The 2019 Legislative Session was a success, and steps were taken to continue building our mental health system. Positive funding and policy decisions were made thanks to the incredible grassroots efforts of NAMI members and supporters. Never doubt that your calls or letters make a difference – they do.

Since Mpls Star Tribune reporter Andy Mannix’s series on solitary confinement over three years ago, NAMI Minnesota has advocated for a bill to restrict the use of solitary confinement in our prisons (bill signing shown above) and to re-establish the office of ombudsman for corrections. This year they both passed. Solitary confinement will be used for only the most serious violations of policies and there will be mental health screens and daily welfare checks. There will be ways for people to work their way out of solitary and only in the most unusual of circumstances will someone be released directly to the community from solitary. An oversight process will include monthly reviews by the Commissioner and a yearly report to the legislature. The ombudsman will be able to investigate complaints in the both the prisons and jails.

Enforcement of mental health and substance use parity laws has been lacking. After four years of advocating, NAMI’s bill to strengthen the ability of the Dept. of Commerce to enforce the law also passed. The new law defines non-quantitative treatment limits and requires certain information from health plans be provided to the Dept. of Commerce so they can see if plans are following parity instead of waiting for a complaint. The department will also be providing a yearly report on implementation and enforcement. Related is that the Dept. of Health received funding and new policy language on enforcing parity laws.

We are counting on advocates like you to step up and host a house party. If you’re interested, we will help you reach out to your legislators, connect with NAMI members in your community, and provide logistical support to make sure the event is a success. All you need to do is find a time and a place! If you would like to learn more about House Parties, please contact Sam Smith, ssmith@naminn.org with any questions you might have. Thank you for your advocacy. We would not be successful each Legislative Session without the support and engagement of NAMI advocates from across the state.
network adequacy standards for health plans.

NAMI’s bill to establish a task force to research and develop recommendations to address the increasing numbers of people who are deemed incompetent to stand trial passed. Funding was included for treatment courts, juvenile justice alternatives, more staff at the prisons, and for police training.

The loss of federal dollars for children’s residential services was addressed with the legislature filling the gap and authorizing the creation of another 150 Psychiatric Residential Treatment beds to address the growing needs of children.

State funding was provided for the new Certified Community Behavioral Clinics whose federal dollars will expire, along with funds to add more clinics in the state. Policy changes were made governing Behavioral Health Homes, including clarifying that you only need a mental illness, not a serious mental illness, to qualify.

Funding for school-linked mental health was increased $1.2 million this biennium and $9.6 million the next. Important changes were made including expanding who qualifies for grants and how funds can be used. A group will review where we are and where we need to be in the future.

Building on the success of the school-linked program, two other programs passed. One is a NAMI bill to provide “college-linked” mental health programs on the campuses of community and technical colleges and the other is for youth shelter-linked programs to provide mental health services to youth in shelters.

The fees for families who use the TEFRA program are reduced 15% and Minnesota based health plans are required to cover PANDAS. There is increased funding for Special Ed and some minor changes to Special Ed law. The Dept. of Education is required to send information out to schools on how to educate youth about mental health and suicide prevention.

Suicide prevention funding was increased $5.4 million this biennium and $7.46 the next. Funds will be used for a statewide online suicide prevention course for teachers, suicide lifelines, zero suicide projects and more. Mental health crisis services also gained more funding – $2.5 million this biennium and $9.79 the next. IRTS and crisis homes will receive more funding to cover the costs of room and board.

NAMI’s bill to increase funding for the Individual Placement and Supports (IPS) employment program passed and there will be an additional $1.8 million this biennium. Funding was also increased by $250,000 a year for the Bridges Housing Voucher program for people with mental illnesses and the legislature included $3 million for emergency shelters.

Some other good changes include changing the MA spenddown so that it is at (not below) 100% of poverty by 2022 and step therapy protections passed last year will be available to people on Medicaid. Many changes were made to substance use disorder services and funding was increased to address the opioid crisis. Traditional healers were funded in the opioid bill and the change needed to make the psychiatry residency program viable was adopted.

