Special Legislative Sessions Short on Results

Governor Walz has convened five special sessions so far this year. While each session has included at least some legislative activity, the primary reason for the legislature returning on a monthly basis has been to vote on extending the public health emergency due to the COVID-19 pandemic.

The legislature has been deadlocked on this issue, with only the Senate voting to end Governor Walz’s emergency powers. Unfortunately, partisanship around the public health emergency has impacted the entire legislative process. The Senate has voted not to confirm three members of Governor Walz’s cabinet, while the House Republican majority has refused to put up votes for a bonding bill until the public health emergency is shut down. The upcoming election for both the House and Senate has made reaching a compromise even more difficult.

This is unfortunate because there is still a great deal of work to be done. Passing a bonding bill is always a number one priority during the second year of the biennium. NAMI Minnesota and the Homes for All Coalition advocated for passing a bonding bill that included a major investment in the development of affordable housing across the state. We were in the midst of a housing crisis before

NAMIWalks 2020, We Did it Our Way

From canoeing to rock-climbing, bicycling, dancing, making attention grabbing floats and front yard information booths, posting yard signs, making sidewalk art and of course walking, supporters found a way to do NAMIWalks 2020 together – their own way. Joining the annual walk took many shapes on Sept. 26, chief among them was sharing hope, supporting each other and helping to raise funds for NAMI Minnesota.

Despite the pandemic, so many took the challenge, got involved, engaged others and celebrated NAMI’s cause with a spirited sense of joy and care for their physical and mental health. All of this made NAMIWalks Minnesota an incredible success in so many ways this year.

More than 160 teams took part, over 50 sponsors, and over 1,550 people participated. Together over $402,000 was raised and still counting.

See “NAMIWalks, Our Way” p.3

Walking together for a great cause.

See “Special Sessions” p.2

Parading in Place for NAMIWalks 2020.

Team Big Red members were top five fundraisers again.

NAMIWalks is a family affair.
Governor Walz signed a comprehensive police reform package into law on July 23, after the Legislature reached an agreement in the second special session. Many of the provisions were drafted by the People of Color and Indigenous Caucus in response to the killing of George Floyd.

NAMI’s language around police training was included with several other measures to protect people with mental illnesses. NAMI’s police training language:

• Requires six of the 16 continuing education hours to be mental illness crisis training for all peace officers every three-year licensure cycle and creates standards for curriculum.
• Requires the Peace Officers Standards and Training (POST) Board to consult with DHS and mental health stakeholders to create a list of approved courses and training providers, and to share the list with law enforcement agencies across the state.

Other important measures for people with mental illnesses include: Use of Force Reform to protect people with mental illnesses and people who feel suicidal; data privacy for first responders who participate in counseling; and in-service and a preservice autism training requirement with similar standards. Many other reforms were passed around use of force, arbitration, and deadly force investigations.

This legislation and continued conversations about policing have led to other efforts to increase accountability and training standards for law enforcement. NAMI Minnesota’s Executive Director, Sue Abderholden, will be serving on the Ensuring Police Excellence and Improving Community Relations Advisory Council within the POST Board, which will begin meeting in October. In August, the POST Board also announced they will overhaul the rules governing the licensure of peace officers. NAMI’s Criminal Justice Coordinator will be serving on the advisory committee for the rulemaking process as well as an Education Reform Task Force convened by Minnesota colleges and universities to look at college education for law enforcement officers.

Police Reform Legislation Passes in Special Session

Special Sessions Short on Results... continued from p. 1

the COVID-19 pandemic and the only reliable way to end homelessness is to build more homes. Governor Walz and leadership in the House and Senate are continuing to negotiate, but mustering the votes becomes increasingly difficult the closer we get to the election.

NAMI Minnesota, AspireMN, and the Minnesota Association of Community Mental Health Programs, are pleased to report that Governor Walz has, after working with us, DHS and the Children’s Cabinet, presented to the Legislative Covid-19 Response Commission (LCRC) a request for $3 million for community-based mental health providers to mitigate disruptions in services for children and families by addressing the costs of critical care supplies, cleaning, social distancing and the costs of business interruptions related to COVID-19.

DHS will use the expedited grant process that requires a cap on funding to any agency of $25,000. There will be up to three grant programs for critical care supplies, cleaning and distancing costs, and another for other business interruptions.

Funds will be prioritized for in-person programs that are serving children and their families, especially people of color, Indigenous people, and lower income families. Providers can apply for both programs. Providers are encouraged to be honest about their needs to ensure some funding for all that need it.

