



NAMI

National Alliance on Mental Illness

St. Cloud Area



The Official Newsletter of NAMI-St. Cloud Area

Volume 12: Issue 1

Feb-March-April
2019

Upcoming Education:

Educational Meetings are Free and Open to the Public

February 19th @ 6:30
“Understanding and Treating Post Traumatic Stress Disorder,” Michael Mynczwor, MSW, LICSW, St. Cloud VAMC

March 19th @ 6:30 “Overcoming Loneliness,” Louise Echola, NAMI St. Cloud Area Board

April 16th 6:30 pm
“Elder Abuse”, Marissa Bergdahl, MSW, LICSW, Stearns County Social Service

Meetings are held at:
Hope Community Support Program
157 Roosevelt Road
Suite 300
St. Cloud, MN. 56301
Call for directions:
(320) 240-3324

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:
Stephanie Dreis
stephaniedreis@gmail.com

Certified Peer Specialist Training and Employment

Have you ever wondered if you could find gainful employment in the mental health field if you don't have a college degree? Well, there is a way.

A Certified Peer Specialist is "a person who has a mental illness diagnosis and uses his/her recovery experiences to help others along their journey.

Their role is to:
-Inspire hope that recovery from mental illness is not only possible, but probable.

-Provide opportunities for people using mental health services to practice self-efficacy, through activities that emphasize the acquisition, development, and enhancement of skills needed to move forward in mental health recovery.

-Promote empowerment and self-determination.

-Build relationships based on mutuality and shared experiences.

-Deepen the treatment team's understand-

ing of the experience of being a mental health consumer.

To be employed as a Certified Peer Specialist Level 1, an individual must:

- Be at least 21 years old.
- Have or had a primary diagnosis of mental illness.
- Have received or is currently receiving mental health services.
- Be willing to share their experience of recovery.
- Successfully complete the Department approved CPS training.

-Be certified by the Department

For more information go to peerslinktohope.org
All information from MN Statute: 0615

Mental Health Day on the Hill

Mental Health Day on the Hill is Thursday March 14th. Each year NAMI St. Cloud has provided a bus that goes from St. Cloud to the Capital Hill in St. Paul and allows consumers to advocate the importance of mental health.

Consumers can talk with their representatives and share stories. More information about the bus and the day's schedule will be posted on our website, www.NAMISTcloud.com, or our Facebook page www.facebook.com/NAMISTcloud

NAMI St. Cloud Area National Alliance on Mental Illness **Family Support Group**

The Family Support Group is for family members, caregivers and friends of a person affected by mental illness. Any diagnosis, any age.

Family Support Group Meetings are held on the second and fourth Tuesday of every month, from 7:00 PM - 8:30 PM
Location: Calvary Community Church, 1200 Roosevelt Road, St. Cloud, MN

For more information: Phone: Mike Stringer—320-492-2024
Website: <http://www.namistcloud.com>
Email: parentvoicesofnamisc@gmail.com

Christmas Gifts to Mental Health Inpatients in our Four-County Area

For several years NAMI St. Cloud has been buying and delivering Christmas gifts to residents in inpatient mental health facilities within our four-county area to let them know that someone cares.

This year, NAMI St. Cloud board members shopped for and delivered gifts to 15 inpatients at the St. Cloud VA Medical Center; gifts to 20 adults and 8 adolescent inpatients at St. Cloud Hospital; gifts to 10 inpatients at Central MN Mental Health Center's Northway Intensive Residential Treatment program (IRT); and gifts to 16 adult mental health inpatients at the Behavioral Health Hospital in Annandale.

This is a total of 69 inpatients for whom NAMI St. Cloud Area was able to provide gifts at mental health care facilities during the holidays. Each patient received a blanket, a game or craft, socks, hat or gloves, and a personal care item. Each patient received at least four gifts.

33rd Annual Fall Mental Health Conference

The Conference Committee met in November and reviewed the evaluation forms filled out by attendees at our 2018 conference. Suggestions included asking attendees to hold questions till the end of the presentation and to ask their questions into a microphone; they wanted to walk away with tools they could use; more handouts; and sharing more life experience stories.

We would like half of the 2019 conference to focus on child development and youth mental health with the other half focusing on techniques and tools that people can use to improve their lives.

Our 2019 conference will be on October 4th, will last all day, and again will be held at Calvary Church in St. Cloud.

The Wailin Jennys Invite NAMI St. Cloud

On Saturday, September 15th, The Wailin' Jennys, a folk/rock group from Canada, performed at the College of St. Benedict to a full house. They invited NAMI St. Cloud area to set up a resource table, hand out information on mental health/mental illness and accept donations from audience members which entered them into a drawing with the winner receiving six of The Wailin' Jennys CD's plus one of their tee shirts. The enthusiastic audience donated over \$1000. The Wailin' Jennys make this invitation to each local NAMI Affiliate in the area where they perform. This was their third stop in Minnesota on this tour. The music was great (they also provided NAMI St. Cloud two great seats for the performance), the audience was generous and we received so many 'Thank You's' for doing what we do routinely.