Of concern is a new law that would have the Dept. of Human Services merge all the waivers into two – which could be detrimental to the CADI waiver and being able to meet the needs of people with mental illnesses. NAMI will follow this issue closely along with the implementation of all the new legislation.

Not every bill we advocated for passed, but a lot was accomplished. Thanks again to everyone for making a difference. The full legislative summary is available at namimn.org.
Strategic Plan Sets Goals for 2019-2024

Based on input from stakeholders including the public, affiliates, donors, staff, and the board of directors through surveys, interviews and discussion, the NAMI Minnesota board of directors has adopted a new 5-Year Strategic Plan for 2019-2024.

The first step was to update the mission statement, removing the word stigma. The new mission statement is: “NAMI Minnesota champions justice, dignity, and respect for all people affected by mental illnesses. Through education, support, and advocacy we strive to effect positive changes in the mental health system and increase the public and professional understanding of mental illnesses.”

Goal 1: Ensure access to mental health education and support to people throughout Minnesota.

Goal 2: Advocate for policies and structures that contribute to building an equitable and effective mental health system.

Goal 3: Work with providers and professionals who touch the lives of people living with mental illnesses.

Goal 4: Ensure that all people living with mental illnesses in Minnesota have access to a NAMI Minnesota affiliate.

Goal 5: Position NAMI Minnesota to continue to grow and endure for generations to come through strategic investments.

Goal 6: Expand NAMI Minnesota’s ability and capacity to advance equity and diversity.

Find details on NAMI’s new 5-year strategic plan at namimn.org.

Growing Up in Adversity Linked to Greater Mental Health Issues

Growing up in poverty and experiencing traumatic events like a bad accident or sexual assault can impact brain development and behavior in children and young adults. Low socioeconomic status and the experience of traumatic stressful events were linked to accelerated puberty and brain maturation, abnormal brain development, and greater mental health disorders, such as depression, anxiety, and psychosis, according to a new study published in May in JAMA Psychiatry.

“The findings underscore the need to pay attention to the environment in which the child grows. Poverty and trauma have strong associations with behavior and brain development, and the effects are much more pervasive than previously believed,” said the study’s lead author Raquel E. Gur, MD, PhD, professor of Psychiatry, Neurology, and Radiology at Perelman School of Medicine at the University of Pennsylvania, and director of the Lifespan Brain Institute.

“Traumas that happen to young children can have lifelong consequences,” said the study’s senior author Ruben C. Gur, PhD, professor of Psychiatry, Radiology, and Neurology, and director of the Brain Behavior Laboratory.

“Obviously it would be best if we could ameliorate poverty and prevent traumatic events from occurring. Short of that, the study calls for paying more attention to a child’s socioeconomic background and to effects of trauma exposure. Parents and educators should become more aware of the special needs of children who are exposed to either adversity. Mental health professionals should be particularly on notice that traumatic events are associated not only with PTSD, but with elevations across domains including mood, anxiety, and psychosis.”

(Excerpted from a Penn Medicine News Release, May 30, 2019.)

Going Green for Mental Health Month

Going Green for Mental Health Month

NAMI staff gathered in green on Children’s Mental Health Day.

NAMI at the State Fair

Volunteers are needed to staff NAMI’s education booth throughout the MN State Fair, Aug. 22-Sept. 2. Volunteers work 4-hour shifts, 9:00-1:00, 1:00-5:00 or 5:00-9:00. A free ticket to the Fair is provided. Sign-ups for shifts will be available online starting in mid to late July. For more details go to namimn.org or call 651-645-2948.
New Support Group Leaders

A new group of NAMI Connection leaders was trained on May 18.

