

THE VOICE

Volume 3, Issue 4

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Jill's Story: Taking Charge

by Anna Raudenbush,
Client Advocate

Jill believes the residents of her community are harassing her. It began a few years ago, when she heard people yelling outside her home. To her, the yelling sounded threatening. It was difficult to determine who had yelled, or what they had said, but it made Jill feel unsafe and frightened.

This happened throughout the summer—by the end of the season Jill was exhausted. She installed thick curtains to keep people on the street from being able to see in her house. She changed the locks on her doors and windows. She kept a logbook, recording each incident. After each incident Jill called the police department and filed a report. After being told her multiple charges could not progress due to lack of evidence, and after she learned one report had been discredited due to her mental illness, Jill gave up contacting the police.

Around this time, she began noticing trash in her yard. Sometimes she found a candy wrapper, other times there was paper or a twist tie. Believing this was an intentionally hostile attempt to intimidate her, Jill purchased a camera and began keeping a record of each item she found and its location.

Whenever things out of the ordinary happened in her day, Jill wondered if it was a harassment attempt. As she grew more vigilant, she began noticing more perceived threats. Not

trusting the police department would take her concerns seriously, she became more anxious. If the police wouldn't protect her, who could? As her stress increased, she reached out to MHAM for support.

An advocate worked with Jill to determine the most effective way to communicate her concerns to the police department. When she filed police reports that lacked evidence, it was embarrassing. Additionally, she was worried her

Jill's Story continued on page 5

A Unique Perspective

by Alivia Ketchaya

Growing up, I was aware of my father's mental illness, but it was well maintained with medication and had little impact on our lives. Despite knowing little of his depression, we were taught that he had to take his medications and take care of himself in order to remain healthy. Both my parents worked in the mental health field, so we occasionally met their clients and were aware of the importance of support. We were also made aware of how lack of care can lead to suicide, especially since similarly, my grandmother's untimely suicide left seven children without a mother, changing their lives forever. After this experience, my mother promised herself that she would do whatever it takes to be healthy and instilled this lesson in her children. As a result, when I started experiencing signs of depression as a young adult, I was encouraged to seek medical advice and was wholly accepted by my family.

Accepting that I was diagnosed with major depression was not an easy endeavor;

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LEGISLATIVE UPDATE

by Ben Ashley-Wurtmann,
Outreach and Policy Associate

Shutdown. This word defined most of the legislative session this year, and sadly, may be a lasting legacy for Minnesota. From the beginning, predictions were made about how the session would end. Some say we had to cut nearly six billion dollars from the budget. Some say we spent more than ever. So what's true?

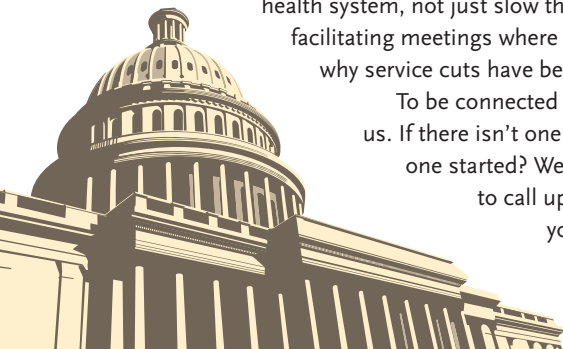
We did spend more state dollars than before, but far less than the projected amount and without federal stimulus money that cushioned the last budget. Inflation must be accounted for and more people may be using services. More demand for the same dollars means less service per person. We are often promised that the cuts affecting us will be short-term delays. But when that budget arrives, the same politicians push those numbers aside and say that we can't possibly fund new items when more cuts are being made.

The fact is Minnesota is in a budgetary vise. When times were good, Governor Ventura emptied the state coffers with refunds and tax cuts. Now, more of our population requires greater services and revenues are down. Many states faced a similar crisis, but most added some new revenue to dig back out again. By contrast, we have lost our sterling reputation on the bond market due to all the accounting gimmicks we've used, including borrowing money from public schools.

