

IN THIS ISSUE

State Capitol Rally	p.2
Beyond the Bably Blues	p.2
National Forum on Parity	p.3
Consumer & Family Voices	p.4
New Community Hospitals	p.5
NAMIWalks Minnesota	p.5
Grants Keep NAMI Growing	p.6
Hope For Recovery Classes	p.6
Contributors	p.7
NAMI Affiliate Groups	p.8

New Funding Likely for Mental Health Services

The 2007 Legislative Session is well underway. Sen. Marty and Rep. Greiling introduced a bill (HF 196/ SF 148) that contains all of the issues of concern to the Mental Health Legislative Network such as housing, employment, criminal justice issues, children's mental health, culturally specific providers, TeenScreen, suicide prevention, workforce shortages and access.

The Governor's Mental Health Initiative has also been introduced by Sen. Berglin and Rep. Huntley (HF 1067/SF 1025). It contains funding for a number of excellent programs outlined above.

Both the Governor's Initiative and the Greiling/Marty bill provide funding to make sure that all the mental health services currently available under the Medical Assistance program will be available under the General Assistance



A crowd of over 500 advocates packed the State Capitol Rotunda at a mental health rally on March 5. For more on the rally, see page 2.

Medical Care, MNCare and the Prepaid Medical Assistance Program. These services include Assertive Community Treatment teams, Intensive Residential Treatment Services, and Adult Mental Health Rehabilitation Services.

See "Legislative Issues," p.3

CALENDAR

April

Staying Together Training in Marshall	Apr. 25
NAMI Spring Gala	Apr. 27

May

2nd Annual Post Partum Depression Conference	May 21
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August

Family-to-Family Teacher Training	Aug. 3-5
Support Group Facilitator Training	Aug. 17-19

September

NAMIWalks	Sept. 29
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Ten Hope for Recovery Classes are scheduled this Spring. For dates and locations, see p. 6.

You're Invited to NAMI's Spring Gala on April 27



Dreams are the Seeds of Change
NAMI Minnesota Spring Gala

NAMI-MN's annual Spring Gala is set for Friday, April 27, from 6:00 to 9:00 p.m. at the Prom Center in Oakdale. We hope you will join us for this very special event titled, "Dreams are the Seeds of Change."

Celebrate with us as NAMI-MN marks its 30th year of prompting changes in the mental health system and sparking hope and support for individuals and families affected by mental illness.

Enjoy a social hour and silent auction with NAMI friends, followed by a brief program and a very elegant and delicious banquet.

The auction will offer collectibles, tickets to theatres, sporting events and restaurants, vacation getaways, artwork, and much more! Many unique and entertaining items sure to pique your curiosity will also be available for the daring to bid on, and there will be games of chance to play. Tickets are \$75 and go to support NAMI's programs of education, support and advocacy. For reservations, please call 651-645-2948 or register online at www.namimn.org.

This year NAMI has reserved a block of rooms at a special rate of \$99 at the

See "Spring Gala," p. 5

State Capitol Rally Cry: “The Time is NOW!”

An energized crowd of over 500 advocates made their voices heard at a mental health rally in the Capitol Rotunda on March 5. Most wore buttons with picture of a clock in the 11th hour that read: “The Time to Invest in Mental Health is Now!”

Busloads of people came from Fergus Falls, Moorhead and St. Cloud, and from Winona, Rochester and Red Wing to attend the event. An information session prior to the rally spelled out the major areas of concern that advocates hope will be addressed in a comprehensive mental health bill this session.

The issues included suicide prevention, uniform mental health benefits (including evidenced-based services), access to housing, developing peer mental health specialists, workforce crisis, criminal justice and mental illness, children’s mental health, employment, cultural competency, and the Governor’s Mental Health Initiative.

NAMI’s Executive Director Sue Abderholden spoke first at the rally and got the crowd charged up about the urgency to make changes NOW in the mental health system, instead of watching the system’s failures result in more people ending up homeless, in jails, or in hospitals.

