

THE VOICE and 2013 Annual Report

Volume 6, Issue 3

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Individual  
Advocacy  
Program

The Individual Advocacy Program is designed to help people when they have trouble getting mental health services or need help to maintain their health and independence. Advocates guide people to outpatient treatment and identify mental health resources. They also help people resolve issues around employment, housing, and disability eligibility. Advocates work one-on-one with people and ask specific questions to identify the barriers that stand in the way of their independence. Then they help the person develop a plan to overcome those barriers. Along the way, advocates teach self-advocacy skills so that participants are better able to resolve issues in the future.

**2013 Service Numbers**

- 842 advocacy cases
- 240 people at workshops
- 208 people received information packets via mail, and 1,328 people downloaded information from the website
- 313 direct referrals made by phone, and 138,223 made online
- 98% of clients had their case resolved
- 99% reported that they knew the next step to take with their issue

**Emerging Trends**

The housing shortage is having a significant impact on our clients. There is a 2.3% rate of vacancy in subsidized rental units in the Twin

Cities. No new subsidized housing has been built since the economic crash, and older subsidized units are not being updated. Many of our clients are without a place to live. They are couch surfing with family and friends, staying in shelters, or

*Individual Advocacy Program continued on page 4*

Outreach Program

This program provides information about how to get help for a mental illness and how to improve overall health and wellness. We share 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. We share this message through workshops for individuals, family members, frontline providers, and faith communities. We also provide Steps to Wellness kits and Take Charge booklets to help people improve overall health and wellness through diet, exercise, good sleep habits, stress reduction, and goal setting. We maintain a website with information about mental health, how to seek help for a mental illness, online screening for mood and anxiety disorders, and community resources. We publish a newsletter five times per year with information on self-advocacy, stories of recovery, and emerging trends in mental health.

**2013 Service Numbers**

- 6,220 people received the newsletter
- 254,889 unique visitors to the website
- 340 people attended workshops
- 448 interactions with people at 13 health and wellness events

*Outreach Program continued on page 2*

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Outreach Program continued from page 1

- 5,552 people received Steps to Wellness kits and Take Charge booklets
- 100% of individuals receiving wellness materials report understanding the steps to take to sustain good health
- 99% report using at least one tool to improve health
- 88% of workshop attendees reported an increase in their knowledge about mental health and a better understanding of how to seek help

### New in 2013

In 2013, the Outreach Program produced new education materials. These materials cover: Post-Traumatic Stress Disorder (PTSD), Depression, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Bipolar Disorder, and information about MHAM's online screening for mood and anxiety disorders. The four-color, one-page flyers have information about the symptoms and treatments for the disorders and include a QR code that links to additional information on our website. The materials help people better understand these disorders and how to get help. These materials, along with Steps to Wellness kits and Take Charge booklets, were distributed to individuals living with mental illnesses and mental health providers. All program materials are available at workshops, health fairs, by mail, and from the website.

## ISSUES ADVOCACY

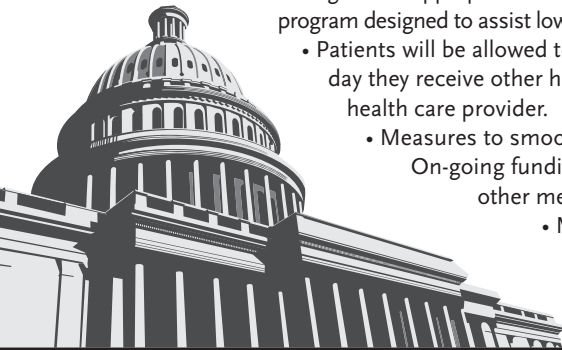
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We represent people living with mental illnesses at a systems level to ensure funding for mental health services and fair treatment in policies. MHAM is the co-chair of the Mental Health Legislative Network. We also provide training and assessment to mental health Local Advisory Councils (LACs) throughout the state. We share what we learn about gaps in service from our Individual Advocacy Program with policy makers and encourage them to pass legislation to fill those gaps.

