent

Media Awards
Mac Weekly
Kellie Knight (Warroad Pioneer)

Transforming Attitudes Award
Sanjana Dutt

Special Board Award
Deborah Saxhaug


(L-R) Trauma specialist Resmaa Menakem was selected as Professional of the Year; Sanjana Dutt of Mounds View High School won a Transforming Attitudes Award; and a special board award went to Deborah Saxhaug for helping youth.

(L-R) Kellie Knight won a Media Award for her series in the Warroad Pioneer; board chair Marlene Trageser accepted the Provider of the Year award on behalf of Southwestern Mental Health Center; and Sen. Susan Kent of Woodbury and Rep. Jenifer Loon of Eden Prairie won Legislator of the Year Awards.
The 2018 NAMI State Conference, held at the St. Paul RiverCentre on Nov. 3, was a big success with over 350 attendees and 40 exhibitors. Special thanks to our exciting keynoters Daniel D. Dawes, who spoke on the health equity movement and to Sam Miltich who shared his story of living with a mental illness and wowed people with his music.

There were 18 breakout sessions presented on a wide range of current mental health topics. Among them was a very interesting and informative panel with folks from different cultural communities speaking about their experience starting conversations around mental health (see photo).

“There were so many great resources and programs that I learned about that I didn’t know existed even with years of therapeutic and referral experience,” wrote one attendee.

Another related, “I am thankful to have been able to attend this conference. I feel enlightened and hopeful after learning about the resources available & seeing so many advocates for mental health.”

Five CEUs were offered for professionals and students, along with a discounted rate for students to attend. Directly following the conference NAMI’s annual meeting was held along with the NAMI Minnesota board elections.

Newly elected to the board were: Jessica Gourneau, Paul Schnell, Ani Rayn Koch, and Jesus M. Calvillo.

CARE Counseling Clinic Growing

Childhood through Adulthood

Relational & Emotional (CARE)

Counseling is a clinic specializing in working with children, adolescents, and adults in individually tailored psychology, couples counseling, and family therapy, as well as a combination of the above.

“Our goal is to help each person we work with feel supported as they work toward being able to make sense of their emotions, feel connected, and build skills to manage confusing and/or difficult feelings,” said clinic owner Andrea Hutchinson, Psy.D Licensed Psychologist.

CARE Counseling is near downtown Minneapolis with two locations and currently serves about 300 people/families weekly. Hutchinson expects this number to be closer to 600 by the summer of 2019. The clinic has 23 clinicians on its team and is growing quickly, adding a new team member every three weeks on average.

“I truly believe we have and will continue to create a space that is supportive and enriching for clinicians while they engage in this tough work, while also providing the space for those seeking out mental health support to feel heard, accepted, and understood, so they can heal, grow, and find their own path,” Hutchinson said.

CARE Counseling accepts most major insurance brands, including MA. It has 4 Spanish speaking providers, as well as clinicians who have training in play therapy, EMDR, DBT, TF CBT, and many others. In addition it focuses on helping its clinicians feel balanced and supported so that they can provide the best services possible for those in the community. For more information, call 612-223-8898 or go to care-clinics.com.

(From CARE Counseling website.)
Wellness in Color Campaign

In July 2018, NAMI’s multicultural young adult advisory board members embarked on a two-day retreat to begin creating its “Wellness in Color” campaign. The goal: to reach collective cultural communities through positive reflections on wellness through discussions on why community members do not seek help for themselves or their loved one living with a mental illness.

Over the past year, board members have engaged in discussions of their personal experiences and those of their community when seeking understanding or help for their mental illnesses. Many of the discussions revealed the discrimination that community members faced in their search for information or help.

With the “Wellness in Color” campaign, the board’s mission is to audio record the mental health narratives of people from cultural communities and share these experiences on various digital platforms, in order to reshape the cultural language of mental illness. Through these individual stories and experiences, the board’s goal is to help others within their communities see that having a mental illness, talking about it and reaching out for help is nothing to be ashamed of.

