

IN THIS ISSUE

Update on 2007's Gains	p.2
Spring Gala Celebrates Hope	p.3
Brother Remembered	p.4
PCA or MHBA?	p.4
Training Families of Children	p.5
Teachers Training Nears	p.5
Walk Organizing Meeting	p.6
NAMIWalks Poster	p.7
NAMIWalks Registration	p.8
New Affiliates Sprouting Up	p.9
Your Gift Makes a Difference	p.10
Contributors	p.11
NAMI Affiliate Groups	p.12

CALENDAR

August

NAMIWalks Kickoff Breakfast	Aug. 6
Family-to-Family	
Teacher Training	Aug. 8-10
Volunteer Ice Cream Social	Aug. 12
Hope for Recovery	
Teacher Training	Aug. 23-24

September

Kidshops Kickoff	Sept. 13
MN Association of Community	
Mental Health Programs	
Conference	Sept 17-19
NAMIWalks at Minnehaha Pk.	Sept. 27

October

Mental Illness	
Awareness Week	Oct. 5-11

November

NAMI State Conference	Nov. 15
-----------------------	---------

NAMI Initiatives Passed, Budget Cuts Minimized

This was a short and intense legislative session. The state faced a budget shortfall of \$968 million and in the end the human services budget was cut by \$171 million and public safety by \$10 million. Thankfully, few mental health dollars were reduced.

Several initiatives strongly advocated by NAMI did pass. One is to reframe voluntary placement agreements. The new law makes it clear that if a child needs treatment out of the home, based on an assessment, a voluntary placement agreement will be used and parents will retain their rights as the child's legal guardian. It passed on the last day the legislature could vote on bills.

A new law governing the use of seclusion and restraints in community mental health programs for children also passed. They can now only be used in emergency situations and must be stopped once the threat of danger is gone. The programs are required to develop plans, train staff, obtain parental consent, document their use, notify parents and the state, and review their procedures.

A new task force is created to analyze current data and to make recommendations for: (1) any expansion

in capacity for facilities and programs including location, type, specialization, optimum size, and geographic accessibility; (2) identifying obstacles in rules, licensing, or payment rates that limit recommended expansion; (3) strategies to maximize federal matching dollars; and (4) strategies to improve the efficient transition from inpatient to community settings. The report shall also include an analysis of the number of practicing psychiatrists and other mental health professionals and the present staffing needs of both inpatient and community programs

One of the Ready to Launch initiatives passed, which will work to ensure that courts really review the progress that children aging out of foster care have made on "life skills" such as housing, school, transportation, copies of important documents and connection to an adult.

The bill to investigate the feasibility of creating one crisis phone number did not pass, but the Department of Human Services has agreed to convene a group to look into this. The bill to allow Prairie St. John's to build a 66 bed children's free-standing hospital did not pass.

The tax bill contains a provision that would lift the maintenance of effort and matching requirements for local units of government. This would likely have a detrimental effect on the lives of children and adults with mental illness and their families. NAMI members should watch their county budgets carefully this fall.

A few other highlights include:
- Funds for collaboratives who lost federal funds



NAMI Minnesota staff and others gathered at the national NAMI convention in Orlando, FL this June.

See "Initiatives Passed" p.2

Through education, advocacy, and support, we strive

Initiatives Passed...con't from p. 1

- Loss of 100 public defenders
- Requiring school districts to use some of their safe schools levy (for counselors, social workers, nurses, psychologists and CD counselors) in order to intervene early
- Continues the special education task force for another year
- Institutes some health care reform, including expanding MinnesotaCare and creating incentive payments for quality outcomes for depression
- Provides additional bonding funding

Update on 2007's Landmark Gains

The 2007 legislative session produced the largest investment in Minnesota's mental health system in the state's history. One year has passed and much has happened.

In children's mental health, funding was provided in 2006 for crisis services in the metro area and funding was just released to remaining counties (except two) in the state. Counties were encouraged to develop regional approaches to providing crisis services.

Fifty-five proposals were received for re-spite care and 52 projects were funded. Many are county or multi-county based.

School-linked services will be funded through community providers in order to be able to capture insurance payments. The projects are being finalized.

Four organizations have been selected to provide culturally specific mental health services. The request for proposals for evidence-based practices and early intervention have not yet been released.

Work to include children's residential treatment and case management as part of the prepaid medical assistance program continues. These services will be included starting in January 2009.

to develop housing for people who have experienced long term homeless, and \$30 million in housing bonds to develop permanent supportive housing for individuals and families who have experienced long term homeless

- Creates a jail diversion program for veterans with mental illness convicted of a crime.

NAMI thanks the many people who wrote or called their legislators, who came to Day on the Hill, and who testified. Thanks also to the people who participated in NAMI's Personal Story

On the adult side, grants for crisis services will now cover all 87 counties! As part of this service crisis providers must provide for rapid access to psychiatrists and a health care navigator.

Funding for housing projects was provided in collaboration with the Housing Finance Agency and went to develop new housing and to provide supports in existing affordable housing units.

Grants will be going out to fund evidence based practices (ACT, dual diagnosis, supported employment, illness management and recovery). Additionally, a request for proposals is out to fund CIT training, culturally specific providers, and senior mental health.

The department continues to work on placing services such as Assertive Community Treatment Teams, Adult Rehabilitation Mental Health Services, and Intensive Residential Treatment under the prepaid medical assistance program. Work is also continuing on developing peer-to-peer specialists.

The Preferred Integrated Network (PIN) proposals are moving forward. The department released their request for proposals and these are due late summer. NAMI will monitor what happens on these proposals.

Project whereby their story was sent to all legislators.

NAMI is already preparing for the next legislative session by instituting a survey (link to it from the NAMI website), gearing up to educate candidates in the fall, and by notifying members about voting and issues that should be raised during the election season.

