NAMI Vigilant on Policy Changes

Implementing all the policy changes after a session is a lot of work. NAMI Minnesota has sent letters to the Commissioners of Health, Human Services, Housing, Education, Commerce, and DEED. The letters outlined the key issues before the departments and asked how they would be addressed.

For example, both the Department of Health and the Department of Education received funding for the online suicide prevention training for all school staff and teachers. NAMI wants to know how they are moving forward with the contract with an online provider.

A key issue for human services is around school-linked mental health services. That work group has met and is beginning to look at the policies around the grant, what other data is needed to measure the outcomes, and how to create a comprehensive school mental health system. This includes what percentage of an FTE per number of students is effective and how many more school support personnel are needed.

NAMI staff have already met with the Commissioners of Commerce, Minnesota Housing Finance Agency and Dept. of Human Rights to discuss implementation and parity issues as well as how Bridges housing funds will be used to prevent homelessness for people leaving jails or hospitals.

NAMIWalks Builds Community, Creates Change

More than 275 teams and 4,000 walkers filled Minnehaha Park in Minneapolis on Sept. 28 for the 13th annual NAMIWalks Minnesota. It was a picture perfect fall day to share this celebration of hope and recovery with each other. The power of NAMIWalks continues to build community and spark NAMI’s ongoing efforts to improve mental health policies and services.

It was a festive day with everyone in colorful team t-shirts, plenty of friendly resource tables, a kids tent, team picnics, lots of games like bean bag and ring toss, crafts, and Native American ceremonial dancing. Gov. Tim Walz joined us to talk with walkers and speak to the crowd. He praised the difficult progress that has been made in mental health and the role each of us has had in creating change.

Thanks to all who joined in to make this a wonderful, uplifting experience.

See “NAMIWalks” p.4

NAMI State Conference on Advancing Equity

NAMI’s 2019 State Conference “Advancing Equity” will be held at the St. Paul RiverCentre on Saturday, Nov. 2. The opening keynote speaker will be Amit Sood, Professor of Medicine at Mayo Clinic College of Medicine, Rochester, Minnesota. His topic will be Resiliency. As the closing keynoter, Joi Lewis, Ed.D, will speak on Radical Self-Care in Challenging Times.

The conference will also feature 18 breakout sessions on a wide variety of current mental health topics. Five CEUs will be offered for professionals and students, along with a discounted rate for students to attend. Immediately following the conference NAMI Minnesota will hold its annual meeting and board elections. For information and to register, go to namimn.org.
NAMI Minnesota Advocates Meet on Federal Mental Health Issues

On Sept. 17-18, Sam Smith and Sue Abderholden traveled to Washington D.C. to engage our congressional delegation on the top federal mental health issues during Hill Day which was sponsored by all the major mental health organizations, including NAMI and the National Council.

This was an excellent opportunity to meet mental health advocates from across the state and country, learn more about efforts at the federal level to build our mental health system, and to push our congressional delegation to do more for mental health.

NAMI met with Congressman Pete Stauber (R) to discuss mental health care access.

NAMI partnered with many important Minnesota advocates and is especially grateful for the leadership of the Minnesota Association of Community Mental Health Programs. Meetings were scheduled with every Minnesota congressional office or their staff, and we were able to meet in person with Congressman Stauber, Hagedorn and Phillips and with Senator Smith.

We are happy to report that now with the support of Rep. Hagedorn, every single member of the Minnesota Congressional Delegation has signed on as a co-sponsor for the Excellence in Mental Health Act. This legislation would continue the federal support for Certified Community Behavioral Health Clinics (CCBHCs), or one-stop shops that can provide treatment for mental illnesses, substance use disorders, and other health needs.

Expansion of Psychiatric Beds Sought for NE Minnesota

NAMI Minnesota sent a letter to Essential Health and St. Luke’s in Duluth in July after learning that $96 million of public money is being used to create a “medical destination” center in Duluth. Both entities are planning on new buildings to create a new medical campus. Despite the fact that the community health assessments in the region have consistently identified mental health as the first or second unmet need – none of the funding is being used to expand access to mental health care.

NAMI’s letter questioned this decision, and stated that their efforts to address the mental health needs of the community needed to go beyond changing public attitudes and actually increase mental health care access.

A few weeks later the Arrowhead Behavioral Health Initiative sent a letter to the two entities also encouraging them to increase access noting, “Lack of timely access to psychiatric inpatient beds frequently (necessitates) travel to Fargo or Minneapolis/St Paul, where individuals are far from local support systems and usually left with no transportation back home.”