We invite members of the community to share their story in our “Wellness in Color” podcast. If you would like to share your story please contact Caroline Ludy at cludy@namimn.org or call 651-645-2948 x135.

(These efforts were supported by the National Center for Advancing Translational Sciences of the National Institutes of Health Award Number UL1TR002494. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.)

Healthy Relationships Affect Wellbeing

Healthy relationships can help those who live with a mental illness live longer and happier lives by contributing to a sense of purpose and belonging. Lack of social relationships can lead to feelings of loneliness and isolation which can impact mental health in a negative way. Also, there are times when a relationship can become toxic and do more harm than good.

According to the Mental Health Foundation, there are positive behaviors that contribute to a healthy relationship. Those behaviors between two people include: trust and respect for each other, value for the relationship, active listening, comfort when speaking openly about their thoughts and feelings, arguments and disagreements do not lead to threats or violence, and there is no physical, verbal, or emotional abuse.

Individuals experiencing a mental illness might find developing and maintaining healthy relationships difficult and even overwhelming. For example, someone who lives with social anxiety may find it very difficult to create a new friendship in social settings.

Although there may be challenges, having a network of relationships can provide many benefits including support during the journey of recovery and wellness. After all, we form relationships with a variety of people through our life. Our friends, family, co-workers, and significant other all have an important impact on our health and wellness. It’s not about the number of friends we have or if we are in a committed romantic relationship. It’s the quality of the relationships we have that matter.

(From Relationships in the 21st Century, Mental Health Foundation, May, 2016.)
Join Us for NAMI’s Annual Research Dinner

NAMI Minnesota and the University of Minnesota Dept. of Psychiatry will hold its annual Research Dinner on Tuesday, February 26, from 5:30-8:30 p.m., at the Radisson Hotel Roseville, 2540 North Cleveland Ave, Roseville, MN 55113.

NAMI’s annual research dinner provides hope and brings new research findings on mental illnesses to the community. Tickets are $45 for NAMI Minnesota members, $55 for non-members. Check-in & seating at 5:30 p.m., Dinner & Program at 6:00 p.m. The event is approved by the Minnesota Board of Social Work for 1.5 CEUs.

This year’s speakers and topics are:

* Justin Anker, PhD, Assistant Professor, will present Double the Trouble: When Addiction Co-Occurs with Mental Illness. Dr. Anker is a psychologist who studies how and why alcohol addiction co-occurs with other psychiatric disorders.

* Sophia Albott, MD, Assistant Professor, will present Depths of Despair: Features of Severe Depression and New Treatment Approaches. Dr. Albott is a psychiatrist who studies novel treatments in severe depression and PTSD.

* Christine Conelea, PhD, LP, Assistant Professor, will present Stuck on Repeat: Obsessive-Compulsive Symptoms in Youth and Young Adults. Dr. Conelea is a child psychologist who studies what happens in the brain when people develop obsessive-compulsive symptoms.

For registration go to namimn.org and click on NAMI Research Dinner or call 651-645-2948.

**St. Paul Police Mental Health Unit Expands**

Eight months after launching a new unit to respond to calls on mental health crises the St. Paul Police department has decided to nearly double it’s size to seven officers and two social workers. Since the mental health unit began in March, it has handled nearly 1,500 cases.

The social workers and the specially trained officers help de-escalate situations, connect people with the right mental health services and do general welfare checks. This proactive approach helps keep crises from getting worse or from getting started in the first place.

From 2004 through 2016, the number of cases involving mental health crises in the city had risen from 4,100 to 8,700 per year (nearly 15 percent of all calls for 2016). These statistics helped the police department to decide that it made a great deal of sense to form the dedicated unit, and so far it has been working out even better than was expected.

A budget increase passed by the St. Paul City Council in December made the quick expansion of the mental health unit possible.

(Information from Associated Press.)

NAMI Affiliates Complete Re-Affiliation Process

We are happy to report that all of NAMI Minnesota’s affiliates have met the Standards of Excellence as set by the national NAMI board.

