



nami

St. Cloud Area



National Alliance on Mental Illness

The Official Newsletter of NAMI-St. Cloud Area

Volume 5 : Issue 2

May-June-July 2012

Upcoming Education:

Educational Meetings are Free and Open to the Public

May 15 @ 6:30
Consumer Panel

June 19 @ 6:30
"Greif and Loss" Presented by
Father Al Stangl

July 17 @ 6:30
"Psychiatric Hospitalization in
Three Different Settings" Pre-
sented by Laura Burns, Annan-
dale CBHH; Rich Rainer,
LICSW, St. Cloud VA, St.
Cloud Behavioral Health Unit

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

Movie Club

**First and Third Tuesday of
every month at 1 pm.**

Movie Club is at Hope CSP.
The address is 157 Roosevelt
Road Suite 300
St. Cloud, MN 56301. Call
(320) 240-3324 for more in-
formation.

CONTACT US!

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High Suicide Rates for Returning Soldiers

The analysis from a study by the Army Behavioral Health Integrated Data Environment showed an 80 percent increase in suicide rates among Army Personnel between 2004 and 2008. Between 1977 and 2003, the suicide rates of Army Personnel matched those of civilians and were even declining until 2004.

Between 2007 and 2008, 225 active duty soldiers committed suicide. Most of these were male and between the ages of 18 and 24. Most of these people experienced active combat duty.

The study revealed most of the soldiers who committed suicide were diagnosed a year before their death. This showed that diagnosing an Army Personnel is a major risk factor for suicide. Mental illness diagnoses are also on the rise, this rise does not nec-

essarily mean troops have more mental illnesses, it could mean the military is more attuned to recognizing and reporting signs of mental illnesses.

This shocking find reveals a serious problem. Suicide prevention programs are available and more research is being done on this issue. More prevention strategies are also being looked at for the newly returning troops.

The source of this article was published in the journal Injury Prevention March 7th, 2012.



NAMIMN Presents "Crisis Planning For Families"

Are you the parent of a child living with a mental illness? Do you know what to do in case of a mental health emergency? Join NAMI for an interactive workshop to learn the skills you need to keep your child safe if they experience a mental health crisis. Participants will learn the warning signs of an impending crisis and develop a crisis plan of their own. This program is provided free of charge.

The meeting is Tuesday, May 1st, 2012 from 6 pm to 8 pm at Lutheran Social Services, 22 Wilson Avenue NE, Suite 110, St Cloud, MN.

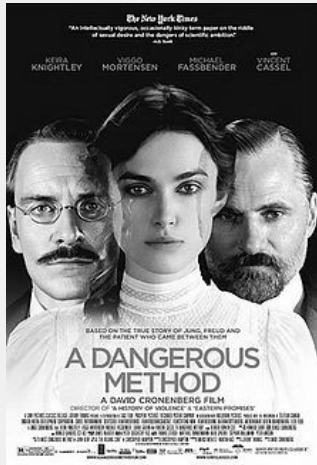
Register online at <http://mhcrsisstcloudspring2012.eventbrite.com> or call NAMIMN at 1-888-473-0237. Space is limited!!

NAMIWalk Update and Information Meeting

Our 2nd annual NAMIWalk will be held on the 22nd of September, 2012 at 1 PM in the Whitney Park. Our Silly Hat Walk for Kids will precede the NAMIWalk at 12:30. Our Committee meets once a month at Health Partners (3rd floor) in Sartell at 4:45 pm. Future meeting dates are the 18th of April, 16th of May, 20th of June, 18th of July, 15th and 29th of August, and the 5th and 12th of Septem-

ber. Interested persons are encouraged to join, participate, and help plan our 2012 NAMIWalk in St Cloud. Should you have any questions please call Nick Johnston at 320-253-6212.

NAMIWalk Information Meeting
On the 22nd of May at 5pm, we will hold our Walk Information Meeting on the 3rd floor of Health Partners in Sartell. Last year's 26 Team Captains will be invited plus anyone seeking information about building a team of their own or to participate in the Walk is encouraged to attend. Light refreshments will be served.



Film Review: A Dangerous Method Directed By David Cronenberg - Rated R

Based on a true story about the relationship between Carl Jung, his mentor Sigmund Freud, and Jung's new patient Sebina Spielrein. The film is set on the eve of World War I, Jung meets his new patient, Sebina Spielrein who has a typical case of hysteria. The client-therapist relationship turns into attraction and causes disturbances in the psychoanalytic method, Jung and Freud's friendship, and Jung's morals as being a therapist.

An interesting look at a moment in time of those who helped develop the psychoanalytic method.

Family to Family Class

Steve and Wendy Hennes, Family to Family leaders in St Cloud, report that their class has 21 members attending regularly. This class is the first to be held locally in many years. It is for family members of a person with mental illness who want to learn more information for themselves as well as to learn new tools to help their loved one in the recovery process. They already have 16 persons signed up for the fall class. Should you seek additional information or want to

sign up, contact Steve or Wendy Hennes at 320-253-1926.

