

THE VOICE and 2008 Annual Report

Volume 1, Issue 3

Individual Advocacy.....page 1
Education Program.....page 1
Issues Advocacy.....page 2

Letter from the Executive
Director.....page 3
Financial Report.....page 4
2008 Donors.....pages 5 - 7
Support Groups.....back cover



Individual
Advocacy

The Individual Advocacy Program at MHAM is designed to respond to and assist individuals when they face a lack of resources or barriers in their lives. MHAM advocates respect the dignity, privacy, and self-determination of all individuals who reach out to us for resolution of their concerns. Advocates work with people in a respectful and honest manner as we search for options and solutions.

An advocate must be a good listener in order to understand an individual's goals and assist in achieving those goals or offer the possibility of establishing new goals.

Advocates work with individuals in many areas. Many people request help in accessing health care when they lack the means of paying for needed care. A woman called MHAM and explained that both she and her husband had been laid off from their jobs in the last month. The loss of the jobs meant the loss of health insurance, but her need for mental health care remained. MHAM helped find an avenue for treatment for her.

People contact MHAM about housing, employment, Social Security eligibility, problems with the law, working with doctors and other professionals, child custody, finding a case manager, financial problems, and treatment.

With information and support from an advocate, clients begin to feel empowered and better able to self-advocate for themselves or their loved ones in the future. In 2008, MHAM advocates worked one-on-one with 1,537 people.

Education Program

Through the Education Program, MHAM raises awareness of mental health issues in the general public and offers programs and resources to individuals, families, employers, and youth.

As an example, during the 2008/2009 school year MHAM worked in 6 high schools, reaching hundreds of students through the Youth Education Program. Here is what some of the teens had to say:

- "Depression affects everyone you love...I have had a cousin commit suicide."
- "I'm not the only depressed bipolar kid around."
- "I need to seek help about my depression and not just blow it off."

MHAM has seen a significant increase in the demand for educational presentations and workshops. We provide a wide variety of presentations to groups ranging from high school students, to social workers, to supervisors at Xcel Energy.

Education continued on page 2.

Education continued from page 1.

Education Moving Forward

Though we provided 69 workshops to 1,746 people in 2008 alone, we know we can do better. In order to meet the increasing need for mental health education, MHAM is renovating the education program to better meet the needs of our community. Using new web-based technologies and other innovative ways to disseminate information, we will increase our reach to more individuals and organizations. The new MHAM website will make presentations and curriculum available online; we will offer web-based workshops; we will provide a special webpage on the new site for customized presentation requests and a place for feedback and comments to let us know how we can serve you better.

Upcoming 2009 Gloria Segal Education Forum Events

Managing Stress During Tough Times

Tuesday, August 11

6:00 pm

Location TBA

Ronald Groat, MD will present and answer questions on maintaining mental health during the recession. A person with mental illness will speak about strategies for managing stress.

MHAM 70th Birthday Education Conference

Thursday, October 8

6:00 pm

Minneapolis Gateway Hotel

The conference will include sessions on the history of MHAM and patient institutionalization, current mental health research, and public policy. During intermission, guests can view interactive exhibits and enjoy hors d'oeuvres and cocktails, a raffle, and silent auction.

Issues Advocacy

Through Issues Advocacy, MHAM represents people with mental illnesses to increase access to treatment and services. We listen to the concerns of individuals, family members, and mental health providers and work to make changes in public policy and other systems to improve the lives of people living with mental illnesses.

In 2008, we held 11 Community Forums throughout the state to share information and to listen to the people of Minnesota and hear their concerns about mental health services. We also wanted to find out how MHAM can better serve the individuals we represent. We received a lot of feedback from the 382 participants. Here is some of what we heard:

- "I am very well-educated, but when I first recognized I was depressed, I had no idea where to go."
- "Distance to services is a problem on the Arrowhead. Ely to Virginia is an hour drive. [There is] no transit."
- "[We need] gainful and substantial employment, particularly peer support systems."

