

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

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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.

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

screening teams.

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.

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.

The big issue facing the mental health community will be preventing cuts to mental health services and payment rates.

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 do to improve access and quality. A 17-page document about our goals is on our website (namimn.org) and was shaped by the input of people responding to our surveys, evaluation questions, and helpline calls.

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.

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.



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.



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.

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.



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.



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, Beatrix Officer, Ph.D., and Michael Trangle, MD.

More Award Winners

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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 NAMI Walks Minnesota. Their efforts to raise funds educated hundreds of people and raised almost \$100,000 for NAMI.



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.

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.

On 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.

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.

Affiliates in Action

NAMI affiliates work to improve the lives of people living with mental illnesses, and that includes sending warm wishes to children and adults who are in inpatient psychiatric units or residential treatment facilities during the holidays.

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



A Grand Rapids family sorts Holiday gift donations for delivery.



Affiliates delivered gifts to children and adults in psychiatric facilities.

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 what 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.

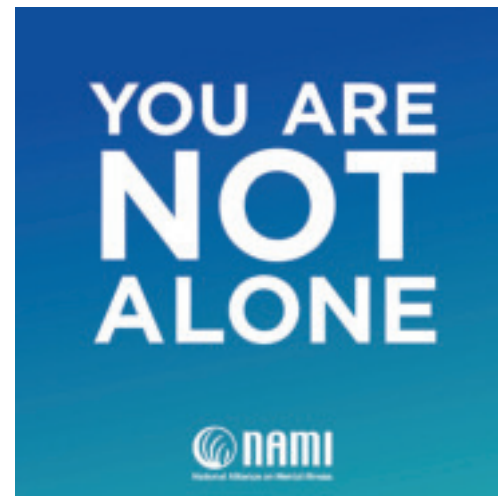
Spotlight on Two Far Reaching NAMI Grants

The Manitou Fund is supporting NAMI Minnesota through a grant focused on youth, parents and adults who work with youth.

The grant will be used to fund a variety of activities, including but not limited to support groups for parents of children, answering helpline calls from parents who are struggling with distance learning, suicide prevention for parents and adults who work with youth and a newly developed class for youth on strategies for dealing with anxiety.

NAMI Minnesota received generous funding from Blue Cross and Blue Shield of Minnesota to support mental health initiatives for Black, Indigenous and People of Color in response to COVID and civil unrest.

As part of this effort, NAMI Minnesota



will increase outreach to expand the number of BIPOC leaders in peer to peer support groups and adapt the existing In Our Own Voice program to a story telling tradition to help normalize accessing mental health support in various cultural communities.

NAMI Hosts Panel on Mental Health Care in Jails

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 ABDERHOLDEN
From Theresa Lippert
& Frederick Grittner
Dan Reidenberg

ALL WHO COPE WITH MENTAL ILLNESS
From Emily McChesney

ALL WHO STRUGGLE WITH MENTAL ILLNESS
From Carole Rust

ALL WITH A MENTAL HEALTH ISSUE
From Bruce & Lea Godfrey

ALLAN & CAROL BALDES
From Janice Baldes

ALEXANDER BERGER
From Brian and Gail Berger

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 Windibrow Foundation

DEDICATED TO ECLC
From Steven James

DEBORAH ERICKSON
From Gary and Susan
Gustafson

FAMILY WITH MENTAL HEALTH NEEDS
From Brittaney Lund

FAMILY MEMBERS
From Sue Towey

BETH AND BRAD FLEAHMAN
From Allison Cease

STAFF AT THE FORENSIC SERVICES PROGRAM
From Carol Olson

JERRI HAINFIELD
From Kimberly Whitton

JOSHUA JANOUSEK
From Jane Henning

JASON AND JOSH
From Katrina Clair

LISA JEFFERIES
From Caryll Jefferies 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 Knazan

MY GRANDDAUGHTER
ELIZABETH KLEVEN
From Lyn Miskovich

SAMANTHA KLEVEN
From Sandra Gingrich

SCOTT LANDES
From Coral Lukaniuk

DARIN MATTHEWS
From Glen Carpenter

DONNA MATTIS
From Joan Linder

CHRISTINE MORK
From Jeanne and Tom Mork

SARA MOSS
From Joel Molitor

JULIE MURASKI
From Andrea Robb

DEBORAH NIEBUHR
From Joanna Rendon

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

THERESA RARDIN
From Karmen Hamre

RNs OF ABBOTT NORTHWESTERN HOSPITAL
From Monica Luu

SYDNEY ROTH
From Anneli Roth

RICHARD RUSSETH
From Lisa Wigand

MEGAN SCHAEFER
From Laura Benda

KRISTIANNE 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 Fischer

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 Dillion, 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 Attempts 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

In Memory of

Sept. 11 to Dec. 18, 2020

DOLORES ABDERHOLDEN
From Roberta Keller

RITA ALLMANN
From John Gorka
& Laurie Allmann

ANNE MARIE ANDERSON
From Mary Jo Stokvis-Moening

COLIN ANDERSON
From Kody McCollam

LAVONE APPELMAN
From Boyd and Donna Ferguson
Scott and Amy Galeazzi
Gregory and Leann Jones
Mark & Mary Lynch
Mark & Mary Vukelich