Three Minnesota Psychiatrists Win National Awards

The National Alliance on Mental Illness (NAMI) honored 30 doctors as "Exemplary Psychiatrists" at the annual conference of the American Psychiatric Association (APA) held in the nation's capital May 3-8. Three Minnesota psychiatrists were selected for the awards: Susan C. Jenkins, MD, of Rochester; Christine Sigurdson, MD, of Byron; and L. Read Sulik, MD, FAAP, of St. Cloud.

The awards recognize psychiatrists who have "gone the extra mile" in providing excellent clinical care, educating family members, consumers and the public, and helping to reduce stigma surrounding mental illness. Sue Abderholden, executive director of NAMI Minnesota, remarked, "We salute these psychiatrists for providing leadership in their field. Their dedication to excellence makes a life-changing difference for children and adults with serious mental illnesses."



NAMI national's executive director Michael Fitzpatrick (R) presents L. Read Sulik with an Exemplary Psychiatrist Award.

to eliminate the pervasive stigma of mental illness.

Spring Gala Attendees Celebrate Hope

Over 200 people joined together for a lovely evening at NAMI's Spring Gala held April 26 at the Ramada Mall of America. Featured was a silent auction loaded with interesting and unusual items, including vacation homes in the Northwoods, Florida Keys and Taos New Mexico; paintings, photography, jewelry, textiles, signed books by Minnesota artists, theatre tickets, massages, dinner reservations, sports memorabilia and much more.

Old friends gathered to connect with each other, meet new friends and celebrate hope. They played games of chance, heard the Northern Pines Young Women's choir sing, and enjoyed a fabulous dinner. Together with our sponsors, nearly \$45,000 was raised to support NAMI's educational programs.

Our thanks to all the NAMI and BlueCross BlueShield volunteers for their help in making the Gala a fabulous and fun event. Also, thanks to our Gala donors and to the following organizations and individuals who purchased a table for the event: Tasks Unlimited, Allina, Scott Craven, HealthPartners, and Therese Blaine. The evening was truly a celebration of being "On Our Journey Together."

NAMI State Conference Set

NAMI Minnesota's State Conference is set for Nov. 15 at the Sheraton Bloomington. Workshops topics will include Evidence-Based Practices, Complimentary Treatments, Voluntary Placement Agreements, Employment, Supportive Housing, Mental Illness 101, Juvenile Justice, Diagnostic Assessments, GLBT mental health issues, and more. The cost is \$75 for members and \$100 for non-members. A brochure will be sent out this fall and registration will also be available on our website.



Board member Therese Blaine (L) and development committee member Kay King (R) gathered with Gala guests.



Former board member Charlotte Burns, office volunteer Pam Guthrie, and past board president Cathleen O'Leary.



Heidi Nordin and Ellie Graves stood out in the crowd selling tickets to games of chance.



Harpist Trudy Broshears provided soothing background music at the silent auction.



Joy and Dave Hartford joined in the Gala festivities. Dave is president of the NAMI Minnesota board.

Spring Gala Sponsors

Spring Gala Sponsors
AstraZeneca
Bristol-Myers Squibb Company
Eli Lilly and Company
Janssen L.P.
PhRMA
Wyeth Pharmaceuticals
Mod & Company
Impressive Print

Spring Gala Volunteers

Spring Gala Planning Committee

Sue Abel
Robby Anderson
Cindy Colson
Gail Gislason
Michelle Greene
Sandy Menge
Mary Schulte
Eileen Stack
Connie Whitaker

Spring Gala Volunteers

Sue Abel
Jane Abbott
Sue Abderholden
Marsha Anderson
Michael Anderson
Mary Jean Babcock
April Baker
Steve Bauman
Frank Bellanger
Carol Bender
Deidre Chang
Peggy Fitzpatrick
Mary Foss
Gail Gislason

Mary Gray
Ellie Graves
Michelle Greene
Brenda Griffiths
Jordan Griffiths
Fran Hendrickson
Leah Hendrickson
Michelle Holt
Mary Holt
Laura Ibsen
Lee Keller
Chuck Krueger
Jinjer Menge
Jerad Morey
Rachel Morey
Reg Nelson
Michelle Nelson
Heidi Nordin
Victoria Ochoa
Patrick Rondeau
Suzette Scheele
Cheryl Schulte
Herm Schulte
Wayne Seachrist
Shelley White
Laura Winterstein
Teresa Wobbema

Through education, advocacy, and support, we strive

Jack Smuckler Honors His Twin Brother, Jim

Jack Smucker, a NAMI-MN board member, wanted to raise more money for NAMI to help support the extra expenses incurred with our recent move. He chose to write a personal letter to all of his friends asking them to support NAMI in honor of his twin brother, Jim Smuckler who passed away on May 18, 2006.

In his letter, Jack wrote “Despite his highly intelligent mind and his loving and extremely caring personality, Jim was unable to overcome his mental illness which eventually caused his death. Jim suffered from extreme anxiety and panic attacks and used alcohol in excess to self medicate him to relieve the anxiety. I tried so very hard over many years to save the person I loved so dearly but attempted to do it on my own, not being aware there were organizations which were educated and trained to

“Jim was unable to overcome his mental illness which eventually caused his death.”

help people with mental illness and their families.” Jack goes on in his letter to educate his friends about NAMI-MN and the many ways NAMI helps families just like the Smuckler’s.

The response to the letter was overwhelming. His friends contributed over \$5,000 in memory of Jim. This letter was a very powerful statement for Jack and allowed him to accomplish three things. He was able to honor the memory of his dear brother, to help support NAMI and most importantly raise awareness about mental illness among his friends. Thank you Jack!

NASW Minnesota Citizen of the Year Award



NAMI's executive director Sue Aberdholden was presented with the Citizen of the Year award by the Minnesota chapter of the National Association of Social Workers.

