



# nami

## St. Cloud Area



### National Alliance on Mental Illness

*The Official Newsletter of NAMI-St. Cloud Area*

Volume 4 : Issue 4

Nov-Dec-Jan 2011-2012

#### Upcoming Education:

Educational Meetings are Free and Open to the Public

**November 15 @ 6:30**

**"How to Get Whatever You Want":** Heidi Ampe MSW, LICSW, St. Cloud VA Medical Center

**December 20 @ 6:30**

**"Developing Positive Relationships":** Jeanette Witham MA, LMFT, Central Minnesota Mental Health Center

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

#### EVENTS CALENDAR

**November 7 & 21  
6-8 pm**

Bowling at Vilo Lanes! This event is sponsored by Independent Lifestyles. Register 4 days in advanced by calling John Johnson at (320) 281-2028. \$5 for the games and shoes.

**November 10  
12:30-1:45 pm**

"What Color is Your Personality?" In the Atwood Memorial Center at St. Cloud State. Free!

#### CONTACT US!

NAMI-St. Cloud Area  
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St. Cloud, MN. 56302  
Website: [www.nami.org](http://www.nami.org)  
Tel: (320) 654-1259

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#### St. Cloud's First Ever NAMIWalk



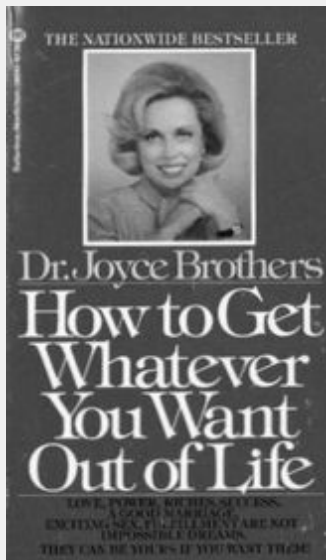
The committee members that met for 10 months to plan out NAMIWalk (Andy Vinson, Kyle Darnall, Phillip Lee, Shani Perera, Rhonda Karels, Jolene Simmons, Kathy Robbins, Deb Stueve, Jeanette Witham, Cecil Huston, Reggie Adams, and Nick Johnston) were all pleased with the support shown by our sponsors, contributors, agencies, NAMI members, consumers, family members, NAMI/MN staff, and other NAMI affiliates. Hard work and dedication pays off. Committee members have agreed to start planning next year's Walk to make it bigger and better than this one. We invite other NAMI Affiliates to start planning now to join us next year.

Corporate sponsors included: HealthPartners Central Minnesota Clinics, Regional Diagnostic Radiology, St Cloud Surgical Center, St Cloud Hospital/CentraCare Health System, Opportunity Services, and Vietnam Veterans of America (VVA) Chapter 290. Contributors included Coborns/Cashwise groceries, Viking Coke, and Shopko. Kat from radio station KCLD was our emcee.

Weather was perfect for walking our 5 K trail in Whitney Memorial Park in St Cloud. Twenty-six teams registered online and over three hundred walkers were present. Participants arrived from as far south as Prior Lake, as far east as Washington D.C., as far north as Little Falls, and as far west as Fargo to participate in the Walk. Those gathered were enthusiastic. John Jordan and Rick Stang provided great musical entertainment. Lori Long, local mental health advocate, and Jeanette Witham, Central Minnesota Mental Health Center, provided heartwarming speeches about the need not to be ashamed of your mental illness but to embrace it, use all your available tools in recovery, and to educate others about mental health disorders to reduce stigma.

The winners of the tee shirt design contest were: 1st place - We have a Dream Team, Cold Spring; 2nd place - Team Red Cloud, St Cloud; and 3rd place - RSI Carriage Hills, Cambridge. Team Red Cloud had the most walkers present with over thirty.

Activities for children included face painting, balloon hats, balloon swords, and other miscellaneous shapes and sizes as well as the "Silly Hat Walk". Kids brought their own silly hats from home, wore a balloon hat, or chose from a variety of donated silly hats, and then walked/ran around the baseball field to be greeted at the end by cheers from the adult walkers and parents. Big smiles rewarded those who cheered the kids on.



