

THE VOICE and 2010 Annual Report

Volume 3, Issue 3

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Individual
Advocacy

In 2010, the Individual Advocacy program served 2,042 people, and 42,578 people found referrals and education materials online. This program is designed to assist individuals when they have trouble accessing services or experience difficulty maintaining their health or independence. Client advocates help people access outpatient treatment and identify mental health resources. They also help people resolve issues with treatments, employment, housing, and disability eligibility. Advocates work one-on-one with people and ask specific questions to identify barriers that may jeopardize an individual's independence.

Client advocates also identify underlying issues. For example, individuals who lose employment have more than job-seeking as a barrier to independence. They will be without insurance for an extended period of time, making it more difficult to get treatment for a mental illness. They can apply for publicly funded services, but will have to spend down personal assets to qualify. Our advocates help prioritize the questions that need to be answered and develop a strategy for dealing with all the issues involved, making the experience less overwhelming. Along the way, advocates teach self-advocacy skills and model positive behavior to help individuals maintain independence in the future. In 2010, 99% of individuals reported

knowing the next step to take toward solving an issue and 99% of cases were resolved to the greatest degree possible.

Key Issues in 2010 In many cases clients call with a list of barriers in their lives, along with high expectations that all barriers will be removed quickly and completely. With a reduction in the breadth and depth of community services, the advocates need to communicate clearly about what can be expected of any system and what the limitations are.

Individual Advocacy continued on page 3

Education

The MHAM Education program served 195,794 people in 2010. The Education program conveys the message that mental health is inseparable from overall health, mental disorders are treatable, and seeking and providing help is expected, responsible behavior. As an Outreach Partner with the National Institute of Mental Health (NIMH), we share science-based information in several ways:

- *The Voice* newsletter is published five times per year.
- **Mentalhealthmn.org** provides easy-to-access mental health information.
- **Workshops** are provided for people with mental illnesses, family members, providers, employers, college students, and the general public.
- **Education materials** are distributed at community events and health fairs.
- **Support groups** offer peer support, encouragement, and information.

Education continued on page 2

New in 2010! The Education program highlighted wellness through *Steps to Wellness* self-care kits. The kits contain tools to help individuals maintain independence and improve overall health. The kits proved to be immensely popular, with 2500 kits being distributed. We assumed that individuals and family members would be most interested in the kits. We are encouraged that health and service providers are equally interested in receiving the kits to share with their patients and clients. The crisis planning worksheets for individuals and support systems were the most popular tools. As one gentleman recently proclaimed, "I haven't been hospitalized in seven months!"



Issues Advocacy

The Issues Advocacy program 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.

- **Mental Health Legislative Network** As co-chair of the Mental Health Legislative Network, MHAM leads the effort to maintain public services for healthcare, housing, and community support. Along with the National Alliance on Mental Illness (NAMI-MN), we lead this coalition of organizations concerned about mental health issues. The Mental Health Legislative Network includes advocacy organizations, consumers, and providers and produces an annual report of the top legislative priorities for the session.
- **Societal Institutions** In the process of providing individual advocacy services, advocates identify trends that require changes in societal institutions (e.g. schools or businesses). Advocates work with an institution's staff to improve policies and/or procedures so people with mental illnesses are treated fairly. In 2010, MHAM worked with 84 institutions to improve conditions for individuals living with mental illness.
 - **Local Advisory Council (LAC) Assessment and Training** LACs are required to submit an unmet needs report to the Board of County Commissioners in the area of mental health. The County Board uses this report to determine if or where changes should be made in the delivery of mental health services. MHAM engages with LACs across the state to increase mental health consumer participation to ensure that individuals have a voice in the delivery of mental health services in their community. In 2010, we met with 275 individuals at 21 sites.
 - **Other Committees** MHAM staff members serve on many other committees, such as the State Advisory Council for Adult Mental Health, the Department of Human Services (DHS) 10 x 10 Project, and the East Metro Adult Crisis Stabilization Program (EMACS).



MENTAL HEALTH ASSOCIATION
of Minnesota **mham**

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Nancy Paul, Editor.*

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Letter from the Executive Director



2010 was a significant year for MHAM. Just before the end of the year we moved our offices to St. Paul in order to save a considerable amount in rent. This was partly in response to a 53% reduction in funding from the Greater Twin Cities United Way. We also undertook other cost saving measures in order to support our operating budget.

After years of developing a set of mental health services around Minnesota to help people remain independent, the legislature began to reduce funding in 2010. We are seeing that trend continue in 2011. Elections changed both Minnesota and the nation. New legislators came in with a self-described mandate to cut spending. Human services funding was a large target of those cuts.

