NAMI Minnesota’s annual awards were presented online this year, during NAMI’s State Conference. The outstanding work of these individuals and organizations makes a difference in the lives of individuals and communities around the state.

Pictured above is Dr. Teri Fritsma, Lead Workforce Analyst for the Minnesota Dept. of Health, who was recognized with a NAMI Public Service Award for working to address workforce shortages in the mental health field. She teamed with NAMI to develop legislation to expand loan forgiveness programs for mental health professionals and Licensed Alcohol and Drug Counselors, researched the increased use of telehealth during the pandemic, which led to policy changes, and tracked graduation outcomes for students in the mental health fields, mapping pathways to licensure.

For more on the 2021 award winners, and on the NAMI State Conference, please see pages 4-5.

NAMI Approves 2022 Legislative Goals

The lingering COVID-19 epidemic has taken a toll on the mental health of Minnesotans. While everyone has faced challenges, the impact has been heaviest on students, people with low incomes, and Black, Indigenous, and People of Color. With over a billion dollars in federal COVID relief dollars, and an over $7 billion dollar surplus, now is the time for the legislature to act decisively and make significant investments in mental health.

In a survey of NAMI members this summer, we learned that many crucial services were very challenging to access. For those who needed residential mental health treatment, 47.8% found it difficult to obtain this level of care and 30.4% could not access residential treatment at all.

Over 50% of NAMI respondents reported seeking inpatient psychiatric treatment, with 44% saying it was difficult to find a psychiatric bed and 17% unable to secure an inpatient admission.

One person reported: “Inpatient hospitalization was difficult. All beds were full in Thief River Falls.” For any other health condition these shortages would be unacceptable.

Our mental health system is not broken; we haven’t finished building it. While we know what works, there are huge barriers: workforce shortages, low reimbursement rates, lack of coverage by private health plans, and increasing demand for mental health services.

NAMI Minnesota has adopted its 2022 Legislative Goals. The top goals are to:

• Expand our mental health workforce by paying for supervision, creating incentives for mental health practitioners to become mental health professionals; expand the loan forgiveness program, and fund cultural healers.
• Create a community-based competency restoration process, locked IRTS, and forensic navigators.
• Define network adequacy according to the availability of services, and create open networks during this crisis.
• Fund the voluntary engagement services.
• Create and fund children’s crisis homes and increase funds for respite care.
• Prohibit jails from charging for phone calls from jail to case managers, mental health professionals and health care navigators.
• Provide education and training for judges on mental health issues.
• Promote safe gun storage and means restriction education.
• Increase funding for protected

See “2022 Legislative Goals” p.2
2022 Legislative Goals
...con’t. from p. 1

Governor Walz, Lt. Governor Flanagan, and the Children’s Cabinet came together on Oct. 18 to celebrate all the progress that has been made for children’s programs in 2021. This includes key mental health victories on children’s residential treatment, Youth ACT Teams, indexing MFIP to inflation, and more. NAMI’s Minnesota’s own Fanny Fernandez (pictured with Gov. Walz) serves on the Children’s Cabinet and was able to attend the gathering.

State Prepares for the 988 Suicide Lifeline

This July, 988 will be the new number for the suicide lifeline. A national three-digit phone is easier to remember and the hope is that this number can also easily link people to crisis and other services. Right now the MN Dept. of Health is working on an implementation plan. NAMI Minnesota and Mental Health Minnesota are both concerned about the lack of progress in identifying funding sources and an actionable implementation plan. In 2021, 28,430 calls from Minnesota were made but call centers in the state answered only 11,884. This means that less than half the calls are being answered in Minnesota, despite our target being 80%.

This is troubling since under 988 it will be even more important for the calls to be answered in-state, especially if they are to be referred to crisis teams. NAMI and Mental Health Minnesota are following this closely and are preparing legislation just in case the department doesn’t.

Victories for Children’s Mental Health Services Celebrated

In October Children’s Minnesota announced plans to open an inpatient mental health center at its St. Paul hospital in the latter half of 2022. Annually, the center is expected to care for more than 1,000 children and adolescents, meeting the urgent mental health needs of the most vulnerable kids in Minnesota and the region.

The new inpatient mental health center is part of a vision to create a mental health hub on that campus, which already houses many outpatient mental health services, including Developmental Pediatrics, the Center for the Treatment of Eating Disorders, Psychiatry, Psychology, Neuropsychology, Integrated Behavior Health and more.

The unit will serve kids under 12 years old, and is one of few in the state to admit all kids, even those with other complex medical conditions. It will be the first of its kind in the east metro area.

