

**THE VOICE** and 2009 Annual Report

**Volume 2, Issue 3**

Individual Advocacy Program .....page 1	Executive Director.....page 3
Education Program.....page 1	Financial Report.....page 4
Issues Advocacy Program .....page 2	2009 Donors .....pages 5-7



**Individual Advocacy Program**

MHAM advocates work with individuals, family members, providers, and community gatekeepers to develop strategies for accessing mental health services and treatment, gaining or retaining housing and employment, resolving legal or financial problems, working with mental health professionals, finding case managers, and maintaining individual rights. Client advocates work with individuals until their issue is resolved to the greatest degree possible.

In 2009, we provided advocacy to 1,370 people. The primary issue that individuals encountered was accessing treatment and services – 25% of all cases involved access to community services, inpatient treatment, medication, or outpatient treatment. Nineteen percent of cases involved questions about treatment itself, including legal rights in treatment, how medications would affect treatment, or the efficacy of treatment. Civil issues such as commitment, child custody, and problems with the law were the third most common type of case.

We also conducted six advocacy workshops for 139 individuals in hospitals, community support programs, and transitional housing units to provide information on self-advocacy, treatments, patient rights, legislative issues, and the Advanced Psychiatric Directive.

In addition we provided 33,159 referrals and 1,491 information packets to connect individuals

to the mental health system and answer questions about mental illnesses, treatments, and resources. These referrals were made via phone, US mail, email, and the MHAM website.

Through the year we saw an increase in calls from people concerned about the possible allotment of General Assistance Medical Care

*Individual Advocacy Program continued on page 2*

**Education Program**

The MHAM Education Program uses science-based information to convey the message that **mental health is inseparable from overall health; that mental disorders are treatable; and that seeking and providing help is expected, responsible behavior.**

As an Outreach Partner to the National Institute of Mental Health (NIMH) we distribute science based education materials at community events, health fairs, and conferences. In 2009, target audiences included individuals with mental illnesses, health care and social service professionals, adults working with youth, college students, teens, and community gatekeepers. We attended 20 events with 471,675 attendees.

Offering human compassion, science-based research, and critical experience, we provide educational workshops to people with mental illnesses, family members, seniors, at-risk groups, youth, employers, and the general public. After a presentation, participants can identify symptoms of a mental illness, know their resources, recognize stigma, and identify healthy behaviors. In 2009, MHAM educators provided 40 workshops with an overall attendance of 1,065 people. We also hosted the Gloria Segal Education Forums, which

*Education Program continued on page 3*

# ISSUES ADVOCACY PROGRAM

The Issues Advocacy Program at MHAM represents people with mental illnesses to **ensure parity in insurance coverage for mental health, protect patient rights, and increase funding for and access to community-based services**. We listen to the concerns raised by the individuals participating in the Individual Advocacy Program and use that information to fight for changes in public policy and other systems to improve the lives of people with mental illnesses.

MHAM advocates on public policy committees, at the state legislature, and on the State Advisory Council. MHAM is also the co-chair of the Mental Health Legislative Network. Along with the National Alliance on Mental Illness (NAMI-MN), MHAM leads this group to maintain public services for health care, housing, and community support.

In 2009, we started conducting assessment and training of mental health Local Advisory Councils (LACs). The state allocates money to counties or regions to fund mental health services. Counties and regions, in turn, determine how to use those funds based on the needs of the communities in their area through the submission of an unmet needs report. MHAM contacted LAC chairs, support staff, and participants to collect information about the need for organizational development. We learned that some areas of the state have very engaged LACs, while others are adrift. Based on these results, we designed multi-level workshops for regional groupings, including a basic primer on the LAC structure and purpose, developing a mental health action agenda, methods to becoming self-sustaining through recruitment and retention of active members, and how to work effectively with county commissioners and regional partners established by the Minnesota Mental Health Initiative. Our goal in 2010 is to conduct additional assessment and provide training to strengthen the LACs throughout the state and increase participation by individuals living with mental illnesses. Ultimately our goal is to ensure that individuals have access to the services they need most to keep them healthy and independent.

