COVID Relief, American Rescue Plan Boost Mental Health Services

The congressional package passed in December and the American Rescue Plan passed in March will provide an additional $12.5M and $21.6M respectively to support Minnesota’s mental health system. The first package must be spent in two years and the second one in four years.

The first package sets aside 5% of the $12.5 for crisis services and does not allow “surprise medical billing.” Other items include greater mental health parity compliance protections, additional funds for suicide prevention, money for school-based mental health care, extending the eviction moratorium until 12/31/2021 and allowing Medicare to continue to pay for mental telehealth – providing the person had a prior relationship with the provider.

The second package includes an increase in the federal Medicaid match for crisis services, funding for emergency rental assistance, funding to promote mental health among health care professionals and first responders, and expanding Medicaid coverage for new mothers from 60 days to one year.

There were also additional funds to support mental health workforce recruitment and training, improving access to children’s mental health, and funding to prevent youth suicide.

See “Mental Health Services” p.2

Virtual Mental Health Day on the Hill

The Mental Health Legislative Network, which NAMI Minnesota co-chairs, held its 2021 Mental Health Day on the Hill on March 11. Over 200 advocates from across the state came together for a morning online training on some of the key mental health issues to discuss with their legislators.

At this gathering we listened to messages from Lt. Gov. Peggy Flanagan, Senate Majority Leader Paul Gazelka, Sen. Julie Rosen, House Speaker Melissa Hortman and Rep. Peter Fischer, about the importance of our mental health system.

Mental health advocates then met with their legislators through over 130 pre-scheduled online gatherings and shared their personal stories about mental illnesses and the policies that can help build our mental health system.

It’s been harder than ever to advocate for NAMI priorities due to social distancing requirements, so we are more reliant than ever on our grassroots network of supporters contacting their legislators.

If you weren’t able to join us for the Mental Health Day on the Hill, it’s not too late for you to make an impact and help us to build Minnesota’s mental health system. All you have to do is reach out to your representative and senator, let them know that you are a constituent and NAMI member, briefly share your story, and then urge them to support NAMI Minnesota legislation.

NAMI has success at the Capitol because advocates raise their voices on mental health issues. Thank you to everyone who made Mental Health Day on the Hill a success!

Lt. Gov. Peggy Flanagan: “There is so much more work that needs to be done.”

Sen. Julie Rosen: “More than ever we have realized how important it is to address mental health.”

House Speaker Melissa Hortman: “We need to ensure we’re making the needed investments in mental health.”
NAMI Minnesota Gearing Up for Mental Health Month

Each May, NAMI joins the national movement to raise awareness during Mental Health Month. NAMI Minnesota fights discrimination, provides support, educates the public, and advocates for policies that support people with mental illnesses and their families.

NAMI will be offering dozens of different online classes, panels, forums, author talks, activities and even a DIY auction during Mental Health Month. Be sure to visit our website at namimn.org and join in.

Traditionally, the beginning of May would involve members of NAMI Minnesota going to schools and setting up Shoe Day Booths for students. At these booths students wrote words of encouragement to students living with mental illness on cards with pictures of shoes on them.

The idea is “walk a mile in my shoes” of someone living with a mental illness. After students filled out their shoe cards they would be displayed for the school to see, so that youth with mental illnesses know that they are supported and that they are not alone.

With the pandemic, however, we will not be able to go into schools to set up booths. That does not mean, though, that we will not still be celebrating this important month!

NAMI Minnesota will be doing virtual Shoe Day Booths with schools and youth organizations by sending out digital shoe cards for youth to fill out. Schools will then send these back to NAMI Minnesota so that we can make a panorama of youth encouragement on our website.

NAMI will also be hosting classes for teens centered around something we have all been showing this year: resilience. Classes for parents and for teachers will be provided as well.

If you are interested in setting up a virtual Shoe Day for your school or organization, or would like to organize a NAMI class for your youth, please contact Renée Labat at rlabat@namimn.org.

Mental Health Services Boosted... from p. 1

Changes were also made to the Affordable Care Act by making it more affordable.

The MN Department of Human Services and the legislature will decide how the initial mental health grants are used. NAMI and the Minnesota Mental Health Legislative Network sent a letter with ideas as to how the funds could be used effectively knowing that the additional dollars are time-limited.

The ideas include funding respite care, addressing workforce issues, funding mental health education, support and advocacy, and piloting the new voluntary engagement part of the commitment bill among others.

Minnesota Black Community COVID-19 Hotline

A new resource called the Minnesota Black Community COVID-19 Hotline is now available to help Minnesota’s African American community successfully navigate supportive resources and services needed to cope with the impacts of the COVID-19 pandemic. Call the Hotline at 612-254-1145.