We are very grateful for this funding.
Examination of current data on suicide reveals a concerning trend in youth suicide, an alarming increase in the rates of suicide among African American youth.

Even though African American people and individuals in other racial and ethnic minority groups have historically had relatively low rates of suicide, an alarming increase in suicide has been observed in African American youth. The rising suicide rate among African American youth is increasing faster than any other racial/ethnic group. As of 2018, suicide became the second leading cause of death in African American children aged 10-14, and the third leading cause of death in African American adolescents aged 15-19. This trend reflects a 233% increase in suicide for youth aged 10-14 across a 15-year span.

A new study using the Youth Risk Behavior Survey (a national school survey of adolescent health behaviors developed by the Centers for Disease Control and Prevention) paints an alarming picture for African American high-school aged youth as well. That study’s findings indicated that suicide attempts rose by 73% between 1991-2017 for Black adolescents (boy and girls), while injury by attempt rose by 122% for Black adolescent boys during that time period. This alarming increase in suicide rates tells us that this emergent issue among Black youth warrants attention now.

In response to this public health crisis, Congresswoman Bonnie Watson Coleman (D-N.J.) and the Congressional Black Caucus established the Emergence Taskforce on Black Youth Suicide and Mental Health. Their report, Ring the Alarm: The Crisis of Black Youth Suicide in America, was released in December 2019. This report describes key research findings related to suicide among Black youth. Most importantly, it provides research, policy, and practice recommendations to address this issue.

Additionally, the National Institutes on Mental Health (NIMH), has funded research to aid in developing better risk identification and effective interventions to help reverse these trends. Implementing universal screening for suicide risk using the Ask Suicide-Screening Questions toolkit, developed by investigators in the NIMH Intramural Research Program, can identify youth at risk, including African American youth. Targeted efforts such as school-based mental health clinics can improve engagement in mental health care among African American youth.

### Panel Held on Decriminalizing Mental Illnesses

In September, NAMI Minnesota moderated a conversation about the overrepresentation of people with mental illnesses in the criminal justice system. Panelists discussed the underlying causes of the criminalization of mental illnesses, the impact of recent police reform legislation, expanding innovations and partnerships in the system, and addressing systemic racism.

During the discussion Rep. Ruth Richardson commented on the work to be done to address racism in our healthcare systems, “For many communities of color, there are often-times deep distrusts about health systems... Until we are ready to reckon with that past and the present of racism we will continue to see an overrepresentation of people of color in jail and having heightened symptoms related to mental health.”

Thanks to Rep. Richardson, Senate Judiciary and Public Safety Chair Warren Limmer, Chief Kelly McCarthy, Chief Jeff Potts, and Steve Wickelgren from Minnesota CIT for being on our panel. Keep an eye out for more NAMI lunch hour policy panels in the months to come.

### Sharing Your Story

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 put your story in writing. To learn more, contact Sam Smith at ssmith@namimn.org.
NAMIWalks, Our Way... continued from p. 1

Donations to NAMIWalks will continue through Nov. 28. Thanks to all who joined in to make this a wonderful, empowering experience.

Thanks to our Premiere Sponsor Cigna, and our Presenting Sponsor BlueCross and BlueShield of Minnesota. Thanks to all of our sponsors, our team captains, our individual fundraisers, and all of the advocates who were part of this unique Walk.

Special thanks to our volunteers who did a fantastic job of helping with the many details involved in carrying out the event, and to the Elders from the American Indian Family Center who shared their welcome song for students, which honors children and lets them know, as adults, we are there for them and we care about their mental health.

We also thank all who attended our online opening and closing gatherings, and KARE 11’s Kiya Edwards for emceeing.

Largest Corporate teams: Team Medica, Team Cigna, Team Blue Cross, Team UCare, Hennepin Healthcare, Heads & Hearts United.

Largest Family and Friends teams: NAMliste, The A Team, QuaranTEAM, Forever Young Kelsey, MPS Stigma Stompers, SueNAMI.

Largest Affiliate teams: Kaleidoscopes, Tremolos, NAMI Washington County, Unmasking Mental Health, #SouthoftheRiver, NAMI Ramsey County.


Top fundraising teams: WAMIS, SueNAMI, Tremolos, Team Medica, Team Big Red, Team Cigna.

Top individual fundraisers: Rosemary Janousek, Sue Abderholden, Becky Scheig, Ann Macheledt, Rick Lancaster, Kay King.

Thanks to our Parade in Place Floats: Living Our Best Life, Vadnais Heights – Promoting being an active participant in your life through movement.