---

*Individual Advocacy Program continued from page 1*

(GAMC). We heard from people who rationed their medications in case there came a day when they were no longer covered. Another concern was the closing of drop-in and social recreation centers. A number of people who rely on the centers were surprised to find centers closing or reducing their hours. For many people, a drop-in center provides a sense of routine that contributes to stability and offers companionship that helps them from becoming isolated. As we move toward a medical model of providing services, we are losing some non-medical supports that are useful and important in maintaining independence for individuals living with mental illnesses.

**In 2009, MHAM's Individual Advocacy program reached 36,159 Minnesotans.**

---

**MENTAL HEALTH ASSOCIATION**  
of Minnesota **mham**

## **BOARD OF DIRECTORS**

Linda Cutler, *President*  
Peter Thelen, *Past President*  
A. Brian Doran, *Vice President*  
Elizabeth Collins, *Secretary*  
Ellen Joseph, *Treasurer*  
Steven H. Lutzwick, MD, *At Large*  
Beth Silverwater, *At Large*

Janice Buntz  
Ronald Groat, MD  
Laurie Kramer  
Bobby Nemer  
Sheldon Pinsky  
Daniel K. Rauenhorst  
Susan L. Segal  
Benjamin Smith  
Michael Trangle, MD

*The MHAM newsletter is published five times per year, with a circulation of 4,500.  
Nancy Paul, Editor.*

**Mental Health Association of Minnesota**  
2021 E. Hennepin Avenue, Suite 412  
Minneapolis, MN 55413-2726  
612-331-6840  
800-862-1799  
[www.mentalhealthmn.org](http://www.mentalhealthmn.org)  
[info@mentalhealthmn.org](mailto:info@mentalhealthmn.org)

## Letter from the Executive Director



It looks like many people with mental illnesses and providers of mental health services weathered 2009 with some cuts to services, but most are still in place. Mental health services seem to not be a priority to many funders. Already in 2010 we have seen services eliminated or cut back and just barely holding on. We think it will continue throughout the year with people becoming more vulnerable and losing their independence.

As I travel around the state, I become more and more impressed with how people rally together to work toward a better mental health delivery system. People know which services they need to be independent. They know what their family members need. We are becoming better at communicating those needs. People are working on keeping or developing a more individualized array of services for their community. We must support this local ownership in order to do what is best for all of the residents of Minnesota.

It has been a busy legislative session at the Capitol this year. The financial situation with the state is hurting a lot of people. Mental health services are being cut both on the state and local level. Basic services that allow people to be as independent as possible are falling along the wayside. It begins to feel like people's lives are pawns in a very dangerous game. While people with limited means seem to always be in the cross hairs, there is a refusal to talk about increasing taxes for people who are able to pay more.

As primaries come up this summer, be sure to ask the candidates where they stand on mental health services. Because consumers and family members contacted their legislators, we were able to keep a measure of mental health services funded, but the next session could be more difficult. We must work hard to keep the services we currently have and not have any more cuts.

We must be vocal and local in our work. Change must happen in order to protect lives. Let's work together to keep people healthy.

Be kind to one another.



---

*Education Program* continued from page 1

consisted of three events: Taking the Lid off the Black Box of Mental Illness, Managing Stress during Tough Times, and the MHAM 70th Birthday Gala. The series honored the late Minnesota State Representative and advocate who was instrumental in passing the 1987 Comprehensive Adult Mental Health Act.

Other Education Program activities include Depression and Bipolar Support Alliance (DBSA) support groups for individuals and their family members and friends; REACH support groups for family members of individuals living with mental illnesses; and a support group in Duluth for individuals living with any mental illness. In 2009, 392 individuals received needed support through these groups. We also publish an agency newsletter,

*The Voice*, five times per year with a circulation of 4,563 and maintain a

website ([www.mentalhealthmn.org](http://www.mentalhealthmn.org)) that had over 90,000 unique visitors in 2009.