Choosing Between a Personal Care Attendant or a Mental Health Behavioral Aid

Many families who have a child with a mental illness need support to care for their child in their homes. Their child may need help with redirecting inappropriate behavior, skill development, self-management skills, or completing tasks. Families are often told that in addition to Children's Therapeutic Services and Supports they may also obtain a Personal Care Attendant (PCA) or a Mental Health Behavioral Aide (MHBA).

Families often assume that PCAs are the same as MHBAs – but there is a difference. Generally, MHBAs have more training and experience in working with children and adolescents who have a mental illness. Some PCAs do have experience as well, but it's not “guaranteed” in the rules.

PCAs are used for any child or adult with a disability. PCAs have to be 18 years old, pass a background study, and pass either 1) a nursing assistance program or equivalent, 2) homemaker, home health aide pre-service program,

3) RN/LPN program or 4) training program for required skills necessary to perform covered PCA services.

MHBAs are specifically for children who have a mental illness. They too have to be 18 years of age. There are two levels. Level I MHBAs must have a high school diploma or equivalent (which could include 2 years experience as a primary caregiver to a child with a serious emotional disability), pass a background study and meet orientation and training requirements. Level II MHBAs but meet the Level I requirements and have an AA /BA degree or 4000 hours of delivering clinical services in the treatment of children with mental illness. Pre-service training is 30 hours including 15 hours of face-to-face training and 8 hours of parent-teaming training.

There is clearly more training directly related to mental illness required for MHBAs than PCAs. This is not to say that all PCAs have no experience or training with mental illness. It's just that

more training is required, including understanding the parental point of view.

Another important difference is that the MHBA works from an Individual Behavior Plan which is a subset of the Individual Treatment Plan, and that the MHBA is directed by a mental health professional (or a mental health practitioner under the supervision of a mental health professional). The directing practitioner and/or professional are hopefully also involved in the child's care, so that all levels of care (therapy, skills and MHBA) are coordinated.

MHBAs are funded under Medical Assistance and MinnesotaCare. Families whose child needs someone with more experience and skills in working with children with a mental illness may want to look into obtaining an MHBA.

While MHBA services are not yet available throughout the state, the more families ask for the services the greater the possibility that they will be developed.

to eliminate the pervasive stigma of mental illness.

NAMI to Train Families of Children on What Works, What Helps

NAMI will be conducting workshops on Evidence-Based Practices (EBP) for families of children with a mental illness in each of the 16 regions of the state this summer and fall.

The training sessions will be approximately two hours in length and will probably be called: "What Works, What Helps: Treatment Options in Children's Mental Health."

The Goals of Training are to:

- Understand the information needed to make a good diagnostic assessment
- Learn about research on what works for treating children
- Look at how to use this information



NAMI Minnesota staffer Mary Jean Babcock gave a demonstration of Kidshops at the National NAMI Convention to show how they help kids learn about and cope with the mental illness of a sibling or parent. Other state NAMI's are looking into adopting the program.

NAMI to be at the Minnesota State Fair!

News Flash! NAMI Minnesota will have a booth at the Minnesota State Fair this year, Aug. 21 to Sept. 1. We will be in the education building from 9:00 a.m. to 9:00 p.m. each day. Shifts of volunteers are needed to help staff the booth and offer fair visitors information on mental illness. If you can help, contact Laura Winterstein at 651-645-2948, ext. 110. This is an exciting chance to let more people find out about NAMI.

to get the most effective treatment for your child.

NAMI believes it is important for families to know about Evidence-Based Practices and therapies that 1) have been studied by researchers, 2) have shown to be more likely to help than other therapies, and 3) have shown to help in more than one study.

Parents need to know which therapies are statistically better for their children.

Five new fact sheets are also available on Evidence-Based Practices for children's mental illnesses.

Teacher Trainings Near

Family-to-Family education classes and Hope for Recovery workshops have helped lead thousands of Minnesota families out of confusion and fear and let them know they are not alone.

Family-to-Family classes meet once a week for 12 weeks and provide families with a comprehensive view of mental illness. Hope for Recovery one-day workshops provide a basic understanding of mental illnesses, treatments and how to find support. They are for families and persons recovering from a mental illness.

Family-to-Family Teachers Training will take place Aug. 8-10, 2008. Hope for Recovery Teacher Training is set for Aug. 23-24, 2008. Both trainings will be held at the Oakridge Conference Center in Chaska. To apply for the free training, contact Shelley White at 651-645-2948, 1-888-NAMI-HELPS.

Founder's Estate Supports NAMI

The estate of Edith Peilen, a founder of NAMI Minnesota, recently provided a \$10,000 gift to support NAMI's programs for children and adults with mental illness and their families.

For information on these workshops or on the new fact sheets, see www.namihelps.org, or call Suzette at 1-888-NAMI-HELPS, ext.102.

Workgroup Focuses on Children's Day Treatment

NAMI is involved in a workgroup focused on treatment services for children with mental illness. It is a partnership between the Minnesota Council of Child Caring Agencies (MCCCA) and the Children's Mental Health Division of the Department of Human Services.

Issues to be identified by the group, include clinical treatment models, forms of school-mental health collaboration, and financing. NAMI's executive director Sue Abderholden is part of the workgroup focusing on mental health services for children in schools. The group plans to conclude its work in time to allow preparation for the 2009 legislative session if recommendations for changes at this level are identified.

Crisis Project Director Hired

Roxanne Anderson has been hired as NAMI's new director of the crisis project. Roxanne has experience in developing curriculum and conducting training.



Roxanne Anderson

She's worked at District 202, Minnesota Men of Color and has contracted with a number of agencies. She has facilitated community education groups on topics that are not easy, such as undoing racism, cultural awareness and competency, homophobia, and STD prevention and awareness. She's also an Emergency Medical Technician and is trained on first responder issues, HIV/AIDS, etc.

