Push is On for Three Digit Suicide Hotline

It’s common knowledge to call 911 if someone is having a heart attack. However, a person might have to look up or remember a 10-digit number if they are experiencing a mental health crisis. In situations like this, minutes can really matter, and it is so important to connect someone with support as soon as possible.

That’s why NAMI Minnesota supports federal legislation to create one, easy to remember three-digit number (proposed as 988) in order to access nationwide suicide prevention lifelines. This will make it easier for people experiencing a mental health crisis to access lifesaving support.

Bipartisan bills have been introduced in both the U.S. House and Senate to create a national hotline, with the Federal Communications Commission also approving rulemaking to create such a hotline. Thank you to all the NAMI advocates who contacted their congressional delegation to support H.R. 4194 and S. 2661. Thanks to these efforts, both Rep. Craig and Rep. Emmer have signed on as co-sponsors.

Advocates Energized for Legislative Session

Every year NAMI Minnesota’s legislative committee recommends legislative goals that the board then approves. Despite major successes last year – including passing mental health parity and solitary confinement reforms – there is still a great deal of work to be done to finish building our mental health system.

Top priorities will include passing legislation that updates our civil commitment law and includes voluntary engagement, restoring lost funding for mental health programs in intermediate school districts, increasing the number of first-episode psychosis programs along with expanding them to first mood disorders, funding early childhood mental health consultation, increasing funding for more school support personnel, funding crisis respite care, establishing a risk mitigation program for landlords, funding for workforce centers to increase access to employment for people with mental illnesses and funding a specialized mental health residency program for pediatricians.

The 2020 session is a policy and bonding year, so NAMI will be advocating for several policy changes with no fiscal impact. Major policy changes will include expanding the eligibility criteria for loan forgiveness programs in underserved urban communities and to include licensed drug and alcohol counselors, allowing children as young as 8 and youth as old as 25 to be eligible for Youth ACT services, making changes to the asset verification process for Medical Assistance eligibility so people have a longer length of time to return paperwork, allowing people to have their CADI waiver restored immediately after a hospitalization, allowing children’s mental health crisis teams to serve children in an emergency room, adding a designated person...
The competency restoration task force met at NAMI's office in December.

NAMI Minnesota has been involved with the Minnesota Health Action Group (MHAG) – a state organization of employers who are self-insured – for many years.

In 2017 MHAG created a Mental Health Learning Network to see if their health plans were in compliance with mental health parity laws and to identify steps to carry out the full spirit of the law. This year they created a Mental Health Guiding Coalition to provide multi-stakeholder input, insight and guidance to employers to ensure their success in providing high-value, integrated mental health care to their employees.

In December MHAG was selected to lead efforts in Minnesota to improve mental health and substance use care through an initiative called The Path Forward for Mental Health and Substance Use, led by the National Alliance of Healthcare Purchaser Coalitions, American Psychiatric Association (APA), the APA Foundation Center for Workplace Mental Health, and Meadows Mental Health Policy Institute.

Launched last month, The Path Forward has embarked on a five-year plan to execute a disciplined, private sector approach to improve mental health and substance use care for Americans across the nation. The Action Group will lead one of eight Regional Employer Stakeholder Engagement Teams (RESET Regions) to leverage the influence of their employer and other health care purchaser members to work with health plans, medical and mental health groups, consultants and brokers to address the crisis facing our mental health system.

The Path Forward has identified Five Priority Strategies: (1) improving access to “in-network” mental health and Substance Use Disorder (SUD) specialists, (2) expanding use of the collaborative care model to integrate behavioral health into primary care, (3) implementing measurement-based care in both primary care and mental health and SUD specialty care to improve quality and outcomes, (4) expanding tele-mental health, and (5) ensuring mental health parity compliance.

NAMI Minnesota believes that when employers demand and pay for parity – real change will take place.