This hotline is available 24 hours a day, 7 days a week to provide callers with information about virus testing sites and connect them to resources that support food security, physical and mental health, employment, housing, childcare, legal rights and other COVID-19 related challenges.

The hotline will also help callers seeking information and/or resources to support COVID-19 mitigation efforts, such as reusable cloth masks, hand sanitizer, and cleaning supplies.

The African American Leadership Forum (AALF) and the Phyllis Wheatley Community Center (PWCC) have partnered with the Minnesota Department of Health (MDH) and others on this project to ensure that all needs and resource gaps in the Black community stemming from the pandemic are addressed.
Mental Health Bills Moving Forward in Key Budget Year

The 2021 Legislative Session ends on May 17. Since this is a budget year, there is a lot of work that needs to be completed between now and then, including passing budgets for all the main areas of government such as health, human services, education, criminal justice, housing and more.

As this newsletter goes to print NAMI Minnesota is unsure which of our priorities will be moving forward. It is likely that some items will be included in the House bills and others in the Senate bills. Here are the major issues that are in play and of most concern to NAMI Minnesota.

• Expanding our mental health workforce, including making it more culturally diverse and informed.
• Increasing funding for school-linked mental health programs, and first psychotic episode and mood disorder programs.
• Funding for the “third path” for children’s residential treatment so that families of children with mental illnesses who need residential treatment don’t go through the child protection system.
• Suspending CADI waivers when someone is hospitalized or in residential treatment for over 30 days.
• Funding for expanding the youth ACT teams by increasing the age range.
• Study and create recommendations for sober homes.
• Funding the Kognito suicide prevention program and a mental health lead within the MN Dept. of Education.
• Funding paraprofessional training.
• Funding summer school for students with mental illnesses in residential or day treatment.
• Funding housing supports and Bridges Rental Assistance vouchers.
• Requiring training for 911 operators.
• Creating standards for mental health care in jails.
• Funding treatment alternatives for probation.
• Making it easier for hospitals to add psychiatric beds and increasing rates.
• Increasing standards for mental health care being provided in jails.
• Increasing coverage for postpartum mothers under Medicaid to one year instead of 60 days.
• Creating alternatives to incarceration for veterans with a mental illness.
• Keeping incarcerated mothers and their babies together after birth.
• Reducing technical violations for people on probation.
• Banning invasive searches and restraints on children appearing in court, banning punitive use of solitary confinement, and raising the age of delinquency from 10 to 13.

Stay up-to-date by signing up for NAMI Minnesota legislative updates through our website, namimn.org.

Law Enforcement Education Reforms

The Law Enforcement Education Reform Task Force for Minnesota State colleges, the system that educates 80% of Minnesota’s law enforcement officers, recently submitted its final recommendations to the board and chancellor. NAMI Minnesota served on this Task Force.

NAMI is also serving on two committees under the POST (Peace Officer Standards and Training) Board, one to update licensing and policy requirements for peace officers, and another ongoing council to investigate and make recommendations to improve law enforcement and community engagement. You can watch live and recorded meetings of both groups at dps.mn.gov/entity/post.

In addition, we are represented on a commission created by St. Paul Mayor Melvin Carter to develop non-police responses to certain emergency calls. Thankfully, Ramsey County’s 911 system already dispatches the county mobile crisis team as they are able.

While many conversations about non-police response are happening around the country, NAMI Minnesota’s position is that in Minnesota we should fully build the statewide crisis response system we already have and make it accessible through 911, and not create new and possibly confusing responses that vary from city to city.
NAMI Plans Family-Friendly Game Night

Looking for a family-friendly, entertaining way to spend a Friday evening? Then put the FUN back in FUNdraising with NAMI Minnesota on April 30 from 7:00-8:00 p.m. for Game Night, an online event to support our mission presented by HealthPartners.

Enjoy the company of others in the comfort of your own home, all while having a great time! Test your knowledge of mental health facts and learn some new self-care tips through interactive games and friendly competition.

The evening will include a mental health-themed scavenger hunt, a trivia contest, and a creative game that involves small group competition. Game show-themed costumes (or even just a silly hat) are encouraged but not required!

Tickets for Game Night are $25 per household and can be purchased at https://tinyurl.com/namigamenight. Please reach out to events@namimn.org for more information.

Special thanks to Game Night’s presenting sponsor HealthPartners.

Support Group Leaders Needed

NAMI Minnesota is looking for support group leaders to provide an encouraging and respectful space for those who live with mental illnesses or their family members. The groups meet weekly, bi-weekly or monthly for 90 minutes. Training and ongoing staff support is provided.