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NAMI Minnesota’s executive director Sue Abderholden remarked, “Children and youth are struggling with their mental health and we do not have the resources to meet their needs. Stories of boarding in emergency rooms are frequent and the need for more intensive services is growing. NAMI Minnesota is pleased that Children’s Minnesota is going to add inpatient psychiatric beds and invest in much-needed services for Minnesota’s children and youth.”

(Adapted from a Children’s Minnesota press release.)
NAMI Minnesota Tracks Criminal Justice Issues

There is a lot going on in this policy area. NAMI continues to advocate for better policies to divert people from the criminal justice system and to connect people to treatment.

We have finished drafting legislation to create a functional competency restoration process in Minnesota’s court system. This work began in 2019 when NAMI passed a bill to create the Community Competency Restoration Task Force.

NAMI’s executive director Sue Abderholden chaired the task force, with State Public Defender William Ward as vice-chair, and 25 members from across the legal and mental health systems. After submitting a final report and recommendations to the legislature in February 2021, NAMI has continued working with stakeholders to write consensus language to address this serious issue.

Competency restoration refers to people who cannot stand trial in criminal court because of a mental illness or cognitive impairment. Right now, when the court finds a person “incompetent”, the defendant is referred for civil commitment but only about half of the thousands of people found incompetent every year will actually be committed.

NAMI’s proposal will resolve several issues:

- Directs judges to order people to competency restoration programs - not civil commitment - with clear directives, responsibilities, timelines, and procedures.
- Creates a continuum of restoration programs to meet any level of care and public safety needs, including inpatient, outpatient, and jail-based programs.
- Creates Forensic Navigator positions in each judicial district. They will be trained to work with the mental health and legal systems to support people in obtaining assistance and meeting court requirements.

In December NAMI sent a letter to the Peace Officer Standards and Training Board (POST) on the use of confidential informants in law enforcement activities. Confidential Informants (CIs) are people working with law enforcement to gather information on investigations in exchange for money or resolutions for criminal charges. Matthew’s Law was passed in the 2021 session after several years of advocacy from John and Denise Klaus. The Klaus’ son, Matthew, died by an accidental overdose after completing several controlled buys for a Police Department.

NAMI Minnesota submitted comments on the draft policy that focused on the health and safety of the CI. This included allowing CIs to voluntarily deactivate if they feel unsafe and reducing the time a CI would be reviewed from one year to six months.

We also recommended that the policy:

- Use person centered language and not use terms like “addict” and “abuser”.
- Allow CIs to have their attorney review any agreements.
- Exclude mental health court participants from being CIs.
- Explicitly prohibit children under guardianship of the state as being used as CIs.

The board adopted the policy without including all of our changes but will be holding a meeting later next year to discuss them further.

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Earlier this year, NAMI Minnesota participated in a task force to look at reforming law enforcement education in Minnesota State colleges. The task force submitted recommendations to the board of trustees and the chancellor on improving Professional Peace Officer Education (PPOE) programs throughout the state.

The Minnesota State college system educates about 80% of students who will go on to be law enforcement officers in Minnesota. The recommendations included increasing mental health crisis and cultural competency for PPOE programs.

This summer a Faculty Community of Practice Workgroup was formed to begin prioritizing and implementing the recommendations. The board of trustees released a one-page update of their progress. NAMI will continue to monitor the work of Minnesota State colleges in improving education for law enforcement and work with the POST Board that oversees PPOE programs in the state.
NAMI State Conference Offers Hope and Healing

NAMI Minnesota’s Annual State Conference took place online on Saturday, November 13, 2021. Over 250 people from across Minnesota joined over Zoom on the day of the conference to learn from our knowledgeable and passionate lineup of keynote and breakout session presenters.

First we heard from Dr. Elyn Saks about her experiences living with schizophrenia as well as tools and resources she has drawn on to live a full life. To close the day, Dr. Damien Fair, the Redleaf Endowed Director for the Masonic Institute for the Developing Brain, shared his background and what interested him in this work. He went on to discuss the work that this new institute focuses on and interdepartmental techniques that are being used with the goal of improving brain health in kids.

Between these keynote presentations, attendees had the opportunity to attend 3 of 15 breakout sessions on a variety of topics. Among them, breakout sessions included:

A presentation by Dr. Marc Markell who discussed grief and loss during the time of COVID and how to be helpful and supportive to yourself and others; and a panel discussion in which Sandy Lewandowski, George Dubie, Lisa Xiong and Mark Sander talked about how the pandemic, the killing of George Floyd, distance learning, and high stress in families has impacted children.

In addition, Dr. Alex Iantaffi shared about cultural, political and social landscapes impacting the mental health of transgender, non-binary and gender expansive people, and how to be supportive in our everyday lives; and Susan Beaulieu explained how to understand and mitigate the impacts of trauma and toxic stress on the nervous system.

