2020 NAMI Award Winners Make a Difference

The NAMI Minnesota annual awards program was held online this year. So many dedicated and determined people make NAMI what it is: a strong and effective grassroots voice for children and adults with mental illnesses and their families.

From this year’s nominees, NAMI selected ten individuals and organizations to receive 2020 NAMI Awards. We thank them for their outstanding efforts at making a difference in the lives of individuals and communities around the state.

Pictured above is Sen. Rena Moran of St. Paul who received a NAMI Legislator of the Year Award for her work to support trauma informed schools, change child protection laws, promote early and effective childcare, and fund culturally competent mental health care. She has also worked on police reform, and barriers to housing.

For more on rest of NAMI’s 2020 award winners, please see pages 4-5.

NAMI’s Legislative Session Preview

The November election resulted in Democrats retaining control of the House and Republicans the Senate in Minnesota. Committee assignments, other than the chairs of the committees, had not been made when this newsletter went to print but there is a new subcommittee in the House – Behavioral Health – chaired by Rep. Peter Fischer.

It will be an odd session since most of the work will be done virtually. This means it will be more difficult for NAMI policy staff to interact with legislators informally and formally. Mental Health Day on the Hill, tentatively set for March 11, will also look very different.

The big issue facing the mental health community will be preventing cuts to mental health services and payment rates. At a time when so many people’s mental health has been negatively impacted by the pandemic, we need to ensure that services can expand to meet the increasing needs and demands.

In addition to fighting for resources there are several other bills that NAMI will be putting forth. After working with DHS during the interim, we have reached agreement on language so that when someone who is on a CADI waiver is hospitalized or is in residential treatment their waiver will be suspended, not terminated, after 30 days. This will ensure continuity of care.

There will be a comprehensive bill reflecting the recommendations of the Competency Restoration Work Group including providing community competency restoration services.

Providing funding for room and board for children’s residential services will mean families who place their children voluntarily into treatment due to their mental illness won’t have to go through relative searches and barriers to housing.

See “Legislative Preview” p.2

Holiday Gift Drive Reaches Out

Despite so many people struggling financially due to the pandemic, people were incredibly generous in donating to NAMI’s Holiday Gift Drive this year.

Items arrived with notes such as “In memory of our loved one taken by suicide,” or an individual dropping off a bag full of warm socks sharing that they had been in an inpatient unit over the holidays and knew how hard it was.

Our thanks to the 32 volunteer drivers who delivered gifts to 48 facilities, ensuring that nearly 1,400 children and adults in inpatient psychiatric units or residential treatment facilities in the metro area would be given a gift during the holidays.

Thanks to everyone who joined in the gift drive who reached out to show their support of others who are struggling.
Minnesota’s Vaccine Rollout Begins Phase One

Thanks to the tireless efforts of health professionals in the public and private sector, the first COVID-19 vaccine has arrived in Minnesota. With limited amounts of vaccine, it is up to the Walz Administration to prioritize its distribution. The Department of Health convened a Vaccine Allocation Advisory Group made up of experts and people from the community to prioritize those who need immediate vaccination.

The first phase of vaccine rollout will target residents in nursing homes, including veterans’ homes. The health professionals with first access to the vaccine will all be personnel working in dedicated COVID-19 units and hospital emergency rooms, including all health personnel and maintenance or sanitation staff.

Other priorities for the first wave will be personnel working in nursing homes, emergency medical services professionals like ambulance drivers, and the staff offering COVID-19 testing and vaccination.

Once these people are vaccinated, the next priority will be all hospital staff, staff and residents in assisted living facilities, and all staff in urgent care settings or dialysis centers.

The final wave of vaccination for those in the first tier will include all remaining health care personnel that are not able to offer their services via telemedicine such as mental health and substance use disorder providers, correctional settings, group homes, and other areas.

This wave will also offer vaccination for adults in intermediate care facilities, as well as corporate foster care residents. NAMI Minnesota worked very hard to ensure that mental health staff and especially mobile crisis teams would have priority access to the COVID-19 vaccine.

Researchers in Australia are finding that people with serious mental illnesses are more likely to be infected by the COVID-19 virus and have higher rates of hospitalization due to medications, poorer general health, reduced access to medical care, lower socio-economic status, smoking and obesity. Once infected, they are also more likely to have poorer health outcomes and higher death rates compared with the general population.

Thus, they are advocating for people with serious mental illnesses to be included in higher priority groups. A very real problem is the limited supply of the vaccine and many groups coming forward stating why they should be placed on a higher priority list. These are not easy decisions for the state to make. Everyone is encouraged to be vaccinated as soon as they are able.

2021 Legislative Preview... cont. from p. 1

In addition, the loss of hospital beds – about 16% of inpatient psych beds in the metro area – from M Health Fairview’s planned closures of Southdale and St. Joe’s – will be raised at the legislature.