If you have lived experience with mental illness or have a family member who does, and you are able to volunteer for at least 1 year, please contact Jasara at volunteer.resources@namimn.org, or call 651-645-2948. The following groups need more leaders:

**Parent Resource Groups**
Groups providing support and helpful parenting strategies for those who are caregivers for a child (or children) under 18 who live with a mental illness.

**Sibling Support Groups**
Family support groups specifically offered for those who have a sibling (or siblings) who live with mental illnesses.

**Partners & Spouses Support Groups**
Groups for those who have a partner, spouse and/or significant other who live with mental illnesses.

**BIPOC Support Groups**
Groups for BIPOC individuals (Black, Indigenous, People of Color) who live with mental illnesses.

Thanks Thrivent

NAMI Minnesota is grateful to have received $6,686 from Thrivent’s “Thrivent Choice” Program. Thank you to Thrivent and to all Thrivent clients who directed Thrivent Choice Dollars® to our organization.

This generous contribution will go a long way in supporting NAMI Minnesota’s programs, support groups, advocacy efforts, and more.
Research Dinner Focuses on Self-Care

NAMI Minnesota and the University of Minnesota held their 19th Annual Research Dinner together on Feb. 23.

About 150 people attended the virtual event, featuring Dr. Sophia Vinogradov, Head of the Department of Psychiatry & Behavioral Sciences at the University of Minnesota. Dr. Vinogradov’s presentation, What We Have Learned About Stress & Well-Being Over The Past Year, featured key takeaways about her team’s lessons learned about mental health during the pandemic and the civil unrest in 2020.

Along with co-presenter Dr. C. Sophia Albott, who is an assistant professor at the University of Minnesota’s Department of Psychiatry and Behavioral Sciences, Dr. Vinogradov highlighted new research about COVID-19 showing people with schizophrenia are three times more likely than those with other types of mental illnesses to die from the virus. In addition, research shows COVID-19 can enter the brain, causing delirium, mood disorders, catatonia, and more.

Dr. Albott shared her observations about the impacts of last year’s key stressors on everyone, including healthcare workers, noting increased depression, anxiety, challenges with concentration, and problems with less clear thinking.

Both psychiatrists provided specific action steps anyone can take to help combat negative stress impacts, including turning emotions into meaningful activities such as connecting to the community, extending compassion to others, and practicing self-compassion.

CentraCare to Offer Alternative for Mental Health Emergencies

CentraCare recently received a $1.2 million grant to implement an innovative care model for adult patients experiencing emergency mental health needs called the Emergency Psychiatric Assessment, Treatment and Healing Unit, or EmPATH. Construction at CentraCare – St. Cloud Hospital has already begun and should be done by early summer.

The EmPATH Unit offers a model of care that transitions patients away from the emergency department into a more calming setting where they can be assessed, observed and receive a tailored treatment plan during their time of crisis.

“This option for quickly getting patients the behavioral help they need is revolutionary compared to the ER option used in most hospital settings,” said Walter Panzirer, a Trustee with the Helmsley Charitable Trust, funders of the new program.

More than 10 patients a day seek mental health services through the St. Cloud Hospital Emergency Trauma Center, which equals to nearly 4,000 patients a year.

“The ability to implement this unique model of care comes at a time when we are seeing more and more patients seeking crisis-level help for mental health issues,” said Merryssa Wood, Nurse Practitioner in Behavioral Health at CentraCare.

(Adapted from a CentraCare press release.)

NAMI’s Civil Commitment Booklet Updated

NAMI Minnesota’s booklet “Understanding the Minnesota Civil Commitment Process” was recently updated and contains many important changes to the commitment law.

The booklet provides information on the steps in the process, dealing with crisis situations, pre-commitment screening, emergency treatment, commitment standards, common questions, and alternatives to commitment.

Single copies of the free booklet can be can be ordered or downloaded through our website, see “publications” at namimn.org.

Dr. Sophia Vinogradov led the discussion.

19 showing people with schizophrenia are three times more likely than those with other types of mental illnesses to die from the virus. In addition, research shows COVID-19 can enter the brain, causing delirium, mood disorders, catatonia, and more.

Dr. Albott shared her observations about the impacts of last year’s key stressors on everyone, including healthcare workers, noting increased depression, anxiety, challenges with concentration, and problems with less clear thinking.

Both psychiatrists provided specific action steps anyone can take to help combat negative stress impacts, including turning emotions into meaningful activities such as connecting to the community, extending compassion to others, and practicing self-compassion.

Dr. C. Sophia Albott was the virtual research dinner’s co-presenter.

(Adapted from a CentraCare press release.)
NAMI Ramsey County has started a book club to create learning through compassionate conversation and raise awareness about mental illnesses. The club is tentatively scheduled to meet online on the third Thursday of each month, focusing on books with mental illness themes.