Similar pleas came from many of the other speakers including Rep. Mindy Greiling, Sen. Linda Berglin, Sen. John Marty, Sen. Sharon Erickson Ropes, Commissioner Cal Ludeman, parent Mercedes Bernik, consumer and NAMI volunteer Catherine Roach, Jose Santos of La Familia, Angie Stratig of the American Indian Family Center, Will Wilson from the Mental Health Association, and Jode Freyholtz of the Consumer Survivor Network (CSN).

Speaker Catherine Roach reminded people to “consider all those who wanted



Busloads of advocates came from around the state to the Mental Health Rally and Day on the Hill.

to join us here today, but for a variety of reasons, were unable to make it to this event. Recognize their appreciation for our being here. Recognize their appreciation for our involvement today.”

Another crowd favorite was Jode Freyholtz. Her remarks on the challenges of living with a mental illness being difficult enough without having to struggle to find services drew huge cheers from crowd.

The speakers then sent the rally-goers on their way to discuss the issues with their legislators and encourage them to invest in mental health.

The Rally was sponsored by the Minnesota Mental Health Legislative Network, a cooperative effort of over 20 statewide organizations concerned about the quality and availability of mental health services in Minnesota.

Fifth Annual Research Dinner is Big Success

The Fifth Annual Research Dinner, co-sponsored by NAMI-MN and the University of Minnesota’s Department of Psychiatry, was highlighted by engaging and hope-engendering presentations by leading researchers.

Topics included borderline personality disorder, anxiety disorders, treatment of

Beyond the Baby Blues Conference Set for May 21

NAMI-Minnesota and the University of Minnesota School of Social Work will sponsor “Beyond the Baby Blues,” the Second Annual Post Partum Depression Conference, on May 21. The event will be held from 8:30 to 12:30 p.m. at the U of M’s Continuing Education Center, 1890 Buford Ave., in St. Paul.

Workshops will include Pharmacological Management of Depression and Anxiety During and After Pregnancy, Psychosocial Treatment Options, How to Support a Family Member, and A Cross Cultural Perspective. For more information, call NAMI-Minnesota at 651-645-2948.



Presenters at the Research Dinner included leading researchers Jon Grant, Matt Kushner, Steve Olson, Sanjiv Karma, and (not shown) Shelia Specker.



A large crowd listened attentively at the NAMI-MN/ U of M Research Dinner held on Feb. 20.

psychosis, mental illness in children, and the dual disorder of mental illness and chemical dependency. Over 230 people, the largest group in the five years of the event, attended the Research Dinner. Thanks to everyone for attending and to our terrific presenters.

to eliminate the pervasive stigma of mental illness.

National Forum on Insurance Parity Stops in Minneapolis

Led by Congressmen Patrick Kennedy and Jim Ramstad, the Campaign to Insure Mental Health Addiction Equity stopped in Minneapolis on Jan. 22 as part of its nationwide tour to hear testimony from people whose lives have been touched by mental illness and addiction.

“Americans with these physiological diseases of the brain pay their premiums like everyone else and their insurance should be there when they need it,” remarked Congressman Kennedy.

The forum featured people from differing organizations and walks of life who shared their perspective on the importance of access to mental health and chemical dependency treatment and why Congress needs to pass the Paul Wellstone Mental Health and Addiction Equitable Treatment Act.

“The American people should not be forced to wait any longer for Congress to knock down the barriers to treatment and chemical addiction,” said Rep. Ramstad.

The impressive panel of leaders also included U.S. Senator Amy Klobuchar and U.S. Representatives Keith Ellison and Betty McCollum. They heard compelling testimony from advocates, treatment providers, insurance providers, and people personally affected by insurance discrimination. About 130 people attended the forum, including members of the media.

While Minnesota passed mental health parity legislation years ago, many Minnesotans are covered by self-insured plans that are not governed by Minnesota law. These individuals and families are often left scrambling to find treatment, face incurring huge debts or are left to fall into the criminal justice system or homelessness.

“We pay enormously, as individuals and



Rep. Jim Ramstad (R-MN) and Rep. Patrick Kennedy (D-RI) listened to testimony and shared their views on the need for insurance parity for persons whose lives have been affected by mental illness or addiction.

as a society, the costs of leaving these diseases untreated. It's time for action,” Kennedy said.