All affiliates nationwide were required to undergo a process of “re-affiliation” and meet the standards by Dec. 31, 2018. These 20 NAMI Minnesota affiliates have proven they follow best practices for nonprofits and are in good standing with NAMI:

NAMI Anoka County, NAMI Carver County, NAMI Dakota County, NAMI Duluth Area, NAMI Freeborn County, NAMI Grand Rapids, NAMI Hennepin County, NAMI Iron Range, NAMI Moorhead, NAMI Northwoods (Beltrami Co.), NAMI Ramsey County, NAMI Scott County, NAMI Southeast Minnesota, NAMI Southwest Minnesota, NAMI St. Cloud Area, NAMI Tri-County (Dodge, Steele, Waseca), NAMI Western Minnesota, NAMI Washington County, and NAMI Winona.
Researchers continue to build on findings from NIMH’s Recovery After an Initial Schizophrenia Episode (RAISE) program, which investigated the effectiveness of early intervention services for people experiencing first episode psychosis. Two recent studies add to the evidence that team-based early intervention services are feasible in real-world health care settings and result in improved outcomes for patients.

Christoph Correll, M.D., of the Center for Psychiatric Neuroscience at the Feinstein Institute for Medical Research in Manhasset, NY, led a team of researchers from eight countries conducting a meta-analysis of studies of early intervention services for psychosis. The early intervention services in every study had to be aimed specifically at early psychosis and comprise different elements of treatment (psychosocial and pharmacologic) and supportive services, such as for employment and education.

On all outcomes measured in the meta-analysis, patients receiving early intervention services experienced better outcomes. This was true for the two primary outcomes: young people receiving early intervention services were less likely to leave treatment and less likely to have a psychiatric hospitalization over the course of treatment.

In addition, symptoms improved to a greater extent with early intervention services. Participants were less likely to relapse, and more likely to achieve symptomatic remission (stable or minimal symptoms) alone or symptomatic remission with improved functioning (such as in self-care, social interactions, and school or work).

Participants receiving early intervention services were significantly more likely to be in school or employed than those receiving treatment as usual, and quality of life was higher with early intervention services. The superior outcomes for early intervention services were statistically significant and clinically meaningful, as well as largely consistent across time points in the studies.

Ilana Nossel, M.D., at the New York State Psychiatric Institute, led an evaluation of data for 325 individuals ages 16 to 30 with recent-onset psychosis who participated in OnTrackNY for at least three months with follow-up of up to a year. Participants experienced significant improvement in symptoms and occupational and social functioning.

The greatest improvements occurred during the first three months, but improvements were sustained; social functioning improved over every follow-up period. In six months, the rate of employment doubled from 40 to 80 percent. The rate of hospitalization declined from 70 percent to 10 percent by three months.

(Excerpted from NIMH’s Science Update, 12/11, 2018)

Leaving Your Meaningful Legacy

Your will or trust document specifies how you want to transfer your assets to the people you love—and to those charitable organizations that you have supported during your lifetime. As the ultimate charitable gift, you can make a bequest to NAMI Minnesota in your will to provide for the strength and continuation of our mission to provide education, support and advocacy to those living with mental illnesses and their families.

If you have named NAMI Minnesota in your will, please email Dinah Dale, Director of Development and Organizational Advancement at ddale@namimn.org or call her at 651-645-2948 x104 to allow us the opportunity to thank you for your generosity and help in sustaining the future of NAMI in the years to come, and to answer any questions that you may have.
Memorials & Tributes

(Sept. 24 to Dec. 12, 2018)

