



# nami

## St. Cloud Area

### National Alliance on Mental Illness



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

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2013

#### Upcoming Education:

**Educational Meetings are Free and Open to the Public**

**Aug 20 @ 6:30 “Legislative Panel”** Area Legislators are invited to exchange information about mental health legislation, issues and concerns.

**Sept 17 @ 6:30 “Understanding the Commitment Process”** Pamela Hoops, JD MN Disability Law Center

**Oct 15 @ 6:30 “Journaling: How Could that Possibly Help Me,”** Sarah Meisinger MSW, LICSW, SCSU, Processus

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  
P.O. Box 771  
St. Cloud, MN. 56302  
Website: [www.namistcloud.com](http://www.namistcloud.com)  
Facebook:  
[www.facebook.com/NAMISTcloud](http://www.facebook.com/NAMISTcloud)  
Tel: (320) 654-1259

Newsletter Editor:  
Stephanie Dreis  
[stephdreis@aol.com](mailto:stephdreis@aol.com)

### WE MADE A DIFFERENCE!

**By Wendy Hennes**

It's been an exciting spring with “Big Gains for Mental Health in 2013 Legislative Session,” according to Sue Aberhol-den, NAMI Minnesota Executive Director. She went on to call this Legislative Ses-sion a “Banner Year,” especially with the laws that will help our children. After the Sandy Hook tragedy, our Legislators gave serious consideration to the fact that “Early identification and treatment are crucial to minimizing the impact of mental illnesses on people’s lives.” If you helped emphasize the importance of mental health issues by calling, writing, or visiting with your State Representative and Senator, **YOU MADE A DIFFERENCE!**

Here are just a few of the many highlights from the Legislative Session:

For our young adults who need Medicaid, yet want to work: with the expansion of Medicaid, qualifying is based solely on income, up to 138% of federal poverty guidelines. People may work and still qualify for Medicaid.

More money will be available in extended employment for people with a serious mental illness. EE-SMI received a one-time funding increase of \$1 million for the next two years.

People who need subsidized housing often have a long wait for Section 8 housing. The good news from the Legislative Ses-sion is that funding for the Bridges Hous-ing Program will be increased by \$200,000

each year. Bridges provides rental assis-tance to people with a serious mental ill-ness while they await a federal Section 8 housing voucher.

Parenting skills will now be covered under ARMHS. People can talk to their ARMHS worker about help with child development and parenting skills.

People with schizoaffective disorder are now eligible for case management if they experience a significant impairment in functioning and a mental health profes-sional believes that without case manage-ment and community services they would likely require treatment in a hospital or residential program.

More money will be available for Crisis Teams, which are effective in preventing hospitalization.

Please go to [NAMIHELPS.org](http://NAMIHELPS.org) to see a full summary of the new laws affecting chil-dren and adults with Mental illnesses and their families.

And for our children, a summary from [NAMIHELPS.ORG](http://NAMIHELPS.ORG):

Increasing funding for school-linked men-tal health services by \$7.434 million the first biennium and \$9.814 for the second biennium.

Continued on next page →

### NAMI on the Inside

Have you ever been to prison? Tina Kunkel and Nick Johnston, NAMI St. Cloud Area volunteers, were approved to spend a day inside the Minnesota Correctional Facility in St. Cloud to attend their 4th annual Transition Resource Fair on the 15<sup>th</sup> of May, 2013. We both passed a rigorous background check prior to being approved to attend. On that day, we could not bring cameras, cell phones, or weapons. The information for our NAMI resource table had to be inspected. We passed through metal detectors entering and leaving. We joined about 50 other providers from all around the state as well as local. The inmates allowed to attend were within six months of release. Quite a few inmates stopped by to take some of our literature or ask questions about resources in the area to which they will return. It's quite an experience to hear large metal doors lock you in with a loud clunk. We were treated with great respect and the correctional facility staff knew about NAMI and have high respect for our organization.

### Mental Health Month Celebration

May 18th, 2013. More pictures online: [www.namistcloud.com](http://www.namistcloud.com)



## Continued: WE MADE A DIFFERENCE!

By Wendy Hennes

Requiring case management services to be offered to young adults between 18-21 who have been receiving children's case management and requiring that a transition plan be developed before discontinuing children's case management services.