The first meeting took place in March, with the group members reading children’s books about depression, managing difficult feelings, and mindfulness. April’s meeting was on The Notations of Cooper Cameron by Jane O’Reilly.

The May meeting is set for May 20 at 7:00 p.m. and the book is The Boy with Big, Big Feelings by Britney Winn Lee. For more information, visit https://www.namiramseycounty.org/bookclub.html.

Grassroots volunteers are working in the Northfield area to organize a NAMI affiliate in Rice County. Plans for this affiliate started last year but were paused by the pandemic.

Volunteer Kent Rommereim of Northfield invited interested volunteers to meet in March and assemble a leadership team to explore possibilities. The group, which included people living with mental illnesses, their families, and those who work in mental health, learned about NAMI Minnesota and the work of its affiliates. They also explored options for bringing support, education and advocacy services to the area.

Ten volunteers stepped forward to help lead the effort, and planning will continue throughout the spring. For more information email kent.romm@gmail.com.

Despite the limits created by COVID-19, NAMI St. Cloud Area has continued to offer its family support group on the second and fourth Tuesday evenings of the month. In addition, they have held their monthly educational programs online. Affiliate Chair Nick Johnston said the group knows people are struggling with their mental health right now, and they wanted to find ways to provide support until in-person meetings can resume.

NAMI St. Cloud Area’s Educational Program Nights are 6:00-7:00 p.m. on the third Tuesday of each month. May’s program will feature a panel of people living with mental illnesses who are in recovery, and June will focus on mental health in the time of COVID-19. For more information, visit namistcloud.com.

Tasks Unlimited recently announced a new partnership with Youthlink to connect homeless youth with serious mental illnesses to employment and mental health services. Youthlink is based in downtown Minneapolis and provides basic needs and resources for homeless young people ages 16-24.

Youthlink is the host site for the Youth Opportunity Center, a unique collaborative that brings together a variety of organizations that offer resources to young people experiencing homelessness – all in one location. Tasks will become a Youth Opportunity Center provider starting this Spring, adding a new focus on youth who have a serious and persistent mental illness.

Tasks staff will provide an array of employment services to help young people access career readiness skills, gain employment, and advance employment. Youth will also be able to receive diagnostic assessment and psychiatric services through Tasks.

(Adapted from Tasks Unlimited Spring Newsletter.)
NAMI Minnesota’s Heritage Luncheon

Save the Date—Join us for NAMI Minnesota’s Heritage Virtual Luncheon. NAMI Minnesota is a local grassroots movement that has been vibrant and active since 1976.

Many of our supporters are dedicated, committed people who have been emotionally connected to our organization for decades.

Join us for this virtual fundraising event on Thursday, May 27, from 11:30 a.m. to 12:30 p.m. while we continue our connection with friends, longtime members, and loyal supporters.

We will both celebrate our past victories and hear about the progress we’re making for future generations.

The Heritage Luncheon will include an inspirational message and meaningful “paddle-raise” funding opportunity. We are hoping to raise $50,000 through the Heritage Luncheon for NAMI Minnesota.

More details to come, but please watch our e-newsletters or reach out to directorofdevelopment@namimn.org for more information about tickets and how to attend.

NAMI Plans New BIPOC Speaker Program

NAMI Minnesota is looking to work with BIPOC individuals (Black, Indigenous, People of Color) who have experience living with mental illness and want to share their story of healing and wellness with others. Interested individuals will receive training and support from NAMI through a new speaker’s program that combines cultural storytelling, community conversations, and resources to bring hope and connection to people in BIPOC communities.

This public education program provides presentations for BIPOC communities and community organizations to bring attention to the journeys of BIPOC people who have mental illness who are living well in recovery. Speakers will be provided assistance to write their story so that it focuses on the strengths, traditions, and challenges of their communities. Presentations will include personal stories of experience with mental illness and an opportunity for audience members to ask questions. To learn more, contact Cherolyn Fischer at peerprogramcoordinator@namimn.org or call 763-301-9940.

Suicide Prevention for Agricultural Communities

In partnership with University of Minnesota Extension, NAMI Minnesota began a monthly suicide prevention program for agricultural and rural communities in February. It is being held on the 3rd Wednesday of the month. Upcoming meeting dates are May 19 and June 16.

QPR (Question, Persuade, Refer) is a 90-minute, evidence-based training that teaches the three steps anyone can take to help prevent suicide. Emily Krekelberg, the Extension Educator for Farm Health & Safety, facilitates the training drawing on her own lived experience from a family farm. This training is for members of rural and agricultural communities over the age of 16. To register, see “classes” at namimn.org. This training was created in partnership with the Upper Midwest Agricultural Safety & Health Center.
With more people being vaccinated schools are opening up and providing in-person learning for children. People tend to think that everything will be fine once children can be back in school. But here at NAMI we urge caution.