MHAM developed *Steps to Wellness* kits to help people maintain or improve their overall health. As people with mental illnesses die 25 years sooner than people without a mental illness, we are supporting the 10 x 10 project to change that. Our goal is to increase the life expectancy of people with mental illnesses by 10 years in the next 10 years. Check our website to see what you can do.

We distributed our kits through mental health Local Advisor Councils (LACs) throughout the state and through our website. As I visited various communities, individuals and mental health providers told me they found the kits to be great tools to make lifestyle changes and become healthier. With upcoming cuts to services it is important for people to take control of their own health.

It seems like such a shame that as people become more aware of their health and are taking steps to wellness, our legislature is eliminating funding to continue services that allow people to reduce hospital visits.

We worked hard in 2010 to respond to changing funding priorities yet maintain core services to aid people. When health care is such a high priority to people, employers and government, we need to maintain core services and not set us back to years ago.

We established a Facebook page. We attempted to facilitate a discussion board in order to provide a place where people with mental illness could communicate with each other and reduce isolation. It didn't work as well as planned. We think Facebook will be a better tool. Check us out and "Like" us.

Thank you for your support in 2010.

We will need you more than ever in 2011 and 2012.



Individual Advocacy continued from page 1

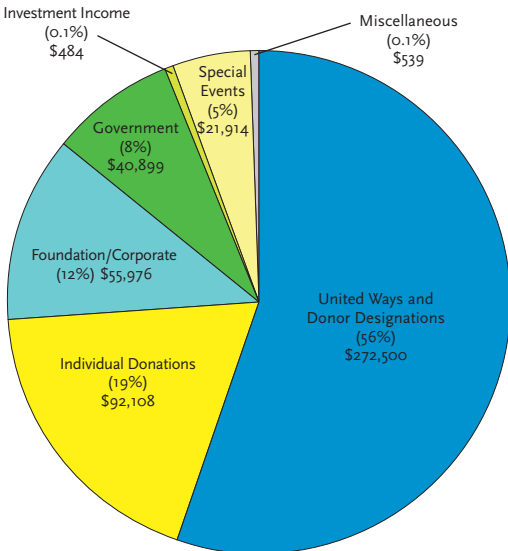
In 2010, MHAM advocates received more calls from individuals needing dental services after cuts to Medical Assistance (MA) reduced the level of dental coverage. Advocates also report that it is more difficult to get day treatment for children with mental illnesses, and parents have been denied services for their children. In addition, the county caseloads of people with mental illnesses have increased, while county staffing has decreased. This has complicated the process of receiving services. Many clients expressed concern over the loss of employment and in turn, insurance for mental health conditions.

In short, due to the economic climate, cuts were made in all sectors. This had a big impact on individuals living with mental illnesses because they may have lost a job and their health insurance, and there was not another alternative for them. Our advocates address this by being as knowledgeable as possible about all services and the requirements for publicly funded services so that they are able to point individuals in the best possible direction.

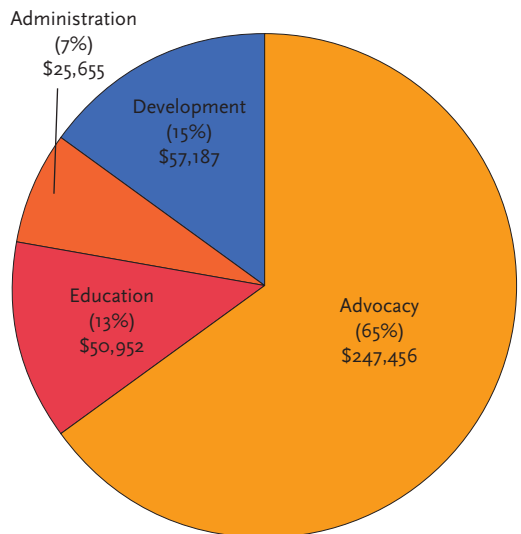
Financial Report - Statement of Financial Position

ASSETS	12/31/10
Current Assets	\$537,438
Investments	181,556
Receivables	9,196
Prepaid Expenses	<u>17,570</u>
Total Current Assets	745,760
Net Furniture & Equipment	<u>731</u>
 Total Assets	 <u>\$746,491</u>
 LIABILITIES & NET ASSETS	
Current Liabilities	
Accounts Payable	\$7,958
Accrued Expense	13,075
Net Assets	
Unrestricted	644,872
Temporarily Restricted	<u>80,586</u>
 Total Net Assets	 <u>725,458</u>
 Total Liabilities & Net Assets	 <u>\$746,491</u>

2010 Revenue



2010 Expenses



2010 Donors

Individual

Katherine Joy Aby
Howard and Lorraine Agee
Dan Ahonen
Janet H. Albers
Jake Allorie
Aaron Alsleben
Nicolle Armborg
Barbara Amram
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John Hamre
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Tim Hanrahan and Brian Columbus
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Michael Larson
Sheri Larson