We also learned that there is a lack of services in some areas of the state; some populations are under-served; and finding appropriate housing is difficult. MHAM aims to improve access to services and the sharing of information through the Mental Health Legislative Network, working with County Local Advisory Committees, and most importantly, listening to the people we serve. The feedback we receive will help focus our work in 2009 and beyond.

MENTAL HEALTH ASSOCIATION of Minnesota **mham**

The MHAM newsletter is published five times per year, with a circulation of 4,000.
Nancy Paul, Editor.

BOARD OF DIRECTORS

Peter Thelen, *President*
William Hippee, JD, *Past President*
Ellen Joseph, *Vice President*
Elizabeth Collins, *Secretary*
A. Brian Doran, *Treasurer*
Linda Cutler, *At-Large*
Maren McMillan, PsyD, *At-Large*

Colleen Baggs, RN
Janice Buntz
Mary Doucette
Ronald Groat, MD
Laurie Kramer
Steven Lutzwick, MD
Jennifer Martin
Bobby Nemer
Beth Silverwater
Benjamin Smith, JD

Mental Health Association of Minnesota

2021 E. Hennepin Avenue, Suite 412
Minneapolis, MN 55413-2726
612-331-6840
800-862-1799
www.mentalhealthmn.org
info@mentalhealthmn.org

Letter from the Executive Director



MHAM celebrated its 70th anniversary in May – 70 years of fighting for the rights of people with mental illnesses and fighting to keep services to maintain independence; 70 years of seeking parity for mental health services. It has been a slow, arduous process – but well worth it.

We could not have achieved 70 years without the dedicated work of a great many people – family members of people wrongfully institutionalized, people becoming self-advocates, courageous people who shared their stories and their resources to help others.

You were visionary leaders for the future. **We thank you all!**

In late 2008 the economy recessed. As you can see, our financial resources have been reduced. In spite of that, we continue to help people in need. You can see from the statistics in this annual report that we served more people last year, and that trend continues in 2009.

As we move forward, the state is working on reducing a huge deficit, one that could have long-term effects on people with disabilities. This will make our work harder and your help more important. Join us in maintaining, not reducing services. Cuts can lead to more hospitalizations and less independence, as well as more use of expensive emergency services rather than prevention and early intervention.

A 22 year old man, John, contacted MHAM. John had been on Social Security due to his schizoaffective disorder when he was a minor child. When he turned 18, he left the mental health system and lost his mental health care and his Social Security. Due to a number of minor offenses, John ended up in the correctional system, and he realized that he needed help.

John contacted MHAM. His advocate called his county mental health center for an appointment. John received an assessment and a case manager. A few days later, a call was made to Social Security to apply for benefits. John, with the help of his advocate and his mother, filled out his portion of the application. Social Security found John to be disabled, and he began to receive disability benefits. With treatment and supports, John has stayed out of trouble and is doing well.

We need your help to continue to help people with mental illnesses live independent lives. Please consider an anniversary gift of \$70 (or more of course) to MHAM to educate people about wellness and living life with mental health. A healthy life leads to a healthy community.

Be kind to one another.

A handwritten signature in black ink that reads "Ed". The signature is stylized and appears to be written in a cursive or semi-cursive script.

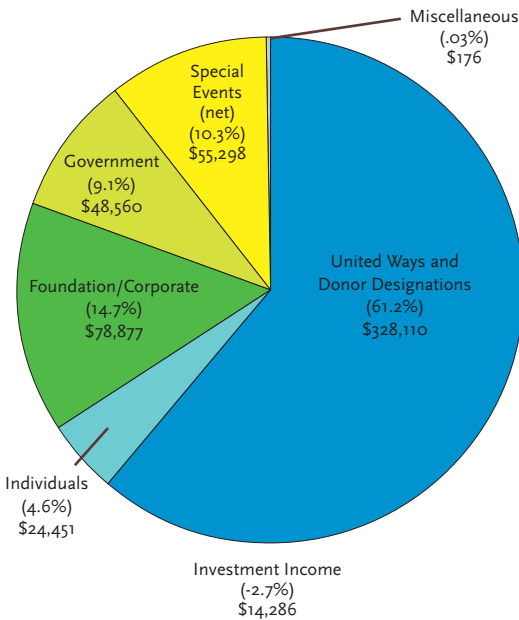
Financial Report-Statement of Financial Position

