



nami

St. Cloud Area



National Alliance on Mental Illness

The Official Newsletter of NAMI-St. Cloud Area

Volume 13: Issue 2

May-June-July
2020

Upcoming Education:

Educational Meetings are Free and Open to the Public

May 19th @ 6:30 pm
"Consumer Panel:

Consumers Share their Journey from Illness to Recovery" Dale Anderson, MS, CPRP, Moderator

June 16th @ 6:30 pm

"Acquiring and Maintaining Hope" by Dale Anderson, MS CPRP, Moderator, Hope Community

July 21st @ 6:30 pm
"SAVE Gatekeeper

Training" by Lisa Barshok, CentraCare

Meetings are held at:

**St. Cloud Stand Down Bldg
722 33rd Ave North
St. Cloud, MN. 56301
Call for directions:
(320) 654-1259**

*****PLEASE NOTE!*****

Due to Covid-19, ALL events and dates are subject to change and/or cancellation! Check our website at www.namistcloud.com for the latest information!

Our Meetings and Education Programs have MOVED!

After many years of holding our Board Meetings and Education Programs at the Hope Community Support Program in the Catholic Charities building at 157 Roosevelt Road; NAMI St. Cloud Area will be moving.

Effective **June 1st**, we are moving **Board Meetings and Education Programs** to **722 33rd Avenue North, St. Cloud.** (It is the building across from the old Electrolux plant.) The building is owned by St. Cloud Stand Down, and will provide space for our Board meetings, Education Programs and Support Group meetings, as well as needed space for our resources and equipment. There is parking on the left side of the building, and a handicapped ramp is available there as well.

The **Family Support Meetings** are also moving there, effective **May 1st.** (As soon as we are able to meet again, see website for details.)

It is not easy for us to leave the Hope Community Support Program space. They have been our closest community partner and have always been kind and welcoming. We look forward to a positive new relationship with our new landlord, St. Cloud Stand Down.

If you have questions regarding our new location at 722 33rd Avenue North, St. Cloud, please don't hesitate to call us at 320-654-1259. Regarding Support Group meetings, you may contact Cecilia Huston, the Support Group Facilitator at parentvoiceofnamisc@gmail.com.

CONTACT US!

NAMI-St. Cloud Area
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www.facebook.com/NAMISTcloud
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Newsletter Editor:
Cecilia Huston
lcchuston3@gmail.com

34th Fall Mental Health Conference 2020 Update

Our planning committee is still contacting speakers to fill our roster of presenters on the topic of "**Recovery in the New Decade**". We don't know at this point if social distancing, as well as other safeguards to prevent the spread of the Corona Virus will be lifted, but the conference will be held on October 2nd, 2020 at the Calvary Community Church in St Cloud from 8:00 am to 4:30 pm. We should know more by the time of our next NAMI newsletter in August. Until then mark the date on your calendar, and do all that you can to stay safe and well!

2020 Mental Health Walk Cancelled

With regret we have cancelled our 7th Mental Health Walk, scheduled for Saturday May 2nd at Lake George. Thank you to everyone who has supported us in any way through the years to provide our Walk.

With gratitude for our Sponsors:

**Center for Family Counseling
Disabled American Veterans, Chapter 9
Marco**

**Granite Financial LLC
Brenny Transportation**

**Central Minnesota Mental Health Center
COMMUNITY Adult Mental Health Initiative**

With hope we have reserved **Saturday, May 15, 2021** for our next Mental Health Walk at Lake George. Please check our website for information at www.namistcloud.com

A huge **Thank You!** to our **Mental Health Walk Committee** for their work each year to make this event possible:

Nick Johnston, Ruth Wittrock, Cecilia Huston, Rhonda Karels, Jolene Simmons, Dan Kippley and Deb Krueger. Also family members and other volunteers.
Thank You all!

Louise Echola - Walk Chair

NAMI MN Resources

This is a difficult time for everyone, especially for those living with a mental illness. There is great uncertainty about what lies ahead. Despite operating remotely, NAMI Minnesota and it's affiliates are still here for you. Just because you feel lonely, doesn't mean you are alone. Physical isolation doesn't mean emotional isolation. Support groups (see article to the right) are online, and there are classes available online, through a partnership with the U of M Dept. of Psychiatry. For a detailed class schedule, go to:

<https://namimn.org/education-public-awareness/classes/scheduled/>

If you need help navigating the mental health system, you can call the NAMI Minnesota Helpline at:

(651) 645-2948, Ext. 117

or email namihelps@namimn.org

This is a peer-support service providing information, resource referrals, and support to people impacted by mental illnesses. Helpline staff and volunteers are experienced, well-trained, and able to provide guidance.

Note: This is NOT a crisis line.

Five Things to Do for Your Mental Health

From the NAMI Minnesota Newsletter, regarding the Covid-19 stressors, edited for length:

1st - Control what you can. Limit your intake of news, it can become overwhelming. Read positive stories. Take steps to stay safe; stay home, wash hands, clean frequently used surfaces. Create routines to help establish a sense of normalcy.

2nd - Move every day! Go for a walk, do yoga, or dance! Movement increases endorphins in our brains to help us feel better.

3rd - Be mindful. Be mindful of eating; avoid the comfort foods we all reach for in times of stress. Balance with nutritious foods and lots of water. Be mindful of your breathing; if you are anxious, focus on slowing down your breathing. Be mindful of the activities that help you relax.

4th - Connect to others. Pick up the phone, use Facetime or other apps to connect to the people you care about. Reach out to others that may be struggling, it benefits both of you!

5th - Think the best of people. This means understanding at times that we won't always act our best in a crisis, including children. We are all experiencing anxiety about the future and finances, plus loss or grief over events important to us that were cancelled. Lower your expectations.

Give people grace and space. There are certainly more things we can do to make it through this difficult time, but these are five easy things to start with.

NAMI MN Online Support Groups

Lonely? Worried? Scared?

NAMI Minnesota is offering **FREE** online support groups for individuals managing mental illnesses, family members of people who have mental illnesses, and parents of children with mental illnesses. Please join them! Details and links to these support groups, also via Zoom, are located at:

<https://namimn.org/support/nami-minnesota-support-groups/>

Also options are available at:

<http://tinyurl.com/NAMI-SUPPORT>

NOTE! NAMI St. Cloud Family Support Group will resume at the new location as soon as we can safely meet, watch our website for updates.

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> 2nd and 4th Tuesday 7:00pm to 8:30pm St. Cloud Stand Down Building 722 33rd Ave North, St. Cloud **Please note location change !**	Cecilia Huston Email: parentvoicesof-namisc@gmail.com
PFLAG Weekly Support Group Mondays 7:00 to 8:30pm St Cloud Public Library	www.centralmnpflag.com
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	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	Roxann at 320-248-1563
3rd 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.)	
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 Drive Sauk Rapids, MN	320-281-2025
Bridges Parent Support Group 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



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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