Sue Abderholden, Executive Director of NAMI-Minnesota, remarked, “NAMI sees all too often what happens when people cannot access essential services. Children fail in school and relationships. Children are placed out of the home or in the juvenile justice system. Adults lose their jobs, families, housing, and face time in jail or on the streets. Instead of receiving services early, people receive them when they are destitute or have become disabled by mental illness. When the private system refuses to apply mental health parity, the public system must pay – and at a higher cost.”

Family member and state Rep. Mindy Greiling of Roseville, told the committee: “We need to take the mantra of the federal government – leave no child behind – and realize that when we don't require mental health parity we in fact leave many children behind,”

Former senator John Hottinger, who served 16 years in the Minnesota Senate, described his own hospitalization and treatment for depression after a near suicide attempt as “the best decision I ever made for my personal health and well-being.” Hottinger continued, “In order to encourage those who need help to get it without shame or fear, we must

work to eliminate the stigma that is still associated with mental illness, make sure that care is accessible and emphasize that mental illness is an illness, not a character defect.”

“Advocates have waited too long for parity to be passed by Congress. The time to pass this important legislation is now,” emphasized Abderholden.

Legislative Issues...from p. 1

The Governor is trying to create integrated care networks which would better coordinate health care and mental health care. These networks would be established through a request for proposals process in consultation with consumers, advocates and other stakeholders. Enrollment would be phased in region by region as integrated care networks are approved. Enrollment into the network would be optional.

The NAMI board voted to support the Governor's plan stating that “for too long, mental health services have been underfunded leading to inequitable access, disparities among cultures and geographical areas, and serious workforce shortages.”

The NAMI board is also supporting the Greiling/Marty bill. NAMI members need to contact their legislators and urge them to invest in mental health. For more on these issues, go to the NAMI-MN website and sign up for weekly legislative updates.

Get NAMI Legislative Alerts

Receiving NAMI-MN Legislative Alerts means advocates can stay up-to-date on important mental health issues. The alerts also let you know who to contact and how you can make your voice heard. You can sign-up for alerts on the home page of NAMI-MN's website at www.namimn.org. You can also get the alerts by mail if you call the NAMI office.

Through education, advocacy, and support, we strive

Consumer & Family Voices

Starting in fifth grade, Brian London began having social problems coping with his peers in school. He was small for his age, skinny, had buckteeth, wore glasses and was an easy target for being teased.

“I guess they thought I was a nerd,” he reflected. “I built up a lot of anger and had fits of rage.” Brian’s pediatrician had ordered a brain scan and lab work at age two because he had a small head according to the growth charts. The tests were negative.

In middle school his social problems intensified; his school days were always difficult. His parents sought counseling on the advice of his pediatrician, but it didn’t help. He began experiencing periods of depression.

Brian’s problems continued into high school, including suspensions and poor academics. At age 17 his doctor prescribed Prozac, but his parents felt that it wasn’t working. His parents asked to have the Prozac stopped, and upon doing this more symptoms developed.

After seeing a psychologist Brian was diagnosed with Attention Deficit Hyperactive Disorder. This diagnosis proved incorrect, and Brian was fortunate to find a licensed clinical social worker that recognized Brian’s symptoms as criteria for schizophrenia. Brian was referred



Brian London, an intern helping with KidShops, hopes others will find out about NAMI’s programs.

to a psychiatrist and a psychologist who did clinical tests and diagnosed him with paranoid schizophrenia. He and his parents began family counseling and Brian was started on Zyprexa. “The medication really helped. It made me able to focus my concentration and think more clearly.”

“The psychologist,” Brian says, “convinced me if I took my meds I’d have a much better life.”

Brian’s thinking and his life began to get better. He started going to college part-time, one class at first, and then adding more as he adjusted to college life. He also continued to work part-time as a valet parking attendant and guest services attendant at two well known Minnesota golf and country clubs. The success in college and in working helped him gain confidence in his abilities. He also continued to get individual counseling that he says has been a great help.