The result for mental health services? Not good. The Adult Mental Health Grants lost another \$13.5 million. Minnesota Care is partially replaced by vouchers to buy private insurance that folks with mental illnesses may not be able to afford. Personal Care Attendant (PCA) services are further reduced (especially if a family member is the provider), and CAD1 waivers are further restricted. There are a few bright spots. Dual diagnosis chemical dependency/mental health treatment will see improvements, crisis service funding was left largely untouched, and some of the truly draconian cuts were turned back.

But we will be at this again soon. The underlying deficit is still there. MHAM and our fellow mental health organizations are trying to change this conversation, and we look to rebuild the mental health system, not just slow the pace at which it is cut. This fall and winter, we are facilitating meetings where people can tell their stories, explain what is helpful, and why service cuts have been so devastating.

To be connected with a town hall or house meeting in your area, contact us. If there isn't one scheduled near you, would you consider helping us get one started? We have materials and support, but we need a constituent to call up their legislators to say, "This is important, and I think you should come hear more about it!"



MENTAL HEALTH ASSOCIATION
of Minnesota **mham**

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Nancy Paul, Editor.*

Mental Health Association of Minnesota
475 Cleveland Avenue N, Suite 222
Saint Paul, MN 55104-5589
651-493-6634
800-862-1799
www.mentalhealthmn.org
info@mentalhealthmn.org

Letter from the Executive Director



Your voice is being heard! In the past twelve months I have traveled around the state meeting with consumers and providers of mental health services. It has been a wonderful opportunity to work with others to help educate decision-makers on the importance of prevention services.

I have been to 23 cities and met with 450 people. We have set goals in local counties to strengthen consumer involvement in decision-making. We have talked about the importance of recovery and in sharing stories of success. We have engaged County Commissioners in education.

Some of the goals set by local counties:

- Increase the number of individuals and family members involved in decision-making
- Present an unmet needs report to the County Board
- Ensure “Recovery Based Language and Perception”
- Conduct education/awareness events
- Write articles for local newspapers to increase understanding in the community
- Get more involvement from the local colleges and the faith community
- Have regular reports from the sheriffs’ department, crisis teams and police

We saw sheriffs get more involved in responding to a mental health crisis. We saw stabilization services keep people in their homes and reduce hospitalizations. We surveyed people in regard to how their Local Advisory Council (LAC) operates and how to get more people involved. We had a record number of people attend the Mental Health Day on the Hill and meet with legislators.

We set up “Days at Home” where we invite legislators to attend information and education sessions regionally:

Cambridge – August 25th

Alexandria – September 30th

Brainerd – October 27th

Anoka – TBD

We shared our Steps to Wellness kits and 10 x 10 information in order to extend the life expectancy of people who have a mental illness.

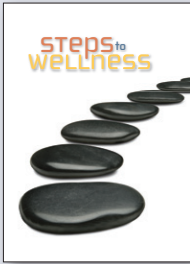
We expanded our Legislative Update to over 400 people and to send it out weekly during the legislative session and every other week when session is out.

Our work through the LACs is concentrated on educating the general public, decision-makers on the local and state levels, and consumers and providers of mental health services.



If you want me to meet with your LAC, please contact me at 651-756-8584, ext. 1 or edeide@mentalhealthmn.org. Together we can strengthen recovery.

Celebrating Recovery: Taking Charge – Tuesday, October 18 – Register Now!



We invite you to join us for the 2nd annual Celebrating Recovery: Taking Charge education event on Tuesday, October 18, 2011. The event will open with a discussion about the future of the delivery of mental health care with Cary Zahrbock from Medica Behavioral Health Minnesota Care Advocacy Center and Ron Brand, Executive Director, Minnesota Association of Community Mental Health Programs. The afternoon session will feature a panel discussion on goal-setting to promote health and recovery and to access services with Claire Courtney of DEED, Melissa Hensley, PhD of Augsburg College, and Alivia Ketchaya, a mental health consumer and provider. In addition, the event will have

a wellness fair, lunch, and presentation of the Gloria Segal award to Robin Wold and Hope House in Bemidji.