Through education, advocacy, and support, we strive

Organizing Meeting Gets NAMIWalks Off to Terrific Start

On May 20th over fifty walk enthusiasts came out to participate in the NAMIWalks second annual Information Meeting. We heard inspiring words from our Business Team Chair, Dr. Gordon Alexander, president of University of Minnesota Medical Center, Fairview. He infused the room with his passion and enthusiasm for NAMIWalks and for NAMI Minnesota's mission. After announcing Fairview's commitment to a \$20,000 Premiere sponsorship, he said Fairview's team building would "blow last year's efforts out of the water."

We also heard from Deidre Chang, our General/Family Team Chair. Deidre told her personal story of her struggles with bipolar disorder and her story of hope and recovery. Deidre shared that NAMIWalks was the event that fast-forwarded her recovery. She said it compelled her



Deidre Chang shared how NAMIWalks helped her recovery and compelled her to reach out to friends and family.

to reach out to her friends and family to ask them for support for NAMIWalks. This opened the door for her to begin sharing her story, educating others and raising awareness about mental illness. By the end of the meeting, there was not a dry eye in the house. She inspired everyone to make a commitment to get involved in some way.

To get information about being a walk team captain, joining a walk team, donating or volunteering, go to www.namimn.org and click on the NAMI-Walks logo.

A special thanks to HealthPartners for donating meeting space and to Taher Inc. for providing a fabulous spread! Thanks for making our Informational Meeting fun and inviting. We already have \$77,500 in sponsorships for 2008. That is up \$50,000 from last year at this time! Thanks to all of our sponsors for your early commitment this year. Sponsors so far, include:

Premiere Sponsor

Fairview

Presenting Sponsor

HealthPartners
Cigna Behavioral Health
Regions Hospital

Major Sponsor

UCare Minnesota
Medica Foundation

Gold Sponsor

Bristol-Myers Squibb
BlueCross BlueShield of MN

Silver Sponsor

HealthEast
Denis & Josie Daly
High & Mighty Band
KARE 11
Metro Magazine
Janssen Pharmaceutica, Inc.

Start/Finish Line Sponsor

Al & Lou Burdick
Metro Transit
Pat & Al Rousseau

Bronze Sponsor

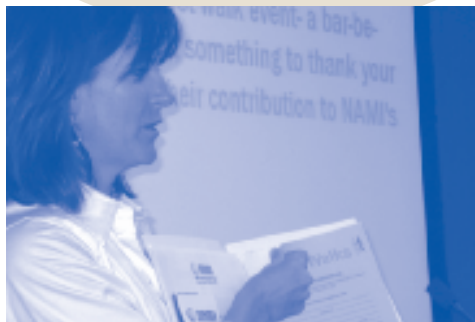
Eli Lilly and Company
Jami Alanna Marks Tikkun Olam Fund

Supporter

Fraser
Floyd Total Security
John & Janet Carey
Midwest KettleKorn & Tandem Printing

Kilometer Sponsor

Anne M. Smith
Dynamex
Simon Delivers



Michelle Greene explained Walk organizing details at the NAMIWalks meeting on May 20.

NAMIWalks Kickoff Breakfast Set for Aug. 6

Sponsors, team captains and others participating are invited to the official launch of NAMIWalks 2008 on August 6th at 7:30 a.m. at the Depot Minneapolis. Register your team or join another team online at www.nami.org/nami-walks. For more information contact Michelle Greene at mgreene@nami.org or 651-645-2948 ext. 104. Or contact Carol Bender at cbender@nami.org or 651-645-2948 ext. 109.



Walk team captains listened intently at an informational meeting on the 2008 NAMIWalks.

Top PR Firm Helps NAMI

Padilla Speer Beardsly, a leading public relations firm, is helping NAMI-MN with its "messaging" efforts – that is, its efforts to crystallize what we do so that the public understands and so that our efforts at explaining what NAMI does are consistent.

On May 15, a group of 25 NAMI staff, board members and volunteers held an initial information gathering meeting with Padilla Speer Beardsly professionals, led by Paul Omodt, who are volunteering their services.

The National Alliance on Mental Illness



National Alliance on Mental Illness

NAMI Walks



**Saturday
September 27, 2008**

**5k at Minnehaha Park
Minneapolis**

Registration: 11:30 am

Program: 12:30 pm

Start Time: 1 pm

NAMI Walks for the Mind of America.



Register to walk at www.namihelps.org (click on the NAMI WALKS logo).

For more information, Call 651-645-2948 or 1-888-NAMI HELPS

or e-mail cbender@nami.org

Premier Sponsor



Presenting Sponsor
Cigna Behavioral Health
HealthPartners & Regions Hospital

Major Sponsor
UCare
Medica Foundation

Gold Sponsor
BlueCross BlueShield
Bristol-Myers Squibb Company

Silver Sponsor
Denis & Josie Day
HealthEast
High & Mighty
Janssen Pharmaceutica Inc.
Start/Finish Line Sponsor
Allan & Lou Burdick
Al & Pat Rousseau
Metro Transit

Bronze Sponsor
Eli Lilly and Company
Jami Alanna Marks Tikkun Olam Fund

Supporter
Floyd Total Security
Fraser
Midwest KettleKorn & Tandem Printing
John & Janet Carey

Kilometer Sponsor
Anne Smith
Dynamex
Simon Delivers
Media Sponsor
KARE-11
METRO Magazine

**Yes, I want to participate in NAMIWalks for the Mind of America
at Minnehaha Park in Minneapolis on September 27, 2008!**

_____ I want to be a team captain and organize a team!

Our team name (complete if known): _____

Our team goals: Walkers: _____ **Dollars:** _____

_____ I want to sign up as a Walker!

Team I will be joining (if known) _____

Captain's name _____

Individual Walker _____

_____ I want to Volunteer by:

_____ Getting in-kind donations

(For example: food/drink for walk day, free advertising, entertainment, and balloons).

