Health Plans Still Fail to Cover Crucial Mental Health Services

Despite having both state and federal laws requiring mental health and substance use disorder parity, it is still not a reality for too many. In talking with employers, NAMI Minnesota has seen that few plans cover residential treatment services, crisis homes and Psychiatric Residential Treatment Centers, a higher level of residential care for children and youth, are simply not covered.

It is also rare for in-home services (Adult Rehab Mental Health Services or Children’s Therapeutic Services and Supports) to be covered and certainly not evidence-based treatment such as Assertive Community Treatment teams or First Episode Programs.

NAMI has also recently learned that some insurers are being overly restrictive of 60-minute outpatient therapy appointments and that they have actually decreased payments to mental health providers at a time when needs have increased. Mental health providers are also experiencing serious workforce shortages. Families have contacted NAMI because they can’t find providers in their health plan’s network that are taking new patients. The way to enforce mental health parity laws is to file complaints. If you – as a provider or person in need of services – are experiencing problems with your health plan, please contact the NAMI Minnesota office.

NAMIWalks Your Way Shares Hope

NAMIWalks Minnesota 2021, NAMI Minnesota’s largest fundraiser and community event, was a huge success! Plans were all set to hold the 15th annual NAMIWalks in-person at Minnehaha Park in Minneapolis, but due to the rising COVID-19 numbers, the Walk was quickly moved to an online and Walk Your Way event.

Despite the change, it was exciting to see the enthusiasm to join in this beloved event. Thousands of people participated by walking for mental health awareness with their families in their neighborhoods, while some engaged in other fun activities to honor their commitment to our mission. The Walk Your Way component of the event was an opportunity for people to bike, roller skate, garden, hike, or join in other activities, all for NAMI Minnesota.

On Walk Day, Saturday, September 25, hundreds gathered virtually at 11:00 a.m. over Zoom for a wonderful start to NAMIWalks Your Way 2021. The gathering included words of hope and gratitude from NAMI’s executive director Sue Abderholden, board president Carrie Borchardt, and KARE11’s meteorologist Guy Brown.

Compelling stories and testimonials were shared from people on how NAMI Minnesota makes a difference in their lives. We also heard from our Premier Sponsors, Cigna and ZinPro about what makes NAMIWalks so important to so many. The online celebration got participants feeling inspired, optimistic, connected and energized.

Many participants shared photos from their NAMIWalks activities, including small neighborhood events, sign displays, fun family gatherings and much more. Thanks to everyone who participated, donated, volunteered and spread the word about NAMIWalks.

See “NAMIWalks Your Way” p.4
**NAMI Minnesota Gearing Up for 2022 Legislative Session**

The 2022 Legislative Session is around the corner and NAMI Minnesota has been working very hard to develop its legislative agenda. Over 160 NAMI supporters participated in our annual survey and it’s clear that there is still much that needs to be done. Many shared that Minnesota is facing a severe shortage of inpatient beds, there are too few culturally competent mental health providers, and there is not enough affordable housing.

The member survey is a key tool for the development of NAMI’s legislative agenda, but it’s not too late for you to share your experience with the mental health system. Your personal experience matters and we need to hear from you. Please contact Sam Smith, ssmith@namimn.org, if you would like to share your personal story.

Alongside this important legislative work NAMI Minnesota is also working very hard to stay connected with our state legislators. House parties, where NAMI members invite elected officials for an informal gathering with their neighbors in the mental health community, are one of our most powerful advocacy tools.

Connecting with policymakers and sharing personal stories is so important and transforms legislators from supporters to champions at the State Capitol. Due to COVID-19, house parties can be held remotely via zoom or in an outdoor space like a backyard or a local park.

We are counting on NAMI members to reach out to their legislators and schedule a meeting. Once the time is set, we can help recruit local mental health providers and local NAMI members to join you. Thank you to everyone who will be hosting a house party. For information on how to set this up, contact Sam Smith, ssmith@namimn.org.

**EmPATH Units Ease the Stress of ER Visits**

There is a lot of discussion about emPATH units in Minnesota right now. What are they? EmPATH (Emergency Psychiatric Assessment, Treatment, and Healing) units provide assessment and evaluation in a therapeutic setting. They are similar to psychiatric emergency rooms in that people are medically screened by the ER and then receive help in an ER that is designed for them – it’s quiet and staffed with mental health professionals and practitioners. It’s designed to be more healing in nature.

