



NAMI

National Alliance on Mental Illness

St. Cloud Area



The Official Newsletter of NAMI St. Cloud Area

Volume 15: Issue 2

Apr-May-June 2022

Upcoming Education:

Educational Meetings are Free and Open to the Public

Educational Meetings will be on Zoom AND in person. Please visit our website for login details for Zoom.

April 19th 6:00 PM
"Suicide Prevention"
Lisa Bershok, MSW, LICSW

May 17th, 6:00 PM
Consumer Panel - "Consumers Share Their Journey from Illness to Recovery"
Dale Anderson, Moderator

June 21st, 6:00 PM
"Everything you ever wanted to know about Metro Bus and More"
Cortez Riley, St. Cloud Metro Bus

NAMI St. Cloud Meetings

Board and Educational meetings are held at the St. Cloud Stand Down Bldg.
722 33rd Ave. North
St. Cloud, MN 56303

CONTACT US!

NAMI-St. Cloud Area
P.O. Box 771
St. Cloud, MN. 56302
Website: www.namistcloud.com
Facebook:
www.facebook.com/NAMISTcloud
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2022 Mental Health Walk is Coming Soon!

This year's Mental Health Walk will be held on Saturday, May 7th, at Lake George in St. Cloud.

We will meet by the Sunroom at Lake George. 9:00 AM Check-in, and at 11:00 AM the walk starts, going around the lake. All activities are outside, please dress accordingly. If the Walk is canceled due to weather, check WJON 1240 AM Radio for update, or on our website.

Registration is now open, at www.namistcloud.com. Teams are welcome! Donations are too! Questions? Call 320-654-1159.

Please share with your family, friends and neighbors! Thank you!

NAMI St. Cloud Area
Saturday, May 7th, 2022 11AM Start at Lake George in St. Cloud, MN

Mental Health Walk

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

"Why I Walk" posters
Refreshments
Music
Door Prizes
Team Photos
Games

Celebrate HOPE!

To Register/Donate: www.namistcloud.com
Online Registration begins April 1st, 2022
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
PLEASE NOTE: All activities will be OUTSIDE, dress accordingly!
Check our website for more information - www.namistcloud.com

Proceeds go to NAMI St. Cloud Area programs of Education, Advocacy and Support
Federal 501 (c) 3 ID# 36-3588488

Thanks to our Sponsors:

Center for Family Counseling

CentraCare

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www.MNMentalHealth.org

MCI Carpet One

2022 Fall Mental Health Conference

“Our Journey To Good Mental Health: Improving Lives Step by Step”

NAMI St. Cloud’s 35th Annual Fall Mental Health Conference will be held on **Friday, Oct. 7th, 2022** at Calvary Community Church in St. Cloud, where we’ve held our last several conferences. The conference will run from 8:00 AM till 4:30 PM, with lunch and snacks provided. The cost for professionals needing 6 CEU’s will be \$100.00, consumers, family members and students will be \$25.00. We have not raised our prices in years, still a good deal for all. We will have a limited number of scholarships available.

Our Keynote speaker, Carol LaBine, MSW, LICSW will present on “A History of Mental Health Treatment in Minnesota”. Dr. Quentin Gabor, Chief of Psychiatry at the U of M will present on “Loneliness”. Kay King, Community Educator for NAMI MN, will present on “Minding Your Mental Health During Stressful Times”. Sabine Schmid, Ph.D. presents “Tools to Cope with Anxiety and Combatting Stress”. Sue Abderholden, Director of NAMI Minnesota will close out the conference, and share insights on how to make our Minnesota Mental Health system better.

We’ve all gone through tough times over the past several years due to Covid. Many people have bounced back to their former sense of well being. For those who haven’t yet, and for all of us who could use a few more tools in our toolboxes, we offer great speakers who will provide sound advice to everyone which will help enrich our lives. Please join us on October 7th, save the date!

2022 Volunteer of the Year

We know that it takes workers, volunteers and lots of willingness to put in hard work to make an organization run, and NAMI St. Cloud Area is fortunate to have people with much willingness to pitch in. Our volunteers give from their hearts and share their time and talents to provide education, advocacy and support to us. Many of us have benefitted greatly from their work, and it seems the right time to recognize these special people.

If you know a volunteer you would like to nominate for special recognition, please fill out and submit the nomination form on our website, www.namistcloud.com. The form is located in the “Upcoming Events” tab. Please consider nominating that special person who has given so much to you and all of us. The deadline to submit the form is September 15th. The award will be presented at the Fall Conference.

2022 Annual Barrick Golf Tournament

The Fourth Annual Barrick Golf Tournament will be held on May 21st, 2022, from 12 noon to 6 PM at the Crow River Golf Club in Hutchinson, Minnesota. In the past three years this tournament has raised almost \$26,000. for NAMI St Cloud Area. The Barrick family wants to help raise awareness about mental health issues and to help reduce the stigma of mental illness by educating the public. It's been a great pleasure to work with the Barrick family over the years. Another positive outcome of this event has been our working with a group of concerned citizens in McLeod county who started up a new affiliate of NAMI/MN.

New NAMI Program - Homefront

An Announcement from NAMI Minnesota:

We are excited to announce the launch of **NAMI Homefront Mental Health Resources for Military Service Members, Veterans and Their Families**, a free online suite of resources designed to increase understanding, communication, wellness and advocacy skills.

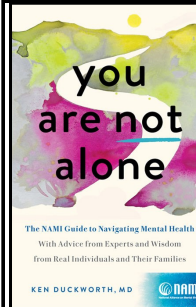
When NAMI Homefront was launched in 2014, the program was intended to address the unique needs of families, caregivers and friends of military service members and veterans experiencing PTSD, traumatic brain injury and other mental health conditions.

With this new resource center, we have expanded the reach of NAMI Homefront to include military service members and veterans as well. Users can access the information and support 24/7, both in the U.S. and when stationed overseas.

Accessible through computers or mobile devices, the resource center includes information about:

- Mental health conditions
- Treatment options
- Approaches to increase overall wellness
- Tips for self-care and managing stress
- Communication strategies

NAMI is Publishing Their First Ever Book!



“You Are Not Alone: The NAMI Guide to Navigating Mental Health” by Ken Duckworth, M.D.

NAMI’s first ever book, which releases this fall, is now available to preorder! Written with authority and compassion, this is the essential resource for individuals and families seeking expert guidance on diagnosis, treatment, and recovery, featuring inspiring, true stories from real people in their own words. Available to pre-order from Amazon, Bookshop.org, Barnes & Noble, Target and Books-A-Million. All proceeds from the book benefit NAMI. Check it out!

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

****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
St. Cloud Area Support Groups	
Family Support Group 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 ONLY, visit the NAMI St. Cloud website, Family Support tab for registration details.	Cecilia Huston Email: fshamitcloud@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 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 st 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.)
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 : 1 st Tuesday of each month at Center for Life Transitions, 38 24th Ave. North, St. Cloud — 7:00 - 8:30 pm 3 rd 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
Albany Depression/Bi-Polar Support Group Mondays 6:30-7:30 pm Albany Hospital Conference Room	Call Hope at 320-240-3324
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 Sara Pundsack: Sara.Pundsack@co.sherburne.mn.us



**NAMI/St. Cloud Area
Executive Committee
2022**

President
Nick Johnston

Vice-President
Louise Echola

Secretary
Jolene Simmons

Treasurer
Rhonda Karels

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

NAMI-St. Cloud Area
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St. Cloud, MN. 56302

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