



NAMI

National Alliance on Mental Illness

St. Cloud Area



The Official Newsletter of NAMI-St. Cloud Area

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Aug-Sept-Oct
2020

Upcoming Education:

**Educational Meetings are
Free and Open to the
Public**

PLEASE NOTE

Again due to COVID-19, Educational Meetings are temporarily postponed, until we are able to open them up to the public again. Please watch our website for updates!

2nd Annual Barrick Charity Golf Classic

Scheduled for Sat. Aug. 29th
1:00 Registration, 2:00 PM Shotgun
Crow River Golf Club
4 person scramble, \$100.00 per Golfer
Post golf meal and live music.

All proceeds benefit NAMI
St. Cloud Area.
Contact or to register-
www.barrickcharitygolfclassic.com

Meetings are held at:

**St. Cloud Stand Down Bldg
722 33rd Ave North
St. Cloud, MN. 56301
(320) 654-1259**

CONTACT US!

NAMI-St. Cloud Area
P.O. Box 771
St. Cloud, MN. 56302
Website: www.namistcloud.com
Facebook:
www.facebook.com/NAMISTcloud
Tel: (320) 654-1259

Newsletter Editor:
Cecilia Huston
lcchouston3@gmail.com

*****PLEASE NOTE!*****

Due to COVID-19, ALL events and dates are subject to change and/or cancellation! Check our website at www.namistcloud.com for the latest information!

Our Meetings and Education Programs have MOVED!

After many years of holding our Board Meetings and Education Programs at the Hope Community Support Program in the Catholic Charities building at 157 Roosevelt Road; NAMI St. Cloud Area has moved.

Effective **June 1st**, we have moved our **Board Meetings** to **722 33rd Avenue North, St. Cloud.** (It is the building across from the old Electrolux plant.) The building is owned by St. Cloud Stand Down, and will provide space for our Board meetings, Education Programs and Support Group meetings going forward, as well as needed space for our resources and equipment. There is parking on the left side of the building, and a handicapped ramp is available there as well. Please use the entrance on the back side of the building.

****PLEASE NOTE that we will be postponing our usual Education meetings for now, please watch our website for further updates. ****

The **Family Support Meetings** have also moved there, effective **July 1st.** (We are currently conducting in-person support group meetings, see article regarding guidelines for attending.)

If you have questions regarding our new location at 722 33rd Avenue North, St. Cloud, please don't hesitate to call us at 320-654-1259. Regarding Support Group meetings, you may contact Cecilia Huston, the Support Group Facilitator at parentvoiceofnamisc@gmail.com.

34th Fall Mental Health Conference 2020 Update

After much deliberation, the Conference committee has decided to cancel our 34th Annual Fall Conference for 2020, because of the difficulty in meeting the safe gathering guidelines to cope with the CORONA-19 virus. Our topic was "Recovery in the New Decade", and the committee has recommended that we present on that same topic next year. We have invited each of this year's excellent originally scheduled presenters to join us next year. We hope you will join us then, so put **Friday, October 1st 2021** on your calendar. Stay safe and well!

THANK YOU!

NAMI St. Cloud Area is grateful for the grant we have received from the Mike and Linda Fiterman Family Foundation, Liberty Diversified International through AARP Community Challenge. Their generous grant have enabled us to move from our previous location to 722 33rd Ave North in St. Cloud, where we are able to provide space for our Board, Support Group, and Education meetings, along with storage space for our equipment and resources.

We also wish to thank the Finkelstein Family Charitable Fund for their generous grant. Also donations made through Network for Good, Give to the Max Day, and all the donations from family members and supporters of our mission of education, advocacy and support for those whose lives are impacted by mental illnesses. **Thank You!! Every donation is so appreciated!**

NAMI MN Resources

NAMI Minnesota is offering FREE online support groups - <https://namimn.org/support/nami-minnesota-support-groups/>

Also options are available at:

<http://tinyurl.com/NAMI-SUPPORT>

Classes are also available online - <https://namimn.org/education-public-awareness/classes/scheduled/>

If you need help navigating the mental health system, you can call the NAMI Minnesota Helpline at:

(651) 645-2948, Ext. 117, or email nami-helps@namimn.org (Note: This is NOT a crisis line.)