NAMI Minnesota’s 2021 legislative goals are broad because we know that there isn’t just one thing we can to do improve access and quality. A 17-page document about our goals is on our website (naminn.org) and was shaped by the input of people responding to our surveys, evaluation questions, and helpline calls.

Increasing access to mental health services in schools, including Intermediate Districts, and ending the suspension of students in grades K-3 along with creating more trauma informed schools will be important, as will continuing funding for the Kognito suicide prevention program for teachers and requiring schools to put suicide helplines on student IDs.

A huge priority for NAMI this session will be addressing workforce issues. These include workforce shortages, lack of culturally informed providers, and barriers to licensing.

NAMI will continue to support banning the use of conversion therapy on youth, and a coalition is looking to introduce a bill to update and strengthen our mobile crisis teams.

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Screening teams.

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State Legislature Passes Additional COVID-19 Relief

The legislature convened for yet another special session in December. In addition to extending Governor Walz’s emergency powers for another month, they also debated and then passed a technical bill and a COVID-19 relief package. The technical bill includes provisions on Certified Community Behavioral Health Clinics (CCBHCs) and telemedicine. CCBHCs are one-stop-shops that provide coordinated treatment for someone’s mental health and substance use disorder needs. In order to facilitate quicker access and more comprehensive care, CCBHCs have access to an enhanced payment rate.

In the previous session, Minnesota moved the payment for CCBHCs to its Medical Assistance program. However, the Centers for Medicare and Medicaid (CMS) have yet to approve this change, leaving CCBHCs at risk of losing the enhanced rate they need to offer this array of services. That is why the legislature temporarily allocated state-dollars to make up the difference, with the understanding that these dollars will be returned upon CMS approval.

The other important bill extends a waiver that allows for people to access telemedicine in their homes from February 1 to June 30. With so many people accessing their mental health and substance use disorder treatment via telemedicine, it was very important for the legislature to extend this flexibility through June 30.

The final bill included $88 million in relief for bars, restaurants, breweries, fitness centers, and other businesses closed due to an executive order from Gov. Walz. Payments will be made based on the number of employees.

The bill also included tax and fee relief for some businesses, grants to movie theaters and convention centers, $114.8 million for the counties to distribute to local businesses and non-profits, an extension of the deadline for students to qualify for free and reduced lunch, and a 13-week extension of unemployment insurance.

The Senate was unwilling to fund NAMI supported relief packages focused on people experiencing homelessness and long-term care facilities at risk of spreading COVID-19. It is our hope that the legislature takes early action in the upcoming legislative session to support people with mental illnesses and address these unmet needs.

Working on Police and Emergency Response Reforms

In December, the Minneapolis City Council voted to shift $8 million from the police department budget to alternative public safety efforts including mental health crisis response. NAMI Minnesota has been corresponding with the city about crisis response since 2019 and has continued to voice its concerns and position on a Minneapolis-specific crisis response pilot, stating:

* Minneapolis should contract with COPE, the Hennepin County mobile crisis team that has an established and state-regulated infrastructure. Many of the issues raised about the COPE team are due to serious underfunding and not a faulty infrastructure. Minneapolis does not need to “recreate the wheel” spending precious resources creating a system that will likely cause confusion. We should build on what already exists.

* 911 Dispatch should send out mobile crisis teams, a practice that has been safely implemented in several U.S. cities. NAMI supports co-response teams when necessary for safety and EMTs if there are health concerns such as overdoses, but we want mental health professionals responding to mental health crises.

NAMI will be following up with the city in the new-year and working for improvements to crisis teams across the state at the legislature.

St. Paul Mayor Melvin Carter also announced the creation of a 48-member Community-First Public Safety Commission to examine alternative emergency response models. NAMI Minnesota’s executive director, Sue Abderholden has been appointed to the commission, which will submit a final report and recommendations to the Mayor and City Council in May 2021.
NAMI Minnesota 2020 Award Winners

Sandy Lewandowski, Superintendent of Intermediate District 287 was presented with NAMI’s Educator of the Year Award. She led her district to use alternatives to school resource officers by developing strong, trusting relationships with students and their families, and through hiring staff who specialize in mental health, de-escalation, restorative justice and safe physical interventions.

Cindy Nollette was recognized with NAMI’s Professional of the Year Award for her work with children who have complex needs, often autism and a mental illness, and her understanding of the importance of engaging the family and the child’s team at school.

Frank Lee, a Brainerd Dispatch reporter, won NAMI’s Media Award for making sure people in the region know about efforts to raise awareness, get education on mental health and substance use, and can locate resources that are available.

Sen. Jerry Relph (District 14) won a NAMI Legislator of the Year Award. He was the chief author of many of NAMI’s important bills this past year and has been an extraordinary mental health advocate. We are sorry to report that Sen. Relph died on Dec. 17. He will be greatly missed.

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NorthPoint Health & Wellness Center claimed NAMI’s Provider of the Year Award because of its excellence at providing culturally responsive, integrated, holistic primary health, mental health, and social services that focus on the whole person. NorthPoint serves largely people of color, those who don’t speak English, recent immigrant populations, and residents facing a myriad of health, social and economic disparities.

