

**THE VOICE** and 2011 Annual Report

**Volume 4, Issue 3**

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**Individual  
Advocacy**

MHAM’s Individual Advocacy program works one-on-one with individuals living with mental illnesses to help them identify barriers in their lives and develop strategies to overcome them. In 2011, MHAM advocates served 1,179 clients. The program also provided 1,689 information packets and made 283 direct referrals. Online, 89,899 people viewed resource lists, and 4,003 people viewed mental health information materials. 99% of cases were resolved to the highest degree possible, and 98% of clients reported knowing the next step to take in their case.

**Emerging Trends**

In 2011, advocates reported an increase in the number of people who were homeless and seeking affordable housing. Due to the economy, a lot of clients lost their homes and moved in with friends or family members. There was an upswing in the number of people who reported that they were “couch surfing” in order to have a roof over their head. In the past, most clients who were homeless were living in shelters.

The increase in the number of people living with friends or family members led to an increase in calls from people who experienced caregiver burnout. As friends and family members supported a loved one by offering a place to stay, they found that they also helped manage medications, provided transportation

to get to appointments, and offered emotional support. We also heard from mental health providers that they are stretched too thin because of budget cuts. Advocates found that family members, friends, and providers who call on behalf of an individual often have a secondary issue of needing respite for themselves.

**Education Program**

The Education Program at MHAM provides information about mental health and overall wellness to individuals living with mental illnesses, family members, frontline providers, and faith communities. In 2011, the Education Program reached over 237,844 people. We saw 1,034 people at 20 workshops, 6,056 people at 24 health and community fairs, and 314 people at support groups. Our newsletter, The Voice, was delivered to 4,284 people five times, and 227,394 people visited the website to get information about mental health and wellness, take our online screening for mood and anxiety disorders, and find resources in the community.

According to workshop evaluations, 70% of attendees reported an increase in their understanding of mental health. 81% reported that the workshops provided them with methods to seek support and manage mental health. 79% reported learning methods to maintain overall health. 59% reported that they would share this information with others.

**New in 2011**

In 2011, MHAM began shifting the focus of the Education Program to community outreach. Going forward, this program will be called the Outreach Program. We identified our main

*Education Program continued on page 2*

audience as individuals living with mental illnesses. As many of the people attending our workshops already understand the basics of mental illnesses, we are choosing to talk more about overall health. We reprinted our popular Steps to Wellness kits, which help individuals develop a plan to maintain their health and prepare for or prevent crisis. We offered the 2nd annual Celebrating Recovery education event, where we discussed the importance of goal setting in maintaining health and independence. At the event, Robin Wold and Hope House in Bemidji, MN were presented with the Gloria Segal Award for excellence in improving the lives of people with mental illnesses. We also joined the Interfaith Network on Mental Health to help make mental health an integral part of the conversation in faith communities.

# ISSUES ADVOCACY

The Issues Advocacy program represents individuals living with mental illnesses to address the need for mental health services and fair treatment at a systems level. The primary activities in this program are co-chairing the Mental Health Legislative Network, providing training and assessment to mental health Local Advisory Councils (LACs), and sharing news and information about legislation that will impact individuals living with mental illnesses. We use information gathered in the Individual Advocacy program to identify societal institutions that could improve policies and procedures, and we work with them to do so.

## 2011 Issues

2011 was a lean year for Minnesotans. A lot of money was cut from services that keep people independent and living in their community. Family members who performed PCA duties saw a reduction in pay (this was reversed in the 2012 Health and Human Services bill). Drop-in centers, which provide a routine that leads to greater stability for individuals with mental illnesses, were forced to close or greatly reduce their hours. The state shut down for a period in the summer, which led to the hospitalization of mental health consumers because they did not have the supports needed to remain healthy. MHAM responded by co-hosting community meetings around the state to help individuals share their stories with their legislators. We also shared weekly updates with individuals around the state to help them understand what was happening at the Capitol. Ed Eide, Executive Director, travelled throughout the state to listen to individuals' concerns so we could share them with policy makers.