_____ Serving on the Walk Day Committee.

_____ Helping with logistics the day of the Walk.

_____ Other _____

My contact information:

Name: _____

Phone Number: _____ **Email Address:** _____

Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Please return this completed form to:

NAMI-MN, Carol Bender

800 Transfer Road, Suite 31

Saint Paul, MN 55114

Phone: 651-645-2948, 1-888-NAMI-HELPS, Fax: 651-645-7379

Email Address: cbender@nami.org

to eliminate the pervasive stigma of mental illness.

Affiliate Feature

New Affiliates Sprouting Up Throughout the State

Start-up meetings for new NAMI affiliates have been happening around the state this spring. Meetings have been held in Duluth, Bemidji and Austin. The new Ortonville affiliate, which first met last fall, is holding its June meeting in Morris. Each of these groups shows potential, according to Jerad Morey, NAMI Minnesota's grassroots organizer.

The new groups are already holding monthly education sessions, including topics like "ARMHS Workers" and "Attention Deficit Hyperactivity Disorder." They are reaching out to professionals and providers. Some are intent on developing a central resource of mental health-related services and agencies in their region.

Ice Cream Social for NAMI Volunteers

The annual ice cream social for NAMI volunteers and their families will be held on Tuesday, August 12, in Newell Park. Watch the mail for your invitation.

NAMI Award Nominees Sought

The NAMI Minnesota Awards recognize outstanding efforts in support of NAMI's mission and goals. To nominate someone for a 2008 Award, choose from the categories below and write a note of 100 words or less about the person or organization you are nominating: Consumer Advocate, Leadership, Program of the Year, Provider of the Year, Professional of the Year, Media, Criminal Justice, Faith Community, Legislator of the Year, Employer of the Year and Volunteer of the Year.

Please send nominations to NAMI-MN by Sept. 15, or FAX to: 651-645-7379. The awards will be presented at NAMI's Annual Conference on Nov. 15. For information see www.namihelps.org.

NAMI Duluth/Superior had its official affiliation paperwork approved by the NAMI Minnesota Board in June and the other new groups continue to work on theirs as they have kept meeting and strategically planning how they will get the word out about their activities.

"There is a strong level of energy and desire to help create more education, support and advocacy in all four of these communities," said Morey. "Each of the new groups is committed to take the next step toward becoming a NAMI affiliate, and we're really excited about covering more of the state."

The new groups decided to start meeting when they looked at holes in the mental health systems in their areas. "Something needs to be done," people would say to each other, and "Why doesn't this exist?" Sometimes the need is very clear: in Austin there was no education or support available for family members. Duluth/Superior saw the same deficit. In Ortonville there is no support group for adults with mental illness, let alone for family members. In each of these

communities people looked at what was missing, looked at each other, and looked to NAMI to partner in helping make their communities better.

One of NAMI Minnesota's strategic goals is to expand its presence throughout the state, and to grow its membership by 25% by June 2009. Many affiliates share that goal, with NAMI Brainerd Lakes Area even setting an affiliate goal of growing by 50%! Other communities around the state where people have expressed an interest in starting a NAMI affiliate include Anoka, Alexandria, Northfield, Moorhead and Kandiyohi County. Maybe you know someone who wants to organize some education, support or advocacy efforts in their area. Suggest that they call NAMI Minnesota and we'll help them join the movement!

NAMI-MN makes it easy and provides continuing support to affiliates as they develop. If you'd like to join all the people who recognize that NOW is a great time to start an affiliate, call Jerad at the state NAMI office today!

Bylaw Change Proposed

The NAMI-MN board is recommending that the bylaws be changed in order to allow enough time for people to be on the board for a few years, move into the 1st vice president position and then serve as president for two years. It's important to have the president serve two years for continuity, yet often a person becomes president at the end of their 2nd term and thus can only serve as president for one year. The board recommends that the two, three-year term limit be changed to a three, three-year term limit to permit someone to serve beyond six years but not more than nine. This proposal will be voted on at the NAMI Annual Meeting, at the conclusion of the NAMI State Conference on Nov. 15.

African American Outreach Director Joins NAMI

Mathea Little Smith is the new African American Outreach Director at NAMI Minnesota. She has over 40 years of experience in providing community education to poor communities and communities of color on issues of voter education, domestic violence and emergency preparedness. Most recently she worked as a case manager for families relocating to the Twin Cities from the Gulf Coast following Hurricane Katrina.



Mathea Little Smith

Through education, advocacy, and support, we strive

GRANTS KEEP US GROWING

BENEFACTOR (\$500-\$999)

- Mary L. Hammerly Fund of the St. Paul Foundation – for general operating

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

- AstraZeneca Pharmaceuticals – to support Post Partum Depression Conference
- Northwest Minnesota Foundation – for consumer & family education
- Gannett Foundation – for Family-to-Family classes
- Martha & William Muska Fund of the St. Paul Foundation – for general operating

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

- Eli Lilly & Company – to support NAMI's Spring Gala
- Ortho McNeil Janssen Pharmaceuticals Inc. – for NAMI's educational programs

IRIS CIRCLE (\$10,000 plus)

- Evert Foundation – for veteran's issues and general operating

How Your Gift to NAMI Makes a Difference

Did you know that you are the most important financial supporter of NAMI-MN? It's true. Your individual gift supports a wide range of educational programs, informational resources, and advocacy efforts for children and adults with mental illness and their families. Although NAMI-MN relies on a variety of funding sources including support from the government, family foundations and corporations, most often these funds are restricted. This means the revenue

can only be used for a specific program or project.

Your individual gift supports our statewide programs including Family-to-Family, Children's Challenging Behaviors, support groups, outreach and education within the faith community, the NAMI helpline, the website and even this newsletter. Your dollars support all of the printing and mailing of NAMI's informational materials including: booklets, brochures, fact sheets and the production of three DVD's co-produced with Twin Cities Public Television.

