NAMI
National Alliance on Mental Illness

St. Cloud Area

The Official Newsletter of NAMI St. Cloud Area | **Volume 19: Issue 2** | **Apr-May-June**

Upcoming Education:

Education Programs are Free and Open to the Public, on the 3rd Tuesday of each month. CEU available.

Education Programs will be on Zoom AND in person, from 6:00 PM to 7:00 PM (unless noted below. Please visit our website for login details for Zoom).

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April 21st, 6:00 PM
An Overview of MH Treatments at Anoka MH Regional Treatment Center
Leah Voigt-Potter & Dr Francis Broghammer, Medical Director

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May 19th, 6:00 PM
Consumer Panel: Consumers share their journey from illness to recovery (90 min.)
Dale Anderson, Moderator

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June 16th, 6:00 PM
Everything you wanted to know about NARCAN
Jolene Simmons, NAMI St. Cloud Board member

NAMI St. Cloud Meetings
Board and Education meetings are held at St. Cloud Stand Down Bldg.
722 33rd Ave. North St. Cloud, MN

CONTACT US!

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Minnesota Mental Health Day on the Hill 2026

On the 26th day of March 2026 the many individual organizations that form the Mental Health Legislative Network participated in this year's Mental Health Day on the Hill. It is these individual organizations, of which NAMI/MN is a vital part, who sponsored this year's event. They advocated for a "stable mental health system that is high quality, accessible, and has stable funding". Their goal is to "create stability on mental health issues, act as a clearinghouse on public health issues, and pool their knowledge, resources, and strength to create meaningful change".

The number of people (clients, professionals, caregivers, family and friends) attending this year's event appeared lower than in previous years, but still made their presence known vocally and with signs and banners. Speakers this year at the Capitol rotunda included the newly hired NAMI/MN Executive Director, Marcus Schmit, MPPA, several legislators, and Governor Timothy Walz.

This year's legislative priorities include, but are not limited to,

- Protecting access to Medicaid
- Preserving services when financial fraud issues are found
- Maintaining critical mental health grant funding
- Increase funding to support Medicaid
- Rate Increases for providers
- Policy changes that improve access. availability and delivery of care

NAMI St Cloud was represented by Gary Vieth, President, Nick Johnston, and Board Member Jolene Simmons. Nick and Gary displayed our NAMI St Cloud Banner on the 2nd floor balcony overlooking the Rotunda floor. After the rally we met with our legislators, Representative Dan Wolgamot and Senator Aric Putnam, both of whom seemed interested and supportive.

Upcoming Events

- **Let the Sunshine Run/Walk** will be held on **Saturday, April 25th**, at 9am at St. Boniface Church, Cold Spring. NAMI St Cloud will have a resource table there as we have for many years. This event was created 16 years ago to honor the memory of James Robbins and others who died by suicide, It also supports mental health research. Participating in either the run or the walk is a way to celebrate the impact these individuals had on the world and to acknowledge the importance of community and being there for one another.
- **The Military Mental Health Conference** at Camp Ripley will be held on **April 30th and May 1st**. Nick and Jolene will have a resource table there.
- **Our Mental Health Walk** will be held on **Saturday, September 12th**, at Wilson Park. Walk check-in begins at 9:00 am, and the walk will start at 11:00. Plans are still in the works, please check our website for updated details.

New Caregiver Hotline Available

To be a caregiver means seeing someone you love in pain, navigating red tape and complex systems, and facing stigma and misconceptions surrounding mental illness. It means advocating for your loved one when no one else will, showing resilience and strength day after day, often at your own expense. Being a caregiver is to embark on a long and difficult journey, though the rewards are tremendous and well worth it.

Supporting caregivers for family members with mental illness is key to the NAMI Alliance. This is why we are launching a dedicated Helpline just for caregivers and their unique needs.

The NAMI Family Caregiver Helpline will provide:

- Free, confidential, peer-led support
- Practical guidance, trusted resources and help navigating systems
- Compassionate conversations with Helpline volunteers who truly understand because of their own lived experiences.
- Support that affirms caregivers deserve care, too!

You can spread the word! Let your caregivers know to call 1-800-950-6264 and press "4" or text "Family" to 62640 to connect with a skilled NAMI Family Caregiver Helpline Specialist today.

Recent Events We Attended

3/14/26 – Community Connect at Foley
Gary and Chuck manned a resource table.
3/26/26 – Mental Health Day on the Hill (see front page for details.)

New Digital Newsletter Option

Starting with the January newsletter, we have started to email the newsletter to the email address supplied to us from NAMI MN, instead of mailing a paper copy. If you prefer to get a paper copy, please email us at **stcloudnami@gmail.com** and let us know.

We Are Looking for Input!

We would like to know if you have specific subjects, or areas of interest you would like to see in our Education Programs. And if you know a professional that would be interested in speaking to our group, please contact us at our new email; stcloudnami@gmail.com .

We could also use a few new board members, please email Nick Johnston at njohns1021@gmail.com if you are interested!

Thoughts of Suicide?

