

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

See "Special Sessions" p.2

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



Parading in Place for NAMIWalks 2020.



Team Big Red members were top five fundraisers again.



Walking together for a great cause.



NAMIWalks is a family affair.

Police Reform Legislation Passes in Special Session

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.



- Requires law enforcement agencies to document the training officers receive and submit it to the POST Board. This includes who the provider of the training was, evaluations of the training, and an explanation of the expenditure of funds.
- Requires evaluation of the effectiveness of training in reducing the use of force against people in a mental health crisis in annual POST Board compliance reports.

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.

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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.

Suicide Rate Among Black Youth -- A Growing Crisis

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-

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.



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

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-

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.

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.

NAMIWalks 2020 Sponsors

Premiere Sponsor: Cigna
Presenting Sponsor: BlueCross and BlueShield of Minnesota
National Lead Sponsor: Alkermes
National Sponsor: Takeda, Lundbeck

Gold Sponsor: Allina Health, Dominionium Management Services, LLC; HealthPartners | Regions Hospital | Melrose Center, Hennepin Healthcare, Medica, M Health Fairview & the University of Minnesota Department of Psychiatry, PrairieCare, UCare.

Silver Sponsor: Coremark Metals, People Incorporated.

Start / Finish Sponsor: Allan & Lou Burdick, Guild, Rick Lancaster and Abby McKenzie, Al & Pat Rousseau in memory of Kurt Rousseau, Vail Place.

Bronze Sponsor: Associated Clinic of Psychology, Avivo, First Presbyterian Church of White Bear Lake, Lindberg McLaughlin, P.C., Mental Health Resources, Minnesota Women's Press, Oak Grove Presbyterian Church, Touchstone Mental Health.

Supporter Sponsor: Carlson Capital Management, Catholic Charities of Saint Paul and Minneapolis, Elizabeth Emerson, Fraser, Hamm Clinic, David Hoy & Associates, Northwood Children's Services, Radias Health, Bill and Becky Sheig, Washburn Center for Children.

Kilometer Sponsor: Sue Abderholden & Lee Keller, AspireMN, Central MN Mental Health Center, Nancy and Bob Dillon, Greater MN Family Services, Headway Emotional Health, Hennepin Health, Integrity Living Options, Inc., Minnesota Association of Community Mental Health Programs, Minnesota CarePartner, Minnesota Hospital Association, MN Mental Health Community Foundation and the Psychiatric Society, Minnesota Society of Child and Adolescent Psychiatry, Nexus-FACTS Family Healing, Northstar Problem Gambling Alliance, Progressive Individual Resources, ReEntry House, St. David's Center for Child & Family Development, Tasks Unlimited.

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: NAMISTe, 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.



Excited walkers conveyed their joy.

Largest Memorial/Tribute teams: For the Love of Toby- Horwitz Inc., Love for Liv, Love for Nat, Leslie's Legacy, Rich Lives On, LivOn

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.



Even in the pandemic NAMIWalks was the picture of success.



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



Park walkers stop for a photo.



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



Celebrating NAMIWalks on a nice fall day.



HealthPartners team members step up.



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



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



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



Bringing mental health conversations to the community.



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



Living Our Best Life team members parade in place.

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

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



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

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.

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 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.



Patricia Harris, M.D.

This year's conference will feature

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

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.

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.

- 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).



Thomas, R. Insel, M.D.

- 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.



Susan Bartlett Foote, JD, MA

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.

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.

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. All of the Hopeful Minds materials are free.

The curriculum can be used at home, in the classroom, in church, in after-school programs, or wherever you interact with youth. Hopeful Minds meets the CDC National Health Education Standards (NHES), state-

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.



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.

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.)

Memorials

June 12 to Sept. 10, 2020

In Memory of

DOUG ADKINS
From Michael Mattinson

ARCHER AMOROSI
From Donald
and Sharon Amorosi

ANNE MARIE ANDERSON
From George Anderson
John and Joyce Anderson
Michael and Catherine Brunner
Kathleen and Thomas Deshler
Mary Sue and Paul Fitzenberger
Suzanne and John Haugen
Steven and Tracy Kempenich
Patricia Kennedy
Bonnie Lee Miesbauer
Richard and Phyllis Nellessen
Ronald and Donna Sather
Marie and Paul Schweizer
Dennis & Janice Stiles
Mary Jo Stokvis-Moening
Patrick and Dawn Wiebelhaus

