



nami

St. Cloud Area



National Alliance on Mental Illness

The Official Newsletter of NAMI-St. Cloud Area

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Upcoming Education:

28th Annual Fall Conference

Educational Meetings are Free and Open to the Public

November 18th @ 6:30
“How To Beat The Holiday Blues”, Nick Johnston PhD, LICSW Retired St. Cloud VA Social Worker

December 16th @ 6:30
“The Art of Forgiveness”, Jacqui Sufka, MSW St. Cloud VA

January 20th @ 6:30
Monthly Board/Annual Meeting (No Educational Program)

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

Over one hundred consumers, family members, and professionals attended this year’s annual Fall mental health conference, "Mental Health Recovery: Tools For Success." Our all volunteer committee developed this year’s all day program.

Our Keynote Speaker, Sue Abderholden, NAMI/MN Executive Director, delivered an excellent presentation, "Creating Change: Looking Back & Looking Forward." Other speakers addressed new technologies in mental health treatment; community support systems; Motivational Interviewing; medication's role in Recovery: past, present, and future; and integrated treatment for co-occurring disorders. The day ended with a panel of

consumers sharing their journey to Recovery.

Work has already begun on next year's conference to be held on October 2nd, 2015 so mark your calendars now. We recorded most of our presentations on DVD's which are available for affiliates to borrow.

Call 320-654-1259 for more information.



Gratitude Quotes

“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” - Marcel Proust

“Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.” - Epicurus

“True forgiveness is when you can say, "Thank you for that experience.” - Oprah Winfrey

“Cultivate the habit of being grateful for

every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.” -Ralph Waldo Emerson

“Some people grumble that roses have thorns; I am grateful that thorns have roses.” - Alphonse Karr, A Tour Round My Garden

“You pray in your distress and in your need; would that you might pray also in the fullness of your joy and in your days of abundance.” - Khalil Gibran, The Prophet

CONTACT US!

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Monthly Educational Programs

Work has begun on developing next year's monthly educational programs which follow our monthly Board meetings. Should you have ideas for any of our programs, please call Nick Johnston at 320-253-6212. Our speakers donate their time and expertise when presenting.



An Attitude of Gratitude - By Stephanie Dreis

Thanksgiving is coming around the corner. One way my family celebrates Thanksgiving is by going around the table and having each person say one thing they are thankful for. Usually people have more than one thing they are thankful for. Things people say they are appreciative of are their health, the people around them, and the experiences they have. After taking the time to remind myself of all the good that there is in life, I have this overwhelming feeling happiness. This happiness is shared by other family members. According to *Psychology Today*, being thankful can reduce stress, boost self worth and self esteem, and helps build social bonds (Hays, 2012). While expressing gratitude, it is hard to hold



onto negative thoughts and feelings such as anger, bitterness, greed, and hatred. (Symbol of gratitude)

Thanksgiving is not the only time we should give thanks. How about starting today? Let the gratitude continue and turn it into a new year's resolution. The article goes on to mention ways of expressing gratitude. Keep a journal and challenge yourself by writing at least three things you are grateful for that day. Expressing gratitude to another person is a great way to boost another person's happiness. With all of that said, what are you grateful for today?

References

Hays, Kate. (2012, November 21). An Attitude of Gratitude. Psychologytoday.com. Retrieved November 2 2014, from <http://www.psychologytoday.com/blog/the-edge-peak-performance-psychology/201211/attitude-gratitude>

2015 Mental Health Walk

Make plans to join us for our 2015 Mental Health Walk. This year we will be adding a Silent Basket Auction. Invite your family, friends, and co-workers to be a part of our journey of hope and recovery.

Save the Date! Saturday, May 16th, 2015
At Lake George, St. Cloud, MN

Mental Health Walk

Improving lives.....
.....Step by Step!

Celebrate
HOPE!

NAMI St. Cloud Area
For more information, visit our web site:
www.namistcloud.com



Door Prizes!

- Refreshments!
- Face Painting!

Prizes for best Team T-shirt!



- Children's Silly Hat Walk!
- Team Photos!

- ◆ To Register teams/individuals or to donate, go to: www.namistcloud.com
- ◆ Proceeds from the walk go to NAMI St. Cloud Area supported programs of Education, Advocacy and Support.

NAMI is the nation's largest grassroots organization for people with mental illness and their families. NAMI St. Cloud offers free monthly educational opportunities, organizes an annual local conference on mental illness, raises funds and awareness through events such as Mental Health Walks, and publishes a quarterly newsletter for Central Minnesota.