MHAM also provided assessment and training for LACs in 18 counties or regions, reaching 514 individuals. MHAM staff served on the patient advisory panel for Regions Hospital, the State Advisory Council for Adult Mental Health, the Permanent Supportive Housing Evidence Based Practices Stakeholder's Group, the Mental Health State Advisory Committee Housing and Homeless Workgroup, the Minnesota 10 x 10 Wellness Project, and the Leadership Team for Mental Health Crisis Alliance.



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

### Mental Health Association of Minnesota

475 Cleveland Avenue N, Suite 222  
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651-493-6634  
800-862-1799  
[www.mentalhealthmn.org](http://www.mentalhealthmn.org)  
[info@mentalhealthmn.org](mailto:info@mentalhealthmn.org)

# 2011 Memorial and Honor Gifts to MHAM

## In Memory

### Jan Bienhoff

Raymond and Audrey Gay Geist  
Jean Grams

### Debbie Cook's mother Leah

Ellen Joseph

### Susan Gall

Frank and Janet O'Neill

### Patrick Graves

Audrey Baker  
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### Daniel Steven Hegler

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Bonnie Braun Padilla and the Felipe Padilla  
Memorial Fund of the Minneapolis Foundation  
Ellen Joseph

### Ryan Plante

Anne Gullion

### Marge Ramsey

Paula Seeger

### Patty Rubbelke

Carol Jernberg

### Mendon F. Schutt

Mendon F. Schutt Family Fund of the  
Minneapolis Foundation

### Gloria Segal

Dr. Martin A. Segal

### Rossy Shaller's wonderful husband, Dick

Ellen Joseph

### Kathy Van Beck

Carol and Herb Inderrieden

### John Weber

Mike and Kay Weber

## In Honor

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### Brett Dumke

Relieve Care, Inc.

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Sally Forsman

### John Froom

Sally Forsman

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### Ellen Joseph

Bonnie Braun Padilla and the Felipe Padilla Memorial  
Fund of the Minneapolis Foundation  
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Lisa Weisman

### Kim Lutes

Dianne Lutes

### Bobby Nemer's Special Birthday

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Sandra Alch  
Mel and Ronnie Burstein  
Paula and Arvin Cohen  
Peter and Gloria Cooper  
Carole Epstein  
Lois Epstein  
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Renee Gainsley  
Linda Gilfix  
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Elaine and Larry Hallfin  
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Eric and Roxie King-Smith  
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Peter and Joanna Sussman

### Cheryl Newell

Ellen Joseph

### Joan Novak

Gregory Novak

### Margaret O'Neill Escabi

Anonymous

### Nancy Paul

Sally Forsman

### Anna Raudenbush

Ruth Hauff

### Andrea Scott's Birthday

Margaret O'Neill Escabi and José Escabi

### Martin Segal's 91st Birthday

Susan Segal and Myron Frans

### David Snyder, RN

Jennifer Grosen

*This list is current as of December 31, 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.*



Community Partner

## Letter from the Executive Director



It has been a long, interesting year. There were a number of cuts made to human services in 2011. A new bunch of legislators rode in to cut costs in order to reduce taxes and the burden of government. We even had a state government shutdown, the cost of which we are still hearing about. In the 2012 session, some of the human service cuts were corrected, and a little bit of money was put back.

We will see changes at the legislature again next year when we have over 40 people who are not running for office. But, we won't know what that looks like until November. We do know there are two constitutional amendments on the ballot. And, there will be a new football stadium. Each one of us will have a say as we vote. Please be sure to vote in November.

More people without healthcare are calling us for help. Many of them are the invisible homeless, couch hopping from friend to family member. Our Individual Advocacy cases are becoming more complicated, and often conference calls are necessary to bring people together to find solutions. We discovered a large number of providers are willing to talk about barriers to service. When that happens we seem to be able to eliminate the barriers and get appropriate help. Empowered staff can help people get the help they need, and in turn the consumer becomes empowered. We have seen this empowerment play forward to maintain good health. It is important for each of us to take control over our health.