### 2013 Highlights

- As of January 1, 2014, people with incomes up to 138% of poverty became eligible for Medicaid. The federal government will pay 100% of the cost until 2016, saving Minnesota \$129 million over the next two years.
  - The Legislature appropriated an additional \$400,000 to fund Bridges, a rental assistance program designed to assist low-income individuals with a serious mental illness.
  - Patients will be allowed to receive mental health or dental services on the same day they receive other health services without payment being withheld by the health care provider.
  - Measures to smooth transitions out of Anoka and St. Peter are funded. On-going funding will be available to provide CADI waiver slots, or other means to move an individual into the community.
  - Mobile crisis services were expanded with funding for four teams that serve 16 counties and two tribes.

Issues Advocacy continued on page 3



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

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The MHAM newsletter is published five times per year, with a circulation of 6,200.  
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](http://www.mentalhealthmn.org)  
[info@mentalhealthmn.org](mailto:info@mentalhealthmn.org)

# 2013 Memorial and Honor Gifts to MHAM

## In Memory

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Peggy Song  
Heather West and Mark Long

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The Mendon F. Schutt Family  
Fund

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Patricia Siebert

## Beth Silverwater's Mother

Ken and Linda Cutler

## Kathy Van Beck

Carol and Herb Inderrieden

## In Honor

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### Phil and LaVina Fiola

Douglas and Janet Fiola

### Bethany Gladhill

UST

### Thomas Heidal

John Heidal

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Raymond Jones

### Kim Lutes

Dianne Lutes

### Kevin Marquardt

Greater Twin Cities United Way

### Jeffrey Pomeroy Running in the 2013 Medtronic Marathon

Jamie H.  
Nathan Johnson  
David and Salina Lang  
Phyllis Pomeroy  
Kathryn Robbins

### Susan Segal

Dr. Martin A. Segal

*This list is current as of May 20, 2014. Every effort has been made to ensure accuracy. If you note an error or omission, please accept our apologies. You can make changes by calling Nancy Paul at 651-756-8584, ext. 9.*



Issues Advocacy continued from page 2

- New funding was provided for the Extended Employment Supports for Persons with Mental Illness (EE-SMI), which provides employment support for people living with mental illnesses and connects people with mental health services.
- The Legislature approved Community First Services and Supports (CFSS). This will be the new model for providing home and community-based personal assistance services. It will replace the Personal Care Assistance (PCA) program.
- Funding for school-linked mental health services was increased.
- Medical Assistance (MA) will cover mental health certified family peer support specialists.

In 2013, MHAM also provided training and assessment for 16 LACs and reached 315 individuals. Our goals are to increase participation by people living with a mental illness, ensure that individuals have a voice in decision-making that will affect them, and that each LAC submits an unmet needs report to the County Commissioner each year.

## Letter from the Executive Director



The Department of Human Services (DHS) Inspector General's report on a killing at Minnesota Security Hospital (MSH) in St. Peter has been filed. It talks again about staff not acting in a timely manner to protect the safety of patients. The Commissioner of Human Services has ordered human resources staff to assist MSH in mentoring, coaching, and reporting on gaps in training. She states that not all staff members are on board with changes in patient care.

Recently MHAM observed our 75th Anniversary. As we looked back over 75 years, stories like this abounded. Cruelty to patients was commonplace. Isolation was the norm. Treatment was secondary to lock down. People with mental illnesses were sent away from their communities.

Over the years we have developed wonderful community-based services for people with mental illnesses so they can live where they choose. We have seen a lessening of stigma, and more young people understand mental illnesses. We are expanding early intervention services to help people find treatment sooner. The number of people using our online screening has skyrocketed.

In the recent incident at St. Peter, the report stated hourly rounds weren't done during the time of the beating. A request to see a psychiatrist was denied, and even the use of restraints was turned down. Staff stayed inside the security bubble instead of interacting with patients.

