



nami

National Alliance on Mental Illness

St. Cloud Area



The Official Newsletter of NAMI-St. Cloud Area

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Feb-Mar-Apr
2020

Upcoming Education:

Educational Meetings are Free and Open to the Public

February 18th @ 6:30 pm
"Tips to Help You Overcome Adversity" by
Melissa Wanna

March 17th @ 6:30 pm
"Acquiring and Maintaining Hope" by Dale Anderson, MS
CPRP, Hope Community
Support Group Program

April 21st @ 6:30 pm
"Dementia 101" by
Emma Kiefer, St. Croix
Hospice Community
Educator

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

2020 Mental Health Day on the Hill - March 12th

NAMI Minnesota, as a part of the Mental Health Legislative Network, is organizing this year's Mental Health Day on the Hill to be held on Thursday, March 12th. This event draws NAMI members and friends from all over the state.

Free bus transportation from various sites around the state will be provided, including St. Cloud (check the NAMI St. Cloud website for more information). The buses will take partici-

pants to the Ewald Conference Center in St. Paul.

There they will receive a continental breakfast, information on the legislative process, legislative issues affecting mental health, and training on how to lobby, followed by a rally at the Capitol rotunda. There will be time for you to meet with you area's legislators, before you end the day with a bus ride back to St. Cloud. CEU's available.

Annual Fall Mental Health Conference 2020

The Conference Committee has been working on this year's conference which will be held on Friday, October 2nd at Calvary Community Church. The theme this year will be "Recovery in the New Decade". The Committee consists of Rhonda Karels, Cecil Huston, Deb Krueger, Louise Echola, and Nick Johnston. We are currently developing conference topics and then will search for knowledgeable presenters. We believe the costs for attendance will remain the same. We have not raised our rates in over 5 years. Look to our website for more information, coming soon.

NAMI St. Cloud Annual Board Meeting

At our Annual Board meeting held on January 21, 2020, elections were held for the two offices up for election, President and Vice President. All four offices (President, Vice President, Treasurer and Secretary) are 2 year terms. Nick Johnston was re-elected as President and Louise Echola was reelected as Vice President. Next year the offices of Treasurer and Secretary are up for election.

CONTACT US!

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Mental Health Walk is Being Planned

Our Mental Health Walk Committee is off to a great start planning for next year's Walk!

The next walk is planned for Saturday, May 2nd, 2020 at Lake George in St Cloud. Check in is after 9 o'clock and the walk starts at 11 o'clock. Activities will include door prizes, a silent auction, refreshments, T-shirts to buy, music, Team Photos and Prizes. Check our website for updates and registration information.

Our Walk is free for all who attend. For that reason, we are grateful for all sponsorships and donations. If you or someone you know would care to sponsor or donate to our Walk, please let us know: 320-654-1259.

NOTE! Family Support Group will be moving as of April 14th 2020!

The **Family Support Group** currently meeting on the second and fourth Tuesday at Calvary Community Church will be moving as of the first meeting in April, on Tuesday, April 14th. **(Until then we will continue to meet at Calvary Community Church.)**

The new location will be **722 33rd Ave. North, St. Cloud.** It is in the building directly across from the old Electrolux plant, previously used for Jeffs Tattoo and Piercing. The building has been purchased by the St. Cloud Stand Down, and they have offered to share the space with us. There is parking right by the building to the left of the entrance, and additional parking on the left of the fence next to it as well. Please use the entrance on the left side of the building, there has been a handicap ramp put in for those that need it. The dates and times of the meetings will not change. Please pass this info on to anyone who might need to know!

Greetings from your new editor!

Hello everyone! My name is Cecil Huston, and I have taken on setting up and editing the NAMI St. Cloud Area newsletter. I am a board member, help facilitate the Family Support Group with Mike Stringer, and work on both the Annual Mental Health Walk and Fall Conference Committees.

Hopefully I can do as good a job as our retiring editor, Stephanie Dries. We thank her for all her past hard work managing our website and producing our newsletters, she will be missed! We wish her much success in her future endeavors, and bid her farewell. Thank you for all you do, and have done, on behalf of NAMI Stephanie!

Push is on for 3-Digit Suicide Hotline

NAMI Minnesota is working on getting federal legislation enacted to create a 3-digit suicide hotline created. Bipartisan bills have been introduced in both the U.S. House and Senate to create a national hotline. The suggested number is 988, but that has not been solidified yet. More to come!

Save the Date! Saturday, May 2nd, Walk at 11AM
At Lake George, St. Cloud, MN

Mental Health Walk
Improving lives.....
.....Step by Step!

**Celebrate
HOPE!**

NAMI St. Cloud Area

To Register/Donate, beginning March 1st, 2020
Visit our website: www.namistcloud.com
Phone number: 320-654-1259

New option for making Donations

When donating to NAMI St. Cloud, if you would like to make the donation "In memory of" or "In honor of" a specific name or names, we will make a note of that on our website. Please include this information with your donation, and we will be happy to post this information!

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
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	
Family Support Group— <i>For family members, friends and caregivers of someone with a mental illness. All ages, all diagnosis!</i> 4th Tuesday 7:00pm to 8:30pm Calvary Comm. Church 1200 Roosevelt Road St. Cloud MN **Please note location change as of April 14th!	Mike Stringer 320-492-2024 Email: parentvoicesofnamisc@gmail.com
PFLAG Weekly Support Group Mondays 7:00 to 8:30pm St Cloud Public Library	
Hope Community Support Program Groups 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	www.centralmnpflag.com 320-240-3324
OCD Support Group 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
The Healing Hearts of Suicide Groups : 1st Tuesday of each month at Center for Life Transitions, 38 24th Ave. North, St. Cloud – 7:00 - 8:30 pm 3rd Tuesday of each month at the St. Mary's School in Melrose, 320 5th Avenue SE, - 8:00 - 9:30 pm	Call before attending: Roxann 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	Richard at 320-260-4233
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
2020**

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
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