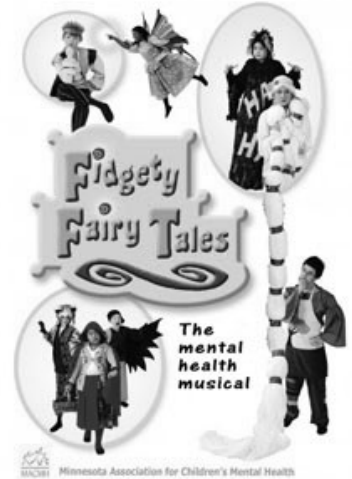
### Book Review: How to Get Whatever You Want in Life By Dr. Joyce Brothers

Be prepared for the November's monthly educational meeting by reading "How to Get Whatever You Want in Life." Psychologists have amassed a tremendous amount of information about people. What makes them angry, what frustrates them, what makes them coo with pleasure. We know why some people succeed and others do not. But psychological findings can also -- and should -- be used to enrich the lives of people to make their lives more joyful. In the following pages, key psychological findings and techniques are outlined and explain how you can use them to attain your own goals. You can put what you learn to work immediately and use this knowledge to get whatever you want out of life.

## Children's Mental Health Conference Successful

Judging by the number of attendees, the presenters, and the material presented, the second annual Central Minnesota Child and Youth Mental Health Conference entitled, "Together We Can 2" was a great success. Held at Calvary Community Church in St Cloud, the facility provided great space for break out rooms, a separate room for vendors, and the spacious, comfortable auditorium with state of the art audio and video technology. Almost two hundred people (children/adolescents, family members and professionals (retired and active) were in attendance. In addition to serious mental health topics, the Minnesota Association for Children's Mental Health pro-

duced "More Fidgety Fairy Tales", a revision of three classic fairy tales where the main characters have a mental health disorder. Parent Voices members (a part of NAMI St Cloud Area), Cecil Huston and Rhonda Karels helped plan and organize this conference.



## Thanks To All For The Brat Sale Support

Our weather was good on both days of our brat sales on August 12th and 13th. Coborn's Superstore on Pine Cone road in Sartell allowed us to have a two day brat sale at their facility. Coborn's supplied the brats, jumbo hot dogs, buns, pop, condiments, sauerkraut, and the grill. The finished product and a pop sold for \$2.00. We received a portion of what we sold and netted \$168.50 for our

efforts. Thank you to our many volunteers: Stephanie Dreis, Nick Johnston, Stephanie Kiess, Amy Casey, Cecil and Crystal Huston, Rhonda Karels, Dan Kepley, Mary Shultz, Louise Echola, and Angela Helms. The money raised will go into our scholarship fund. We also wish to thank Coborn's for giving us this opportunity.

## NAMI St. Cloud Looking for Educating Ideas

To my knowledge we are the only NAMI affiliate in Minnesota providing monthly education programs. These meetings, held at 6:30 pm on the third Tuesday of the month at St Cloud's Hope Community Support Program, 157 Roosevelt Road, are free, open to the public, and are well attended. A one hour C E U certificate is offered to attending professionals. Each of our presenters receives a

unique, locally made coffee cup with NAMI St Cloud imprinted in it. We are developing next year's schedule of programs and are seeking input from the community as to what programming/information they would like to have presented. Contact Nick Johnston @ 320-253-6212 and leave a message with your suggestions.

Resource	Information
<b>St. Cloud Hospital</b>	
St. Cloud Mental Health Unit	320-255-5601
St. Cloud Hospital Senior Helping Hands	320-255-5732
<b>Central Minnesota Mental Health Centers</b>	
St. Cloud [1321 13 <sup>th</sup> St. N] (emergency services: 320-253-5555 or 1-800-835-8008)	320-252-5010
Buffalo [308 12 <sup>th</sup> Ave. S.]	763-682-4400
Elk River [730 Dodge Ave.#101]	763-441-3770
Monticello [407 Washington St.]	763-295-4001
<b>Hope Community Support Program</b>	320-240-3324
<b>County Human Services</b>	
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
<b>Strength Through Community Project</b> (contact: Jerry Rondeau)	320-968-5087
<b>Caritas Family Services (Catholic Charities)</b>	320-252-4121
<b>Independent Lifestyles, Inc.</b>	320-529-9000
<b>Resource Training &amp; Solutions</b>	1-888-477-7032
<b>STARS for Children's Mental Health</b>	1-877-333-0083
<b>NAMI-St. Cloud Area</b>	320-654-1259
<b>State Resources</b>	
NAMI-MN	1-800-473-0237
Mental Health Association of Minnesota	1-800-862-1799
Ombudsman for Mental Health	1-800-657-3506
Minnesota Disability Law Center	1-800-292-4150
<b>NAMI-National</b>	1-800-950-6264