The Beloved United Methodist Church, Saint Paul – Mini-walk and safe-distance meetup.

NAMIWalks Boat Float, Edina – Entirely handmade wooden sailboat.

NAMIWalks & the State Fair: The Show Must Go On, Minneapolis – Ms. NAMI, Spin the Wheel & information.

Unmasking Mental Health Burnsville.

The St. Paul Winter Carnival Royal Family – Awareness to metro area.
The St. Paul Winter Carnival Royal Family paraded to six sites in the metro area with positive mental health messages.

KARE-11’s Kiya Edwards emceed the Walk’s closing ceremonies.

Posting signs in the front yard and walking for mental health awareness.

Taking a ride with a great view is a pretty cool way to do NAMIWalks.

HealthPartners team members step up.

Celebrating NAMIWalks on a nice fall day.

Radhika Bodapatla from Blue Cross and Blue Shield of Minnesota folded hundreds of NAMIWalks T-shirts.

Park walkers stop for a photo.

The Guild team enjoyed their NAMIWalks in West St. Paul.

Living Our Best Life team members parade in place.

Bringing mental health conversations to the community.
NAMI Minnesota Offering Support for Youth During COVID-19

Last school year NAMI Minnesota taught 140 Ending the Silence classes to almost 6,000 students. With most schools switching to distance learning or hybrid models, Ending the Silence is going to look a little different this year.

It is still vital that students receive this important information, so NAMI Minnesota will be offering virtual options for Ending the Silence. If you are a teacher or a youth worker looking for virtual classes for students, please contact Renée Labat at rlabat@namimn.org.

NAMI Minnesota is also developing an anxiety program for high school students. This program will talk about stress, coping strategies, anxiety disorders, and where to get help. The hope is to start piloting the program in October.

In addition to creating virtual options for youth classes, NAMI Minnesota is supporting youth by providing support to parents. We moved our Parent Resource Groups to online. They can be found at namimn.org – click on support groups and scroll.

We also created a series called “NAMI Moments,” which are short online presentations for parents about mental health during COVID-19. Recordings of the classes can be accessed at namimn.org – go to “classes” then see “class videos.” NAMI Minnesota will also be hosting a free, virtual Super Saturday Parent Education Conference on Oct. 24, for parents to find information and support. To register, see “classes” at namimn.org.

Educating Candidates

Every week between the primary and general election NAMI Minnesota is sending letters to candidates to educate them on the issues facing the mental health community. The letters cover a variety of topics including housing, employment, education, funding, criminal justice and more. We want to make sure that every person elected to the legislature is aware of the issues and of NAMI!

Commitment Laws

The legislature passed changes, advocated by NAMI Minnesota and stakeholders, leading to the Treatment Advocacy Center giving MN an A+ for the clarity in its commitment statute. We would encourage people to begin working with their county boards and crisis teams to implement the new voluntary engagement section of the new law, where mental health staff or peers can reach out early to engage someone in treatment before they are a danger to themselves or others. Contact NAMI for more information, 651-645-2948.

NAMI Minnesota’s Fall Author Series: My Story

In August, NAMI launched a new author event series called My Story. Authors who have written memoirs telling their story of living with a mental illness, or having a loved one who does, join NAMI via zoom to read selections from their books, talk about their story and the process of writing a book and engage in a live Q&A session.

NAMI’s first event of the series, with author Jeff Zuckerman, was a big hit! Almost 90 people attended and participated in a very engaging conversation. In September, author W.J.T. Mitchell read from his book Mental Traveler: A Father, a Son, and a Journey through Schizophrenia.

October’s My Story event will feature author Mindy Greiling and her book Fix What You Can: Schizophrenia and a Lawmaker’s Fight for Her Son. It is set for Oct. 26, at 6:00 p.m. You can find the links to register for these events on the “classes” page at namimn.org.

Authors who have published books about their story and would like to participate in this series can contact Patrick at NAMI Minnesota, publicawareness@namimn.org, for more information.

Film on Anxiety Draws Big

Thank you to the 300 families across Minnesota who attended the Angst online viewing event August 25. If you or someone you know needs more information about anxiety or panic disorders, please call us at 651-645-2948. Thank you to NAMI Dakota County, NAMI Hennepin County, NAMI Ramsey County, and NAMI Washington County for sponsoring this event.
NAMI Conference: Mental Health in Challenging Times

This year’s NAMI State Conference, “Mental Health in Challenging Times,” will be held virtually on Saturday, November 14, from 9:00-4:00. While in a different format, it will still offer great information for people who live with a mental illness, family members, professionals and students.