Facts regarding COVID-19 and Mental Health

A recent survey examining the effect of COVID-19 on mental illness symptoms found that:

Over 80% of patients report an increase in their mental illness symptoms with anxiety, depression and stress being most common reported with increases in insomnia and anger.

An increase of over 50% of clients surveyed reported an increase of substance abuse. Most reported were: Alcohol up 90%, marijuana up 55%, heroin/fentanyl up 27% and benzodiazepines up 26%. Patients increase the risk of worsening their mental health by self-medicating, and also the risk of developing a co-occurring substance abuse disorder.

If you or a loved on have experienced an increase in mental illness and or substance abuse symptoms, contact a local/state/national crisis line, NAMI, mental health center, county social services, etc. for help.

Don't try to go it alone, help is out there for you!

Coping with Today's Life Challenges

Everywhere our lives are being affected by the Corona Virus! Feelings of anxiety, depression, anger, worry, fear, hopelessness and sleep deprivation, etc. are quite common. Your tools and techniques used to control these feelings during normal times may no longer be effective. Here's some suggestions:

Avoid negative news reports and negative social media. This often increases negative thoughts, feelings and behaviors. Talk to others to see how they cope. Discover new healthy outlets like exercise, journaling, meditation and prayer.

Set simple and achievable daily life goals. Set times for work, exercising, relaxing, cooking/eating, socializing, etc. Get some fresh air, go for a walk to enjoy nature, plan a simple outing (DQ anyone?), smile, read a joke that makes you laugh, listen to your favorite music. Reach out to a friend, old or new. List three things you are thankful for, and review or add to the list often. Be kind to others.

Limit or eliminate alcohol, it is a depressant. When you become aware you are thinking negatively, work on replacing them with happy thoughts and memories. (This takes practice!) Make a list of people's phone numbers you can call in crisis, including the 4 County Crisis Line (320-253-5555); text 741741 or call the Suicide Prevention Crisis line (1-800-273-8255).

Most of all, be kind and patient with YOURSELF!

NAMI St. Cloud Family Support Group

Good News! NAMI St. Cloud Family Support Group has resumed in-person meetings, beginning July 14th, at our NEW meeting location, 722 33rd Ave North, St. Cloud. We will continue with our previous schedule of meeting on the **2nd and 4th Tuesdays of each month**, starting at 7:00 PM and ending at 8:30 PM. Some things to keep in mind before attending:

- Masks are required! We can supply one if needed, but prefer you bring your own.
- Hand sanitizer is available, and hand washing is requested once you enter the building.
- **IF YOU FEEL SICK, PLEASE DO NOT ATTEND!** We want everyone to stay well!

Thoughts of Suicide?

St. Cloud Area Help	320-253-5555
Crisis Text Line	Text MN to 741741
For emergencies call 911 or call the National Suicide Prevention Line at 1-800-273-8255 (TALK)	

NAMI St. Cloud	320-654-1259 www.namistcloud.com
NAMI Minnesota	888-473-0237 www.namimn.org
NAMI National	888-473-0237 www.nami.org

Resource	Information
St. Cloud Hospital	320-251-2700
Adult Mental Health Unit	320-255-5601
Senior Helping Hands	320-229-3760
Central Minnesota Mental Health Centers	
St. Cloud [1321 13 th St. N] (emergency services: 320-253-5555 or 1-800-835-8008)	320-252-5010
Buffalo [308 12 th Ave. S.]	763-682-4400
Elk River [253 8th St NW, Suite A. Elk River]	763-441-3770
Monticello [407 Washington St.]	763-295-4001
Hope Community Support Program	320-240-3324
County Human Services	
Benton County Human Services	320-968-5087
Sherburne County Human Services	1-800-433-5239
Stearns County Human Services	320-656-6000
Wright County Human Services	763-682-7400
Caritas Family Services (Catholic Charities)	320-252-4121
Independent Lifestyles, Inc.	320-529-9000
Resource Training & Solutions	1-888-477-7032
State Resources	
Mental Health Association of Minnesota	1-800-862-1799
Mental Health Ombudsman	651-431-5201 or 1-800-657-3506
Minnesota Disability Law Center	1-800-292-4150
Four County Crisis Response Team Central MN Mental Health Center Stearns, Benton, Sherburne, Wright Counties	320-253-5555 or 1-800-635-8008
Mental Health Consumer Survivor Network www.mhcsn.org	1-800-483-2007
Minnesota Mental Health Resources for Benton, Sherburne, Stearns, and Wright Counties	www.mnmentalhealth.org

PLEASE NOTE!