ASSETS	12/31/08
Current Assets	\$423,512
Investments	151,976
Receivables	27,932
Prepaid Expenses	13,595
Total Current Assets	617,015
Net Furniture & Equipment	12,284
Total Assets	\$629,299

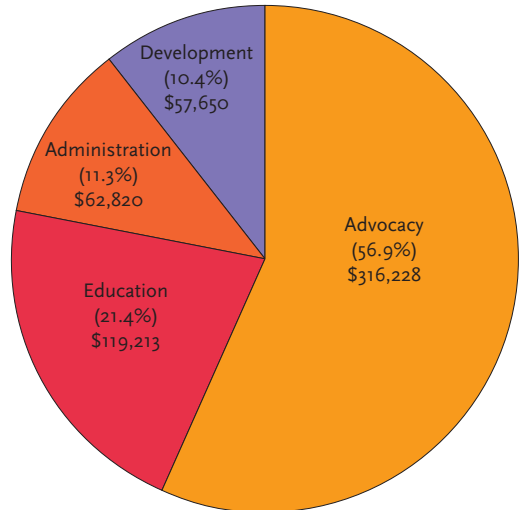
LIABILITIES & NET ASSETS

Current Liabilities	
Accounts Payable	\$6,807
Accrued Expenses	10,671
Net Assets	
Unrestricted	544,464
Temporarily Restricted	67,357
Total Net Assets	611,821
Total Liabilities & Net Assets	\$629,299

2008 Revenue



2008 Expenses



2008 Donors

Individual Donors

Katherine Joy Aby
Howard and Lorraine Agee
Ta-coumba Aiken
Jeffrey and Jodine Alberts
Faith Amdahl
Massoud Amin
Barbara Amram
Anthony Andersen
Dr. Richard Anderson
Bruce and Linda Anderson
Shirley Anderson
Roger and Sharon Anderson
Thomas Anderson
Kelsey Anderson
Ruth Anderson
Emil and Marion Angelica
Anonymous
Arthur O. Anselmo
Dario and Jeanne Anselmo
Aaron Applequist
Beth Arel
Ted and Ruth Arneson
Dr. John Austin and Dr. Elizabeth Baraga
Super
Sharon Autio
Peter H. Bachman and Janet J. Rice
Susan and Larry Bagge
Rebecca A. Baldus
Ann Bann
Ruth Barnes
John J. Barrett
Diane Bauer
Jane Beauchamp
Dr. Beecher and Dr. Heinen
Kari Benjamin
Robert and Pearl Bergad
Jeff Bergman
Tom Bergstrom
Hava Berman
Jessie Bertz
Reverend Dr. Nadean Bishop
Lori Blaido
Gary Blegstad
Elizabeth T. Blue
Margaret F. Boemer
Bill G. Boemer
John Bohlig
Leonardo Bohme
Nancy Bois
Dr. and Mrs. C. J. Boltuck
Terri Bonoff and Matthew Knopf
David M. Born
Louann Bosmans
Jason Branby
Nancy Brehmer
Lana Brooks
George Broostin
Patty and Mike Bross
Donna Bruner
Marilyn Buboltz
Mark Buckley
Allison Buffington
Jan Buntz
Yolanda Butler-Lee
Carol Byrnes
Leslie Carr
Patricia Cartwright
Janet Catanyag
Karen Caughey
Bette Charney
John and Cindy Clemens
Jana Clevenger
Mary Clough
Eddy Cohen
Pat and Liz Collins
Gerald Collins and Ann Jensen
Jennie Collins