Beyond the Baby Blues Conference

NAMI Minnesota’s 12th Annual Beyond the Baby Blues conference was held on May 21 at the U of MN Continuing Education Conference Center. Resmaa Menakem, MSW, LICSW, SEP provided a thought provoking keynote on racialized trauma, the physical nature of trauma and how this impacts pregnant women and new mothers.

NAMI staffer Naomi Gaines shared her story of experiencing postpartum depression and psychosis. Several breakout sessions focused on trauma and cultural healing including learning about indigenous practices, culturally responsive practices when working with Latina mothers, providing positive support to LGBTQ families, and the Karibu Mama Mtoto Parenting Circle for African American women.

CentraCare Health Model Gets Results

CentraCare Health’s Coordinated Care Services clinic in St. Cloud is helping people with mental illnesses and addiction that are in jail or just getting out of jail, along with those they view as at risk of being incarcerated. Many end up in jail for low-level crimes like trespassing, disruptive intoxication or petty theft.

By reaching people earlier, CentraCare believes it can provide better services and reduce more expensive care like emergency room visits, and hospital or jail stays. They follow up on clients and try to get them housing, food and transportation, as well as any treatment needed at the area’s community clinic.

The program serves Stearns and Benton counties and was featured in an MPR news article in May. In the article Coordinated Care Services director Katy Kirchner said the program offers “a really innovative approach. It’s not something jails have really done, especially in Minnesota, before.”

The program has been very good at reducing distress calls and detox visits, and it is already gaining attention as a possible statewide model.

NAMI Minnesota’s executive director Sue Abderholden told MPR, “What we want is people to get the right services at the right time.”

She added that CentraCare’s program is “going in the right direction.”

Scott Co. Closer to First Residential Facility

Scott County has moved several steps closer to having its first 16-bed residential and short-term crisis facility for adults with mental illnesses. The Savage City Council approved the new development at its meeting in April and moved forward with more specific plans for the facility during its May and June meetings.

The new facility will be run by Guild Incorporated and will provide for up to 10-day stays for people in crisis or up to 90 days in the residential program.

An article in the Savage Pacer reported, “The facility would serve clients from around the state, but would prioritize referrals for Scott County residents. The aim is to cut down on the number of Scott County clients being transported hours away from home to receive this level of care and to continue growing the availability of services statewide.”

This new Intensive Residential Treatment Facility (IRTS) facility will be located near downtown Savage on a site that has been vacant for nearly 20 years. The city will extend its offer to Guild Incorporated to contribute about $230,000 toward the development of the property.

The City Council views the development as an attractive enhancement for the community that will provide critically needed support for people with mental illnesses, and will also create a significant number of new jobs.

Be a NAMIWalks Sponsor

NAMIWalks Minnesota is gearing up for another fantastic year. Sponsor the largest mental health awareness walk in the state and support NAMI’s work. Partner with us as a corporate or individual sponsor for this inspiring event. Contact Amy Brit at 651-645-2948 x112 or abrit@namimn.org.

NAMIWalks Sponsor
NAMI Spring Gala Displays Gratitude and Hope

Beautiful and dashing guests, dressed in vibrant and festive attire, came together to celebrate that Hope Springs Eternal. Nearly 300 guests came to the Hilton Downtown Minneapolis on May 11 to raise awareness of people who live with mental illnesses and their families.

Old and new friends alike ate, drank, and made merry, then danced the night away to Highbrow and the Shades. First-time guests, as well as many stalwart supporters who have attended each year, joined together to honor the work that NAMI Minnesota does throughout the state.

NAMI Minnesota board member Kevin Hanstad shared his moving story of how NAMI’s Family-to-Family course provided resources, hope and guidance on how to strengthen his family’s relationship with his sister who lives with mental illness. For the first time, Kevin and his family found hope. FOX 9 TV news anchor Amy Hockert steered a smooth and upbeat pace as emcee for the event.