This year’s conference will feature three keynote speakers and a variety of breakout sessions on current mental health topics.

About our conference keynote speakers:

• Patrice Harris, M.D., is a psychiatrist and the first African-American woman to be elected president of the American Medical Association. Her practice in psychiatry and public health has been in Atlanta.

• Thomas R. Insel, MD, psychiatrist and neuroscientist, is a co-founder of Humanest Care, an online stepped care solution for mental health. Dr. Insel served as Director of the National Institute of Mental Health (NIMH).

• Susan Bartlett Foote is author of Minnesota’s Crusade for Forgotten Souls: The Roots of Minnesota’s Pathbreaking Mental Health Advocacy. Her book recounts Minnesota’s reform movement that publicized the painful truth about the state’s asylums and resulted in the first legislative steps toward a modern mental health system.

Breakout sessions are planned on telehealth, the impact of COVID-19 on mental health, a new housing program, cultural views on mental illness, and more. NAMI’s virtual Awards Luncheon and Annual Meeting will take place from 11:30 to 1:00.

Registration is $10 for members, $20 for non-members and $40 for people seeking the 4.5 CEUs. For more State Conference details and registration, go to namimn.org.

The conference is sponsored by Northwood Children’s Service, Integrity Living Options, Johnson & Johnson, Radias Health, People Incorporated, and Allan & Lou Burdick.

About NAMI’s 2020 Board Nominees

Kassius O. Benson is a criminal defense lawyer and owner of a criminal defense law firm. He says, “I want to serve on the NAMI Board because of my interest in the intersection of mental health issues and the criminal justice system. A greater public and judicial awareness of these mental health issues would benefit many criminal defendants who find themselves in the justice system.”

Jacob Englund is a dad, husband, and software executive serving The Capital Markets. He was diagnosed with a mental illness over 10 years ago and is eager to help others in similar situations live healthy, safe, and enriched lives.

Kristi Fox is the child of a parent who lived with severe bipolar disorder. As Chief Human Resources Officer for a Fortune 500 company, she views advocacy for mental health awareness and benefits as critical for employers who commit to being an inclusive workplace for all. She is interested in supporting employees living with mental illness, including addressing cultural competency and the connection between substance/alcohol use and mental illness.

Josh Pauly is a former teacher who has held numerous leadership positions in education and nonprofit institutions. His desire to be on the board stems from personal experiences with both family members and former students living with mental health issues. He is focused on advocating on behalf of youth and their communities to increase access and support for mental health resources.

John Yanish has 30 years of experience as an attorney, and has been a NAMI Minnesota volunteer for a number of years, including as the NAMI’s representative on the Minnesota State Advisory Committee on Mental Health. As a close family member of individuals living with mental health challenges, John is motivated to support NAMI as it works to address the ongoing shortcomings in our mental health system.
Helping Employees Live in a Pandemic

NAMI Minnesota has developed an online mental health program for employers to offer their employees to help them manage their stress, coping skills and resiliency during this unprecedented time. The new program is called HELP – Helping Employees Live in a Pandemic.

COVID-19 has increased stress levels due to the uncertainty about the future, being alone or being together too much, caring for children or other family members, working from home or being an essential worker, and it has caused grief from cancellation of major life events. In response to the mental health needs of Minnesotans, NAMI Minnesota’s new program – HELP – was developed to address these issues and promote good mental health and coping skills.

“For employers, taking a practical step like providing the HELP program sends a powerful message to employees that mental health is an important part of overall health and performance. It acknowledges their struggles and supports their wellbeing,” said Sue Abderholden, executive director of NAMI Minnesota.

HELP program classes include: Minding Your Mental Health During COVID-19, Keeping in Touch: Staying Connected During COVID-19, Coping with Kids, Self-Care and Mindfulness, Physical Activity, Nutrition, Positive Psychology, and Question, Persuade and Refer, which teaches the 3 steps anyone can take to help prevent a suicide.

All classes are one-hour in length. Employers can choose one or all of the classes to be offered through Zoom or another online platform. A recent class participant remarked, “The speaker did a great job. I found the format for sharing to be grounding and inspirational.”

NAMI Minnesota appreciates, but does not require, an honorarium for delivering the classes. For information or to schedule a class, contact NAMI Minnesota at namihelps@namimn.org.

Give to the Max Day, our state’s great Minnesota “give-together,” is Thursday, November 19. This is a great opportunity to give to your favorite nonprofit organization – NAMI Minnesota. Early giving begins on Nov. 1, and all gifts count toward daily prizes no matter the size. 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 our GTMD 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. In November, go to givemn.org and search NAMI Minnesota.