LAVONE APPELMAN
From Frank Ferraro, III
Amanda Jobman

JUDITH BEMIS
From William and Elizabeth Berg

THEODOCIA BERGSTROM
From Pauline Bangma
Debra Sjogren
Ann Trenda

ZACHARY BICHLER
From Charles
and Christine Bichler
John and Barbara Dietz
Bruce Dvorak
Andrew & Joan Eisenzimmer
Liz Fakhoury
Carm Greenlee
Lisa and Bruce Harrod
Sarah Law
Donald Merdink, Jr.
and Peggy Merdink
Coleen and Jay Peterson
John Quarnstrom
Timothy and Karyn Roszak
Joerg and Carly Steinbach
Jessica Woehrl

JAMES CRAIG BOONE
From Lee and Laurie Brandt

KATHRYNE BRESEMAN
From Randall and Joyce Wallace

CHARLOTTE BURNS
From Sue Abderholden
and Lee Keller
Sue and Dick Abel
John Arcand
Warren Arcand
Peter Berlute
Robert and Margaret Berlute
Evelyn Burns
Gene and Jean Burns
Shelley Burns
Emily Carlin
Theresa Carufel
Steven and Julie Hatzung
Terry & Diane Henthorn
Connie & Gary Johnson
Lindsay & Ann McCabe
Mary and Michael Murphy
Elizabeth Ofstead
Dennis and Dayne Petersen
John and Jane Peterson
Stephen and Louise Pfeiffer
Cheryll Reitmeier
Herm & Mary Schulte
Nancy Shannon

JAMES CAROLLO
From Ellen Fee

ANTHONY ECHOLA
From Louise Echola

CATHLEEN FABIAN
From Kathy Schur

ZACK FEATHERLY
From Sue Abderholden
and Lee Keller
David Asp
Suzanne and Dale Clark
Rosemary Dolata
Susan Eggleston
Jill Elmore
Mark Haase
David Lenander
Jill Manske
Tyson Marlette
Lowell and Ariene Nelson
Anne Peek and Tom Ehlinger
John Peloquin and Eva Mach
Janet Rudolph
Rowzat Shipchandler
Katie Sidenberg
Sherri Swalinkavich
Tim & Carol Wahl

GAY DE FELICE
From Brittany Traynor

SEAMUS FLYNN
From Debra Ahlman
Brian Condon
Matthew Condon
Dan and Deborah Dunham
James Flynn
Patrick Foss
Isabel Hughes
James Kellogg
and Becky Olson-Kellogg
Kevin and Patricia Kennefick
Maureen Myers
Oliver Orr
Garrett Tews

HANS FREDRIKSON
From Dilyara Kadymova

JIM GUMM
From Katie Xiong

JANICE HAMRICK
From Robert and Peggy Rafferty

KEITH HANSON
From Sarah Reitmeier

JAROD HAYES
From Sandra Burton

AIDAN HEGGE
From Rodney and Heather Banks
Dana Bergner

OLIVIA HELGESON
From Andrew
and Colleen Carlin
Linda Comb
The Kriedberg
and Lehman Families
Jerry and Jane Noyce

MARK PAUL ITEN
From Jennifer Babiasch

CLAIRE KELLY JANSEN
From Denise Alemayeh
Ida Arnold
Maureen Burns
Jim and Margaret Burt
Mary Carrell
Susan Claeys
John Clemens
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and Bridget Revier
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Denise and Dick Sullivan
Michelle Vaught
Dale Walde
and Maureen O'Connell
Rochelle Weber
Kathleen Wenger
Maureen Wheaton

MARILYN WHITTEN JOHANSEN
From Lenee Kruse
Patricia McCloskey
Patricia Solberg

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

GERALD JOHNSON
From Elizabeth Pitzen

PIERCE KYLE JOHNSON
From Donald Abboud, Jr
Karyl and Jeffrey Beeman
Robert Reese

MOLLY KELLY
From Maureen Wheaton

KEVIN P. KENNEY
From Judy Kenney

THOMAS KOCH
From Catherine Boosalis
Karen Goedken
Jane and Edward Gracza

KAYDEE CAINE KOSHENINA
From S. Paul Koshenina

STEVEN TODD KRAFT
From Sue Abderholden
and Lee Keller
Gene and Mary Hagglund
David and Carol Johnson
Ron and Mary Luitjens
Michael and Beverly McCarvel
Thomas McCarvel