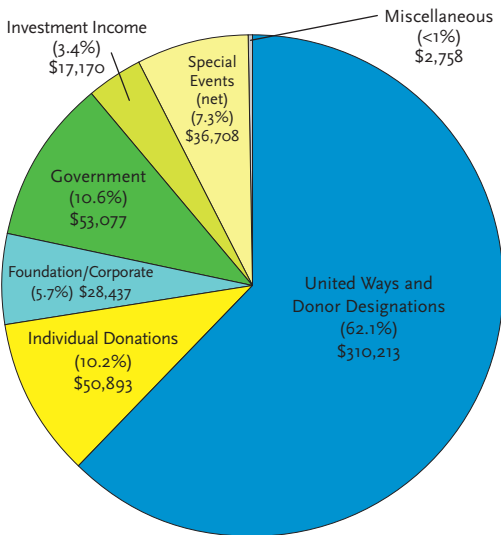
Based on evaluations, 99% of participants in youth education at Twin Cities Metro Area high schools reported that they felt they had more knowledge about mental health and mental illnesses, and 93% reported that they would share the information they learned with others. Eighty one percent of the participants in workplace education workshops reported that they gained useful information.

**MHAM's Education Program reached 533,429 individuals in 2009.**

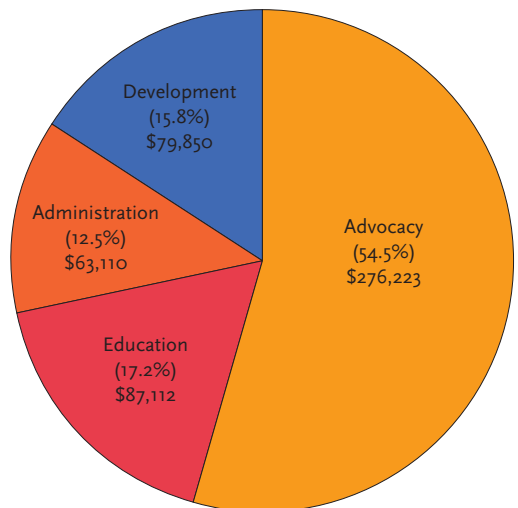
# Financial Report - Statement of Financial Position

<b>ASSETS</b>	<b>12/31/09</b>
Current Assets	\$420,188
Investments	164,050
Receivables	19,821
Prepaid Expenses	13,336
Total Current Assets	617,395
Net Furniture & Equipment	4,396
Total Assets	\$621,791
<b>LIABILITIES &amp; NET ASSETS</b>	
Current Liabilities	
Accounts Payable	\$4,180
Accrued Expense	12,829
Net Assets	
Unrestricted	555,677
Temporarily Restricted	49,105
Total Net Assets	604,782
Total Liabilities & Net Assets	\$621,791