Patrick and Samantha Conlin
Bruce Connolly
Sean Corcoran
Daniel and Elaine Cotton
Miriam Coury
Terry M. and Katherine M. Cummings
Kenneth and Linda Cutler
Judy Dahl
Phyllis M. and Dave S. Dahl
Renaë Dallager
Barbara Daniels
Mark Daniels
Devin Davies
Mike and Celia Davis
Jack and Marlene Davitt
Arlene De Mar
Camillo G. and Lois C. DeSantis
Raymond Donohoe
Brian and Sarah Doran
Mary Doucette
Dr. Phillip L. and Sandra R. Edwardson
Edward and Kris Eide
Marcia Eide
Marvin Engle
David Enninga
Joe Ens
Greg and Barbara Ensberg
Mark Erjavec and Ximena Tejada
Karen and Stanley Ernste
Margaret and Jose Escabi
Linda Esterly
Jean Eull
Jennifer Facciani
Francis X. and Jessie A. Fallon, Jr.
Michael and Anna Fee
Marilyn Ferlic
Diane Ferreira
Douglas and Janet Fiola
Dr. Gary Fischler and Nan Booth
Barbara H. Flanigan
Robert and Carroll Flaten
Tim and Ann Fleming
Harry Foerster
Terry and Karen Fogarty
Charles Frisch
Deborah Fulton
Steven and Sara Gabel
Raymond Ganey
James and Mary Gardner
Charles Garetz
Charlotte Gasperlin
Allison S. Gelfman
Janice Gepner
Cheri Giles
Thomas Goblrirsch
Richard and Susan Goldman
Lou and Kelly Gomez
Rebecca Gorman
Janny and Geoff Gothro
Roxanne M. Green
Shelby Green
Dr. Ronald and Jennifer Groat
Jim Gruba
Nancy Gunderson
Genevieve Hafner
Patrick J. Hagan
Carol Halabrin
Lois J. Hall
Carolyn Ham
Kevin Hamernick
Jeveny Hammer
James and Mary Hammill
John Hamre
Patricia Hanauer
Judy Hannigan
Mary Hanson
Richard Harde
Mavis Hatcher
Marian Heinemann

Jane Heins
Bradley and Ann Heltemes
Duane Henkelman
Sue Herridge
Mark and Gay Herzberg
J. Scott and Karen Hettinger
Robert Hinton
William Hippee
Reverend and Mrs. Hoef
Martha and David Hoekstra
Rexford L. Holland
Lucie Holzemer and Wallace Mattson
Jim Homick
Brian Hopps
Jeff and Shannon Horsager
Susan Hoven
Donald Hron
Bich-Thu Huynh
Justin Ihle
Heidi Interdonato
Joey Jacobs
Jason Jacobs
Frank and Barbara Janisch
Mary Jensele
Ted and Deborah Jewett
Constance Johnson
Elizabeth Johnson
Ruth and Richard Johnson
Allison Johnson
Tom and Pam Johnson
Tracy Johnson
Elizabeth Johnson
Robert V. Johnston
Thomas and Therese Johnston
Linda Joiner
Kathleen Jones
Kayleen Jones
Ellen Joseph
Betsy Joseph
Paul A. Joyce
Edward and Denise Kautzer
William J. and Mary Keefer
Victoria H. Keller
Ann Kemp
Brian and Mary Kinder
Claire King
David Kiwus
Eric Klinger
Janet Kneale Toigo
Joel E. and Janet M. Knoepfler
Randall Knoll
Erica Koenig
Jerome Kolton
Lynn Koop
Loren and Judith Koppelman
Kristin Koppelman
Elizabeth Kosen-Judnick
Joel and Laurie Kramer
Joel Krech
Catherine Krentz
Kendall Kuehn
Steven and Genie Kufus
Charles and Meghan Kummer
Arnie Kurmis
Peter Laakman
Karen Leaman
Gordon T. and Mary Lesch
Janet Lilleberg
Brent Lindberg
Rob and Heather Little
Nancy Logelin
Kevin Lovejoy
Andrew Luetgers
Nancy and Paul Luna
Rick and Angel Luther
Mary M. Lydon
Joanne Lynch
Jeffrey A. Machacek
Thomas and Jane Mackenzie