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Darin Lerew
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Christopher Middlebrook
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Jean Mills
Jessica Morales
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Versiree Muraguri
Timothy Murphy
Jeffrey Nelson
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 Chin Soo
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 Jill and Steve Spanier
 Ephraim Sparrow
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 Katie Spletstoeszer
 Mike and Brenda Staloch
 Wendy Steele
 Diane Steffens
 Nicole Stevens
 Drs. David D. Stewart and Jodi A. Martin
 Greg Swanson
 Kate Swiggum
 Mary K. Tambornino
 Joyce Tava
 Joseph and Kaimay Terry
 Shelley and Joe Theisen
 Peter Thelen and Lynne Gibeau
 Tonia and Brent Theroux
 Shelly Tollefson
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 Roger and Joan Troutman
 James and Jane Uecker
 Stephen M. Underdal
 Annette User
 Bryn and Schelly Vaaler
 Mary C. Van Evera
 Ruth Welter
 Linda and Bob Westenberg
 Elaine Wiener
 Susan Wildman Dammen
 Jodi Williams
 Alex and Marguerite Wilson
 Jon and Colleen Wincentzen
 Garrett Winters
 Laura Wolfe
 Diane Wright
 Elisabeth Johanna Wurtmann
 Margaret and Dean Youngberg
 John M. Zakelj and Bonnie Watkins

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

Ada One Fund
 Al Vento
 Almond Township Combined Fund Drive
 Alton Township Community Fund
 Ameriprise Financial Employee Gift Matching Program
 Andersen Corporation Employee Gift Matching
 The Mary L. Anderson Family Trust
 Anodyne
 Arrowhead House, Inc.
 AT & T Community Giving Campaign

B & W Coffee
 Beardsley Area United Fund
 Bernadotte Township United Fund
 Bertha Community Chest
 Otto Bremer Foundation
 Caledonia United Way / Charities
 Calhoun Vision
 Charlson Foundation
 City of Lake Crystal & Lincoln Township United Fund
 Combined Sharing Plan
 Community Chest of Mapleton
 Delafield Township United Fund
 Donaldson Company, Inc. Employee Giving Campaign
 Dorsey & Whitney Foundation
 Dunn Bros
 Echo Township United Charities Fund Drive
 Emerald Township United Fund Drive
 Fast Frame
 Fertile Annual Fund
 Fieldon Township United Fund
 Forestville Combined Charities
 Garfield Township Fund Drive
 General Mills, Inc. Employee Giving Campaign
 Glaciers Café
 Grand Avenue Rest Home, Inc.
 Greater Twin Cities United Way
 Mary L. Hammerly Fund of The Saint Paul Foundation
 Hancock Township United Fund
 Hancock United Fund
 HealthPartners Employee Giving Campaign
 Roger F. Heegaard Family Fund of the Minneapolis Foundation
 Hendricks Area Community Chest
 Henning Community Fund
 Herman United Fund
 Highland Depression and Bipolar Support Alliance Support Group
 Highwater Community Fund
 ING Foundation Employee Gift Matching Program
 James Bryan Cahill Financial Advisors
 Janssen, Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.
 Kelly-Norton Programs
 Kottke Fine Jewelers
 Lake Benton Community Chest
 Lake Stay Community Chest
 Lake Valley Charities
 Larson-Quinn Company
 Le Center United Fund
 Le Sueur Area United Way, Inc.
 Lilly USA, LLC
 The Local
 Lund Community Chest
 Martin and Brown Foundation
 Massage Envy

McCoy's Pub
 Medica
 Medtronic, Inc. Employee Giving Campaign
 Mile High United Way
 Minnesota Wild
 MoneyGram International, Inc.
 Moose Country Bar and Grill
 MTS Systems Corporation
 National Institute of Mental Health
 Mark and Jackie Nolan Fund of The Saint Paul Foundation
 Northfield Area United Way, Inc.
 Parasole Restaurant Holdings
 Park Nicollet Foundation
 Pfizer
 Polk County Community Fund
 Pomme de Terre Community Fund
 Private Bank Minnesota
 The Prudential Foundation Matching Gifts
 Quinn Motors of Ellsworth, Inc.
 Rinata
 RJW Foundation
 Rosendale Township United Fund
 The Saunders Family Foundation
 Sherburn Community Chest
 Spring Grove United Fund
 Springdale Charity Drive
 St. James Township United Fund
 St. Paul Saints
 Starbucks
 State of Minnesota
 Swede Grove Drive for Charities
 Thomson Reuters Employee Giving Campaign
 Tryg's Restaurant
 United Fund of Garden City Township
 United Fund of Kenyon
 United Way of Central Minnesota
 United Way of Fairmont, Inc.
 United Way of McLeod County
 United Way of Roanoke Valley, Inc.
 UnitedHealth Group Employee Giving Campaign
 University of Minnesota Workplace Campaign
 Urness Township Community Chest
 Valspar Corporation Employee Giving Campaign
 Verona Township United Way
 Vesta United Charity Drive
 Wal-Mart Foundation
 Washington Lake Township Combined Fund
 Wells Fargo Community Support Campaign
 Whitey's Saloon
 Willow Lake Township
 The Windhover Foundation Employee Matching
 Winnebago United Fund
 Wood Lake Township Rural Charities
 Wykoff United Charities
 Zumbrota Combined Charities



SAVE THE DATES!