Besides the counseling and medications, Brian credits his family and a friend for helping him to learn to cope with his mental illness. “I’ve had tremendous family support. Without them I wouldn’t be as successful as I am today. I also have a friend with epilepsy and we like to bounce ideas off each other and keep each other on track. Like him, I want to make a difference to others who have had difficult circumstances.” Early in his college experiences Brian gave a talk on his mental illness in

Speech class. “I was scared, nervous from the stigma, but I got through it. They thought I was very brave to share my story.”

Brian is grateful for the progress he’s made. He has a 3.9 GPA and has been inducted into two honor societies, Phi Theta Kappa and Psi Chi. Brian has also applied to graduate school. He wants to get a degree in counseling, and eventually become a college counselor or academic advisor.

Searching on the internet for an internship, Brian found out about NAMI. “I wanted to intern at NAMI to learn how the mental health system works, learn more about myself, and to get some experience in the field of psychology,” he said.

Since February, Brian has been helping to co-facilitate NAMI’s KidShop classes. “I lead kids in activities to understand mental illness and to know that each of them matters and that they’re important and they belong. I thoroughly enjoy doing it.”

Brian said he hopes others will find out about NAMI’s programs. He remarked, “Had I known about NAMI when I was ill it would have helped my whole family. We were looking for support services, for books and information. It’s just a tremendous resource for people. The KidShops would have helped my sister to understand and feel supported.”

The road has not been easy, but hope and persistence have paid off for Brian. “Mental illness is not something I would wish on anybody, but I’ve learned not to let my symptoms get the best of me.”

Having a chance get his college tuition and books paid for through the Dept. of Rehabilitation Services (DRS) has been a blessing that Brian says he doesn’t take for granted. “So, I want to encourage others to seize the day, especially if they are given an opportunity like myself.”

Thanks Volunteers

Alexander Nolta
Christine Kilner
Cindy Colson
Deidre Chang
Diane Miller
Jeffrey Bugenstein
John Murphy
Katie Tentis
LauraLe Moench
Lee Moisant
Mike Goerisch
Orrin Hager
Pamela Guthrie
Patrick Rondeau

Tom Normile
Tracy Perkins
Ginger Hamberg
Bridget McDonald
Trish Nolan
Sara Quick
Erin Gazelka
Sara Lambert

Special thanks to
Heidi Nordin for
all her work to
create a server for
our computers.

to eliminate the pervasive stigma of mental illness.

Changing Face of Mental Health Services Includes Community Hospitals

As part of the redesign of mental health services, the state of Minnesota has begun operating 16-bed Community Behavioral Health Hospitals (CBHHs) to provide acute psychiatric inpatient care for adults. New hospitals have been opened in Alexandria, Annandale, Baxter, Fergus Falls, St. Peter, Rochester, Wadena and Cold Spring. Hospitals in Bemidji and Willmar are being developed.

The community hospitals and a variety of community-based services are replacing services offered at the much larger regional treatment centers. There are about 30-35 staff at each of the new hospitals, and evidence-based practices – treatment that has been proven effective in supporting persons with mental illness – are being implemented, especially the Illness Management and Recovery model.

“Patients are treated in community settings closer to home,” commented Annandale CBHH’s administrator Robin Gaustad. “Staff work collaboratively with community-based providers, assertive community treatment teams, crisis centers, intensive residential treatment services and county case managers to maximize support for patients as they return to their communities, thereby creating a smooth and stable transition.”

Annandale CBHH is the nearest to the

Twin Cities, which is also served by Anoka Regional Treatment Center. It has been up and running since August 2006. Gaustad says 125 patients have been treated at Annandale since they opened, and that the average length of stay there is approximately 10 days.

There is one referral number for access to all the CBHH’s. Referrals come from county social service agencies, local mental health providers, other community hospitals, the courts, and private mental health practitioners. The length of stay can range from 1 to 45 days or longer.