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 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.

Trisha Stark, psychologist, was presented with a Special Board Award for her exceptional advocacy for people with mental illnesses and their families.

RECLAIM won a NAMI Provider of the Year Award for its outstanding work to increase access to mental health support so that youth who identify as queer or trans may reclaim their lives.
NAMI Minnesota State Conference Goes Online

NAMI Minnesota’s Annual State Conference went online this year with learning opportunities and discussion around Mental Health in Challenging Times.

This year’s format allowed about 200 people from across Minnesota to attend from the comfort and safety of home as experts talked about the impacts of COVID-19 on mental health, the importance of culturally informed mental health services, and how each person can be an advocate for change.

Three keynote speakers were highlighted at the conference. Dr. Patrice Harris, the first African American woman to be elected president of the American Medical Association, started the day with her talk Collaborative Leadership: The Path Forward for an Equitable Mental Health System.

Next, Dr. Tom Insel, a psychiatrist and neuroscientist focused on people, places, and purpose in his presentation about recovery. Author Susan Bartlett Foote closed out the conference with her presentation, Minnesota’s Crusade for Forgotten Souls: The Roots of Minnesota’s Pathbreaking Mental Health Advocacy.

Breakout sessions featured topics on changes to the state’s civil commitment law, the new Medicaid housing benefit, treatment for young people experiencing psychosis, shifting the mental health paradigm toward mind/body healing, and more.

NAMI Minnesota thanks its major conference sponsors: Medica, Johnson & Johnson, People Incorporated, Janssen Pharmaceuticals Inc., Northwood Children’s Services, Integrity Living Options Inc., Radian Health, PrairieCare, and Lou & Allan Burdick.

NAMI Welcomes New Board Members

The organization’s Annual Meeting was also held online on Nov. 14. Five new members were elected to NAMI Minnesota’s board of directors. Kassius Benson, Jacob Englund, Kristi Fox, Josh Pauly and John Yanish joined the board in January. Re-elected to the board were Carrie Borchardt, MD, Kevin Hanstad, Chris Bray, Beatric Officer, Ph.D., and Michael Trangle, MD.

More Award Winners

... cont. from p. 4

The Nickel Open Fund won NAMI’s Best Independent Event Award. The Hunstad family mobilized their network of friends to host five events to support NAMI’s mission, including captaining teams for NAMIWalks Minnesota. Their efforts to raise funds educated hundreds of people and raised almost $100,000 for NAMI.

DHS Hires Behavioral Health Division Director

In November, the MN Department of Human Services (DHS) hired Paul Fleissner as its new director for the behavioral health division. He will be responsible for 600 staff and a budget of over $100 million. Fleissner has experience with human services at the county level in Olmstead County and he previously served as the president of Minnesota Association of County Social Services Administrators.

In his LinkedIn page he says, “My passion currently relates to integrating services across systems and across the community. I am working with my talented team to build an organization that is data driven and leverages technology to better meet our community’s needs.”

NAMI Minnesota looks forward to collaborating with Paul Fleissner to build our mental health system.

Doug Kraft was honored with NAMI’s Volunteer of the Year Award. Doug has made it his mission to ensure that Minnesotans around the state have access to information and support by being a leader in teaching Family-to-Family and Hope for Recovery classes.
Competency Restoration Task Force Nears Final Report

On February 1, the Community Competency Restoration Task Force will submit its final report and recommendations to the legislature. NAMI advocated for the creation of the task force in the 2019 legislative session and for nearly two years it has examined the process when a person is found incompetent to stand trial (IST) in criminal court.

The number of people found IST has been on the rise for several years creating costly difficulties in the mental health system and often perpetuating a revolving door for people with mental illnesses in the criminal court system.

NAMI’s executive director Sue Abderholden has chaired the task force from the beginning, along with vice-chair State Public Defender William Ward.

The group’s recommendations will focus on diverting people from the court system and into treatment at every point possible, expediting and improving the quality of examinations and court procedures around people found IST, and creating a responsive continuum of competency restoration services in statute to serve people anywhere – from the community, to jails and inpatient settings.

NAMI is grateful for the work of the task force and looking forward to working on these measures at the Capitol. We will need your advocacy during this tough session to continue our mission of decriminalizing mental illnesses in Minnesota.

NAMI St. Cloud shopped and provided gifts for 98 patients in residential beds located in Benton, Sherburne, Stearns and Wright counties. NAMI Grand Rapids did the same in their area, enlisting local students to decorate gift bags. They delivered 40 presents to patients at two facilities.

In addition, NAMI Grand Rapids board member Mark Hager helped show appreciation for frontline workers at area nursing homes, hospitals, chemical dependency units and mental health units. He left notes, goodies and NAMI brochures to let these workers know how much they are appreciated and to offer resource information.