Adding coverage for additional services under Medical Assistance such as family psycho-education, mental health treatment plan development, and clinical care consultation.

Adding family peer specialists to the types of mental health practitioner than can be covered under a children's mental health provider. These are parents who have a child with a mental illness who undergo specialized training. Having them on staff creates a family-driven mental health system and provides great support to families.

Funding mental health first aid training for people who work with youth.

Funding in-reach community-based service coordination for a child or young adult up to age 21 with a serious emotional disturbance who has frequented the hospital emergency room two or more times in the previous consecutive three months, been admitted to an inpatient psychiatric unit two or more times in the previous consecutive four months, or is being discharged to a shelter.

Providing intensive treatment in foster care.

We have many children in foster care who have serious mental illnesses and need more than what can be typically provided through a family foster home.

Increasing funding for mental health crisis services by \$1.5 million in the biennium for both children and adults.

Requiring a review of the state's only hospital for children with mental illnesses to determine need, service model, etc.

Funding Text4Life, a text message based crisis line.

Clarifying that DHS' efforts to reduce corporate foster care beds excludes children's foster care beds.

Requiring DHS to conduct a children's provider survey to identify and measure issues that arise in dealing with the management of medical assistance.

Adding a new benefit under Medical Assistance for intensive autism therapy.

As I read through the information that Sue Aberholden forwarded, I was amazed at the new laws and changes that will affect mental health procedures and funding. These changes would not have happened except that we took the time and made the effort to contact our Legislators. THANK YOU!

### Family-to-Family

Family-to-Family is a free, 12 week class for family members and friends of individuals with a serious mental illness taught by trained NAMI family members. It teaches families current information on major mental illnesses, up-to-date information on medications and side effects, coping skills, empathy, how to locate support and services in the community, advocacy and problem solving, and communication techniques. Families learn the insight and information needed to help empower and support them-

selves and their loved one.

**Tuesdays beginning September 24<sup>th</sup> 6:30 to 9:00 p.m** at the St. Cloud VA Health Care System. The course is free of charge, but **pre-registration is required**. For more information and to register, please contact Chuck at 320-290-7713. For a list of other free classes and support groups go to [www.namihelps.org](http://www.namihelps.org).

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/BiPolar Group ..... (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	<b>Depression/Bipolar Support Group</b>	320-980-6589
Elk River [253 8th St NW, Suite A. Elk River]	763-441-3770	Mondays 3:15 - 5:00pm	
Monticello [407 Washington St.]	763-295-4001	St Cloud Public Library/Array Room	
<b>Hope Community Support Program</b>	320-240-3324	<b>PFLAG Weekly Support Group</b>	www.centralmnpflag.com
<b>County Human Services</b>		Mondays 7:00 to 8:30pm	
Benton County Human Services	320-968-5087	St Cloud Public Library	
Sherburne County Human Services	1-800-433-5239	<b>Family Support Group</b>	Chuck 320-290-7713
Stearns County Human Services	320-656-6000	2nd & 4th Wednesdays 6:30 to 8pm	
Wright County Human Services	763-682-7400	Unity Spiritual Center, Sartell	
<b>Strength Through Community Project</b> (contact: Jerry Rondeau)	320-253-4136	<b>Family Support Group</b>	Mike 320-259-7101
<b>Caritas Family Services (Catholic Charities)</b>	320-252-4121	2nd & 4th Tuesdays 7:00pm to 8:30pm	
<b>Independent Lifestyles, Inc.</b>	320-529-9000	Calvary Comm. Church	
<b>Resource Training &amp; Solutions</b>	1-888-477-7032	<b>Depression Support Group (Contact: Mary P.)</b>	320-980-6589
Clutters Anonymous	320-240-3324	Thursdays-1:00- 2:00 PM at Whitney Senior Center	
Hope CSP meets 2nd & 4th Wed from 5pm 6pm each month		<b>OCD Support Group</b>	320-252-6432
<b>NAMI-St. Cloud Area</b> Www.NAMIStCloud.com	320-654-1259	Wednesdays-5:00 to 6:30 PM at CMMHC	
<b>State Resources</b>		<b>Melrose Suicide Loss Support Group</b>	320-256-4207
NAMI-MN	888-473-0237	3rd Tuesday - 8pm to 9:30pm	
Mental Health Association of Minnesota	1-800-862-1799	Church of St Mary Parish Center, Melrose	
Ombudsman for Mental Health	1-800-657-3506	<b>24 Hour Emergency Service</b>	320-253-5555 or 1-800-835-8008
Minnesota Disability Law Center	1-800-292-4150	<b>National Suicide Prevention Lifeline</b>	1-800-273-TALK (8255)
<b>NAMI-National</b>	1-800-950-6264	<b>National Suicide Prevention Hotline</b>	1-800-SUICIDE (784-2433)
<b>Four County Crisis Response Team</b>	320-253-5555 or 1-800-635-8008	<b>Veteran's Linkage Line</b>	1-888-LINKVET (546-5838)
<b>Mental Health Consumer Survivor Network</b> Www.mhcsn.org	1-800-483-2007	<b>Legal Aid Society</b>	612-332-1441
<b>Minnesota Mental Health</b> Resources for Benton, Sherburne, Stearns, and Wright Counties	www.mnmentalhealth.org	<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>	Call 211 or 1st Call Minnesota at 1-800-543-7709
		<b>Suicide Loss Support Group</b>	320-529-0427
		Center for Life Transitions, 312 2nd Ave. N. Sauk Rapids, MN 56379	attn: Lois Rangel - lrangel@ccstcloud.org
		<b>Parent Voices of NAMI St. Cloud</b>	320-253-3352
		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	