Lynn Mahlum
 Karen J. Major
 Doug and Sandy Mangel
 Dr. Deane and Nancy Manolis
 Joseph and Patricia Margarit
 Jeanne Markell
 Jeff Markham
 Jill Ann Marks
 Jennifer Martin
 Walter and Verdella Martin
 Ralph Maves
 John McCarthy
 Mark R. McDonald
 Megan McKenzie
 Julie McLaughlin
 Maren McMillan, PsyD and Sean Cotton
 David and Gail McMillan
 Sandra L. Meicher, PhD and Bill Gahr
 Beverly Mello
 Darlene Melquist
 Mary E. Michaels
 Christopher Middlebrook
 Kellie Mileski
 Deborah Miller
 Sheldon Modrow
 Jessica Morales
 Paul Morozoff
 Sheila Motzko
 Helene Moua
 Kathryn R. Mullally
 Timothy Murphy
 Ruth Nelson
 Jeffrey Nelson
 Carl R. and Jean Noren
 Jerry Norling
 Gregory Novak
 Wendy O'Brien
 Laura O'Malley
 Connie O'Sullivan
 Cheryl Ohlin
 Carol and Robert Oldowski
 Mary Kay Olson
 Robert and Mary Otness
 C. Marie Panlener
 Joe Panone and Linda Brooks
 Claude and Mary Paradis
 Jack Parcheta
 Nancy and Anthony Paul
 Rondy Peddycoart
 Paul Peltz, CPA
 Susan Perry
 Kathleen Petersen
 Carol Peterson
 Linda Peterson
 Jack B. Pfaff
 Dr. Dennis Philander and Eileen McKee
 Dr. Michael K. Popkin
 Lela Porter
 Dewey and Margery Possehl
 Erin Punzenberger
 William and Mary Quinn
 Andy Raddatz
 Alan and Kim Radke
 Jack Raymakers
 Dennis Raymond and Thomas Pfeffer
 Joan Richardson
 Joan Riederer
 Frances Riehm
 Paul Rippe
 Mark Rise
 George Rosar
 Robert Rosenbaum and Maggie Gilbert
 Debbie Ross
 Roger and Barb Rubin
 Andrew Ryall
 Robert Ryan
 Lee and Dorothy Sanford
 Jonathan Saphira
 Steven L. Savitt, PhD
 Noel Schenker
 Kathleen Schiltz
 William and Norma Schleppegrell
 Bernadine Schmidt
 Nancy Schouweiler
 Dr. Charles and Shannon Schulz
 Clement Schulze

Richard Schulze
 Lyall A. and Inez M. Schwarzkopf
 Dr. Martin A. Segal
 Susan L. Segal, JD and Myron Frans
 Jennifer Seidel
 Dr. and Mrs. Stanley W. Shapiro
 Bruce Shneider and Patricia Strandness
 Norman Greenberg and Beth Silverwater
 James and Carol Simonson
 Scott and Yin Simpson
 Brenda Smeby
 Benjamin and Andrea Smith
 Mike and Dana Smith
 Rodney Smith
 Karen Solgard
 Frank Solomon
 Donita Soucek
 Jill and Steve Spanier
 Ephraim Sparrow
 Margaret Spear
 Kristin Speltz
 Susan Spray
 Christopher D. Stall
 Mike and Brenda Staloch
 John Stark
 Diane Steffen
 Michael S. Stenquist
 David and Janet E. Sterk
 Drs. David Stewart and Jodi A. Martin
 Vicki Stumpf
 Dick Sullivan and Kathryn Quaintance
 Anders Syverson
 Will Tajibnapis and Chris Servaty
 Torger Tatman
 Gary Teskey
 Peter Thelen and Lynne Gibeau
 Tonia and Brent Theroux
 Kenneth and Kay Thomas
 Gretta Thorson
 Janice Tobin
 Paul Trenda
 Roger and Joan Troutman
 Sean Turner
 Stephen M. Underdal
 Mary C. Van Evera
 Linda Verbeck
 Kevin Voss
 Linda Vukelich
 Dr. Robert D. Wasson
 Mary and Jeff Werbalowsky
 Michelle White
 Elaine Wiener
 Sandra Williams
 Jodi Williams
 Alex and Marguerite Wilson
 Jon and Colleen Wincentsen
 Laura Wolfe
 Lisa York
 Margaret Youngberg
 John M. Zakej
 Heather Zdenek
 Scott Zwettler

