Disappointing End to Legislative Session

After months of hard work, the Legislature and the Governor failed to agree on a supplemental budget bill. Leadership in the House and Senate opted to pass a nearly 1,000 page omnibus bill with funding and policy issues on topics that ranged from agriculture and the environment to health and human services. The Governor objected to numerous items in the bill and vetoed the bill.

Some key priorities in the omnibus bill that failed to become law:
• $5 million increase in school-linked mental health grants, including using it for telemedicine and to sustain current programs.
• $19.919 million for the safe school levy, which may be used for hiring new school support staff.

NAMI Minnesota Launches New Website

NAMI Minnesota announced the launch of its new website at namimn.org on July 2. In addition to the changed URL, design and layout of the pages, we’ve added new functions to make engaging with NAMI easier and more informative.

The new site includes nearly all of the content from namihelps.org and also from our former youth website at namihelpsyouth.org, while adding helpful features including a health library, easy to use forms, and a one-stop calendar for classes, support groups, trainings, presentations and events.

All you need to do is make your selections using the drop-down menus to find the topics. Easy-to-use buttons on our homepage take you directly to resources “Get Help” will bring you to Classes and Support Groups. “Give Help” will allow you to sign-up to Volunteer or Donate. “Learn More” will bring you to the Health Library.

NAMI Minnesota’s new website offers all the content of the old site and adds many new features.

Also new at namimn.org is a language translator, feeds for NAMI Minnesota’s Twitter messages and national NAMI news, and a searchable NAMI affiliates map.

The new website has been in the works for over a year and it comes after 12 years of service at the old site. NAMI hopes that you will find the new site user-friendly and effective for finding the mental health resources, support, education and news that you’re looking for.
enforcing mental health parity.
- Funding to address the opioid crisis including a 1.7% rate increase for substance use providers.
- $273,000 to fund online, evidence-based suicide prevention training for teachers.
- $969,000 to keep Crisis Connection open.
- Allowing a primary care residency slot to run four years instead of three years, which would have positively impacted psychiatry residency slots.
- Significant investment to resolve a pending 7% cut to Disability Waiver Rate Services including CADI Waivers.
- Making it easier for licensed mental health programs to change ownership.
- Provision for counties to dispute paying 100% for the cost of care at a state operated program when there was a delay in discharge.

A few things did pass this session including a bill making it faster to develop an IRTS facility or a crisis home by limiting the time a county has to respond. People who are first responders or who work in corrections or secure treatment facilities will become eligible for workers compensation benefits if they develop PTSD. A foster care sibling bill of rights and members of the coalitions working to reform our state’s substance use disorder system.

The bonding bill contained key provisions that will help our mental health system:
- $30 million for permanent supportive housing for people with a mental illness.
- $50 million for affordable housing.
- $1.9 million for Scott County IRTS facility.
- $900,000 for White Earth Tribe Opioid Center.
- $6.2 million for Dakota County SMART Center for Crisis Intervention Training for police officers.
- $28.1 million to build mental health facilities such as IRTS, crisis homes and housing. These are not new regional treatment facilities nor are they the crisis assessment centers used in other states. They are supposed to provide treatment and not be reliant on grants.

There were policy issues that importantly did NOT pass thanks to NAMI members and members of the coalitions working on the issues. A major one defeated was a bill that would have required work requirements in order to be eligible for Medical Assistance. Another was the constitutional amendment for transportation funding which would have diverted resources from other parts of the budget including education and human services.

Another problematic bill that didn’t pass would have expanded current law making it a felony if someone assaulted and harmed a staff member or intentionally transferred bodily fluids on to a staff member anywhere in a hospital – including a psychiatric unit.

Earlier in the session there was a com-

The bonding bill did contain key provisions with over $117 million to help our mental health system.

While some positive actions were taken this session, overall it was very disappointing. NAMI urges the legislature and the candidates for Governor to reflect on the failure of this session and to consider a process for the next biennium that is more transparent and includes more efforts to negotiate. For a full legislative summary, go to namimn.org.

Medicaid Waivers Sought for Addiction Services

In response to the Opioid crisis, the MN Dept. of Human Services, at the direction of the legislature, has submitted a Medicaid waiver to the federal government to reform our state’s substance use disorder system.

In 2008 less than 10 people died from a heroin overdose and by 2015 that number grew to 115. The waiver would allow Minnesota to use Medicaid to pay for treatment in an “Institute for Mental Disease” which is a facility over 16 beds. They propose to use a provider referral system over a five-year period.

Providers wanting to be a part of the demonstration project have to show that they provide or have arrangements with other providers to provide: early intervention, outpatient, intensive outpatient, residential/inpatient, and medically managed intensive outpatient. Payment for the IMDs would be limited to two 30-day stays in a one-year period. Withdrawal management would also be a benefit.
Respect for all people affected by mental illnesses.