ROSEMARY KUMHERA
From Lisa Patton

GAIL LAW
From Herm & Mary Schulte

MARJI AND JOANNA
From Kathleen Stenersen

GLADYS MCDONOUGH
From Margaret & Ronald Capocasa

MERLE
From Lyle Steinfeldt

AARON MORRIS
From Sarah Olson

HEIDI NORDIN
From Elizabeth Bear

GENEVIEVE JILK O'GRADY
From Anabelle Keohane

DAYTON OLMSTEAD
From Sarah Tafoya-Anderson

JOHN PRINE
From Peggy Joyce-Parlin

ERIK PUTZIER
From Gene & Cheryl Putzier

KATHLEEN REALMUTO
From Linda Vukelich

KYLE REARDON
From Geraldine Loflin

DAVID REICHERT
From Marielena DiFabbio

JUDY ROBINSON
From Herm & Mary Schulte

GARY ROLLOFF
From Sue Abderholden
and Lee Keller

KURT ROUSSEAU
From His loving family

PEGGY RYAN
From Alan
and Maureen Lodermeier
Roxanne O'Connor
Harvey and Sandra O'Neill

MATTHEW REID SCHMIDT
From Laurence & Naomi Crepeau

STEVEN SCHWARTZKOPFF
From Rosemary Furst

DAVID SILBERMAN
From Harold Lauber

CASEY SWANSON
From Cheri LeBrun

CHAD THORSTENSON
From Verna Thompson

JOHN TURK
From Terry Alewine
Dale Behringer
Bradley and Susan Bowman
Mary Sue and Paul Fitzenberger
Maureen Hessler
Randall and Jane Koza
Linda and Richard Longlet
Patricia and Wayne Marzolf
Walter and Kathleen Parker
John and Joan Ries
Jeanie Snell
Gregory and Kathleen Trulsen
Michael and Cynthia Walz
Carolyn Winstow

KIMBERLEY A. VAN DYKE
From Rick & Patti Van Dyke

TIMOTHY VENCEL
From Gabrielle Olson

ALAN WAUGH
From Hilary Greene
Martha Hunt
Suzanne Moser and Bruce Bleil

ADAM WRIGHT
From Celeste and Robert Janosko

MY FAMILY
From Andrew Morley

MY FATHER
From Anne Debertin

GEORGE FLOYD
From Benjamin Fried

HOBBSQ
From Taya Martha Steere

JAMES BRIAN HOWE
From Stephanie
and Matthew Bolles

JESSI'S BIRTHDAY
From Karen Frank

DOUG LARSON
From Steve Larson

BRANDON MCDUFFIE
From Dionne Meehan

CAROL PETERSON
From Marissa
Onheiber

MY ROOMMATE
From Michael Hunter

ANDREW MICHAEL SULLIVAN
From Sharon Sullivan

THE TRENCH FAMILY
From Kari Trench

TYLER'S BIRTHDAY
From Sarah Lanners

MIKE WEBER
From Keith Weber

JACLYN ZACHER
From Lora Wichser

JEFFREY ZUCKERMAN
From Judith Bergh
William Robiner

Tributes In Honor of

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 Chormanski 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
- The Wilfong-Lienert Fund
- Mary and Gary O'Brien Family Fund of The Minneapolis Foundation
- Grieve Cox Family Charitable Fund
- Randolph Family

SUPPORTER (\$500-\$999)

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

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,



Some of the Tremolos team members paddled to raise funds for NAMIWalks.

complete with a safe walk, free food, and fun prizes. NAMI Ramsey County members walked together throughout the day, while raising over \$5,600!

NAMI Western Minnesota, HOPE 4 MOORHEAD, Will's Walkers, Hennepin Heroes, Friday Niterz!, Sole Patrol-Scott County, and Unmasking Mental Health were all teams connected to affiliates that raised funds.

The combined efforts of all of the affiliates helped NAMIWalks Minnesota exceed its goal, with more funds arriving each day.

In addition to team events, Joe Zwack, who leads the NAMI Forensic Network affiliate, held a Parade in Place event. His entry, the NAMIWalks Boat Float, was an entirely handmade wooden sailboat where he and family shared information about mental health.

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."



NAMI Forensic Network members had a handmade boat float Parade in Place event.

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.





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Justice | Dignity | Respect
 Education | Support | Advocacy

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.