Congratulations to NAMI Minnesota’s 2021 award winners. These awards recognize individuals or organizations that have demonstrated extraordinary work and advocacy on behalf of children or adults with mental illnesses and their families. This year’s outstanding award winners were recognized during the lunchtime program.

NAMI Minnesota’s board elections also took place during the lunchtime program. Julie Atella, Mary Buck, and Sonal Markanda were newly elected to join the board and Jessica Gourneau, Diann Koch, Rick Lancaster and Mariah Owens were re-elected.

Our thanks to our major conference sponsors. This event could not take place without their generous support: Takeda, Janssen Pharmaceuticals, Johnson & Johnson, Medica Foundation, St. David’s Center for Child & Family Development, Securian, Zinpro Performance Minerals, the Department of Psychiatry at the University of Minnesota, Northwood Children’s Services, Vail Place, Minnesota Psychiatric Society (MPS), FastTrackerMN.org (a MHCF program), Advanced Brain + Body Clinic, and Newport Healthcare.

More Award Winners

Change, Inc. was recognized with a NAMI Provider of the Year Award for its outstanding efforts to meet the individualized education needs of students, including social-emotional, mental health services, and basic needs resources such as meals, childcare and transportation.

Greater Minnesota Family Services was honored with a NAMI Provider of the Year Award. They provide a wide variety of services in 40 counties, including early childhood, family support, school-linked services, and shelter care. Any time NAMI has needed a provider of children’s services to testify at the Capitol, they have said yes.

NAMI Introduction to Mental Health Advocacy

This NAMI Minnesota mental health advocacy training will introduce you to the legislative process and equip you with the tools to be an effective mental health advocate at the state level. See “classes” at namimn.org and join in this online training on any of the following dates: Saturday, January 22, from 12:00-2:00 p.m., Wednesday, January 26, from 5:30-7:30 p.m., or Monday, January 31, from 5:30-7:30 p.m.
NAMI Minnesota 2021 Award Winners

Daniel Kemp was honored with NAMI’s Volunteer of the Year Award. Daniel has volunteered at the NAMI office for many years. During the pandemic he even picked up work from the office to do from home. He has shown incredible patience, grace and support in navigating his volunteer work during the pandemic. NAMI greatly appreciates Daniel’s help and support.

Karla Weber was presented with NAMI’s Professional of the Year Award. She is a psychologist and Licensed Alcohol and Drug Counselor who is considered a Healing Generations Therapist. People who know and work with Karla at the American Indian Family Center mention her compassion, and her commitment to providing culturally informed treatment. Her work exemplifies best practices, and demonstrates commitment to and leadership in the field of mental health.

Sen. Karin Housley (District 39) won a NAMI Legislator of the Year Award. She authored the huge bill to create uniform service standards for our mental health system. She championed NAMI’s bill to create a task force on sober homes so that we could ensure access but also quality, and she was also the chief author of NAMI’s bill that suspends rather than terminates people’s waiver if they are receiving residential or inpatient treatment for up to 121 days.

Rep. Heather Edelson (District 49A) won a NAMI Legislator of the Year Award. She was the House author for NAMI’s sober home bill and has shown exceptional interest in changing our juvenile justice system. She has also worked to ensure that additional supports were available for special education students and their families during the pandemic.

The Yellow Line Project in Blue Earth County was honored with NAMI’s Criminal Justice Award. The project seeks to intervene when someone has a mental illness or substance use disorder. They are able to divert people accused of low-level, nonviolent crimes from jail to treatment services.

Zinpro was presented with NAMI’s Employer of the Year Award. They reached out to NAMI wanting classes and resources for their employees. Even pre-pandemic, Zinpro was concerned about their employees’ mental health. They worked together with NAMI to start a great campaign for mental health and this collaboration continues to this day, including Zinpro being a Premier Sponsor of the 2021 NAMIWalks.
Studying Risk Factors for Psychosis in Children

In a new study, researchers examined the association between distressing and persistent psychotic-like experiences (PLEs) in youth and important risk factors for psychopathology. “Although we know some children have psychotic-like experiences, it has remained unclear which will go on to develop psychotic disorders later in life,” said Shelli Avenevoli, Ph.D., deputy director of the National Institute of Mental Health (NIMH) and an author on the study.

“This study shows that children who have persistent, distressing psychotic-like experiences face significant challenges during development, suggesting the value of early intervention for all children with these experiences, regardless of whether they go on to develop psychotic disorders.”

More than 17% of children between the ages of 9 and 12 experience PLEs, such as mild perceptual abnormalities or delusional thoughts. However, only a small subset of these children will develop psychotic disorders. One factor that could help distinguish clinically relevant PLEs from benign ones is whether the psychotic experiences are persistent and/or distressing.