Children have gone through a lot during the pandemic. Some experienced food insecurity, housing insecurity, deaths in the family and more. They might be afraid that they will catch COVID-19 or infect their family members. They went from a message of “avoid contact with people outside of those in your home” to, “now it’s ok to share a classroom with a group of people not in your home” without much to assist them in making the transition.

While some children thrived with distance learning, because they weren’t bullied or didn’t have to worry about “fitting in,” others fell behind. We already have great disparities in Minnesota in terms of education among children who are Black, Indigenous or from a community of color (BIPOC). These disparities will widen in the coming months. Not every family home had reliable internet, enough devices for everyone to use, space to engage in distance learning, or had an adult who could be home and not working to help their children learn.

Even though the focus will be on helping children catch-up, we also need to be sure that we address the mental health needs of children. This has been a traumatic year for many children, especially children from BIPOC communities. Not only have they experienced the difficulties of the pandemic, but they have also experienced additional trauma due to the murder of George Floyd and the attacks on people from the Asian community. They may have seen or heard stories on the news about racism or violence that they may not be able to process.

Parents and adults need to take steps to reassure children. Be open to them asking questions, listen closely to what they are saying. Watch for “warning signs” such as difficulty concentrating, nightmares, being on edge, excessive worrying, disinterest in activities they used to like, anger, poor emotional control or acting out. These signs are often a child’s way to say they are not coping well with what is going on in their life. We need to be sure not to punish them, but rather teach them coping skills.

This can include breathing exercises, using mood charts, doing physical activity, etc. It also can include connecting to cultural traditions. There are efforts at the legislature to increase funding for school-linked mental health programs, increase funding for school support personnel, and funding so that all children can attend summer school this summer. More information will be available soon.

NAMI Support Group for African American Adults

NAMI Connection offers a free support group for African American adults living with a mental illness. This group meets weekly to support attendees, build awareness and understanding, and to connect with others in the African American community who face similar challenges.

The group and its facilitators offer privacy and confidentiality. For information call or text 763-301-9940, or see “support groups” on our website at namimn.org.

Helping Children Make it Through the Pandemic

Barriers Veterans Face

On April 5th, NAMI Minnesota’s executive director participated in a meeting organized by U.S. Rep. Angie Craig to discuss the barriers veterans face when accessing mental health care and what more could be done to prevent suicides among veterans. Also there were representatives from the MN Dept of Veterans Affairs, Jewish War Veterans, mission 22, MN National Guard and the father of a veteran who died by suicide.

It was a great discussion focusing on the difficulty of understanding eligibility rules to access VA care, efforts to collaborate around suicide prevention, and the importance of making sure that the suicide lifeline numbers were easily accessible. Craig said she would carry out an idea offered by NAMI to place the suicide lifeline numbers on her website. We appreciate her commitment to this issue.
Celebrating Children’s Mental Health

NAMI Minnesota celebrated Children’s Mental Health Week, February 1-7, by hosting a weeklong art contest for children ages 3 to 12 offering daily activities for children and teens. The theme for the year was “Express Yourself.”


Zoom presentations on mental health were held each day of the week for Teens, covering topics such as depression and anxiety, self-care, and Positive Psychology.

Study of Childhood Temperment Could Help Anxiety Prevention

A new study has identified early risk factors that predicted heightened anxiety in young adults during the coronavirus (COVID-19) pandemic. The findings from the study, supported by the National Institutes of Health and published in the Journal of the American Academy of Child and Adolescent Psychiatry, could help predict who is at greatest risk of developing anxiety during stressful life events in early adulthood and inform prevention and intervention efforts.

The investigators examined data from 291 participants who had been followed from toddlerhood to young adulthood as part of a larger study on temperament and socio-emotional development.

The researchers found that participants who continued to show a temperament characteristic called behavioral inhibition in childhood were more likely to experience worry dysregulation in adolescence (age 15), which in turn predicted elevated anxiety during the early months of the COVID-19 pandemic when the participants were in young adulthood (around age 18).

“People differ greatly in how they handle stress,” said Daniel Pine, M.D., a study author and chief of the National Institute of Mental Health (NIMH) Section on Development and Affective Neuroscience. “This study shows that children’s level of fearfulness predicts how much stress they experience later in life when they confront difficult circumstances, such as the pandemic.”

Behavioral inhibition is a childhood temperament characterized by high levels of cautious, fearful, and avoidant responses to unfamiliar people, objects, and situations.

Previous studies have established that children who display behavioral inhibition are at increased risk of developing anxiety disorders later. However, less research has investigated the specific mechanisms by which a stable pattern of behavioral inhibition in childhood is linked to anxiety in young adulthood.