Hopeful Minds Curriculum Available for Free

Hopeful Minds is a new curriculum project developed by iFred, the International Foundation for Research and Education on Depression. The curriculum is based on research that suggests hope is a teachable skill. The curriculum aims to equip students, educators and parents with the tools they need to find and maintain hope even during the most trying of times.

The curriculum aims to equip students, educators and parents with the tools they need to find and maintain hope even during the most trying of times.

Specific Social and Emotional Learning Standards (SEL), and anti-bullying guidelines.

Hopeful Minds is trauma-informed and aims to reduce the impact of inequality and discrimination. Other countries may find these guidelines incredibly useful when viewing/teaching the curriculum, as they can be universally applied. For more information, go to hopefulminds.org.
Training on Self-Care for Senior Workers

NAMI Minnesota in collaboration with McCubbin Training and LeadingAge Minnesota has created a free, online training on Self-Care for Senior Workers During COVID-19.

The training helps caregivers develop personal strategies for managing stress and practicing self-care as they continue to provide care for others. It is about 20 minutes long and can be viewed on a smartphone, tablet or desktop computer.

The training includes a salute from Gov. Walz and is targeted for caregivers of older adults living in care centers, assisted living, their own home and adult foster care settings. To access the training go to namimn.org and see “Self-Care Training for Senior Workers.” For more information, call 651-645-2948.

Parent Education Virtual Conference

Join NAMI Minnesota and TriDistrict Community Education (South St. Paul, Inver Grove Heights and West St. Paul) for a Super Saturday: Parent Education Virtual Conference. This free, online event will be held Saturday, October 24, from 9:30 a.m. to 3:30 p.m.

The conference 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. It is not limited to Dakota county residents. To register, please go to “Classes” at namimn.org.

Partnership in Schizophrenia Research

The National Institutes of Health (NIH) recently announced the official launch of the Accelerating Medicines Partnership in Schizophrenia (AMP SCZ). In this unprecedented partnership, the Foundation for the National Institutes of Health (FNIH) united nine organizations representing government (NIMH, U.S. Food and Drug Administration), private foundations (Welcome and the American Psychiatric Association Foundation), industry (Boehringer Ingelheim; Janssen Research & Development, LLC; Otsuka Pharmaceutical Development & Commercialization, Inc.), and patient-centered not-for-profit organizations (NAMI and One Mind).

These partners will work toward the shared mission of discovering promising biological markers that can help identify those at risk of developing schizophrenia as early as possible, track the progression of symptoms and other outcomes, and define targets for treatment development.

Individuals with schizophrenia often experience a delay between diagnosis and the start of treatment – ranging from one to three years – which is often associated with poorer response to treatment and significantly worse long-term outcomes. For individuals at clinical high risk for psychosis, detecting and intervening before it develops could attenuate, postpone or even prevent the transition to psychosis and improve individuals’ clinical and functional outcomes.

A core component of AMP SCZ is establishing a research network focused on individuals who are at clinical high risk, identifying biological markers, clinical endpoints and other measures that predict disease trajectory and outcomes for this group. The initiative will also establish a data center to allow researchers to integrate and analyze data from new and existing clinical high-risk cohorts, with all data and analyses made publicly available through the NIMH Data Archive. Findings from these studies will enable researchers to develop algorithms that predict the course of illness for clinical high-risk individuals, allowing for early intervention and testing of treatments that may prevent the development of schizophrenia and reduce the impact of clinical high risk.

The National Institute of Mental Health (NIMH) expects to contribute $82.5 million over five years, pending availability of funds. Additionally, FDA will be a critical partner in providing regulatory guidance on biological markers of disease progression, outcome measures and endpoints for clinical trials.

“The AMP Schizophrenia initiative furthers NIMH’s ongoing commitment to research improving the lives of people with early psychosis and schizophrenia,” said Joshua A. Gordon, M.D., Ph.D., director of NIMH. “This innovative partnership is an exciting opportunity to accelerate research that will spur new pharmacologic approaches to early intervention, leading to positive impacts in the lives of patients with schizophrenia.”

