



# NAMI

## National Alliance on Mental Illness

# St. Cloud Area



The Official Newsletter of NAMI-St. Cloud Area

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Apr-May-June  
2021

### Upcoming Education:

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

*Educational Meetings will be held virtually via Zoom.*  
\*\*\*\*\*

April 20th, 6:00 PM  
**“Hoarding”** by Janice Kuefler, BS  
\*\*\*\*\*

May 18th, 6:00 PM  
**“Consumer Panel”**,  
Moderated by Dale Anderson, MS, CPRP  
\*\*\*\*\*

June 15th, 6:00 PM  
**“Minding Your Health During COVID 19”**, by Kay King, Older Adults Program and Community Educator for NAMI MN

### NAMI St. Cloud Meetings

We are currently holding all Board and Educational meetings via Zoom. Please check our website for updates in the coming months!

### CONTACT US!

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### \*\*\* PLEASE NOTE! \*\*\*

*Our Education Programs and Family Support Groups will be held via Zoom until further notice. Check our website at [www.namistcloud.com](http://www.namistcloud.com) for the latest information!*

### Education Meetings are on Zoom!

We are currently holding our programs via **Zoom, from 6:00 - 7:00 PM on the third Tuesday of the month.**, after our monthly board meetings. (Please note the time change from our previous schedule of 6:30 - 7:30) **However, this June’s meeting with Kay King will be from 6:00 to 7:30.** Please see the list here on the left for the education programs scheduled. You will be able to watch on your computer, laptop, tablet or even a smartphone. The link to join and the meeting code and passcodes are on our website.

**Or, if you don’t have access to these electronics, you can listen in on your phone. To do that: Dial in (312-626-6799), meeting ID is 828 5964 7865, passcode is 1889688713. NOTE! This meeting ID and passcode will be the same for each month. That goes for the online link, meeting code and passcode also.**

No Registration is required. One hour CEU will be offered for each program (1 per program), for those attendees who log in. Please check our website for any changes to this plan, such as when we are allowed to meet in person again.

### 2021 Mental Health Walk News

#### Mental Health Walk - Saturday, May 15th, 2021 at

#### Lake George, St. Cloud - 9:00 AM Check in, 11:00 AM Start

Plans are moving forward for our Mental Health Walk! In order for our Walk to be held at Lake George Park, we must abide by the requirements of the State of Minnesota and City of St. Cloud. This means wearing masks and maintaining 6 ft distance from other attendees. We will be outside for the entire event, so please plan for the weather! Registration on Eventbrite will be open April 15th. Donations are welcome and may be made on our website home page, [namistcloud.com](http://namistcloud.com).

#### Thank you to our 2021 Mental Health Walk Sponsors so far!

**Center for Family Counseling \*\*\* Disabled American Veterans, Chapter 9  
Granite Financial LLC \*\*\* Brenny Transportation \*\*\* MCI Carpet One  
Central Minnesota Mental Health Center \*\*\* Anderson Trucking  
Williams Dingman Funeral Homes \*\*\* Hanisch House Foster Home  
CommUNITY Adult Mental Health Initiative \*\*\* Marco  
DJ Bitzan Jewelers**

## Welcome New Board Members!

Gary Vieth from St. Cloud, Wendy Hennes from Sartell, and Richard Schulzetenberg from Sauk Centre have agreed to become new Board members for NAMI St. Cloud. All have been active in promoting good mental health and reducing stigma for mental illness for many years. Deb Krueger has resigned from the board due to a move to the West coast to be closer to her family, and Mike Stringer has resigned in order to spend more time in some new business ventures. We thank Deb and Mike for their time and energy spent with us, and heartily welcome our new board members; Gary, Wendy and Richard!

## MAY is Mental Health Month!

“**You are NOT ALONE!**” is the focus for this year’s Mental Health month. A couple things to talk about with family and friends to raise awareness:

- **One in five** adults in the United States experience a mental health condition in any given year.
- Most people with mental illness **face stigma** at some point from external sources, whether from friends, family members, employers or health care professionals.

## Family Support Group continues via Zoom!

NAMI St. Cloud Family Support Group has moved to **Zoom** for now! It is not such a bad option, especially during spring’s iffy weather; we can meet from the comfort of our warm cozy homes, with a hot cup of cocoa! Plus it is easier for those who would have a long drive to get to our meeting place.

The meetings will continue on our previous schedule of meeting on the **2nd and 4th Tuesdays of each month**, starting at 7:00 PM and ending no later than 8:30 PM.

The Support Group meetings are free and open to all family and friends of a person with a mental illness. To get the meeting codes and password please visit our website <http://www.namistcloud.com> and click on the “Family Support” tab. There is a registration link there that will send you an email with the link to connect and the codes. (The link is too long to list here, it would just be frustrating trying to type it in.) There are options for connecting by phone as well.

**PLEASE NOTE!** The NEW Family Support Group email is [fsmamistcloud@gmail.com](mailto:fsmamistcloud@gmail.com). Please be sure to add it to your trusted emails, as I send out meeting reminders as group emails that may end up in your junk mail inbox.