All participants will receive a new version of the Steps to Wellness self-care kit. Register online at mentalhealthmn.org or call 651-493-6634. Tickets are \$15 per person in advance and \$20 at the door. Scholarships are available.

LOCATION:
Ramada Plaza Minneapolis
1330 Industrial Boulevard
Minneapolis, MN

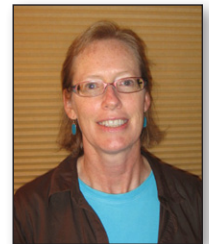
Steps to Wellness kits and Celebrating Recovery: Taking Charge are supported in part by:

- An education grant from Lilly, USA, LLC
- Janssen Pharmaceutical Companies of Johnson & Johnson
- Minnesota Department of Human Services – Adult Mental Health
- A grant from the Mount Sinai Community Foundation, a designated endowment of the Minneapolis Jewish Foundation
- Park Nicollet Healthy Community Foundation
- Pfizer Healthcare

Gloria Segal Award to be Presented to Robin Wold and Hope House of Bemidji, MN

Congratulations to Robin Wold and Hope House on receiving the 2011 Gloria Segal Award. The award will be presented to Robin at the Celebrating Recovery: Taking Charge education event on October 18, 2011. This award is given to honor the memory of Representative Gloria Segal. Representative Segal served in the Minnesota House of Representatives from 1983 until her untimely death in 1993. In her 10 years in the legislature, she worked tirelessly to change the way people with mental illnesses are treated in Minnesota and led the way in the passage of groundbreaking legislation.

Robin and Hope House receive the Gloria Segal award for their efforts to improve the lives of people with mental illnesses. Hope House is a comprehensive, community-based support program for persons with serious and persistent mental illness. Their mission is to provide support and skills training to help people remain hospital-free and use their talents in the community. As executive director of Hope House in Bemidji, Robin employs practices that empower individuals living with mental illnesses and listens to the input from clients to strengthen services. Hope House has a speakers program, and they visit area churches and other organizations to dispel stigma about mental illnesses. Robin participates in a public service talk show and contributes to newspaper articles that address mental health. In addition,



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reports would burden the police, and that the police would grow hostile toward her. Jill and her advocate decided she needed more clarification and reassurance from the police. Was she calling too often? Could they behave more sensitively when dealing with her complaints? Were they keeping all her reports and taking them seriously?

Jill and her advocate called the police department. The advocate helped Jill express her concerns. They asked for clarification about what situations warrant a police report, and whether Jill was calling too frequently. They also explained how stressful it had been for Jill to not contact the police department, and how that aggravated her health conditions.

The lieutenant encouraged Jill to call and reassured her that she was not calling too frequently. He explained that while they took her reports seriously, they needed hard evidence in order to conduct an investigation. However, she could still file a report without hard evidence. He agreed to have an officer drive by her home each day to make sure things were safe. At the end of the call, the lieutenant had a better understanding of Jill's concerns and Jill felt like she could contact the police if she needed to.

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however with the support I received from my family and mental health professionals, I was allowed a relatively smooth transition. After gaining experience as a mental health practitioner, I started realizing that stigma impacts one's acceptance of a mental illness and that my story was relatively rare, or at least unheard of. Despite the mental health field's acceptance of peer advocates, there were no real or willing examples of healthy and satisfied individuals experiencing mental illness. As a mental health practitioner, identifying myself as a person diagnosed with major depression is looked down upon and could affect my employment opportunities. In spite of this, I feel it is necessary to advocate the importance of early detection, acceptance and support needed to battle stigma and begin your own story of mental health.



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Give to the Max Day – Wednesday November 16 – GiveMN.org

MHAM is participating in Give to the Max Day at GiveMN.org. If you are considering a donation to MHAM, why not make it on Wednesday, November 16 through GiveMN? You will be part of the largest day of giving in the nation. Visit MHAM at givemn.razoo.com/story/Mental-Health-Association-of-Minnesota or use the handy QR code with your smart phone.