**2009 Revenue**



**2009 Expenses**



# 2009 Donors

## Individual Donors

Katherine Joy Aby  
Howard and Lorraine Agee  
Jeffrey and Jodine Alberts  
John Alt  
Nicolle Amberg  
Barbara Amram  
Anthony Andersen  
Bruce and Linda Anderson  
Kari Anderson  
Dr. Richard Anderson  
Sharon Anderson  
Thomas Anderson  
Emil and Marion Angelica  
Dario and Jeanne Anselmo  
Beth Arel  
Rick and Mary Arneson  
Ted and Ruth Arneson  
Benjamin Ashley-Wurtmann  
Dr. John Austin and Dr. Elizabeth Baraga Super  
Sharon Autio  
Peter H. Bachman and Janet J. Rice  
Rebecca A. Baldus  
Thomas and Margaret Barrett  
Diane Bauer  
Trudi Becker  
Jeff Bergman  
Tom Bergstrom and Melissa Downey  
Jessie Bertz  
Gary Blegstad  
Elizabeth T. Blue  
Paula Boe  
Bill G. Boemer  
Margaret F. Boemer  
John Bohlig  
Nancy Bois  
David M. Born  
Carolyn Borow Moore and Bradley Moore  
Dave and Rosanne Boser  
Jason Branby  
Dr. Dennis M. Brekke  
Jaime Brenholt  
Linda Brooks  
Sharon A. Brunn  
Jan and Rob Buntz  
Michelle Busch  
Laura Carroll  
Karen Caughey  
Jill and Scott Chamberlain  
John and Cindy Clemens  
Pat and Liz Collins  
Gerald Collins and Ann Jensen  
Bruce Connolly  
Maren and Sean Cotton  
Christopher Couillard  
Frederick Crea  
John and Bonnie Crouch  
Terry and Katherine Cummings  
Kenneth and Linda Cutler  
Phyllis M. and David S. Dahl  
Kimberly J. Dahlstrom  
Cory Danks  
Devin Davies  
Camillo G. and Lois C. DeSantis  
Maxine K. Dilliard  
Raymond Donohoe  
Brian and Sarah Doran  
Howard Dotson  
Mary Doucette  
Jacqueline Dubois  
Dr. Phillip L. and Sandra R. Edwardson  
Sandra Egan  
Edward and Kris Eide  
Marcia Eide  
Joe Ens  
Greg and Barbara Ensberg  
Margaret and Jose Escabi  
Christine Eskilsen  
Francis X. and Jessie A. Fallon, Jr.  
Marilyn Ferlic  
Andrea and Mark Feshbach  
Douglas and Janet Fiola  
Colleen Fischer  
Dr. Gary Fischler and Nan Booth  
Alfred and Enrica Fish  
Barbara H. Flanigan  
Tim and Ann Fleming  
Terry and Karen Fogarty  
Paula Fox  
Charles Frisch  
Steven and Sara Gabel  
Raymond Ganey  
James and Mary Gardner  
Charles and Jeffrey Garetz  
Lou and Kelly Gomez  
Tom and Peg Graham  
Nadine Grippa  
Doris Gritti  
Dr. Ronald and Jennifer Groat  
Dr. Seymour Gross  
Margaret Grosspietsch  
Melissa Haase  
Dr. Maureen Hackett  
Genevieve Hafner  
Patrick J. Hagan  
Jason Hagert  
Carolyn Ham  
Mary Hammill  
John Hamre  
Tim Hanrahan and Brian Columbus  
Kristen Hanson  
Richard Harges  
Rachel Harris  
Cindy and John Hart  
Gary and Janet Havens  
John Heidal  
Marian Heinemann  
Mark and Gay Herzberg  
J. Scott and Karen Hettinger  
Reverend and Mrs. Hoeft  
Martha and David Hoekstra  
Lauren Holderness  
Rexford L. Holland  
Jim Homick  
Brian Hopps  
Keith A. and Elizabeth W. Horton  
Donald Hron  
Barbara Hubbard  
Mary Huggins  
Virginia Hughes  
Heidi Interdonato  
Joey Jacobs  
Frank and Barbara Janisch  
Timothy Janka  
Stephanie Jax  
David Jenkins  
Lorri Jenkins  
Renee Jensen  
Ted and Deborah Jewett  
Kathleen M. Jewett  
Tom and Pam Johnson  
Amy Johnson  
Constance Johnson  
Elizabeth Johnson  
Lorrie Johnson  
Melissa Johnson  
Sharon Johnson  
Susan Johnson  
Thomas and Therese Johnston  
Kathleen Jones  
Ellen Joseph  
Paul A. Joyce  
Timothy Karlen  
Judith Kashtan  
Craig Kaste  
Edward and Denise Kautzer  
Nader and Jibil Kazeminy  
William J. and Mary Keefer  
Diane Kelly  
Brian and Mary Kinder  
David Kiwus  
Todd Klingl  
Janet Kneale Toigo  
Joel E. and Janet M. Knoepfler  
Debra Koleski  
Michael Kopcak  
Loren and Judith Koppelman  
Kristin Koppelman  
Elizabeth Kosen-Judnick  
Matthew Kramer and Kathleen Barrett Kramer  
Joel and Laurie Kramer  
Catherine Krentz  
Steven and Genie Kufus  
Jane Kult  
Arnie Kurmis  
Peter Laakman  
David and Robyn Lamm  
Shirleymae Lane  
Vincent and Anne LaPorte  
Elin Lappegaard  
Ed Larson  
Michael Larson  
Darin Lerew  
Maggie and Tom Leshar  
Janet Lilleberg  
Brent Lindberg  
Bob and Diane Linngren  
Warren and Mary Lou Loud  
Kevin Lovejoy  
Tom and Mari Lowe  
Nancy and Paul Luna  
Carrie L. Lunser  
Dianne Lutes  
Rick and Angel Luther  
Ronald Lux  
Mary M. Lydon  
Gary P. Maack-Magnusson  
Thomas and Jane Mackenzie  
Amy Lyn Mackey  
Tom Macleod and Christa Anders  
Marie Mahmoud  
Patricia and Gary Mahre  
Karen J. Major  
Fr. Christophe Manahan  
Joseph and Patricia Margarit  
Jill Ann Marks  
Maureen Marrin and Heidi Barron  
Walter and Verdella Martin  
Jennifer Martin  
Martin Marty  
Andrew Mason  
Ralph Maves  
Emily M. McClellan  
Robert McCollum  
Theresa McCormick  
Heather McCrimmon  
Mark R. McDonald  
Kyle McIntyre  
Megan McKenzie  
Susan R. McMahan  
David and Gail McMillan  
Ann M. Meyer  
Mary E. Michaels  
Christopher Middlebrook  
Deborah Miller  
Richard and Colleen Miner  
Paul Modell  
Sheldon Modrow  
Kathryn R. Mullally  
Timothy Murphy  
Jeffrey Nelson  
Ruth Nelson  
Stacie Nelson  
Bruce and Bobby Nemer  
Lynda Nervick