The findings suggest that targeting social wariness in childhood and worry dysregulation in adolescence may be a viable strategy for the prevention of anxiety disorders.

The findings also suggest that targeting dysregulated worry in adolescence may be particularly important for identifying those who might be at risk for heightened anxiety during stressful life events like the COVID-19 pandemic and preventing that heightened anxiety.

(Adapted from NIMH news article.)
Memorials
In Memory of

ARCHER AMOROSI
From Donald & Sharon Amorosi
NANCY ANTONSON
From Marla Coxe-Koelk
PEGGY BACKLUND
From Jean Ortega
ZACHARY BICHLER
From Howard Malmon
NICK BLANCHET
From Linda Brisson
MY COUSIN BOB
From Lyle Steinfelt
SONYA BOESER
From Pat Pulice
KEVIN BUCK
From Mr. and Mrs. Lyle Bartlett
Lana and Michael Bigdigt
Earl and Susan Button
Jan Johnson & Greg Lundberg
Roy and Norma Neufeldt
Mr. and Mrs. Dick Ruble
Joanne Wood
CHARLOTTE BURNS
From Susan Halley
AUDREY BURQUES
From Roberta Kettellewell
FAYE BUZICK
From Kristi Fox
MICHAEL CANNON
From Beth Brill
PHILIP CARTER
From Carolyn Gerr
SAM CASPERR
From Richard Casperr
CHILDREN WHO LOST THEIR STRUGGLE TO MENTAL ILLNESS
From Lindsey Rain

DAVID TEN CLAY
From Allison Snieller
PHILIP ETON COVER
From Joel Coyer
NANCY DILLON
From Sue Abderholden and Lee Keller
Dorothea and Mark Allen
Matt Anderson
Susan Marie Arnesson
Carrie Borchardt, MD
& George Realmuto, MD
Barbara Bismar
Lois & Richard DeMers
Alice DeSantis
Bob Dillon
Karen Finck
Bob Jechorek
Peggy Johnson
Ann Johns/meyer
Molly Kellifer
Patricia Lauvliinen
Marjorie Masley
Nancy Mattson
Joan Niederauer
Richard & Linda Oelke
Beth and Alison Peck
Nick Pladsen
Thomas Schaefer
Dorothy and Aikhori Sinha
Avid Sorenson

Dec. 18, 2020 to Mar. 11, 2021

Taylor Staff
Emily Wade
Karen Warnhamholm
Sonia Williams
Dawn Wilson
DEBRA KAY DONAHUE
From Kathy and Gregg Brakke
DEANNE DRETZ
From Ericka Babione
Debra Seth
NAPOLIEN DUPRE
From Pamela Preissler
JACLYN ANN EVERT
From Michael & Karen Boland
ZACK FEATHERLY
From Tammy Nelson
COLLEEN FITZLOFF
From Denise Henigles
A FRIEND
From Karin Marucchi
MY FRIEND’S COUSIN
From Dave and Michelle Horan
MAX GALUNO
From Ellen Beris
Audrey Elayhu
HENRY GARTLAND
From Tamar Fenton
DARY DENTLING
From Barbara Gentling
DAVID GONDEK
From Monica & Dennis Shevik
AMY JO HALLIN
From Thomas Hallin
MICHAEL (MIKE) DAVID HALSEY
From Lilian Tsai
MATTHEW HARRIES
From Robert and Georgi Alexander
TONY HATCH
From Tim & Susan Hatch
BRIAN HENRY HEIDEMAN
From Paul Heideman
JOEL HOFORTY
From Stacy Ottehe
DOROTHY M. HOLMES
From Peter Holmes
STEVE HOLSTE
From Margie Humbert
JAN HULLEMAN
From Maria Birch
Richard & Monica Schubertenberg
DR. SUSAN JACOBY
From Michele Sullivan
ISHAN JEBENS SINGH
From Bonita Brewer
Alison Brown
ANDREW JENSEN
From Joyce Suek
ALEX JOHNSON
From Meredith Johnson
Leesie Smoot
JAY ANDREW JOHNSON
From Joan Greenwood