NAMI did receive a response from Essentia on July 23 and from St. Luke’s on August 20. Both outlined their efforts to address the mental health needs of the region. They have expanded care in their primary care clinics, have added four psychiatric beds in the ER and are creating a six-bed crisis unit where people can stay up to 72 hours. They also mentioned the partnership with the Human Development Center to provide discharge follow-up from the ER. St. Luke’s is planning on upgrading their current 22-bed inpatient unit.

This does not satisfy NAMI’s concerns. If someone in the ER needs inpatient care they shouldn’t have to be boarded in the ER, receive only 72 hours of care or be transported hundreds of miles across the state. NAMI wrote back to the health care systems on Sept. 6, restating its position: “It is also clear that the need for inpatient psychiatric treatment greatly exceeds what is currently available...(we) continue to believe that it’s time to take a step back and reevaluate the plans to ensure that your health systems can be a viable destination for people with significant mental health needs.”

Storytellers Needed for NAMI’s Advocacy Work

Sharing your story is the most powerful tool that mental health advocates have to push for change and build our mental health system. NAMI Minnesota is looking for people to share their story for the upcoming legislative session. Our policy team is available to help you develop your story and put it in writing. To learn more, contact Sam Smith at ssmith@namimn.org.
Mental Health Listening Session


NAMI Supporters Hosting House Parties

Every summer and fall when there is not an election, NAMI members and supporters host house parties. These are informal gatherings where folks have an opportunity to meet with their legislators and other mental health advocates in their community. These meetings are very important to our advocacy efforts and allow us to build stronger connections with key legislators.

Time and again, the personal stories of constituents transform key legislators from mental health supporters to mental health champions. Meetings have been held with Rep. Noor, Rep. Loeffler, and Sen. Dziedzic. We are also looking forward to meetings in the Golden Valley and St. Louis Park communities.

If you would like to host a gathering of your own, all you need to do is contact Sam Smith at ssmith@namimn.org and find a venue like your home or a public space like a library or coffee shop.

Medicaid and CADI Waivers

In early September NAMI learned that a new policy to verify assets of some people on Medicaid went into effect on Sept. 1, 2019. This largely impacts adults who are on Medical Assistance (MA) due to their disability (on a CADI waiver, MA-EPD, live in a long-term care facility, etc.) and whose eligibility is based on the amount of assets they have. It doesn’t include children.

Under the new policy they must complete and sign a new form to allow the state to verify that their assets are not exceeding the limit. The state is mailing out this form between August 2019 and April 2020. Signed forms must be returned to the address listed in the letter.

The problem with the policy is that individuals have 10 days to return this form. If the form is not returned within this time period, the bulletin states that the person will lose their MA. DHS said that MA disability recipients will receive a second letter notifying them that they will lose their health insurance on the first of the month if they do not return this form in 10 days.

Ten days is simply not enough time. It presumes that people’s addresses are current, that they open their mail daily or at least once a week, that they have an envelope and stamp, that they are at home and not in the hospital or residential treatment, and that they will be able to understand how to fill out the form without assistance.

NAMI Minnesota is very concerned that people will not send the form back resulting in them losing their health insurance.

If you or a loved one is receiving Medical Assistance due to a disability, it is very important that you check your mail and promptly return this form to your county. If you aren’t going to meet the 10-day timeline or the deadline has passed, please contact your case manager or financial worker right away.

Please contact us at namihelps@namimn.org if you have any questions about this process or you are at risk of losing your health insurance due to this change.

This has brought NAMI to look at the paperwork for Medicaid and waivers. Ten days is the Department’s normal turn around but we are concerned that people are losing their health insurance due to this short timeline.

Another issue under the CADI waiver is that if someone is hospitalized more than 30-days they lose their CADI waiver and have to reapply and be reassessed. This can take anywhere from 30 to 90 days. Meanwhile the person is no longer hospitalized but also has no supports.

NAMI Minnesota wants to hear your stories. Have you lost your CADI waiver due to a long hospitalization or residential treatment? Have you lost your Medicaid due to not turning paperwork in on time? Let us know by emailing us at namihelps@namimn.org.
NAMIWalks... cont. from p. 1

Thanks to our premiere sponsors Cigna and M Health Fairview, our presenting sponsor BlueCross and BlueShield of Minnesota, our team captains, our individual fundraisers, and to HealthPartners Super Team.