In Memory of

AARON KITCHENER
From
Lucinda Cummings

AARON THOMAS JOHNSON
From
Thomas & Susan Keller

AMY JO HALLIN
From
Thomas Hallin

ANDREW BEDDOR
From
Joseph & Mary Mulvehill

ANDREW SCHEIG
From
Bill & Becky Scheig

ARCHER AMOROSI
From
Angela & Joel Luedtke
Brandon & Wendy Melz
Brian & Sheila McMahan
Carol Carlson
Charles & Renee Payne
Cynthia & Rodman Kern
Dean Waskosky
Kristin Tollison
Gary & Jan Reed
Henry Welting
Jack Klimmer
Jennifer Dueffert
Judith Lohrenz
Katherine Fisher
Kelly Peterson
Kent & Julie Fors
Lisa Shaffer
Margaret Wenner
Mark & Julia Gempf
Michael & Julie Smithson
Patty Schaller
Randee West
Sarah Swanson
Stephen Beatty
Steven & Janet Larson
Steven Gabbert
Todd & Pamela Simming

BECCA VARGO DAGGETT
From
Jennifer McNertney

BUD GRAHAM
From
Duane & Lois McDonnell

CAITLAN BARTON
From
John Costanzo

CHRISTOPHER LIVINGSTON
From
Ann Avant

CHRISTOPHER WRIGHT
From
Sheryl Wright

DANIEL BACHHUBER
From
David Unowsky

Nancy Fushan
Thomas Smith
& Krista Speler

DAVID MEISTER
From
Kay Johnson

DUSTIN ERICKSON
From
Jennifer Tyler

ELEANOR HEEGAARD
From
Ann Rubin
Ellen Coffey
James Holmes
Kathleen Bryant
Sheryl Ramstad
Sele Glogos
& Greg Thompson
Tom Hayes

GLORIA JEAN KREBS
From
Gary Peterson

MAKENA LARSON
From
Jane Holzer

HOWARD SENN
From
Sue Abderholden
Allan & Carol Baldes
Elaine Atlas
Gail Madden
Herman & Claire Kaveler
Irene & Paul Overmyer
John Everett
Kate Loutsch
Kate Hoss
Kate Hoss
Mary Anne Klingfus
Richard Itby
Rick & Marian Langel
Ron & Cheryl Lipka
Sandra & Patricia Curran
Stephanie Skurcenski

JEFF KALER
From
Joseph Kaner

JOAN KAY SCHILLING
From
Joseph & Linda Lipari

JOE SCHULTZ
From
Dan Schultz

JOHN LALUZERNE
From
Kate Stock
Teri & Michael Owens

JULIE THOMPSON
From
Gary Lungdor
& Char Nycklemoe

KIRK ROGGENSACK
From
Bill & Carol Heffron

KURT ROUSSSEAU
From
Minor love family
Kristin & Chris Jacobson

KYLE REARDON
From
Abigail Stickey
Amy Morell
Amy Nygaard
Andrea Szporn
Angela Horel
Angie Ramsperger
Anthony Wilson
Barbara Nelson
Bob & Gloria Englund
Brad Buxton
Brian & Deborah Gorman
Candice Beckham-Chasson
Christian Buhr
Cynthia Betz
Cynthia Reed
Dave & Jeanne Lunow
David Jendrzejek
Deb Anderson
Debra Clapham
Donald Potter & Janice
Potter Erickson
Donna Johnson
Dwight Wagenius
Elizabeth M. Nelson
Ellen George
Ignacio Garrigos
Jean Miller
Jeffrey Bangs
Jennifer Gardner
Jennifer Hovelsrud
Jill Terry
Joan Groettwassink
Joshua Zimmerman
Julie Heckenbach
Kara Cisco
Kari Cunty
Kari Hansen
Kari Schwietering
Kathie Tope
Katherine Berg
Kathryn Hathaway & Nelson Jorgensen
Kathryn Hastedt
Kathryn Lafayette
Kathryn Thomford
Katie Larson
Kendra & Brandon Olson
Kenneth & Mary Duncan
Keri Carl
Laura Jaeger
Lauren Buxton
Laurence & Naomi Crepeau
Laura Toussignant
Linda Tillou
Lindsay Barthel
Lisa Owens
Lori Hoffmann
Lori Johnson
Marc & Catherine Brown
Marg Kline
Marie Reardon
Mark & Heidi Wavinak
Marlee Nirenstein
Mersini Fialo
Michael Jones
Michael O’Brien
Michael Ransford
Mike Calvo
Nancy & Ross Amundson
Nancy Moynihan
Patricia Naas
Patrick & Lorraine Martin
Peggy Verkinderen
Raymond Despiegler
Renee Reardon
Rex Buxton
Richard McDaniel
Robert Lee
Robert Walter
Rodney & Karen Daniels
Sallie Quammen
Shannon Pichelman
Steven DeBord
Theresa Montbriand
Tracy McVey
Veloz Buxton
Wendy & Gary Ivens
Wendy Friede & Jay Jaffe