SHARON KARLSON
From Nancy Fahrenhink
CHARLES SEGDWICK
TOM KARSKIA
From Noreen and Troy Hegney
Kim Karssina
Knights of Columbus St. Patrick’s Council
KEVIN P. KENNEY
From Karen Doehety
SCOTT KERST
From Paula Callies & David Downs
ROBERT KIP KIPPLEY
From Sue Abdolehdon and Lee Keller
Morris Allen
Emme Corbell
Stephanie Friedman
Thomas Fronczek
Jody, Louis, Leah
and Jared Forthmeyer
Sharon Meister
Tamara Walsk
Mimarana Weinstein
Barbara Wilson
DAVID KIRCHIS
From Graico, Inc.
Fay Kirkis
KRISTA LYNN KOBLEI8
From Heather Koblitz
THOMAS KOCHE
From Emily Wade
IRENE KOLELS
From Mary Koles
DEVIN J. KRAUSE
From Heather Krase
THOMAS LANGTEAU
From Rita Langteau
DANIEL LARSON
From Darcie Rodman
CHONG CHOL LEE
From Maria Klosos
REP. DIANE LOEFLER
From Michael Vennewitz
BARTON MCLEAN LUND
From Shonnon Moore
VALERIE ROSE LUND
From Todd and Kate Cravens
DEANNE MANOOLIS, M.D.
From Abbott Northwestern Medical School
Carolyn Abramson
Timothy and Catherine Anderson
Virginia Baehner
T. J. & C. Carey
Maren Christopher
J. Edgar and Jane Cox
Donna Green
Sara Green
Jeff Hedlund
Pamela Beth Johnson
Judith Kaufland, MD & Clifford Kaufland
James and Susan Keane
Dennia Kromarick
Naomi Kuttman and Dean Murray
Gene Merriam
Sue Murray
Marlin Pinsky
Michael K. Popkin, MD & Renne Popkin
Gregory Baker
Bonnie Schimshick
Melissa and Gregory Struve
BRAD MAUER
From Alaina Nelson
THOMAS LANGTEAU
From Nancy Fahrenhink
CHARLES SEGDWICK
NICK MCCULLOCH
From Debra Clark
Rebecca Ericsson
Sandra Glennon
Sandra Goman
Jeanette Holz
Nancy Johnson
Betze Solomonson
Karla and Tom Stevenson
Katharine Woods
Joette Zembel
MYRTIS MAY MCKENZIE
From Ellen-Kather Lilly
TOM MITZEL
From Linda Blakstedt
Woody Love
Susan Navratil
KATHLEEN MULCAHY
From Mary Sipple
ASHLEY MURRAY
From American Family Insurance
HEIDI NORDIN
From Elizabeth Bear
BONITA PATTON
From Meagan Justus
BEN PAULIDES
From Jodi Moore
SHANE POTTER
From Nancy Carlson
Candace Cress
Charles and Sally Hoxkarnen
Renee and Randy Peterson
Gregory and Debra Schmit
KYLE REARDON
From Brondan Reedon
DONALD B. REGAN
From Sean C. Regan
SEN. JERRY RELPH
From Melinda Gau
BONNELOU REHERY
From Cynthia Blomgren
Todd Gustafson
TIM ROLANDO
From Eleanor Wartrick
MATAN RODEM
From Sharon Moore
JUSTIN SANDS
From Kristin Zima
ANDREW SCHEIG
From Stella Kenyon
KATHLEEN SLOAN
From Monica Allen
Rebecca Hanson
Rebekah Richards
ANDRA SONNIE
From Barb Dummer
ANDREW STORY
From Andrew Story Memorial Fund
DEREK SWERGE
From Mark and Brenda Wiger of the Wicare Fund
JAMES SWENSON
From Shirley Swenson
CHAD THORSTENSON
From Elaine Thorstenson
JOHN TRENCH
From Megan Trench
TIKEA RENE TUCKER
From Anonymous
KIMBERLEY A. VAN DYE
From Rick and Patti Van Dyke
ALAN WAUGH
From Lisa Greibel

Tributes
In Honor of

SUE ABERDEHOLDEN
From Kathleen Graham
Joe and Jo Ann Nathan
KRISTEN ANDERSON
From Mary Anderson
ANDREW
From Judy Johnson
BRUCE D. AYRO
From Joel Arlo
Eric Smith
RON AND REBECCA ARSENAL
From Virginia Carr
IAN JURA BAUM
From Cheryl Weiss
GRETCHEN BEILKE
From Zebulon Beilke-McCallum
MICHAEL JOHN BYRNES
From Maureen Rangen
MOHIE CHEHOURI
From Nancy Ellis
MY FATHER
From Allison Schwartz
LIZ BACHA FOLTZ
From Andrew Foltz
KRISTI FOX
From Nicole Hansen
VAL GEORGE
From Van George
RACHEL GERDES
From Hannah Gerdes
JAMES & JULIE ANN GERLITZ
From John and Stephanie Gerlitz
MY GRANDSON
From Joan Marshall
CARLA HENNES
From Ilo & Peggy Leppik
AMANDA DAVIDSON HUMPHAGE
From Richard Wringa
MARY JOHNSON
From Austin Semple
ALEX JOKELA AND MELISSA JEAN
From Nancy Carlson
Nancy Erickson
LINDA JONES
From Shannon Fitzpatrick
ROBERT WERNER, M.D.
From Michael K. Popkin, MD & Renee Popkin
NAOMI ZETTEL
From Crone–Sheehy Funeral
Home & Cremation Services
Trey Kenyon
Anne Klein
Erin Fransen
JOANN ZWACK
From Barbara Little
LOIS ZWETTLER
From Jodi Zastroff
Suzanne Zut