Annandale and the other CBHH’s utilize an evidence-based practice called the Illness Management and Recovery model. Gaustad described what is offered at Annandale through this model:

“The illness, management and recovery model provides a series of weekly group and individual treatment sessions where social workers, occupational therapists, nurses and advanced practice nurses work with patients to assist the patients in defining their desires, needs and barriers relative to developing personalized strategies for managing their mental illness and moving forward in their lives. Staff work collaboratively with patients to offer information, strategies and skills that patients can use to further their own recovery. Patients set and pursue personal goals that help them put their

strategies into action in their daily lives.”

Although the Annandale CBHH has only been operating for about 7 months, patients seem to like the setting and have had positive reactions to their experiences there. Said Gaustad, “Patients frequently comment on the large open spaces in the lounge and group rooms. They are each provided a private patient room, which supports the need for privacy and time to reflect on and focus on their recovery. Patients have provided feedback about the professional and compassionate care they have received and are thankful to return to their home, community and family in a shorter and more timely way.”

Family and individual counseling sessions and assessments are offered at the CBHHs, and aftercare planning is also provided. The referral number for any of the Community Behavioral Health Hospitals in greater Minnesota is 866-966-BEDS, and for the Metro area it is 763-548-BEDS.

Spring Gala...from p. 1

Hilton Garden Inn, adjacent to the Prom Center. Please make your reservations directly with the Hilton at 651-735-4100. Be sure to mention that you want the NAMI room rate.

If you want more information about the Spring Gala, please call the NAMI office. Join us in celebrating NAMI’s work and in knowing that “Dreams are the Seeds of Change.”

Special Needs Trusts

How do I protect my loved one’s standard of living when I’m no longer around? NAMI-Hennepin County will sponsor a free program on Special Needs Trusts on May 18, at 8:00 p.m., at Mt. Olivet Lutheran Church, 5025 Knox Ave. South, in Minneapolis. For information, call Brian Marcum, 612-721-4050.

NAMIWalks Minnesota Set for September 29

All across America, thousands will walk this year to promote, hope, treatment and recovery. NAMIWalks will be held in Minnesota on September 29, 2007! NAMIWalks helps raise money and awareness and is part of NAMI’s Campaign for the Mind of America.

There are three ways to join in the walk: Join an existing walk team, form a walk team, or walk as an individual. There are



also three ways to support NAMIWalks: sponsor a walker, be an event sponsor, or make a donation. Every journey begins with that first step. Go to our homepage at www.namimn.org to see how to participate in NAMIWalks.

Grants Keep NAMI Growing

ADVOCATE (\$1,000-\$4,999)

- Terhuly Foundation – for general operating.
- Sundance Family Foundation – for general operating.
- Elizabeth C. Quinlan Foundation – for general operating.
- Burdick-Craddick Family Foundation – for general operating.

VISIONARY (\$5,000-\$9,999)

- Deluxe Corporation Foundation – for general operating.
- ADC Foundation – to upgrade NAMI's computer system.
- McKesson Foundation – for Family-to-Family program manuals.

IRIS CIRCLE (\$10,000 +)

- The Wasie Foundation – to develop an education program for emergency medical technicians/paramedics and hospital emergency staff to assist patients experiencing a mental health crisis.
- Bristol-Myers Squibb and Otsuka America Pharmaceutical, Inc. – for the Family-to-Family program; and to help sponsor NAMI-MN's Spring Gala.
- Haggerty Family Foundation – for general operating.

New Staff Member

Amy Trowbridge joined the NAMI-MN Staff this January as a part-time Children's Mental Health Specialist. She is organizing trainings on Voluntary Placement Agreements and Child Custody Relinquishment. Amy comes to NAMI with experience providing direct service to refugees, the homeless, and at-risk youth.



Amy Trowbridge

Schizophrenia Studies

The University of Minnesota Schizophrenia Program is seeking adults with Schizophrenia or Schizoaffective Disorder for several clinical medication studies. Psychiatric and medical care, medication, and travel expenses are paid. For information, call 612-627-4840 or e-mail to: schizophrenia@umn.edu.

We Love Volunteers!