MARGARET GERT
From
Joan Barnett

MARK TARABEK
From
Barbara Sawyer
Darrell Charboneau
Paul Tarabek

MEGAN MCNAB HUSER
From
Barbara Grutzn
Barbara Votel
Ben & Jenna Borgert
Bob Messersmith
Brent & Deborah Lawrence
C. Commers
Carol Nalley
Colleen Boller
Craig & Kathleen Hoff
Darlene Dailey
Diane Caruso
Douglas & Susan Waeg
Edward & Laura Ryan
Elizabeth Braman
Convent of the Visitations
Fritzi Marzof
Gregory & Patricia Marzof
Harold & Kathryn Dahl
James & Nancy Joyce
Janet Ronan
Janet Westphal
Jay & Laurie Bruber
Johanna Meoinski
Karim & Richard Roof
Kelly Hyvonen
Kimberly McNamara
Laura Short
Laurie Resch
Linda Westenberg
Lynn & Rick McNabb
Marcia Hierseman
Margaret Gadien
Marie & Steven Kruekeberg
Marlin & Constance Othaus
Matthew & Kathryn Kyler
Michael & Debbie Adducci
Michael & Kathleen Joyce
Michelle & James Walton
Molly Bret
Nicholas & Julie Smith
Patricia Hickey
Paul Dreyer
Penny Meier
Phyllis Novitskie
Robert & Julie King

Robert Kukuljian
Jennifer Johnson
Rosemary Janusichka
Scott Cox
Selma Moog
Stephen & Mary Santos
Stuart Sadick
Susan Finn
Susan Geselmann
Susan West
Thomas & Julie Hurley
Thomas & Susan Grande
Tracy & Crystal Crocker
Virginia Talbert Hickey & William Hickey III

MICHAEL SWANSON
From
Robert & Donna Swanson

NATHANIEL GRUPP
From
Carol & Ted Politis

NICK LEE WHITE
From
Bill & Noel White

RAYNE MARON
From
Bernis Geving
Kim Stam
Paulette Passer

SAM MACEY
From
Denis & Josie Daly

In Honor of

Sandy Casale
From
Aimee Amacher

My family and friends
From
Andree Aronson

My father, who helped me throughout my mental health journey
From
Cynthia Kaste

Jen Komuch
From
Jennifer Antila

Molly Serum
From
Larissa Larstr

Dinah Dale & family
From
Mindy Benowitz

Aaron Pinkham
From
Nathan Pinkham

Amy Johnson & Chad Welger
From
Amy Johnson

In Memory of

Andree Aronson, Merry Christmas
From
Dorothy Trench

Bryan Piatt
From
Dale & Ruth Bachman

Cathy VonEschen’s Birthday
From
Sara Johnson

Jeanne Keller, Thank you
From
Judith Reisman

John Sherman’s 70th Birthday
From
Leo Sherman
Marietta Neumann
Richard Day

Lisa Hedden & John Magel’s Wedding
From
Janet Kleeberg

Sue Abderholden for her amazing work
From
Dan Reidenberg

TAMARA FREIBORG
From
Gary Malecek
Joe & Kay Thompson
Steve Elingboe

THOMAS KINGSLEY
From
Flannett Delaney

WILMA KORKOWSKI
From
Deborah Carlson
& Robin Gault
Debra Tvedik
Dorothy & Gloria Russell
Friends
J. Forrest & Harriet Anderson
John & Susanne Newpower
Jose & Lourdes Rivera
Lieweyle & Michael Korkowski
Peter & Susan Korkowski
William Anderson

