Dear Friends

There’s no question that our collective mental health has been challenged during the last year: Living with uncertainty, the stress of working from home and teaching children, and the fear of catching COVID-19 for essential employees and people working in health, mental health, and long-term care. The CDC and SAMHSA surveys have shown marked increases in depression and anxiety among all ages and a marked increase in suicidal thoughts among young adults. However, while we have been in the same ocean, we’re not in the same boat. We know that the pandemic has disproportionately impacted communities of color and that people with schizophrenia were also more likely to catch and die from COVID.

NAMI Minnesota’s fiscal year runs from July 2020 to June 2021, so we spent the entire year operating in a pandemic. It was particularly challenging since so much of NAMI Minnesota’s work involves connecting to people. Despite that, building on what we learned during the last quarter of FY 2020, we managed to increase the number of people served through some of our specific classes and maintained 50% of our support groups. Some classes could not be delivered virtually because of their length so we had to either rewrite the curriculum or increase the number of other classes presented. Necessary adjustments that were made to enable us to carry out our work included training staff and volunteers how to use Zoom, and changing how we track attendance and conduct evaluations.

NAMI Minnesota created new programming in response to an increase in demand for mental health education and support due to the impact of the pandemic. We are proud of our efforts to meet those needs across the state. We collaborated with a number of other organizations to present on specific topics that people faced during the pandemic, especially related to children and to those who work with them. We collaborated with the MN Association for Children’s Mental Health to present a special program for teachers before they went back into the schools in February to help them address the mental health needs of children, and we partnered with the Mpls VA to address grief of veterans during Memorial Day.

Despite the impact of the pandemic, NAMI Minnesota continues to carry out its mission. We invested in developing new classes and presentations with attention to the needs our diverse community. A new way of delivering our services made it necessary to invest in new technology to keep our work moving forward. We also invested in our valuable staff, paying attention to their mental health and stress levels, and offering different ways to promote self-care and to express gratitude.

There were so many challenges thrown at us this past year. What we saw and experienced was incredible resilience, reaffirming to us that NAMI Minnesota is strong and viewed as a valued asset to Minnesotans. People’s generosity not only kept us afloat but moved us to a new level of service. We thank you and appreciate your support.

Sincerely,

Carrie Borchardt, MD
Board President

Sue Abderholden, MPH
Executive Director
In fiscal year 2021, NAMI doubled the number of Family-to-Family classes for family members who have an adult relative with a mental illness, reaching 200% more people than the year before. For families of children, we significantly changed how the information was presented since parents who were trying to work and support distance learning had little time or flexibility in their schedules. We created “NAMI Moments” which are 15 to 25-minute segments and we taped other classes covering a wide range of topics from wellness issues such as nutrition and sleep, to how to help a child with anxiety cope during a pandemic. This allowed parents to get the information they needed when they had time to watch the videos.

Our work on suicide prevention was greatly hindered by the pandemic. Many of the evidence-based classes could not be delivered virtually due to their length or other aspects. NAMI Minnesota increased the number of QPR classes and continued to provide lockboxes to families who needed to keep their children safe.

NAMI runs two projects in Dakota and Scott counties where we provide one-on-one assistance and offer education and support. NAMI Minnesota is also a part of the children’s System of Care grant, focusing on ensuring parent and family engagement in the design of the mental health system. Our Family Peer Specialist is under a partial contract with three of the programs running a First Episode of Psychosis program to provide education and support to families whose teen or young adult is experiencing a first psychotic episode.

NAMI continues its work to become a culturally diverse and informed organization. NAMI Minnesota’s full-time Spanish speaking parent educator conducts outreach to the community, provides education and one-to-one support in Dakota, Washington, and Ramsey Counties. The Young Adult Multi-Cultural Advisory Committee created care packages for young adults from BIPOC communities and they created a new podcast series called “Resistance in Color.” Mental Health 101 is a class designed to be culturally informed and is delivered to the African American, Spanish speaking and LGBTQ communities. It reached 574 people – a 350% increase from last year. We also offered a class entitled the Intersection of Race, Discrimination and Trauma. Twelve trainings were provided to staff and volunteers on racism and anti-Semitism and on different cultures such as Hmong and Somali.