NAMI Volunteer Orientation Sessions

NAMI volunteer orientation sessions will be held on Jan. 21 and Jan. 27 at NAMI, 1919 University Ave. W., Suite 400 (4th floor), in St. Paul. If you want to attend, email to volunteer.resources@namimn.org or call Jasara at 651-645-2948 x 110.
Advocates Set Mental Health Day on the Hill

The 2020 Mental Health Day on the Hill is just around the corner and has been set for March 12. This is the most important advocacy event of the year and we are counting on NAMI members to join us and make their voices heard. Free buses will be available to bring people from Greater Minnesota to the Capitol.

The event starts with an issues update and training to make sure everyone knows about the most current mental health issues. Next, there will be a rally in the Capitol Rotunda. This is an inspiring event with family members and people living with a mental illness speaking along with mental health advocates and legislators. After the rally, everyone will go and meet with their legislators in the afternoon. Please call or email your legislator, say that you are a constituent and a NAMI member, and request a meeting with them between 12:30 and 2:30 on March 12.

Supporters from nearly 40 partner organizations in the Mental Health Legislative Network will attend the event. Together we can build our mental health system. Specifics on the briefing and rally, along with a sign-up for buses, will soon be available at namimn.org.

Family First Act Needs Improvements

The Family First Act was signed into law in Feb. 2018. The purpose of this new law is to permit states to use Title IV-E funds for evidence-based preventive services to keep families together. Prior to this, funds were used after the child was removed from the home to pay for foster care, child protection, adoption and residential treatment.

NAMI Minnesota agrees that more services and supports should be provided to keep families together, such as providing mental health and substance use disorder treatment. Children from communities of color have been removed from the home at a higher rate and bounced around to various foster homes and residential settings. This disproportionality must be addressed.

MN DHS is proposing a bill that would greatly change the current voluntary placement option. Families whose children need residential treatment would need to participate in an expanded juvenile screening team where a wide variety of people would be invited including teachers, clergy and relatives – with no “veto” by the parent of who attends. A relative search would be conducted whereby the county would send a letter to all the child’s relatives to see if any of them could care for the child.

They want to use the words “emotional behavioral disorder” which is a special education term, not a mental health term. Only “Qualified Residential Treatment Facilities” could be used (which would not include

See “Family First” p.4

Deadly Force Encounters Being Examined

A state working group focusing on police-involved deadly force encounters was convened in July by Attorney General Keith Ellison and Public Safety Commissioner John Harrington. Since July, the group has held several public hearings to solicit feedback from stakeholders and community members around deadly force encounters.

A TAC study found that people with untreated mental illness are 16 times more likely to be killed during a police encounter than other civilians approached or stopped by law enforcement.

NAMI Minnesota testified at the hearing in January 2020. Many of the people involved in a deadly force encounter lived with a mental illness and/or were having a mental health crisis. NAMI called out that we have yet to finish building our mental health system which leads people to developing a mental health crisis and this simply must be addressed.

A major recommendation was to build up crisis services, including requiring 911 operators to provide warm hand-offs to mobile mental health crisis teams.

Other recommendations included better training of police officers, coordination with mental health providers to provide treatment during and after being in jail, addressing the mental health needs of officers, collecting better data around use of force, resolution of crisis calls, and the number of people booked into a jail who had a positive mental health screen.
Mental Health Day Set for Mall of America

Mental Health Day at the Mall of America is coming up February 15, from 11 am to 5 pm. This will include five classes focused on mental health, a stage show, and exhibitors from mental health organizations. Watch for the Eventbrite and flyers to come out soon. We welcome your help in spreading the word about this exciting event.

Parent Education Conferences Draw Well

This fall, NAMI Minnesota’s children’s team partnered with school districts in Dakota and Scott counties to offer two Super Saturday: Parent Education Conferences. These free events included lunch and childcare. The first took place on Oct. 5 at Eagan High School. Our opening keynote speaker, Dr. Nancy Binford, kicked off a day that included a resource fair and 15 breakout sessions on topics ranging from managing challenging behavior to mindfulness and self-care for parents.