2011 Memorial and Honor Gifts to MHAM

In Memory

Jan Bienhoff

Raymond and Audrey Gay Geist
Jean Grams

Leslie Carole

Willard Shapira

Susan Gall

Frank and Janet O'Neill

Ryan Plante

Anne Gullion

Patty Rubbelke

Carol Jernberg

Mendon F. Schutt Family

Mendon F. Schutt Family Fund of the
Minneapolis Foundation

Gloria Segal

Martin Segal

John Weber

Mike and Kay Weber

In Honor

Mr. and Mrs. Alt

Gregg Towley

Brett Dumke

Relieve Care, Inc.

Chris Graham

Tom Graham

Ellen Joseph

Lisa Weisman

Gerald (Jerry) Krieger

Steven and Karen Crouch

Marge

Paula Seeger

Margaret O'Neill-Escabí

Anonymous

Andrea Scott's Birthday

Margaret O'Neill-Escabí and José Escabí

David Snyder, RN

Jennifer Grosen

This list is current as of September 1, 2011. 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 651-746-8584, ext. 9.



Gloria Segal Award continued from page 4

Hope House supports a writer and artist group for people living with a mental illness. The group produced "Here and Not Forgotten" at the Bemidji Public Library in June 2011. The event included an art exhibit and reading from the groups' published works. MHAM is thankful for Robin and the staff of Hope House's work. They are improving lives.



RAISE Early Treatment Program Seeking Participants

The NIMH Recovery After an Initial Schizophrenia (RAISE) Project, which seeks to intervene at the earliest stages of illness in order to prevent long-term disability, is now conducting the Early Treatment Program (ETP). ETP is a full-scale, randomized controlled trial comparing two different ways of providing treatment to people experiencing the early stages of schizophrenia and related disorders. Both types of treatment emphasize early intervention but feature different approaches for initiating and coordinating care. Treatment may include personalized medication treatment, individual resiliency training, and supportive services, such as family psychoeducation and education or employment assistance. A total of 34 study locations are currently recruiting patients throughout the nation, including Minnesota. For more information and eligibility requirements for participating in the RAISE Early Treatment Program, please visit www.raiseetp.org or contact the study location nearest you.

North Point Health and Wellness
Site Contact: Thomas Recht
1313 Penn Ave N, Minneapolis, MN 55411
Phone: 612.543.2714
Email: thomas.recht@co.hennepin.mn.us

Human Development Center
Site Contact: Saprina Matheny
1401 E 1st St, Duluth, MN 55805
Phone: 218.730.2359
Email: saprina.matheny@hdchrc.org

For Minor Depression, No Benefit Over Placebo from St. John's Wort, Citalopram

A study funded by NIMH and the National Center for Complementary and Alternative Medicine shows that an extract of the herb St. John's Wort and a standard antidepressant medication, Citalopram, both failed to outdo a placebo in relieving symptoms of minor depression in a clinical trial comparing the three. The results of this study, consistent with earlier research, do not support the use of medications for mild depression.

While minor depression is by definition a milder condition than major depression, research suggests it has consequences for health and well-being that go beyond the symptoms themselves, including lost work days, social difficulties, and possibly a higher risk of developing future major depression. Identifying effective and safe ways to treat minor depression remains an important goal; further research on non-pharmacologic treatment is needed to identify the optimal psychotherapies for minor depression.

For more information about this study and other NIMH funded studies, please visit <http://www.nimh.nih.gov/science-news/2011>.

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
		Jonathan Moerschall	612-210-1704
Eden Prairie	1st, 3rd, and 5th Monday, 7pm	Beth Bell	612-722-4185
Maple Grove	1st and 3rd Thursday, 7-9 pm	Steve	763-425-6505, ext. 515
Mounds View	2nd and 4th Tuesday, 7 pm	Pam Karls	612-867-6863
St. Louis Park	2nd and 4th Thursday, 7 pm	Bobby Nemer	952-938-8941
St. Paul	1st, 3rd and 5th Wednesday, 7 pm	Mary Richards	651-636-4012
Woodbury	2nd and 4th Wednesday, 7 pm	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