NAMI Family-to-Family Education Program



Membership in NAMI St. Cloud Area

NAMI members come from all walks of life and include consumers, family members, professionals, students, etc. What they have in common is a desire to learn more about mental illness and gain information which will be helpful in the recovery for self, loved ones, friends, family members, or just to learn more information to help them help others. Membership is

affordable and applications are in this newsletter or online at www.NAMIhelps.org/join.html. Membership in our local NAMI Affiliate qualifies you to receive information from Local, State, and National NAMI organizations on a regular basis. Plus you're helping help others.

Resource	Information	Resource	Information
St. Cloud Hospital	320-251-2700	St. Cloud Area Support Groups	
Adult Mental Health Unit	320-255-5601	Hope Community Support Program Groups	320-240-3324
Senior Helping Hands	320-229-3760	Depression/Manic Depression..... (Thursdays-6:00 to 8:00 PM)	
Central Minnesota Mental Health Centers		Schizophrenia..... (Wednesdays-2:00 to 3:30 PM)	
St. Cloud [1321 13 th St. N] (emergency services: 320-253-5555 or 1-800-835-8008)	320-252-5010	Reach (for friends of those with mental illness).... (1 st Tuesday of every month-6:00 to 7:00 PM)	
Buffalo [308 12 th Ave. S.]	763-682-4400	Depression Support Group (Contact: Mary P.) Thursdays-1:00- 2:00 PM at Whitney Senior Center	320-980-6589
Elk River [253 8th St NW, Suite A. Elk River]	763-441-3770	OCD Support Group	320-252-6432
Monticello [407 Washington St.]	763-295-4001	Wednesdays-5:00 to 6:30 PM at CMMHC	
Hope Community Support Program	320-240-3324		
County Human Services		24 Hour Emergency Service	320-253-5555 or 1-800-835-8008
Benton County Human Services	320-968-5087	National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Sherburne County Human Services	1-800-433-5239	National Suicide Prevention Hotline	1-800-SUICIDE (784-2433)
Stearns County Human Services	320-656-6000	Veteran's Linkage Line	1-888-LINKVET (546-5838)
Wright County Human Services	763-682-7400	Legal Aid Society	612-332-1441
Strength Through Community Project (contact: Jerry Rondeau)	320-253-4136	Salvation Army-Emergency Shelter	320-252-2229
Caritas Family Services (Catholic Charities)	320-252-4121	Caritas Emergency Assistance	320-229-4560
Independent Lifestyles, Inc.	320-529-9000	Caritas Financial Counseling	320-650-1660
Resource Training & Solutions	1-888-477-7032	Crisis Connection (Phone Counseling)	Call 211 or 1st Call Minnesota at 1-800-543-7709
		Four County Crisis Response Team	320-253-5555 or 1-800-635-8008
NAMI-St. Cloud Area www.NAMISTcloud.com	320-654-1259	Mental Health Consumer Survivor Network Wednesdays 9-11:30 AM (Wellness Recovery Action Plan WRAP)	1-800-483-2007
State Resources		Minnesota Mental Health Resources for Benton, Sherburne, Stearns, and Wright Counties	www.mnmentalhealth.org
NAMI-MN	888-473-0237	Parent Voices of NAMI St. Cloud E-mail: parentvoicesofnamisc@gmail.com 2 nd Tuesday of each month-6:00 to 7:30 PM at Clara's House: 1564 County Road 134, St. Cloud	320-253-3352
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		
NAMI-National	1-800-950-6264		

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

Spring Community Event Participation

NAMI St Cloud Area has and or will participate in the following area events where we had a table providing mental health literature, upcoming calendar of events, flyers, etc, made a verbal presentation, or provided a speaker:

- 17 March Hope for Recovery - St. Cloud library
- 22 March Project Homeless Connect - St. Cloud library
- 4 April Whitney Health Fair - Whitney Senior Center
- 11 April Mental Health First Aid - Buffalo
- 14 April Women’s Heath Fair - CentraCare Plaza
- 20-21 April Earth Day Run
- 27 April St. Cloud Stand Down (for veterans) - St Cloud Armory
- 28 April Let the Sun Shine Run/Walk - Cold Spring
- 1 May Crisis Planning For Families - St. Cloud LSS
- 9 May Transitions Resource Fair - St Cloud Correctional Facility
- 22 May Walk Information Meeting (NAMIWalk) Health Partners St Cloud

NAMI/St. Cloud Area Executive Committee 2012

President

Rhonda Karels

Vice-President

Nick Johnston

Secretary

Amy Casey

Treasurer

Ruth Wittrock

Help the World Save Trees and Help NAMI Save Money

For our NAMI St. Cloud members who are environmentally conscious, NAMI St. Cloud now offers the option of having our newsletter emailed to you. This will help the planet save some trees and it will also help NAMI save some money. If you would prefer this option, please e-mail Stephanie Dreis: stephdreis@aol.com, otherwise if you like having a hard copy, the newsletter will continue to be mailed to your current address. Current and past newsletters can also be found on our new website, www.NAMIStCloud.com under the “NAMI Newsletter” tab.

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