The researchers utilized data from the Adolescent Brain Cognitive Development (ABCD) study, a large-scale research effort that is collecting data on 9 and 10-year-olds across the U.S. The researchers used this data to form four groups: a persistent distressing PLEs group, a transient distressing PLEs group, a persistent non-distressing PLEs group, and a transient non-distressing PLEs group. PLEs were considered persistent if they were reported during at least 2 waves of data collection and distress was assessed using a self-report survey.

Overall in the study, the greatest functional impairments and mental health service utilization were seen in those with both distressing and persistent PLEs. In addition, youth who experienced persistent, distressing PLEs had greater bipolar, externalizing, and internalizing symptoms than youth without persistent, distressing PLEs.

The findings of this study indicate that children with persistent, distressing PLEs show elevated risk factors in domains such as psychopathology, functioning, and cognitive performance. These results suggest that persistent, distressing PLEs represent an important screening indicator of youth who go on to develop long-term challenges, regardless of whether they go on to develop psychotic disorders, and may indicate which children are prime candidates for early intervention.

(Excerpted from a NIMH press release, 11-17-21.)

Masonic Institute for the Developing Brain to Open

The Masonic Institute for the Developing Brain (MIDB), a research institute of the University of Minnesota, is planning to open soon. The Institute will provide “a new era of research to diagnose, prevent, and treat neurological disorders from early childhood through adolescence,” according to an article by Kelli Billstein on the University’s website called “Analyzing Big Data to Understand the Developing Brain.”

The Institute, under the leadership of co-directors Damian Fair, Ph.D. and Michael Georgieff, MD, will combine the use of various research disciplines at the U of M, including core analytics and biostatistics from the School of Public Health.

In the article, Faculty member Asst. Professor Mark Fiecas and Professor Saonli Basu talked about their roles in the research. “A lot of the work I do involves developing statistical methods for analyzing brain images, and much of my research is related to adolescent mental health, specifically depression,” said Professor Fiecas.

Professor Basu remarked, “Trying to understand what underlies addiction or mental health problems that kids develop is a public health issue. And those problems are increasing at an alarming rate. There’s so much about the developing brain that we don’t know and the MIDB analytics core will help accelerate progress in filling in the gaps.”
Surgeon General Releases Advisory on Youth Mental Health

The U.S. Surgeon General recently issued an Advisory outlining the current state of our youth’s mental health and offering suggestions for individual and systemic changes to support the mental health of our country’s children and youth. So, what is an “Advisory?”

“A Surgeon General’s Advisory is a public statement that calls the American people’s attention to an urgent public health issue and provides recommendations for how it should be addressed. Advisories are reserved for significant public health challenges that need immediate awareness and action.” (Protecting Youth Mental Health: The U.S. Surgeon General’s Advisory; for the full report visit SurgeonGeneral.gov.)

This is an in-depth 53-page report that begins by describing the status of youth mental health prior to the COVID-19 pandemic and the various factors that impact mental health in general. These include environmental and biological factors (genetics and life experiences such as trauma), age, race, coping skills, safety, healthy food, access to health care, academic pressure, discrimination, and financial instability to name a few.

Although there are many youths who are resilient, there are certain groups who remain at greater risk due to developmental disabilities, their race and ethnicity, gender identity, involvement in juvenile justice, and those experiencing homelessness.

Where do we go from here? The Advisory report describes the need for systemic change and outlines the various steps that can be taken by young people as individuals, families and caregivers, educators, social media, health organizations, community organizations, federal and state agencies, and the role of ongoing research.

Some of those initiatives include taking action to ensure safe online experiences, providing comprehensive and affordable coverage for mental health care, strengthening school-based mental health programs, expanding suicide prevention efforts, and improving coordination across all levels of government to address the mental health needs of our children and youth.

The Advisory report provides several resources for young people, community organizations, employers, funders, foundations, social media & videogaming tech companies, health care organizations, educators and families. As a community, let’s do our best to provide hope and healing to all the children, youth and families who are in need of this vital support.

CIC Brings Healthcare Innovation and Collaboration

Convergence Integrated Care (CIC) is a statewide, clinically-integrated network of 24 independent non-profit community behavioral health agencies across Minnesota. Member agencies formed this network to create a system of community behavioral health care. CIC provides high quality care and coordinated care pathways, improving access to services and treatment and closing referral loops for clients. CIC’s staff team provides member agencies with services to help them build integrated service models, and improve quality and outcomes for their clients. The network assists member agencies in designing and improving their work and creating new innovations in service delivery. Its goals are to advocate for and build an integrated system that prioritizes and meets clients’ needs where they are.