KYLE BADGER
From Rita Healy

MARLYS BECKERS
From Constance Beckers
Diane Byram
Shirley Hermeling
Jennifer Sorenson
Patricia Zagaros

BRYCE BEINKE
From Anne Beinke

JOSHUA BELL
From Carolyn Abramson
Stephanie Bell
Melanie Berry
Jane and Gene Borochoff
Claire Buchwald
Amy Chazin
Mary Councilman
Avron Gordon
Janet Ha
Jane Hendrickson
Sylvia Horwitz
Ned Kantar
Pam and Ron Kaufman
Jeffrey Levy
Susan Lieberman
Martin Lipschultz
Sandra and Sheldon Olkon
Meryl Page
Sharon Posnansky and Friends
from the Class of '59
Suzanne Prass
Tom Pritzker
and Joanne Sunquist
Gary and Susan Rappaport
Sarah Salita
Sally and George Seltz
Anita Silver and Ed Samuels
Kathryn Steinberger
Susan Weinberg

JUDITH BEMIS
From Donna Fox

ERIC BENSON
From Nancy Benson

THEODOCIA BERGSTROM
From Brian Belden
Joan and James Donner
Elizabeth and Sam Gotham
David and Karen Hewes
Craig Howard
and Mary Jo Johnson
Ted Johnson
Sarah Leslie
James and Anne O'Brien
Marjorie and James Sandor
John Watkins
Stanley Yocum Tstor
and Janet Yocum
Tina Zignego

JOSHUA BIRCHEM
From Robert & Catherine Iverson

THOMAS J. BOIGENZAHN
From Tamara Robinson

MARY BETH BREMER
From Pat Pitcher

DARLENE BROSTE, LINDA EKERS,
and ELEANOR EKERS
From Deb Harberts, Raydell Kleve,
Gary Broste, and John Ekers

CHARLOTTE BURNS
From John and Karen Gillespie

RODNEY BUSCH
From Jolene Altrichter
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 Ormasa and Tom Hiendlmayr

KRISTOFER DJUPEDAL
From Eivend and Gwenn Djupedal
Cindy Olson

JOHN DUMAS
From Cindy Drawert
Kevin Filter
Suzanne and Eugene Lee
Charles and Marcella Rediske

WILL ELLENBECKER
From Carol Dockendorf

TEDDY EMO
From Linda and Robert Mertz

CAROLYN ENGSTRAND
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 Bergstedt
William Bergstedt
Kathleen and Thomas Colaizy
Martha Heller
Jennifer Malicki

ZACK FEATHERLY
From Timothy & Sandra Penny

SEAMUS FLYNN
From Matthew Orr

ELLA JO FORAN
From Allison Gibson

JOHN FROMM
From Daniel
and Cynthia Craighead
Lisa Wilder

ANDY GERST
From Terry Banovetz-Gerst
Brian Benton

ROBERT D. GRATHWOL
From James Grathwol

LAURIE HAIGHT
From Brenda and Carl Heltne

MATTHEW HARRIS
From Joan Slifka

COLE HAUGEN
From Laurie Halverson

GRETCHEN HAZARD
From Robin Cooper

OLIVIA HELGESON
From Carol Wolfe

DOROTHY M. HOLMES
From Sue Abderholden
and Lee Keller
Mark & Margaret Brudzinski
Marvin and Joanel Dyrstad
Frank & Mary Anne Ferrin
Mary Johnson
Elaine Jorgensen
Annie Lusk
Jim and Melinda McCormick
Shelley & Tony White
Robert Zimmermann

CLAIRE KELLY JANSEN
From Bercom Handy Paint
Products

ANDREW JENSEN
From Steven Jensen

ALEX JOHNSON
From Kristine Drew
and Donald LaMegdeleine
Mary Kleven

PARKER JOHNSON
From Cindy Johnson

PIERCE KYLE JOHNSON
From Janet Dolva

HILLARY B. JOHNSTON
From Jill Olsen

JEFF KANER
From Marni Kaner

TONY KARSNIA
From Emily Daves
Jonathan Wurm

RYAN KELLER
From Janette Boik

KEVIN KIMBER
From Sue Abderholden
and Lee Keller
Robert Amundson
Michael Avitzur
Dr. Michael Bahr
Patricia Beaver
Randy Carlson
Marjorie Dahlager
Julie Fetch
John Flynn
Richard Grussendorf
Dr. William and Mary Hornbuckle
Peggy Johnson
Jennifer and Jeffrey Jones
Dianne and William Kimber
Eileen and Roger Kimber
Kenneth Kimber
Naomi Knudson-Kudak
and Tom Kudak
Carolyn Krech
Joanna Kuehn
Sheron Lew

RYAN LUND
Mark Mahowald
Mark and Julie Anna Manfred
Jack and Cindy Mayeron
J. A. Norback
Cathy & John Senescall
Michael and Judy Sikorra
Michael Tenney