<u>Resource</u>	<u>Information</u>	<u>Resource</u>	<u>Information</u>
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/BiPolar Group (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/Bipolar Support Group	320-980-6589
Elk River [253 8th St NW, Suite A. Elk River]	763-441-3770	Mondays 3:15 - 5:00pm St Cloud Public Library/Array Room	
Monticello [407 Washington St.]	763-295-4001	PFLAG Weekly Support Group	www.centralmnpflag.com
Hope Community Support Program	320-240-3324	Mondays 7:00 to 8:30pm St Cloud Public Library	
County Human Services		Family to Family Support Group	Mike 320-259-7101
Benton County Human Services	320-968-5087	2nd & 4th Tuesdays 7:00pm to 8:30pm Calvary Comm. Church	
Sherburne County Human Services	1-800-433-5239	Depression Support Group (Contact: Mary P.)	320-980-6589
Stearns County Human Services	320-656-6000	Thursdays-1:00- 2:00 PM at Whitney Senior Center	
Wright County Human Services	763-682-7400	OCD Support Group	320-252-6432
Strength Through Community Project (contact: Jerry Rondeau)	320-253-4136	Wednesdays-5:00 to 6:30 PM at CMMHC	
Caritas Family Services (Catholic Charities)	320-252-4121	Melrose Suicide Loss Support Group	320-256-4207
Independent Lifestyles, Inc.	320-529-9000	3rd Tuesday - 8pm to 9:30pm Church of St Mary Parish Center, Melrose	
Resource Training & Solutions	1-888-477-7032	24 Hour Emergency Service	320-253-5555 or 1-800-835-8008
Clutters Anonymous	320-240-3324	National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Hope CSP meets 2nd & 4th Wed from 5pm 6pm each month		National Suicide Prevention Hotline	1-800-SUICIDE (784-2433)
NAMI-St. Cloud Area www.NAMISTcloud.com	320-654-1259	Veteran's Linkage Line	1-888-LINKVET (546-5838)
State Resources		Legal Aid Society	612-332-1441
NAMI-MN	888-473-0237	Salvation Army-Emergency Shelter	320-252-2229
Mental Health Association of Minnesota	1-800-862-1799	Caritas Emergency Assistance	320-229-4560
Mental Health Ombudsman	651-431-5201 or 1-800-657-3506	Caritas Financial Counseling	320-650-1660
Minnesota Disability Law Center	1-800-292-4150	Crisis Connection (Phone Counseling)	Call 211 or 1st Call Minnesota at 1-800-543-7709
NAMI-National	1-800-950-6264	Suicide Loss Support Group	320-529-0427 attn: Lois Rangel - lrangel@ccstcloud.org
Four County Crisis Response Team	320-253-5555 or 1-800-635-8008	Center for Life Transitions, 312 2nd Ave. N. Sauk Rapids, MN 56379	
Mental Health Consumer Survivor Network www.mhcsn.org	1-800-483-2007	Parent Voices of NAMI St. Cloud	320-529-8323
Minnesota Mental Health Resources for Benton, Sherburne, Stearns, and Wright Counties	www.mnmentalhealth.org	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	
		Albany Depression/Bi-Polar Support Group	320-845-6104
		Mondays 6:30-7:30 pm Albany Hospital Conference Room	



**NAMI/St. Cloud Area
Executive Committee
2014**

President
Rhonda Karels

Vice-President
Nick Johnston

Secretary
Kayla Collins

Treasurer
Ruth Wittrock

National Alliance on Mental Illness-St. Cloud Area

Support NAMI's Mission by Becoming a Member!

Joining NAMI makes you a member of the national, state, and your local affiliate, NAMI St. Cloud Area.

As a Member of NAMI

- Receive the quarterly Advocate newsletter
- Be the first to know about new research and public policies
- Get discounts to NAMI events including the annual state conference
- Be counted among those trying to erase stigma about mental illness in Minnesota and beyond

NAMI Minnesota is a 501 (c) 3 Non Profit organization. NAMI has been reviewed by the Charities Review Council and is proud to have met its accountability standards. To read our charity review report, visit the Charities Review Council at www.SmartGivers.org

Membership Levels

- \$3 Open Door – For Individuals/Households with Low Incomes
- \$35 Individual / Household
- \$_____ Additional donation included

I want to receive email updates from NAMI Minnesota

E-mail: _____

You may choose one of the following payment methods.

- Check VISA MasterCard American Express Discover

Credit Card Number _____ Expiration Date _____

Name _____

Address _____

City _____ State _____ Zip Code _____

Signature of Credit Card Holder _____ Phone _____

Thank you for your interest in membership!

Please fill out this form and return it to:

NAMI Minnesota
800 Transfer Road, Suite 31
St. Paul MN 55114

Questions?

www.namihelps.org

namihelps@namimn.org

651-645-2948

1-888-NAMI-Helps

NAMI-St. Cloud Area
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