Julie Neville  
 Laurel Newton  
 Carl R. and Jean Noren  
 Laura O'Malley  
 Frank and Janet O'Neill  
 Connie O'Sullivan  
 Cheryl Ohlin  
 Carol Oldowski  
 Robert and Margie Olsbo  
 Amy Omann  
 Roberta Opheim  
 Robert and Mary Otness  
 Jennifer Padelford  
 Jack Parcheta  
 Dr. Daniel F. Paskewitz  
 Nancy and Anthony Paul  
 Paul Peltz, CPA  
 Steven Perlman  
 Susan Perry  
 Richard and Patricia Peterson  
 Jack B. Pfaff  
 William Pflueger  
 Sheldon Pinsky  
 Barbara Pribula  
 Marley Prunty-Lara  
 Erin Punzenberger  
 Charles and Lucy E. Quaintance  
 Brienne Rasmussen  
 Andres Raud  
 Daniel Rauenhorst  
 Jack Raymakers  
 Dennis Raymond and Thomas Pfeffer  
 Michael Reed and Jane Tilka  
 C. J. Richardson  
 Paul Rippe  
 Mark Rise  
 Virginia Robertson  
 Karen Rogge  
 Jeffrey Ronning  
 George Rosar  
 Robert Rosenbaum and Maggie Gilbert  
 Debbie Ross  
 Anthony and Patricia Rotondi  
 Roger and Barb Rubin  
 Andrew Ryall  
 Heather Rykhus  
 Catherine Sable  
 Lee and Dorothy Sanford  
 Mike Sanford  
 Steven L. Savitt, PhD  
 Bernadine Schmidt  
 Charles Schneider  
 Betty Schnettler  
 Edward Schoenecker  
 Gary Schoener and V. Katherine Gray  
 Jean Schroeder  
 Dr. Charles and Shannon Schulz  
 Julie Schumacher  
 Lyall A. and Inez M. Schwarzkopf  
 Susan L. Segal, JD and Myron Frans  
 Dr. Martin A. Segal  
 Dr. and Mrs. Stanley W. Shapiro  
 Curtis D. Sharp  
 Bruce Shnider and Patricia Strandness  
 Jean Shrum  
 Scott Sievers  
 Marjorie Sigel  
 Norman Greenberg and Beth Silverwater  
 Benjamin and Andrea Smith  
 Rodney Smith  
 Carol and John Snyder  
 Frank Solomon  
 John Soshnik and Martha Tanquist  
 David O. Spangberg  
 Ephraim Sparrow  
 Margaret Spear  
 Katie Splettssoezer  
 Christopher D. Stall  
 Mike and Brenda Staloch  
 John Stark  
 Kathy Stassen  
 John and Susan Steffen  
 Mark Steigerwald  
 Peggy Stewart  
 Drs. David D. Stewart and Jodi A. Martin  
 J.D. and Shirley Swenson