SUE ABDERHOLDEN
From Kathleen Graham
Joe and Jo Ann Nathan
KRISTEN ANDERSON
From Mary Anderson
ANDREW
From Judy Johnson
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Suzanne Zut
Grants Keep NAMI Minnesota Growing

Grants supporting NAMI Minnesota’s mission received from Dec. 18, 2020 to March 11, 2021. Unless specified, the grants are for General Operating.

**IRIS CIRCLE ($10,000+)**
- Deane C. Manolis & Nancy G. Manolis Charitable Giving Fund
- Fred C. and Katherine B. Andersen Foundation – East Metro General Operating
- Hugh J. Andersen Foundation – East Metro General Operating
- King Family Foundation – Mental Health Phone Support

**VISIONARY ($5,000-$9,999)**
- Cannon Family Foundation
- Christopher Colaniti and Conradine Sanborn Donor Advised Fund
- Foundation for Development of People
- Tina and Archie Smith Donor Advised Fund

**BENEFACTOR ($1,000-$4,999)**
- Alice and Ray Hunder Family Foundation – supporting NAMI Washington County

**SUPPORTER ($500-$999)**
- Beth Silverwater & Norman Greenberg Donor Advised Fund
- Bobbitt Family Donor Fund
- Brown Family Foundation
- Carney Family Partnership
- CBRE Foundation, Inc.
- David D. Dayton Revocable Trust
- Dr. Rumi Faizer and Dr. Archana Ramaswamy Donor Advised Fund
- Gary and Janet Christenson Charitable Fund at Schwab Charitable
- Gregg M. Schneider Family Charitable Fund
- Hellmuth & Johnson Foundation
- Jean Enloe Donor Advised Fund
- Jeanna & Will Fifer Giving Fund of the Minneapolis Foundation
- Leartst Giving Fund
- MacDonald-Orbison Family Fund
- Mary L. Hammerly Fund of the Saint Paul & Minnesota Foundation
- Olauson Charitable Trust
- Paul and Ann Capeder Family Fund
- Sacajawea Charitable Foundation
- The Scott and Julie Henry Charitable Gift Fund
- Thielen and Glattly Household
- Waege Zastoupil Fund of the Saint Paul & Minnesota Foundation
- Wexler Gift Fund

**Fundraisers by Others**

Thank you to all of our recent Do It Yourself (DIY) fundraisers for supporting NAMI Minnesota’s mission. Your dedication and outreach are very important to build our movement and help make a meaningful difference right here in our community.

Find out more about DIY fundraising at namimn.org or call Julia at 651-645-2948 x104.

- 100 Who Care 10,000 Lakes Chapter raised $1,900 for NAMI Minnesota.
- Tyler Vongphachanh’s organization held a fundraiser and gave $338 to NAMI Minnesota.
- Justin Titus donated over $250 from CD sales to NAMI Minnesota.
- Cindy Nollette, MA, LP, raised $250 for our holiday gift drive.
- Nystrom & Associates, Ltd. teamed up with Twin Cities Live (TCL), Sota Clothing, and Spence Designs LLC to sell limited edition coffee mugs for NAMI Minnesota. They raised $197 for our organization.
- All Energy Solar raised over $105 through a holiday fundraiser.
- Maria Kennedy donated over $60 from her Yoga with Maria class.
- Danielle Klath held a donation drive at her business, raising over $82 toward moving our mission forward.

**Tributes cont. from p. 10**

- MAURICE VAN EPPS
  From Susan Van Epps
- RICH & JULIE VARDA
  From Kenton Varda
- JACLYN ZACHER
  From Lora Wichser
- JEN STEPHENS
  From Lance Butter
- STEVE THOMPSON
  From Matthew Thompson
- MARY TRIPPLER
  From Anne Morow
- BENJAMIN TYE
  From Esther Scarpello
- KYLE WHITE
  From Colleen Fischer
- JEFFREY ZUCKERMAN
  From Beate Baltes
  Eileen Brennan
  Katherine Roek
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April
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6 Children’s MH Awareness Day
17 MN Legislative Session Ends
27 NAMI Heritage Virtual Luncheon

June
27 National PTSD Awareness Day

July - Minority MH Awareness Month
21 Hoarding Disorder Conference

Looking Ahead:
NAMIWalks Minnesota, Sept. 25

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