McLeod County Explores Affiliation
Under the leadership of volunteer Corey Kirk, volunteers gathered in December to explore the creation of a NAMI affiliate in the McLeod County area. The attendees included people living with mental illnesses, family members with loved ones who have a mental illness, mental health providers, and health care facility staff. The group explored the NAMI mission, began discussing mental health needs in the area, and started thinking about ways a new affiliate could help meet those needs. The group will meet again in January. For information, or to join this planning team, call 651-645-2948, Ext. 118.

Scott County Opens IRTS Facility
NAMI Scott County is celebrating the opening of the first mental health Intensive Residential Treatment Services (IRTS) facility in the Southwest metro area. The 16-bed Guild Crisis & Recovery Center offers a range of mental health treatment options while providing comprehensive 24-hour care and crisis stabilization services. It opened Nov. 16.

Located on Highway 13 in Savage, the facility is a partnership between Guild, the City of Savage, Scott County, the MN Dept. of Human Services, Shaw-Lundquist Associates Inc., and UrbanWorks Architecture LLC. NAMI Scott County is pleased to have supported this project.
Youth and Mental Health During the Pandemic

Despite not being able to go to schools in-person, NAMI Minnesota is still dedicated to delivering vital mental health information to youth. The difference is that now, instead of simply focusing on mental health in general, there is a stronger focus on the current pandemic and how that is affecting their mental health.

Many youths discuss how distance learning is making them feel isolated. Others talk about the anxiety and worry behind getting sick or getting others sick. Some talk about the fear of the unknown and the frustration of not knowing when this will end. Still others talk about how they used to do to relax or cope, such as spending time on their computers, now feels like work since that is what they have to do for school.

However, we never stop the conversation at what hurts our mental health, but go on to talk about what we can do to improve it. Youth often share a wide array of coping strategies, such as listening to music, exercising, talking to friends, or spending time with pets.

So what can you do as a parent to continue to promote good mental health in your child? One of the best things you can do is talk about it! When we ask students why so many youth will live with mental illness and not get help, many will talk about fears that parents might not take them seriously, or might not believe in mental illness at all.

When we talk about mental health with our children, we tell them that we will always take their mental health concerns seriously.

NAMI Staff Honored

Cynthia Fashaw, director of Children’s Programs and Multi-Cultural Outreach was recognized in the 50 over 50 awardees by AARP and Pollen. She was recognized as a disrupter to help Minnesota’s communities of color navigate the mental health system and to disrupt the cultural language of mental illnesses.

Sue Abderholden, NAMI Minnesota’s executive director, was named one of the 100 Most Influential Minnesota Health Care Leaders by Minnesota Physician in their November issue. She was also presented with the 2020 Esther Wattenberg Policy Award, which recognizes exemplary policy work and contributions impacting children and families in Minnesota. It is given by the Center for Advanced Studies in Child Welfare at the University of Minnesota. Ms. Wattenberg was a pioneer in child welfare. Sue is the second recipient of the award that was established in 2019.

Fanny Fernandez, a bilingual parent educator for NAMI, received a Recognition Award certificate from Ramsey County for their Healers and Partners Awards 2020.
In December, NAMI Minnesota hosted a zoom panel with Corrections Commissioner Paul Schnell, Dakota County Sheriff Tim Leslie, and Melissa Dau from the Suicide Prevention Program at the Department of Health to discuss mental health care in jails.

The Department of Corrections (DOC) has announced it will investigate all jail deaths in the last five years following several wrongful death lawsuits, investigations, and a jail suicide rate twice the national average.

The DOC will also appear in court in January in response to a lawsuit contending it has not fulfilled its duty to keep prisoners safe from COVID-19. In December, the StarTribune reported that 3,309 of the nearly 7,000 prisoners had contracted the virus and eight had died.

District Judge Sara Grewing acknowledged the disparate prevalence of COVID-19 in Minnesota prisons as well as the difficult position of the DOC.

Grewing called Commissioner Schnell “a dedicated public official who is committed to preserving public safety and serving those individuals who are incarcerated, as well as the families who love them.”

You can listen to a December interview with Commissioner Schnell about the spread of the virus and DOC’s response at www.mprnews.org/shows/angela-davis.

Gov. Prioritizes Student Mental Health

Gov. Walz issued an executive order on Nov. 5 highlighting the needs of Minnesota students and especially students with mental illnesses or disabilities. The order makes a number of positive changes:

• School districts and charter schools are strongly encouraged to ensure that students have access to mental health and telehealth services on their school-issued devices.
• School districts and charters must prioritize student mental health by implementing the 2020-21 Planning Guidance on mental health and well-being, school climate, trauma-informed practices and social and emotional learning.
• If a school-district or charter is currently offering distance or hybrid learning and they are providing in-person services, then they must prioritize in-person instruction for students with disabilities whose IEP requires intensive services that can’t be offered remotely.
• School districts and charters are strongly discouraged from referring students to truancy programs or reporting students for educational neglect.