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

3M Foundation
 Ada One Fund
 Al Vento
 Alliant Techsystems/ATK Foundation
 Alton Township Community Fund
 American Express Travel / BTC
 Ameriprise Financial
 Ameriprise Financial Employee Gift Matching Program
 Andersen Corporation
 AT & T Community Giving Campaign
 Atlantic Philanthropies (USA) Inc.
 Gordon and Margaret Bailey Foundation
 Beardsley Area United Fund Drive
 Beaujo's Wine Bar and Bistro
 Bernadotte Township United Way
 Bertha Community Chest
 Blue Cross Blue Shield of MN
 Bluestone Wealth Strategies

Brave New Workshop
 Breadsmith
 Bristol-Myers Squibb Company
 Bunny's Bar and Grill
 Byron Township Community Fund
 C # Sharp Ranch
 Cafe Latte
 Caledonia United Way / Charities
 Caridad Corporation
 Charlson Foundation
 Chatfield Township Drive
 Chinese Heritage Foundation Friends
 Ciao Bella
 Combined Sharing Plan
 Commonweal Theatre Company
 Cottage House Inn
 Creative Pet Products
 Delafield Township United Fund
 Doorway for Massage Therapy
 Dunn Bros
 Echo Township United Charities Fund Drive
 Eli Lilly and Company
 Emerald Township United Fund Drive
 Everest on Grand
 Fast Frame
 Ferrell Designer Jewelry
 Fertile Annual Fund
 Fieldon Township United Fund
 Jack and Bessie Fiterman Foundation
 Forest Laboratories, Inc.
 Forestville Combined Charities
 Garfield Township Fund Drive
 General Mills
 Golden Valley Heating and Air
 Grand Avenue Rest Home, Inc.
 Grandma's Restaurant Company
 Graves 601 Hotel
 Great American History Theatre
 Greater Mankato Area United Way
 Greater Twin Cities United Way
 Guthrie Theater
 Hair Heathens, Inc.
 Mary L. Hammerly Fund of The Saint Paul Foundation
 Hancock Township United Fund
 Hendricks Area Community Chest
 Hennepin Theatre Trust
 Henning Community Fund
 Herman United Fund
 Highland DBSA Group
 Highwater Community Fund
 Hugh J. Andersen Foundation
 Ichiban
 Illusion Theater
 ING
 Integrity Living Options, Inc.
 Jackson United Fund, Inc.
 Janssen Pharmaceutical, Inc.
 Joey Nova's
 Jungle Theater
 Kottke Fine Jewelers
 Lafayette Township United Fund
 Lake Benton Community Chest
 Lake Stay Community Chest
 Lake Valley Charities
 Lamm Family Foundation
 Le Center United Fund
 Le Sueur Area United Way, Inc.
 The Local
 Russell T. Lund Charitable Trust
 Lund Community Chest
 Madelia Community Chest
 Majors Sports Cafe
 Manhattan Toy
 Mapleton Community Chest
 Marcel's Super Store
 The Marsh: A Center for Balance and Fitness
 Martin and Brown Foundation
 McCollum Crowley Moschet and Miller Ltd.
 Medica
 Medica Foundation
 Meritage
 Minneapolis Institute of Art
 Minnesota Children's Museum
 Minnesota Department of Human Services
 Minnesota Historical Society

Minnesota Jewish Theatre Company
 Minnesota Thunder
 Minnesota Timberwolves Fastbreak
 Foundation
 Minnesota Twins
 Minnesota Vikings
 Minnesota Wild
 Mixed Blood Theatre
 Moose Country Bar and Grill
 MSP Park Place
 New Richmond Golf Club
 Mark and Jackie Nolan Family Fund of the
 Saint Paul Foundation
 Oak Ridge Center
 Old Log Theater
 Ordway Center for the Performing Arts
 Orient Buffet and Grill
 Parasole Restaurant Holdings
 Park Square Theater
 Peking Garden
 Pizza Luce
 Polk County Community Fund
 Pomme de Terre Community Fund
 Prestwick Golf Club
 Prima
 Radisson Plaza Hotel
 Red Lake County Rural One Fund Drive
 RJW Foundation
 Rome Township Community Chest

