Mental Health Investments Ahead

After months of hard work and a drawn-out special session, NAMI Minnesota is pleased to report that the House, Senate, and Governor Walz were able to reach a compromise on a state budget. Thanks to unexpectedly high tax returns and substantial relief funding from Congress and the Biden Administration, a budget deficit was transformed into a budget surplus and legislators had the ability to make much-needed investments in our mental health system including many NAMI Minnesota priorities. Thanks to the hard work of NAMI Minnesota advocates, the following NAMI bills were in the omnibus bills:

- Mental Health Workforce: Expanding our mental health workforce, increase its diversity and have it be more culturally informed were key priorities. While a few important items were not in the final compromise, there is a funding increase for loan forgiveness programs and expanding it to LADCs, cultural and regional diversity standards for licensing boards, including cultural competency in continuing education standards for mental health professionals, paying for BIPOC mental health professionals to become supervisors, creating a Culturally Informed and Culturally Responsive Mental Health Task Force, and other key items. This work was done in close partnership with the Wilder Foundation.

- Alternate Pathway to Children’s Residential Treatment: Legislation from NAMI Minnesota and Aspire Minnesota that develops an alternative pathway for children voluntarily accessing residential mental health treatment without entering the child protection system.

- Youth ACT: NAMI Legislation that expands the eligibility for Youth ACT services for children as young as eight and adults up to age 25. This will ensure that more children can obtain the intensive mental health supports they need in the community.

- Suicide Prevention: The Education budget includes funding for an online, evidence-based suicide prevention training available to teachers and school staff.

- Sober Home Study: Commissions a study to increase access to sober homes, ensure that sober home residents have basic consumer protections, and consider whether statewide oversight of sober homes is appropriate.

- Crisis teams: Requires 911 to include referrals to mobile mental health crisis teams where available.

Also in the bill:
- Telehealth: Key changes include

See “Mental Health Upgrades” p.2

Children’s Mental Health Services in Crisis

In a letter to the community, Cambia Hills, run by The Hills, closed on June 11. Cambia Hills was one of two Psychiatric Residential Treatment Facilities (PRTF) in the state providing a higher level of care than typical residential treatment.

Cambia faced delays in opening because first the City of Forest Lake denied them building in their community and then they tried to open during the pandemic. It was a rocky start due to licensing and financial problems.

Unfortunately, just a few weeks later all of The Hills and Family Services were closed including day treatment and residential programs. NAMI Minnesota is greatly concerned about the loss of these programs – especially when there are increased needs for services and children are languishing in emergency rooms for days and weeks.

In June, Paul Fleissner, director of the Minnesota DHS Behavioral Health Division wrote, “These closures certainly are a setback, but this is not the end of psychiatric residential treatment services or a death knell for more traditional children’s residential facilities. Many outstanding programs continue to operate. The tremendous need for children’s residential mental health care remains, as does DHS’s commitment to helping make it available to more Minnesota children.”
removing the weekly cap on telehealth visits under public health programs, allowing for people to access telehealth services through a telephone or other audio-only platforms through July 1, 2023, ensuring that telehealth services are reimbursed at the same rate as in person treatment, and other changes.

- **MFIP:** Indexes the Minnesota Family Investment Program (MFIP) to inflation to ensure that this cash benefit program for families with very low incomes keep up with the rising costs of food, housing and other necessities. It also makes a one-time payment to MFIP recipients as they recover from the COVID-19 Pandemic.

- **Homelessness:** Substantial investment in emergency shelters and housing supports (GRH) providers that benefit people experiencing homelessness.

- **Mobile Crisis:** Appropriates over $16 million in one-time funding over three years to expand access to mobile crisis services.

- **Mobile Children’s Services:** Creates a mobile team to help children transition to the community.

- **Postpartum Health:** Expands Medical Assistance coverage of postpartum women up to 12 months. This will ensure that more women can get the support they need following the birth of a child, including postpartum mental health and substance use disorder treatment.

- **Dental Care:** Restores the coverage of periodontal dental surgery under Medical Assistance. This will reduce the reliance on emergency dental care and will be especially beneficial for people with mental illnesses whose medications cause dry-mouth.