The second event took place Nov. 16 at Prior Lake High School and featured a resource fair and 10 breakout sessions on topics including special education, emotional regulation, and suicide prevention. The day ended with a presentation by Samantha Moe of Mad2Glad Parent Coaching. Over 200 parents, caregivers, and educators attended the events. Information about the next Super Saturday will be posted at namimn.org soon!

Holiday Gift Drive Reaches Over 1,300

The annual Holiday Gift Drive was a great success this year. People donated gifts and money for gifts to ensure that over 1,300 children and adults in 50 inpatient psychiatric units, residential facilities or crisis homes in the metro area were not forgotten over the holidays.

The outpouring of kindness and generosity was amazing. Psychologist Cindy Nolette collected gifts at her office as did Health Partners Legal team and one of the clinics. Several businesses created journals and snack packs. One teen held a birthday party where her friends brought items for the drive. A man who had been in a unit brought in gift cards and another has made it a family affair where they made over 70 gift bags this year.

There were enough gifts so that most everyone received more than one – something practical such as socks or lotions and something fun like a word find book or a journal. Thanks to the over 30 volunteers, especially from Blue Cross Blue Shield, who helped sort, pack and deliver these gifts. It is always an uplifting and special project.

New Community Supports Leaders Chosen

New Department of Human Services (DHS) commissioner Jodi Harpstead has appointed two top administrators to lead the department’s Community Supports Administration, which covers mental health, substance use disorder services, housing supports and disability services. This branch serves over 500,000 people and has an annual budget of nearly $400 million.

Gertrude Matemba-Mutasa, former executive director of the Phyllis Wheatley Community Center, is the new Asst. Commissioner of Community Supports. She has held leadership positions at First Children’s Finance and WomenVenture. Joining her to serve in a newly created position as Deputy Asst. Commissioner of Community Supports is Doug Annett. He is a former vice president at Opportunity Partners.

Families First... cont. from p. 3

Psychiatric Residential Treatment Facilities) and are defined as a child residential treatment center that has licensed nursing and other clinical staff that is trauma-informed and can address the clinical needs of a child. A “family and permanency team” would be created to provide oversight of case planning, etc.

NAMI is deeply concerned with both the federal law and state bill. We cannot go back to treating families of children with serious mental illnesses as if they are the problem and belong in the child protection system. If you have had a child in residential treatment and are willing to testify, email us at namihelps@namimn.org.
NAMI Minnesota’s 2019 Award Winners

Congratulations to NAMI Minnesota’s 2019 special recognition award winners. 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. They were presented at NAMI’s state conference and annual meeting held on Nov. 2 in St. Paul.

A collaborative from CentraCare Health, Stearns Co. Health & Human Services, Central MN Mental Health Center and the St. Cloud Police Dept. won NAMI’s Criminal Justice Award.

Dr. Nita Kumar was presented with NAMI’s Professional of the Year Award.

Touchstone Mental Health won NAMI Minnesota’s Provider of the Year Award.

Sen. David Senjem and Rep. Nick Zerwas were recognized as Legislators of the Year.

Special Events Volunteer Sue Lundholm and Volunteer of the Year Bob Swanson.

MinnPost reporter Andy Steiner displays her Media Award.

NAMI’s Employer of the Year was Best Buy.

NAMI Welcomes New Board President

NAMI Minnesota welcomes Carrie M. Borchardt, MD, as its new board president in 2020. She has served as 1st vice president for the past two years. Our thanks to outgoing board president Emily Bulthuis, MSW, LICSW, for her excellent leadership and service. Emily will remain on as a board officer. We are very grateful to have such dedicated and hard working board members who are so passionate about our cause. NAMI also welcomes new board members, Mark Gildea and Susan Holter.

NAMI Minnesota Awards 2019

Professional of the Year
Nita Kumar, Ph.D.