Children’s Mental Health System of Care Expansion Project

NAMI Minnesota is pleased to be working with the state of Minnesota on the System of Care Expansion project. This project is funded by a grant from SAMHSA that was awarded in Sept. 2017, began in Feb. 2018, and will continue through Sept. 2021. Project partners include the MN Association for Children’s Mental Health, Wilder Research, and the University of MN Institute for Translational Research.

The System of Care project’s goal is to improve and enhance specific services in the children’s mental health system based on values that a system of care should be family driven, youth guided, culturally and linguistically competent, and equitable. This means families and youth are viewed as valued leaders in the mental health system from design to implementation to policy changes and everything in between.

Family and youth experiences should shape the children’s mental health system.

NAMI’s goal is to ensure that the family voice is represented at the clinical, local, and state levels. One way families and youth can make their voice heard is to complete the Children’s Mental Health Survey at namimn.org. NAMI is also providing support and training to local and state staff on how to develop a family driven system and understand the family perspective. Target service areas for the project include:

- Wraparound Care Coordination
- Respite Care Services
- Children’s Mental Health Crisis Response Services
- School-Based Diversion Services
- Intensive Bridging Services
- Trauma Screening

NAMI hopes that Minnesota will not only improve and expand current services, but will build the foundation for a system that is responsive to the needs of families across the continuum of children’s mental health services.

Crisis Connection Ends

Funding for Crisis Connection ran out on June 30 and the service has ended. Alternative crisis phone services include:

- In the metro area: call **Crisis or 274747 from a mobile phone. (Soon to be available statewide.)
- Crisis Text Line is available 24/7. Text MN to 741741.
- The National Suicide Prevention Lifeline: 800-273-TALK (8255).
- Minnesota has 24/7 phone and in-person crisis services statewide. Find county crisis contacts at mn.state/dhs/crisis.

Rural First Episode Program

Human Development Center (HDC), headquartered in Duluth with offices in Carlton, St. Louis, Lake and Cook counties, recently received a DHS grant to implement services for adolescents and young adults experiencing a First Episode of Psychosis. Research shows that early treatment by a Coordinated Specialty Care team of outreach and engagement, medication management, and family & patient psycho-education & support staff can be effective in improving patient outcomes. Minnesota first piloted this model in the metro area, and has selected HDC to bring the pilot to rural Minnesota.

NAMI Minnesota State Conference, “Transforming Attitudes”

NAMI Minnesota’s State Conference, “Transforming Attitudes,” is set for Nov. 3 at the St. Paul RiverCentre.

Attorney Daniel E. Dawes, a nationally recognized leader in the health equity movement, will be the opening keynote speaker. Dawes will speak on mental illness and substance use disorder disparities among people of color.

Sam Miltich, a self-taught jazz guitarist born and raised in the woods of northern Minnesota, will present the closing keynote. He has performed internationally, and his fluid and instinctive sound has graced hundreds of stages, from small towns on the Iron Range to New York’s Lincoln Center.

Sharing stories of famous people living with a mental illness, including his own, Miltich and his band will also share their musical talents.

The conference will offer a variety of workshops on current mental health issues, and will include the NAMI Awards luncheon. CEUs will be available and the cost will be $60 for members, and $100 for non-members. Some partial scholarships will also be available. More information and registration will be available at namimn.org as the event draws nearer.

The conference will be followed immediately by the NAMI Annual Meeting, which will include voting on new board members and several bylaw changes.

Mark your calendars and plan to join us on Nov. 3!
To Change Attitudes, Let’s End Stigma: the Word

by Sue Abderholden, Executive Director

Let’s end stigma. The word. By definition, it’s a mark of disgrace. In reality, it’s discrimination. If you believe as I do that NAMI is a movement, a civil and human rights movement, to end discrimination against children and adults living with a mental illness and their families, then perhaps we need to start saying the word – discrimination - more often.

It’s not stigma that has resulted in people boarding in emergency rooms. It’s not stigma that has resulted in public and private health insurance not covering needed mental health treatment and services. It’s not stigma that has led so many people with mental illnesses to end up in the criminal justice system. It’s not stigma that causes so many people to be unemployed. It’s discrimination.

If people were having heart attacks and there were no beds available in the cardiac unit – would more beds be built? If a public health issue caused over 800 deaths in a year in our state and the rate kept increasing would it be called a crisis? And yet this is happening in our mental health system and the response isn’t fast or thorough enough. It’s discrimination.

There are certainly public attitudes that need to be changed – including what we witness nearly every time a treatment facility is to be built in a community. But it feels like the word “stigma” is so easy to say and so much harder to truly address and change. This word doesn’t truly reflect people’s experiences such as discrimination in housing, education, employment, health care. It doesn’t reflect the horrible impact of stereotypes that ridicule, make fun of people with mental illnesses. It’s a bias, a negative attitude towards people, and we need to change attitudes and laws to end discrimination.