**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 7A  
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**

**WHAT CAN I DO?**

**NAMI/St. Cloud Area  
Executive Committee  
2013**

**President**  
Rhonda Karels

**Vice-President**  
Nick Johnston

**Secretary**  
Louise Echola

**Treasurer**  
Ruth Wittrock

When we think of “giving service,” the thought of a *giant bubble maker* isn't the first thing that comes to mind. Yet, when Nick Johnston brings his giant bubble maker to NAMI events, the fun it creates is truly a unique way to do service. If you are wondering how to get involved in NAMI, how to give back for the gifts you've received, how to show gratitude if you've received help in some way, then you are invited to think, “creatively!” or to take a more standard approach like joining in one of the following local NAMI efforts.

☉ **Save the date:** OCTOBER 4 the 27<sup>th</sup> Annual Fall Mental Health Conference in St. Cloud. Consider volunteering for the event, either before the event, during the conference or with clean up/ follow up. Contact Nick Johnston, 320-333-5336, to see how you can get involved.

☉ **Walk:** The next Mental Health Walk to provide awareness, support, and fundraising will be happening next spring. Consider volunteering for the event either before, during, or after with cleanup and follow up. Contact Louise, 320-252-0114, to see how you can get involved.

☉ **Monthly Program:** The 3rd Tuesday of the month at 6:30 pm at Hope Community Support Program. It is free and CEU's are offered for attending professionals.

☉ **Children's Mental Health Support Group:** Meets monthly at Clara's House and is open to everyone. Consider attending. Contact Cecil Huston for information [lcchuston@msn.com](mailto:lcchuston@msn.com); 320-529-8323.

☉ **Family Support Group:** If you are a family member of a person who lives with mental illness, consider attending a Family Support Group. Contact Mike Stringer, 320-490-2024, for information about the 2<sup>nd</sup> & 4<sup>th</sup> Tuesday group, 7:00-8:30p.m. Contact Chuck Lang, 320-290-7713, for information about the 2<sup>nd</sup> & 4<sup>th</sup> Wednesday group, 630-8:00p.m.

☉ **Family to Family Class:** Register for the 12 week Family to Family course that will be offered beginning September 24. Contact Chuck Lang, 320-290-7713, for information.

☉ **Help Line:** We are available 24/7. Contact Louise at 320-654-1259 to discuss how you might get involved.

NAMI-St. Cloud Area  
P.O. Box 771  
St. Cloud, MN. 56302

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