(From an NIMH Press release.)
IN MEMORY OF

In Memorials

JAMES CAROLLO
From Ellen Fee

ANTHONY ECHOLA
From Louise Erhola

CATHLEEN FABIAN
From Kathy Schry

ZACK FETHERLY
From Sue Aberholdeon and Lee Keller

David App
Suzanne and Dale Clark
Rosemary Dolata
Susan Eggleston
Jill Emore
Mark Haase
David Lenander
Jill Manske
Tyson Marlette
Lowell and Arlene Nelson
Anne Peek and Tom Ehlinger
John Pezusk and Eva Mach
Janet Rudolph
Rowat Shippcander
Kate Sidenberg
Sheri Swainkakis
Tim & Caro Wahl

GAY DE FELICE
From Brittany Traunor

SEAMUS FYLLN
From Debra Alhman
Brian Cunden
Matthew Condon
Dan and Deborah Dunham
James Flynn
Patrick Foss
Isabel Hughes
James Kellogg
Becky Olson-Kellogg
Kevin and Patricia Kennedy
Maureen Myers
Oliver On
Garrett Tews

HANS REDRISKON
From Dilyara Kabdyova

JIM GUMM
From Katie Xiong

JANICE HABMICK
From Robert and Peggy Rafferty

KEITH HANSON
From Sarah Retmeier

JAROD HAYES
From Debra Alhman

MARK PETER ITEN
From Jennifer Babiahs

CLAIRE KELLY JANSEN
From Denise Almeyrueda Arnold

Maureen Burns
Jim and Margaret Burt
Mary Carrell
Susan Chayes
John Clements
Elizabeth DeLaay
Mathew Erickson
and Bridget Reiver

Chris J. Fodell, DDS
and Lauren Braswell, PhD
William and Christine Griffith
Mark and Elizabeth Hamel
Cynthia Hawk
David Holt
Isabel Hughes
Mary and Shelley Hutchins
James Janacak
Mark and Stavy Jansen
Leslie Johnson Meyer
Jerry Kerber
Terry and Peggy Kingost
Caroline & Michael Kinne
Bob & Linda Klas
Craig & Elaine Korsch
Ter Kulow
Mary LaPrade
Sherry Melrose

Kia Miller
Melissa Mirzouchev
Susan & Manny Munson-Regal
Kathleen Murray
Kristi Nelson
Sara Nelson
John and Cynthia O’Hallorann
Kimberly O’Reilly
Daniel and Patty Papin
Laura Piche

Sarah Peralta
Samantha Schaeffer
Christopher Schiber
Kay Schmitz
Betsy Schollmier
Robert and Colleen Church
Chad Skalny
Kathleen Stoddart
Chad and Dick Sullivan
Michelle Vaught
Don Wade
Maureen O’Connell

Kathleen Weaver
Maureen Wheaton
Marlen Whitney Johanssen
From Lenee Kruse
Patricia McCluskey
Patricia Solborg

ALEX JOHNSON
From Margaret Conlin-Duevel and Jim Duevel
Dr. Debra Lynn Wilmot and Ms. Christine Louise Liennert

GERALD JOHNSON
From Elizabeth Pitzen

PIERCE KYLIE JOHNSON
From Donald Abboud, Jr

KEVIN P. KENNEY
From Judy Kenney

THOMAS KOCHS
From Catherine Boosdell
Karen Goedken
Jane and Edward Gracza

RAYDIE CAINE KOSHINEN
From S. Paul Koshinena

STEVEN TODD KRAFT
From Sue Aberholdeon and Lee Keller

Gene and Mary Hagglund
David and Carol Johnson
Ron and Mary Lutipns
Michael and Beverly McCarel
Thomas McCarel

ROSEMARY KUMMER
From Lisa Patton

GAIL LAW
From Herm & Mary Schultz

MARU AND JOANNA
From Kathleen Stenneser

GLADYS MCNIGHTON
From Margaret & Ronald Capocasa

MERLE
From Lyle Steinfeild

JASON MORIS
From Sarah Olson

HEDIE NORDIN
From Elizabeth Bear

GENEVIEVE JILK O’GRADY
From Arabelle Orhan

DAYTON OLMSTEAD
From Sarah Tahay-Taylor

JOHN PRIE
From Peggy Joyce-Parin

ERIK PUTZER
From Gene & Cheryl Putzer

KATHLEEN REALMUTO
From Linda Yuvelich

KYLE READOX
From Geraldine Loflin

DAVID REICHERT
From Marialena Dabiaultimo

JUDY RUBINSON
From Herm & Mary Schultz

GARY ROLLOFF
From Sue Aberholdeon and Lee Keller

KURT ROUSEAU
From His loving family

PEGGY RYAN
From Hor and Maureen Lodermeier

KAYLE ROYATT
From Mary and Gary O’Brien Family Fund

GREG REITMEYER
From The Wilfong-Lienert Fund

GREGORY ROUSEAU
From The Minneapolis Foundation – Fund for Safe Communities

VISIONARY ($5,000-$9,999)

• Anonymous through The Minneapolis Foundation

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

• Nicholson Family Foundation

SUPPORTER ($500-$999)

• J. Thomas and Janet Rajala Nelson Fund of the Saint Paul & Minnesota Foundation

GRANTS KEEP US GROWING

Grants supporting NAMI Minnesota’s mission received from June 11 to Sept. 16, 2020. Unless specified, the grants are for General Operating.