Mental health is not a priority for many funders in the state, yet the rumors are that in the new DSM V there will be more mental illnesses described, which will lead to more help needed. More children and youth are being diagnosed weekly.

We need your help to keep the public informed about mental illnesses and to help people stay healthy. We ask you to give what you can. We are hoping that this is the only request that we will need to send this spring. Please consider a gift so we can continue to serve those seeking help. You can use the envelope inserted in this newsletter, or give online through [GiveMN.org](http://GiveMN.org) or [mentalhealthmn.org](http://mentalhealthmn.org). MHAM is a 501(c)(3) organization and all donations are tax deductible to the fullest extent allowed by law.

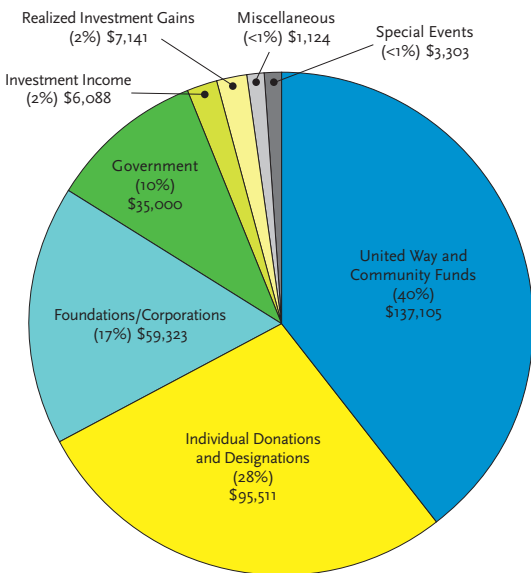
Be kind to one another.

A handwritten signature in black ink that reads "Ed".

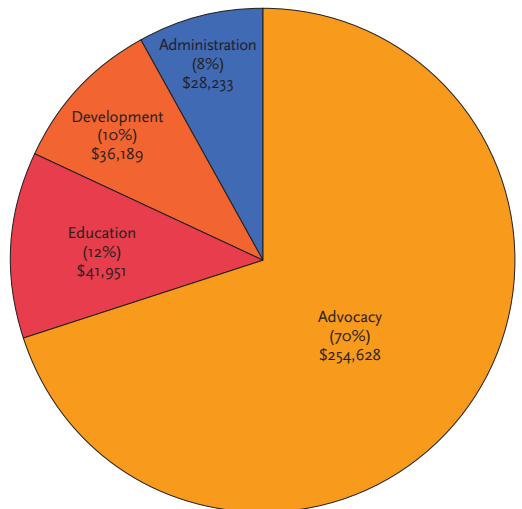
# Financial Report - Statement of Financial Position

<b>ASSETS</b>	<b>12/31/11</b>
Current Assets	
Cash and cash equivalents	\$192,784
Investments	\$518,774
Accounts Receivable	\$10,027
Prepaid Expenses	\$2,001
Total Current Assets	\$723,586
Property and Equipment	\$60,238
Less: Accumulated Depreciation	(\$53,123)
Total Property and Equipment	\$7,115
Total Assets	\$730,701
 <b>LIABILITIES AND NET ASSETS</b>	
Current Liabilities	
Accounts Payable	\$5,466
Accrued Expenses	\$28,055
Total Current Liabilities	\$33,521
Net Assets	
Unrestricted	\$697,180
Temporarily Restricted	\$0
Total Net Assets	\$697,180
Total Liabilities and Net Assets	\$730,701