NAMI Research Dinner

NAMI Minnesota and the University of Minnesota’s Department of Psychiatry will hold its 20th Annual Research Dinner on Monday, Feb. 28. The event provides hope and brings new research findings on mental illnesses to the community. Save the date for this special online celebration.
NAMI Works to be Culturally Responsive and Inclusive

NAMI Minnesota has made great progress in advocating for increased access to culturally responsive mental health education and support for the Black, Indigenous, People of Color (BIPOC) communities. A Director of Equity and Multicultural Outreach was hired in October to lead its diversity and equity efforts for BIPOC individuals.

NAMI is currently working to create a directory of resources so individuals can easily navigate mental health providers, agencies and support based on their cultural identities. NAMI staff members take part in monthly trainings to continue to practice cultural humility and further their understanding of diverse individuals. NAMI is also working to implement the CLAS standards (culturally and linguistically appropriate services) throughout the agency.

Additionally, NAMI recently created a Diversity, Equity, and Inclusion working group that consists of seven members. The goal of the working group is to examine NAMI Minnesota presentations, publications, and processes to ensure that NAMI’s work is culturally responsive.

Several of NAMI’s educational booklets and fact sheets have been translated into Spanish and Somali. Some of NAMI’s classes continue to be offered in Spanish as well. Plans are to add Mental Health 101, and Race, Discrimination and Trauma presentations to NAMI’s ongoing lineup of classes for the public in 2022.

NAMI Minnesota understands the mental health disparities that exist between BIPOC communities and white communities, so continued intentional efforts are made to be culturally responsive and inclusive to the many communities that make up Minnesota.

Suicide Prevention Among Black Youth

Suicide Prevention Among Black Youth was the topic of an online conversation with Arielle H. Sheftall, PhD, Assistant Professor of Pediatrics at the Ohio State University Medical Center held on Dec. 1.

Dr. Sheftall shared from her research, which focuses on the developmental mechanisms in early to middle childhood that confer vulnerability to future suicidal behavior to frame targets for early intervention and decrease incidence of a first suicide attempt in at-risk youth.

She also discussed racial disparity present in suicidal behavior among young children and findings of the Congressional Black Caucus Taskforce examining risk factors, practice, and policy recommendations necessary to decrease suicidal behaviors in Black youth.

Family to Family Teacher Training Set

NAMI will be offering Family to Family teacher training online on Feb 19-20, 2022. This training is for those who have taken the Family to Family course and want to support other families with this curriculum. Contact Marilyn at mdornfeld@namimn.org for a short interview or questions.

Spanish-Speaking Crisis Text Line

Crisis Text Line, the not-for-profit providing free crisis counseling via text message, began offering its service in Spanish on October 15, 2021. Text HOLA to 741741 or text to 442-AYUDAME in WhatsApp to be connected to a trained Crisis Counselor in Spanish.

The organization is actively recruiting and training volunteers who are bilingual in English and Spanish to help support the underserved population of LatinX experiencing a crisis. The need for this service is high. Suicide among young Latinas is a major public health concern as they attempt suicide more often than any other group of female teenagers nationwide, according to the CDC.
Affiliate News

NAMI Minnesota is very happy to welcome NAMI McLeod County and NAMI Rice County back as active affiliates after many years. They join the grassroots organizing efforts of over 600 NAMI Affiliates nationwide, making a difference for individuals affected by mental illnesses and their loved ones. The strength of NAMI is in our grassroots membership. We are grateful and inspired by our affiliate leaders, who use their voices, time, and talent to advocate for and support people impacted by mental illnesses.

Whether it is the help and kindness shown at NAMI support group meetings, the information provided through classes such as Hope to Recovery, or advocacy efforts with local government, schools and other agencies to ensure best practices are followed when it comes to mental illnesses, affiliate leaders are creating change in their communities every day.

Tributes in Honor of

SUE ABDERHOLDEN
From Greater Minnesota Family Services
Charlotte Sebastian
and the FMNW Podcast Team

AL, ANDREW AND RYAN
From Kristin & Stephen Youngquist

KEVIN ANDERSON AND EMILY CARLSON
From Caitlin Ricks

AP
From Anonymous

NATE AND ALYSSHA ROSE BIRD
From Stefanie Hirt

MIKE BURNS
From Thomas Brown

DALE CAROTHERS
From Sara Carothers

CHRISTINE AND PETE
From Mary Trippler

THE CLIENTS OF SIGNATURE WEALTH MANAGEMENT
From Mohammad Vedadi & Signature Wealth Management