Tributes
In Honor of

SUE ANDERHOLMEN
From Theresa Liptrot & Frederick Grittner
Dan Reidenberg
All Who Cop With Mental Illness
From Emily MacChesney
All Who Struggle With Mental Illness
From Carole Rust
All With a Mental Health Issue
From Bruce & Lea Godfrey
Allan & Carol Baldes
From Janice Baltes
Alexander Bergher
From Brian and Gail Benger
Skyler Bullington
From Amber Bullington
My Courageous Daughter, Carolyn
From Mary Netzloff
Colin
From Katie Gottas
Andrew Dickinson
From Catherine Guisan & Stephen Dickinson
Nancy and Bob Dillon
From Barbara Borman
Kathy Doerr
From Windbury Foundation
Dedicated to ECLC
From Steven James
Deborah Erickson
From Gary and Susan Gustafson
Family With Mental Health Needs
From Brittany Lund
Family Members
From Sue Towsy
Beth and Brad Fleshman
From Allison Cease
Staff at the Forensic Services Program
From Carol Olson
Jerrri Handfield
From Kimberly Whitton
Joshua Janousek
From Jane Henning
Jason and Josh
From Katrina Czar
Lisa Jeffries
From Caryll Jetteries Semmler
Ruby Johnson
From Karen Johnson
Alex Jokela & Melissa Jean
From Kathleen Jokela
Katie Kanitz
From Lorraine Rovig
Merrilee Kinney
From Dennis Levendowski and Lisa Kraazan
My Granddaughter
Elizabeth Klevan
From Lyn Miskovich
Samantha Klevan
From Sandra Gingrich
Scott Landes
From Corl Lukankl
Darin Mattheus
From Glen Carpenter
Donna Mattis
From Joan Linder
Christine Mork
From Jeannie and Tom Mark
Sara Moss
From Joel Molitor
Julie Muraski
From Andrea Robb
Deborah Niebuhr
From Joanna Rendron
Cindy Nollette
From Lisa Blazar
Lee Ann Oczak
Tim Novak
From Gail Bohr
Michelle McMonigal
Joanne Oakes
From Kristi Fox
On Behalf of Consumers and Families Being Heard
From Neil Elavsky
Teresa Rardin
From Carmen Hamre
Rns of Abbott Northwestern Hospital
From Monica Luu
Sydney Roth
From Amell Roth
Richard Russell
From Lisa Wigand
Megan Schaefer
From Laura Benda
Kristinane Schultz
From Elizabeth Williams
Jen Stephens
From Lance Butner
Steve Thompson
From Matthew Thompson
Mary Trippler
From Anne Morrow
Benjamin Tye
From Esther Scarpello
Kyle White
From Colleen Fisher
Jeffrey Zuckerman
From Beate Baltes
Eileen Brennan
Katherine Roek
National Network to Eliminate Disparities in Behavioral Health

The National Network to Eliminate Disparities in Behavioral Health (NNED) was formed to address disparities in behavioral health care. Developed with support from SAMHSA, the National Institutes of Health/National Institute on Minority Health and Health Disparities, and The Annie E. Casey Foundation, in partnership with the National Alliance of Multi-ethnic Behavioral Health Associations, NNED’s vision is to strive for behavioral health equity for all individuals, families and communities.

NNED’s mission is to build a national network of diverse racial, ethnic, cultural and sexual minority communities and organizations to promote policies, practices, standards and research to eliminate behavioral health disparities. NNED supports information sharing, networking, and engagement among organizations and communities dedicated to the behavioral health and wellbeing of diverse communities, by linking “pockets of excellence” in reducing disparities and promoting behavioral health equity.

The Network is currently offering a professional development training opportunity to members called NNEDLearn 2021. Its goal is to assist members in developing skills in evidence-supported and culturally appropriate mental illness and substance use prevention and treatment practices, and to support practice implementation.

NNEDLearn 2021 is a virtual intensive training that includes two introductory webinars, a three-day virtual intensive training, and four follow-up virtual coaching sessions. Training sessions are March 23-25, through Zoom. Community-based organizations or agencies, and individuals addressing mental health or substance use disparities who have a strong focus on diverse communities are encouraged to become members.

Becoming a member of this virtual network of peers is free and allows you to take advantage of resources and opportunities such as NNEDshare: a collaborative space to share resources and innovative interventions to improve the delivery of behavioral healthcare interventions in diverse populations, and NNED webinars to increase knowledge, inform action, and encourage connection to advance behavioral health equity.

More information about NNEDLearn 2021 can be found at nned.net, or email to NNEDLearn@nnedlearn.net.

In Sympathy

Dorothy Holmes, one of NAMI’s staunchest supporters and founders, died on Oct. 29 at age 98. Dorothy was a strong and unrelenting voice for creating community programs and supports for people living with a mental illness and their families.

Nancy Dillon, NAMI board member and tireless advocate for people with mental illnesses, passed away on Dec. 13. She was a recognized leader in the field of psychiatric nursing.

Chuck Rolando, a former NAMI Minnesota board member, passed away on Oct. 27. He was 92.

