



# nami

## St. Cloud Area



### National Alliance on Mental Illness

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

Volume 5 : Issue 3

Aug-Sept-Oct 2012

#### Upcoming Education:

Educational Meetings are Free and Open to the Public

**Aug 21 @ 6:30**

**"Psychiatric Hospitalization in the Three Different Settings"** presented by Laura Burns, Annandale CBHH; Rich Rainer, LICSW, St. Cloud VA, St. Cloud Hospital Behavioral Health Unit.

**Sept 18 @ 6:30**

**"Advanced Psychiatric Directives"** presented by Pamela Hoops JD MN Disability Law Center.

**Oct 16 @ 6:30**

**"Wellness/Holistic Medicine"** presented by Dr. Susan Saetre, Still Pointe

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!

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### FAMILIES ARE MOVING FORWARD! By Wendy & Steve Hennes

When parents, siblings, spouses or adult children walk into their first NAMI Family to Family Class, they often don't know what next to do to help their relative who is living with mental illness. As Family to Family teachers trained by the National Alliance on Mental Illness (NAMI), we don't pledge a "magic solution," and we don't promise to have all the answers. What we do provide is an environment filled with family members who are experiencing similar circumstances and who are concerned about their loved relative who lives with mental illness. We present a lot of material developed by the National Alliance on Mental Illness to help educate family members about mental illness.

The National Alliance on Mental Illness Family to Family class provides information about the major types of mental illnesses including major depression, bipolar disorder, schizophrenia, anxiety disorder, PTSD, obsessive-compulsive disorder, borderline personality disorder, co-occurring brain and addictive disorders and schizoaffective disorder.

Brain disorders can happen to anybody. As family members, we know that telling someone to "Just snap out of it" doesn't work for people living with severe mental illness. People who live with mental illness need loving, understanding support. In the Family to Family class, NAMI's curriculum includes information on medications and side effects, current research related to the biology of the brain, evidence-based most effective treatments to promote recovery and strategies for han-

dling crises and relapse. The course includes workshops for problem solving and communication techniques, guidance for locating appropriate supports within the community, focus on caring for the caregiver and information on advocacy designed to improve and expand services.

Knowledge is power, and as a result of taking the NAMI Family to Family class, family members move into advocacy to end the stigma associated with mental illness. Family members take stands that support efforts to continue and improve research into brain disorders. This 12 week course is a life changer, and we encourage family members to move forward in their support of their loved ones!

A 12 week NAMI Family to Family Class begins on Wednesday, September 5, 2012, 6:30-9:00p.m. at the Unity Spiritual Center in Sartell. The class is FREE and open to any family member or close friend who provides support to a person who lives with mental illness. Pre-registration is required. To register for the class, contact Steve or Wendy Hennes, (320) 253-1926.

The class was created by the National Alliance on Mental Illness (NAMI) and is sponsored by NAMI, NAMI-MN and NAMI St. Cloud Area, (320) 654-1259.



**Together We Can III, Children's Mental Conference**



The successful Mid-Minnesota children's mental health conference, "Together We Can" is coming back to St. Cloud this fall. The conference will be held at Calvary Community Church on **Saturday, November 10<sup>th</sup>, 2012**. We have an exciting line up of speakers and topics, along with a youth track for teens 13-19 yrs old! The conference is for parents, caregivers and others who care for or work with children with emotional, behavioral or mental health challenges. It offers opportunities to:

- Learn real world strategies and techniques
- Network with others facing similar challenges
- Connect with area resources, organizations, and agencies
- Gain a renewed sense of empowerment and hope

Hear keynote speaker Pete Feigal, national speaker, artist and actor, as he shares insights of his own 30+ year struggle with mental illness, and the gifts and wisdom that others have given him on his journey.

Other sessions include:

- Cyber-Safety – Catching up with High Tech Kids in a High Tech World
- Ipad apps that have made an impact on the disability and assistive tech world
- Transition: Getting to the other side of the door

- Keeping your Cool – De-Escalation Techniques
- Tools from the Trenches – Insights on life as parents of a child on the ASD Spectrum
- Sibling Panel – A View from their shoes
- Youth Mental Health in the Juvenile Justice System
- Sleep Disorders – Addressing sleep problems caused by medications and mental illnesses.
- Asking the right questions to identify needed resources for young children
- Vendor/Exhibit area – Door Prizes too!
- More to come on the youth track, watch for flyers!

The conference will run from 7:45 am – 3:00 pm, with time to visit our vendor area. Registration is \$25 for parents, caregivers, relatives, college students. Teen track registration is \$10, and Professional/Provider registration is \$40. A lunch and snack catered by Panera is included with the registration. Please register by Nov. 2<sup>nd</sup>. There is no child care provided on site.

For more information, call ARC Midstate at 877-251-7272, or 320-251-7272, or go to [info@arcmidstate.org](mailto:info@arcmidstate.org). The Conference is a joint effort by ARC Midstate and Parent Voices of NAMI St. Cloud. Watch for flyers coming out soon!

**NAMIWalk Kick-Off Breakfast  
August 1st  
7:30 am**

Complimentary breakfast for team captains and sponsors will be held at HealthPartners Central Minnesota Clinics 2251 Connecticut Ave. S. Sartell, MN 56377.

Team captains and sponsors will learn more information about the walk and recruitment tips.

Captains must RSVP by Friday, July 27th. To RSVP, call or email Nick Johnston at (320) 253-6212 or [njohns1021@gmail.com](mailto:njohns1021@gmail.com).

More information on how to register for the walk and become a team captain is on the back of this newsletter. Hope to see you there!

**August Fundraiser**

Like to Eat? Like to help NAMI St. Cloud Area raise money? Come to Cashwise in Waite Park on August 1st and 2nd after 10:30 am to enjoy delicious



brats which we all know are good for your health. Splurge a little by taking your whole family out to lunch or supper.

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

**NAMIWalk Registration 2012**

If you haven't registered for our 2012 NAMIWalk in St Cloud, DO IT NOW!! On your computer, go to [www.namiwalks.org](http://www.namiwalks.org). Enter "Find A Walk" and under Minnesota, enter "St Cloud". Then follow the instructions to "Register to Walk" or "Donate to Walk" or better yet, BOTH.

Whitney Park will again be the site for our NAMIWalk on the 22<sup>nd</sup> of September, 2012. Check in begins at 11:30 am with the "Silly Hat Walk for Kids" beginning at 12:30. The Walk for adults and teens begins at 1pm. Enjoy entertainment, face painting, have your team photo taken, complete signs "I Walk Because.....", plan a picnic, etc. It will be another exciting day as hundreds of Walkers raise public awareness of mental illness and end the stigma that surrounds it.

Business sponsors have already pledged \$8,000 toward our goal of \$30,000. Won't you do your part by registering to walk and donating today?

**26th Annual St Cloud Fall Mental Health Conference**

While not all the details have been worked out for our upcoming conference, we can tell you the following:

- Date: Friday 12 October
- Time: 8:00 am to 4:30 pm
- New Location: Calvary Community Church (Roosevelt Rd and Cooper Ave) St. Cloud, MN
- Title: "Mental Health and Healthy Aging"
- Speakers include: Psychiatrists, Psychologists, family members, Gerontologists.
- Cost: \$100 for professionals (C E U's provided); consumers and family members \$25 with a limited amount of scholarships available

Check our website ([namistcloud.com](http://namistcloud.com)) for more information.

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

**President**

Rhonda Karels

**Vice-President**

Nick Johnston

**Secretary**

Louise Echola

**Treasurer**

Ruth Wittrock

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