DIANE DAILEDEN
From Amy Reisdorf

DR. TRAVIS FAHRENKAMP
From Maggie Anderson

OUR FAMILY
From Judy & Elmer Gilow

MICHAEL G.
From Katherine Heidorn-Reed

JULIE ANN GERLITZ
From Julie Poppitz and Mendota Elementary School

NIKO HANSEN
From Michael Kappel

SUSAN AND GRANT HENRY AND THEIR FAMILY
From Barbara and Robert Bass

JESS HUHNENKOCH
From Trevor Bailey

INTERNATIONAL SURVIVORS OF SUICIDE LOSS DAY
From Jessica Spears

JENNA IRWIN
From Taia Strachan

BUD AND ROSEMARY JANouseK
From Patricia Stang

MY SON JOEL
From Lyle Steinfeldt

LINDA JONES
From Shannon Fitzpatrick

JULIE FAHRENKRUG LAWRENCE
From Bob and Eileen Fahrenkrug

CRYSTAL LOUWAGIE
From Trevor Bailey

HAILEY MERRILL
From Cheryl Mullin

JACOB NORMAN
From Anonymous

TIM NOVAK
From Gail and Richard Bohr

MATTHEW ORNSTEIN
From Robert Bennett

JOAN P.
From Anonymous

LARRY AND JUDY PRAFF
From Lynda Lee

ABbie POush
From Taylor Callais

Eric Schmitz
From Joan Hancock-Dow

John & Sheila Seaberg
From Jim & Judy Seaberg

Sharlene
From Cindy Storm

Marlynn Strand
From Denise Holtz

JENNA SUSKO
From Michelle Morehouse

Jerry & Barbara Lindberg
From Richard & Inez Tousignant

Benjamin tye
From Esther Scarpello

University of Minnesota’s Alpha Epsilon Pi Fraternity
From Hersh Berman

Kyle White
From Colleen Fischer

GTMD is a Big Success

A huge Thank You to everyone that supported our Give to the Max Day (GTMD) fundraising campaign on November 18. Because of your belief in NAMI Minnesota’s mission, we are excited to announce that over 220 donors raised nearly $38,000, exceeding our goal of $35,000! We are so grateful to every person that supported our GTMD campaign.
Memorials In Memory of

COULAnderson From Kody McCollum
SHIRley ANderson From Teresa Dibbert Steven Harris Tony Miller
Tpey BAMBEMEKR From Helen Newell
RONAN BANAVgE From Don and Jolene Vodegel
JOSHUA BELL From Stephanie Bell Dianne and William Kimmer
AMAANDA BJORK From Katherine Duffy
DOMINIQUE ‘NICK’ BLANCHET From M. Loraké Blanchett
JOAn BOWfER From Bess Manessis
JOSHUA BRANUM From Greg Beamer Stephanie Heldman Jill Reedy
DAVID BUNGUM From Denise Gesme
CHRISTOPHER CALLISTER From Curt Callister Kenneth Rein
MARY TERENCE CLEARY From Edward Cleary
GREGORY CUB From Anastacia Marlett
HARRETT COLLOPY From Anonymous Bruce Halverson
JENNIFER COOK From Margaret Allegri Lori Ernst George F. Cook and George F. Cook Construction Co. Lauren Larson Lisa Logelin Sue and Van Larson Shelley Shreffer
WILLIAM HARRY (LUM) COOK From Dayton and Annette Cook Bob and Donna Masters Rhonda and Chad Masters
NATHAN DARVAL From Stephanie Bell Jodi Donal Keith Bangasser and Karen Rosman-Bangasser
DEREK AND TONY From Mark and Brenda Wiger and The WiCare Fund
MARY DULLUM From Elizabeth Dullum
CHRISTOPHER J. ENDICOTT From Rebecca Hostetler Kristi Weber
ADAM ERICKSON From Mary Wild Crea
JEANNE EXLINE From Shirley and Ken Anderson