NAMI’s Gala Committee did a fantastic job providing exciting prizes for our silent and live auctions, resulting in spirited bidding to raise funds for NAMI Minnesota. Auctioneer extraordinaire Karen Sorbo created electricity during the live auction, inspiring guests to place their bids. We are grateful to her and to our speaker Kevin Hanstad for helping us raise $40,000 from Gala guests for our Family-to Family education program. All told, this year’s Gala raised over $112,000 – our most successful Gala yet.

Thank you to all who sponsored, donated and attended the event, and to the volunteers who gave their time and energy to make the Spring Gala such an elegant, fun and heartwarming experience.
Reaching Out on Children’s Mental Health Awareness Day

This year the MN Department of Human Services hosted an event in honor of Children’s Mental Health Awareness Day on May 9. DHS partnered with NAMI Minnesota and the MN Association for Children’s Mental Health to host the event. Two young adult advocates shared their stories with attendees and discussed ways that adults can partner with young people to support their goals and make change to our children’s mental health system.

In honor of this day, NAMI’s children’s Super Saturday Parent Education Conference

NAMI will hold a Super Saturday Parent Education Conference at Eagan High School on Oct. 5. This free, full-day event is for parents and caregivers to attend classes (some in Spanish) and explore resources related to children’s mental health. Lunch and free childcare (age 2 and up) will be provided. For information, contact NAMI at 651-645-2948.

New Child & Adolescent Behavioral Health Hospital

Groundbreaking for a new Child and Adolescent Behavioral Health Hospital took place on June 7, in Willmar. The new hospital will expand the number of children served in Willmar from four to sixteen, and all in a therapeutic setting designed specifically for the complex needs of Children and Adolescents. Construction on the project is scheduled to take one year to complete and the hospital plans to open in June 2020.

Duluth Police Mental Health Unit Thriving

During the past year the Duluth police department’s mental health unit has helped reduce mental health related police calls by 31 percent. Started as a pilot project in 2018 the mental health unit has two police officers and two licensed social workers working together to find new ways to connect with people and get them the help they need.

According to a recent article from MPR’s NewsCut, “The team does everything from street corner therapy to helping people stay on medications, to connecting them with social services that can help keep people out of the justice system.”

The mental health unit incorporates social workers and health care professionals and referral services and is made up not only to handle a crisis, but also to help prevent them.

Duluth’s police officers are all offered 32 hours of crisis intervention training to learn de-escalation techniques, how to recognize trauma, and assess suicide risks. It isn’t mandatory but about 33 percent of the officers have taken the training.

Officers often connect with the mental health unit when they think someone could benefit from a mental health follow-up. This probably translates to fewer crisis calls later on. One pair on the mental health unit handled nearly 300 such referrals.

The Duluth police mental health unit’s success already has the department looking at ways to expand the program.
**5K WALK | WELLNESS FAIR | BANDS | FOOD TRUCKS | ALL AGES | DOG-FRIENDLY | NO REGISTRATION FEE**

For more information contact events@namimn.org or (651) 645-2948 X112

Check in 11 am | Start time 1 pm

**MINNEHAHA PARK**
**MINNEAPOLIS**

For more information contact events@namimn.org or (651) 645-2948 X112

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**REGISTER DONATE**

www.namiwalks.mn/2019
NAMI Minnesota, in collaboration with the Minnesota State Advisory Council on Mental Health and Subcommittee on Children’s Mental Health, will be hosting the second annual Mental Health Awareness Day at the State Fair on **Monday, August 26, 2019**.

Fair attendees can explore mental health and wellness through inspiring stage performances, music, demonstrations, yoga, resource information, and much more.

### Mental Health Day at the State Fair Set

More than 50 mental health organizations from across Minnesota will host exhibits in Dan Patch Park, with many free activities geared for children and teens. Free with Fair admission, the event will also include a full lineup of entertainment on the Dan Patch Park stage from 9:00 a.m. to 6:00 p.m.

Learn more about this important and fun event at namimn.org, or call 651-645-2948.