Knowing the incredible stress faced by people working with older adults the first few months of the pandemic, we created an online program called Healthcare for Heroes – Self-Care Training for Senior Workers. Information on the program was sent to all nursing homes.

### By The Numbers

- **1,835 (people)**
  - Family Education

- **4,617 (teens)**
  - Youth Education

- **4,000 (people)**
  - Employee Mental Health

- **1,227**
  - Suicide Prevention Class

- **430 Professionals**
  - Support Groups

- **1,148 (people)**
  - General Public Awareness Presentations

- **47**
  - Wellness Classes

- **574 (people)**
  - Culturally Specific Classes

- **55**
  - Media Interviews

- **23**
  - Committees and Task Forces

- **3,800+**
  - Helpline Calls

- **119,252**
  - Website Visitors

- **13,720**
  - Facebook Followers

- **6,799**
  - Twitter Followers

- **1,675**
  - Instagrams Followers

- **2,000 (people)**
  - Presentations/Special Classes

- **1,400 (children & adults)**
  - Gifts Delivered

- **26,000 (subscribers)**
  - Four e-newsletters
  - General NAMI news, Children’s Mental Health, Legislative Issues, Criminal Justice Issues
Lt. Gov Peggy Flanagan kicks off MH Day on the Hill

- Requiring 6 of the 16 hours of continuing education for peace officers to be related to mental health crises and creating a list of approved classes.
- Expanding our mental health workforce, increasing its diversity and having it be more culturally informed through: a funding increase for loan forgiveness programs and expanding it to LADCs: requiring 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.
- Creating an alternative pathway for children voluntarily accessing residential mental health treatment without entering the child protection system.
- Expanding the eligibility for Youth ACT services for children as young as eight and adults up to age 25.
- Funding for an online, evidence-based suicide prevention training available to teachers and school staff.
- Commissioning 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.
- Requiring 911 to include referrals to mobile mental health crisis teams where available.
- Requiring rules for jails to be developed and enforced that include better assessment and treatment of people with mental illnesses.
- Suspending, not terminate, the CADI waiver when someone is hospitalized or in residential treatment passed.

NAMI Minnesota staff chaired the Competency Restoration Task Force and wrote the final report of the task force.

Legislators of the Year
- Senator Jerry Relph
- Representative Rena Moran

Media Award
- Frank Lee

Professional of the Year
- Cindy Nolette, M.A., L.P.

Volunteer of the Year
- Doug Kraft

Educator of the Year
- Sandy Lewandowski, Ed.S.

Provider of the Year
- Reclaim NorthPoint Health and Wellness Center

Best Independent Event
- Hunstad Family

Special Board Award
- Trisha Stark, Ph.D., L.P.

Staff Awards:
- Tracey Daniels, Ten Years
Special Events

We held a daily story-time the first week of February which featured children’s books being read by local celebrities including Lt. Gov. Peggy Flanagan, Kare 11’s Gia Vang, Vikings player Harrison Hand, Rep. Carlos Mariani Rosa, Congressman Tom Emmer, Author Dr. Melissa Munro Boyd, and Education Commissioner Mary Cathryn Ricker.

