



NAMI

National Alliance on Mental Illness

St. Cloud Area



The Official Newsletter of NAMI-St. Cloud Area

Volume 12: Issue 2

May-June-July
2019

Upcoming Education:

Educational Meetings are Free and Open to the Public

May 21st @ 6:30 pm

Consumer Panel: Consumers share their journey from illness to recovery

June 18th @ 6:30 pm

"Recovery" with Voni Hovland, MSW, LICSW, Recovery Coordinator, St. Cloud VAMC

July 16th 6:30 pm **"QPR (Question, Persuade, Refer): Three Steps for Suicide Prevention"** with Mary Jo Pine, RN, Suicide Prevention Coordinator, St. Cloud VAMC

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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St. Cloud, MN. 56302
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MAY IS MENTAL HEALTH MONTH

There is still time to register for our Mental Health Walk on Saturday, May 18th at Lake George in St. Cloud.

There is no cost to attend but donations are welcome. The donations enable us to provide our annual Walk and Fall Conference and allow us to continue our mission of education, support and advocacy for those who live with mental illness and their loved ones.

Registration can be completed online by finding the Mental Health Walk on Eventbrite, going to the NAMIST-Cloud.com website, or registering on-

site the morning of the walk between 9-11 am. We look forward to seeing you at Lake George, it is an exciting and fun time.



The Inaugural Barrick Charity Golf Classic

Recently a family member from Hutchinson contacted NAMI St. Cloud and told us how their family had been affected by mental illness. He added that their father had suffered with depression for many years and eventually died by suicide. The family asked if we



would be willing to work with them in holding a golf tournament in their father's honor, with the proceeds going to NAMI St. Cloud. We eagerly agreed.

The Inaugural Barrick Charity Golf Classic will be held on Friday May 17th at the Crow River Golf Club in Hutchinson, MN. To register, contact: www.barrickcharitygolfclassic.com. The money raised will help NAMI St. Cloud carry out our mission of Education, Support and Advocacy.

**Free Movie Showing:
It's Kind of a Funny Story**

A special showing of the movie, "It's Kind of a Funny Story" will be held on Wednesday, May 22nd at 11:00 a.m. at Marcus Parkwood Cinema Theater in Waite Park. The movie is co-sponsored by Catholic Charities HOPE Community Support Program and NAMI St. Cloud. The showing is free although donations will be accepted. CEU's are available to those who stay for the post movie discussion.

The movie presents a teenager named Craig (played by Keir Gilchrist) struggling with clinical depression. He is admitted into an adult inpatient psychiatric ward where he makes friends (Noelle and Bobby, played by Emma Roberts and Zach Galifianakis) and learns to cope with life's hardships.

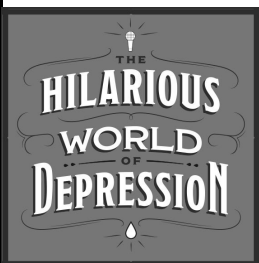
Great humor, great acting, and great music, well worth the watch. Join the community for entertainment and discussion.

The Hilarious World of Depression

With the popularity of podcasts, it's not surprising there are many related to the topic of mental illness, but did you know there was one created here in Minnesota? The Hilarious World of Depression was created by humorist and public radio host John Moe with the support of HealthPartners as a way to reduce the stigma on mental health. The podcast recently finished its third season and has plans for a fourth.

Interviews with celebrities who share their experience with mental health symptoms and treatment include Wil Wheaton, Margaret Cho, Andrew Zimmerman, and more!

Episodes can be found at makeit-ok.org or wherever you download your podcasts.



Resource Tables

NAMI St. Cloud usually has a resource table at twenty to thirty conferences, expos, fairs, and other events each year. Perhaps the most unusual event we have a table at is the Transitional Fair at the St. Cloud Minnesota Correctional Facility, also known as the prison.

Attendees are offenders who are eligible for discharge within the next six months. This year, there were seventy exhibitors from all over the state in attendance representing state, county, and local services which could be of service to these men as they transition back into the community. Exhibitors all undergo a background check to be able to attend, and of course, have to pass through a metal detector. This means no phones, knives, or weapons of any kind, as well as a list of other no no's too numerous to mention here. You have to arrive at 6:45 am to check in and are there until noon. They provide a free breakfast and lunch and even a tour of the facility.

The offenders are brought down in groups of thirty or so and given 45 minutes to visit the tables and get the information they feel will be important to being successful on the outside. There is time in between groups for the exhibitors themselves to visit other exhibitors to make or renew contacts.

It's a long half day. You learn to appreciate your own freedom and good fortune. You are doing good and providing information which may well help change someone's life for the better. At the end of the morning it's a good feeling to leave the locked doors behind you and you can relax again.

SAVE THE DATE: Friday, October 4, 2019

**NAMI St. Cloud Area
Presents our 33rd Annual Mental Health Conference
A Closer Look at MN Children's
Mental Health Services**

At: Calvary Community Church
1200 Roosevelt Rd
St. Cloud, MN 56301

6 CEUs provided
Contact: NAMI St. Cloud Area
PO Box 771, St. Cloud MN 56302
320-654-1259

<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 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

<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	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

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)	



National Alliance on Mental Illness-St. Cloud Area

**NAMI/St. Cloud Area
Executive Committee
2019**

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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