**2011 Revenue**



**2011 Expenses**



# 2011 Donors

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 Al Vento  
 Ameriprise Financial Employee Gift Matching Program  
 The Mary L Anderson Family Trust  
 Blue Cross Blue Shield Employee Gift Matching Program  
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 Charlson Foundation  
 Dorsey & Whitney Foundation  
 Dunn Bros  
 Fast Frame  
 Gear Running  
 General Mills  
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 The Lowbrow  
 Russell T. Lund Charitable Trust  
 Martin and Brown Foundation  
 Massage Envy  
 Medica Foundation  
 Moose Country Bar and Grill  
 Mount Sinai Community Foundation  
 Mark and Jackie Nolan Family Fund of the Saint Paul Foundation  
 Park Nicollet Foundation  
 RJW Foundation  
 Rinata  
 The Saunders Family Foundation  
 Starbucks  
 Town Hall Tap  
 Tryg's Restaurant  
 University of Minnesota Workplace Campaign  
 Urban Eatery

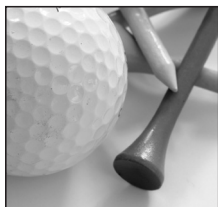
Wakami Sushi and Asian Bistro  
 Watson Research, LTD  
 Wells Fargo Community Support Campaign  
 The Windhover Foundation  
 Zelo Restaurants

### United Way and Community Funds

Ada One Fund  
 Alton Township Community Fund  
 Beardsley Area United Fund Drive  
 Bernadotte Township United Fund  
 Bertha Community Chest  
 Byron Township Community Fund  
 Caledonia United Way / Charities  
 Central Mille Lacs Area United Way  
 City of Vesta Charity Drive  
 Combined Sharing Plan  
 Community Chest of Mapleton  
 Delafield Township United Fund  
 Echo Township United Charities Fund Drive  
 Emerald Township United Fund Drive  
 Fertile Annual Fund  
 Garfield Township Fund Drive  
 Hancock Township United Fund  
 Hendricks Area Community Chest  
 Henning Community Fund  
 Herman United Fund  
 Jackson United Fund, Inc.  
 Lake Stay Community Chest  
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 Norman County Association of Townships One Fund  
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 Polk County Community Fund  
 Pomme de Terre Community Fund  
 Rome Township Community Chest  
 Rosendale Township United Fund  
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 St. James Township United Fund  
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 United Fund of Garden City Township  
 United Fund of Kenyon  
 United Fund of Le Center  
 United Fund of Le Sueur  
 United Way of Central Minnesota  
 United Way of Fairmont, Inc.  
 United Way of McLeod County  
 Verona Township United Way  
 Washington Lake Township Combined Fund  
 Willow Lake Township  
 Winnebago United Fund  
 Wood Lake Township Rural Charities  
 Zumbrota Combined Charities

## 2012 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 2012 Gloria Segal Award! This award honors the memory of Representative Gloria Segal, who led the way in the passage of groundbreaking legislation. The award will be presented at the 3rd annual Celebrating Recovery event on Thursday, September 27, 2012. Nominations will be accepted through June 30, 2012. Visit [mentalhealthmn.org](http://mentalhealthmn.org) or call 651-493-6634 or 800-862-1799 for more information.



### SAVE THE DATE!

- **Saturday, June 23** – Golf Tournament Fundraiser at Oneka Ridge Golf Course
- **Saturday, September 22** – Tom Murphy Memorial Golf Tournament at Brookview Golf Course
- **Thursday, September 27** – 3rd Annual Celebrating Recovery education event

More information is available at [mentalhealthmn.org](http://mentalhealthmn.org) or call 651-493-6634 or 800-862-1799.

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	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
Minneapolis	2nd and 4th Monday, 7:30 pm	Steve	651-493-6634
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 Monday, 5:30 pm	Sandy (daytime)	507-282-8372
	3rd Monday, 7 pm	Karen (daytime)	507-251-1388
St. Cloud	Every Monday, 3:30 pm	Mary	320-980-6589
	Every Thursday, 6 pm	Lynn Keller	320-240-3324



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