Crisis Numbers	**Call or Text 988** ***For Emergencies: Call 911!***
NAMI St. Cloud	320-654-1259 www.namistcloud.com
NAMI Minnesota	888-473-0237 www.namimn.org
NAMI National	1-800-950-6264 www.nami.org

Resource Information

St. Cloud Hospital	**320-251-2700**
Adult Mental Health Unit	**320-255-5601**
Senior Helping Hands	**320-229-3760**

Central Minnesota Mental Health Centers

St. Cloud (1321 13th St. N.) *(emergency services: 320-253-5555 or 1-800-835-8008)*	320-252-5010
Buffalo (308 12th Ave. S.)	763-682-4400
Elk River (253 8th St. NW, Ste A, Elk River	763-441-3770
Monticello (407 Washington St.)	763-682-7400

County Human Services

Benton County	320-968-5087
Sherburne County	1-800-433-5239
Stearns County	320-656-6000
Wright County	763-682-7400

State Resources

Mental Health Assn. of MN	1-800-862-1799
Mental Health Ombudsman	651-431-5201 or 1-800-657-3506
Minnesota Disability Law Ctr	1-800-292-4150
Four County Crisis Response Team Central MN Mental Health Center	320-253-5555 or 1-800-635-8008 serving Stearns, Sherburne, Benton and Wright
Mental Health Consumer Survivor Network – www.mhcsn.org	1-800-483-2007
Minnesota Mental Health	www. mnmentalhealth.org Resources for 4-County Area Benton, Stearns, Sherburne, Wright

PLEASE NOTE!
Some meetings may have changed to online format. Please contact them to verify before going!

St. Cloud Area Support Groups

St. Cloud Family Support Group -
For *family, friends and caregivers* of someone with a mental illness. Meetings are on the 2nd and 4th Tuesday of each month, from 7:00 PM to 8:30 PM. Meeting are online only, via the Hey Peers website. See the NAMI St. Cloud website, Family Support tab for registration details. Cecil Huston – facilitator. Email at fsnamistcloud@gmail.com for more info.

PFLAG Weekly Support Group –
Mondays 7:00 – 8:30 PM, at St. Cloud Public Library
www.centralmnpflag.com

OCD Support Group –
Wednesdays 5:00 to 6:30 PM at CMMHC 320-2552-6432

The Healing Hearts of Suicide Group-
3rd of each month at Center for Life Transitions, 38 24th Ave. North St. Cloud 7:00-8:00 PM
***Please call Roxanne before attending at 320-248-1563*

Albany Mental Health Support Group –
Mondays at 4:30-5:45 PM (except holidays) at CentraCare, Conf. Rm, 300 30th Ave., Albany
Call 320-845-2157 for more info.

Depression/Bipolar Support Group-
Mondays 6:00-7:30 PM at Independent Lifestyles, 215 North Benton Drive, Sauk Rapids, MN 320-529-9000

Peer Support Group –
Thursdays (except holidays) 5:30-7:00 PM at Whitney Senior Center, Northway Drive. Whitney Room

Bridges Parent Support Group –
3rd Monday each month, 6:00 – 8:00 PM, at the Handke Ctr, 1170 Main St., Elk River MN. **RSVP is required for adequate food and childcare. RSVP to Sara at 763-283-1838

Resource Group Information

Veterans Linkage Line – 1-888-LINKVET (546-5838)
Legal Aid Society – 1-612-332-1441
Salvation Army Emergency Shelter – 320-252-2229
Caritas Emergency Assistance – 320-229-4560
Caritas Financial Counseling – 320-650-1660
Crisis Connection (Phone Counseling) 211 or 1-800-546-7709 (First Call Minnesota)
Lutheran Social Services – 320-251-7700 or 1-888-881-8261
Independent Lifestyles, Inc. – 320-529-9000
Resource Training and Solutions – 1-888-477-7032
The Village Family Service Center – 1-866-304-2697
Minnesota Disability Law Center – 1-800-292-4150

National Alliance on Mental Illness

NAMI St. Cloud Area Executive Committee 2026

President
Gary Vieth

Vice President
Nick Johnston

Secretary
Lynn Gohman

Treasurer
Chuck Lang

National Alliance on Mental Illness-St. Cloud Area

Membership Levels (circle):
$60 Household $40 Individual $5 Open Door (for Low Income)
I would like to make an additional donation: $_____ Additional Amount
Membership Information:

_____
(Name)

_____
Address

_____ _____ _____
City State Zip Code

_____ _____
Phone Email

Method of Payment (circle): Check Visa Mastercard AmEx Discover

_____ _____
Credit Card Number Expiration Date

_____ _____
Signature of Card Holder CCV Code

Please sustain my annual membership by automatically my card for:
___ 3 years ____ 5 years ____Until I notify you

Please send membership applications to:
NAMI Minnesota
1919 University Ave West, Suite 400
St. Paul, MN 55104
Toll Free: 1-888-NAMI-HELPS
To join or renew membership online, visit www.namihelps.org

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