Provider of the Year
Touchstone Mental Health

Volunteer of the Year
Bob Swanson

Criminal Justice Award
St. Cloud collaborative: Central Minnesota Mental Health Center, CentraCare Health, Stearns County Health and Human Services, and the St. Cloud Police Department

Employer of the Year
Best Buy

Legislator of the Year
Senator David Senjem
Representative Nick Zerwas

Media Award
Andy Steiner (MinnPost)

Special Events Volunteer
Sue Lundholm
NAMI Minnesota Plans Heritage Luncheon

NAMI is excited to share a new event coming this year. After careful consideration, we have decided to move away from our Spring Gala and embark on our first ever Heritage Luncheon this spring. We hope you will plan to join us at Midland Hills Country Club in St. Paul on Wednesday, May 27, 2020.

Many of our NAMI heroes – our volunteers, long-time participants, supporters, and mental health champions – will gather to celebrate our past successes and to share good news about our plans for NAMI’s future. Everyone is welcome at this inspirational event that will raise funds for NAMI Minnesota’s valuable programs. More information to follow. If you have questions or would like details about sponsorship opportunities, please contact Amy Britt at abritt@namimn.org.

Suicide Survivors’ Club Partners with NAMI

NAMI Minnesota has partnered with the Suicide Survivors’ Club (SSC) to offer two different types of workshops to help support suicide loss survivors. The Story Portrait™ Workshop shows participants how visual storytelling can help them after their traumatic experience or loss. They can also join in making their own personal collage/story portrait about their grief journey. This workshop is led by artist Laurie Phillips and suicide loss survivor and author Rebecca Anderson.

The Suicide Survivors’ Club offered 4 story portrait workshops this fall reaching 38 suicide loss survivors. The workshops were helpful in identifying the need to connect suicide loss survivors together and offering hope.

Phillips and Anderson would like to expand the use of visual storytelling around grief issues and are interested in to teaching art therapists how to facilitate this workshop.

The other workshop is for mental health professionals. It was developed around the five-book series: Suicide Survivors’ Club: A Family’s Journey Through the Death of Their Loved One and offers an integrated approach for healing using art and storytelling tools.

Phillips and Anderson talk about why and how the books were created and participants learn how to utilize the all-ages workbook/activity guide titled Healing After a Suicide Loss, along with how to facilitate a story portrait workshop. The warning signs of suicide are also taught, and how to use safe messaging with suicide loss survivors.

NAMI Minnesota and the Suicide Survivors’ Club’s partnership in this project is being supported by a grant through the MN State Arts Board. For information, contact Cat Gangi at cgang@namimn.org. To learn more about the Suicide Survivors’ Club, visit their website at: suicidesurvivorsclub.org. Or, if you would like to schedule the professional workshop contact Rebecca Anderson at: Rebecca@SuicideSurvivorsClub.org

GTMD Donations Boost Suicide Prevention Efforts

A huge Thank-You to everyone who supported us on Give to the Max Day, Nov. 14. Funds raised from this year’s GTMD will go to support NAMI’s suicide awareness and prevention programs. NAMI is grateful to everyone who made donations or shared this opportunity through their networks. In all, 220 donors gave $32,982 during this one-day event.

NAMI provides information and free classes on suicide prevention for the general public, crisis responders, and mental health and healthcare professionals, and supplies free lock boxes to families who have a loved one experiencing a mental illness. NAMI also offers supportive programs for survivors and communities when a suicide has occurred.
More Housing for the Homeless Announced

In December, Catholic Charities announced plans for a $65 million housing development near downtown Minneapolis for people who are homeless, including veterans and those in medical respite. The plan includes buying the Augustaana Health Care Center and relocating residents and services from its Exodus Residence.

An article in the Minneapolis StarTribune noted, “The larger building will have more office space, a Health Care for the Homeless clinic operated by the county and permanent housing

Tasks Unlimited Opens Drop-In Center

This fall Tasks Unlimited opened a drop-in center in Northeast Minneapolis where adults experiencing or at risk of homelessness can find comfort, a meal, resources and supports.

Called the Northeast Outreach and Opportunity Center or NOOC, Tasks Unlimited brings its services to those at the drop-in center. This includes job placement, mental and chemical health support and housing opportunities.