The word “stigma” doesn’t reflect the seriousness of negative words to describe people such as “crazy” or “nuts.” Our language around mental illnesses is horrible. Brene Brown wrote that dehumanization starts with language. It’s easier to not treat people well when we do this. So let’s not say that these words are stigmatizing, let’s say they are dehumanizing.

We begin to make progress when we claim what has been happening as a civil and human rights issue. We make progress when people come forward to share their stories. Their stories blast stereotypes, break the silence, provide hope and let people know that they are not alone.

As people share their stories in the open, it’s easier to organize. We can build a larger movement to end the discrimination, not stigma, but the discrimination that has resulted in poor outcomes – being homeless, untreated, unemployed, in jail.

NAMI Minnesota has been around for over 40 years. It’s time to change our language, change our message and become even fiercer advocates to end the discrimination faced by children and adults with mental illnesses and their families.

Super Saturday for Children’s Mental Health Education

On May 12, the NAMI children’s education team partnered with the Minneapolis School District to offer a Super Saturday’s worth of free classes aimed at parents and educators in the metro area.

Covering a range of topics from the early warning signs of mental illness to crisis management, this event not only provided a more accessible way for members of the community to attend multiple classes but also created a space for caregivers to engage in important discussions among themselves and NAMI staff, bridge gaps in understanding between different support systems, and connect with important mental health resources to support their children’s success.

NAMI was also able to gather feedback on barriers in the mental health care system, which will be used in its action plan with the Systems of Care initiative moving forward. We were pleased to have a successful turnout and are greatly looking forward to planning more sessions in the future to continue providing accessible services. If you have interest in hosting one of these events, please contact Liz Babkin at ebabkin@namimn.org.

Spurned Children’s Program to Open in East Bethel

PRTFs or Psychiatric Residential Treatment Facilities provide treatment to children with very serious mental illnesses. These were first permitted in MN under legislation that passed in 2015 and allowed up to 150 beds to be developed. One was to be built in Forest Lake but the city council voted the proposal down, despite a high level of public support for the program. Developers then went to neighboring East Bethel where it has been approved to move forward with the new facility by The Hills Youth and Family Services.

Two Minnesota Psychiatrists Win Awards

Minnesota psychiatrists Dr. Katharine Nelson and Dr. Elizabeth Reeve were recognized with NAMI’s annual Exemplary Psychiatrist Awards at the 2018 NAMI Convention. The awards are given to outstanding psychiatrists who “walk the extra mile” with their clients and also support community mental health advocacy efforts. Both were nominated by NAMI Minnesota.
Spring Gala is SpeakEasy about Mental Health

Beautiful and dashing guests, capturing the roaring 20’s spirit, came together in a celebration to Speak Easy about Mental Health. Over 300 swells came to NAMI’s Spring Gala on April 28 to the Radisson Downtown Minneapolis to raise awareness of people who live with mental illnesses and their families.

Old and new friends alike ate, drank, and made merry, then danced the night away to Highbrow and the Shades. There were nearly 50 new guests, as well as many stalwart supporters who have been attending year after year. We are grateful to all of you.

Shannon and Grace Bailey together shared their moving story of how NAMI Minnesota helped ease their mother-daughter journey through the twists and turns of the mental health system. Charming local KARE reporter Dylan Wohlenhaus kept the evening moving along smoothly.

Our Gala Committee did a fantastic job providing exciting prizes for our silent and live auctions, resulting in spirited bidding to raise funds for NAMI.

Auctioneer extraordinaire Karen Sorbo created electricity during the live auction, inspiring guests to place their bids. We were surprised and delighted when critically acclaimed Minnesota author Lorna Landvik spontaneously donated not one but two named characters in her upcoming book. All told, this year’s Gala raised over $109,000 – our most successful Gala yet.

Flappers were birds of a feather at the NAMI SpeakEasy on April 28.

A toast to NAMI’s success in the coming year.

Gala-goers raised over $109,000 for NAMI’s cause.

Soothing sounds to dance the night away.

Dressing up and joining in the fun for a great cause.

Our whole gang’s here. Hey, there’s somebody I know.

Relaxing together at the SpeakEasy.

Highbrow and the Shades.

A festive group of over 300 joined in the Gala.

Stalwart supporters and new guests joined in.

KARE11’s Dylan Wohlenhaus and auctioneer Karen Sorbo kept the auction lively.
Science Museum Exhibit on Mental Health

A new exhibition called Mental Health: Mind Matters at the Science Museum of Minnesota helps start a conversation about raising awareness of mental health, and increase understanding that mental illnesses are real, common, and treatable. NAMI Minnesota is an advisor and participant in the groundbreaking exhibition which opened in June and will run through December.