DAVID KIRSCHT
From Leonard Kirscht

AARON KITCHENER
From Lucinda Cummings
William Gardner
Terri Gold

THOMAS KOCH
From Diann Koch

JESSICA KOTTKE
From Advance Consulting LLC

DARLENE LA GRANGE
From Sue Abderholden
and Lee Keller

GARETT LANE
From Keven Olson

NATE LAPPI
From Brian Rossow
Michael Schmitz

BOB 'BOBBY' LORENCE
From David & Susan Lorence

JOHN LUNDQUIST
From Suzanne Dixon
Elizabeth Lanners

DEANE MANOLIS, M.D.
From Sue Abderholden
and Lee Keller
Phil and Adele Green
Judith Hillger
Maureen & Andy Howat
Marilyn Mahmud
Kristen Murray
Leftheris and Jane Papageorgiou
Jim & Shirley Swenson

RUSSELL M. MANTIONE
From The 3M Foundation
Ann Adams

JIM MARINO
From Roberta Keller

ERIN MARY MCDEVITT
From Tracy Kellar

RICK MCLEVICH
From Susan Schmitz

ASHLEY MURRAY
From Robert Beauto
Brett Bundy
Judith Svenddal
Lori Uppstrom

KELLY NORDEN
From Nilla Christiansen
Eileen Dahlen
Karen Dziedzic
Patricia Dziedzic
Marcella and William Frevert
Michael and Rosemary Husby
Sharie Jones
John and Jeannie Zettervall

HEIDI NORDIN
From Elizabeth Bear

GENEVIEVE JILK O'GRADY
From William Byxbee
David and Faye Herold
Barbara Todd
D. J. and K. R. Twite

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
Jeanne Bonner
Brian Brosdahl
Janet Coers and Donald Mason
Friends
Johanna Frerichs
Jane Ann Goltz and Robert Nash
Dorothy Hatsukami
Paul and Janice Hensel
Virginia Hickman
Bette Johnson
Roger Johnson
John and Gloria Luedtk
Judith Nelson
Lamar Popp
Jo Anne Smith
Michael Zalk

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 Anlauf
Gail Aubrecht
Thomas & Julie Bredesen
Lavon Campbell
Robert Campbell
William & Jane Collien
Nancy Duncan
Michael Engstrom
Kathleen Groen
Norman Hanson and Betty Haas
Michael and Rosemary Husby
Herb & Nancy Marth
Karen and Bruce Mikkelson
Janice & Kenneth Mrugala
Patricia Obermiller
Mary Rolando
Mary Rukavina

KURT ROUSSEAU
From his loving family

MICHAEL RUSTECK
From Susan L. Vannice

ANDREW SCHEIG
From Karen Herman

JOAN KAY SCHILLING
From Joseph & Linda Lipari

MATTHEW REID SCHMIDT
From Nancy Rodman

ROBERT SCHUFFENHAUER
From Scott Mikonowicz

ALISON SCHUMACK
From Robert Grundman

HARRY SEARLES
AND ANNA LOKENSGARD
From Carol & Ted Politis

SEAN SHEVIK
From Marv & Joan Erdman

KATHERINE SIEWERT
From Laura Perez

DALE SIREK
From The Villages Archery Club

LINDA JEAN SKAY-WEINBERG
From Rob Weinberg

ANDREW STORY
From DeeDee Long

PAUL STROHM
From Tamara Ducklow
Tonnja Magee

THERESA SULLIVAN
From Shannon Wolkerstorfer

WILLIAM SWANSON
From Shirley and Ken Anderson

MICHAEL SWEEN
From CIBC

TYLER THORESEN
From Donna Thoresen

NICKOLAS HENRY TILLESON
From Anita Kangas
Daniel and Victoria Moore

JOHN TRENCH
From Dortha Trench

TIKEIA 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 VOSS
From Michael Thron

ZOË ESTHER WALTON
From Steve Susens

STEVE WEHR
From Lyle Steinfeldt

CHRISTOPHER WRIGHT
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

Give to the Max Day 2020 Supports NAMI's Advocacy

Thank You to everyone that helped support our Give to the Max Day fundraising efforts. Because of your belief in NAMI Minnesota's mission, we are excited to announce that 285 donors raised over \$35,000, designated this year to our legislative advocacy efforts. We are so grateful to each and every person that supported our GTMD campaign.

- 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
- Stablish Foundation
- The Lilja Family Foundation of the Saint Paul & Minnesota Foundation
- John and Cynthia Hart Fund of The Minneapolis Foundation
- Least 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

SUPPORTER (\$500-\$999)

- The Windibrow Foundation
- Sandy Family Foundation
- Ron and Pam Kaufman Family Charitable Fund
- Holden Family Foundation
- Richard and Mary Ann Pedtke Charitable Foundation
- David and Cynthia Sandberg Family Foundation (A Fund of American Endowment Foundation)
- The WiCare Fund
- The Burrock Family Charitable Fund
- Steve and Lisa Schroeder Donor Advised Fund



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.
- 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.)



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Justice | Dignity | Respect
 Education | Support | Advocacy

CALENDAR

February

- 1-7** Children's Mental Health Week
- 22-28** Natl. 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.