



NAMI

National Alliance on Mental Illness

St. Cloud Area



The Official Newsletter of NAMI-St. Cloud Area

Volume 11: Issue 3

Aug-Sept-Oct
2018

Upcoming Education:

Educational Meetings are Free and Open to the Public

August 21st @ 6:30 Meet with area Legislators to discuss 2018 legislative results, as well as, State and Local issues.

September 18th @ 6:30 "Recovery," presented by Vonni Hovland, MSW

October 16th @ 6:30 "The Services of Hope," presented by Dale Anderson

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

CONTACT US!

NAMI-St. Cloud Area
P.O. Box 771
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5th Annual Mental Health Walk



Our 5th Annual Mental Health Walk held on May 19th, 2018 at Lake George was a remarkable success and nearly twice as many folks as the last year came out to Lake George.

Along the Walk route were displayed informational signs about mental health. We had a silent auction with wonderful baskets of beautiful and fun items, many created for our Walk by Caroline Stringer, and some donated by Board members; two matted photos donated by Barb Kellogg; and a beautiful painting donated by the family of Jackson Roeder, the artist.

Each year we have materials available for those who wish to create and take home "Why I Walk" posters, which are displayed on the sunroom windows during the Walk. Our photographer Nick Johnston took photos throughout the event and especially of the teams who were present. Team photos are printed and mailed to Team leaders after the Walk. Materials are available to make and wear Silly Hats during the Walk and to take home. We had many door prizes donated by area businesses and Board members. There were refreshments before and food served after the Walk.

We are thankful for everyone who could be there, our Walkers and non-Walkers. We are grateful for our volunteers, many Board members, and especially their family members who came to assist with the event. We are so happy Coco came to be our MC again this year! Thank you to Dan Kippley for taking care of our T-shirt table!

A huge Thank You to our Sponsors: Granite Financial; Brenny Transportation; Central Minnesota Mental Health Center; CommUnity Adult Mental Health Initiative; Joshua's Journey LLC.

In-kind: Marcus Theatres; St. Cloud Scheels; Creative Catering

Thank you so much to all our donors! We are ever grateful for your support!

Next year's Walk will be Saturday, May 18th at Lake George. We hope to see you there!



What Does NAMI St. Cloud Area Do?

We:

Provide free, monthly mental health programs with 1-hour CEU

Offer annual 1-day Mental Health conference for consumers, family members and professionals.

Annual Mental Health Walk

Quarterly newsletter to members

Support groups for parents and family members

Mental Health resource tables at area health Fairs, Expo's, Conferences, etc

24/7/365 warm-line telephone resource

Planning with area groups for mental health events/services throughout 4 county areas

Participate in area committees/groups focusing on developing, providing, expanding mental health services

Gifts to area mental health inpatients at Christmas

Actively work with NAMI/MN and NAMI National

All of this with a Board of thirteen volunteer consumers, family members, and professionals, no offices, and no paid staff.

It is easy to become a member: fill out the form on the back of this newsletter and mail it or go to www.namistcloud.com

Mental Health Conference

Our 32nd annual Fall Mental Health Conference, "Depression, Anxiety, and You," will be held on Friday, October 5th from 8:00 am to 4:30 pm at Calvary Community Church in St. Cloud, MN. Depression and anxiety are two of the most common mental illnesses in the United States affecting more than 40 million people annually. Come learn about symptoms, treatment, and the latest research.

The cost for consumers and family members is \$25 and the cost for professionals is \$100, 6 CEU's are offered. A limited number of scholarships are available. Breakfast lunch, and snacks are provided.

(Presentation from the 2017 Fall Mental Health Conference)



Monthly Educational Programs Seeks Input

Following our monthly Board meetings (except in January), we offer a free 1-hour educational program from 6:30 - 7:30pm. Knowledgeable presenters including consumer/family members and professionals, provide a wide range of interesting mental health programs for which a CEU certificate is offered.

We are seeking your input for new presentation/topics for 2019. Please e-mail your suggestions to njohns1021@gmail.com.

St. Cloud Area Family Support Group

NEW! Parent Voices has joined forces with Family Support Group! The Family Support Group is for family members, caregivers and friends of a person affected by mental illness. Any diagnosis.

Family Support Group Meetings are held on the second and fourth Tuesday of every month, from 7:00 PM—8:30 PM
Location: Calvary Community Church, 1200 Roosevelt Road,
St. Cloud, MN

For more information: Phone : Mike Stringer—320-492-2024
Website : <http://www.namistcloud.com>
Email : parentvoicesofnamisc@gmail.com

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
NAMI-St. Cloud Area www.NAMIStCloud.com	320-654-1259
State Resources	
NAMI-MN	888-473-0237
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
NAMI-National	1-800-950-6264
Four County Crisis Response Team Central MN Mental Health Center Stearns, Benton, Sherburne, Wright	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
Crisis Text Line	Text MN to 741741
For emergencies call 911 or call the National Suicide Prevention Line at 1-800-273-8255.	

Resource	Information
St. Cloud Area Support Groups	
<u>Family Support Group</u> 4th Tuesday 7:00pm to 8:30pm	Mike Stringer 320-492-2024
<u>Parent Voices of NAMI St. Cloud</u> 2nd and 4th Tuesdays of the month	
Calvary Comm. Church 1200 Roosevelt Road St. Cloud MN	
<u>PFLAG Weekly Support Group</u> Mondays 7:00 to 8:30pm St Cloud Public Library	www.centralmnpflag.com
<u>Hope Community Support Program Groups</u> Depression/BiPolar Group (Thursdays-6:00 to 8:00 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
<u> OCD Support Group</u> 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
Suicide Survivor Support Group 2nd Monday of each month from 6:30 - 8:00 pm at Peace Lutheran Church in Cold Spring	
The Healing Hearts of Suicide Groups 1st Tuesday of each month at 305 7th Ave N, St. Cloud from 7:00 - 8:30 pm 3rd Tuesday of each month at the St. Mary's School (320 5th Avenue SE) from 8:00 - 9:30 pm	Roxanne 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	
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
2018**

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 AmEx Discover

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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