The report stated that there were seven staff for every 14 patients and Commissioner Jesson stated that ratio was appropriate. However, the report quoted a union steward as saying staff members "cross our fingers and hope like hell nobody gets hurt."

I think we should expect more than this at any facility, but especially at St. Peter. We know these are tough jobs, and we don't want anyone getting hurt. Somehow things are still not working well there. Maybe DHS needs to look outside of itself for help to find solutions.

When issues like these arise, MHAM is at the forefront to ask that people be held accountable. We rely on donations from individuals like you to make this work possible. Please consider a donation, either using the envelope provided or online through our website. We appreciate your support!

Be kind to one another.



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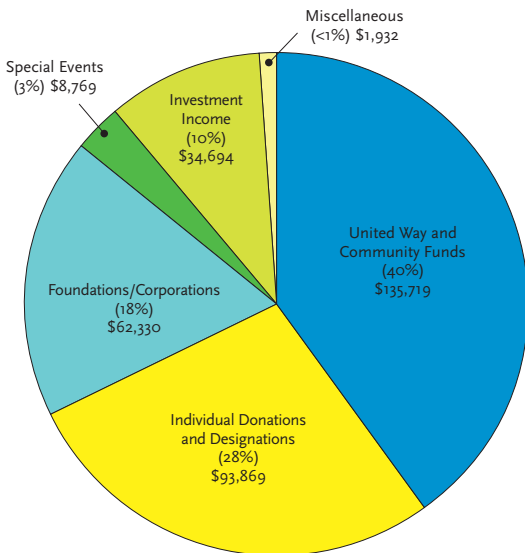
*Individual Advocacy Program* continued from page 1

cycling in and out of emergency rooms. Due to the government sequestration in 2013, some counties made cuts to subsidies, which means people who managed to find stable, affordable housing were forced into smaller apartments because their eligibility changed. In addition, the state made cuts to the Emergency General Assistance fund. Many of our clients rely on this fund to pay moving costs associated with entering new housing. Safe, affordable, stable housing is key in managing a mental illness. Without it, symptoms of a mental illness are exacerbated; it is harder to maintain a routine that improves mental health; and accessing services becomes difficult because residency is harder to prove.

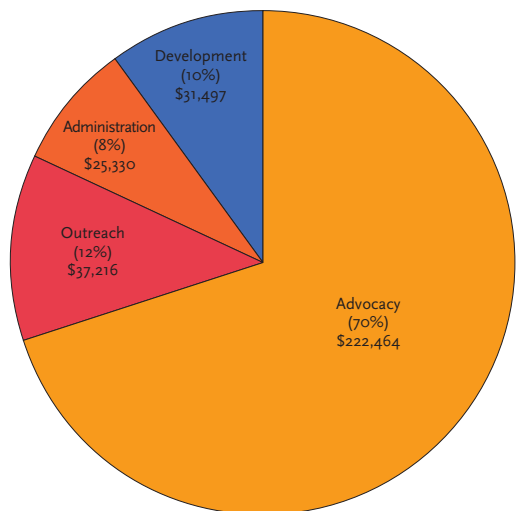
# Financial Report - Statement of Financial Position

<b>ASSETS</b>	<b>12/31/13</b>
<b>Current Assets</b>	
Cash and cash equivalents	\$121,648
Investments	\$684,640
Accounts Receivable	\$0
Prepaid Expenses	\$1,999
Total Current Assets	<u>\$808,287</u>
<b>Property and Equipment</b>	
Less: Accumulated Depreciation	\$60,248 (\$58,815)
Total Property and Equipment	<u>\$1,433</u>
Total Assets	<u>\$809,720</u>
<b>LIABILITIES AND NET ASSETS</b>	
<b>Current Liabilities</b>	
Accounts Payable	\$0
Accrued Expenses	\$21,717
Total Current Liabilities	<u>\$21,717</u>
<b>Net Assets</b>	
Unrestricted	\$788,003
Temporarily Restricted	\$0
Total Net Assets	<u>\$788,003</u>
<b>Total Liabilities and Net Assets</b>	<u><b>\$809,720</b></u>