Due to COVID-19, some of these meetings may be cancelled or changed to an online format. Please contact the group to verify how to attend the meeting before going!

Resource	Information
St. Cloud Area Support Groups	
Family Support Group <i>For family members, friends and caregivers of someone with a mental illness. All ages, all diagnosis!</i> 2nd and 4th Tuesday 7:00pm to 8:30pm St. Cloud Stand Down Building 722 33rd Ave North, St. Cloud **Please note location change !**	Cecilia Huston Email: parentvoicesof-namisc@gmail.com
PFLAG Weekly Support Group Mondays 7:00 to 8:30pm St Cloud Public Library	www.centralmnpflag.com
Hope Community Support Program Groups Depression/BiPolar Support Group (Thursdays-5:30 to 7:30 PM) Schizophrenia Support Group (Wednesdays-2:00 to 3:30 PM) Reach (for friends of those with mental illness).... (1 st Tuesday of every month-6:00 to 7:00 PM) <i>Here & Now Group</i> Thursdays 11 AM	320-240-3324 (NOTE! All Hope sponsored support groups are currently online, please call for further details.)
OCD Support Group Wednesdays-5:00 to 6:30 PM at CMMHC	320-252-6432
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
National Suicide Prevention Hotline	1-800-SUICIDE (784-2433)
Veteran's Linkage Line	1-888-LINKVET (546-5838)
Legal Aid Society	612-332-1441
Salvation Army-Emergency Shelter	320-252-2229
Caritas Emergency Assistance	320-229-4560
Caritas Financial Counseling	320-650-1660
Crisis Connection (Phone Counseling)	Call 211 or 1st Call Minnesota at 1-800-543-7709
The Healing Hearts of Suicide Groups : 1st Tuesday of each month at Center for Life Transitions, 38 24th Ave. North, St. Cloud – 7:00 - 8:30 pm 3rd Tuesday of each month at the St. Mary's School in Melrose, 320 5th Avenue SE, - 8:00 - 9:30 pm (Please call Roxann before attending.)	Roxann at 320-248-1563
Albany Depression/Bi-Polar Support Group Mondays 6:30-7:30 pm Albany Hospital Conference Room	Call Hope at 320-240-3324
Mental Health Support Group for Adults In Sauk Centre, Palmer House Hotel (in the back room) Meetings are held each Friday from 2-4 pm	Richard at 320-260-4233
Independent Lifestyles Depression/Bipolar Support Group Mondays 6 - 7:30 pm 215 North Benton Drive Sauk Rapids, MN	320-281-2025
Bridges Parent Support Group Handke Center, 1170 Main Street, Elk River, MN 55330 Meetings are held the third Monday of each month From 6:00–8:00 PM **RSVP is required for adequate childcare and food	RSVP to Sue Schmieg: 763-283-1838 or smithspan@gmail.com



National Alliance on Mental Illness-St. Cloud Area

**NAMI/St. Cloud Area
Executive Committee
2020**

President
Nick Johnston

Vice-President
Louise Echola

Secretary
Mary Kelash

Treasurer
Ruth Wittrock

Membership Levels (circle):

\$60 Household \$40 Individual \$5 Open Door (for Low Income)

I would like to make an additional donation: \$ _____ Additional Amount

Membership Information:

(Name)

Address

City

State

Zip Code

Phone

Email

Method of Payment (circle): Check Visa Mastercard AmExDiscover

Credit Card Number

Expiration Date

Signature of Card Holder

CCV Code

Please sustain my annual membership by automatically charging my card for:

___ 3 years ___ 5 years ___ Until I notify You

Please send membership application to:

NAMI Minnesota

1919 University Ave W, Ste 400

St Paul, Mn 55104

Toll Free: 1-888-NAMI-HELPS

To join or renew membership online, visit www.namihelps.org

NAMI-St. Cloud Area
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