The NOOC drop-in center is located at Elim Church, 685 13th Ave. NE, in Minneapolis. It is open on Tuesdays and Thursdays from 8:00-3:00. The new program is a step in Tasks’ efforts to expand its services and reach more people as well as to help end the cycle of homelessness. For information, contact Mark Sutherland at 612-986-7894 or msutherland@tasksunlimited.org.

My Cleats, My Cause Recognizes NAMI

Thank you to Everson Griffen of the Minnesota Vikings for choosing NAMI as his My Cleats, My Cause. At the Dec. 8 Vikings game in Minneapolis, Griffen recognized us as one of his favorite causes by wearing a shoe with NAMI emblazoned on the side. The shoe was clearly visible on national TV on several big plays he made during the game. NAMI Minnesota’s executive director Sue Abderholden and her husband, Lee Keller were guests at the game and were brought out on the field at half-time.

Anime Detour Conference Chooses NAMI

The Anime Detour Conference 2020 will be held April 3-5 at the Hyatt Regency in Minneapolis. It is a gathering to learn, experience and celebrate the world of anime. NAMI is grateful that for the second straight year they have chosen us as their charity to support through live and silent auctions at their conference. Last year more than $32,000 was donated to us from this event! If you are interested in learning more, go to animedetour.com/charity-auction.

PAL Speeds Access

The Psychiatric Assistance Line (PAL) was created in 2014 through a grant from the MN Department of Human Services to create better statewide access to mental health triage and psychiatric consultation for primary care providers. PAL provides free and immediate access to psychiatric care for those that may otherwise have a lengthy wait for a psychiatry appointment. A PAL triage therapist can also assist in finding mental health therapy, assessments, programs or medication management. Have your primary care provider call PAL at 855-431-6468.

Facebook Birthday Gifts

A big thanks to everyone who held Facebook fundraisers for NAMI Minnesota over the past few months. Through these generous celebrations, 55 people raised $11,631 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 and get to know your favorite cause! If you’d like to set up your own Facebook fundraiser and you have questions, please call Julia at 651-645-2948 x104. We can walk you through it!
Puberty May Offer Window to Reset the Effects of Stress

Puberty may offer a window of opportunity to recalibrate how children who experienced early life adversity respond to stress, according to a new study by University of Minnesota researchers published in the Proceedings of the National Academy of Sciences.

Children who are not provided sufficient social, emotional and physical support show a blunted response of the stress hormone cortisol. This lower response, which is associated with effects like problems regulating attention, can last into middle childhood and remain even after a child is removed from the unsupportive environment as early as 1.5 to 2 years of age.

To measure cortisol reactivity, researchers analyzed the saliva samples of 299 children and adolescents aged seven to 15 years old, after asking them to participate in a stressful task during which they gave a speech and performed mental arithmetic while being filmed and evaluated by judges. Nurses also conducted physical exams to determine participants’ pubertal stage. Overall, participants took part in three annual sessions across two consecutive years.

Of the participants, 129 were previously institutionalized as infants or toddlers and were later adopted into well-resourced and generally supportive homes, while 170 were born and raised by their natal families. The study found that post-institutionalized participants exhibited increased cortisol reactivity as they advanced through puberty, bringing their stress responses in line with those experienced by their non-adopted peers; non-adopted participants showed no significant differences in cortisol reactivity at any pubertal stage.

"The system that produces cortisol is a powerful endocrine system whose functioning supports adaptation and when dysregulated, either producing very high or very low cortisol levels, is associated with poor physical and mental health," said Megan Gunnar, the study’s lead author and a Regents Professor of developmental psychology in the College of Education and Human Development. “That puberty seems to be a time when this stress system recalibrates to current conditions offers a real opportunity for intervention with high-risk kids to support healthier life trajectories."

(Article by the University of Minnesota in Medical Xpress, Nov. 13, 2019)
NAMI Washington County’s Impact is Growing

NAMI Washington County had a busy and successful 2019. Dan Parnell, a leader of the group, said volunteers getting involved made it possible for NAMI Washington County to reach more people and offer more services.