Kate Swiggum  
 Mary Szabla  
 Rebecca Beek Tabor  
 Mary K. Tambornino  
 Gary Teskey  
 Peter Thelen and Lynne Gibeau  
 Tonia and Brent Theroux  
 Alice Tindi  
 Shelly Tollefson  
 Kathy and John Tonding  
 Michael Trangle  
 Paul Trenda  
 Elizabeth Trinkle  
 Roger and Joan Troutman  
 James and Jane Uecker  
 Stephen M. Underdal  
 Mary C. Van Evera  
 Mary Vorhes  
 Linda Vukelich  
 Mark Warner  
 Dr. Robert D. Wasson  
 Linda E. Westenberg  
 Elaine Wiener  
 John Williams III  
 Mary P. Williams  
 Sandra Williams  
 Demetria Williamson  
 Sara Willis  
 Emily Willits  
 Alex and Marguerite Wilson  
 Belinda Wilson  
 Jon and Colleen Wincentsen  
 Garrett Winters  
 Rebekah Woolford  
 Daniel Young Dixon  
 Margaret and Dean Youngberg  
 Gary and Cary Zahrbok  
 John M. Zakelj and Bonnie Watkins  
 Brenda and Ben Zimmerman

### **Corporate, Foundation, Government, United Way, and Community Funds**

Acqua Restaurant  
 Ada One Fund  
 Alliant Techsystems/ATK Foundation  
 Almond Township Combined Fund Drive  
 Alton Township Community Fund  
 American Express Travel / BTC  
 Ameriprise Financial Employee Gift  
 Matching Program  
 Andersen Corporation  
 Andrew Residence  
 Apple Valley High School  
 AT&T Community Giving Campaign  
 Baskets From the Heart  
 Beardsley Area United Fund  
 Beaujo's Wine Bar & Bistro  
 Bernadotte Township United Fund  
 Bertha Community Chest  
 Blue Cross Blue Shield of MN  
 Brave New Workshop  
 Breadsmith  
 Bristol-Myers Squibb Company  
 Britt's Pub  
 Bunny's Bar & Grill  
 Byron Township Community Fund  
 Cahill Financial Advisors, Inc  
 Caledonia United Way / Charities  
 Cedar Creek Golf Club  
 Central Mille Lacs Area United Way  
 Charlson Foundation  
 Combined Sharing Plan  
 Commonweal Theatre Company  
 Delafield Township United Fund  
 Dominican Community of St. Albert the  
 Great, Dominican Fathers and Brothers  
 Doorway for Massage Therapy  
 Dorsey & Whitney Foundation  
 Dunn Bros  
 Eli Lilly & Company  
 Emerald Township United Fund Drive  
 Fast Frame  
 Fertile Annual Fund  
 Forestville Combined Charities  
 Gales Community Fund