Did you know that out of the all people on NAMI's mailing list that only 20% are members and only 7% give in addition to their membership? Just imagine if all members gave a little extra each year. Or what if we had an additional 20% join NAMI? This vast community support would propel NAMI into the future and ensure that our programs are provided throughout the state, that we have strong advocacy in the legislature and that we reduce the stigma surrounding mental illness.



Emily and Julian Carlan enjoy the NAMI donors party at the Town & Country Club in St. Paul.



Dr. Paul Goering, Dr. Michael Trangle and Tom Geskernan at the NAMI Donors party.

2007 Annual Report Available

The 2007 NAMI Minnesota Annual Report has been sent out to members, donors and funders. Copies of the report are also available to download from our website. Anyone wishing a copy of the report can also contact the NAMI office.

THANKS VOLUNTEERS!

Office	Stephen Winters	Victoria Gregg
Assistants	Amber Winterstein	Kristen Grunnet
Jeff Bugenstein		Orrin Hagen
Pamela Guthrie	Receptionists	Marguerite Harrington
Orrin Hager	Marsha Anderson	Janet Havens
Emily Johnson	JulieAnne Bjerke	Connie Johnson
Kari Johnson	Janet-Ruth Carlson	Lee Moisant
Jeff Kaner	Marguerite Harrington	Interns
Kevin Kenney	Emily Johnson	Mara Calvert
Brian Marcum	Jenn McIntosh	Alex Betzler
Lee Moisant	Deb More	Adam Good
Tracy Perkins	Nancy Pajunen	Nicole Kennedy
Jim Schacht	Kayla Wagenmann	Genelle Lamont
Ann Schiffer	Stephen Winters	Shantee Rosado
Bindi Shah	Educational	Abbi Rose
Sarah Sherman-Kalla	Outreach	Alexis Wilson
Tanya Swanson	Jeff Bugenstein	Eric Wolf
Todd Swenson	Mike Gessellchen	

Community Shares Fund

Individuals who make contributions at their workplace through the Community Shares Fund (CSF) can designate NAMI-MN to receive their donations. If your employer doesn't offer the Community Shares Fund, NAMI-MN can help them establish it as a workplace giving program. If your employer offers giving programs like the United Way or Community Health Charities, you can still designate NAMI-MN to receive the funds. For assistance, call NAMI-MN at 651-645-2948 or 1-888-NAMI HELPS.

Check your address label on this newsletter to see if you are a member.

If you are currently not a member, add your voice to NAMI-MN and join today! If you currently do not give in addition to your membership, please consider making a gift. It will make a difference.

Florist Donates 20% to NAMI

Purchase your flowers at A. Johnson and Sons Florists on Grand Avenue in St. Paul and NAMI will receive 20% of your purchase. A. Johnson and Sons Florists generously donated the flower arrangements at NAMI's spring gala and are now offering another way to support NAMI. To order call 651-698-6000 or 800-959-8010, go online at www.jflorist.com or stop by at 1738 Grand Ave. Saint Paul, MN 55105.

to eliminate the pervasive stigma of mental illness.

NEW & RENEWING MEMBERS

(Contributions from March 13 to June 16, 2008)

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

Maureen & Ira Adelman
Jean Albrecht
John Alt
Lorraine & Warren Anderson
Nancy Anderson
Ronald & Jenneane Anderson
Shirley Anderson
Stephen & Judy Antonello
William & Josie Axness
Terry Bailey
Julia Beagan
Dawn & Gerald Beedle
Juan Carlos Belacater
Judith Bemis
Mary Blees
Craig Borgesen
James & Verdella Borrell
Nancy Brandt
Sylvia Bratrud
Teresa Brunner
Mark & Jill Bublitz
Paula & Robert Buresh
Janet-Ruth & Roger Carlson
Robert D. Jr. & Mary Carter
Mary & Neil Charpentier
Sara Church
Nichelle Clater
Michele Cortinas
Robert Cottie
Renee Coumoyer
Phyllis Dahl
Catherine Davis
Jean Dexheimer
Ann Djos
Deb Donley
James Dunaway
Duncan Family
Bob Dungay
Amy Ellickson
Arlene El-Amin
Kamillah El-Amin
Rasheedah El-Amin
Pamela Engquist
Cherie Erickson
James & Bonnie Erickson
Ronald Falk
Micky & Robert Ferguson
Lisa Fierro
Pearl Filipovich
Lisa Fischer
Denise Flaherty
Jessica Flynn
Diane Fournier
Denise Frey
Jean & Richard Fritz
Barbara Frogner
Ruth Garner
Gerald Gomez
Sue Greischar
Cynthia Grimm
Gina Grundmeier
Peter & Kirsten Grunnet
Ellen Guerre
Jim & Yvonne Haberler
Gert Hanson
Shannen Hanson
Una Hanson
Gail Harbeck
David Hartford
Leona Heiderscheidt
Jim Hofflander
Anna Mae & Vernon Hogan
Rebekah Huber
Jean Huebner
Jeffrey Iverson
Kathy Jacobson
Maggie Jarry
Brian Johnson
Elizabeth Johnson
Galen Johnson
Robert & Corrine Jones
Diane Kerkenbush
Cheryl Keynes