New emPATH units are open at M Health Fairview Southdale and CentraCare at the St. Cloud Hospital. One will be opening soon at M Health Fairview Riverside. Services provided are charged to health plans. These units are an important part of our mental health system. Some people who come to an ER do not need hospital level of care. This level of care can help address immediate issues and connect people to care in the community.

**NAMI Honored with Health Policy Partner Award**

NAMI Minnesota was honored as the first recipient of the Minnesota Medical Association’s (MMA) Eric C. Dick Memorial Health Policy Partner Award for partnering with MMA on a number of health care issues, including its work to eliminate discriminatory questions about a physician’s mental health on the licensure application and renewal form. The award was presented at MMA’s annual conference on Sept. 24.

MMA’s Health Policy Partner Award is given to an individual, group of individuals, a project or an organization that demonstrates their commitment to pursuing sound public policy, building coalitions, creating and/or strengthening partnerships with the goal of improving the health of Minnesotans or the practice of medicine in Minnesota.

In accepting the award, NAMI Minnesota’s executive director Sue Abderholden remarked, “This award is especially meaningful because in a sense, MMA is also recognizing that mental health is part of health. Mental health care is part of health care. We appreciate the acknowledgement that our work is important to your work.”
Advocates Monitor Crisis Response Efforts, Other Issues

Public safety, policing, and crisis response continue to be top of mind for many people around the state. NAMI’s greatest concern is that many are overlooking our already established statewide crisis teams in favor of social workers embedded in police departments or independent crisis teams.

We are continuing to educate stakeholders and advocating to expand the capacity of the existing state-regulated teams rather than using precious resources investing in the justice system or creating duplicative services.

NAMI worked this year to pass “Travis’ Law” requiring 911 to refer to mobile crisis teams. We also worked to include mobile crisis providers on a working group to create certification and training standards for 911 dispatchers.

Use of Deadly Force
In September, a Ramsey County judge blocked the 2020 deadly force law. The law went into effect in March, but law enforcement associations pushed back citing a lack of time and training. They have now filed a lawsuit challenging the constitutionality of the law and raising concerns with stronger language requiring officers to articulate the justification for the use of force.

If the law is overturned, NAMI is particularly interested in responses to suicide calls after hearing some departments would no longer respond when the law was implemented.

Solitary Confinement
In August, NAMI Minnesota met with Corrections Commissioner Paul Schnell and key staff about restrictive housing practices, also known as solitary confinement.

NAMI sent a letter to the Commissioner this summer addressing the department’s 2020 Restrictive Housing Report. We were concerned with ambiguity around discipline, the lengths of time in solitary, racial disparities, and the impact on people under 25.

The Commissioner told us that because of the letter we sent, administrative staff over disciplinary procedures have initiated a six-month review of their practices. We’re grateful the Commissioner took the time to meet with us.

Competency Restoration
After two years of development, the work of the Community Competency Restoration Task Force was heard for the first time in the Senate Human Services Reform Finance and Policy committee. After an overview of the issue from the Department of Human Services, NAMI’s executive director and chair of the task force, Sue Abderholden presented the findings and recommendations of the group. A mother whose daughter was tragically murdered in February also testified at the hearing, highlighting the need for the legislature to act and assign responsibility for the appropriate supervision of people found incompetent to stand trial.

We are working this fall to finalize a legislative proposal with consensus from stakeholders. The proposal would create a statutory process to order people found incompetent to stand trial to the most appropriate level of treatment and supervision.

This will resolve the current problems around “gap” cases when a person is found incompetent, but they do not meet the standard for civil commitment. The bill would also create restoration services along a continuum and a new position called Forensic Navigators to support people through the process.

Policy Award Winner
NAMI Minnesota’s executive director Sue Abderholden was honored with the Esther Wattenberg Policy Award by the Center for Advanced Studies in Child Welfare. The award recognizes exemplary policy work impacting children and families in Minnesota. The presenters noted, “Sue (3rd from left) has devoted her career to changing laws and attitudes that affect people with disabilities, people with mental illnesses and their families.”
2021. NAMI Minnesota’s mission could not be carried out without the support of people like you.

Fundraising totals for this year’s Walk are still being tallied, but as this went to print more than $421,000 had been raised or 96% of our goal. It’s not too late to fundraise for NAMIWalks and support our mission. Visit our NAMIWalks website at namiwalks.org to make a donation to support this event and be part of our movement!