- **School-Linked Mental Health:** This is a very effective program where mental health professionals co-locate at a school and provide clinical mental health treatment to students. Funding for this program will increase by $2.5 million per year through 2025 using one-time federal dollars and be expanded to substance use disorders.

- **Suspensions:** Grants are available to schools for training on non-exclusionary disciplinary practices that maintain the respect, trust and attention of students, and help keep students in classrooms.

- **Special Ed:** IEP Meetings will be held to assess the impact of COVID-19 on the student and to determine if additional services and supports are needed such as an extended school year, additional IEP services, or compensatory services.

- **Veterans Restorative Justice Act:** Funds specialized courts for veterans.

- **Healthy Start Act:** Allows the Department of Corrections to release pregnant women in prison for up to one year after the birth of their baby to community-based programs. The majority of pregnant women in prison are serving sentences less than one year already, and mother-baby bonding after birth is extremely important for the development and mental health of mother and baby.

- **Discharge Planning from Prison:** The Dept. of Corrections will provide people being released from prison with information about voting, record expungement, employment, paying fines and fees, applying for SNAP benefits, and assistance obtaining an ID and Social Security card. Includes provisions to reduce release into homelessness, and requirements that people be released with a one-month supply of non-narcotic medications and a prescription for two additional months of refills.

- **Hometown Heroes:** Creates an assistance fund to support firefighters experiencing physical and mental health challenges due to their work, including the development of a counseling program specifically developed to support firefighters address the emotional trauma associated with their work.

- **Study on Neuropsychological Exams:** Requires the state court administrator to conduct a study on requiring courts to order individuals convicted of felony-level criminal offenses to undergo a neuropsychological examination to determine whether,
NAMI Provides Voice on Policing and Crisis Response

NAMI Minnesota has continued work to address urgent concerns around policing and crisis response in urban and rural communities alike. The Peace Officers Standards and Training (POST) Board is Minnesota’s licensing board for all the law enforcement officers in the state and has several efforts that NAMI is involved with:

**Administrative Rules:** The POST Board has initiated the process to rewrite their administrative rules and NAMI is serving on the Advisory Committee to present a draft to the board. The committee is examining issues around continuing education and will soon move to rules about the complaint processes and standards of conduct.

**Citizens’ Advisory Council:** Last year, the legislature created a Citizens’ Advisory Council to the POST Board. NAMI serves on this council that can make recommendations for policy changes and analyze and advise the board on complaint data from officers and agencies across the state.

**Complaint Process Committee:** The POST Board has also convened a special committee to make recommendations about the complaint process for law enforcement agencies. There is currently little statewide regulation of how complaints against are handled by departments.

**Use of Force Work Group:** In March, NAMI learned concerning news that some law enforcement departments were not responding to suicide calls based on their interpretation of the recently updated use of force statute.

Concerns were expressed at the Capitol that law enforcement was not given enough time or guidance by the Attorney General’s office to train their officers, but the legislature took no action during the regular session. The Minnesota Sheriffs and Chiefs of Police Associations have convened a working group to develop an appropriate and safe law enforcement response to people in crises. NAMI is represented on that working group.

**Clarity Center for Wellbeing Planned for Duluth**

The Clarity Project is a collaborative initiative of numerous partners from across the Arrowhead Region of Minnesota designed to respond to a growing need to serve those who need mental health, behavioral health, and substance use services. The Project’s major plan to meet these needs is to build the Clarity Center for Wellbeing in Duluth. The Center will serve as a hub for services across the region and will provide on-site, telemedicine and telephonic services. It will also provide on-site stabilization services to serve the needs of individuals.

The vision of the Clarity Center for Wellbeing is to provide patient-centered, holistic support and care to any age individual who is experiencing a substance use and/or mental health crisis through comprehensive care models facilitated by caring professionals. Partners in the Project are currently developing the strategy, services, and operational design of the Clarity Center for Wellbeing. The physical building is slated to be built in the Spring of 2022.