More than $465,000 was raised to support NAMI Minnesota’s programs, with more donations still to be counted toward our goal of $528,000. Donations will continue to be taken for the Walk through Nov. 28.

Again this year, nearly 200 volunteers did an exceptional job of working together to help make the Walk a great experience. We also thank our speakers and our emcee Cory Hepola.

Top teams by walkers were: HealthPartners 383, Team UCare 132, Team Medica 132, Team Cigna 99, Supportive Living Solutions 84, Natalis Counseling and Psychology 83, The A Team 75, M Health Fairview 68, Mental Health Resources 52, Team Optum 49, and Hennepin Healthcare 48.

Top Family & Friends teams by walkers were: The A Team 75, Kaleidoscopes 51, Leo’s Legacy 45, NAMIsTe 37, WillPower 33, Social Justice League 25, The Soulshine Walkers - In Memory of Andy 25, and Team Big Red 24.

Top fundraising teams in order were: SueNAMI, WAMI’s, Team Big Red, Team CC, and Team Cigna. Top individual fundraisers were: Rosemary Janousek, Sue Abderholden, Becky Scheig, and Anne Luther, and Jesi Konen.

Over 4,000 people joined in NAMIWalks.

Gov. Tim Walz spoke at NAMIWalks and cheered our efforts.

Sharing the journey.

The resource tables were lively, fun and informative.
Colorfully dressed Mexica dancers joined in NAMIWalks. 

It was the 13th annual NAMIWalks. 

WCCO Radio’s Cory Hepola emceed. 

Team Ryan finds many exuberant friends. 

Happiness is a beautiful fall day and loved ones to share it with. 

Team Big Red was a top 3 fundraiser. 

Family team chair Sammie Neff (center). 

It’s joyful walking together. 

It’s inspiring to know you’re not alone. 

So many Good things about NAMIWalks. 

T-shirt contest winners were MCIL Stigma Stompers 1st (R); NAMI Washington Co. 2nd (L), & Brilliant Life Community 3rd. 

What a day to be out walking for a cause! 

NAMI Ramsey County’s Team Willpower.
When children become overwhelmed by their big emotions or anxious thoughts, parents are often left feeling helpless and wonder what they can do to help. Here are 3 simple strategies that may help!

* Model good coping skills: When you’re stuck in traffic and the kids are in the backseat demanding to know when you will get home and what is for dinner and you feel your heart start to race and you face flush–talk through how you calm yourself down. It might sound something like this “Wow. I am starting to feel really frustrated. My face feels warm and my muscles are tense. I need to calm down. I am going to try taking 3 deep breaths.”

* Remain neutral or calm: Our brains are experts at picking up subtle clues that can feed the fire of anxiety. If your face, tone of voice, or body language is tensed or stressed—regardless of what you are actually saying— it could be sending the message to your child’s brain that they are right to worry. So, when your child is upset, pay attention to how your body looks and feels and how your voice sounds.

* Connect and empathize: Before you work on problem solving or correcting behavior, it is important to connect with your child and validate what they are feeling. The next time your child is upset, listen and observe and then offer an empathetic statement like “This feels scary; this feels really hard for you,” or even a simple “I am here.”

NAMI will hold its next Super Saturday Parent Education Conference on Nov. 16, from 8:30-2:30 at Prior Lake High School in Savage. This event is designed to meet the needs of biological, foster and adoptive parents, family members, paraprofessionals, and others who work with or care for children with and without a mental health diagnosis.

“Mad2Glad: Healing the Silent Family Struggle” is the title of the conference’s keynote presentation.

Breakout sessions include: Understand the Children’s Mental Health System, Special Education, Mindfulness for youth, Creative Emotional Regulation Strategies, Suicide Prevention, What Autistic People Wish You Knew, Mental Health Crisis Planning, Wellness, Self Care, and more!

Lunch and free childcare (age 2 and up) will be provided. Register at namimn.org or contact Kate Bartlein: kbartlein@namimn.org or 651-645-2948 x197, for more information.

NAMI Holiday Gift Drive

NAMI will be accepting Holiday gifts for youth and adults hospitalized over the Holidays in local psychiatric in-patient units and adults in residential facilities. Particular types of gifts are sought—nothing sharp or breakable, no ribbons or strings.

Especially needed are gifts for teenagers, such as sketchbooks, journals (no spiral notebooks), colored pens and pencils, games and cards; and hats, gloves, word find books and puzzles for adults. For a more detailed list of suggested gifts, please go to namimn.org

Give to the Max on Nov. 14

Give to the Max Day is just around the corner, our state’s great Minnesota “give-together.” Mark your calendars for Thursday, November 14— this is a great opportunity to give to your favorite nonprofit organization!