Sept. 17 to Dec. 16, 2021

MIKE AND DANIELLE FINLEY From Eric Black Timothy and Susan Brady Sherrin E. De Sam Lazarou Gerald Dejaager Laura Forrest Anna Henry & Jerod Hugus Peterson Lorrie and E. Joel Holmgren Jay Novak & Jennifer Novak Susan Wichmann and D.R. Martin
JANE FROST From Thomas Frost Mary Haag Kathy Rootvold Hampton Wiltom KENDRA FULILLER From Nora Krahn
ANDY GERST From Brian Benton Kathryn Gerta Alch & Robert Alch
MICHAEL GERSZEWSKI From Halle Rostberg Brian Walton Bill Wheeler
DR. WILLIAM BOURKE GLEASON From Mariaelena Adams
GAIL GOETTSCH From Calin Borlin Michael Ching Shannon Chopnacki Lisa Collins Anna Davis Virginia Evans Jean Gibebernek Susan Giettsch Michelle Hougan Gary and Beth Hornak Pat Ives Jill Klingler Kris Larson Kathleen Lucia Kimberly and Christopher Pizenger Stephen and Mary Robinson Syed Shah Julie Stackhouse Philip Stacy Mary and David Streed Ann Tubbs Carla Zimmerman LEVI GONZALEZ From Amber Hofer
DAVID HANLIN From Renee Hanlin
BEV HALVORSON From Vicki Johnson
RACHEL IVEs From Bethany Kostolink
JACKIE JACKSON From Joanne Borchard Marcus Jack Canadian Onkely and Elaine Keuning
ISHAN JEBENS-BINGH From Nancy Savoia Kies
GARETT JELLIUS From Patricia Christiansen William Eckick Vicki and John Frazier Paul and Laura Jellison Judy Johnson Diane Miller Julie Miller Tara Miller Colleen Peterson Cynthia Petroca Jean Shutter Charles Sullivan Suee Tolzin Chris Whiting
ANDREW JENSEN From Steven and Robin Jensen Carol Vetsch
ARON THOMAS JOHNSON From Elizabeth Dullum
ALEX JOHNSON From Margaret Corlin Duevel & Jim Duevel
DUSTN JOHNSON From Gary Skliengger and Erin Williams
LINDA RAE JOHNSON From Rev. Julian Hall Thomas and Valerie McGuire Gary and Estelle Stolstad
JEFF KANER From Joseph Kaner
DR. JUDITH KASHTAN From Sue Abderholden Susan Addy Scott and Terry Bader Carrie Borchardt, MD & George Realmuto, MD Donna Carpenter Carol Cummings Margo Dempsey and Children’s Memorial Professional Staff Marn Fried Marsha Georgioli Jennifer Gold Barry Gross Dionne Hart, MD Kathleen and Robert Hendrickson Hertz Family Foundation Dr. Clifford Kashtan Amanda Koehler Elizabeth Kurnetz Sharon Laggas Linda Laim Andrew Larsen, PhD William Mansell Jane Marks Glenn Martin Minnesota Psychiatric Society Rosemary Newhardt Pamela Oppener Fred Oster Marisa Peczh Michelle Rheault Nancy Silver Stanley Silver Carrie Steenlage Stephen Smith and Deborah Zvices Beth Vogt Linda Vukelic Bradley Wileman
ANDREW KASS From Deanna Belden Patricia Bobacker Rebecca Dobosh Mary Harkess Steven and Mary Kass Rebecca Melby Matt Menninger Jay and Stacy Owens Alison Unger Susanne Votruba
LEE KELLER (Huband of Sue Abderholden) From Ferial Abrahm Paula Albergo Kurth and Amy Kurth Burin
Holly and Pat Downer Janet Grove-Irvin and Jeni Irvin Teressa Lippet & Frederick Ginter Miltion Schoen Colette and Randall Szesznny Grace Tangard Schmitt
PETER RICHARD KELLEY From Teresa Cullen Terry and Mary Foster
PETER KELLY From Michael O'Donnell
SARAH KHRORAM From Carolyn and Edwin Bell
KEVIN KIMBER From Stephanie Bell Diane and William Kimmer
ARON KITCHENER From Lucinda Cummings Ph.D. and Robert Segal, MD William Gardner
THOMAS KOCH From Mona Domsas Lory Dornbush
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LAURA ROSE LAWRENCE From Liza Lawrence
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JAMIE ANN LEY From Timothy Ley
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NICK MCCULLOCH From McCullon Family Foundation
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NATE RUSCHE From Mike and Mary Drache
CHRISTOPHER WRIGHT From Shelyn and Jim Wright
Grants Keep NAMI Minnesota Growing

Grants supporting NAMI Minnesota’s mission received from Sept. 25 to Dec. 21, 2021. Unless specified, the grants are for General Operating. DAF signifies Donor Advised Fund.

**IRIS CIRCLE ($10,000+)**
- Dave’s Compass of Hope
- Engler Family Foundation
- Haggerty Family Foundation
- Liberty Diversified International – Youth Programming
- Manitou Fund – Children’s Programming
- McCulloch Family Foundation, DAF
- Nickel Open Fund
- Patricia (Trisha) A. Stark, PhD, LP, DAF
- The Rosebud Family Fund, NAMIWalks
donation in support of Bud & Rosemary
- William and Connie Carroll Endowment Fund of the Saint Paul & Minnesota Foundation – Dakota County Emergency Fund

**VISIONARY ($5,000-$9,999)**
- Cannon Family Foundation, a Signature Fund of The Minneapolis Foundation in honor of Jessica Hart
- Henry and Katherine Doerr Memorial Fund of The Minneapolis Foundation, DAF
- Kathleen Oswald, TTPR Foundation, DAF
- Paul and Ann Capeder Family Fund, DAF
- Stephen and Claudia Sefton, ABPI Fund
- The Betsy and Tim Koch Charitable Gift Fund, DAF