IRIS CIRCLE ($10,000+)

- Jerome J. and Ursula Choromanski Family Foundation

- Haggerty Family Foundation

- The Minneapolis Foundation – Fund for Safe Communities

VISIONARY ($5,000-$9,999)

- Anonymous through The Minneapolis Foundation

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

- Nicholson Family Foundation

SUPPORTER ($500-$999)

- J. Thomas and Janet Rajala Nelson Fund of the Saint Paul & Minnesota Foundation

Grants supporting NAMI Minnesota’s mission received from June 11 to Sept. 16, 2020. Unless specified, the grants are for General Operating.

IRIS CIRCLE ($10,000+)

- Jerome J. and Ursula Choromanski Family Foundation

- Haggerty Family Foundation

- The Minneapolis Foundation – Fund for Safe Communities

VISIONARY ($5,000-$9,999)

- Anonymous through The Minneapolis Foundation

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

- Nicholson Family Foundation

SUPPORTER ($500-$999)

- J. Thomas and Janet Rajala Nelson Fund of the Saint Paul & Minnesota Foundation

Grants supporting NAMI Minnesota’s mission received from June 11 to Sept. 16, 2020. Unless specified, the grants are for General Operating.

IRIS CIRCLE ($10,000+)

- Jerome J. and Ursula Choromanski Family Foundation

- Haggerty Family Foundation

- The Minneapolis Foundation – Fund for Safe Communities

VISIONARY ($5,000-$9,999)

- Anonymous through The Minneapolis Foundation

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

- Nicholson Family Foundation

SUPPORTER ($500-$999)

- J. Thomas and Janet Rajala Nelson Fund of the Saint Paul & Minnesota Foundation

Grants supporting NAMI Minnesota’s mission received from June 11 to Sept. 16, 2020. Unless specified, the grants are for General Operating.

IRIS CIRCLE ($10,000+)

- Jerome J. and Ursula Choromanski Family Foundation

- Haggerty Family Foundation

- The Minneapolis Foundation – Fund for Safe Communities

VISIONARY ($5,000-$9,999)

- Anonymous through The Minneapolis Foundation

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

- Nicholson Family Foundation

SUPPORTER ($500-$999)

- J. Thomas and Janet Rajala Nelson Fund of the Saint Paul & Minnesota Foundation

Grants supporting NAMI Minnesota’s mission received from June 11 to Sept. 16, 2020. Unless specified, the grants are for General Operating.

IRIS CIRCLE ($10,000+)

- Jerome J. and Ursula Choromanski Family Foundation

- Haggerty Family Foundation

- The Minneapolis Foundation – Fund for Safe Communities

VISIONARY ($5,000-$9,999)

- Anonymous through The Minneapolis Foundation

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

- Nicholson Family Foundation

SUPPORTER ($500-$999)

- J. Thomas and Janet Rajala Nelson Fund of the Saint Paul & Minnesota Foundation

Grants supporting NAMI Minnesota’s mission received from June 11 to Sept. 16, 2020. Unless specified, the grants are for General Operating.

IRIS CIRCLE ($10,000+)

- Jerome J. and Ursula Choromanski Family Foundation

- Haggerty Family Foundation

- The Minneapolis Foundation – Fund for Safe Communities

VISIONARY ($5,000-$9,999)

- Anonymous through The Minneapolis Foundation

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

- Nicholson Family Foundation

SUPPORTER ($500-$999)

- J. Thomas and Janet Rajala Nelson Fund of the Saint Paul & Minnesota Foundation

Grants supporting NAMI Minnesota’s mission received from June 11 to Sept. 16, 2020. Unless specified, the grants are for General Operating.

IRIS CIRCLE ($10,000+)

- Jerome J. and Ursula Choromanski Family Foundation

- Haggerty Family Foundation

- The Minneapolis Foundation – Fund for Safe Communities

VISIONARY ($5,000-$9,999)

- Anonymous through The Minneapolis Foundation

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

- Nicholson Family Foundation

SUPPORTER ($500-$999)

- J. Thomas and Janet Rajala Nelson Fund of the Saint Paul & Minnesota Foundation

Grants supporting NAMI Minnesota’s mission received from June 11 to Sept. 16, 2020. Unless specified, the grants are for General Operating.