Your gift to NAMI Minnesota also helps make us eligible for bonus prizes called “Golden Tickets.” We know with your support that we can meet (and exceed!) our $37,000 goal this year. Watch for more Give to the Max Day information in upcoming emails and social media posts. Your support makes all the difference to NAMI Minnesota.

Volunteers will be needed to help deliver gifts on Dec. 22. Please contact our volunteer coordinator if you wish to help us with sorting or delivering gifts.
Colleges Expand Suicide Prevention Efforts

A 2018 U.S. News article titled “How Students Can Find Mental Health Services on Campus” reported that college students are becoming more proactive in addressing their mental health. While this is encouraging news, Asian students remain the least likely to seek help and the difference is striking as compared to their peers.

Impacted by cultural and other factors, Asian-American college students are 3 times less likely to seek out professional therapy or counseling. Asian American college students are also 1.6 times more likely to make a serious suicide attempt. From 1999 to 2017 the suicide rate for Asian American students 15-24 years increased approximately 78% for men, and more than 61% for women.

With the growing suicide rate for the college age population, colleges and universities have expanded their suicide prevention efforts thanks to Federal grants. In 2018, Garrett Lee Smith Campus Suicide Prevention Grants were awarded to 24 campuses to train staff in how to identify and assist students at risk for suicide and appoint a person to oversee prevention efforts. Some grantees are using the funds to expand access to mental health supports, while others focus on supporting youth who may be at increased risk for suicide, such as first-generation students.

Another resource available to college and universities to aid in providing access to and resources for mental health is the Equity in Mental Health Framework, which provides colleges and universities with ten recommendations and implementation strategies to help inform and strengthen their mental health support and programs for students of color.

An accompanying toolkit includes recommendations to reduce shame and prejudice around mental illness, improve campus climate, and systemwide opportunities to help all students thrive. The Framework and Toolkit were created in partnership by The Steve Fund and the Jed Foundation.

Multicultural Young Adult Board Continues its Work

The Multicultural Young Adult Mental Health Advisory Board is revving up for the upcoming year. This year the board will continue developing and implementing awareness campaigns for their cultural communities, provide mental health and suicide prevention training to new members and their communities, and continue work on cultural recommendations to assist providers. For more information, contact Cynthia Fashaw at 651-645-2948 x108.

Crisis Facility to Open in Carver County

Carver County plans to open a 12-bed mental health crisis facility near Lake Bavaria in Chaska late this year or early in 2020. It will provide mental health assessments for adults and offer voluntary crisis stays for up to 10 days.

The new facility “fills a gap” in Carver County’s continuum of mental health programs, said Rod Franks, director of the county’s Health and Human Services Division in a recent article in the StarTribune.

“We knew there was a need for this kind of facility,” Franks said. “It’s really designed to meet the needs of individuals through crisis or emergencies and get them the help they need.”

Carver County does have a 24-hour mobile crisis but it doesn’t provide short stay care like the new program will. While in the facility clients get supervision, medication monitoring and counseling, family education opportunities, and connections to ongoing support services and resources.

For those seeking help, the program offers a needed alternative to an emergency room experience followed by long distance travel to find a hospital that has an inpatient psychiatric bed available.

“A lot of people will get the help they need because of this initiative,” said NAMI’s executive director Sue Abderholden. “We hope more counties will create crisis homes.”

NAMI at the State Fair

NAMI Minnesota had a busy 12 days at the State Fair this year helping over 5,000 fair-goers find resources, information and support.
Mental Health Day at the State Fair a Success

NAMI Minnesota, in collaboration with the Minnesota State Advisory Council on Mental Health and Subcommittee on Children’s Mental Health, hosted the second annual Mental Health Awareness at the State Fair on Monday, August 26.

The event included resource exhibits from 56 mental health organizations across Minnesota, as well as stage performances by Cedar Creek Drummers, Bryan Piatt, North Star Therapy Animals, The Renovators (Vail Place), Fidgety Fairy Tales, Brains On! Podcast, and Elsa Lee.

NAMI and 55 other organizations held Mental Health Day at the State Fair for the second consecutive year.

Competency Restoration Work Groups

Two workgroups are meeting to address the impact of the increased numbers of people who are deemed incompetent to stand trial. The higher numbers have resulted in the need for over $1 million in new funding to pay for the evaluations and the lack of beds at Anoka-Metro RTC for anyone coming from a hospital.