JoAnn Klingenberg
Cheryl Koehnen
Luann Kole
William & Bonnie Konrad
Kristi Kuder
Gloria Kulenkamp
Sheri Larson
Diane Lee
Jennifer Lenzen
Kathryn Leveroso
Carol Lindberg
William & Angela Lipscomb
Brad Lunacek
Christine Lupo
John Lysyck
Heather MacLaughlin & Alan Johnston
Jeffrey Manges
Laurie & Dave Marshall
Beryl Marsolek
Judith & Martin Mayer
Cindy McCabe
Emily McChesney
Cindy & Ron Mellum
Andrew Miceli
Andrew Mickel
Rosalie Miller
Shelley Moen
Layla Molloy
Vicki Monahan
Michelle Moser
Ray & Dar Mowery
Laurie Mueller
Clara Nakumbe
Cathie Neige
Linda Nelson
Sherry Nelson
Chemere Olson
Harold Olson
Carol Otto
Mary Patterson
Ann & Harold Peters
Gary & Barb Peterson
Gail Piepenbrink
Vicki Pogulis
Sarah Primmer
Laurie Pumper
Liz Rauer-Kramer
Marna Reilly
Jennifer Roba
James Rosmlo
Al & Pat Rousseau
Kim Rue
Neil Russell
Dennis Schmidt
Venit Schrupp
Marlene Schueler
Linda Schumm
David Schweikert
Diane Severson
Emily Shively
Erica Sivertson
Jane & Gordon Skjerven
Kent Smith
Keri Solseth
Julie & James Soper
Paul & Pat Sperry
Rick Stevens
Rosella Stow
Cynthia Stuck
Martha Stolarik
Vicki & Paul Sunderland
Will Susens
Le Anna Sutherland
Nancy Sweiger
Karen Szeitz
Chantal Taylor
Elizabeth Taylor
Rebecca Tessum
Yeng Thao
Robert & Carolyn Thompson
Lee & Shirley Tomlinson
Bill & Ruth Ann Trembath
Debbie Tretter
Preston Urrutia
Kari Vihovde
Cynthia Voelke
Donna Lee Waskow
Judith Weir
Thomas Wells
Michael White
Tom & Joann Wiita
Christine Willy

Nicole Winfield
Norma Wofford-Ama
John & Jean Wolf
Jenny Wrenson
Michelle White
Eric Wolf
Pat & Dick Wulff
Rose Wurm
Karen Zaren
Dick Zetah
Bev Zwak
Valeria Zwak

Supporter (\$50-\$74)

Norm & Pat Allen
Joe & Catherine Amato
Kenneth Barklund
Carol Lee Carlson
Barb & Steve Coleman
Jody Cowdin
Sandy Ferrell
Lowell Hill
Margaret Hubbs
Ruth Jacobsen
Jerome Jungquist
Coco Keim
Brian & Andrea Marsolek
Ben & Marie Meyer
Micah Minnema
Jesse Mortenson & Renee Lepreau
Barbara Pratt
Greg & Janet Reigstad
Patty Reilly
Sandra Rose
Ann & Greg Schiffer
Dominic Sposeto
Cathy Stepanek
Theresa Sutton
Laura Tanz
Robin Wood

Organization/Professional (\$50+)

Advocating Change Together
Arrowhead House
Bemidji Regional Interdistrict Council
MN Ambulance Association
Ramsey Co. Children's MH Collaborative

Promoter (\$75-\$99)

John & Pat Day
Eleanor & Lloyd Kallevig
Grant & Meredith Robinson

Patron (\$100-\$249)

Robert & Carolie Collins
Mike & Cindy Colson
Norma & Tom Jansen
Tom & Heidi Johnson
Jerry & Marge Kazmierczak
Joseph Kerst
James LaFave
Alexandra Lape
Pam Luinenburg
Monica Marolt, M.D.
Nancy & Mark Pettman
Catherine Roach
Becky Scheig
Nancy & David Sitzman
Helen Strike
Laverne Trick

Sponsor (\$250-\$499)

Lawrence Cohen

Benefactor (\$500-\$999)

Howard & Karen Gochberg
Inar & Susan Morics
Trisha Stark

DONORS

Friend (\$1-\$99)

Christine Bray
John & Catherine Cich
Kenneth & Maureen Dodge
Robin Doroshow & Richard Kronfeld
Frank & Mary Anne Ferrin
Joyce & John Frees
Inez Gantz
Yvonne & Jim Haberler
Michelle Halk
Tim Iverson
Robert & Corrine Jones
Fred & Rosalind Kaplan
Kay King
Leslie Krona
Therese Kujawa
Buzz & Roz Lindstrom
Amy Mackey
Michael & Kathleen Mahoney
Michael Menner & Margaret Grosspietsch
Lee Moisant
John Noone
Sandra Overland
Sandy Peterson-Lourey
Neil & Nancy Robinson
Patty Roush
Richard & Sandra Stratton
Rusch
Barbara Shelton
Nancy Silesky
Karel Smith
Anita & John Speltz
Terry Thul
Timothy & Dianna Utter
Faith Velde
Charles & Marion Zimmermann

Associate (\$100-\$199)

Edward & Dolores Abderholden
David Beebe
Amy & Hyatt-Blat
Mike & Cindy Colson
Susan Landwehr
William & Lorraine Lund
Pat & Al Rousseau
Margaret Webb - Wealth Enhancement Group

Sponsor (\$200-\$499)

Dolores Bauer
Wayne R. Brown
Kirstin & Chris Jacobson
Mark & Jinjer Menge

Benefactor (\$500-\$999)

Mary Lou & Allan Burdick
Jim Collins
Anne Gearity
NAMI Hennepin County
Jack & Margaret Smuckler

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

Al & Pat Rousseau

In Memory Of

JIM SMUCKLER

From
Korey Bannerman
Ted Bigos
Glenn Eckstrom
Pat & Ginny Gaspard
Larry Graham
Bob & Stacy Graiziger
Tom & Elona Harman
Daisy & Thomas Haung
Leah & Paul Hoghaug
Susan & Kevin Horner
Bill Kelly House
Tom Kieffer
Dale Kleve
Gregory & Marianne Kulka
Paul & Jane Mortell
Leslie & Eric Nessbaum
Martha O'Hara
James Pesis
Larry Reid
Ron Scoolman
Mark & Jennifer Sheffert
Jack & Margaret Smuckler
Susan Wedemeyer