**BENEFACTOR ($1,000-$4,999)**
- Ann Eickhoff Charitable Fund, a DAF of Renaissance Charitable Foundation
- Anonymous, DAF
- Barnhill Family Fund of The Minneapolis Foundation, DAF
- Bruce & Carol Lowell Family Fund of the Bank of America Charitable Gift Fund, DAF
to support Twin Cities area programs
- Carney Family Partnership, DAF
- Garvey Family Foundation, DAF supporting NAMIWalks Team Forever Young participant Kathy Daulton
- Grieve Cox Family Charitable Fund, DAF
- Gudorf Family Foundation, DAF
- John P. Thie len and Meg Glattly Charitable Trust, DAF
- Kathy Dulton, Team Forever Young
- Kelsey, Greater Horizons, NAMIWalks
- Kennefick Charitable Fund, supporting NAMIWalks participants Bud & Rosemary
- Lea rst Giving Fund, DAF
- Leonard (Bud) A. MD & Karen O. Nordstrom, DAF
- MacDonald-Orbison Family Fund, DAF
- Marty P. & Frederick G. Bergsrud, DAF to support suicide prevention
- McGlynn Family Foundation
- Open Door Foundation
- Pamela Kirkpatrick Giving Account, DAF
- Robertson-Smith Charitable Fund, DAF
- Roger F. Hoegaard Family Fund of The Minneapolis Foundation, DAF
- Kaplan Family Foundation
- Sacajawea Charitable Foundation
- Stabilsh Foundation FBO John A. & Karen J. Meslow Charitable Fund
- Terry & Linda Kieken Charitable Fund, a DAF Fund of U.S. Charitable Foundation
- The David Washburn Philanthropy Fund, DAF supporting the Suicide Survivors’ Club
- The Lilja Family Foundation, DAF
- The Mary & Gary O’Brien Family Fund of The Minneapolis Foundation, DAF
- Tom & Margaret Gilson, DAF
- Tradition Family Foundation, on behalf of employee Melissa McCarthy
- Waeghe Zastoupil Fund of The Saint Paul & Minneapolis Foundation

**SUPPORTER ($500-$999)**
- Amy Borgeson Charitable Fund, DAF
- Barbara Youngberg, DAF
- Colin and Julia Breyer Fund of the Minneapolis Foundation
- Darlene A. Peterson Charitable Fund of Willmar Area Community Foundation, DAF
- Holden Family Foundation
- Jean Enloe, DAF
- Jonathan and Michelle Wood, DAF
- Mark W. Conrad & Sarah M. McKenzie, DAF
- Richard and Mary Anne Pedtke Charitable Foundation of the Ayco Charitable Foundation
- Schroeder Family Charitable Fund, DAF
- The Burrock Family Charitable Fund, DAF
- Wayne & Joyce Schut, DAF

**Fundraisers by Others**

Thank you to our Do It Yourself (DIY) fundraisers for supporting NAMI Minnesota’s mission. To find out more about DIY fundraising, contact Kate at 651-645-2948 x104, or directorofdevelopment@namimn.org.

- DiaSorin raised over $8000 for NAMI during their Boo Bash fall fundraiser.
- Training for Warriors East Metro raised $4796 during their Night of the Living Deadlift event.
- Peace Coffee raised and donated $2674 to NAMI during their Cyber Monday Weekend of Giving.
- Joseph Colvin donated $1300 raised through his work as a DJ.
- Buffalo Fuzz gave $500 to honor Jake Allan Tousignant 1994-2018. Funds raised by The Flame Project.
- OSLC Mission Church raised $430 for during their August mission.
- Trevor Campbell and Rico Birch held a suicide awareness benefit hosted by TEK, sponsored by Moxy Hotel, NEWJACKENT/A.WIN Music and Twin Cities Hiphop Corner that raised over $300.
  - A support group for parents of children with a mental illness raised $206.
  - Love Disorder donated $206.
  - H.B. Fuller donated $150 through their Growvember program.
  - Live to Give raised $150.
  - Walgreens Cash Rewards Program through the GoodCoin Foundation donated $100.
  - Cooper High School raised $74.55 through donations collected at a volleyball game this fall.
  - The Estates at Fridley donated $51.50 raised during their Monarch Healthcare Management Charity Day.
  - Character Apparel Giveback Donation and GameDay Competition Vendor Booth Sales raised $28.04.

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651-645-2948 or 1-800-NAMI-HELPS | namihelps@namimn.org | namimn.org
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CALENDAR

January
22, 26, 31 Mental Health Advocacy Trainings
31 Legislative Session Starts

February
7-13 Children’s Mental Health Week
19-20 Family to Family Teacher Training
28 NAMI Research Dinner

March
1 Self-injury Awareness Day
30 World Bipolar Day

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