- **Saturday, September 24, 2011** – Tom Murphy Memorial Golf Tournament
- **Tuesday, October 18, 2011** – Celebrating Recovery: Taking Charge education event

More information available at mentalhealthmn.org or call 651-493-6634 or 800-862-1799.

2011 Gloria Segal Award Nominations

Do you know someone who has improved the lives of Minnesotans living with mental illnesses? Nominate him or her for the 2011 Gloria Segal Award! This award is given to honor the memory of Representative Gloria Segal, who worked tirelessly to change the way people with mental illnesses are treated in Minnesota and led the way in the passage of groundbreaking legislation. The award will be presented at the **Celebrating Recovery: Taking Charge** event on Tuesday, October 18, 2011. Nominations will be accepted June 1 through July 31, 2011. Visit mentalhealthmn.org or call 651-493-6634 to receive a nomination form.

2010 Memorial and Honor Gifts

In Memory

David Birch

Angel Birch

Marcella Buehring

Anna Wetterling

Ray and Suzan Schmidt

Shyree Cutler

Dorsey and Whitney Foundation

Robert J. Dwyer, Jr.

Robert and Carolyn Goedken

Robert Hobbins

Joan and Mark Oyaas

Gary and Jane Tygesson

Jeremy Francis

The MACTE Executive Committee

Paul Gruchow

David and Sally Anne Benson

In Celebration of the Life of Anne "Bo-Bo" Hatch

Mike and Patti Hatch

Chris Huard

Anne Gullion

Leslie Carole Johnson

Willard Shapira

Frieda Lefstein

Anonymous

Jan and Rob Buntz

Corporate Leadership Team of Cargill, Inc.

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Minnesota Zoo

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Uzi Rosh

Jeanne Smith

Emily LeMay

R.L. and M.K. King

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Judith Robey

Andrew and JoNell Amrhein

Earl and Corrine Lunde

Tom Murphy

Bradley and Ann Heltemes

Duy Ngo

Paula Seeger

Timothy Norling

Jerry and Carol Norling

Chandra K. (Sanders) Otto

Anonymous

Beatrice F. Perkins

Anonymous

Ryan Plante

Anne Gullion

Patty Rubbelke

Carol Jernberg and Anna Knaeble

Mendon F. Schutt Family

Mendon F. Schutt Family Fund of the

Minneapolis Foundation

Russell H Rusty Smith

Anonymous

Kathy Van Beck

Carol and Herb Inderrieden

In Honor

Jan Buntz

Jill Marks

Brett Dumke

Precision Gasket

Beth and Brian Felsen

Esther Hollander Felsen

LaVina and Phil Fiola

Douglas and Jane Fiola

The Marriage of Sandy and Howard Fisher

Jane Emerson

Jennifer and Ron Groat

Nevin Harwood

Keith E. Hjellming

Anonymous

Tom Johnson

Elizabeth Johnson

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Rudy Lopez

Nevin Harwood

Kim Lutes

Dianne Lutes

Janet O'Neill

Margaret O'Neill Escabi and José Escabi

Tim

Barbara Glick

Martin Segal's 90th Birthday

Susan Segal and Myron Frans

Tom Segal

Dick Sullivan and Kathryn Quaintance

Yin Simpson

Robert and Pearl Bergad

Michael Trangle, MD

Catherine Sable

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 651-756-8584, ext. 9.



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.*



DBSA SUPPORT GROUPS

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

TWIN CITIES

Dakota County/Eagan	1st and 3rd Tuesday, 7pm	Audrey Weiner	651-454-8329
Eden Prairie	1st, 3rd, and 5th Monday, 7pm	Jonathan Moerschall	612-210-1704
Maple Grove	1st and 3rd Thursday, 7-9 pm	Beth Bell	612-722-4185
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	Mary Richards	651-636-4012
		Carol Treague	651-735-2345

GREATER MINNESOTA

Albany	Every Monday, 6:30pm		320-845-6104
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 Monday, 1 pm	Mary	320-980-6589
	Every Thursday, 6 pm	Lynn Keller	320-240-3324
Walker	Every Friday, 7 pm	Beverly Brown	218-547-3905