BENJAMIN ALDEN

From
Debaran & Richard Adair, Jr.
John & Mary Alden
Anne Bishop & John Crist
Joann & Lionel Blatchley
Cathy & Thomas Bloss
Renata & Arnoldas Blumberg
James & Carol Bradley
Paul & Catherine Bremhorst
Carol & Nolan Buck
Michael Burwell
John & Rynda Carls
Jonathan & Lisa Carver
James & Elizabeth Cogswell
Alice Difiilippe & Louise Hunkins
Pamela & Christopher Doepke
Deborah Ebert & Kerin Bloss
Kathleen Eikens
Vinu Elanjickal
Gordon Fink
John Fullmer
E. Leslie Gaska
Jennifer Green
Cynthia Gross & Peter Bitterman
Thomas & Lorri Harrison
John & Susan Hartner
Douglas Hawkins
Amanda Heyman
Kathy & Zol Heyman
Nina Holiday-Lynch
Richard Howell, Sr.
Diane Ingersoll
Steven & Mary Kay Jansson
Mary & Kevin Kachan
Thomasina & Leonard Kean
Daniel & Lilyan Kelley
Donn & Kathleen Kirchhoff
Arleen & James Knutson
Craig Leibbrand
J.P. & Lynn Mattson Little
Phillip & Susan Little
Alison & Andrew Mellin
Antonio Mendez & Anet Kuzmin
Dee Ann Millard
Monterey Bay Aquarium Foundation
Irene Moore
Monte Ollenburger & Tracey Noyes
Jeffrey Paulson
Paula Pentel
Nicholas & Anne Phillippi
Mary Pouliot
Todd & Teresa Protivinsky
Don & Joyce Pusch
Stephanie Quinn
Herbert & Cyrilla Royce
Kathryn Runman-Zimney
Cheryl Salo
Duane & Nancy Schrader
Paul Schroder
Teresa Schweitzer & Salvador Quiju

CHRISTOPHER JAMES WRIGHT

From
Nellie Bobenhouse
Nicholas & Avis Braschayko
Robert Burnham
Wayne Schmidt
Regina Zedell

HOWARD KAHN

AUSTIN WEHRWEIN
JUNE ROCK-KING
From
Joseph & Gitte Mohr

SHERYL HAMMONDS

From
Dick & Delores Smith
John & Kathryn Terrell
Glen & Sally Goski
Wanda Graves
Marlee Ruane
Carlan & Edith Lesch

PAUL T. THOMPSON

From
Chuck Krueger
Ben & Dana Thompson
Ann & Dan VanArsdale
Sarah & John Polzin

EMILY ROHR BARCHAS

From
John & Janice Gray

DONALD H. LOVETT

From
Lee & Valerie Cornell
Jean Lovett
Diane Dobitz
Dennis & Nancy Cramblit
Dave & Jane Schostag

BRIANNA STATHRUP

From
Tracey & Gregory Finck
Randy & Barbara Hemstad

A MEMBER OF



MINNESOTA

**NAMI MN BOARD
OF DIRECTORS**

Dave Hartford, President
Karen Lloyd, 1st V. President
William Bond, 2nd V. President
Joe Clubb
Scott Craven, Treasurer
Barb Lindberg, Secretary
Judith Bemis
Therese Blaine
Mary Graves
Sue Hanson
May Heiserman
Kevin Damond Johnson
Catherine Roach
Jack Smuckler
Howard Agee, Chair Emeritus

STAFF (*indicates part-time)

Sue Abderholden, Executive Director
Shelley White, Associate Director

Roxanne Anderson
Crisis Project Director
*Mary Jean Babcock,
FaithWays Director
Michelle Greene, Development Director
Laura Ibsen, Office Manager
*Liz Johnson, Data Entry Specialist
*Chuck Krueger,
Communications Director
Jerad Morey, Community Organizer
Reg Nelson, Grants Management
*Suzette Scheele, Dakota County Parent Organizer
Matthea Little Smith
African American Outreach Director
*Steve Susens, Data Management
Laura Winterstein, Volunteer Resources Director

AFFILIATES

NAMI Minnesota is a state affiliate of the National Alliance on Mental Illness (NAMI). Please call for the time and location of monthly meetings and support groups for families, persons with mental illness, and parents of young children.

NAMI-Brainerd Lakes Area

Donna Larson 218-829-2573

NAMI-Carver County

Karen Hoernemann
952-955-2244

NAMI-Dakota County

Jan Brown 763-607-7299

NAMI Forensic Network/MN

JoAnn Zwack 651-484-8218

NAMI-Goodhue County

Kay Trainor 651-388-9203

NAMI-Grand Rapids Area

Holly Downing 218-326-0841

NAMI-Hennepin County

Brian Marcum 612-722-2179

NAMI-Iron Range

Dan Kotnik 218-741-3900

NAMI-Mankato

Julie Soper 507-934-9140

NAMI-McLeod County

Gail Johnson 320-275-2912

NAMI-Meeker County

Marilyn Anderson
320-693-0468

NAMI-Ramsey County

Anna Mae Hogan
651-501-9834

NAMI-St. Cloud Area

Susan Cosentino 320-310-1223

NAMI-Scott County

Janet Williams 952-890-1669

NAMI-Southeast MN

Anne Kamin 507-287-1692

NAMI-Southwestern MN

Mary Cook 507-376-3634

NAMI-Tri-County

Pat McCarthy 507-835-7036

NAMI-Washington County

Rob Rafferty 651-439-3800

NAMI-West Central MN

1-888-NAMI-HELPS

NAMI-Winona

Helen Newell 507-494-0905

**OTHER NAMI-AFFILIATED
SUPPORT GROUPS**

Forest Lake

Kathy 651-464-5422

Golden Valley

Vicki or Tom 612-529-1144

Spring Lake Park

Laurie 763-783-7440



800 Transfer Road, Suite 31
St. Paul, MN 55114
CHANGE SERVICE REQUESTED

Non Profit Org.
U.S. Postage
PAID
Mpls, MN
Permit No. 30142