Garden Gate Flowers  
 Garfield Township Fund Drive  
 General Mills  
 Going New Places Organizing  
 Grand Avenue Rest Home, Inc.  
 Guthrie Theater  
 Hancock Township United Fund  
 Roger F. Heegaard Family Fund of  
 The Minneapolis Foundation  
 Henning Community Fund  
 Herman United Fund  
 Highwater Community Fund  
 History Theatre  
 Honeywell Hometown Solutions  
 Illusion Theater  
 J & F Reddy Rents, Inc.  
 Jackson United Fund, Inc.  
 Janssen Pharmaceutica, Inc.  
 Joey Nova's  
 Jon Hassler Theater  
 Jungle Theater  
 Kelly - Norton Programs, Inc.  
 Kottke Fine Jewelers  
 Kowalski's  
 L.E.K. Consulting LLC  
 Lake Benton Community Chest  
 Lake Stay Community Chest  
 Lake Valley Charities  
 Le Center United Fund  
 Le Sueur Area United Way, Inc.  
 LIT Fitness  
 The Local  
 Russell T. Lund Charitable Trust  
 Lund Community Chest  
 Majors Sports Cafe  
 Mapleton Community Chest  
 Mark and Jackie Nolan Family Fund of the  
 St. Paul Foundation  
 Martin & Brown Foundation  
 McKnight Foundation Employee Matching  
 Medica Foundation  
 Meritage  
 Minneapolis Institute of Art  
 Minnesota Jewish Theater Company  
 Minnesota Lynx  
 Minnesota Swarm  
 Minnesota Timberwolves Fastbreak  
 Foundation  
 Minnesota Twins  
 Minnesota Vikings  
 Minnesota Wild  
 Mixed Blood Theatre  
 New Richmond Golf Club  
 Northfield Area United Way, Inc.  
 Nutritional Weight & Wellness  
 Oak Ridge Center  
 Old Log Theater  
 Parasole Restaurant Holdings  
 Park Square Theatre  
 Polk County Community Fund  
 Pomme de Terre Community Fund  
 Premier Cheese Market  
 Private Bank Minnesota  
 Prudential Foundation Matching Gifts  
 Quad/Graphics Community Fund  
 Rappaport Family Foundation  
 Rinata  
 River Road Inn  
 RJW Foundation  
 Rosendale Township United Fund  
 Saunders Family Foundation  
 Sherburn Community Chest  
 Solo Vino  
 Spring Grove United Fund  
 Springdale Charity Drive  
 St. James Township United Fund  
 St. Paul Saints  
 Starbuck's  
 Swede Grove Drive for Charities  
 Thomson Reuters  
 Trader Joe's Company  
 Travel Leaders  
 Tryg's Restaurant  
 Twin Cities Area Combined Federal Campaign  
 United Fund Drive  
 United Fund of Decoria-McPherson-St. Clair

United Fund of Garden City Township  
United Way of Fairmont, Inc.  
United Way of McLeod County  
University of Minnesota Golden Gopher  
Men's Basketball  
Urness Township Community Chest  
Vail Place  
Verona Township United Way

Vesta United Charity Drive  
Washington Lake Township Combined Fund  
Weisman Art Museum  
Wells Fargo Community Support Campaign  
Western National Insurance  
Whitey's Saloon  
Willow Lake Township  
Windhover Foundation

Winnebago United Fund  
Wood Lake Township Rural Charities  
Wykoff United Charities  
York Township United Fund  
Zelo Restaurants  
Zumbrota Combined Charities