Mental Health: Mind Matters aims to build a greater understanding of the importance of mental health and create a safe space for important conversations about mental illness. Hands-on experiences throughout the exhibit bring you closer to the facts, feelings, and issues surrounding this topic that touches so many of our lives. For ticket information, go to: smm.org/mindmatters.

Sleep Issues Impact Mental Health

Have you ever wondered if sleep has an impact on your mental health? It does! Individuals who live with a mental illness are more likely to have a sleep disorder such as insomnia. Sleep problems are common among individuals who live with anxiety, depression, bipolar disorder, and attention deficit/hyperactivity disorder (ADD/ADHD). In fact, long-standing sleep problems impact between 50% and 80% of individuals who live with a mental illness compared to only 10% to 18% of adults in the general U.S. population.

Harvard studies have shown that sleep problems in both adults as well as children increase risk and even directly contribute to the development of some mental illnesses. This research is particularly important because treating a sleep disorder may also help lessen symptoms of a co-occurring mental health problem. Studies on bipolar disorder, anxiety disorders, and depression all show that individuals who experience sleep disorders are less likely to respond to treatment.

If you are interested in learning more about the overlap of wellness and mental health, NAMI offers interactive workshops that teach individuals about different areas of wellness and their impacts on mental health. Contact: Cat at cgangi@namimn.org or 651-645-2948 x127 or Heather at hsharkey@namimn.org or 651-645-2948 x114.

NAMI Minnesota’s Executive Director Honored

Sue Abderholden, NAMI Minnesota’s executive director, received the national NAMI Rona and Ken Purdy Award to End Discrimination at the national conference in New Orleans in June. The award honors an individual or organization that has done significant work raising public awareness and reducing stigma. Past winners include The Vancouver Canucks of the National Hockey League (NHL), Glenn Close, Nathaniel Ayers, Jane Pauley, Carrie Fisher and Ken Steele to name a few.

In accepting the award Abderholden said, “While I have led our movement in Minnesota, I am not THE movement. It’s the countless people with mental illnesses, their families and our allies who have the courage to share their stories, the determination to fight discrimination and the strength to keep at it year after year.”

State Fair to Feature Mental Health Day

For the first time the Minnesota State Fair will feature a Mental Health Awareness Day. Visitors can explore mental health and wellness resources through inspiring stage performances, music, demonstrations, yoga, information, and much more. More than 30 awareness-raising activities, many of them geared for children and teens, will be offered. The event is free with fair admission and will be held on August 27, from 8:00 a.m. to 6:00 p.m. at Dan Patch Park located next to the Grandstand.

The State Fair provides a unique opportunity to educate a very large and diverse group of people about mental health issues - something that touches almost every family in some way. Led by the MN State Advisory Council on Mental Health & Subcommittee on Children’s Mental Health and NAMI Minnesota, 36 health organizations will participate in the day’s activities. Learn more about this important and fun event at www.namimn.org, or call 651-645-2948.

Lee Carlson Center Partners with Pediatricians

Lee Carlson Center (LCC) therapists are now actively working with North Metro Pediatrics (NMP) to help bridge the divide between physical and emotional health. Located in Coon Rapids, NMP is a non-profit clinic providing affordable primary health care to children and families in the North Metro area. The partnership, which officially launched in November 2017, allows easy access to mental health service providers without the need for children and their families to go to an entirely different location.

With the Coon Rapids satellite clinic across the sidewalk, LCC therapists are able to provide services at NMP, or at their LCC office. This connection ensures a warm hand-off between the primary care and mental health providers.
5K WALK | WELLNESS FAIR | BANDS | FOOD TRUCKS | ALL AGES | DOG-FRIENDLY | NO REGISTRATION FEE

For more information contact events@namimn.org or (651) 645-2948 X112

Check in 11 am | Start time 1 pm

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*Sponsors as of July 7, 2018
Grassroots Trainings Help Build Affiliates

Thanks to the generous support of the Otto Bremer Foundation, NAMI Minnesota has been able to host discussions with NAMI affiliate groups from across the state on grassroots organizing and how to access state and federal dollars to develop local mental health systems.

Every year the Dept. of Human Services administers millions of dollars in grant funding to develop the community based mental health system including Assertive Community Treatment (ACT) teams, permanent supportive housing, Intensive Residential Treatment Facilities (IRTS) facilities and more. However, communities will not get these dollars unless they ask for them.

Molecular Signatures Being Studied

Evidence has been mounting that some mental disorders share many of the same genetic risk factors. Now, researchers have discovered that this overlap extends to the molecular level — some of these suspect genes also turn on-and-off similarly in the brains of people with autism spectrum disorder (ASD), schizophrenia, and bipolar disorder.