(Adapted from St. Louis County website.)
The Great Minnesota get together is back for 2021 and NAMI Minnesota is looking forward to continuing its partnership with the Minnesota State Fair!

Mental Health Awareness Day at the Fair is set for Monday August 30, from 8:00 a.m. to 6:00 p.m. Now in its third year, the event is hosted by NAMI Minnesota, the Minnesota State Advisory Council on Mental Health and the Council’s Subcommittee on Children’s Mental Health.

The day is filled with interactive, engaging, educational and fun activities for fairgoers of all ages to explore mental health resources. Over 60 booths hosted by organizations from across Minnesota will be on hand to provide information.

There will be a full stage lineup of diverse performances for a wide variety of audiences, including children's programming, cultural and youth performances, musicians, therapy animals, and more starting at 8:30 am. There will also be a collaborative art project anyone can help with as they walk through the event. Please plan to join in the activities at this special event.

NAMI Minnesota Fair Booth
In addition, NAMI Minnesota will be hosting a booth in the Education Building each day of the Fair. Staff and volunteers will share resources and information with fairgoers while hosting a mental health themed trivia game. If you are interested in learning more about supporting the booth as a volunteer, email Jasara at volunteer.resources@namimn.org or call at 651-645-2948 ext. 110. We look forward to seeing you there!

Soccer Team Celebrates Mental Health Month
Minnesota United recognized Mental Health Awareness month throughout May, and on May 15 celebrated with mental health T-shirts, green Mental Health ribbons worn by players, green ribbon lapel pins worn by coaches and broadcast teams, “If you need help” messaging on LED boards during broadcast segments and on the roster card, and green lighting of Allianz Field! We are very thankful for their support of mental health awareness and NAMI Minnesota.

On May 12, as part of NAMI’s Mental Health Month Author Series, Jeremy Hance gave an online talk about his new memoir, Baggage: Confessions of a Globe-Trotting Hypochondriac. Hance shared hilarious and inspiring adventures from his traveling career as an environmental journalist with severe OCD and anxiety.

We are thrilled to announce that we will host the 15th annual NAMIWalks live again this year in Minnehaha Park on Saturday, September 25, 2021. Please register now at namiwalks.org/mn to learn more about this year’s Walk. Registration is free.

For those outside of the metro area or who prefer to participate in their own location, we will again provide online support for you to Walk your way!

Walk Captains and Volunteers
Our event wouldn’t be possible without the support of our many volunteers! From spreading the word through posters and social media, creating a team of your friends & family as a Team Captain or cheering on dedicated walkers at the finish line, we need your help. Please contact our Volunteer Coordinator at volunteer.resources@namimn.org.

Game Night Focus is Light-Hearted Fun
Thank you to everyone that made our first ever Game Night a successful event. Taking place virtually on April 30, it was an evening full of fun, laughter and connectivity around supporting mental health and wellness.

Participants played three different games, including a mental health scavenger hunt, a trivia game, and a creative arts game based on Pictionary. We heard from our Presenting Sponsor, HealthPartners, who helped get us moving with energetic breaks in between our games. We even had a light-hearted costume contest that made the night even more entertaining. Thank you to all who participated and made this event possible. Once again, a huge thank-you to Game Night’s presenting sponsor, HealthPartners!
Despite Barriers, NAMI Minnesota Still Reaching Youth

The 2020-21 school year has certainly been a unique one. With schools switching between online, in-person, and hybrid and there being no in-person events, NAMI Minnesota had many barriers in reaching youth.

However, with a little determination and a lot of creativity, we were still able to have a successful year and reach young people across the state.

One thing NAMI Minnesota did was find ways to provide school events at a distance. Typically, during Mental Health Awareness Month, we would go into schools and set up booths where students could write mental health pledges on cards.

This year NAMI mailed supplies to schools to set up their own booths, and created digital cards for virtual booths. Fifteen schools and youth organizations signed up to participate. One student wrote:

“I know the importance of mental health and this day is necessary to represent all of the people who are struggling with this.”

Despite barriers, NAMI also delivered Ending the Silence, a class for high school students on mental health and suicide prevention, virtually. The class was taught 187 times to 5,655 students. By going virtual, we were able to increase our reach to schools outside of the metro area.