Sen. Jim Ramstad, a long-time Minnesota legislator who successfully fought a 10-year battle with Rep. Patrick Kennedy and others to pass mental health parity legislation, died on Nov. 5. He was 74.

Sen. Jerry Relph, who won a NAMI Legislator of the Year Award this year died on Dec. 17. He was 76.

NIMH Studies Suicide Attemps by Firearms

In 2018, of the 48,000 people in the United States who died by suicide, 24,000 used a firearm. Suicide attempts by firearm are especially dangerous, with as many as 9 out of 10 attempts resulting in death. Understanding and reducing firearm injury and mortality is incredibly important, and in 2019 Congress included funding for the National Institutes of Health to conduct research on firearm injury and mortality prevention.

The National Institute of Mental Health (NIMH) is supporting three grants to look at this issue: The impact of online maps to show where people can voluntarily store their firearms; information about developmental, individual, and contextual factors that contribute to firearm suicide and potential interventions; and the development of the Family Safety Net (FSN), a public health approach that engages adult family members of youth in increasing their home safety.
Memorials

Sept. 11 to Dec. 18, 2020

In Memory Of

DOLORES ABEDERHOLDEN  From Roberta Keller
RITA ALLMANN  From John Gorka & Laurie Allmann
ANNE MARIE ANDERSON  From Mary Jo Stoklos-Moening
COLIN ANDERSON  From Kody McCollam
LAVONE APPLEMAN  From Boyd and Donna Ferguson Scott and Amy Galeazzi Gregory and Leann Jones Mark & Mary Lynch Mark & Mary Vukelič
KYLE BADGER  From Rita Healy
MARLYS BECKERS  From Constance Beckers Diane Byram Shirley Hembree Jennifer Sorensen Patricia Zagaros
BRYCE BERNEKE  From Anne Beinke
JOSHUA BELL  From Carolubh and Karen Gillispie
RODNEY BUSCH  From Jolene Altcheter Robert Ketchie
CARLA CARLQUIST  From Steven and Paula Mullin
DARRELL CATTON  From Pat Dwyer and Kelley Catton-Dwyer
MEGAN DARVAL  From Jodi Darval Mary Landstrom Molly Reidhead Jose Rodriguez
NANCY DILLON  From Fran Bly Jan Ormsa and Tom Hendimayr
KRISTOFER DUPEDAL  From Elvand and Gwenn Dupedal Cindy Olson
JOHN DUMAS  From Cindy Darrow Kevin Flicker Suzanne and Eugene Lee Charles and Marcella Rediske
WILL ELENBECKER  From Carol Dossendorf
TEDDY EMO  From Linda and Robert Mertz
CAROLYN ENGRAND  From Shirley and Ken Anderson
ADAM ERICKSON  From Laura Wild & Chris Lindem
JUDITH K. ESSE  From Juliana Wallace
KORY EVANS  From Mary Christensen Mary Evans
CATHLEEN FABIAN  From Melanie Bengsten Bill Bengston Kathleen and Thomas Colaży Martha Heller Jennifer Malicki
ZACK FEATHERLY  From Timothy & Sandra Penny
SEAMUS FLYNN  From Matthew Dir
ELLA JO FORAN  From Allison Gibson
JOHN FROOM  From Daniel and Cynthia Craighead Lisa Wilder
ANDY GERST  From Robert & Catherine herson
THOMAS J. BGIDENZAHN  From Tamara Robinson
MARY BETH BREMER  From Pat Pitcher
DARLENE BROSTE, LINDA EKERS, and ELEANOR EKERS  From Deb Hartbeys, Ryldey Kleve, Gary Broste, and John Halverson
CHARLOTTE BURNS  From John and Karen Gillispie
OLISIA HELGENSEN  From Carol Wolfe
DOROTHY M. HOLMES  From Sue Abderholden and Lee Keller Mark & Margaret Bratschni Marvin and Joannal Dysard Frank & Mary Anne Ferrin Mary Johnson Elaine Jorgensen Annie Lusk Jim and Melinda McCormick Shelley & Tony White Robert Zimmermann
CLAIRE KELLY JANSSEN  From Beccom Handly Paint Products
ANDREW JENSEN  From Steven Jensen ALEX JOHNSON  From Kristine Drew and Donald LaMedegleline Mary Keven
PARKER JOHNSON  From Cindy Johnson
PIERCE KYLE JOHNSON  From Janet Dolva
HILLARY B. JOHNSTON  From Jill Olsen
JEFF KANER  From Marni Kaner
TONY KARNSA  From Emily Daves Jonathan Wumm
RYAN KELLER  From Janette Bosk
KEVIN KIBMER  From Sue Abderholden and Lee Keller Robert Amundson Michael Avitav Patricia Beaver Randy Carlson Marjorie Dahlinger Julie Fetch John Rynes Richard Grussendorf Dr. William and Mary Hornbuckle Peggy Johnson Jennifer and Jeffrey Jones Diane and William Kimber Eileen and Roger Kimber Kenneth Kimber Naomi KountonKuduk and Tom Kudak Carolyn Krech Joanna Kuehn Sheron Lew
