



NAMI

National Alliance on Mental Illness

St. Cloud Area



The Official Newsletter of NAMI-St. Cloud Area

Volume 12: Issue 3

Aug-Sept-Oct
2019

Upcoming Education:

Educational Meetings are Free and Open to the Public

August 20th @ 6:30 pm
Meet with area legislators to discuss 2019 legislative results and state/local issues

September 17th @ 6:30 pm
Treating Dual Diagnosis: Mental Illness and Chemical Dependency with Michal Mynczywor, MSW, LICSW, St. Cloud VAMC

October 15th 6:30 pm
"Simple Secrets of Happy People" with Jolene Simmons, Retired VA Nurse

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

A successful Day at The Inaugural Barrick Charity Golf Classic by Nick Johnston

Late last year, I met with Justin Barrick from Hutchinson, MN who told me his family wanted to have a fundraiser for NAMI St. Cloud in honor his father who died over twenty years ago as a result of suicide. Justin's family planned a golf scramble outing on the 17th of May, 2019, the anniversary of their father's death, at the Crow Wing River Golf Club in Hutchinson.

The family recruited ten teams (4 persons in each team) to participate as well as sponsors. On the day of the event, the weather was questionable with threats of rain, but all teams showed up and the rain held off. Board members from our organization volunteered that day along with a volunteer from the Suicide Prevention staff of the St. Cloud VA. We put up mental health/illness fact signs at each of

the 18 holes. The golfers had an opportunity to buy raffle tickets for prize drawings... and boy did they! A whole roll of tickets (1,000 tickets) were purchased. The players were very generous and obviously had a good time. Golfers and volunteers were fed before and after the tournament.

Justin delivered a check to me made out to NAMI St. Cloud Area for \$5740.71! This is the largest fundraising event in my memory. We are very grateful to the Barrick family for their thoughtfulness and generosity and to all who made this event a great success. Funds will be used to continue or mission of providing Education, Support and Advocacy to the people in our service area.

We look forward to working with the Barrick family again next year to help plan another great event.

Site Visit from NAMI/MN to NAMI St. Cloud

Sue Abderholden, NAMI/MN Executive Director, and Sam Smith, Legislative Liaison, will soon be visiting NAMI Affiliates across the state to share the results of the 2019 Legislative Session, funding increases, important policy changes, what we can expect heading into 2020, and an to provide an opportunity for local citizens to share their interests and concerns.

No date is set as yet for their visit to St Cloud. Follow our website for more information.

Mental Health Walk

Our 6th annual Mental Health Walk was a success in spite of the weather! We are so grateful to everyone who helped to make it so: Our Sponsors and Donors, Walkers, and Volunteers! Thanks to the dancers for entertaining us! Thanks to Caroline Stringer for our silent auction. We look forward to seeing everyone next year on May 2nd at Lake George! Next year: Team prizes!

CADI Services Affected by Hospitalization?

The legislative committee recently met with staff from the Dept of Human Services to discuss the problem with the CADI (Community Access for Disability Inclusion) Waiver. People who are in the hospital for more than 30 days lose their CADI Waiver and have to start all over again. This means people are often discharged from the hospital without a CADI Waiver in place and are waiting from 30 to 90 days for services to be reinstated. Often people lose their housing as well.

The Dept staff were receptive to ideas for solutions such as suspending rather than terminating the waiver, allowing people to pick up where they left off until a reassessment is completed, etc.

They have asked us to collect stories. If you or a loved one or a client has experienced problems like this with the CADI Waiver please email Sue Abderholden (sabderholden@namimn.org) and tell her how long the person was in the hospital/residential treatment, how long it took to become reconnected with services, and any negative outcomes. We have also heard from families of children that due to the positive support rule they cannot find a CADI Waiver provider because it is too difficult a process to use a restraint when the child is in danger or hurting themselves or others. Please send those stories to Sue Abderholden as well. Thank you!

Host a Party!

Have you ever thought about hosting a house party as a way to promote education, advocacy, and reduce the stigma on mental health? All over the state there is a call for NAMI members to host house parties for these reasons.

NAMI MN states:

“House parties are events where a local NAMI member invites their legislators and other community members to their home or a public space to talk about mental health. These are informal gatherings where folks share their personal stories about living with a mental illness or caring for a loved one. Time and again, the connections that a house party fosters can transform a legislator from a supporter to a champion for mental health at the capitol.”

“All you have to do is find a location like your home or a public library, contact your legislators to find a time that works, and provide some light refreshments. NAMI Minnesota will help you recruit for the event and make sure that area NAMI members attend.”

If this sounds like something you're interested in doing, please contact Sam Smith (ssmith@namimn.org) who can answer any questions that you have. Thank you for your advocacy!

Fall Mental Health Conference

Our committee has not focused on children's mental health issues for many years. At the recommendations of previous conference attendees, we decided to explore this area again. Presenters will examine Minnesota's children's mental health services from the beginning to present day, as well as look at what our current and future programs and services should include. In addition, our speakers will share proven ideas regarding how you can help bring about the needed changes. Come join us on October 4th, 2019.

We have not raised our fees for almost 10 years: \$100 for professionals who'll receive 6 CEU's, and \$25 for consumers and family members. For more information, check our website.

SAVE THE DATE: Friday, October 4, 2019

NAMI St. Cloud Area
Presents our 33rd Annual Mental Health Conference
**A Closer Look at MN Children's
Mental Health Services**

At: Calvary Community Church
1200 Roosevelt Rd
St. Cloud, MN 56301

6 CEUs provided
Contact: NAMI St. Cloud Area
PO Box 771, St. Cloud MN 56302
320-654-1259

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 MN	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

Resource	Information
St. Cloud Area Support Groups	
<u>Family Support Group</u> 4th Tuesday 7:00pm to 8:30pm	Mike Stringer 320-492-2024
<u>Parent Voices of NAMI St. Cloud</u> 2nd and 4th Tuesdays of the month	
Calvary Comm. Church 1200 Roosevelt Road St. Cloud MN	
<u>PFLAG Weekly Support Group</u> Mondays 7:00 to 8:30pm St Cloud Public Library	www.centralmnpflag.com
<u>Hope Community Support Program Groups</u> Depression/BiPolar Group (Thursdays-5:30 to 7:30 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 Thursdays 11 AM	320-240-3324
<u>OCD Support Group</u> 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
Suicide Survivor Support Group 2nd Monday of each month from 6:30 - 8:00 pm at Peace Lutheran Church in Cold Spring	
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
Albany Depression/Bi-Polar Support Group Mondays 6:30-7:30 pm Albany Hospital Conference Room	
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	
Independent Lifestyles Depression/Bipolar Support Group Mondays 6 - 7 ³⁰ pm 215 North Benton Drv Sauk Rapids, MN	320-281-2025



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