Root Salon
 Rosendale Township United Fund
 Round Lake Township United Fund
 Schall Family Fund of the
 Sherburn Community Chest
 Software Consultants
 Solo Vino
 Spring Grove United Fund
 St. Croix Festival Theatre
 St. James Township United Fund
 St. Paul Saints
 Starbucks
 Stephen Community Fund
 Swede Grove United Fund
 Target-HQ, TFS, TNC
 Taste of India
 Theater Latte Da
 Theatre de la Jeune Lune
 Theatre in the Round
 Thomson Reuters
 Tom Conlon Photography
 Traders Joe's Company
 Travel Leaders
 Tryg's Restaurant
 Twin Cities Area Combined Federal Campaign
 Twin Cities Public Television, Inc.
 Twin City Attorneys, PA
 Underwater Adventures
 United Fund Drive

United Fund of Decoria-McPherson-St. Clair
 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 Tri-State
 UnitedHealth Group
 Urness Township Community Chest
 Vernon and June Vendel Charitable
 Remainder Trust
 Verona Township United Way
 Vesta United Charity Drive
 View Restaurant and Bar
 Walker Art Center
 Walt Disney Company
 Washington Lake Township Combined Fund
 Wedge Co-op
 Wells Fargo Community Support Campaign
 Western National Insurance
 Whitey's Saloon
 Willow Lake Township
 Winnebago United Fund
 Wood Lake Township Rural Charities
 Wykoff United Charities
 YMCA - Midway
 Zelo Restaurants

In Memory or In Honor

in honor of Dr. Sol Austrian
 Ellen Joseph

in memory of Dawn Boogaard
 Carol Felland

in memory of Val Erion
 Steven and Lenae Addabbo

in memory of Leona Franke
 Wayne A. and Marilyn K. Zarnott

in memory of Susan Gall
 Margaret and José Escabi
 Frank and Janet O'Neill

in memory of Gay G Hunt
 Harriet Gillham

in honor of Helen Klanderud

in memory of Kari Ann Koskinen
 Luanne Koskinen

in memory of Anne LaFave
 Madeline LaFave

in memory of Gregory John Meier
 Walter G. Anderson Inc. Folding Carton Manufacturers
 Stuart and Junelle Bernard
 Thomas and Karen Klein
 Gordon and Kay Meier

in memory of Tom Murphy
 Bradley and Ann Heltemes

in memory of Timothy Norling
 Jerry Norling

in memory of Delores Chaney Pearson
 Jeanne Perna

in memory of Ryan Plante
 Anne Gullion

in memory of Patty Rubbelke
 Carol Jernberg

in memory of the Mendon F. Schutt Family
 Mendon F. Schutt Family Fund

in honor of Michele Stender
 Jean Eull

in memory of Gladys Szabla
 Mary Szabla

in honor of Pete Thelen
 Jeffrey and Margaret Hall

in memory of Kathy Van Beck
 Carol and Herb Inderrieden

in memory of Mary Susan Warren
 Matthew and Rhonda Stolberg

in memory of Margaret White Towle
 Marney and Conley Brooks
 Copeland Buhl & Company, P.L.L.P
 John and Marjorie Kelley

in honor of Seidi Winter
 Frank and Janet O'Neill

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	2nd 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

Apple Valley	1st and 3rd Friday, 7:15pm	Audrey Weiner	651-454-8379
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 Monday, 7 pm	Steve Morris	952-239-4693
Minneapolis	3rd Monday, 3 pm	Steve	763-425-6505, ext. 515
Mounds View	2nd and 4th Tuesday, 7 pm	Lana	612-331-3972
St. Louis Park	2nd and 4th Thursday, 7 pm	Ken Thomas	651-484-9577
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
		Tim Witt	651-491-0133
		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