One group was formed by the courts and is called the Psychological/Psychiatric Examiner Services Judicial Workgroup. It is chaired by Judge Messerich and includes lawyers, psychologists, judges, counties, law enforcement and NAMI Minnesota. There are draft recommendations that focus more on the legal aspects of competency restoration. The final report is due this fall.

The other group was created due to legislation advocated for by NAMI Minnesota. It has a wide range of stakeholders including lawyers, the court system, counties, providers, mental health professionals, people with lived experience and victims, and groups representing racial and ethnic groups overrepresented in the criminal justice system.

Musician Supports NAMI

Richard Morgan and the band “Death, Sleep and the Traveler” will be donating 100% of all proceeds from sales and downloads of their “Month of Sundays” album to NAMI Minnesota. The album will be released Oct. 4 and available from all major online digital retailers. To learn more about “Month of Sundays,” visit their website at www.deathsleepandthetraveler.com.

NAMI Minnesota’s executive director Sue Abderholden was elected chair at the first meeting with the public defender, Bill Ward, elected vice-chair. Their work initially was to make sure everyone knew the process and then to do a deep dive into the data to understand why some counties’ numbers are so high and to see what other states are doing. This report isn’t due for two years, although an interim report is due in February.

NAMI Affiliates in Action

- NAMI Anoka County partnered with NAMI Minnesota to bring “In Our Own Voice” programming to their community.
- NAMI Dakota County organized their walk team, “Kaleidoscopes.” They also hosted a speaker from the Burnsville Police Dept. at their monthly education night on Oct. 8.
- NAMI Duluth Area started a new Open Door Support Group.
- NAMI Freeborn County hosted a screening of “The Ripple Effect.”
- NAMI Grand Rapids organized a walk team.
- NAMI Hennepin organized its walk team, “Hennepin Heroes” and worked with local businesses to sponsor the team. The group also continues to host resource tables at community events.
- NAMI Northwoods continues to host resource tables at community events.
- NAMI Ramsey County organized a walk team and engaged local businesses as sponsors. They will also host a screening of “The Ripple Effect” in November.
- NAMI Scott County organized its walk team and continues to host resource tables at community events.
- NAMI St. Cloud Area held its annual conference on Oct. 4.
- NAMI Washington County organized a walk team and engaged local businesses as sponsors.
Criminal Justice Risk Assessments Questioned

Exposure to the criminal justice system increases some of the risk factors used to predict recidivism and re-arrest, according to new research out of Columbia University Mailman School of Public Health.

For every arrest or conviction an adolescent experienced, their levels of antisocial attitudes, behaviors, and number of peers became subsequently higher. Findings provide new empirical evidence for an old claim—that exposure to the criminal justice system criminalizes people further. Results raise concerns about transporting risk assessments for predicting recidivism to other points in the criminal justice system. Findings are online in the journal Law and Human Behavior.

While “criminogenic” risk assessment is considered an evidence-based practice for predicting recidivism, that evidence comes entirely from people who are already entrenched in the criminal justice system. These latest findings show that it would be inappropriate to use the same risk assessments on people who haven’t been exposed to the criminal justice system.

“Risk assessment, and algorithmic prediction more broadly, is being heralded as a key component of criminal justice reform,” said Seth J. Prins, PhD assistant professor of Epidemiology and Sociomedical Sciences and author of the study. “But these findings suggest that current risk assessments cannot fully distinguish between individuals’ propensities and the fact that they have already been criminalized by a runaway criminal justice system.”

“Some proponents of risk assessment claim that it taps into the origins of crime,” said Prins, “but in the era of mass incarceration, the idea that risk factors for staying trapped in the criminal justice system are the same as the risk factors for initial exposure to the system ignores all the social, economic, and policy-related factors that have nothing to do with individual characteristics. We need to focus on what puts people at risk of criminogenic risk, and one of those things, arguably, is current criminal justice policy.”

(From NIMH on Urban Health, Aug. 23, 2019.)

Study on Guided Imagery & Music to Treat Depression

A team of music therapy researchers is seeking adults with depression to participate in a study on Guided Imagery and Music, a specialized therapy approach in which specially selected classical music is used to support internal imagery, which the client and therapist work together to use in the client’s healing process. All participants will be provided with Guided Imagery and Music sessions at no cost. No additional compensation is provided. To be eligible, you need to be at least 18 years old and have depression, rather than another illness such as bipolar disorder or schizophrenia. One of the sites for this study is in the St. Paul area. For information, call (302) 285-9989 or email honigtj@appstate.edu.