NAMI also created a new class called “Anxiety, Stress, and Coping.” This class taught middle and high school students about where stress and anxiety come from and healthy ways to cope. This class reached 385 people.

It is unclear what the 2021-22 school-year will bring, whether we will be in-person or virtual, but we know that whatever happens, NAMI Minnesota will find a way to bring this important mental health education to our youth!

First Ever Heritage Luncheon a Success

Thank you to everyone who attended or supported our inaugural Heritage Luncheon event, which took place virtually on May 27. We had a wonderful time celebrating NAMI Minnesota’s past successes while also taking time to look ahead toward the future. The event included an educational presentation by our executive director, Sue Abderholden, focused on the history and forward momentum of NAMI Minnesota’s mission in action.

It was incredibly meaningful to connect with one another and share our passion for NAMI’s mission and how the organization has impacted our lives. We raised valuable funds to support our programs, resources, and advocacy work. We also took the time to learn more about legacy giving opportunities, including the NAMI Minnesota Endowment Fund.

We look forward to seeing you all in person at next year’s Heritage Luncheon event. A special thanks to our Heritage Luncheon sponsors, including: our Presenting Sponsor—Takeda, and Mindful Sponsors—Medica, ZinPro, and Allan and Lou Burdick.

If you are interested in learning more about legacy giving or would like to make a planned gift to NAMI Minnesota, please contact Julia at directorofdevelopment@namimn.org.

QPR Classes for Agricultural Communities

NAMI’s Question, Persuade, Refer (QPR) class teaches the three steps anyone can take to help prevent a suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives.

NAMI has scheduled free, monthly online QPR suicide prevention classes tailored for agricultural communities on Aug. 17, Sept. 21, Oct. 19, and Nov. 16. All are from 1:00-2:30 p.m. To register, please see “Classes” at namimn.org.
**Affiliates in Action**

Congratulations to NAMI Hennepin County Board Member Bruce Ario who has been selected to receive a NAMI national scholarship to the 2021 Crisis Intervention Team International Conference in August. CIT is an innovative, community-based approach to improve the outcomes of encounters between people who live with mental illnesses and law enforcement. Bruce was selected based on his length of service, his dedication to helping with CIT trainings, and his desire to continue helping law enforcement by sharing his story.

In the past year NAMI Ramsey County has expanded its board from four to 14 members, plus four advisors. This was accomplished through outreach and partnerships with First Episode alumni and the Ramsey County Children’s Mental Health Collaborative. Affiliates that need help growing their board can contact kjturner@namimn.org or volunteer.resources@namimn.org.

Affiliates are using what they’ve learned about virtual presentations and support groups to help strengthen their efforts. NAMI St. Cloud is now offering its monthly educational presentations as hybrid events, with attendees able to watch online from home or at an in-person gathering. NAMI Grand Rapids is recording its educational events, offering those who could not attend the opportunity to watch the presentations online. To learn more about options for using technology to further the NAMI mission, affiliates should email directorofoutreach@namimn.org.

**Zoom Presentation on Obsessive Compulsive Disorder**

On May 18, Michelle Young (L), clinical supervisor at Rogers Behavioral Health and Alison Kleppin, individual family therapist for the child and adolescent OCD and Anxiety Partial Hospitalization Program, explained what OCD is, how it is treated and how families and friends can support loved one with this diagnosis.

**Pandemic’s Effects on Mental Health Persist**

By Joshua Gordon, NIMH Director

Understanding the impact of the pandemic on mental health, and on those with serious mental illness, is critical to the National Institute of Mental Health (NIMH) mission of responding with research that will pave the way for prevention, recovery, and cure.

Early in the pandemic, there were concerns that suicide rates would increase. So far, data from the CDC suggest that overall suicide death rates have remained steady or have even fallen during the pandemic. Yet, there is clear evidence that the pandemic has not affected all Americans equally. Job loss, housing instability, food insecurity, and other risk factors for poor outcomes have disproportionately hit minority communities. And while suicide rates may have remained steady, data from states such as Maryland and Connecticut suggest that, early in the pandemic, the number of African Americans dying by suicide increased.