IRIS CIRCLE ($10,000+)

- Jerome J. and Ursula Choromanski Family Foundation

- Haggerty Family Foundation

- The Minneapolis Foundation – Fund for Safe Communities

VISIONARY ($5,000-$9,999)

- Anonymous through The Minneapolis Foundation

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

- Nicholson Family Foundation

SUPPORTER ($500-$999)

- J. Thomas and Janet Rajala Nelson Fund of the Saint Paul & Minnesota Foundation

Grants supporting NAMI Minnesota’s mission received from June 11 to Sept. 16, 2020. Unless specified, the grants are for General Operating.
Affiliate Walk Stories

NAMI Minnesota affiliates put on their walking shoes for NAMIWalks 2020 on September 26, raising critical funds to support the NAMI mission despite challenges related to COVID-19.

While NAMI Minnesota could not host its traditional walk this year, teams took action across the state in small groups to raise awareness and encourage support.

Eleven of those teams were connected to NAMI affiliates including the NAMI Grand Rapids Tremolos, which had the third highest fundraising total of all 168 teams. The Tremolos walked, paddled and even hunted as part of NAMIWalks 2020, and they exceeded their team’s fundraising goal by more than $3,000!

NAMI Washington County hit the walking trails near Stillwater in bright gold shirts, and it provided a lot of NAMI visibility as people would ask “Who and what are you walking for?” They also dropped rocks painted with positive words like Believe and chalked messages of hope along the trail.

NAMI Dakota County held its annual picnic at the park for their members,

Fundraisers by Others

Thank you to all of our Do It Yourself (DIY) fundraisers!

- Mystic Lake Casino Hotel and Little Six Casino selected NAMI to be a part of their “Change for The Better” beneficiary program raising $4,514.
- Laura Schumack and Leland Thompson raised $3,775 for NAMI Minnesota through their GoFundMe wedding gift registry.
- A. Johnson & Sons Florist in St. Paul contributed $451 to support NAMI through a percentage of sales from floral arrangements.
- Indeed Brewing’s COVID-19 Relief Fund chose NAMI Minnesota as one of its recipients via the Indeed We Can program, providing $1,453.
- The Brigadoon Driveway Yogis donate $75 to move NAMI’s mission forward.
- Great Southern Bank’s “Community Matters Casual Day” raised $257 for NAMI Minnesota.
- Farid Medhat Azzazy held a DIY to support mental health, raising $51.
- Character Apparel shared proceeds from specially designed t-shirts to help raise $113 for NAMI Minnesota.

In Sympathy

Charlotte Burns, a founding and beloved member of NAMI Minnesota, passed away Aug. 17, at the age of 93. Charlotte was a staunch mental health advocate and a long-time NAMI board member and volunteer. “Char was kind, strong, selfless, classy, independent, quietly fierce, a fabulous cook & hostess and a volunteer extraordinaire.”
IN THIS ISSUE

NAMIWalks, We Did it Our Way .................................................. 1
Special Session Short on Results ................................................. 1
Police Reform Legislation Passes .............................................. 2
Suicide Rate Among Black Youth ............................................ 3
Decriminalizing Mental Illness ................................................. 3
NAMIWalks in Photos ............................................................. 4 & 5
Support for Youth During COVID-19 ....................................... 6
NAMI State Conference .......................................................... 7
Meet NAMI’s Board Nominees ................................................. 7
Helping Employees in a Pandemic .......................................... 8
Hopeful Minds Curriculum ..................................................... 8
Schizophrenia Research Partners .......................................... 9
Training for Senior Workers ................................................ 9
Grants Keep Us Going .......................................................... 10
Memorials ........................................................................... 10
Affiliate Walk Stories ............................................................ 11
Fundraisers by Others ........................................................... 11
Calendar ............................................................................ 12

CALENDAR

October
4-10 Mental Illness Awareness Week
24 Virtual Super Saturday Parent Education Conference
26 Fall Author Series: “Schizophrenia and a Lawmaker’s Fight for Her Son”

November
14 NAMI Minnesota Virtual State Conference
19 Give to the Max Day

December
3 International Day for Persons with Disabilities
10 Human Rights Day

January 2021
5 Legislative Session Starts

Visit namimn.org for more information about NAMI Minnesota’s Online Classes, Support Groups and Events.