Special Programming During the Year

- Showing of the documentary Angst, followed by a panel of experts. Hosted in collaboration with metro NAMI affiliates
- Panel of legislators and police on decriminalizing mental illness
- Fall Authors’ Series featuring: Jeff Zuckerman, Mindy Greiling, Jeremy Hance, and Sumi Mukherjee
- NAMI Minnesota State Conference featuring Patrice Harris who is an American psychiatrist and the first African American woman to be elected president of the American Medical Association and Thomas R. Insel, a psychiatrist and neuroscientist, and former head of the National Institute of Mental Health
- Panel on mental health care in the jails with the DOC commissioner, sheriffs, and Minnesota Department of Health
- Presentation for young professionals on neuroplasticity.
- Conducted legislative advocacy trainings.
- Research Dinner with the U of Minnesota Department of Psychiatry, focused on self-care

Keynote Speakers

- Susan Bartlette Foote
- Thomas Insel
- Patrice Harris, MD
- Michelle Young, co-presenter for adolescent anxiety and OCD
- Alison Kleppin, co-presenter for adolescent anxiety and OCD
- Dr. C. Sophia Albott, research dinner co-presenter
- Dr. Sophia Vinogradov, research dinner co-presenter
- Dr. C. Sophia Albott
- Dr. Sophia Vinogradov
- Dr. Melissa Munro Boyd
- Mary Cathryn Ricker
- Harrison Hand
- Carlos Mariani Rosa
- Patrice Harris, MD
- Thomas R. Insel
- Michelle Young
- Alison Kleppin
- Susan Bartlette Foote

Celebrated Psychiatrists

- MN women Psychiatrists celebrated
- Patrice Harris, MD
Celebrating Women’s History Month with a panel of ground-breaking women psychiatrists

Panel on OCD and anxiety in children, collaborating with Rogers Behavioral Health

Presentation on Tardive Dyskinesia

Online classes on the following topics: Combatting Stress Eating During COVID; Eating Disorders and Substance Use Disorders; Logging On, Feeling Off: Social Anxiety and Isolation Among Teens in Times of Remote Learning; Physical Activity and Mindfulness; Positive Psychology; Self-care and Mindfulness; Staying in Touch; Discipline Tips for Stressed Parents; Five Mental Health Tips for Families; Health Balance Tips for Kids; Helping Your Teen Stay Social During Social Distancing; Helping Your Teen with their Mental Health; What Parents Need to Know about Youth and Self-Injury; What to do if You are Worried about Your Kid’s Behavior and three online classes in Spanish

Special In Our Own Voice presentation with the LGBTQ community and for the agricultural community

During Mental Health Awareness Month in May 78 classes and presentations were conducted reaching over 1600 people

Partnered with the Minneapolis VA for Memorial Day on its impact on veterans

Heritage Luncheon
The first Heritage Luncheon was held virtually in May. It was a time to celebrate the victories and progress of NAMI Minnesota and its impact on Minnesotans.

Game Night
The Virtual Game Night was held in April and was a fun-filled night of interactive games and friendly competition.
Walk Your Way
160 teams took part and over 1,550 people participated virtually
Largest Corporate teams: Team Medica, Team Cigna, Team Blue Cross, Team UCare, Hennepin Healthcare, Heads & Hearts United.

Largest Family and Friends teams:
NAMIsTe, The A Team, QuaranTEAM, Forever Young Kelsey, MPS Stigma Stompers, SueNAMI.

Largest Affiliate teams:
Kaleidoscopes, Tremolos, NAMI Washington County, Unmasking Mental Health, #SouthoftheRiver, NAMI Ramsey County.

Largest Memorial/Tribute teams:

Top fundraising teams:
WAMIS, SueNAMI, Tremolos, Team Medica, Team Big Red, Team Cigna.

Top individual fundraisers:
Rosemary Janousek, Sue Abderholden, Becky Scheig, Ann Macheledt, Rick Lancaster, Kay King.

Thanks to our Parade in Place Floats:
Living Our Best Life, Vadnais Heights – Promoting being an active participant in your life through movement.
The Beloved United Methodist Church, Saint Paul – Mini-walk and safedistance meetup.
NAMIWalks Boat Float, Edina – Entirely handmade wooden sailboat.
NAMIWalks & the State Fair: The Show Must Go On, Minneapolis – Ms. NAMI, Spin the Wheel & information.
Unmasking Mental Health Burnsville.
The St. Paul Winter Carnival Royal Family – Awareness to metro area.
Sue Abderholden, NAMI Minnesota’s executive director, was named one of the 100 most influential Minnesota Health Care Leaders by Minnesota Physician. She was also presented with the 2020 Esther Wattenberg Policy Award by the Center for Advanced Studies in Child Welfare at the University of Minnesota.