“It was a great year with more involvement from more people in our affiliate’s activities and our leadership. We had more people staff resource tables, plan our picnic and other events, and become involved with efforts of their faith communities to support families who have mental health challenges,” said Parnell.

“We have newly trained support group leaders and the ability to support and maybe even grow them in the county. I’m grateful for the passion and commitment of all of these NAMI members.”

The group supported CIT classes for MNDOC at Stillwater Prison and Washington County Jail, worked with churches in the Stillwater area on community mental health initiatives, participated in 2020 planning for the citizen’s health initiative Woodbury Thrives, hosted a pizza party at a community lodging facility, helped with Washington County’s Stepping Up Initiative, collaborated with NAMI St. Croix Valley meetings on topics of shared interest, and provided resource tables at community events.

NAMI Washington County also kicked off its efforts to bring area residents together for a day of fun, with a special invitation to those living with mental illnesses. Leaders for the affiliate held a game day in September, complete with free games, snacks, and prizes. The goal was to bring all people in the community together for a day of fun and socialization. The next game day is on March 22, from 3:00-6:00 p.m. at Trinity Lutheran Church in Stillwater.

(At right, two NAMI staffers join a meeting with NAMI Washington Co. volunteers.)

Ending the Silence Program for Middle Schools

NAMI Minnesota has already reached over 3,000 High School students this 2019-2020 school year through its Ending the Silence program. This has been a very powerful presentation that has helped many students come forward about their mental health needs and seek help from teachers and other school staff. However, there is another group that needs to hear this important information, and that is Middle School students. Fifty percent of all mental illnesses occur by age 14, making this a particularly vulnerable group.

NAMI has taught Ending the Silence at Middle Schools in the past, but due to the developmental differences between middle and high school students, it has not been found to be as effective with reaching this younger audience. Because of this, NAMI is developing its own Middle School mental health curriculum thanks to an anonymous grant.

The Middle School curriculum is going to cover similar content to Ending the Silence but is striving to deliver that information in a way that is better suited for younger adolescents. It will still teach about mental health, mental illnesses, suicide prevention, and how to get help. Like all NAMI programs, it will also encourage its audience to speak up about mental health and to fight discrimination against mental illnesses. However, there will be more interactive activities throughout the program in order to maintain student engagement.

NAMI Minnesota interviewed children’s mental health professionals to find out what Middle School students need to learn most when it comes to their mental health. We used this information to decide to add an extra section to the curriculum about maintaining good mental health amidst technology.

Topics include what to do about cyber-bullying, mental health apps, and good sleep hygiene. Now that the first draft is completed we are putting together focus groups of Middle School teachers and counselors in order to make this curriculum more developmentally appropriate. NAMI is hoping to have the curriculum ready to teach in the classroom by Spring 2020. To schedule an Ending the Silence program, contact NAMI Minnesota at 651-645-2948.
In Memory of

