



nami

St. Cloud Area



National Alliance on Mental Illness

The Official Newsletter of NAMI-St. Cloud Area

Volume 8 : Issue 2

May-June-July 2015

Upcoming Education:

Educational Meetings are Free and Open to the Public

May 19th @ 6:30 **"Consumer Panel"** Area consumers share their illness and their Journey

June 16th @ 6:30 **"MNSure Information Session"**, By Dara Larson NAMI/MN. Participants will learn about health insurance options, value of coverage, options under MNSure and the benefits to people living with Mental Illnesses.

July 21st @ 6:30 To Be Announced. Check online at www.namistcloud.org for an updated events schedule

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

What is NAMI? By Stephanie Dreis

Some of you reading this may be long time members of NAMI, and we thank you for your support. For others, this may be the first time reading one of our quarterly newsletters. The St. Cloud chapter has grown throughout the years and this article is to help our long term members catch up to what St. Cloud NAMI has been up to and inform the newcomers on what NAMI is all about.

First of all, NAMI stands for National Alliance on Mental Illness. NAMI began in 1979 by Harriet Shelter and Beverly Young. It started in Madison, Wisconsin and today has nearly 1,000 chapters across the nation. Each of these chapters offers educational classes, meetings, community support, newsletters, classes, and more.

The NAMI St. Cloud chapter started over twenty years ago when it was known as Alliance for the Mentally Ill. Today, we have a quarterly newsletter, website (namistcloud.com), Facebook page (facebook.com/namistcloud), hotline (320-654-1259), monthly board meetings (3rd Tuesday of every month from 5:30-6:30pm),

monthly educational meetings (following the board meetings), annual Fall Conference (October 2nd, 2015), and an annual Mental Health Walk (May 16th, 2015). We keep busy by attending community health fairs and conventions in order to offer support, education, and resources.

Our board consists of volunteers mixed with consumers, family members of consumers, professionals, students, and retired professionals. Our dedicated volunteers range in support from helping out at one event such as handing out brochures at a convention; joining a side committee such as the Mental Health Walk or Fall Conference Committee; and/or holding a position such as treasurer, secretary, vice president, or president. Helping out is as easy as calling (320) 654-1259 or emailing Stephanie Dreis at stephanie-dreis@gmail.com.

NAMI has changed immensely since 1979 and we continue to see improvements. Our own chapter has grown thanks to you and our community. We look forward to having you be there in helping us fight the stigma on mental illness.

CONTACT US!

NAMI-St. Cloud Area
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St. Cloud, MN. 56302
Website: www.namistcloud.com
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www.facebook.com/NAMISTcloud
Tel: (320) 654-1259

Newsletter Editor:
Stephanie Dreis
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Free Mental Health Movie

On May 13th, 11 am, at the Parkwood Theater in Waite Park Catholic Charities (Hope Community Support Program) and NAMI St Cloud are co-sponsoring, "A Sister's Call", a documentary about a sister's reunion with her brother (missing for 20 years) who shows up on her doorstep suffering from paranoid schizophrenia. There will be a post film discussion involving the sister.

Thank You From NAMI St. Cloud!

Thanks to everyone who supported our Mental Health Walk in any way!! Our sponsors: Times Media, CommUNITY Adult Mental Health Initiative, Brenny Transportation, and Freightliner of St. Cloud. Thanks to all who donated to our Mental Health Walk. And thanks to all our wonderful Walkers and Volunteers.

Increase in Invitations to Community Events

In March we were invited to bring a mental health resource table to four events. In April, we will have attended seven community events. Our materials contain brochures, pamphlets, and other information gathered from NAMI/MN, NIMH, NIH, SAMSHA, etc. These materials include information on specific illnesses, treatments, and resources for consumers and loved ones. More and more people stop by to take information home, ask questions, tell stories, and thank us for being there.