Participants will spend a maximum of 15 hours at the Minneapolis VA Medical Center and the University of MN campus. There will be compensation of $300 for full completion of the study. For information, call Elsa at 612-467-1577 or email to cablab@umn.edu. Please put “PENS2 Study” in the subject line.

Study on Understanding Psychosis

Individuals who have a diagnosis of schizophrenia, schizoaffective or bipolar disorder with psychosis and their siblings are invited to participate in a research study being conducted by Dr. Scott Sponheim of the University of Minnesota and Minneapolis VA Medical Center.

This study is about understanding thinking functions and visual perception in individuals who experience psychosis and their biological siblings. Participation will involve a set of interviews and questionnaires; cognitive assessment of thinking abilities; a blood draw or saliva sample, and measurements of brain structure and brain activity while at rest and while completing different tasks (through MRI and MEG).

NAMI Minnesota proudly joined with its NIMH partners from around the country in Bethesda, MD, July 31-Aug. 1.
Memorials

June 11 to Sept. 16, 2019

ANDRA SONNEK
From
Lynne & Richard Sonnek

ANDREW NEWMAN
From
Thomas Ash
Mark & Teresa Ash
Lori & Julie Ash

Margaret Newman

Keith & Justine Schulte

ANDREW ZUREK
From
C & G
Patricia Boyle
Phyllis Braun

Randall & Jaetlie Carpenter
Mary Conner
Ken & Janis Cram

Wade & Sheriann Dillon
Brian & Rosemary Dixon

Robert Flaten
Gregory Gibson
Kevin Gradn
Susan Gregerson
William Hanley
Bill Hart
Kathleen Hinds
Dawn Kennedy
Larson Family
Jenna Larson
Larry & Julie Larson
Marilyn Mahmud
Beverly Newman & Teresa Newman-Larson
Bruce Norback
Oakdale Ear, Nose, & Throat Clinic
Barbara & James Roegge
Shelley & Robert Russell
Gregory & Cherl Sandbushe
Joseph Sandbulte
Mary Lou & Gregory Spurrier
Michael & Rosemary Umland
Barry & Ann Vermeer
Michelle Wetzel
Gregory & Stephanie Zurek
Lauren Zurek

ANITA BRELENSKII
From
Gary & Vancie Balko

ANITA BUDENSKI
From
Suzanne Newell

ANTHONY ECHOLA
From
Louise Echola

ARCHER AMOROSI
From
Donald & Sharon Amorosi

BECNY ANN MILLER
From
Ginny Walsh

BILL CAVANAGH
From
Dan Mulfayan

BRADLEY KUHL
From
Dalton Stewart

BRADLEY N. MCCINTOCK
From
Noel & Laurie McCintock

BRUCE JOHNSON
From
Penny & Rich Pick

BRIAN LUIS EBERT
From
Audrey Darling
Mary & Ceyda Fox
Jolene & Michael Rider

BRIAN R. BERTELSON
From
Beth Bertelson
Darrel & Barbara Bertelson
Dennis & Nancy Dahlen
Karen James

Steven & Shirley Mellemma
Linda & Dale Wenukus

CARL REAMER MOSER
From
Jonathan & Jennifer Nelson

CAROLE FALK
From
J. Hanssen & Barbara Fonkert

CARROLL EARL REVOR
From
Shannon Crogrove-Rucker
Mary Jones

CHARLIE CAROLIANO
From
Sandy Accola
Dennis Brost

CLARA SCHEFFER
From
Barbara Oneil

CLARENCE MCALECHA
From
Karen Dalebrum

CORSON RIVER STEINBACH
From
Kristine Frost

CYNTHIA BALLATO
From
Ronald & Arias Anderson
Darlene & James Knutson
DANIEL BACHHUBER
From
Terry Alewine
Ken Christman
Brenda Kittison
Maria Lauenstein
Mary Perry

DANIEL W. HOMSTAD
From
John Benexenga

Stacy McKee
Deborah Styles-Bushard
Lori Weisberg

DAVID LEWIS
From
Emily Lewis

DAVID T. FIELD
From
Neilson & George Camahan
Kelly Hoeflin
Dorres McCaillia
Megan Wicker

