



NAMI

National Alliance on Mental Illness

St. Cloud Area



The Official Newsletter of NAMI-St. Cloud Area

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2018-2019

Upcoming Education:

Educational Meetings are Free and Open to the Public

November 20th @ 6:30
"Power of Humor to Aid Recovery."

December 18th @ 6:30
"Thinking Well, Feeling Good," presented by Amy Leither

No Educational Meeting in January. Annual Board Meeting will take place at 6:30 pm

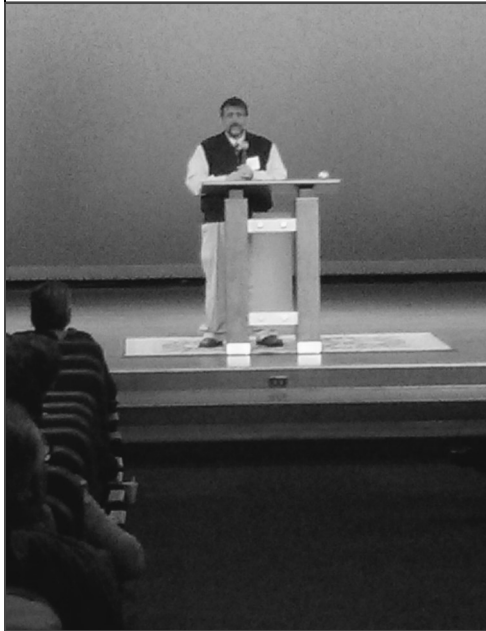
Meetings are held at:
Hope Community Support Program
157 Roosevelt Road
Suite 300
St. Cloud, MN. 56301
Call for directions:
(320) 240-3324

CONTACT US!

NAMI-St. Cloud Area
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32nd Annual Mental Health Conference



(Dr. Barry Rittberg from the University of Minnesota Department of Psychiatry giving his presentation on treating treatment resistant depression)

NAMI St. Cloud's 32nd annual Mental Health Conference, "Depression, Anxiety and You", was held on the 5th of October.

Sue Abderholden, Executive Director of NAMI Minnesota, gave an excellent presentation on how to support people living with depression and/or anxiety. Dr. Nahas, psychiatrist from the University of Minnesota Department of Psychiatry spoke on both depression and anxiety while Dr. Barry Rittberg, also from the University of Minnesota

Department of Psychiatry presented on treating treatment-resistant depression. Dr. Steven Hoover addressed what we've learned from the study on "Adverse Childhood Experiences". Our last speaker of the day, Julia Thrall, spoke on "Art as a Therapeutic Tool".

Each presentation by our presenters was recorded on DVD and is available to borrow from NAMI St Cloud.



(CommUnity Mental Health Initiative, one of the many booths present at the conference)

Mental Health Walk

Saturday May 18, 2019 at Lake George in St. Cloud.
Watch for updates on our website: www.namistcloud.com

we invite Sponsors and donors for our Walk. Please contact us at 320-654-1259.

Free Classes and Presentations at Your Local Library

Looking for something to do this winter? Libraries tend to offer many classes, workshops, presentations, and activities throughout the week. Be sure to check out your libraries calendar of events. This is a great way to meet others in your community as well.

Here is an example of events happening soon:

11/15- Dementia Basics for Family, Friends, and Caregivers -Elk River

11/24- The Monticello Page Turners Writing Club

11/26- Author Visit with Bob Kunkel

12/1- Dine and Dialogue: How to Build a Better St. Cloud

12/5- Photography Workshop - Clearwater

1/9- Introduction to Weaving - Pierz

1/15- Create Your Own Book Club - St. Cloud

Ways Communities Can Help

This excerpt was seen in an article from the October 19th, 2018 edition of The Visitor, a publication of the Diocese of St. Cloud, MN, written by Dianne Towalski. She referenced a presentation by Kay King, a Community Educator with NAMI Minnesota.

At a recent social ministry gathering in Paynesville, Kay King, a community educator for NAMI Minnesota, spoke about ways those who experience mental illnesses are referred to, and how mental illness is spoken about in derogatory terms, as opposed to those living with physical illnesses. One in five people, adults and youth, live with a diagnosable mental illness. And a person experiencing a mental illness lives with their symptoms for 10 years on average before seeking help.

"We need to extend to people who live with a mental illness the same understanding and compassion we extend to people living with other kinds of illnesses."

Knowing the symptoms of mental illnesses can be helpful. For example, among the most common mental illnesses is anxiety disorders and half the people who develop anxiety disorders have symptoms by age 11, King said. So, it is important for parents and educators to recognize the symptoms and get help early. Seventy-five percent of people who are going to have signs and symptoms any time in their lifetime have them by age 24. "We want people to live full lives and they can, but they need to get early help. They need support from family, friends and faith communities."

Some ways faith communities can offer hope and support: Hold education sessions; Host support groups or classes; Have awareness events; Provide mental health training for pastoral staff; Include the topic in homilies and church bulletins; Offer bible study with mental illness as the theme.

Christmas Presents for Mental Health Inpatients

Once again, our organization is gearing up to purchase and deliver presents for the mental health inpatients in our four-county area at Christmas. Treatment staff from these facilities provide gift suggestions and the number (no names) of the inpatients they will have over Christmas. Volunteer NAMI St. Cloud Board Members shop to purchase suggested presents which are then delivered to these facilities. The presents are wrapped by facility staff and delivered before Christmas.

Our Board Members wish all of you a Very Merry Christmas and the Healthiest and Happiest New Year ever. Because of your membership and donations, we can succeed in delivering quality Education, Support, and Advocacy to people throughout our four-county area (Benton, Sherburne, Stearns, and Wright).



<u>Resource</u>	<u>Information</u>
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.	

<u>Resource</u>	<u>Information</u>
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 in Melrose (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 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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