Last but not least, we’d like to thank our premiere sponsors Cigna and Zinpro, our presenting sponsor Blue Cross and Blue Shield of Minnesota, and all of our sponsors for their support of NAMIWalks. A full list of sponsors appears on this page.

Once again, thank you to everyone who made this event a success. And, be sure to mark your calendars for next year’s NAMIWalks, taking place on Saturday, September 24, 2022. We are hoping that NAMIWalks 2022 will be back in person at Minnehaha Park in Minneapolis!

Top Teams

Special Thanks to our fabulous team captains and the 171 teams that joined in NAMIWalks this year. Cheers also to our Top Teams, listed in order of how they placed by category.

Largest Corporate Teams:
Team Medica, Team Cigna, TEAM UCare, Team PrairieCare, Natalie Counseling & Psychology, Heads and Hearts United – DCM/BH/UM.

Largest Family & Friends Teams:
The A Team, SueNAMI, The AAH Team for Andrew Senn, Take a Hike, March for Moms, Mo’e Awareness for Mental Health.

Largest Community Teams:
Tremolos, Broombawlas, Kaleidoscopes, NAMI Legislative Committee Walk Team, St. Paul Reformation Team, Team Nora Zimmerman, Lighthouse Child & Family Services.

Largest Affiliate Teams:
NAMI Ramsey County, NAMI Washington County, Scott County Walks, Forensic/Katherine Peterson.

Largest Memorial/Tribute Teams:
Drew’s Crew, In Memory of Ella Jo, Guild-In Memoriam, Stigma Squashers, Jeff’s Legacy, Team Jayson.

Top Fundraising Teams:
WAMIS, Team Big Red, SueNAMI, Tremolos, Drew’s Crew, Family-to-Family, Team Cigna, Team Medica.

Top Individual Fundraisers:
Rosemary Janousek, Becky Scheig, Sue Abderholden, Emily Story, Kathy Daulton, Rick Lancaster.
NAMIWalks was often a day in the park.

A beautiful day to walk for a great cause.

In Memory of Ella Jo team.

Imagery: Team Broombawlas members.

HealthPartners team members.

Bicycling and then some for mental health.

Family-to-Family team members.

NAMI Washington County team members.

Land O’Lakes team members.

Securian Financial team members.

Flamingo team members pave the way.

Stepping Out Stigma team.
Researchers Aim at New Framework to Prevent Youth Suicides

Researchers have developed a promising new framework for suicide prevention in American Indian and Alaska Native communities. The research framework expands on conventional risk reduction strategies by placing Indigenous culture, knowledge, beliefs, and community collaboration at the center of the approach.

Suicide rates among American Indian and Alaska Native people are the highest of any racial/ethnic group in the U.S. The risk of suicide is particularly high among youth and young adults. In 2019, suicide was the second leading cause of death for American Indian and Alaska Native people ages 10 to 34.

Several complex and interrelated factors contribute to suicide risk and other health disparities in American Indian and Alaska Native communities. These include mental health disorders, substance use, historical trauma and loss, and other contexts of inequity. Factors that can protect American Indian and Alaska Native youth and young adults against suicide include a sense of belonging to one’s culture, a strong tribal/spiritual bond, the opportunity to discuss problems with family or friends, feeling connected to family, and positive emotional health.

Given the serious concern youth suicide presents to American Indian and Alaska Native communities, NIMH grantees James Allen, Ph.D., Lisa Wexler, Ph.D., and Stacy Rasmus, Ph.D., developed a unique framework for prevention that focuses on an individual’s access to protective factors rather than relying solely on risk factor reduction.

In the framework, researchers also emphasize how community-level factors (e.g., social networks and support, economic environment, access to traditional cultural and spiritual practices) influence the physical and social environment to impact individual behavior.

In contrast to more conventional suicide prevention approaches, this new framework combines suicide prevention strategies at the individual level with strategies at the community level to build resilience and promote wellbeing.

Using this framework, researchers aim to engage communities and encourage them to use cultural and community-specific resources to address the factors contributing to suicide risk.

This framework may serve as a way to reduce suicide risk, not only among American Indian and Alaska Native youth, but in other communities working to prevent suicide among children, adolescents, and young adults.

(Excerpted from NIMH, 9-23-21.)