DETER DEGREOS
From
Alice Halvorson

EDMOND EUGENE “GENE” SYLVESTRE, JR.
From
Ellen Ferrai
Joan Goering

Diane Hammonds-Couloum
James & Jean Hartman
Teri Houte & James Smith

Kathryn Larson
Rod & Cecilia Lipp
Mary Lou Logsdon & Susan Pavlik

Virginia McNivich
Patricia McMillen
Maureen O’boughter
Lauren Rent & Matthew Olsen
Roberta & Robert Rogers
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& Renee Popkin

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From
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John & Suzanne Carroll
Juliee Carroll

Ronald & Jeanne Cochene
Eric & Susan Corcoran

Rozanne Czech
Susan & Gary Edly

Janet Kemptph
Catherine & Dan Lander

Gregory Lennartson

Jennifer McCann
Kenneth & Ramona Richardson
Carlos & Diane Valero

Ellen & John Yadebeck

KRISTINE HILEY
From
Donald & Linda Whittem

KURT ROUSSEAU
From
His loving family

LEON BOECKERMAN
From
Dale Holmes

DEBORAH SCHICK

LEON MELTZER
From
Diana Anderson

MATTHEW REID SCHMIDT
From
Laurence & Naomi Crepeau

Ann Hunegs
Mary Beth & Dennis Nelson
William Rodman

MEGHAN GRAHAM
From
Margaret Thorpe Richards

MICHAEL ROBERTS
From
Lorel Kiel

MIGUEL
From
Georgia & Mel Duncan

NICHOLAS LEE WHITE
From
Marta Edman

DEB OST & Steve Olsen

NICK WOJCICK
From
Linda Wojcik
Carol Labs

Lynda Merry
Anita & John Speitz

NORMA MENGEL
From
Susannah Erler

PERRY LUTJEN
From
Kristi Sorensen

RICK VOSBURGH
From
Carol Vosburgh-Gilbertson

ROBERT CHARLES RADEKE, JR.
From
Bonita Luhman

SETH STRUSZ
From
Susan Case

SHANE GOLDEN
From
Karna Clysdale

Deborah Masson
Cheryl Miller

Elizabeth Neiderhiser

Ann Rushfeldt
Robin Theissens

SHAVON MAAS
From
Emily Carlin

STEVEN “BERT” SAGER
From
Margery Anfang

Katherine Buckle

Leonardo & Diane Castro

Terry & Colleen Clark

Paul Delaney

Karl Duong-Topp

Denise Dworakoski

Beth Fink

Hugh Flamman

Harvey & Rosemary Jacobsen

Heather Johnson

Peggy Joyce-Parkin

Sue Kirk

Marilyn Klopug & Susan Kammann

Maryland & Anthony Lantette

James & Glenda Larkin

Kurt & Theresa Lauber

Lawrence & Barbara Mahonon

Elaine Monitor

John Napkowski

Tara Norgard

Paul & Lori Nyberg

Lynn Olson

Robert Olson

Robert & Rebecca Patient

Rosemarie Powers

Mark Rancone

Maria Reamer

Michelle Redman

Kristine Reed

Karen & Terrance Sager

Michael & Marcia Sager

Shirley Sager

Christine & Michael Schoenever

Larry Schroeder

Stefanie T. Smith

Jean Steven

Martin & Martha Streckter

Amy Twombly

Carla Warner

Derek & Lena Weisenburger

Donald & Kelly Welch

THOMAS NORDLIE
From
Sharon Nelson

TIMOTHY POHL
From
Richard & Clarice Pohl

TOM JORDT
From
Vivan & Janen Skoog

TRACEY MORETTER
From
Amy Jensen

VAE L. PEDERSON
From
Diane Pederson

WILLIAM THENE
From
Elizabeth Ohrt

VAE L. PEDERSON
From
Diane Pederson
Advocate

651-645-2948 or 1-800-NAMI-HELPs | namihelps@namimn.org | namimn.org

Fundraisers by Others Support NAMI’s Work

Thank you to all of our Do It Yourself (DIY) fundraisers for supporting NAMI Minnesota’s mission. Your dedication and outreach are very important to build our movement and help make a meaningful difference right here in our community. Find out more about DIY fundraisers at namimn.org or call Julia at 651-645-2948 x104.

• Friends at White Bear Unitarian Universalist Church collectively raised over $1,700.
• Lake Harriet Community School 8th graders (and Heather, Andrew, Katherine, Timothy and Abbey) worked together to raise $600.
• UNITEA and Cook St. Paul organized a “Bourdain Day Charity Dinner” and raised over $1,600 for NAMI.
• Rachel Brandt raised over $200 at her OneHope Wine Party.