ALEXANDER BERGER From Brian & Gal Berger

AMARA KETTNER From Kurt & Angela Kettnner

ANDREW JENSEN From John and Brenda Beckman Ronda Belz

Jeryl and Brian Boelsen Theodore and Cheryl Branson

Thomas and Mary Brodersen Natalie Burns Kevin and Connie Carlsrud

Galen and Cindy Clew D. Douglas and Linda Cleveland

Marcos Dueñas Diana Hadley Tamara and Kathleen Hahn

Erin Hannibal Eric and Christine Hanson Mary Holway

Thomas & Karen Howe M. Craig Hoover Richard and Lisa Jahne

Steven Jensen Jeremiah Johnson Lisa Kinsella Paul Knissel

Rita Knetzler Michael and Susan Koch Jill Koteslowski

Robert Landsis Terry McLaughlin Frederic and Pamela Nordahl

Sarah Peterson Amy Presley Wayne Sgrou Jere and Sylvia Stephens

Joyce Suik Boon Kheng Tan Dorothy Veltch Tom Vojta

Jithin Vajian Alyson and Robert Weber Elissa Weber Tamra Wheet

ANDREW GERST From Gary Gurt & Terry Barovitz-Gerst

ANDREW REES From Pamela Koz John and Jennifer Urbanik

Virginia Wimmer ANNETTE NIELSEN From Susanne Andalais ski Tony Wells

ARCHER AMOROSI From Stephen Beatty

BRIAN SCHIEPPARD From Pamela Kan

Mary Jane Schopp BRUCE B "BRIAN" RICHARDS From Kevin and Rita Hamersick

CAROL RONIE From Dawn Edin

CHAD LEIDING From Duane & Lois McDonnell

CHRISTINE BEAN RAMSE From Heather Johnston

CHRISTOPHER IV From Tracey and Thomas Sheehan

Memorials
In Memory of

Sept. 17 to Dec. 16, 2019

CLAIRA SCHAEFER From Butch and Mary Jane Bauer Sandi and Jim Dukay Harald and Mary Fleigal


CYNTHIA BALLATO From Darlene & James Knudson DANIEL B. GREGG From Rebecca Anderson


DAVID BROWN From Groe and Carol Brown Jonathan Brown Rhonda Christiansen David Churchman Joel and Ken Earle Doria Ferguson Jeff Fife Helen Finkler Ann Geffen

Carol and Patrick Heggott Marylenn and Pete Medlin Joan Money and Jeremy Broughton Irene Noehlinn Susan Olve and Patricia Shrean Pam and Curt Olson Melissa West and John Slink David Jones From Scott Crow

DAVID LEWIS From Mark Leisner Dennis & Mary Maloney Kristin Narvendar Julie Williams

DEREK CARTER From Cary Fink DONALD QHEWADI From Margaret Jorde Donald Hwalni From Maggie Gallant Sheena M. Kim & Kristin Schieppard

JAMES SWEENEY From Marguerite Kingler JAY HICKS From Michael and Cynthia Petrick

JEFF KANER From Marini Kaner JENNA LELUG From Kathleen Hugdahl JEREMY RANDULPH From Randy Easter

JEREMY WARST From Lisa Nelson JOAN HAY SCHILLING From Joseph & Linda Lipari JOHN HOLSZEN From Marlos Cos-Kox JOHN WENDT From Angela Wettel JOHNNY KURKOSKI From Laura Boz JOSEPH L KARTHEISER From Pam Lowry

KATHLEEN REALUMATO From Carroll & Michele Vance

KEVIN LANDER From Robert Eden Friends at Five Star Wealth Planning Mary Greer Jan Johnson & Greg Landberg Catherine & Dan Lender Mary Beth & Steven Theresen KIP JOHNSON From E. Frances Saun KIRSTOEP JUDEL From Enid & Genr Qudada Cindy Olson

HURT ROUSSEAU From His loving family LAR From Luma Saved LANCE CATALANO From Keith Catalano

LAILAN SPERR From Eugene and Catherine Anderson Friends at RAS Farms, Inc. Karen Spear LELIEE GOODEALE From Charles Frithman William Lubo & Ryan Anderson Erin Tait Deborah Zuchmann LORILEE SHER From Melanie, Andre, Josie, and Georgia Lahnke	

LUCILE HOLTEN From Sue Landesbre Maura and Michael McDermott MARGARET BEDNARZ From Robin Rosick MARIA J BATHEN From Beratha and Bart Rigstald

MARLEAN YOREN From Julee Warren MARVIN WANGEBEN From Mary & Richard Yape MARY ELLEN HANASON From Kathy Wiese MEAGHAN GARAM From Lisa Nelson MIKE SWANSON From Kay & Zane Dwire MUSLICK ROBERT From Michael & Cindy Nelson

RICHARD HUSS From Joseph & Linda Lipari JOHN HOLSZEN From Michael & Cynthia Petrick