### Suicide Prevention in the Agriculture Community

NAMI recently received a grant to focus on offering suicide prevention programming to agriculture communities throughout the state. NAMI offered its first Farmers QPR (Question, Persuade, Refer) suicide prevention class in partnership with Land O’ Lakes this June in Melrose.

The Farmer’s QPR was facilitated by Brenda Rudolph, a local dairy farmer who spoke to a room full of 48 individuals made up of farmers, Land O’ Lakes staff, credit union staff, and other individuals within the agriculture community. There were great discussions and NAMI is excited to continue to offer suicide prevention programming throughout the state.

### Workplace Giving

If you have a workplace giving program, please consider designating your donation to NAMI Minnesota. You can also designate NAMI Minnesota if you use Thrivent Choice, United Way, or another workplace giving program. Be sure to write in NAMI Minnesota (not just NAMI, unless you intend your donation to go to the national organization). NAMI Minnesota is also a member of Community Health Charities (CFC Code: 26549). Thank you for your support!

### Outreach to Spanish Communities

NAMI recently received a Bigelow Foundation grant to provide outreach to Spanish communities in Ramsey and Washington counties. The grant will help families and individuals access basic resources, create partnerships with supportive agencies, and mental health education. For information, call Fanny Fernandez at 651-645-2948 x133.

### NAMI Affiliates in Action

- NAMI Anoka County and The Heart and Mind Connection hosted a screening of “The Ripple Effect” in May. The group also partnered with the Mental Wellness Campaign of Anoka County to host their annual Mental Health Walk on June 1.

- NAMI Carver County partnered with the #Livin Foundation to host a speaker on suicide prevention.

- NAMI Dakota County hosted a screening of “The Ripple Effect” in May in partnership with The Heart and Mind Connection. The group is getting ready to host a booth at the Dakota Co. Fair in Farmington August 5-11.

- NAMI Duluth Area launched a new website at namiduluth.org.

- NAMI Grand Rapids carried out a full slate of mental health awareness activities during May.

- NAMI Hennepin County partnered with Table Salt Productions to host a play about mental health.

- NAMI Northwoods sponsored the Evergreen Conference and hosted a resource table.

- NAMI Ramsey County partnered with the St. Paul Police mental health unit to host an educational program for the community about their efforts.

- NAMI St. Cloud held its annual Mental Health Walk on May 16.

- NAMI Washington County hosted a Game Day on June 2. The group is preparing for its annual picnic in partnership with NAMI St. Croix Valley.

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Podcast Series Examines Cultural Language of Mental Wellness

NAMI Minnesota recently launched a new podcast series called Wellness in Color. Spearheaded by the organization’s Multicultural Advisory Board, a group of young adults whose goal is to reach their collective communities through positive reflections on wellness, the podcast explores mental health narratives from cultural communities in Minnesota.

In the second episode, “The Pressures of Perfection,” guest Aneela Kumar spoke with host and board member Maritza Steele about her challenges living with anxiety, OCD and a hair pulling disorder while balancing her roles as a successful entrepreneur and mom.

Hoping to shed more insight on non-Western perspectives of mental health, the series also centers on discrimination that community members have faced in seeking information or help in their understanding of mental illnesses.

The podcasts also highlight through various wellness resources, how individual recovery has been supported.

The goal of the series is to showcase the cultural language of mental health and address the importance that reaching out for help is nothing to be ashamed of.

The podcasts air biweekly through the end of September 2019. To listen to the podcast or for more information, please visit namimn.org.

July is Minority Mental Health Month

July was designated as Minority Mental Health Awareness Month in 2008 to raise awareness in communities of color and other underrepresented groups about mental illness and its effects on members of the community.

This year’s activities will include and focus on the mental health needs of refugee and immigrant groups, religious groups, and those who identify as part of the LGBTQ+ spectrum. By being more inclusive, we underscore the need to address mental health issues with a unique lens in communities where mental health may not often be directly discussed and help seeking may not be encouraged.

