



# nami

## National Alliance on Mental Illness

# St. Cloud Area



*The Official Newsletter of NAMI St. Cloud Area*

Volume 14: Issue 4

Oct-Nov-Dec 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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Oct. 19th 6:00 PM  
**“Everything You Ever Wanted to Know About Service Animals ”**  
Jolene Simmons  
\*\*\*\*\*

Nov. 16th, 6:00 PM  
**“Tips to Prevent the Holiday Blues”**  
Nick Johnston, MSSW, PhD, LICSW  
\*\*\*\*\*

Dec. 21st 6:00 PM  
**“Suicide Prevention ”**  
Lisa Bershok, MSW, LICSW,  
CentraCare Suicide Prevention Coordinator

### NAMI St. Cloud Meetings

Board and Educational meetings are held at the St. Cloud Stand Down Bldg.  
**722 33rd Ave. 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 have started 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.

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 Ave. 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.

### NAMI Face Masks

NAMI St. Cloud designed and had locally made face masks for its Board members early on in the COVID-19 pandemic. One style pictures the NAMI logo with National Alliance on Mental Illness in white letters on a sky blue background. The other style has “NAMI” in large bright colors against a black background. Nick Johnston has had a number of people tell him their personal stories how NAMI had helped them or someone they know when they saw his mask.

*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 is now available in person as well. We are only able to do this with the full cooperation of the staff of NAMI/MN. Please check our website for more details!

***Yard Signs***

We designed and purchased a number of yard signs displaying NAMI facts and messages for the public to see. Board members placed them in their front yard or window. Each two-sided sign (24.5" x 17") has such messages as "MENTAL ILLNESSES ARE AS COMMON AS SILVER CARS, BROWN EYES AND LEFTIES", "ONE IN FIVE ADULTS EXPERIENCE MENTAL ILLNESS IN THEIR LIFETIME", "PREVENT SUICIDE; TEXT 741741" "IT'S OKAY TO ASK FOR HELP", and "MENTAL ILLNESS IS COMMON AND TREATABLE". Board members placed one or two signs in their yards or windows.

**34th Fall Mental Health Conference**

On October 1st we held our 34th Annual Fall Mental Health Conference with the title "Mental Health Recovery; Beginning Where You Are". We required all attendees to wear face masks at all time except when eating, and had sanitizer available in many areas. While our number of attendees was down, so many who did attend thanked us for having a live conference where so many similar events were cancelled or held virtually. Over the years we've kept our prices low to be affordable. We even had 12 scholarships available. Our speakers did an outstanding job and they included a psychiatrist, music therapists, employment specialists, and a consumer panel who shared their individual stories about recovering from Serious and Persistent Mental Illnesses. Sue Abderholden, NAMI/MN's Executive Director was our final speaker of the day, and she wowed our audience.

**2021 Barrick Golf Classic Thanks**

On May 15th, 2021 we were invited to attend the Barrick Charity Golf Classic in Hutchinson, MN to provide mental health educational information to the golfers attending the event. We placed our yard signs containing mental health facts and information at each hole and we took photos of each team as they finished the 18th hole. In addition to the photos we presented the Justin Barrick family with a beautiful plaque thanking them for their generosity and interest in education more people about mental health resources, to offer hope and help to those who struggle with mental illness. They recently send us a large donation thanking us for helping make their event successful. We are very grateful for their generosity!

**\*Recruiting New Board Members\***

Two of our long term Board members have announced their upcoming resignation for personal/family reasons. They will be sorely missed. We're seeking replacements who have either personally struggled with mental illness or who have friends or family members who have done the same, or those working in the mental health field, who have a desire to help bring about positive changes in our mental health system. If you are interested, please contact us at 320-654-1259, and let us know how you can help, or if you are interested in joining our team! Please visit our website at [namistcloud.com](http://namistcloud.com) to learn more.

**2021 Volunteer of the Year - Nick Johnston**

Nick Johnson was awarded the 2021 NAMI St. Cloud Area Volunteer of the Year Award for his dedication to serving others, especially serving those living with mental illness as well as the Veterans who have served our Country.

Nick, currently, is President of NAMI St. Cloud Area. He leads our NAMI group with commitment, compassion, and willingness not only to provide direction but also to be "hands on" and do the work. He focuses on providing education about mental health and mental illness, and he serves as Chair of the NAMI Conference as well as served on the Mental Health Walk Committee. Nick is the "Face" of NAMI St. Cloud Area, and his outreach can be seen at the tables of information he provides at walks, runs, open houses and anywhere that he can spread the message that we can recover from mental illness.

Nick's service to Veterans is founded on his commitment of honoring our Service Members. Through his efforts the Stand Down Facility for Veterans' use was established in St. Cloud. He also serves as treasurer for Stand Down Events, providing ongoing support for this facility for at-risk and homeless veterans. St. Cloud Stand Down has provided 36 events where veterans have a one-stop location for free resources, haircuts, legal assistance, employment information, meet with their veterans service officer and have a hot meal. Nick personally provides information at these events for the veterans to prepare a Will. Nick also works to provide food to Veterans and their families at Thanksgiving and Christmas. Nick shows up for Veterans, working to make sure their needs are met.

Other areas of services that Nick provides include serving on committees with the National Association of Social Workers and serving as an Anti-stigma committee member. He also serves on the CIT Committee at the prison. Nick has donated over 60 gallons of plasma to the American Red Cross during his lifetime, thus saving countless lives.

Nick Johnston is truly a remarkable person. His days are filled with service to others. May we honor him with this award. Thank you, Nick, for your service!

## 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, AND in person, 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.centramnflag.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	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 Sara Pundsack: <a href="mailto:Sara.Pundsack@co.sherburne.mn.us">Sara.Pundsack@co.sherburne.mn.us</a>



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

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