**2013 Revenue**



**2013 Expenses**



# 2013 Donors

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Ameriprise Financial Employee Gift Matching Program  
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Athens Financial Group  
Otto Bremer Foundation  
Costco Wholesale Corporation Gift Matching Program  
EDesign  
Grand Ave Rest Home, Inc.  
ING Gift Matching Program  
Janssen Pharmaceuticals, Inc.  
Gannet Foundation as recommended by KARE 11  
Mary L. Hammerly Fund of The Saint Paul Foundation  
Martin and Brown Foundation  
Medica Foundation  
Menopause Center of Minnesota  
Mark and Jackie Nolan Family Fund of the Saint Paul Foundation  
RJW Foundation  
The Saunders Family Foundation  
US Bank Foundation Gift Matching Program

## **In Kind**

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B & W Coffee  
Bear Power Summer Hockey  
Bunny's Bar and Grill

Cookie Lee Jewelry  
Dan's Nicollet Car Wash  
Dunn Bros  
Fast Frame  
Figlio's  
Gear Running  
General Mills  
Lou and Kelly Gomez  
Kottke Fine Jewelers  
The Local  
The Lowbrow  
Moose Country Bar and Grill  
Rysia Murphy  
Old Chicago Pizzeria  
Paul Peltz, CPA  
Rinata  
Wendy Rose  
Smashburger  
Sparks  
Tanel 360  
Town Hall Tap  
Tryg's Restaurant  
Paula Westlund  
Zelo Restaurants

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Almond Township Combined Fund Drive  
Beardsley Area United Fund Drive  
Bernadotte Township United Fund  
Byron Township Community Fund  
Caledonia United Way / Charities  
Central Mille Lacs United Way  
City of Vesta Charity Drive  
Combined Sharing Plan  
Delafield Township United Fund  
Echo Township United Fund  
Emerald Township United Fund Drive  
Gary Cares  
Greater Twin Cities United Way  
Hancock Township United Fund  
Herman United Fund  
Jackson United Fund, Inc.  
Lake Benton Community Chest  
Lake Stay Community Chest  
Lake Valley Charities  
Northfield Area United Way, Inc.  
Polk County Community Fund  
Rome Township Community Chest  
Rosendale Township United Fund  
Springdale Charity Drive  
St. James Township United Fund  
Swede Grove Drive for Charities  
United Fund of Decoria-McPherson-St. Clair  
United Fund of Garden City Township  
United Fund of Le Center  
United Fund of Le Sueur  
United Way of Fairmont, Inc.  
Urness Township Community Chest  
Verona Township United Way  
Washington Lake Township Combined Fund  
Willow Lake Township  
Winnebago United Fund  
Wood Lake Township Rural Charities  
Zumbrota Combined Charities

Support Groups



**DBSA SUPPORT GROUPS**

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

**TWIN CITIES**

Eagan	1st and 3rd Monday, 7 – 8:30 pm <i>Please note that this group does not meet on Martin Luther King Jr. Day, Presidents' Day, Memorial Day, or Labor Day</i>	Cindy	612-386-9131
Eden Prairie	1st, 3rd, and 5th Monday, 7 pm	Beth Bell	612-722-4185
Maple Grove	1st and 3rd Thursday, 7-9 pm	Steve	763-425-6505, ext. 107
Mounds View	2nd and 4th Tuesday, 7 pm	Robin	651-587-6438
Oakdale	1st and 3rd Tuesday, 7 pm <i>Please call before attending</i>	Carol Treague	651-735-2345
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

**GREATER MINNESOTA**

Albany	Every Monday, 6:30pm		320-845-6104
St. Cloud	Every Thursday, 6 pm	Lynn Keller	320-240-3324



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