ZACHARY RICHARDS
From
Barb Herrington-Hall
Carrie Chomicz & Lisa Kane
Friends
Hans & Ellie Ott
Sara Veblen-Mortenson

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Fundraisers by Others Support NAMI’s Work

Do it Yourself fundraisers support NAMI’s work, help raise awareness and bring in new people to build our movement. If you would like to hold a fundraiser for NAMI Minnesota, contact Dinah Dale at ddale@namimn.org or 651-645-2948, x104.

- Alliance Bank held a Blue Jeans Day for their employees to pay to wear jeans during the workday. They raised $230 for NAMI Minnesota.
- Alex and Ani, LLC, jewelry crafters, continued its fundraisers for NAMI by raising $166.44.
- Various individuals raised $243 for NAMI at a do-it-yourself fundraiser where they collected donations.
- Steve Moetel’s fundraisers at Inbound BrewCo., Sisyphus Brewing, and Urban Growler Brewing Co. raised $946. He sponsored a contest where customers could color and display pictures to raise awareness of people who live with mental illnesses and their families.
- Faith Lutheran of Wabasha raised $266 for NAMI Minnesota.
- Don and Wanda Tracy raised $200 for NAMI through Tori Tracy’s Go Fund Me Account.
- The following people designated NAMI as their charity of choice for their birthday fundraisers on Facebook, raising $2,448: Grace Pardun Alworth, Richelle Thorson Butler, Megan Fisher-Stolpma, Holly Strachan Knowss, Abby Marier, Susan Smith, Heidi Stone, Tori Tracy, Katy Jo Turner, Kelly Settle Vechinski, and Patrick Windish.

Grants Keep NAMI Growing

IRIS CIRCLE ($10,000+)
- PrairieCare Child & Family Fund – Children’s Programs

VISIONARY ($5,000-$9,999)
- Katherine B. Andersen Fund of The Saint Paul Foundation – Part-time Staff for Ramsey and Washington County Affiliates
- Anonymous through The Minneapolis Foundation – Development of Middle School Mental Health Curriculum

BENEFACTOR ($1,000-$4,999)

Golf Tourneys a Big Hit

Thanks to the generosity of 201 people who donated and NAMI’s board match of $10,000, Nov. 15 marked our best Give to the Max Day ever. A total of $34,687 was raised during Minnesota’s annual one-day giving event for non-profit organizations.

This year the donations will be used to enhance NAMI’s ability to serve more people through its web-based classes. Barriers such as lack of transportation and long distances often prevent people from enrolling in education classes and receiving support. Having new and innovative technology propels NAMI Minnesota to the next level in removing these obstacles in order to meet people wherever they are to receive education and support. Your support makes a difference.

Give to the Max Boosts NAMI’s Outreach Efforts

Golf tourneys by the DanOFund and the Nickel Open Fund supported NAMI’s suicide prevention efforts and first responder trainings bringing in over $56,000.

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CALENDAR

Justice | Dignity | Respect
Education | Support | Advocacy

January
9 Get to Know NAMI  
12-13 SurvivorVoices Training  
28 Creating Caring Communities, Hastings  
30 In Our Own Voice, Eagan

February
7 Get to Know NAMI  
13 Creating Caring Faith Communities, Eden Prairie  
26 NAMI Research Dinner

March
5 Get to Know NAMI  
12 Get to Know NAMI  
15 Mental Health Day at the Capitol

Looking Ahead
May - Mental Health Month  
May 9 - Children’s MH Awareness Day  
May 12 - NAMI Spring Gala  
June 19-22 - NAMI National Convention, Seattle

Visit namimn.org for more information about upcoming classes, support groups and events