These molecular signatures may hold clues to what goes wrong in the brain in these disorders—and potentially ways to better treat or even prevent them.

In search of such clues, Drs. Daniel Geschwind and Michael Gandal of the University of California Los Angeles (UCLA), and colleagues, examined gene expression in postmortem brains of people who had been diagnosed with autism spectrum disorder (ASD), schizophrenia, and bipolar disorder.

One of the largest such efforts of its kind to date, the study, funded by the National Institute of Mental Health (NIMH), tapped brain molecular data resources gathered through the NIMH-funded PsychENCODE consortium, a data-sharing collaboration among NIMH grantees.

As reported Feb. 9, 2018 in Science, the study demonstrated — for the first time — that disorders with a large overlap in genetic risk factors also had a large overlap in patterns of gene expression and shared dysfunction in similar molecular pathways. For example, the researchers found that synapse and neuro-immune functions were similarly impacted in autism, schizophrenia, and bipolar disorder.

“The results advance understanding of how risk factors across many genes contribute to the development of various mental disorders, in combination with environmental factors,” explained Geetha Senthil, Ph.D., of the NIMH Office of Genomics Research Coordination. “The study also highlights the importance of such large-scale team science efforts in gaining insights into the biology underlying mental disorders.”

(Article from NIMH’s Science magazine.)
NAMI Affiliate Groups in Action

**Emergency Fund Grant**
NAMI Ramsey County and NAMI Dakota County received a grant from the Carroll Endowment Fund of the St. Paul Foundation to support the “East Metro Emergency Fund.”

The grant will allow NAMI Dakota County’s current Emergency Fund program to expand as well as for NAMI Ramsey County to start a new program. The Emergency Fund provides financial assistance to individuals and families living in Ramsey or Dakota counties. Funds can be used for expenses that other assistance may not cover, such as groceries, gas, car repairs, etc. Individuals and families can access funds through their county case managers by completing a short application form. The grant will start in Sept. 2018.

**NAMI St. Cloud Holds Walk**
Congratulations to NAMI St. Cloud for hosting their 5th annual Mental Health Walk on May 19. The event included a walk around Lake George, a silent auction, and door prizes. The event raises awareness about mental health. Over 250 community members participated.

**Meet the NAMI Board Nominees**

Jessica Gourneau: I am a mental health professional who has been serving the Native community since 1995 on reservations and in urban areas, and I have spent the last 6 years as a Clinical Director. I have always been very passionate about providing the best mental health care to all but in particular to Native communities. I am also very interested in being involved in system change and advocacy so that mental health services are provided in a way that speaks to each person so they can heal and lead happier and fulfilled lives in the way that they need and want for themselves.

Paul Schnell: I am currently the police chief of Inver Grove Heights and was the chief in Maplewood and in Hastings. I am licensed as a peace officer and social worker. I have immediate family members who live with a mental illness. I have been involved in legislative work regarding mental health training for police and am adjunct faculty at Metro State and St Thomas.

Ani Rayn Koch: I work on health equity integration and systems change at BCBS of MN in the Center for Prevention. Prior to BCBS I worked as the Director of Programs at the Rainbow Health Initiative, and have done extensive leadership and organizing training through LAAMPP. I am currently an Evaluation Fellow in community engagement and evaluation fellowship program with Nexus Community Partners and the U of MN. I identify as a white, middle class, queer, transgender, public health professional.

Jesus M. Calvillo: I am a licensed clinical counselor with 4 plus years of experience providing services to the Latino community with a specialty in adolescence. I am a strong advocate of social justice and equal opportunity for all. I have a background in multiculturalism and a heightened sense of awareness of myself as a cultural being. I am a first generation Mexican American who directly works with diverse communities. Being a person of color and coming from a low social economic status home, I understand the needs and concerns of diverse communities.

**Bylaw Changes Proposed**
A board committee has recommended changes to NAMI Minnesota’s Bylaws to clearly articulate the purpose of executive director’s performance review. Also, the preamble to the Bylaws will be changed to reflect NAMI Minnesota’s current mission statement. The changes will be voted upon at NAMI’s Annual Meeting immediately following the NAMI State Conference on Nov. 3.

**Help for Prisoners in Lyon County**
A report on Lyon County Jail inmates says more is being offered to help those with mental illnesses and chemical dependency, according to Jail Administrator Brad Marks, who also noted that the number of female inmates is increasing.

In the Marshall Independent, Marks remarked, “Throughout their incarceration…we are actively addressing the signs and symptoms of mental illness. The people that come to jail, 100 percent of them are going back out into our communities. We do ourselves a disservice if all we do is warehouse them, stick them in a cell and say good luck. We address dependence and mental illness.”