It is so rewarding when offering materials to persons attending an event when they say, 'I'm familiar with NAMI' or 'I know about NAMI' or better yet, 'I'm a member of NAMI'. We are grateful for our volunteers who donate their time and energy to spread the word that people do recover from mental illness. St. Cloud NAMI continues to be there at community events as a source of information, comradery, and hope. Be sure find us at your next community health event.

Bicycling and Running for Awareness By Stephanie Dreis

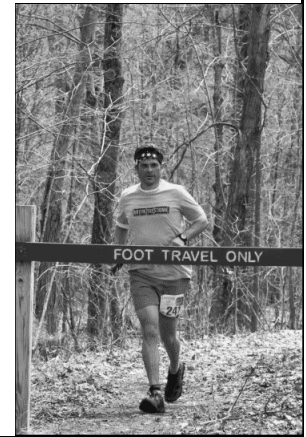
May is Mental Health Awareness Month. Two Minnesotan's are putting their bodies to the test while raising awareness for mental health.

Tom Mork is a Lakeville Banker whose daughter was diagnosed with bipolar disorder. He talks about the struggle and support he and his family faced during their journey. The big message he is raising is hope. He plans on riding his bike from the start to end of the Mississippi. That's right, a forty day, 2,100 mile bike ride from the Gulf of Mexico to Itasca Lake. Four others will be joining Mark July 6th in Louisiana. You can join all or a part of Tom's journey, or donate, by going to Tomsbi-gride.com. (To the right: picture of Tom Mork)



The next awareness raiser is Julio Salazar. Julio has been living with de-

pression and anxiety the majority of his life. He plans to run across Minnesota starting from a town near Dawson (the western boarder of Minnesota) and finishing in Stillwater. He will start May 4th at 8 am running 40 miles a day until May 9th. This 240 mile run is called Break the Stigma. He is spreading the message of hope for those living with a mental illness. The goals of this run are to educate people that depression and mental illnesses are treatable, encourage people to live a healthier life through education and treatment, and to inspire others to talk about mental health issues and create support. To support Julio, go to www.breakthestigmarun.com. Funds raised from the Break the Stigma Run will go to support NAMI Minnesota's programs of education, support and advocacy.



(To the right: picture of Julio Salazar)

Familiar Faces of Our New Board Members

Each January, St. Cloud NAMI holds an Annual Meeting in which the board votes on new board positions. Each position is held for two years. The positions up for election this past January were for president and vice president. Here are the winners: President - Nick Johnston, and Vice President - Louise Echola.

Nick Johnston has been a member of NAMI and it's predecessor, AMI (Alliance for the Mentally Ill) for over twenty years. Prior to being elected President this January he was Vice President for 6 years. He's been Chair of the Fall Conference Committee for over 10 years and Chair of the Monthly Education Committee for 15 plus years. He believes that more mental health professionals should get involved in NAMI and support it. Louise Echola has held positions such as secretary to the Board for a year and a half and she cur-

rently answers the NAMI St. Cloud Area 24-hour phone line and is the chairman of the Mental Health Walk.

They will hold the position of president and vice president until January of 2017. We look forward to this dynamic duo and their unique skills they will bring to our organization. We also want to thank Rhonda Karels, the past president of St. Cloud NAMI, for her hard work and dedication.

Positions up for next January include treasurer and secretary. These positions are currently held by Ruth Wittrock (treasurer) and Kayla Collins (secretary). They were elected in January of 2014 and have one more year to serve. They are doing a great job!

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	

29th Annual Fall Mental Health Conference

Our 2015 mental health conference will be on Friday October 2nd from 8 am to 4:30 pm in St. Cloud at Calvary Community Church. "Mental Health Treatments: What's in our Future" is this year's title. Our fees have not changed in years. They remain at \$100 for professionals and \$35 for consumers and family members. Continuing education units are offered for professionals. This is a great way to learn new information, network with people in your community, and have some fun. MARK YOUR CALENDARS!



**NAMI/St. Cloud Area
Executive Committee
2015**

President
Nick Johnston

Vice-President
Louise Echola

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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