## Fall Conference 2021 News

The Fall Conference Committee has met, and decided to have the theme for this year’s conference as **Recovery**, the same as was originally planned for in 2020 (which was cancelled due to COVID-19). The speakers who were scheduled for last year have agreed to speak for this year’s conference. Our Key-note speaker is a psychiatrist from the U of M, department of Psychiatry, and Sue Abderholden, Executive Direct of NAMI/MN will wrap up the day for us. The date is **Friday, October 1st**, from 8:00 AM to 4:30 PM, at Calvary Community Church in St. Cloud. In the event that, because of safety limitations, we cannot hold the conference live, we will hold it via Zoom. Check our website for more information. Brochures will be sent out at a later date listing all the speakers and events. Resource tables will be available to vendors for a fee, in the event we are able to hold the conference on-site, in-person.

## 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](mailto:nami-helps@namimn.org)** (Note: This is NOT a crisis line.)

## Some Good Reading!

“**I AM NOT SICK, I Don’t Need Help!**” by Xavier Amador, Ph.D is a book that has been the topic of conversation in some of our Family Support Group meetings. The sub-title is “How to Help Someone with Mental Illness Accept Treatment”. Originally published in 2002, a 10th anniversary edition came out in 2012. It focuses on the “LEAP” method to help your loved ones accept treatment. **LEAP** stands for **Listen, Empathize, Agree and Partner**. Many have given high praise to this system,. It has helped some facing the uphill battle of getting a member of their family or other loved one to accept help, using a different approach than nagging or trying to force them into treatment. While it might not work for all, it is certainly worth a try! The book is available at the library, and from most booksellers, including Amazon. Check it out!

## 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
<b>St. Cloud Hospital</b>	320-251-2700
Adult Mental Health Unit	320-255-5601
Senior Helping Hands	320-229-3760
<b>Central Minnesota Mental Health Centers</b>	
St. Cloud [1321 13 <sup>th</sup> St. N] (emergency services: 320-253-5555 or 1-800-835-8008)	320-252-5010
Buffalo [308 12 <sup>th</sup> 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
<b>Hope Community Support Program</b>	320-240-3324
<b>County Human Services</b>	
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
<b>Caritas Family Services (Catholic Charities)</b>	320-252-4121
<b>Independent Lifestyles, Inc.</b>	320-529-9000
<b>Resource Training &amp; Solutions</b>	1-888-477-7032
<b>State Resources</b>	
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
<b>Four County Crisis Response Team</b> Central MN Mental Health Center Stearns, Benton, Sherburne, Wright Counties	320-253-5555 or 1-800-635-8008
<b>Mental Health Consumer Survivor Network</b> www.mhcsn.org	1-800-483-2007
<b>Minnesota Mental Health</b> 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
<b>St. Cloud Area Support Groups</b>	
<b>Family Support Group</b> For family members, friends and caregivers of someone with a mental illness. All ages, all diagnosis! 2nd and 4th Tuesday 7:00pm to 8:30pm Currently meeting via Zoom, visit the NAMI St. Cloud website, Family Support tab for registration details.	Cecilia Huston Email: fsnamistcloud@gmail.com
<b>PFLAG Weekly Support Group</b> Mondays 7:00 to 8:30pm St Cloud Public Library	www.centralmnpflag.com
<b>Hope Community Support Program Groups</b> 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 <sup>st</sup> Tuesday of every month-6:00 to 7:00 PM) Here & Now Group Thursdays 11 AM	320-240-3324 (NOTE! All Hope sponsored support groups are currently online, please call for further details.)
<b>OCD Support Group</b> Wednesdays-5:00 to 6:30 PM at CMMHC	320-252-6432
<b>National Suicide Prevention Lifeline</b>	1-800-273-TALK (8255)
<b>National Suicide Prevention Hotline</b>	1-800-SUICIDE (784-2433)
<b>Veteran's Linkage Line</b>	1-888-LINKVET (546-5838)
<b>Legal Aid Society</b>	612-332-1441
<b>Salvation Army-Emergency Shelter</b>	320-252-2229
<b>Caritas Emergency Assistance</b>	320-229-4560
<b>Caritas Financial Counseling</b>	320-650-1660
<b>Crisis Connection (Phone Counseling)</b>	Call 211 or 1st Call Minnesota at 1-800-543-7709
<b>The Healing Hearts of Suicide Groups :</b> 1 <sup>st</sup> Tuesday of each month at Center for Life Transitions, 38 24th Ave. North, St. Cloud – 7:00 - 8:30 pm 3 <sup>rd</sup> 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
<b>Albany Depression/Bi-Polar Support Group</b> Mondays 6:30-7:30 pm Albany Hospital Conference Room	Call Hope at 320-240-3324
<b>Mental Health Support Group for Adults</b> In Sauk Centre, Palmer House Hotel (in the back room) Meetings are held each Friday from 2-4 pm	Richard at 320-260-4233
<b>Independent Lifestyles</b> Depression/Bipolar Support Group Mondays 6 - 7:30 pm 215 North Benton Drive Sauk Rapids, MN	320-281-2025
<b>Bridges Parent Support Group</b> Handke Center, 1170 Main Street, Elk River, MN 55330 Meetings are held the third Monday of each month From 6:00–8:00 PM <b>**RSVP is required for adequate childcare and food</b>	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  
2021**

**President**  
Nick Johnston

**Vice-President**  
Louise Echola

**Secretary**  
Jolene Simmons

**Treasurer**  
Rhonda Karels

**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](http://www.namihelps.org)

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