People Incorporated Opens IRTS Program in Chaska

People Incorporated has opened its new Steiner Kelting Mental Wellness facility, 12-bed Crisis and Intensive Residential Treatment Services (IRTS) program in Chaska. The facility, near Lake Bavaria in Carver County, offers a tranquil place of healing for people living with a mental illness.

The program’s combined services model of care ensures that an individual in need of treatment services after a crisis stay can transfer from their crisis stabilization experience directly to treatment without waiting. It integrates mental health, medical, and substance use care in an inpatient, 24-hour, supervised setting for up to 90 days.

A step below hospitalization, IRTS programs help adults who need a high level of treatment and assistance. Services are designed to enhance psychiatric stability, personal and emotional adjustment, self-sufficiency and independent living.

“It has long been my hope to expand People Incorporated’s reach into our rural communities, says Jill Wiedemann-West, CEO of People Incorporated. “The opening of the Steiner Kelting Mental Wellness program is a vital step in this direction.” For more information, call 651-774-0011.

(Adapted from a People Incorporated press release.)
The NAMI Minnesota board has decided to move its annual State Conference to an online-only format on Saturday, November 13, from 9:00-4:00. This decision was made based on the current recommendations of public health experts and consideration of input from staff and members of our community.

The conference, titled Hope and Healing, will feature nationally known keynote speakers along with 15 breakout sessions on a wide variety of current mental health topics for professionals, individuals living with mental illnesses, family members, and advocates.

The opening keynote speaker is Elyn R. Saks, the 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.

Breakout session topics include grief experienced as a result of the pandemic; protective orders; the impact of systemic cisgenderism on the mental health of transgender, non-binary and gender expansive communities; information about the 2021 Legislative Session, and more.

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 annual awards will be given out and board elections will take place during the lunchtime program. The cost is $10 to attend and an additional $20 for CEUs. Scholarships are available. For more information and registration, please go to namimn.org.

Ramsey & Washington County NAMI’s Busy Fall

NAMI Ramsey County is busy organizing an event on employment, an informational session plus listening session on county resources, and their recurring Book Club. They recently hosted a panel on early signs of mental illness in children and they served as a panel for a Ramsey County League of Local Governments meeting, sharing their experiences with mental illnesses.

In September, they met with representatives from the Minnesota Department of Health to discuss the upcoming 988 crisis number and provide input, and with NAMI Minnesota’s public policy coordinator Sam Smith, to share their feedback and experiences for consideration for next year’s legislative priorities.

NAMI Washington County restarted an in-person family support group in a new location. They are in the interview stage of recruiting a board and will be hosting virtual elections in November. In early October, they hosted a screening of My Ascension, a suicide prevention documentary, partnering with the Youth Service Bureau, the Suicide Prevention Collaborative, and So. Washington County Schools. They are actively building relationships with area faith communities to share NAMI resources.

New NAMI Board Nominee

Mary Buck: “Supporting a close friend struggling with depression, mood disorder, and homelessness gave me an initial perspective and understanding of the challenges that people living with mental illness face. I strongly believe in NAMI’s approach of education, advocacy and support for individuals and families affected by mental illness. While I have indirectly worked with NAMI in the past, I look forward to the opportunity to bring my energy, networks, and experience to support NAMI’s mission of serving all people affected by mental illness.”
New BIPOC Speakers Program on Healing and Recovery

NAMI Minnesota is pleased to announce the launch of a new program, Our Journeys: BIPOC Stories of Healing and Recovery. In this program, speakers from BIPOC (Black, Indigenous, People of Color) communities share their stories of living with mental health challenges and the road to wellness. Storytelling centers culture and identities and is designed to provide hope, awareness and connection for community members.

This spring, NAMI Minnesota staff and BIPOC volunteers from NAMI’s Speakers’ Bureau teamed up to develop Our Journeys. They wanted to create a program to combine cultural storytelling, community conversations, and resources to bring hope and connection to people in BIPOC communities. The program provides space for speakers to focus their stories on the strengths, traditions and challenges of their communities.

To date, there are five speakers from diverse BIPOC communities trained to give Our Journeys: BIPOC Stories of Healing and Recovery presentations to the general public. Training includes story crafting and practice in a sharing circle to get constructive feedback from colleagues in the program.