The jail has a contract with Western Mental Health Center and a therapist that comes in weekly to conduct sessions with the inmates. Referrals can also be made if more help with diagnosis and treatment is needed. Marks also said additional links to mental health treatment will be available soon.

**Award Nominations Sought**
The NAMI Minnesota Awards recognize individuals or organizations that have demonstrated extraordinary work and advocacy on behalf of children or adults with mental illnesses and their families. Award categories can be found at namimn.org. Send nominations by Sept. 1 to: NAMI Minnesota, 1919 University Ave. W., Suite 400, St. Paul, MN 55104.
NAMI Minnesota champions justice, dignity and
going

Memorials & Tributes
(March 11 - June 22, 2018)
In Memory of
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Deborah & George Gillen
Suzanne LaPalm
Cinthya Lynch
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Carl & Kathryn Vrieze
Loren & Ladon Wildhusen

RITA ALLMAN
From
John Gorka & Laurie Allman

PHEDON ANDERSON
From
David & Suzanne Lorence
Kristina Madson

MARY BARON
From
Theresa H. Ashmore
Richard & Debra Baron
Michael Bischoff
Patricia Chamberlin
Robert Cross
Matthew Galle
Karthyne Hahn
James Hauschild
Ann Hermann
Sandita Hoy
Mary Kae
Martha Kennedy
Irving & Suzanne Kenman
Kimberly Maxfield
James & Debra McGill
Jane & Michael Peltizer
Amy Quanberg
Thomas Rase
William & Paula Tomlinson
Colleen Ward

ANDREW BEDDOR
From
Catherine Avenson
Basilica of St. Mary
Jennifer Bedder
Michelle & Kevin Bedder
Kevin Combs
David Engel
Thomas Gaughan
Robert Heelan
Cheryl Mangoles
Debbie Roth
Deborah Skinner
John Vreeland

RAYNETTE BOSSHARDT
From
Margaret E. Bosshardt
Karen Griffeth
Lisa Henricksson & Jim Kelly
Wolfgang S. Kraft
Kerry Miecarek
Beverly Staudinger

ROBERT J. CAIN
From
Jane E. Johnson

LISA ANN CALDERÓN
From
Anna Lison

KATHY FRANSEN
From
Carolyn Ellenson
Jean Jenner
B. L. Solomonson
Lorraine M. Taylor
Artiah Vos

ANDY GERTZ
From
Scott Gerling
Mary Bibber
Stacy Dietrich
Deb Houser
Cindy Jamieson
Jacqueline Nadlund
Pam Rosch
Susan & Kurt Wamannen
Barbara & Greg Wold

DAVID HORSSTMANN
From
Sherry Johnson

DAVID JAMPSA
From
Jean-Kristina Serben

STEVE JERDE
From
Rachel Hellner

MATTHEW CHARLES JOHNSON
From
Michelle Dooley
Lois PaschMixer

DAVID HOKSENSON,
ODEAN & MYRTLE
HOKSENSON,
MIRIAM LANGJOEN
From
Becky Hokenson

NICK HUNSTAD
From
Paul Sonda
William Williams

JENNY
From
Kathryn Turner

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Sue & Virgil Pichter
Judy Remnee-Bihari
Thomas & Darlene Rose
Ralph Rovner
James Shultz
Bonnie Topf
Susan Wataja-Foster
Jean Koresler
Eileen Silva & Albert James Ronning

ZACHARY RICHARDS
From
Carol Wolf

KURT ROUSSEAU
From
His Loving Family

THOMAS JAMES RYAN
From
Jeanne Nistler

MARK L. SABIN
From
Robert Stangler

ANDREW SCHEIG
From
Bill & Becky Schieg

GEORGE SELLER
From
Paula Chambers

GLORIA SCHUDER
From
Dick & Sue Abel

KEITH EUGENE SHERBURNE
From
Kathy Pominville

SEAN SHEVIK
From
Monica & Dennis Shevik

BOB SIMONDET
From
Kara Cassidy

JAMES STEGNER
From
Dane Cook

NICHOLAS HENRY
TILLESON
From
Ann C. Jarle

GLORIA VANDENBROEKE
From
Shannon L. Abel
Karen Anderson
Carolyn & Steven Bennett
Patrick & Christina Blomme
Todd & Jane Bock
Steven Brand
Clyde & Joy Bruns
Kathleen Daniels
John & Stephanie DeVos
John & Karla Engels
Rachel Gladis
Kimberly Holman
Michael D. & Lisa R. Johnson
Jerry & Pam Kuhlman
Cindy Lanoue-Sauer & Steven Sauer
Helen C. Peterson
Diane Prange
Anthony & Erin Schweng
Melissa Sundmark
Ron VanDenBroeke
Lisa Van Vickle
Ken & Sue Versavel

