



nami

St. Cloud Area



National Alliance on Mental Illness

The Official Newsletter of NAMI-St. Cloud Area

Volume 8 : Issue 1

Feb-March-April
2015

Upcoming Education:

Educational Meetings are Free and Open to the Public

February 17th @ 6:30 **"Four County Crisis Services"**, Chad Rhodes

March 17th @ 6:30 **"Managing Thought Disorders"** Speaker to be announced

April 21st @ 6:30 **"Overcoming Self Stigma"**, Deb Krueger, OTC; Laura Holzheimer, COTA-L; Beth Flicker, COTA-L, St Cloud VA

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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The Many Ways Volunteering Pays

It pays to volunteer. Volunteering pays off in many ways. First of all it helps the organization/effort achieve their goal, but most importantly, research indicates that people who volunteer feel good about themselves for giving back. It pays off in other ways as well. Nick Johnston volunteers for NAMI St. Cloud on the CIT (Crisis Intervention Training) Committee at the St. Cloud Correctional Facility (prison). He was offered an opportunity to participate in the 40 hour training offered to correctional facility staff. The training was offered at the Stillwater

prison and was attended by correctional officers from facilities throughout the state. The goal of the training is to teach prison staff to deescalate situations by using nonphysical interventions to defuse a potentially dangerous situation. NAMI is held in high regard in the correctional system in MN as well as nationally. Nick received a 40 hour CEU certificate as well as applause from all attendees for volunteering for NAMI. CIT training is encouraged for all local & state police as well as correctional workers to reduce violence.

Mental Health Day On The Hill March 12th

Mental Health Day on the Hill is rapidly approaching. This year it will be on March 12th. As usual, a free bus will pick you up at the Walmart on 2nd St. South in St. Cloud at 8 AM. The bus will originate in Little Falls and will be half full by the time it reaches St. Cloud. You do need to register to ride the bus. Please do so by contacting Genna Torney at NAMI/MN (651-645-2998) or gtorney@namimn.org. NAMI St. Cloud wants to have a great representation this year so please register early. Because of the remodeling at the capitol this year, most of the activities will be at the church across the street where the bus will drop you off.

Save The Date for the 2015 Mental Health Walk

*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

To Register/Donate, beginning February 1st, 2015
Visit our website: www.namistcloud.com

Make plans to join us on our Walk! We will have prizes for Best Team T-shirts, Team photos, a silent basket auction, and a Silly Hat Walk for kids. There will be music, food, fun, and door prizes! We are improving lives.....Step by Step! Please register at www.namistcloud.com/2015-mental-health-walk

2015 Education Meetings

17 February - "Four County Crisis Services"
Chad Rhodes

17 March - "Managing Thought Disorders"
Speaker to be announced

21 April - "Overcoming Self Stigma", Deb Krueger, OTC; Laura Holzheimer, COTA-L; Beth Flicker, COTA-L, St. Cloud VA

19 May - "Consumer Panel", Area consumers share their journey to Recovery

16 June - "Developing Positive Relationships",
Speaker to be announced.

21 July - "Recognizing Early Warning Signs of Addictive Behavior & Then What", Joshua Seez, MSW, CSW - PIP

18 August - "Meeting with area legislators to discuss legislative results as well as state and local issues.

15 September - "PTSD: Coping Techniques You Can Use", Jolene Simmons

20 October - "Strategies for Smooth Sailing in Your Life", Speaker to be announced.

17 November - "Best Practices for Working with Clients with Bipolar Disorder", Speaker to be Announced.

15 December - "How to Control Your Anxiety Before it Controls You", Speaker to be announced.

Upcoming Workshops, Classes, and Trainings

Hope For Recovery

Hope for Recovery is a six hour class taught by a trained family member that provides practical strategies for dealing with the complexities of mental illness. Participants learn about mental illnesses, treatments, coping strategies, the mental health system, and local resources. Visit our website for more information and to register: <https://hopesartell3-28.eventbrite.com/>

This class is free but registration is required

NAMI Connection

This peer-based, mixed diagnosis, mutual support group is for people living with mental illnesses. Groups meet on a weekly basis for 90 minutes. Facilitators must self-identify as living with a mental illness, have good interpersonal communication skills, and be living well in recovery. Facilitator training is scheduled for April 11th & 12th with limited class size at our St. Paul office. Contact Morgan Caldwell (Peer Programming Assistant) to schedule your interview once your application has been submitted. mcaldwell@namimn.org or (651) 645-2948 ext. 121.

Kidshop

Kidshop is a four hour workshop for children aged 7-17 who have a parent or sibling living with a mental illness. Kidshop provides a fun experience where kids join in activities, share concerns, get support, and learn they are not alone. Kidshops is facilitated by two people who have a parent or sibling with a mental illness that are interviewed and accepted into the training on April 18th.

Family Support Groups

These peer-based, mutual support groups are for family and friends who have a loved one living with a mental illness, regardless of diagnosis. Groups meet for 90 minutes on a bimonthly basis, though some groups elect to meet more frequently. Facilitators should have good interpersonal skills, and be a close family and/or friend of someone living with mental illness.

Young Adult NAMI Connection

Young Adult NAMI Connection is a support group for young adults ages 16-20 or 18-30 depending on the group. We are looking for young adults who live with mental illnesses and are doing well in recovery to become facilitators. Of particular need is a young adult active in the GLBTQA community willing to facilitate a group in Minneapolis or St Paul.

Parent Resource Groups

NAMI Minnesota provides support groups to help parents discover resources to meet the challenges of raising a child with a mental illness, learn coping skills and develop problem solving skills. Each of the support groups are facilitated by a parent who has a child with a mental illness and who has received specialized training.

Progression Teacher

Are you looking to help educate, provide support and empower young adults living with mental illness? Progression is a 6-week course designed to empower young people to take charge of their lives and deal with the issues they are facing in a healthy and effective way. It offers a safe space where teens living with mental illness can talk about what they're going through.

To apply: Please submit the Volunteer Application online:

<http://form.jotform.us/form/21076115415141>

If you are a current volunteer, just email volunteer.resources@namimn.org and include your name, contact information and the position of interest. For a hard-copy of the application materials, please contact us at 651-645-2948 X110 or via email.

A New Partnership: The Minnesota Mental Health Association of Minnesota (MHAM) has entered a new strategic partnership with Mental Health Consumer/Survivor Network (CSN) as announced by Linda Cutler, President of MHAM's Board. We believe this will be a good thing for not only both agencies but the mental health field as well.

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

2015 Fall Conference

Nick Johnston, Chairman of the Fall Conference Committee, announces that his committee is hard at work planning the 2015 Fall Conference which will be our 29th annual NAMI St. Cloud Fall Conference. **MARK YOUR CALENDAR:** Date 2 October, 2015; 8am to 4:30 pm at Calvary Community Church in St. Cloud. Registration and fees will remain the same- Consumers/family members - \$25. Professionals \$100. We plan to provide a quality conference containing new information for all and a positive message, namely that Recovery is possible, which will be attested to by a panel of consumers and professionals.



National Alliance on Mental Illness-St. Cloud Area

NAMI/St. Cloud Area Executive Committee 2015

President
Nick Johnston

Vice-President
Louise Echola

Secretary
Kayla Collins

Treasurer
Ruth Wittrock

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

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