Grants Keep Us Growing

**IRIS CIRCLE ($10,000+)**
- F.R. Bigelow Foundation – Outreach to Spanish speaking communities in the East Metro
- ECMC Foundation – Youth mental health education
- Jerome J. & Ursula Choromanski Foundation – General Operating

**VISIONARY ($5,000-$9,999)**
- Haggerty Family Foundation – General Operating

**BENEFACTOR ($1,000-$4,999)**
- Gudorf Family Foundation – General Operating
- Nandale Foundation – General Operating
- 3M – General Operating
- Jack & Bonnie Topeff American Gift Fund – General Operating
- Conboy Family Fund of The Minneapolis Foundation – General Operating

**In Honor of**

- Amanda Grimm
  - From Maegan Goedken
- Andrew Dowling
  - From Candace Perry
- Amy Orecchia & Brett Krull
  - From Jean Ackermann
- Scott Ackermann
  - Beth Cooper
- Christine Brand Nel
  - From Courtney Banker
- David Anderson
  - From Alan Rice
- Dr. Merrie Kaas
  - From Nancy Dillon
- Ellie Tabaka
  - From Julia & Jeffrey MacKenzie
- Jason Kruse
  - From Ali Ulyoyd
- Jessica Peterson
  - From Bret Arones
- Johanna Eleanor Gustafson
  - From Laurel Gustafson
- Marriage of Kris Kuehn & Paul LaBrosse
  - From Richard and Nancy Schneider

**FB Birthday Gifts**

A Big Thanks to all who held birthday fundraisers for NAMI Minnesota over the past few months. Through these generous celebrations, over $11,900 was raised in an easy and secure way to help support our mission. We are so grateful you used this outreach to encourage your friends and family to donate to your favorite cause!

**Giftbar Shares Proceeds of Cards for NAMI**

State and affiliate NAMI organizations can now receive monetary donations from a nation-wide gift card marketplace called Giftbar at no cost. All Giftbar cards ordered on the custom website CardsforNAMI.com will result in 5% of the proceeds being donated to the designated NAMI state or affiliate organization. Customers MUST select the organization of their choice to receive the donation.

**Tributes**

*In Honor of*

- Margaret (Peggy) O’Brien
  - From Carol & Michelle Vance
- Nancy and Bob Dillon
  - From Fran Bly
- Barbara Borman
- Lee Dean
- Lois & Richard DeMers
- Ann Johansmeyer
- Kathryn & Brian McKinley
- Richard & Linda Oelfke
- Jackie & Heike Rucker
- Rachel
  - From Linda Baumeister
- Rachel
  - From Linda Baumeister
- Rick Lancaster
  - From Robert & Elaine Ambrose
- Marshall Glitter
- Rob Rafferty
  - From Lynn Seep
- The Stronchek/Hoover Wedding
  - From Peter Knapp
- The Longchek/Hoover Wedding
  - From Peter Knapp
- The Como Collective House
  - From Nathaniel Davis
- Tom J. & Diann Koch
  - From Pam Taylor
- Tori Ruckle & Nate Born
  - From Justin DeLong
- J. Mori & J. Flattery
- Laura Plentka
- Wendy Waddell - For helping to improve mental health for all
  - From Leon & Jeanette Zaczkowski

**NAMI Board Nominees**

Susan Holter is the parent of a college-age child with mental illness. She is the chief development officer at the college of education and human development, and wants to help build diversity on the board and in fundraising.

Mark Gildea has 35 years experience in healthcare service management. He is interested in efforts to improve public attitudes toward people living with a mental illness, and in advocating for better funding for mental health services. “Most of my life I have lived with mental health issues. My passion has been to make a difference in the lives who are vulnerable or under represented.”
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Justice | Dignity | Respect
Education | Support | Advocacy

CALENDAR

October
5 NAMI St. Cloud Annual Conference
5 Super Saturday Parent Conference, Eagan
6-12 Mental Illness Awareness Week (MIAW)
10 World Mental Health Day
16 Get to Know NAMI

November
2 NAMI State Conference & Annual Meeting
14 Get to Know NAMI
14 Give to the Max Day
17 Super Saturday Parent Conference, Savage

December
1-21 NAMI Holiday Gift Drive
15 Get to Know NAMI

Looking Ahead
Feb. 25, Precinct Caucuses, 7:00 p.m.
Feb. 26, NAMI Research Dinner, 5:00 p.m.

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