JEFF KANER From Marini Kaner JENNA LELUG From Kathleen Hugdahl JEREMY RANDULPH From Randy Easter

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Grants Keep Us Growing

**IRIS CIRCLE ($10,000+)**
- Otto Bremer Trust – Increase the capacity of NAMI affiliates in greater Minnesota
- Manitou Fund – Mental health education for youth and families
- The Saint Paul & Minnesota Foundation, William and Connie Carroll Endowment Fund – East Metro Emergency Fund
- Nickel Open Fund – Gen. Operating
- PrairieCare Child & Family Fund – Children’s Programs
- Fred C. and Katherine B. Andersen Foundation – East Metro General Operating
- Cannon Family Foundation – General Operating

**BENEFACTOR ($1,000-$4,999)**
- Anonymous through The Minneapolis Foundation – General Operating
- Dan and Sheryl Moran Donor Advised Fund (Catholic Community Foundation) – General Operating
- Open Door Foundation – General Operating
- ABPI Fund – General Operating
- Kaplan Family Foundation – General Operating
- The Clark Family Fund – General Operating
- E.J. Wexler Fund at Schwab Charitable – General Operating
- The Liija Family Foundation of the Saint Paul & Minnesota Foundation – General Operating
- Stabish Foundation – Gen. Operating
- Hallin Family Fund – Gen. Operating
- Kunin Fund – General Operating
- Olauson Charitable Trust – General Operating
- The McCarthy Family Charitable Fund – General Operating

**VISIONARY ($5,000-$9,999)**
- Carlson Family Foundation – General Operating
- McGlynn Family Foundation – General Operating
- Dan & Karen Kinsella Charitable Fund – General Operating
- Henry and Katherine Doerr Memorial Fund of The Minneapolis Foundation – General Operating
- United Methodist Church Foundation
- The Lilja Family Foundation of the Saint Paul & Minnesota Foundation – General Operating
- Stablish Foundation – Gen. Operating
- Hallin Family Fund – Gen. Operating
- Kunin Fund – General Operating
- Olauson Charitable Trust – General Operating
- The McCarthy Family Charitable Fund – General Operating

**Fundraisers by Others**

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 fundraising at namimn.org or call Julia at 651-645-2948 x104.

- Bruce and Lori Hunstad’s Nickel Open Golf Tournament raised $35,000.
- Ashley Deeb’s Warriors of Life dinner and silent auction event raised $7,381 to promote mental illness awareness among youth and those who work with youth.
- The MNPI Administrative Center at the U of M worked together to raise a collective $1,630.
- Mike and Lynn Wagner’s golf tournament raised $1,580.
- First Presbyterian Church in White Bear Lake raised $1,500 via a virtual auction.
- Michael Finstad ran the Twin Cities Marathon for NAMI Minnesota and raised $1,326.
- The Bull’s Horn restaurant of Minneapolis raised $1,200 at its Rage Against the Cuisine event featuring Har Mar Superstar and Solid Gold.
- Options Minnesota raised $780 during their Annual Charity Duck Race.
- Spavia Maple Grove raised $505 during their Spavia Cares VIP Event.
- Gamer Packaging, Inc. raised $488 during September through donations encouraged by their spirit committee, plus a company match.
- United Martial Arts raised $236 for NAMI Minnesota.
- Adam’s Pest Control, recommended by Emily Haapasaaari and Stacy Sauber, raised $150.
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CALENDAR

January
21 NAMI Volunteer Orientation, 6:00-8:00 p.m.
28 NAMI Volunteer Orientation, 10:00-Noon

February
6 Get to Know NAMI
15 Mall of America Mental Health Day
22-23 Family-to-Family Teacher Training
25 Precinct Caucuses statewide, 7:00 p.m.
26 NAMI Research Dinner

March
4 Get to Know NAMI
12 Mental Health Day on the Hill
21 In Our Own Voice Speaker Training

Looking Ahead
Hope for Recovery Teacher Training, April 25
Family Support Group Leader Training, May 23
NAMI Heritage Luncheon, May 27

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