NAMI
National Alliance on Mental Illness

St. Cloud Area

The Official Newsletter of NAMI St. Cloud Area | **Volume 19: Issue 4** | **Oct-Nov-Dec**

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).

****

October 20th, 6:00 PM
"The Value of Journaling"
Sarah Meisinger, MSW, LICSW

****

November 17th, 6:00 PM
"Bring Happiness to Your Holidays"
Nick Johnston, MSSW, Ph.D.,
NAMI St. Cloud V.P.

****

December 15th, 6:00 PM
Anoka Metro Regional Treatment Center"
Leah Voight-Potter DCT and staff

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!

NAMI-St. Cloud Area
P.O. Box 771
St. Cloud, MN. 56302
Website: www.namistcloud.com
Tel: (320) 654-1259
Newsletter Editor: Cecilia Huston
lcchuston3@gmail.com

NAMI St. Cloud Mental Health Walk

Our Mental Health Walk was held on Saturday, September 12th at Wilson Park. There were 54 participants of all ages, and we had great weather! There were 30 door prizes awarded, and music was provided by Chuck Lang and friends.

Thank You's go out to our sponsors:
Blattner Company * D.J. Bitzan Jewelers *Granite Financial

Thank You's to our door prize donations from:
Gilberto's Mexican Taco Shop * Buffalo Wild Wings* Bravo Burritos* Jersey Mike's Sub* DQ on 25th* Applebee's, St. Cloud* Target * Cinco de Mayo Mexican Restaurant * Do Chon Grill * Olive Garden Waite Park * Napa Central * Brigette's Cafe *St. Cloud Perkins*Scheel's* Red Lobster

Also thanks to Bernick's and Starbucks for providing beverages!
Additional thanks to Gary Vieth for his work on securing door prizes, Chuck and Sanda Lang for all their work on the Walk, the musicians, volunteers, and all those who attended the walk. And thanks to Bob and Gerri Gustafson, founders of NAMI in St. Cloud, when it was just AMI 39 years go!

Support the 988 Lifeline by Taking Action!

Since its launch in 2022, 988 has received more than 27 million calls, texts, and chats from people experiencing a mental health crisis, thoughts of suicide, or other emotional distress. 988 has already made a profound impact on our communities, but there's more work to be done to ensure everyone can get the help they need in a crisis. Thankfully, there is a bill in Congress that can help make the vision for 988 into reality. Reps. Doris Matsui (D-CA) and Brian Fitzpatrick (R-PA) recently reintroduced bipartisan legislation to ensure that our communities have the resources necessary to fully implement 988. NAMI was honored to be invited to speak at the announcement event for this bill, and we need your help to keep the momentum going on Capitol Hill.

The 988 Implementation Act (H.R. 10280) will help us fully realize the potential of 988 by:

- Funding local 988 call centers to ensure 24/7 access for anyone who needs help
- Supporting expansion of mobile crisis teams to help communities provide an in-person mental health crisis response instead of relying on law enforcement to respond
- Expanding awareness of 988 through awareness campaigns
- Providing funding to build crisis centers, making sure people have a safe place to go in a crisis
- Funding services for underserved populations to make sure people receive equitable, quality care that is inclusive
- Ensuring people have access to crisis care by requiring that all health insurance plans cover crisis services and supporting crisis workforce development.

But we need your voice to make it a reality. Reach out to your member of Congress today and ask that they cosponsor this vital legislation. Please take 30 seconds to urge your Representative to support this vital legislation today!

Upcoming Events

- 10/5 – Diversity and Access Walk, SCSU
- 10/15 – Sherburne County Community Connect, Big Lake Middle School
- 10/24 – Bethlehem Lutheran Church Event
- 10/27 – Stearns County Community Connect, River's Edge Convention Center, St. Cloud
- 11/5 – NAMI Affiliates Meeting, Waite Park
- 11/5 – Central MN Wellness Expo, Bethlehem Lutheran Church, Waite Park
- **The 2026 NAMI MN Fall Conference will be in Waite Park this year, on November 6th at The Park Event Center!** NAMI MN is working to expand its number of affiliates and bring more programs and services out into the rural areas of the state, instead of focusing on the Twin Cities area. We are extremely pleased to be chosen for this event. We encourage all of you to attend by Zoom or in person, as it will be available both ways this year. Please register on the NAMI MN website.

A Visit from NAMI MN

Left to right: Marcus Schmit, Gary Vieth, Chuck Lang, Sheila Piippo, Cecil Huston, Jolene Simmons, Betty Mrozek, Lisa Abrazo, Louise Echola, Elena Gaarder, and Nick Johnston.

We are grateful for the visit to our affiliate NAMI St. Cloud Area by Sheila Piippo, Grassroots Organizer, NAMI MN, and Marcus Schmit, Executive Director of NAMI MN, on September 4th. We regret the retirement of Sue Abderholden, who was director for over 20 years, but we have much optimism we have gotten to know our new director, and believe our organization is in good hands.

NAMI Careers That Care Grant

Nick completed an application for a grant from NAMI Careers That Care. If selected, we will be chosen to contact two education organizations to create two education programs, each of which will have at least students at a college or high school level, to provide information about careers in mental health fields in our area. If successful, we will receive $1000 to use for this.

Recent Events We Attended

7/18, 8/15, 9/19 – Food Giveaway, Hope Covenant Church
7/22 – Sherburne Co. LAC Elk River
8/29 – Rockin' Recovery In the Park, Lake George, St. Cloud
9/12 - Mental Health Walk – Wilson Park, St. Cloud (see below)
9/19 - LGBTQ In the Park
9/26 – American Found. For the Prevention of Suicide, St. Cloud

Minnesota Mental Health Rating

If you are interested in how Minnesota rates in mental health services, go to the "Mental Health America" website, and read the 2025 report, "The State of Mental Health in America". On page 8 it ranks all the states in the union. Minnesota ranks 29th. Of the surrounding states, Iowa ranks 5th, Wisconsin ranks 21st, North Dakota ranks 26th, and North Dakota ranks 38th. We hope that the Minnesota Department of Human Services looks at the states that are ranked in the top 10, to learn what services they provide that we don't, so we can work on improving our score and services. We encourage all our NAMI members throughout the state to contact the MN Dept. of Human Services, Mental Health Division, and ask them to reach out to the highest-ranking Mental Health Departments. Then they can begin to draft improved services in our out state, to talk to the legislature to seek approval and funding for these much-needed services. Contact your local representatives as well, encouraging them to work with those departments, and question why we fall so far down the ranking.

Thoughts of Suicide?

Suicide or Crisis Line **988** *(For emergencies dial 911)*	**Call, Text or Chat 988** **988 offers 24/7 judgment-free support for mental health, substance use, and more.**
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

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