Cynthia Fashaw, Director of Children’s Programs and Multi-Cultural Outreach, was recognized in the 50 over 50 awardees by AARP and Pollen.

Fanny Fernandez, a bilingual parent educator, received a recognition award from Ramsey County for the Healers and Partners Awards 2020.
## Financials

**ASSETS**

<table>
<thead>
<tr>
<th></th>
<th>2021</th>
<th>2020</th>
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<tbody>
<tr>
<td>Cash</td>
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<td>Accounts Receivable</td>
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<td>Contributions Receivable</td>
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<td>Inventory</td>
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<td>Prepaid Expenses</td>
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<td>Funds Held for Fiscal Agencies &amp; Sponsorships</td>
<td>208,534</td>
<td>121,177</td>
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<td>Furniture and Equipment, Net</td>
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<td>109,200</td>
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<td>Investments Held for Endowment</td>
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<td>Beneficial Interest in Assets Held by Others</td>
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<td>159,779</td>
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<td><strong>TOTAL OTHER ASSETS</strong></td>
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<td><strong>334,137</strong></td>
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<td><strong>TOTAL ASSETS</strong></td>
<td><strong>$2,141,165</strong></td>
<td><strong>$1,340,124</strong></td>
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**LIABILITIES AND NET ASSETS**

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<th>2020</th>
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<td>Accounts Payable</td>
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<td>Deferred Revenue</td>
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<td>Note Payable</td>
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<td>Obligations of Fiscal Agencies &amp; Sponsorships</td>
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<td><strong>TOTAL CURRENT LIABILITIES</strong></td>
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<td>Time Restricted for Future Periods</td>
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<td>Perpetual in Nature</td>
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<td><strong>Total Net Assets With Donor Restrictions</strong></td>
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<td><strong>TOTAL NET ASSETS</strong></td>
<td><strong>1,472,909</strong></td>
<td><strong>854,611</strong></td>
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</table>

**TOTAL LIABILITIES AND NET ASSETS** | **$2,141,165** | **$1,340,124**

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I am grateful for the facilitators who volunteer their time to bring us together and present the educational materials supplied by NAMI. Family members who are willing to share their experiences and insights gives me hope for improvement for my loved one’s quality of life.

I feel honored being a part of such a beautiful presentation. It truly helped shed that light of not being alone in my journey.
### SUPPORT AND REVENUE

<table>
<thead>
<tr>
<th>Category</th>
<th>Without Donor Restrictions</th>
<th>With Donor Restrictions</th>
<th>TOTALS</th>
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<td>Contributions</td>
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<td>Individuals</td>
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<td>Foundation</td>
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<td>Government</td>
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<td>Membership Dues</td>
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<td>Conference</td>
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<td>(150,956)</td>
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<td>Fiscal Sponsorship, Net</td>
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<td>Special Events</td>
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<td>Less cost of Direct to Donors Special Events, Net</td>
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<td>Increase (Decrease) in Beneficial Interests in Assets Held by Others</td>
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<td>Other Income</td>
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<td>Net Assets Released from Restrictions &amp; Transfers</td>
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<td>TOTAL REVENUE</td>
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<td>2,725,053</td>
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### EXPENSES

<table>
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<th>TOTALS</th>
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<td>Programs:</td>
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<td>Education and Support</td>
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<td></td>
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<td>Support Services:</td>
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<td>Fundraising</td>
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<td></td>
<td>417,244</td>
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<tr>
<td>Increase (Decrease) IN NET ASSETS</td>
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<td>(79,412)</td>
<td>618,298</td>
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### NET ASSETS