If you’re interested in becoming a speaker for Our Journeys: BIPOC Stories of Healing and Recovery, please contact peerprogramCoordinator@namimn.org. If your community, organization, or place of employment would like to request an Our Journeys presentation, please contact publicawareness@namimn.org. We look forward to collaborating with you and watching this program grow.

Webinar Set on Suicide Prevention and Black Youth

Join NAMI Minnesota on Friday, Dec. 3, from 9:00-10:30 a.m. for a webinar called Suicide Prevention Among Black Youth: A Conversation with Dr. Arielle Sheftall. Learn more about her work with youth suicide prevention in this free online presentation.

Dr. Sheftall, PhD, is an Assistant Professor of Pediatrics at the Ohio State University Medical Center, and Principal Investigator at the Abigail Wexner Research Institute at Nationwide Children’s Hospital in the Center for Suicide Prevention and Research in Columbus, Ohio.

Her research focuses on the developmental mechanisms in early to middle childhood that confer vulnerability to future suicidal behavior to frame targets for early intervention to decrease incidence of a first suicide attempt in at-risk youth.

She is also interested in the racial disparity present in suicidal behavior among young children.

To register for this webinar, see “classes” at namimn.org.

Addressing Rates of Suicide in Black Youth

Rates of suicide in the young Black community are increasing faster than any other racial/ethnic group. In 2018, suicide became the second leading cause of death in Black children aged 10-14.

Part of this rise can be attributed to adversity that is faced by the Black community.

Racism, food and financial insecurities, and limited access to healthcare contribute to why Black youth are less likely to receive mental health treatment.

While risk factors and racial disparities between Black and White youth have been researched, there aren’t specific conclusions on how to address this problem.

In 2019, the United States Black Congressional Caucus formed an emergency task force entitled Ring the Alarm: The Crisis of Black Youth Suicide in America. Its aim is to address the rising rates of suicide in the Black youth population by identifying gaps in currently published research and to create a resource document for all who come into contact with Black youth in healthcare, schools and other settings. This is an important step in creating awareness about this problem and motivating stakeholders to work toward change.
NAMI Offers Ending the Silence Classes for High School Students

September marks the beginning of the school year and also the beginning of Ending the Silence classes in area schools. Ending the Silence is a 50-minute presentation for high school students, that teaches about mental health, mental illnesses, suicide prevention, where to get help and how to end the silence around mental illnesses. The class ends with a young adult telling their story about their journey with mental illness.

This school year NAMI Minnesota is offering the Ending the Silence class both online and in-person. Student feedback has been very positive about this program.

Comments on student evaluations of the class have included: “It was very relatable and showed many helpful ways to cope or help others.”

“When is honestly all entirely very useful because every single piece of information plays a part in our education on mental health.”

“People in the class will know they are not alone and can reach for help.”

“The most useful part of the class was knowing that there is a place where people could get help and NAMI is a great organization for that.”

Although school has just begun, Ending the Silence has already reached over 1,000 students this school year, with many more classes already set up. If you are interested in scheduling a class for your school or youth organization, contact Renée Labat at rlabat@namimn.org.

Girl Scout’s Gold Award Project Promotes Teen Mental Health

Girl Scout Megan Henkenius, from Irondale High School in New Brighton, recently completed her Gold Award project on teen mental health.

Megan believes that looking at art as a therapeutic expression starts conversations within communities. She worked to promote knowledge of mental health among high school students and the local community by:

* Having high school students create art about what mental health looks like to them.
* Starting up a student mental health club at her local high school.
* Hosting a community mental health walk.
* Displaying the student art at the H.E.A.R.T walk and local library.

Gold Award projects aim to tackle big picture issues and drive lasting change in their communities. Each Gold Awardee spends 1-2 years developing their idea and completing the project.

Throughout her project, Megan worked with NAMI Minnesota and other local organizations to gather resources on teen mental health.

Following the completion of the project, Megan graciously donated the art to NAMI Minnesota for display.

The Girl Scout Gold Award is the highest honor a Girl Scout can receive, and only about 6% of Girl Scouts receive this honor each year.