MATTWIE WARG
From
M. Michael Baxter
PureTemp LLC
Paula Duggan Vraa

NICK LEE WHITE
From
Bill & Noel White

ANDY WILLIAMS
From
Bud & Rosemary Janousek

NICHOLAS R. ZALDIVAR
From
Loretta & Edward Tobeck
Sharon Hepler
Tony LaCroix-Dalluhn

JACLYN ZACHER
From
Lora Wichser

In Honor of
Sue Aberrdelen
From
Ramona Berger
Pete & Sandy Menge
From
Herm & Mary Schulte

Teachers & Staff of South View Middle School
From
Allison Sneller

My daughter, Molly Clarke
From
Michelle Korst

In gratitude for Dr. Alison Manle-Kronmiller
From
Steven Grandt
Heidi Grootesphan
From
Glynnis & David Grootesphan
Margaret Yzaguirre's Birthday
From
Margaret Douglas
Fundraisers by Others Support NAMI’s Work

Fundraisers by others provide creative ways to support NAMI’s work. We value your hard work on our behalf.

- Lakeville North High School HOSA Club raised $500 by bagging groceries, holding a bake sale, and other activities to benefit NAMI Minnesota.
- The students of Mounds View High School joined together in raising $1,053 for our cause.
- Donna Thoresen held a garage sale and raised $825 in memory of her son Tyler.
- The Minnesota School Psychologist Association raised $500 at its annual convention for NAMI.
- Kelly Quinn held a fundraiser for NAMI at Cave Vin. Restaurant owner Ken Wills designated special items that could be ordered by guests with the proceeds going to NAMI. They raised $6,142.
- The Prior Lake Players Community Theatre presented the classic comedy “Harvey” at the Twin Oaks Middle School. They donated $500 from the ticket sales in memory of Jack McCue.
- Joni Brostrom of Stillwater had a garage sale and asked friends and family for donations through social media. She raised $1,700 in memory of her son for the benefit of NAMI.

* Thank you to Chaska Valley Theater.

Do it Yourself fundraisers not only raise much-needed funds, but they also raise awareness and bring in additional people to build our movement. If you would like to hold a fundraiser for NAMI Minnesota, contact Dinah Dale at ddale@namimn.org or 651-645-2948, x104.

Comedian-Author Helps NAMI

Lorna Lundvik hosted an event at her home on June 9, sharing humorous stories with NAMI members and friends and raising funds for NAMI’s efforts.

Capital Campaign Moving

NAMI is beginning to reap the benefits of its new office located at 1919 University Ave. W. in St. Paul. Having moved in March, we are seeing people becoming more engaged in volunteering, training, classes and outreach. We are enhancing our mission to provide education, support and advocacy to people living with mental illness and their families.

Thanks to the generosity of many donors, and The Waise Foundation’s challenge match, we have raised $132,000 for our capital campaign to finance our move, purchase new cubicles, furniture, state of the art technology, and more. If you have not given, please consider making a gift. For larger donations of $1,000 or more, donors will receive recognition on a “Tree of Hope” to be displayed in our office. Donors of $5,000 or more will have their name engraved on a gold leaf; $2,500-$4,999 will be recognized on a silver leaf; and $1,000-2,499 will have their name on a copper leaf.

Two NAMI Booklets Updated

NAMI has completed updating its Hope for Recovery and Mental Health Crisis Planning for Children booklets. Hard copies of the booklets are available through the NAMI office or online at namimn.org under publications.

GRANTS KEEP NAMI GROWING

IRIS CIRCLE ($10,000+)
- Bentson Foundation – General Operating
- The Strom Family Fund – Children’s mental health

BENEFACCTOR ($1,000-$4,999)
- Anonymous through Fidelity Charitable – General Operating
- The Constance and Daniel Kunin Family Fund – General Operating
- Deane C Manolis & Nancy G Manolis Charitable Giving Fund of the Renaissance Charitable Foundation Inc – General Operating
- Otto C. Winzen Charitable Fund of the Catholic Community Foundation of Minnesota – General Operating
- The Robert Karels and Sandra Robinson Charitable Fund – General Operating

Workplace Giving to NAMI

If you have a workplace giving program, please consider designating your donation to NAMI Minnesota. We are a member of Community Health Charities (CFC Code: 26549). You can also designate NAMI Minnesota if you use Thrivent Choice, United Way, or another workplace giving program. To donate be sure to write in NAMI Minnesota (not just NAMI, unless you intend your donation to go to the national organization). Your support is greatly appreciated.

Two NAMI Booklets Updated

NAMI has completed updating its Hope for Recovery and Mental Health Crisis Planning for Children booklets. Hard copies of the booklets are available through the NAMI office or online at namimn.org under publications.