<table>
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<th>Category</th>
<th>Without Donor Restrictions</th>
<th>With Donor Restrictions</th>
<th>TOTALS</th>
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<tr>
<td>NET ASSETS, BEGINNING OF YEAR</td>
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<td>NET ASSETS, END OF YEAR</td>
<td>$1,064,607</td>
<td>$408,302</td>
<td>$1,472,909</td>
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</tbody>
</table>

I am grateful to our leaders who led with their hearts, shared their own stories, and led with vulnerability. It set the tone for all of us and established a safe, trusting space.

I have been so impressed with the amount of and quality of resources available from NAMI MN. Like so many others, I paid almost no attention to mental health issues until it surfaced in someone close to me. Thank you for providing such great support!
2021 REVENUES

- Contributions (Individuals) 42%
- Contributions (Foundations) 23%
- Government 29%
- Special Events 2.7%
- Conferences / Workshops 1%
- Memberships 0.3%
- Miscellaneous / Other 0.2%

Total 100%

2020 EXPENSES

- Education and Support 51%
- Public Awareness 11%
- Publications and Helpline 6%
- Public Policy 8%
- Affiliates 4%
- Management and General 9%
- Fundraising 11%

Total 100%
INSTITUTIONS

IRIS CIRCLE ($10,000+)
Allina Health
Bentonson Foundation
Blue Cross and Blue Shield of Minnesota
C. Curtis Dunnavan Fund
Cigna
Deane C. Manolis & Nancy G. Manolis Charitable Giving Fund
Engler Family Foundation
Estate of Roger Alan Peterson
Fred C. & Katherine B. Andersen Foundation
Fund for Safe Communities of the Minneapolis Foundation
Haggerty Family Foundation
Health Legacy Grant Fund of The Minneapolis Foundation
HealthPartners
Hugh J. Andersen Foundation
Jerome J. & Ursula Choromanski Family Foundation
King Family Foundation
Manitou Fund
Mark and Jackie Nolan Family Fund
Medica Foundation
Metropolitan Regional Arts Council
Nickel Open Fund
PrairieCare Child & Family Fund
SMSC Gaming Enterprise
The Saint Paul & Minnesota Foundation
Varda Family Charitable Fund
ZinPro Performance Minerals

ADVOCATE ($1,000 - $4,999)
3M Foundation
A. Johnson & Sons Florist
Alice and Ray Hunder Family Foundation
Alkermes
Ameriprise Financial
Avivo
The Basilica of St. Mary of Minneapolis
Being Therapy
Ben Bosch Fund
Bercom Handy Paint Products
Bobbitt Family Donor Fund, a donor-advised fund
Amy Borgeson Charitable Fund
Burns & McDonnell
Paul and Ann Capeder Family Fund
Carlson Capital Management
Carney Family Partnership
Gary & Janet Christenson Charitable Fund
Christopher Benz Foundation
The Clark Family Fund
Clyde’s Service, Inc.
Colin and Julia Breyer Fund of the Minneapolis Foundation
Creating Healthier Communities of Minnesota
Dan & Sheryl Moran Donor Advised Fund of the Catholic Community Foundation
David and Gretchen Crary Charitable Fund
David D. Dayton Revocable Trust
Dell Inc.
Edina Community Lutheran Church
The Elizabeth C. Quinlan Foundation, Inc.
Jean Entoie
First Presbyterian Church of White Bear Lake
Fredrikson & Byron, P.A.
Google
Greater Minnesota Family Services
Greenberg & Silverwater Fund
Gregg M Schneider Family Charitable Fund
Grieve Cox Family Charitable Fund
Gudorf Family Foundation
Guld
Hayes Family Foundation
Hellmuth & Johnson Foundation
Jeanna & Will Fifer Giving Fund of The Minneapolis Foundation
John and Cynthia Hart Fund
John P Thiel and Meg Glattly Charitable Trust
Johnson & Johnson
Kaplan Family Foundation
Land O’Lakes, Inc.
Lighthouse Child & Family Services
Lindberg McLaughlin, P.C.
Live to Give
Lorraine and Harry Hammerly Fund
The Mary & Gary O’Brien Family Fund
The Minneapolis Foundation
Medtronic
Mental Health Resources
The Minneapolis Foundation
NAMI (National)
NAMI Saint Cloud Area
Richard & Nancy Nicholson
Oak Grove Presbyterian Church
Olauson Charitable Trust
Open Door Foundation
MacDonald-Orbison Family Fund
Otto C. Winzen Charitable Fund
People Incorporated
Randolph Family Fund
Renaissance Charitable Foundation, Inc.
Sacajawea Charitable Foundation
The Scott and Julie Henry Charitable Gift Fund
Senior Care Communities, Inc.
Spire Credit Union
St. David’s Center for Child & Family Development
Stablisht Foundation
The Lilja Family Foundation
The Robert Karels & Sandra Robinson Charitable Fund
Touchstone Mental Health
Tu Dance