Megan Henkenius’ project focused on mental health and art. She donated the piece shown above called Never Enough to NAMI Minnesota.
Memorials
In Memory of

ARCHER AMOROSI
From Donald and Sharon Amorosi

JAYDEN MCKENZIE ANDERSON
From Patricia Anderson

MARINA ANDERSON
From Paul & Jan Anderson

RYLEIGH ANDREWS
From April Dorry

JOSHUA BELL
From Nancy Sciar

LISA BUOLD
From Joelene Magee

AMANDA BJORK
From Sara Bremer

Diann Carlson
Alyssa Fickas
Mary Johnson
Michele Keyport
Paul and Carol Krutti
Carie Maki
Sharon Mount
Elizabeth Sheppard
Vicky Wenzel

DOMINIC BORNING
From Vicki Fahey

ROGER BRANDT
From Joseph Brandt

DAVID BRUMMER
From Stephanie Reichert

JUDY BUSS
From Marilyn Bus

CHRISTOPHER CALLISTER
From Barbara Callister

Nicole Cleland
Jean Quam and Bonnie Duvvuto
Richard Rohrbough

JANIE CARLSON
From Robert
and Maribeth Anderson
Mitchell Best
Harold and Carol Conradi
Marya Connielsen
Christine Erlenbusch
Gavin Galimi
Cindy Larson
Anne MacPherson
Patrici and Karen Mathena
Ann Mohler
Jason Orr
Roy and Linda Schimmer
Lisa Sperchich
Ghiatna Worcester

R. BROOKS CHRISTENSON
From Joann and Michael O’Neill

MARY T. CLEARY
From Edward Cleary

PATRICK CONNOLLY
From Mary LeRoux

JENNIFER COOK
From Kathy Beenen
Joyce Byers
Margaretthi Fachab
Ann, Bruce, and Tracy Mooty
Sandra Raup
Brigid Spicola
John and Catherine Spicola

DARIEN
From Laurel Heers

June 18 to Sept. 16, 2021

MARNIE DIER
From Michelle Shapiro

NANCY DILLON
From Samuel Doten

DICK DOUGHERTY
From Mary Jo & Peter Clasen

TAMMIE SUE FENA
From Scott Oakman

BRIDGET GRAHAM
From Kathleen Graham

MARGE GRAHN-BOWMAN
From Gary Gerst & Tony Banovetz-Gerst

NANCY HUBBARD GULSVIG AND RICHARD “RICK” RYAN
From Lori Tostenson

DAVID HANFIN
From Wendy Jerome

BARBARA HARRISON
From Sue Abderholden
Carolie and Robert Collins
Leah and Charles Drouible
Joel Face
Roger and Mindy Greiling
Carol McMillin
Janell Pettit
Catherine Stenz
Geraldine Struss
Sherry Trasti

BEN HENDRICK
From Trevor Bjerke

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ALEX JOHNSON
From Beth and George Hower

J. JOHNSON
From ABCM Corporation

JUSTIN M. JOHNSON
From Jane Phillips
Madsen Reidan
Dean Stull

MITCHEL JOHNSON
From Biv and Steven Mello

LEE KELLER
(Husband of Sue Abderholden)
From Ona Abderholden-Keller
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Emi & Angelica Erikson
John Alying
Carol C. Bender
Kristine Berggren
and Benedict A. Oik, III
Robert Sauer & Therese Blaine
Carie Borchardt, MD
& George Realmuto, MD
Walter Bovers
Emily Carlin
Patricia Coldwell
Samuel Doten
Gilmore Edwali

Jennifer Egertson
Jonathan & Jill Eisenberg
Patricia Eliason
Charles and Carolyn Engelstinder
Jennifer Garber
Kathleen Graham
Melissa and Erik Heinen
Tony & Diane Henrichs
Stephen Huot
Robert and Laura Kadwell
Karen and Paul Keller
Angela Kimball
Diann Koch
Steve and Joan Larson
Darcey Mamone
Dudley Martineau-Mishiek
Sara Messett
Cindy Mueller
HeLEN Newell
Cindy Nollette
Ken Norton
Susan O’Neill
Don Ramler & Susan Orton
Pamela Parker
Walter & Mary Pettitd
Rich Portnoy
Karen Reid
And Vi Rousseau
Mary Schulte
Daniel and Julie Sjodal
Janet & Wilfred Williams

PETER RICHARD KELLEY
From Lucas Cran
Kate & Douglas Donaldson
Kerry Hunt
Janet Jones
Joan and Dick Strand