RYAN LUND  From Terry Bannovez-Gest Berton
ROBERT D. GRATWAL  From James Grathwol
LAUER HAIGHT  From Brenda and Carl Heitne
MATTHEW HARRIS  From John Silta
COLE HUGEN  From Laurie Halverson
GRECHEN HAZARD  From Robin Cooper
DEAN LANGE LE GRANGE  From Sue Abderholden and Lee Keller
JESSICA KOTTYE  From Advance Consulting LLC
GARETT LANE  From Keven Olson
NATE LAPP  From Brian Rossoow Michael Schmitz
BOB ‘BOBBY’ LORENCE  From David & Susan Lorenzo
JULIAN LUNQUIST  From Suzanne Dixon Elizabeth Lanners
DEANNE MOLISD, M.D.  From Sue Abderholden and Lee Keller Phil and Adele Green Judith Hilger Maureen & Andy Howat Marilyn Mahnud Kristen Murray Letheris and Jane Papageorgiou Jim & Shirley Swenson
RUSSELL M. MONTQUE  From The 3M Foundation Ann Adams
JIM MARINO  From Roberta Keller
ERIN MARY MODCEVITT  From Tracy Keller
RICK MCEVICH  From Susan Schmitz
ASHLEY MURRAY  From Robert Beauty Brett Bundv Judith Swenndal Lori Uppermor
KELLY NORDEN  From Nilla Christiansen Eileen Dahlen Karen Dziedzic Patricia Dziedzic Manuela and William Frevert Michael and Rosemary Husby Sharie Jones John and Jeannie Zettewali
HEIDI NORDIN  From Elizabeth Bear
GEMEINEE JLK O’GRADY  From William Bybee David and Faye Herold Barbara Toder D. J. and K. R. Twitte
ANN OMAN  From Andrea Oman
DENNIS PETERSON  From Maureen Peterson
ROGER ALAN PETERSON  From Estate of Roger Alan Peterson
NANCY POPP  From Robert and Marilyn Backlund Luther and Helen Berntson Jeane Barbin Brian Bresdael Janet Coers and Donald Mason Friends Johanna Ferrens Jane Ann Goltz and Robert Nash Dorothy Hatsukami and Paul Jan and Hensel Vickia Hickman Bette Johnson Michael Zai
ALBERTO QUINTELA  From Gerald Barbur Michael Lauer
JEREMY RANDOLPH  From Randy Easter
ROBBINSDALE SCHOOL DISTRICT 2009 graduates who have died by suicide From Paul and Anne Holten of the Holten Charitable Giving Fund
PENNY RODRIGUEZ  From Andrea Myers
CHUCK ROLANDO  From Sue Abderholden and Lee Keller Sue and Dick Abel Diane and Jeffrey Araiulf Gail Aubrec Thomas & Julie Bredesen Lavon Campbell Robert Campbell William & Jane Collin Nancy Duncan Michael Enstrom Kathleen Green Norman Hansin and Betty Haas Michael and Rosemary Husby Herb & Nancy Marth Karen and Bruce Mikelson Janice & Kenneth Munghal Patricia Obermiller Mary Roland Mary Rukavina
KURT RUSSEAU  From his loving family
MARTIN R. SCHEIG  From his loving family
ANDREW SCHEIG  From his loving family
KURT ROUSSEAU  From Carolubh and Karen Gillispie
MARY ROLANDO  From Robert A. Vare
MICHAEL ROSEWICK  From Laura Perez
DALE SIREK  From The Villages Archery Club
LINDA JEAN SKAY-WEBERG  From Rob Weinberg
ANDREW STORY  From Deidue Long
POLL STROMH  From Tamara Dubskow Tonja Magee
THERESA SULLIVAN  From Shannon Wellerstorfer
WILLIAM SWANSON  From Shirley and Ken Anderson
MICHAEL SWEEN  From CIBC
TYLER THORESEN  From Donna Thoresen
NICKOLAS HENRY TILLES  From Anita Kangas Daniel and Victoria Moore
JOHN TRENCH  From Dortha Trench
TIEKEA RENE TUCKER  From Maria Corral Elizabeth Webster and Shiloh Missionary Baptist Church
JEFFREY TUOMALA  From Patricia Hines
KIMBERLEY A. VAN DYKE  From Rick and Patti Van Dyke
MARK VOSO  From Michael Thron
JOHN VOGG  From Susan Schmitz
LINDA JEAN SWENSON  From Steve Susens
STEVIE WEHR  From Lyle Steinfeidt
CHRISTOPHER WRIGHT  From Jimmie Wright

From Jimmie Wright

From The Villages Archery Club
From Rob Weinberg
From Carolubh and Karen Gillispie
From Shirley and Ken Anderson
From Andrea Myers
From Susan Schmitz
From Robert Beauty
From Elizabeth Bear
From William Bybee
From Anna Siskin
From Robert A. Vare
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From Steve Susens
From Lyle Steinfeidt
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From Michael Thron
From Steve Susens
From Lyle Steinfeidt
From Jimmie Wright
Grants Keep NAMI Minnesota Growing

Grants supporting NAMI Minnesota’s mission received from Sept. 17 to Dec. 18, 2020. Unless specified, the grants are for General Operating.