SPONSOR ($200 – $999)
Abbott Northwestern Medical Staff
AubVie
Advance Consulting LLC
Affinity Plus Federal Credit Union
Alien-Gorin Just Needs Fund
Andis Charitable Gift Fund
AspireMN
The Association of MN Counties
Bethlehem Lutheran Church
Blaine High School
Blanchard for Others
Boy Scout Troop 692
Boyum & Barenuesche PLLP
Rick and Barb Burrock of the Burrock Family Charitable Fund
Carl & Eloise Pohlad Family Foundation
Joleen and Ronald Carlson
Catholic Charities of Saint Paul and Minneapolis
Central Minnesota Mental Health Center
Chevron
CIBC
CoBank
Dakota County Administration Center
David and Cynthia Sandberg Family Foundation
David Hoy & Associates
David Walsh and Renee Campion Charitable Fund
The Davis Goupil Giving Fund
Donal and Carol Dubay Charitable Fund
Dorsey & Whitney Trust Company, LLC
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SEN. JERRY RELPH
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Todd Gustafson

ROBBINSDALE SCHOOL DISTRICT 2009 GRADUATES WHO HAVE DIED BY SUICIDE
From Paul & Anne Holten

PENNY RODRIGUEZ
From Andrea Myers

CHUCK ROLANDO
From Sue Abderholden
Sue & Dick Abel
Diane & Jeffrey Anlauf
Gail Aubrecht
Thomas & Julie Breeden
Lavon Campbell
Robert Campbell
William & Jane Collier
Nancy Duncan
Michael Engstrom
Kathleen Groen
Norman Hanson & Betty Haas
Michael & Rosemary Husby
Herb & Nancy Marth
Karen & Bruce Mikkelson
Janice & Kenneth Mrugala
Patricia Obermiller
Mary Rolando
Mary Rukavina
TIM ROLANDO
From Eleanor Wartnick
MATAN ROTEM
From Jason Goerger
KURT ROUSSEAU
From Al & Pat Rousseau
MICHAEL RUSTECK
From Susan L. Vannice
JUSTIN SANDS
From Kristin Zima
JANICE SCHAULS
From Joleen & Ronald Carlson
ANDREW SCHEIG
From Karen Herman
Sheila Kenyon
From Becky & Bill Scheig
JOAN KAY SCHILLING
From Joseph & Linda Lipari
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From Laurence & Naomi Crepeau
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From Sue Abderholden
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Robert Sauer & Therese Blaine
Phyllis & Leo Boucher
R. Diana & Robert Bruton
Catherine Cich
Gregory Cich
Mary Delaney
Jackie & Donald Detmar
William & Ora Dorgan
Paula & Jeffrey Gander
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Nancy Hart
Doris Kay Hawkins
Terry & Diane Henthorn
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Sandra Klug
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Sheila & David Miller
Beth & Thomas Moore
Joanne Moris
Peggy & David Morris
Julie Murtaugh
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Sarah & Mike Oebser
Kathleen Ogle
Tom & Jeneal Olsen
Elizabeth & Michael Quayle
Lois Rowan
Michelle & Dennis Schiltgen
Richard Schneider
Theodore Schulte & Karel Smith
Mary Schulte
Stella Schulte
Wendy Schulte
Susan Vento
Shelley & Tony White
Anthony & Ruth Ann Yocom
Joseph Zawack
ALISON SCHUMACK
From Robert Grundman
PAT SCHWARTZHOFF
From Seth & Laura Boyd
Sherrie Turcotte
STEVEN SCHWARTZKOPFF
From Rosemary Furst
HARRY SEARLES AND ANNA
LOKENGARD
From Carol & Ted Politis
AUSTIN SEIBEL
From Jeanice Starry
Cleo & Paul Wenzel
SEAN SHEVIV
From Mary & Joan Erdmann
KATHERINE SIEWERT
From Laura Perez
DAVID SILBERMAN
From Harold Lauber
DALE SIREK
From Charlie Wilson
LINDA JEAN SKAY-WEINBERG