The Agency for Healthcare Research and Quality (AHRQ) reports that racial and ethnic minority groups in the U.S. are less likely to have access to or to use community mental health services, more likely to use emergency departments, and more likely to receive lower quality care.

Poor mental health care access and quality contribute to poor mental health outcomes, including suicide for people from racial and cultural communities.

Far too many people from cultural communities do not receive the help they need to manage their mental illness. Since diagnosis by a mental health professional is required to access many life changing mental health supports, those not engaged often fail to have access to support services important to recovery, school and job success, development of helpful coping skills and improved health and mental health management.

For the 2019 Minority Mental Health Awareness Month, NAMI Minnesota will focus on providing mental health education in cultural communities in St. Paul and Minneapolis. NAMI’s Mental Health 101 class will focus on wellness, an important aspect of both prevention and recovery from mental illnesses, and include wellness activities. Please see the NAMI Minnesota website at namimn.org for details and locations of these activities.

Family Support Group Leaders

A new group of family, parent and partner/spouse support group leaders was trained in April.
Memorials

In Memory of

BRIAN SCHEPPARD

FROM

JOI FENDER
Jennifer Fink
Thomas & Lauren Hanninen

Virgin Hanninen
William Hanninen
Merin Niebergall
Frank & Janet Renner
Dave Scheppard
Judy Strietz
Cheryl White

CHARLES MCCORD MOSS, III

FROM

Katharine Mura & James Neher

CHATREA ROSE “TIA” ZACHMAN

FROM

Alyce Pleschock

CHRISTOPHER LIVINGSTON

FROM

Jean Anderson
Suzanne Betker
Jeff Bower
Sharon & Gerry Damsgard
Jodi & Matthew Dean
Kristina Felber
Paul & Janet Frederikson
Cheryl Glander
Ted & Joan Goldsberry
Stephanie & Bruce Hanson
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JOHN WENDT

FROM

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His loving family

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FROM

Dawn Blankenheim

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FROM

Don & Fran Zwaan

MICHAIL (MIKE) SWANSON

FROM

Robert & Donna Swanson

NICK DENDON

FROM

Steven & Sheila Repeck

NILES, JEFFREY RANDOLPH

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Debra Behrens
Richard & Susan Bossardt
Children’s Minnesota
Jack & Betty Randolph
Mary & Senne Senne
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FROM

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FROM

Cathy Nelson & Janine Hadsky

WALTER HADDER
FROM

Heather Mackenzie & Charles Haellig

Leslie Molinier, Happy Birthday
FROM

Jennifer & David Antila

Meghan Wallace
FROM

Mary Sweeten

Rachel Thaneey Brantingham, Happy Birthday
FROM

Stephanie Carlson

REBECCA ANDERSON
FROM

Patty Miller

Sue Murray, RN, Retiring after 47 years as a psychiatric nurse!
FROM

Deane Marcolis, MD

The patrons of Jackalope Tattoo
FROM

Amoreena Azure

In honor and support EMS professionals and EMS Week
FROM

Katie Burkert

Tom & Diane Hind’s 50th wedding anniversary
FROM

Marianne Rother & Richard Stein

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Fundraisers by Others Support NAMI’s Work

Thank you to all of our Do It Yourself fundraisers for supporting NAMI Minnesota’s mission. Your support and outreach are very important to help build our movement. Find more on DIY Fundraisers at namimn.org or call Dinah at 651-645-2948 x104.

• Anime Twin Cities raised $29,167 to benefit NAMI Minnesota during their charity auction at their annual conference attended by thousands of people. NAMI staffs and volunteers presented two trainings to educate attendees on mental health awareness. Special thanks to the Anime board of directors, Troy McDonald and Christina Felice for their leadership in advocating for NAMI to be the organization’s chosen charity.

