



NAMI

National Alliance on Mental Illness

St. Cloud Area



The Official Newsletter of NAMI St. Cloud Area

Volume 15: Issue 3

Jul-Aug-Sept 2022

Upcoming Education:

Education Meetings are Free and Open to the Public

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

July 19th 6:00 PM

“Tips on Effectively Lobbying Legislators”

Sue Abderholden, NAMI/MN Executive Director

August 16th, 6:00 PM

Area Legislator Panel -“Review Legislative Results and Discuss State and Local Issues.”

Area Legislators

September 20th, 6:00 PM

“4 County Crisis Services”

Shannon Link, MSW, LICSW & Sara Blanchette, MHP Central Minnesota Mental Health Center

NAMI St. Cloud Meetings

Board and Education 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
Tel: (320) 654-1259

Newsletter Editor:
Cecilia Huston
lcchuston3@gmail.com

2022 Mental Health Walk was a Success!

Our 2022 Mental Health Walk is a happy memory! It was a beautiful sunny day and we were so happy to see folks having a good time in the park and by Lake George. Thank you to everyone who participated: Volunteers, Donors, Sponsors, and Walkers. We are ever grateful!

Our 2022 Mental Health Walk Sponsors:

**Center for Family Counseling
CentraCare
Granite Financial
Brenny Transportation
D. J. Bitzan Jewelers
Grede LLC**

**Williams Dingmann
www.MNMentalHealth.org
MCI Carpet One
Anderson Trucking
Blattner Company
Central MN Mental Health Center**

Next year’s Mental Health Walk will be on Saturday, May 6th 2023, at Lake George again. Stay safe and well everyone!

2022 Annual Barrick Charity Golf Tournament

The fourth annual Barrick Charity Golf Tournament fundraiser was held on May 21st this year, at the Crow River Golf Club in Hutchinson, MN. The event was founded in 2019 by brothers Justin, Jason and Jeremy Barrick to honor their father, Jim, who suffered from depression and died by suicide in 1996, and to raise money for mental health awareness and research. During the first three years \$26,000 was raised, with the money generously donated to the National Alliance on Mental Illness, NAMI St. Cloud Area. The event this year raised over \$13,000, which will be presented to NAMI St. Cloud to assist the expansion of mental health services to McLeod county, who recently gained approval from NAMI National to become a NEW NAMI affiliate.

NAMI St. Cloud’s board President Nick Johnston and board member Gary Vieth attended this year’s event. They placed about 35 signs providing facts and figures on mental health around the course, with a goal of not only providing mental health information, but also encouraging discussion about this important topic among the golfers and other attendees.

We applaud and appreciate the dedication of the Barrick Family in continuing to sponsor this event, and their generosity in donating the proceeds to help further the work of NAMI, who promotes education, advocacy, support, and reducing stigma for mental health issues.

2022 Fall Mental Health Conference

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

We are proud to be presenting NAMI St. Cloud’s **35th Annual Fall Mental Health Conference**, 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. Registration starts at 7:30 AM.

The cost for professionals needing CEU’s will be \$100.00. Consumers, family members and students cost is \$25.00. We have not raised our prices in years, still a good deal for all. We provide 6 CEU’s for professionals who need them to maintain their licensure. We will also have a limited number of non-professional scholarships available for those who could otherwise not afford to attend.

Our Keynote speaker, Carol LaBine, MSW, LICSW will present on “A History of Mental Health Treatment in Minnesota, and How It Affects Treatment Today”.

Quentin Gabor MD, Chief of Psychiatry at the U of M, will present on “Loneliness and Social Isolation”.

Kay King, Community Educator for NAMI MN, will present on “Minding Your Mental Health During Difficult Times”, and “Understanding Anxiety Disorders in Adults”.

Sabine Schmid, Ph.D. presents “Tools to Cope with Anxiety and Combatting Stress”.

Sue Abderholden, MPH, Director of NAMI Minnesota, will close out the conference with “Positive Thoughts in Closing”.

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, our goal has always been to engage excellent speakers providing relevant mental health information to a broad audience of consumers, family members, students, and professionals at a low cost.

Please join us on October 7th, save the date! Brochures will be sent out when available, and watch our website for updates.

Come see us at the Stearns Cty Fair!

NAMI St. Cloud will once again have a resource table in one of the buildings at the Stearns County Fair, in Sauk Centre, from July 27th through the 31st. Stop by and say “Hi”, and take home some of the mental health information we have available.

We are also looking for volunteers to man the table during fair hours, please let us know if you are interested in helping out.

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.

The NAMI website has a place to print out a nomination form. Look on the bottom of the page of “Upcoming Events” tab for the button to print out a PDF Mail to:

NAMI St. Cloud, PO Box 177, St. Cloud MN 56302

Join Us at the Ball Game, July 25th!

On Monday, July 25th at 7:05 pm, the St. Cloud Rox organization and Newport Healthcare will be teaming up to host “Mental Health Awareness Night” at Joe Faber Field in St. Cloud.

Rox Game jerseys can be purchased through a special online auction with the net proceeds to benefit NAMI St. Cloud Area! Thank You to St. Cloud Rox and Newport Healthcare for supporting mental health awareness!

New Mental Health Emergency Number

As of July 16th, the new National Mental Health Emergency Number goes into effect. The number is **988**, and this is considered a “soft” opening of the new service, to make sure that the local resources are able to keep up with new demand.

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: fsnamitcloud@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	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 Mental Health Support Group Every Monday 5:30-6:00PM (except holidays) Centracare Conference Rm, 300 30th Ave, Albany MN	Call 320-845-2157 for more info
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



National Alliance on Mental Illness-St. Cloud Area

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

President
Nick Johnston

Vice-President
Louise Echola

Secretary
Jolene Simmons

Treasurer
Louise Echola
(temporarily)

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