**IRIS CIRCLE ($10,000+)**
- Mark and Jackie Nolan Family Fund of the Saint Paul & Minnesota Foundation
- PrairieCare Child & Family Fund
- Engler Family Foundation
- Blue Cross and Blue Shield of Minnesota – Mental Health Initiatives Supporting BIPOC Communities
- Manitou Fund – Mental Health Programming for Youth, Parents and People who Work with Youth
- Saint Paul & Minnesota Foundation/William and Connie Carroll Endowment Fund – East Metro Emergency Fund

**VISIONARY ($5,000-$9,999)**
- Haggerty Family Foundation
- ABPI Fund
- McGlynn Family Foundation
- Anonymous
- Wayne W. Dyer Family Foundation
- Elizabeth C. Quinlan Foundation

**BENEFACTOR ($1,000-$4,999)**
- Paul and Ann Capeder Family Fund

**SUPPORTER ($500-$999)**
- Dan and Sheryl Moran Donor Advised Fund
- Open Door Foundation
- Kaplan Family Foundation
- Colin and Julia Breyer Fund of The Minneapolis Foundation
- Conboy Family Fund of The Minneapolis Foundation
- Stabilish Foundation
- The Lilja Family Foundation of the Saint Paul & Minnesota Foundation
- John and Cynthia Hart Fund of The Minneapolis Foundation
- Larest Giving Fund
- Grieve Cox Family Charitable Fund (A Fund of American Endowment Foundation)
- Hayes Family Foundation
- The Robert Karels and Sandra Robinson Charitable Fund
- Neeson-Messina Family Gift Fund
- Pamela Kirkpatrick Giving Account
- Securian Financial raised over $500 for NAMI through a trivia tournament.
- St. Anthony Village High School Girls Soccer Team raised $260 through a #mentalhealthmatters game night.
- Mainstream Boutique in Maple Grove raised over $100 through their Spread the Love promotion.
- North Star Credit Union, with Cindy Stevens, raised $100.
- Here 4LYF and Sonic Sea Turtles’ concert raised over $50.

(*Indicates fundraisers that were not complete at the time of this newsletter’s publishing, so the amount raised may be more than is shown here.)

**Fundraisers by Others**

Thank you to all of the Do It Yourself (DIY) fundraisers for NAMI Minnesota. We greatly appreciate your support!

- Bruce and Lori Hunstad’s Nickel Open Fund raised $20,000 for NAMI Minnesota through its Nickel Open Golf Tournament and the Soulshine Bean Bag Tournament.
- Dave’s Compass of Hope raised $15,000 with their Golf Open and Bags Tournament.
- Employees at Dell raised over $5,100 to support suicide awareness and prevention efforts.
- Entrust’s December company fundraiser raised over $4,000.*
- Woodbury Financial’s December company fundraiser raised over $4,000 for NAMI, including a generous company matching gift.*
- Live to Give, with Savannah, raised $1,451 through a fundraiser in partnership with CROSS.
- Katie Halpin State Farm Insurance in Plymouth raised over $600 through their Quotes for Good program, in memory of Kelly Norden.*
- Securian Financial raised over $500 for NAMI through a trivia tournament.
- St. Anthony Village High School Girls Soccer Team raised $260 through a #mentalhealthmatters game night.
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IN THIS ISSUE

Legislative Preview  1
Making a Difference  1
Vaccine Rollout Begins  2
Additional COVID-19 Relief Funding  3
Emergency Response Reforms  3
NAMI Minnesota Award Winners  4 & 5
NAMI State Conference  5
Competency Restoration  6
Affiliates in Action  6
Youth and Mental Health  7
Spotlight Grants  7
Panel on MH Care in Jails  8
Gov. Prioritizes Student MH  8
Tributes  8
Network to Eliminate Disparities  9
Memorials  9
Grants Keep Us Growing  10
Fundraisers by Others  11
Calendar  12

CALENDAR

February
1-7 Children’s Mental Health Week
22-28 National Eating Disorders Awareness Week
23 NAMI Virtual Research Dinner
25 Eating and Substance Use Disorders Class
27 Hope for Recovery Teacher Training

March
6 In Our Own Voice Speaker Training
6-7 Family-to-Family Teacher Training
11 Mental Health Day on the Hill (Remote)
30 World Bipolar Day

April
2 World Autism Awareness Day
30 NAMI Game Night

Save the Date: May 27, Heritage Luncheon

Visit namimn.org for information about our Healthcare for Heroes Self-Care Training for Senior Workers and NAMI’s other online classes & support groups.