Several surveys, including those collected by the Centers for Disease Control, have shown substantial increases in self-reported behavioral health symptoms. According to one CDC report, 31% of respondents reported symptoms of anxiety or depression, 13% reported having started or increased substance use, 26% reported stress-related symptoms, and 11% reported having serious thoughts of suicide. These numbers are nearly double the rates expected before the pandemic.

Emerging data also indicate that people with schizophrenia and other serious mental illnesses have been hard hit by the pandemic. Individuals with schizophrenia, for instance, are nearly 10 times more likely to contract COVID-19 and are nearly three times more likely to die from it if they do fall ill, compared with individuals who do not have a mental illness. Finally, deaths due to opioid overdose rose substantially in the context of the pandemic.

(Excerpted from NIMH Director’s article One Year In - COVID-19 and Mental Health, 4-9-2021.)
Mental Health for All

Join Us!

5K Walk and Resource Fair
Minnehaha Park, Minneapolis
@ 1:00 PM

Saturday, September 25, 2021

Learn more:
www.namiwalks.org/mn
events@namimn.org

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Start/Finish Line
Al & Pat Rousseau - in memory of Kurt Rousseau
Allan & Lou Burdick
Associated Clinic of Psychology
Fraser
Land O'Lakes Inc.

Bronze
Greater Minnesota Family Services
Hennepin Health
Mental Health Resources
Nexus Family Healing
Oak Grove Presbyterian Church
PrairieCare
Vall Place

*Sponsors accurate as of June 29, 2021

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.
NAMI Minnesota’s 2021 State Conference, titled Hope and Healing, will be held at the St. Paul RiverCentre on Saturday, Nov. 13, from 9:00-5:00. The conference will feature nationally known keynote speakers along with 15 breakout sessions on a wide variety of current mental health topics.

The opening keynote speaker Elyn R. Saks is Orrin B. Evans Distinguished Professor of Law, Psychology, and Psychiatry and the Behavioral Sciences at the University of Southern California Gould Law School; Founder and Faculty Director of the Saks Institute for Mental Health Law, Policy, and Ethics; as well as an Adjunct Professor of Psychiatry at the University of California, San Diego, School of Medicine.

Saks writes extensively in the area of law and mental health, having published five books and more than fifty articles and book chapters. Her memoir, The Center Cannot Hold: My Journey Through Madness, describes her struggles with schizophrenia and her managing to craft a good life for herself in the face of a dire prognosis.

This year’s closing keynote speaker, Damien Fair, is the Redleaf Endowed Director of the Masonic Institute for the Developing Brain at the University of Minnesota and a professor in the Institute of Child Development at the Medical School.

NAMI Minnesota’s Awards Luncheon, and Annual Meeting, including board elections, will also take place on this day. The cost is $65 for members, $100 for non-members, and an additional $20 for CEUs. Scholarships are available. More information will be available at namimn.org as details are confirmed.

Meet the NAMI Board Nominees

**Julie Atella** has over 20 years’ experience as a social science researcher. Over the years, she has collaborated with NAMI Minnesota across a variety of projects. Her desire to be on NAMI Minnesota’s board is driven by what she has learned through her work, which includes the importance of gathering and sharing data to inform policies and improving access to mental health services and supports, especially as it relates to people, and their families, impacted by the criminal injustice system.

**Sonal Markanda** works as a Ph.D Licensed Psychologist at her own practice. She predominantly serves individuals who present with PTSD, C PTSD, Mood Disorders, OCD, Anxiety, and Depression. She believes in the development of preventative, individualized, and culturally informed mental health resources. Dr. Markanda is committed to supporting NAMI’s mission to provide accessible services and address mental health needs on a legislative/policy, clinical, educational, and societal level.