Nami St. Cloud Reaffiliation

NAMI National requested that all NAMI Affiliates (that includes NAMI/MN & NAMI St. Cloud Area) apply for reaffiliation and gave us guidelines of all we would need to qualify, which for NAMI St. Cloud meant rewriting our By-laws entirely. In short, it required a great deal of time and effort. A committee of our Board of Directors accomplished the task within the time frame required and received a certificate stating that NAMI approved our Affiliation Agreement as of 11-17-2018.

NAMI St. Cloud Area

Saturday, May 18th, 2019 —11:00 AM Start
At Lake George, St. Cloud, MN

Mental Health Walk

"Why I Walk" posters
Refreshments
Games

Improving lives.....
..Step by Step!

Door Prizes
Team Photos
Silent Auction

Celebrate HOPE!

To Register/Donate: www.namistcloud.com
Phone: 320-654-1259

*Check in begins at 9:00 AM - Team Recognition and Photos 10:30
*Cancellation of the Walk due to inclement weather would be broadcast on WJON Radio and our Facebook page: NAMI St. Cloud, MN

Proceeds go to NAMI St. Cloud Area programs of Education, Advocacy and Support

Resource	Information	Resource	Information
St. Cloud Hospital	320-251-2700	St. Cloud Area Support Groups	
Adult Mental Health Unit	320-255-5601	<u>Family Support Group</u> 4th Tuesday 7:00pm to 8:30pm	Mike Stringer 320-492-2024
Senior Helping Hands	320-229-3760	<u>Parent Voices of NAMI St. Cloud</u> 2nd and 4th Tuesdays of the month	
Central Minnesota Mental Health Centers		Calvary Comm. Church 1200 Roosevelt Road St. Cloud MN	
St. Cloud [1321 13 th St. N] (emergency services: 320-253-5555 or 1-800-835-8008)	320-252-5010	<u>PFLAG Weekly Support Group</u> Mondays 7:00 to 8:30pm St Cloud Public Library	www.centralsmnpflag.com
Buffalo [308 12 th Ave. S.]	763-682-4400	<u>Hope Community Support Program Groups</u> Depression/BiPolar Group (Thursdays-6:00 to 8:00 PM) Schizophrenia..... (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) Here & Now Group	320-240-3324
Elk River [253 8th St NW, Suite A. Elk River]	763-441-3770	<u>OCD Support Group</u> Wednesdays-5:00 to 6:30 PM at CMMHC	320-252-6432
Monticello [407 Washington St.]	763-295-4001	National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Hope Community Support Program	320-240-3324	National Suicide Prevention Hotline	1-800-SUICIDE (784-2433)
County Human Services		Veteran's Linkage Line	1-888-LINKVET (546-5838)
Benton County Human Services	320-968-5087	Legal Aid Society	612-332-1441
Sherburne County Human Services	1-800-433-5239	Salvation Army-Emergency Shelter	320-252-2229
Stearns County Human Services	320-656-6000	Caritas Emergency Assistance	320-229-4560
Wright County Human Services	763-682-7400	Caritas Financial Counseling	320-650-1660
Caritas Family Services (Catholic Charities)	320-252-4121	Crisis Connection (Phone Counseling)	Call 211 or 1st Call Minnesota at 1-800-543-7709
Independent Lifestyles, Inc.	320-529-9000	Suicide Survivor Support Group 2nd Monday of each month from 6:30 - 8:00 pm at Peace Lutheran Church in Cold Spring	
Resource Training & Solutions	1-888-477-7032	The Healing Hearts of Suicide Groups 1st Tuesday of each month at 305 7th Ave N, St. Cloud from 7:00 - 8:30 pm 3rd Tuesday of each month at the St. Mary's School in Melrose (320 5th Avenue SE) from 8:00 - 9:30 pm	Roxanne at 320-248-1563
NAMI-St. Cloud Area www.NAMIStCloud.com	320-654-1259	Albany Depression/Bi-Polar Support Group Mondays 6:30-7:30 pm Albany Hospital Conference Room	
State Resources		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	
NAMI-MN	888-473-0237	Independent Lifestyles Depression/Bipolar Support Group Mondays 6 - 7 ³⁰ pm 215 North Benton Drv Sauk Rapids, MN	320-281-2025
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		
NAMI-National	1-800-950-6264		
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		
Crisis Text Line	Text MN to 741741		
For emergencies call 911 or call the National Suicide Prevention Line at 1-800-273-8255.			
A Docuseries on Adverse Childhood Experiences			

CentraCare and TPT MN (PBS) present a documentary series on Adverse Childhood Experiences called "Whole People." This program includes 5 episodes which started premiering January 13th at 7 pm and will continue for the next consecutive Sundays on TwinCities Public Television (PBS). This series looks at the health impact of Adverse Childhood Experiences and how the state of Minnesota is addressing these issues with a focus on Central Minnesota. Each episode of Whole People will be available online after they air at www.centracare.com and searching "Whole People" in their search tool.



National Alliance on Mental Illness-St. Cloud Area

**NAMI/St. Cloud Area
Executive Committee
2019**

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
P.O. Box 771
St. Cloud, MN. 56302

Non-Profit ORG.
U.S. Postage PAID
Permit Number 1441
St. Cloud, MN