Resource	Information
<b>St. Cloud Area Support Groups</b>	
<b>Hope Community Support Program Groups</b>	320-240-3324
Depression/Manic Depression..... (Mondays-1:00 to 3:00, Thursdays-6:00 to 8:00)	
Schizophrenia..... (Wednesdays-2:00 to 3:30)	
Reach (for friends of those with mental illness).... (1 <sup>st</sup> Tuesday of every month-6:00 to 7:00)	
<b>Depression Support Group</b> (Contact: Jim Weiland) Thursdays-1:00pm at Whitney Senior Center	320-656-0768
<b>OCD Support Group</b> Wednesdays-5:00 to 6:45 at CMMHC	320-252-6432
<b>Adults with Aspergers and high-functioning autism</b> Contact: Rick Brix E-mail: rickbrix@aol.com	320-291-9926
<b>24 Hour Emergency Service</b>	320-253-5555 or 1-800-835-8008
<b>National Suicide Prevention Lifeline</b>	1-800-273-TALK (8255)
<b>National Suicide Prevention Hotline</b>	1-800-SUICIDE (784-2433)
<b>Veteran's Linkage Line</b>	1-888-LINKVET (546-5838)
<b>Legal Aid Society</b>	612-332-1441
<b>Salvation Army-Emergency Shelter</b>	320-252-2229
<b>Caritas Emergency Assistance</b>	320-229-4560
<b>Caritas Financial Counseling</b>	320-650-1660
<b>Crisis Connection (Phone Counseling)</b>	612-379-6363 or call 1 <sup>st</sup> Call Minnesota at 1-800-543-7709
<b>Four County Crisis Response Team</b>	320-253-5555 or 1-800-635-8008
<b>Mental Health Consumer Survivor Network</b> Tuesdays-12:00 to 5:00 (crafts, peer support & information ) Wednesdays-3:00 to 4:00 (Wellness Recovery Action Plan WRAP)	320-654-9641
<b>Warmline</b> (peer to peer support line from 5:00 to 9:00)	1-877-210-2932
<b>Parent Voices of NAMI St. Cloud</b> E-mail: parentvoicesofnamisc@gmail.com 2 <sup>nd</sup> Tuesday of each month-6:00 to 7:30 at Clara's House: 1564 County Road 134, St. Cloud	320-253-3352

**NAMI Membership Form**

Would you like to help improve the lives of those affected by mental illness? Become a Member of NAMI By joining your local affiliate of the National Alliance on Mental Illness you will automatically receive information from the state and national offices.

- Renew my membership
- Make a tax deductible gift to NAMI (select membership or gift of our choice)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

(Email will be used to send program information and announcements. Your contact information will not be shared.)

If you are interested in volunteering with NAMI please indicate below.

I would like to volunteer with NAMI

Please Return to:

NAMI Minnesota  
800 Transfer Road  
Suite 31  
Saint Paul, MN 55114

Thank you for joining NAMI!

- \$3  Open Door
- \$35  Family
- \$50  Professional
- \$  Other



**National Alliance on Mental Illness-St. Cloud Area**

**NAMI/St. Cloud Area  
Executive Committee  
2011-2012**

**President**

Rhonda Karels

**Vice-President**

Nick Johnston

**Secretary**

Amy Casey

**Treasurer**

Ruth Wittrock

**St. Cloud NAMI'S 25th Annual Mental Health Conference**

One hundred fifteen persons attended our Fall Mental Health Conference at the Holiday Inn in St Cloud on Friday, October 7 capping off Mental Illness Awareness Week. This year's conference, "Treating Post Traumatic Stress Disorder: What Works", featured presenters from Century College, VA Medical Centers (Minneapolis & St Cloud), the Center for International Health (Health Partners, Minneapolis), and Central Minnesota Mental Health Center, St Cloud. In addition, consumer panel members discussed their traumas and symptoms but placed the most emphasis on the tools they used the most that helped them in their road to recovery. Conference sponsors included Community, Sherburne County Social Services, Wright County Human Services, Catholic Charities/Hope Community Support Program/Caritas Mental Health Clinic, CentraCare/St. Cloud Hospital/Recovery Plus, and Glaxo/Smith/Kline. Feedback on the evaluation forms were very positive overall.

We honored six of our founding members (Bob and Gerri Gustafson, Dave and Sandy Jacobson, Joyce Gelle, and Mona Becker) who, over twenty-five years ago, started our parent organization, Alliance for Mental Illness. AMI later became our present organization, National Alliance On Mental Illness (NAMI) - St Cloud Area an affiliate of NAMI Minnesota. We would not be the great organization we are today without their early efforts and continuing support.

We continue to keep our conference registration fees low (\$25. - consumers/family members, \$50. - students/interns, \$100. - professionals) plus we provide lunch, snacks and C E U's for professionals. Nine scholarships were awarded for consumers/family members unable to afford our conference registration fees.

NAMI-St. Cloud Area  
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