## Memorials and In Honor

### In Memory

**Alex and Loretta**

Gregory Novak

**Mel Braun**

Ellen Joseph

**Steve Cannon**

Ellen Joseph

**Paul DeNuccio**

Susan DeNuccio

**A. Willem Dieperink**

Dr. Ina Numan

**Leona Franke**

Wayne and Marilyn Zarnott

**Patti Gephart**

Shelly Bluth

**Betty Greenberg**

Ellen Joseph

**Leslie Carole Johnson**

Willard Shapira

**Lyle "Buck" Kutz**

Elizabeth and Jerry Sawyer

**Valeria Lentz**

Jerome and Jeanette Degenaar

**M. Jon Levy**

Michelle and Judd Gilats

**Ryan Plante**

Anne Gullion

**Kathy Renk**

Cheryl A. Renk

**Mendon F. Schutt Family**

Mendon F. Schutt Family Fund

**Shannon Simonson**

James and Carol Simonson

**Kathy Van Beck**

Carol and Herb Inderrieden

### In Honor

**Esther Adler**

Bruce and Bobby Nemer

**Lori Charney**

Bette Charney

**Jean Eull's Daughter**

Jean Eull

**Ida Greenfield**

Ellen Joseph

**Laurie Kramer**

Eric Newman and Janice Gepner

**Kim Lutes**

Dianne Lutes

Mary Lutes

**Wendy Machmer**

Barbara Glick

**Russell Mattson**

Carol Jernberg and Anna Knaeble

**Bobby Nemer**

Gerald and Eileen Siegel

*Every effort has been made to ensure accuracy. If you note an error or omission, please accept our apologies. You can notify us of changes by calling Nancy Paul at 612-843-4868, ext. 9.*

## Dine at Glaciers Café and raise funds for MHAM!

Throughout the month of June, Glaciers Café in Minneapolis will generously donate 15% of its revenue from diners who are friends of MHAM. Just mention that you are dining to benefit MHAM, and they'll take care of the rest!

**LOCATION:**

3019 Minnehaha Ave. S  
Minneapolis, MN, 55406  
[www.glacierscafe.com](http://www.glacierscafe.com)



Open every day for Breakfast, Lunch, and Dinner

Hours: Monday – Saturday, 8 am to 10 pm and Sunday 9 am to 9 pm

Glaciers Café has a beautiful outdoor patio. The menu features sandwiches (including great burgers), salads, homemade soups and chili, flat bread pizzas, organic coffee, breakfast items, homemade frozen custard, and wine and beer. Glaciers uses organic fruits and vegetables, hormone free chicken, and grass fed beef.



Support Groups

**DULUTH SUPPORT GROUP FOR PEOPLE WITH MENTAL ILLNESSES**

1st and 3rd Thursday of each month, 5 – 7 pm, Miller Dwan Medical Center, Meeting Room 1 – 3, Lobby Level, East Side, *For more information, call MHAM at 1-800-862-1799.*

**REACH FAMILY SUPPORT GROUPS (ALL IN GREATER MINNESOTA)**

Albert Lea	4th Thursday, 7 pm	Nancy Heidal	507-373-8090
Alexandria	3rd Monday, 7 pm	Darlene Ernst	320-846-4522
Bemidji	3rd Tuesday, 7 pm	Robin Wold	218-444-6748
Milaca	1st Tuesday, 6:30 pm	Mary Fehring	320-983-6724
St. Cloud	1st Tuesday, 6 pm	Dale Anderson	320-240-3327



**DBSA SUPPORT GROUPS**

For people living with depression or bipolar disorder and their family members and friends

**TWIN CITIES**

Dakota County/Eagan <i>(formerly Apple Valley)</i>	1st and 3rd Tuesday, 7pm	Audrey Weiner	651-454-8329
Eden Prairie	1st, 3rd, and 5th Monday, 7pm	Jonathan Moerschall	612-210-1704
Golden Valley	2nd and 4th Monday, 7 pm	Beth Bell	612-722-4185
Maple Grove	1st and 3rd Thursday, 7-9 pm	Steve Morris	952-239-4693
Mounds View	2nd and 4th Tuesday, 7 pm	Steve	763-425-6505, ext. 515
St. Louis Park	2nd and 4th Thursday, 7 pm	Pam Karls	612-867-6863
St. Paul	1st, 3rd and 5th Wednesday, 7 pm	Bobby Nemer	952-938-8941
Woodbury	2nd and 4th Wednesday, 7 pm	Marjorie Sigel	651-698-0767
		Carol Treague	651-735-2345

**GREATER MINNESOTA**

Albany	Every Monday, 6:30pm		320-845-6104
Crosby	Every Thursday	John Pappas	218-546-6520
Rochester	1st and 3rd Monday, 5:30 pm	Sandy (daytime)	507-282-8372
	2nd, 4th and 5th Monday, 7 pm	Jonathan (evenings)	507-292-9679
St. Cloud	Every Thursday, 6 pm	Lynn Keller	320-240-3324
Walker	Every Friday, 7 pm	Beverly Brown	218-547-3905