From Rob Weinberg
KATHLEEN SLOAN
From Monica Allen
Rebecca Hanson
Rebekah Richards
ANDRA SONNEK
From Barb Dummer
JOANNE MAE STARK
From Lisa Boysen Kirkwood
CORSON RIVER STEINBACH
From Donald & Anne Eisenzimmer
Joerg and Carly Steinbach
ANDREW STORY
From DeeDee Long
Jeff Story
PAUL STROHM
From Tamara Ducklow
Tonja Magee
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From Shannon Wolkerstorf
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Cremation Services
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Tracy Kenyon
Anne Klein

IN KIND
Erwin Chorn
Mary Discher
Fran Hendrickson
Carin Leitzen Ruter
Minnesota Women's Press
Tom Nelson

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SUE ABDERHOLDEN
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D. Andrew Brown
Kathleen Graham
Theresa Lippert & Frederick Grittner
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MENTAL ILLNESS
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EVERYONE LIVING WITH A MENTAL HEALTH ISSUE  
From Bruce & Lea Godfrey

FAMILY MEMBERS  
From Sue Towey

FAMILY WHO MAY HAVE MENTAL HEALTH NEEDS  
From Brittaney Lund

MY FATHER AND OTHER FARMERS  
From Allison Schwarz

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From Anonymous

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From Allison Cease

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From Benjamin Fried

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From Hannah Gerdes

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From John & Stephanie Gerlitz

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From Joan Marshall

JERRI HAINDFIELD  
From Kimberly Whitton

NINA HAINES  
From Brian Varner

DONNA HAMLIN  
From Dan Casar

CARLA HENNES  
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From Jennifer Hoffer

MY ROOMMATE WHO CURRENTLY SUFFERS FROM PTSD
From Michael Hunter

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From Donna Cowan

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From Anne Estes

THE STAFF AT THE FORENSIC SERVICES PROGRAM
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I appreciate so much the opportunity to attend this virtually. I have been wanting to for 2 years but without anything in my area I have been unable to participate. This class is transformational — I can tell people have hope once again.

Every individual presenter has such insightful and valuable information to share about their mental illness struggles and successes. Extremely helpful in trying to understand hurdles from their perspective. Such a very good program!!!!!

I'm so grateful we are talking about mental illness because I feel I don't know much about mental illnesses besides how bad they are and how the public even me who are less knowledgeable about this could misinterpret certain illnesses. But after this presentation I feel confident, and I would know who to call if I or a friend needed some guidance.
Our Mission

NAMI Minnesota champions justice, dignity, and respect for all people affected by mental illnesses. Through education, support, and advocacy we strive to effect positive changes in the mental health system and increase the public and professional understanding of mental illnesses.