



# NAMI

## National Alliance on Mental Illness

# St. Cloud Area



*The Official Newsletter of NAMI St. Cloud Area*

Volume 14: Issue 3

July-Aug-Sept  
2021

### Upcoming Education:

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

*Educational Meetings will be on Zoom AND in person.*

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July 20th, 6:00 PM

**“The Least Restrictive Alternatives to Inpatient Care,”** Cathy Lagow, LP, CMMHC

\*\*\*\*\*

August 21st, 6:00 PM

**Meet with Area Legislators**  
Review legislative results and discuss State and Local Issues

\*\*\*\*\*

September 21st, 6:00 PM

**“Law Enforcement and Mental Illness”**  
Sgt. Tad Hoechen,  
St. Cloud PD

### NAMI St. Cloud Meetings

Board and Educational meetings are at St. Cloud Stand Down Bldg.

**722 33rd St. North  
St. Cloud, MN 56303**

### CONTACT US!

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*Please see articles below regarding accessing the Education meetings and Family Support meetings!*

### Education Programs: Now on Zoom AND in person!

As of our July meeting, we will start holding our Education programs via **Zoom AND in person, from 6:00 - 7:00 PM on the third Tuesday of the month**, after our monthly board meetings. (Note the time change from our previous schedule of 6:30 - 7:30)

Please see the list here on the left for the education programs scheduled. If you choose to join in on Zoom, 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.**

**OR, if you prefer to attend in person**, come to the St. Cloud Stand Down building on those dates at 6:00 PM. Please be aware that some presenters may still present via Zoom, but we will be set up so you will be able to see and hear them there either way. (Please try to arrive as close to 6:00 as possible, since our board meetings will be going on in the same space.) The address is 722 33rd St. North, St. Cloud. (Across from the old Electrolux plant, parking next to the building.)

No Registration is required. One hour CEU will be offered for each program (1 per program), for those attendees who log in or attend in person. Please check our website for any changes to this plan.

### Come out and join us at the Stearns County Fair!

Join us at the Stearns County Fair in Sauk Center from July 29th through August 1st, where we will have a Resource table in the Commercial Building, with lots of mental health pamphlets and brochures. Please stop by and say “Hi”, and pick up some information. The Commercial Building will be open from 10:00 AM till 9:00 PM, Thursday through Saturday, and from 11:00 AM to 6:00 PM on Sunday. If no one is available to greet you, please feel free to sign our “Registration” form and share any comments you may have.

*Save the Date! 2022 Mental Health Walk will be May 7th at Lake George!*

## NAMI St. Cloud is Breaking New Ground!

NAMI St. Cloud Area is excited to be the first state affiliate to offer our Board Meetings and our Education program both live and via Zoom! Our Family Support Group is also offered via Zoom, and will soon be available in person as well. We are only able to do this with the full cooperation of the staff (Sara Carothers) of NAMI/MN. Please check our website for more details!

### *Our Condolences to Sue Abderholden*

NAMI St. Cloud Area wishes to extend our sincere condolences to Sue Abderholden on the passing of her husband, Lee. Our thoughts and prayers go out to her and her family at this difficult time.

### Family Support Group continues via Zoom!

**NAMI St. Cloud Family Support Group** is available on **Zoom** for now, and we plan on offering in-person meetings soon. *Please watch our website for more information.*

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.

### Sartell Proclamation: May is Mental Health Month



**Sartell Mayor Ryan Fitzthum signed a Proclamation naming May as "Mental Health Awareness" Month in Sartell.**

Attending the signing were: Front row from left: Nick Johnston, NAMI Board Chair, Gary Vieth, NAMI Board Member; Jolene Simmons, NAMI Board Member; Sartell Mayor Ryan Fitzthum, Cecilia Huston, NAMI Board Member; Senator Jeff Howe, Wendy Hennes, NAMI Board Member Back Row from left: County Commissioner Joe Perske, Sartell Fire Chief Peter Kedrowski, Rhonda Karels, NAMI Board Member; State Representative Tim O'Driscoll, Sartell Chief of Police Jim Hughes.

## Fall Conference 2021 News

**The date of the 34th Annual Fall Mental Health Conference is set for Friday, October 1st, 2021**

### **"Mental Health Recovery; Beginning Where You Are"**

We have received most of the contracts from speakers who have agreed to present at our conference, We have not raised the cost of attendance, it is the same as for the last 10 years - \$100 for professionals, who receive 6 hours of CEU's, and \$25 for consumers, family members and students who don't need CEU's. Dr. Katherine Nelson (psychiatrist on the faculty at the U of M) will be the keynote speaker, and Sue Abderholden (Executive Director of NAMI MN) will do the closing presentation.

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 exhibitors for a fee, in the event we are able to hold the conference on-site, in-person.

## 2021 Barrick Golf Classic Thanks

NAMI St. Cloud Area is **VERY** grateful for the donation we have received from the Annual Barrick Charity Golf Classic. This event is held in honor of the Barrick family's father, James Barrick, who lost his battle with depression on Friday, May 17th 1996. The last three years they most generously donated the proceeds from the event to NAMI St. Cloud.



Pictured left to right:

Jason Barrick, Joyce Barrick, Jeremy Barrick, and Justin Barrick.

## 2021 Volunteer of the Year

We know that it takes workers, volunteers and lots of willingness to put in hard work to make an organization run, and NAMI St. Cloud Area is fortunate to have people with much willingness to pitch in. Our volunteers give from their hearts and share their time and talents to provide education, advocacy and support to us. Many of us have benefitted greatly from their work, and it seems the right time to recognize these special people.

If you know a volunteer you would like to nominate for special recognition, please fill out and submit the nomination form on our website, [namistcloud.com](http://namistcloud.com). The form is located in the "Upcoming Events" tab. Please consider nominating that special person who has given so much to you and all of us. The deadline to submit the form is September 15th.

## 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: fsnamist-cloud@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 **RSVP is required for adequate childcare and food	RSVP to Sue Schmieg: 763-283-1838 or smithspan@gmail.com



**NAMI/St. Cloud Area  
Executive Committee  
2021**

**President**  
Nick Johnston

**Vice-President**  
Louise Echola

**Secretary**  
Jolene Simmons

**Treasurer**  
Ruth Wittrock

**National Alliance on Mental Illness-St. Cloud Area**

**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)

NAMI-St. Cloud Area  
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