Phone: 651-645-2948 or 1-888-NAMI-HELPS Fax: 651-645-7379 www.namimn.org
NAMI SUPPORT GROUPS

FAMILY SUPPORT GROUPS

Andover
Becca: 612-790-0938

Austin
Shari: 507-433-2301

Chaska
Jan: 612-554-0825

Duluth
NAMI Duluth: 218-409-6566

Eagan
Connie: 952-432-9278

Eden Prairie
Carol: 952-426-0343

Grand Rapids
Mary: 216-230-9553

Mankato
Don: 507-358-7804

Minneapolis
Cecelia at 205-292-5242

New Ulm
Mary: 507-276-5936

Northfield
Call: 507-663-7050

Oakdale
Dan: 651-341-8918

Owatonna
Judy: 507-451-0043

Plymouth
Elizabeth: 612-432-0471

Rochester (2 groups)
Call: 507-287-1692

Roseville
Anna Mae: 651-484-0599

St. Cloud
Mike: 320-259-7101

St. Paul
Mary: 612-387-7036

Stillwater
Marie or Bob: 651-770-1436

Virginia
Dan: 218-290-5461

Willmar
Family support: 320-444-4860

Winona
Helen: 507-459-2230

Minneapolis
Cecelia at 205-292-5242

New Ulm
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PARTNERS & SPOUSES

Minneapolis
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Melissa: 651-354-0825

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Owatonna
Judy: 507-451-0043

Plymouth
Elizabeth: 612-432-0471

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Roseville
Anna Mae: 651-484-0599

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St. Paul
Mary: 612-387-7036

Stillwater
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Virginia
Dan: 218-290-5461

Willmar
Family support: 320-444-4860

Winona
Helen: 507-459-2230

PARENT RESOURCE GROUPS

Apple Valley
NAMI: 651-645-2948

Duluth
Deb Semmelroth: 218-390-4199

Elk River
Sue: 763-633-0894

Hastings
NAMI: 651-645-2948

Minneapolis South
651-645-2948

Prior Lake
NAMI: 651-645-2948

St. Cloud
Louise: 320-654-1259

Savage
NAMI: 651-645-2948

MINNESOTA
1919 University Ave. W., Suite 400
St. Paul, MN 55104
CHANGE SERVICE REQUESTED

MANKATO
Morgan: 651-645-2948 x121

MINNEAPOLIS MT. OLIVET
Kim: 651-280-8527

MINNEAPOLIS NORTH
Don: 651-334-1778

MINNEAPOLIS UPTOWN
Jack: 612-310-3628

MINNEAPOLIS (LGBTQ)
David: 612-920-3925

MOORHEAD
Marian: 218-443-5286

ROCHESTER
Contact: 507-287-1692

ROSEVILLE
Will: 651-578-3364

ST. PAUL
Mary: 612-387-7036

ST. PAUL (LGBTQ)
Alec: 952-334-6318

SAGAMORE
Diane: 507-459-2230

APPLE VALLEY
NAMI: 651-645-2948

DULUTH
Lake: 218-591-2925 or
Jill: 218-348-5417

KASSON
Karen: 507-316-0968 or call
507-287-1692

ST. CLOUD
Louise: 320-654-1259

ST. PAUL HIGHLAND PARK
Les: 612-229-1863

WINONA
Judy: 507-250-0265

YOUNG ADULT
NAMI CONNECTION
Apple Valley (ages 16-20)
Devon: devinlast@gmail.com

Minneapolis (ages 18-30)
Donald: bystr023@umn.edu

ST. PAUL (AGES 16-20, LGBTQ,
STARTS 9-6-18)
Addyson: 952-239-9911

ST. PAUL (AGES 18-30)
Tess: tesscameronnh@gmail.com
U of Minnesota (ages 18-30)
Jaramie: woodx421@umn.edu

OPEN DOOR ANXIETY
SUPPORT GROUPS

Brooklyn Park
Sue: 763-424-0845

East St. Paul (re-starts on 8-31)
Edina
Mark: 651-485-1882

Edina
Shawn: 651-239-8381

St. Paul Highland Park
Les: 612-229-1863

St. Paul (LGBTQ)
Alec: 952-334-6318

SOUTHWIND
Diane: 507-742-1977

WINONA
Judy: 507-250-0265

YOUNG ADULT
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ST. PAUL (AGES 16-20, LGBTQ,
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SUPPORT GROUPS

Brooklyn Park
Sue: 763-424-0845

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Edina
Mark: 651-485-1882

Edina
Shawn: 651-239-8381

St. Paul Highland Park
Les: 612-229-1863

Minneapolis
Bruce: 612-338-9084

DUAL DIAGNOSIS
SUPPORT GROUPS

Minneapolis
Bruce: 612-338-9084