NAMI Minnesota Awards

The NAMI Minnesota Awards recognize individuals or organizations that have demonstrated extraordinary work and advocacy on behalf of children or adults with mental illnesses and their families. Award categories and more information can be found at namimn.org. To nominate a person or organization, write a note of 100 words or less. Be accurate and clear as to why you believe they deserve the award. Send nominations by Sept. 1, 2021 to: NAMI Minnesota, 1919 University Ave. W., Suite 400, St. Paul, MN 55104, or email them to: namihelps@namimn.org and use NAMI Awards for the subject line. The awards will be presented at NAMI’s state conference on Nov. 13.
Talking to Kids About Racism and Violence

Anti-Asian Racism and violent attacks on elderly Asians have increased in recent months. Since COVID-19 became news in the U.S., hate speech and violence against the AAPI community has run rampant. With a backdrop of unrest and violence of the previous year combined with the highly publicized media depictions of police brutality against Black people, children may be needing parental intervention to help them process and make sense of all that is happening.

Many children of color have experienced such racism themselves, or seen it affect their loved ones. From police brutality to attacks on Asian American people during the coronavirus crisis. For many, this results in trauma.

Whether a child experiences racial violence, sees it on the news or in their own communities, kids across the United States are aware of the violent acts and racism that our country continues to confront. This can be scary and confusing for kids and their parents to deal with.

If you are a parent or caregiver, you may be wondering how to help your child process what they are seeing and experiencing, and how best to help them manage their feelings.

There’s no one right answer to that question, however, there are a few guidelines parents can keep in mind to help kids deal with racism, violence and other troubling news.

Start by checking in with your child. Kids, even very young ones, are extremely perceptive, and they may have worries or concerns that they do not know how to express. Validating their feelings is a good place to start.

Keep communication open – talk to your child about racism and discrimination. Even though these discussions are never easy, they are necessary, especially if your child is feeling afraid, confused or frustrated about recent events.

Do your best to meet your child where they are and acknowledge their feelings, fears, or worries, even when they express things that make you uncomfortable. Ask broad questions that give kids space to talk over what they are feeling. It is also important to assure kids that you are doing everything you can to keep them safe.

This is especially true for very young children, who may mistakenly believe that whatever they are seeing or hearing about is an immediate danger to them and their loved ones.

Do not avoid talking about these difficult subjects. Research has shown that children, even at a very young age, are aware of racial differences. When not discussed openly, children can learn very harmful lessons about race. Be clear, direct, and factual in your discussions.

Expecting children to read between the lines of an unclear message can result in them missing the message. Be sure to emphasize that racial violence is wrong. It is easy for kids (especially little ones) to think that bad things happen to people of color because the people are themselves bad.

Encourage questions – and don’t worry if you can’t answer them. Try to be calm but don’t hide your emotions.

No matter what challenges come up as you talk with your kids, there are a lot of great resources out there to help you continue these crucial conversations. The Child Mind Institute’s website Childmind.org and Understood.com are two excellent resources that address issues that parents and children may be facing. and support.

(This article was excerpted from the Child Mind Institute - Talking To Kids About Racism and Violence.)

Workplace Giving and NAMI Minnesota

If you have a workplace giving program such as Thrivent Choice, the United Way or others, please consider designating your donation to NAMI Minnesota. Be sure to write in NAMI Minnesota (not just NAMI, unless you intend your donation to go to the national organization). NAMI Minnesota is also a member of Creating Healthier Communities. Thank you for your support!
Grants Keep NAMI Minnesota Growing

Grants supporting NAMI Minnesota’s mission received from March 19 to June 23, 2021. Unless specified, the grants are for General Operating.

**IRIS CIRCLE ($10,000+)**
- Burdick Family Fund of The Minneapolis Foundation
- C. Curtis Dunnavan Fund of the National Philanthropic Trust
- Health Legacy Grant Fund of The Minneapolis Foundation – Pandemic Response
- Julie and Richard Varda Donor Advised Fund

**VISIONARY ($5,000-$9,999)**
- Janssen Pharmaceuticals – Family Programming
- St. John’s Episcopal Church – Youth Programming

**SUPPORTER ($500-$999)**
- Robert & Donna Swanson Donor Advised Fund
- Rob Weinberg – In memory of wife, Linda (to fund Symposium on Bipolar Disorder, 2022)