KEVIN P. KENNEY
From Judy Kenney

THOMAS KOCH
From Patrick O’Rourke

SAMANTHA KOLLES
From Sue Abderholden
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Jennifer Garber
Kathleen Graham
Melissa and Erik Heinen
Tony & Diane Henrichs
Stephen Huot
Robert and Laura Kadwell
Karen and Paul Keller
Angela Kimball
Diann Koch
Steve and Joan Larson
Darcey Mamone
Dudley Martineau-Mishiek
Sara Messett
Cindy Mueller
HeLEN Newell
Cindy Nollette
Ken Norton
Susan O’Neill
Don Ramler & Susan Orton
Pamela Parker
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Walter Bovers
Emily Carlin
Patricia Coldwell
Samuel Doten
Gilmore Edwali

NAMl Holiday Gift Drive
In December, NAMI Minnesota will be holding its Holiday Gift Drive for children and adults with mental illnesses who are in an inpatient psychiatric unit or residential mental health treatment facility. Gifts can be dropped off at the NAMI office during normal business hours, or you can make special arrangements. They must be unwrapped and received on or before December 15. We will need volunteer delivery drivers on Saturday, December 18. Contact volunteer resources@naminn.org to help or with questions. To use a special Amazon wish list created by NAMI Minnesota, please see “holiday gift drive” at naminm.org.
Grants Keep NAMI Minnesota Growing

Grants supporting NAMI Minnesota’s mission received from June 24 to Sept. 20, 2021. Unless specified, the grants are for General Operating.

**IRIS CIRCLE ($10,000+)**
- Bentson Foundation – To help NAMI Minnesota become a more culturally informed organization.
- Haggerty Family Foundation
- Jerome J. & Ursula Choromanski Family Foundation

**VISIONARY ($5,000-$9,999)**
- Janny Gothro, Schwab Charitable Donor Advised Fund
- The Terri and Rod Johnson Family Fund, in honor of Morgan Johnson
- Omaha Community Foundation

**BENEFACTOR ($1,000-$4,999)**
- Camille Burke, Donor Advised Fund
- Dallas Betz

**SUPPORTER ($500-$999)**
- Diann Koch, Donor Advised Fund
- Heather & Michael Cox/Grieve Cox Family Fund
- J. Thomas and Janet Rajala Nelson Fund of the St. Paul & Minnesota Foundation
- Joe Murray, Donor Advised Fund
- John Larsen Foundation – Junior Board
- Judy Hartman Charitable Fund
- Learst Giving Fund
- Nicolas Family Foundation
- Patrick O’Rourke Giving Fund
- Paul and Ann Capeder Family Fund, National Philanthropic Trust
- Emil and Marion Angelica

Fundraisers by Others

Thank you to 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 Kate at 651-645-2948 x104, or directorofdevelopment@namimn.org.

- All Are Welcome Here gave NAMI Minnesota $5,300 from their All Together Auction in May.
- Alliant Engineering employees chose NAMI Minnesota as their charity of choice through their Alliant Chips In employee giving program and donated $1,000.
- Minnesota Women of Today donated $714 from their Loose Change Challenge fundraiser.
- The Blaine High School Student Council raised $503 for NAMI Minnesota during Kindness Week.
- Janelle Evenson raised $150 for suicide prevention at her family reunion.
- Light of Christ Lutheran Church donated $80 during their May Mental Health Awareness Walk.
- Great Southern Bank of Springfield, MO donated $34.50 from their Community Matters Casual Day.

Hoarding Disorder Conference is Big Success

Organized by NAMI Minnesota, the Minnesota Hoarding Task Force, and the Trellis Mental Health and Older Adult Services Roundtable, the Minnesota Hoarding Disorder Conference: Mental Health, Safety and Dignity was held online on July 21.

The featured keynote presenter was Christiana Bratiotis, PhD, MSW, an Associate Professor in the School of Social Work at the University of British Columbia in Vancouver.

More than 400 people attended the conference, three keynote presentations and 11 breakout sessions. Attendees were housing managers, county and city staff, fire safety and emergency responders, mental health practitioners, families and people with lived experience.

Give to the Max Day is just around the corner, our state’s great Minnesota “give-together.” Mark your calendars for Thursday, November 18 — this is a great opportunity to give to your favorite nonprofit organization!
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### CALENDAR

#### November
- **13** NAMI State Conference
- **18** Give to the Max Day

#### December
- **1-20** NAMI Holiday Gift Drive
- **3** Suicide Prevention Among Black Youth Webinar

#### January
- **31** Legislative Session Starts

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