NAMI is always looking for volunteers! If you are interested in volunteering, contact Michael at 651-645-2948 ext. 110.

Hope For Recovery Spring Classes

NAMI's Hope for Recovery classes teach families some important basics about mental illness. The free class covers symptoms of mental illness, crisis recognition, and problem solving. Families also learn about self-care, medications, recovery, advocacy, and support groups.

Classes are held on a Saturday from 9:00 to 3:00. This spring they will be held in: Litchfield, Mar. 31; Anoka, Apr. 14, Pipestone on Apr. 14, Brainerd, Apr. 21; Two Harbors, Apr. 21; Graceville, Apr. 28; White Bear Lake, Apr. 28; Anoka, May 12; Annandale, May 19; and International Falls, May 19. To register, call Shelley at 651-645-2948 or 1-888-473-0237 (toll free). New classes will also be posted at www.namimn.org.

Family-to-Family Training

NAMI-Minnesota will be training new Family-to-Family teachers this summer from August 3-5. The weekend training will be held in the metro area. If you want to take part in this richly rewarding experience, please call Shelley White at 651-645-2948 ext.101.

In Memory Of

DR. CHRISTOPHER BROWN
From
William J. Milota
Professional
Corporation

LAWRENCE BROWN
From
Emily & Julian Carlin

BUD IVERSON
From
Michael & Roberta
Anderson

MICHAEL ZWACK
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Joe & JoAnn Zwack

SUSAN DERRICK
From
William Davis

MIC LUCAS
From
Al & Pat Rousseau
Michael & Roberta
Anderson

LESTER RUEHLING
From
NAMI-Scott County

JOSEPH AZUZ
From
Jean Dickson & John
Radosevich

MARK FREEMAN
From
Beth & Michael Kiely
Camilla Zimmermann
Judith & Victor Wood
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Sheila Hanschen's
Graduation
From
John & Bonnie Manthey

In Honor Of

Laurie Brown
From
Sima Griffith

Christiana Adams &
Christain Caille's Wedding
From
Mary Jean Babcock
James & Yvonne Haberle

to eliminate the pervasive stigma of mental illness.

NEW & RENEWING MEMBERS

Individual & Family (\$3-\$49)

Sue Abderholden & Lee Keller
Keith & Martha Anderson
June & Gerald Audette
Phyllis Avenson
Janette Ayd & Molly Cavanagh
Cynthia Barber
Connie Bell
Gerald & Dawn Beedle
Judith Bemis
Clarice Bidney
Patti Blaser
Mary Blees
Irene Boe
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Sylvia Bratrud
Daniel Brodhead
Peter Bruce
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Supporter (\$50-\$74)

Anonymous
Katherine Evensen & Martin Marty
Janet Havens
Susan & Christopher Lyons
Anne Smith
Bob & Lois Treuchel

Organization/Professional (\$50+)

Advocating Change Together
Charlie's Tavern, Inc.
Mental Health Resources, Inc.
Minnesota Coalition for the Homeless
Mountain Reading Service
Northern Pines Mental Health Center
Oakridge Support Service

Patron (\$100-\$249)
Aetna Foundation
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Tom Green
Barb & Dave McDonald
Gail & Jerry Neren
Terrence & Noreen Shaughnessy
John Speltz
Dominic Sposeto
Robert & Donna Swanson
Lori Wohlrabe

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Chuck & Jan Wally

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Mary Graves
Pamela Guthrie
Jim & Yvonne Haberle
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Eileen Higgins
Lowell Hill
Phil Hinderaker
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Dale & Mille Howard
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Barbara Larson
Nancy Larson
Steve Larson
Jennifer Lenzen
Madeleine Linck
Mary Jean Loomis
Mahn Family Funeral Home
Kathleen Malone
John & Connie Marty
Lowell & Marcia Mattson
Dan McNeil
Lucy Marran McNulty
Joyce Mulligan
Barb & Chuck Nelson
Gloria & Sara Nelson
Bruce & Bobby Nemer
Susan Nicholson
Naomi & Marty Oken
Kathleen O'Leary
Mary & Claude Paradis
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