• Mounds View High School Honor Society members held a concert with music by students to raise awareness of mental health issues. They showed a video in which they interviewed a NAMI staff member, and donated $1,670 from ticket sales.

• Edina Community Lutheran Church raised $1,000 to benefit NAMI.

• First Unitarian Society of Minneapolis raised $365.

• Golden Key Honor Society at the University of Minnesota raised $200 from other students during a “bargo” (a version of bingo) tournament at Applebee’s.

• Sarah Magnuson raised $200 in a do it yourself fundraiser for NAMI.

• The Law Firm of Jardine, Logan & O’Brien donated $100, and provided in-kind donations of office supplies and paper goods that NAMI will put to good use.

• Annette Walby raised $50 from her colleagues at Fairview Partners during Mental Health Month in May.

• James Jerome raised $25 at a birthday party for his friend Julie.

Nickel Open

The 2nd annual Nickel Open Golf and Beanbag Tournament was held in May with proceeds earmarked for NAMI’s suicide prevention programs.

FB Birthday Gifts

Thanks to all those listed below who held birthday fundraisers on Facebook to benefit NAMI Minnesota over the past several months. Through these generous celebrations $7,880 was raised in an easy and secure way to help support our cause. We’re so glad you used this outreach to encourage your friends and family to donate to your favorite charity! Thank you and Happy Birthday to...

Allison Falldin, Andrew Johnson, Becca Anne, Brittany Ingersoll, Campbell Teigen, Carmen Ritchie, Chandra Pagel, Colleen Garman, Dean Harris, Deb Zane Wheatley, Debra Ann Austin, Donae Angelique, Emily Gazelka Beise, Emily Hemauer Winkel, Eve Divine, Faith Wilson, Hanna Jo McLevish, Heather Graham, Heather Koblitz, Jenn Bozich, Jennifer McCalister, Jennifer Rutman Goldberg, Jodi Hoof, Jordan Berry, Josee Bidwell, Joseph Soto, Kat Hiti, Kathleen DeVore, Kathryn Hage, Kendra Ann, Linda Erickson, Meghan Wallace, Mia Cha, Michelle Maureen, Nikki Skadburg, Rachel Thaney Brantingham, Rose DeMarco, Sandy Beuning, Thi Bui, Tim Dezelske, Tracy Rue, and Whitney Nielsen.

NAMIWalks Kick-Off Breakfast Set

The NAMIWalks Kick-off Breakfast is set for July 31, from 7:30-9:00 a.m., at Pinstripes in Edina. Get information packets and discuss ways to build your teams at this free event. For information or to RSVP, contact Amy Britt at 651-645-2948 x112.

Grants Keep Us Growing

IRIS CIRCLE ($10,000+)
• Bentson Foundation – To hire a Criminal Justice Coordinator to work on competency restoration, juvenile justice alternatives, the Stepping Up Initiative and more.

VISIONARY ($5,000-$9,999)
• Janssen – Family-to-Family education program

BENEFACtor ($1,000-$4,999)
• Bush foundation, donor advised fund – General Operating
• Otto C. Winzin Fund – General Operating

SUPPORTER ($500-$999)
• Cray Cares – General Operating
• Bruce and Carol Lowell Fund – General Operating
• The St. Paul Area Chamber of Commerce – Workplace wellness initiatives
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### CALENDAR

**Justice | Dignity | Respect**  
**Education | Support | Advocacy**

**July - Minority MH Awareness Month**
- 16 Get to Know NAMI  
- 31 NAMIWalks Kick-Off Breakfast

**August**
- 15 Get to Know NAMI  
- 26 Mental Health Day at the State Fair

**September**
- 10 World Suicide Prevention Day  
- 28 NAMIWalks Minnesota

**October**
- 5 Super Saturday Parent Education Conference  
- 6-12 Mental Illness Awareness Week (MIAW)  
- 10 World Mental Health Day  
- 16 Get to Know NAMI

**November**
- NAMI State Conference, Nov. 2

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