



# NAMI

## National Alliance on Mental Illness

# St. Cloud Area



The Official Newsletter of NAMI-St. Cloud Area

Volume 14: Issue 1

Jan-Feb-Mar  
2021

### Upcoming Education:

**Educational Meetings are Free and Open to the Public**

*Due to COVID-19, Educational Meetings will be going virtual via Zoom.*  
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**January 21st - NO Program, due to our Annual Board meeting**  
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February 16th, 6:00 PM  
**“How to Plan an Awesome Adventure”** by Heidi Ampe, MSW, LISCW  
St. Cloud VA  
\*\*\*\*\*

March 16th, 6:00 PM  
**“Acquiring and Maintaining Hope”**, Dale Anderson, MS, CRPR

### \*\*\*PLEASE NOTE!\*\*\*

*Due to COVID-19, ALL events and dates are subject to change and/or cancellation! Check our website at [www.namistcloud.com](http://www.namistcloud.com) for the latest information!*

### Education Meetings are now on Zoom!

As you know we had cancelled most of our in-person monthly Education Programs due to COVID-19 restrictions/recommendations. We are now set up to hold our programs via **Zoom, from 6:00 - 7:00 PM on the third Tuesday of the month.** (Please note the time change from our previous schedule of 6:30 - 7:30)

Please see the list here on the left for the education programs scheduled. *Note that there will be no program in January, due to our annual board meeting.*

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.**

No Registration is required. One hour CEU will be offered for each program.

Please check our website for any changes to this plan, such as when we are allowed to meet in person again.

### NAMI St. Cloud Meetings

Due to COVID-19, we are currently holding all Board and Educational meetings via Zoom. Please check our website for updates in the coming months!

### Family to Family Training from NAMI MN

NAMI Minnesota is offering the **Family to Family** course via Zoom rather than in person in 2021. Family to Family classes educate about mental illnesses, the brain, treatment, and resources to help a loved one living with a mental illness. Participants will also build communication skills, reduce stress, find support and discover the common Stages of Emotional Responses when supporting someone with a mental illness. The classes meet weekly on the same day for 8 weeks. A computer or tablet with a camera and high speed internet is needed to participate. Individuals interested in attending this class contact the people listed below to schedule a short interview.

- The next Zoom class is on **Tuesdays from Jan. 26 - March 16, 6:30-9:00 PM**  
Contact Doug at 612-310-5707 or [douglasakraft@gmail.com](mailto:douglasakraft@gmail.com).

- Then last one scheduled will be on **Thursdays from Feb. 4th - March 25th, 6:30 - 9:00 PM.** Contact Marylin at 651-497-6858, or [mdornfeld@namimn.org](mailto:mdornfeld@namimn.org).

### CONTACT US!

NAMI-St. Cloud Area  
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St. Cloud, MN. 56302  
Website: [www.namistcloud.com](http://www.namistcloud.com)  
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[www.facebook.com/NAMISTcloud](http://www.facebook.com/NAMISTcloud)  
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**Christmas Presents Delivered!**

We shopped for and delivered gifts to 97 inpatients in residential facilities in our 4 county area. Thirty gifts were delivered to St. Cloud Hospital (20 adult and 10 child/ adolescent beds), 10 to the St. Cloud IRT (Intensive Residential Treatment), 15 to the St. Cloud VA Inpatient Treatment Unit, 6 to the IRT in St. Augusta, 18 to the Community Behavioral Health Hospital in Annandale, and 18 to the IRT in Elk River. We didn't want the residents to feel forgotten at this special time of year, and to know they are thought of and cared for.

**NAMI MN Resources**

NAMI Minnesota is offering **FREE** online support groups - <https://namimn.org/support/nami-minnesota-support-groups/>

Also options are available at:

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

Classes are also available online - <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 [nami-helps@namimn.org](mailto:nami-helps@namimn.org) (Note: This is NOT a crisis line.)**

**Family Support Group is Moving to Zoom!**

NAMI St. Cloud Family Support Group has moved to **Zoom** for now! It is not such a bad option during these cold winter months; we can meet from the comfort of our warm cozy homes, with a hot cup of cocoa!

The meetings will continue on our previous schedule of meeting on the **2nd and 4th Tuesdays of each month**, starting at 7:00 PM and ending at 8:30 PM.

The Support Group meetings are free and open to all family and friends of a person with a mental illness. To get the meeting codes and password please visit our website <http://www.namistcloud.com> and click on the "Family Support" tab. There is a registration link there that will send you an email with the link to connect and the codes. (The link is too long to list here, it would just be frustrating trying to type it in.) There are options for connecting by phone as well.

**PLEASE NOTE!** The NEW Family Support Group email is [fsnamistcloud@gmail.com](mailto:fsnamistcloud@gmail.com). Please be sure to add it to your trusted emails, as I send out meeting reminders as group emails that may end up in your junk mail inbox.

**2021 Mental Health Walk News**

We are looking forward to our **8th MENTAL HEALTH WALK**, to be held on Saturday, May 15th 2021, at Lake George in St. Cloud. Walk start time is 11:00 AM. We invite everyone to participate in our Walk in whatever way is possible. There is no fee to attend, although registration is required. Registration online will be open April 15th. If you have questions regarding the Walk, please call 320-654-1259.

We welcome sponsorships and donations to provide funds as we educate, advocate and support those whose lives are impacted by mental illnesses. Please visit our website for updates and further information on how you can support our Walk. If you are interested in being a donor or sponsor, or know someone who is, please call 320-654-1259. With the current situation regarding COVID, we are exploring options for having a virtual walk if needed, but we are hoping we can go back to getting together in person! Think positive, and we look forward to seeing you again!

**A Tribute to a Friend in Congress**

In December we were saddened to learn of the passing of Senator Jerry Relph. During his four years in the Minnesota legislature he worked on behalf of those who's lives are impacted by mental illnesses.

Jerry was presented the "Legislator of the Year" award in 2020 by the National Alliance on Mental Illness. He participated in our Legislative Panels, and has met with those who attended the Mental Health Day on the Hill events at the Capital.

We are ever grateful to Senator Relph for his unfailing kindness and willingness to listen. We will certainly miss him! We also wish to thank his family for choosing NAMI St. Cloud as a recipient of memorial donations. His support lives on.

**Two Tips to Help You Cope**

**SMILE!** - Whether you just put a smile on your face or think of something that will make you smile, research has shown this act releases endorphins in your brain which improves your mood and makes you feel better. Practice daily!

**LAUGH!** - Practice laughing every day. Read the comic section of the newspaper, a joke book, or watch a comedy. Think of something silly that happened in the past that made you laugh.. Practice daily, alone or with someone else. You will both feel better for it!

## 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, visit the NAMI St. Cloud website, Family Support tab for registration details.	Cecilia Huston Email: fsnamist-cloud@gmail.com
<b>PFLAG Weekly Support Group</b> Mondays 7:00 to 8:30pm St Cloud Public Library	www.centralmnpflag.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 Thursdays 11 AM	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 Sue Schmieg: 763-283-1838 or smithspan@gmail.com



**NAMI/St. Cloud Area  
Executive Committee  
2021**

**President**  
Nick Johnston

**Vice-President**  
Louise Echola

**Secretary**  
Mary Kelash

**Treasurer**  
Ruth Wittrock

**National Alliance on Mental Illness-St. Cloud Area**

**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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