**BENEFACOR ($1,000-$4,999)**
- Burns & McDonnell Foundation
- Richard & Reta Lancaster Donor Advised Fund
- Leartst Giving Fund
- Mary and Gary O’Brien Family Fund
- Otsuka – Family Education
- Tardive Dyskinesia (TD) Awareness and Education Grant
- Otto C. Winzen Charitable Fund

**TRIBUTES In Honor of**
- ABBEY
  - From Dylan Bijnagle
- SUE ABBERHOLDEN
  - From Glenn and Nancy Anderson
  - Sara Meyer
- RACHELLE BASCARA
  - From Sara Parthizari
- MY DAUGHTERS
  - WHO BATTLE DEPRESSION
    - From Victoria Marks
- DOT ERICKSON
  - From Sue Froeschle
- PATRICK GERARD
  - From Momma Toran.

**Memorials con’t. from p. 10**
- HERMAN SCHULTE
  - From Sheila and David Miller
  - Beth and Thomas Moore
  - Joanne Moris
  - From Peggy & David Morris
  - Mary Pat and Richard Nadeau
  - Sarah & Mike Debser
  - Kathleen Ogle
  - Tom & Jeneal Olsen
  - Elizabeth and Michael Quayle
  - Los Rowan
  - Michelle and Dennis Sichtgen
  - Richard Schneider
  - Theodore Schulte and Karel Smith
  - Mary Schulte
  - Stella Schulte
  - Wendy Schulte
  - Susan Vento
  - Shelley & Tony White
  - Anthony and Ruth Ann Yocum
  - Joseph Zwack
- PAT SCHWARTZHOFF
  - From Seth & Laura Boyd
  - Sherri Turcotte
- AUSTIN SEIBEL
  - From Jeanice Starry
  - Cleo and Paul Wenzel
- LINDA JEAN SKAY-WEINBERG
  - From Rob Weinberg
- JOANNE MAE STARK
  - From Lisa Boysen Kirkwood
- CORSON RIVER STEINBACH
  - From Donald & Anne Eisenzimmer
  - Joerg and Carly Steinbach

**Fundraisers by Others**

Thank you to all of our 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. To find out more about DIY fundraising contact Julia at 651-645-2948 x104, or directorofdevelopment@namimn.org.

- Bike for Psych’s event raised $3,766 to move our mission forward.
- SPIRE Credit Union’s Business Lending Team selected NAMI Minnesota to receive a $1,000 donation through their “50 in 50” giving initiative.
- ServiceMaster chose NAMI Minnesota as their charity of choice for May and June; $597 was raised through donations made during CEU course registration.
- Sara Carothers created a dog treat gift basket fundraiser for our organization totaling $566.
- Episcopal Church of the Ascension in Stillwater and its parishioners raised $500 for NAMI Minnesota.
- Optum - United Behavioral Health held a mental health awareness initiative that helped to raise $400 for NAMI Minnesota via their Charitable Contributions funding.
- A virtual bingo game at Essentia Cancer Center, via Kristin Rudd, raised $317 to support our programs, education, and advocacy work.
- MAPE Local 2101 selected NAMI Minnesota as their charity choice in May, donating $250.
- MN Reign Broomball, via Julie Buzicky, raised $164.80 in honor of Momma Toran.
- Ophthalmology Associates and 20/20 Optical raised $134 for NAMI.
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Justice | Dignity | Respect
Education | Support | Advocacy

**CALENDAR**

**July - Minority MH Awareness Month**
- 21 Hoarding Disorder Online Conference
- 23-24 Peer Specialist Conference

**August**
- 26- Sept. 6 NAMI at the State Fair

**September**
- 5-11 Suicide Prevention Week
- 10 Suicide Awareness Day
- 25 NAMIWalks Minnesota

**October**
- 3-9 Mental Illness Awareness Week (MIAW)
- 5 National Day of Prayer for Mental Illness Recovery and Understanding
- 7 National Depression Screening Day
- 10 World Mental Health Day

**November**
- 13 NAMI State Conference

Visit namimn.org for more information on NAMI Minnesota’s Online and In-person Classes, Support Groups and Events.