

NAMI News - Metro Affiliates

Wellness Apps

Although the increased use of cell phones is often blamed for poor mental health, wellness applications (apps) are on the rise.

Wellness apps can track moods and symptoms of mental illnesses like anxiety, depression, and bipolar disorder.

Although each app is unique in what it offers, most prompt users throughout the day, questioning how users are feeling and what activities users are participating in. Many also include a space for journaling.

Over time, these apps can help identify mood and activity patterns. Many apps also provide educational articles and exercises that address certain topics users may be experiencing (such as how to deal with recurring feelings of guilt or excessive rumination or thoughts about death).

These apps are not meant to replace professional help. Many connect users with licensed professionals when their mood submissions indicate the need, and some compile its data in a form to share with healthcare providers to be used as an aide during therapy.

Finding an app that works for you is a personal choice. Some examples of wellness apps include Moodpath, MoodKit, and Moodnotes.

IN THIS ISSUE

**WASHINGTON
COUNTY'S CRISIS
RESPONSE UNIT**

**PROVIDER SPOTLIGHT:
KOFI SERVICES**

**HENNEPIN COUNTY'S
NEW COMMISSIONER**

**SPRING GALA: CALL FOR
SPONSORS/DONATIONS**

AFFILIATE UPDATES

**EAST METRO
SUPPORT GROUPS**



Washington County's Crisis Response Unit

Washington County has a new Crisis Response Unit (CRU) to respond to calls from anyone in Washington County, adult or child, experiencing a crisis.

Available 24 hours a day, 7 days a week, 365 days a year, this unit prevents the need for unnecessary law enforcement, emergency room use, child protection involvement, and hospitalization.

The CRU consists of twenty trained mental health professionals. When a call comes in, a social worker determines if someone is a threat to themselves or others. They connect callers with services and come up with a safety plan. If a person is already in the county mental health system, the CRU is able to access and work with case managers' information already on file. If they determine that a face-to-face meeting is necessary, a staff member heads out.

The CRU hopes that people experiencing a mental health crisis will shift from calling 911 to calling them at 651-275-7400. They even see potential that in the future, dispatch could refer calls to them—similar to 911's relationship with Poison Control.

During the first week alone, the CRU answered more than 1,000 phone calls.

*Each county in the metro area has a mental health crisis response team. You can be connected to a crisis response team by calling **CRISIS from a cell phone anywhere in the 7-county metro.*

Provider Spotlight: Kofi Services

Kofi Services provides support to African American youth in select St. Paul schools who are exhibiting behavior problems or disorders.

The organization pairs elementary and middle school students with licensed mental health professionals who listen to the students' personal stories and provide ongoing support for them and their families through counseling.

Kofi therapists are based in schools, so students' experience with the program is blended well into their day-to-day life.

The therapists' integration within the school, with staff members and structure, allows for better communication between all of the adults in the students' lives.

For more information, call 651-325-2766.

**** CRISIS (**274747)**

call from a cell phone for crisis response in Anoka, Carver, Dakota,
Hennepin, Ramsey, Scott, and Washington Counties

New Hennepin County Commissioner Prioritizes Mental Health

On January 7, Angela Conley was sworn in as the new Hennepin County Commissioner. Conley represents Hennepin County's District 4.

She has experience working as a case manager at a Minneapolis homeless shelter, and before running for office, she served as Operations Coordinator for Hennepin County's Family Public Assistance.

Conley has personal experience receiving government assistance and county services. Prior to her election, she was a member of the Hennepin County Adult Mental Health Local Advisory Council.

"We broke barriers and set an expectation that to be truly representative, government should look like the governed."

-Angela Conley



Day on the Hill, 2019

Book Club

Discuss fictional reads that feature mental illnesses. Learn about and discuss diagnoses that you may not know about or understand. Grow through compassionate conversation!

Email Katy Jo Turner at kjturner@namimn.org with interest and to learn more.

NAMI's Spring Gala: We Need Your Help

On May 11, NAMI Minnesota is hosting its 26th annual Spring Gala.

It features a silent auction, plated dinner, live auction, and fund-a-need. We are looking for event sponsors and donations for the silent auction. Last year, over \$107,000 was raised at this celebration of our work.

All gala proceeds support NAMI Minnesota's mission of championing justice, dignity, and respect for all people affected by mental illnesses.

Please contact Amy Britt, Special Events Coordinator, at events@namimn.org or (651) 645-2948 x112 for more information.

Additional event information is available online at NAMIminn.org.

Affiliate Updates

NAMI Anoka County

is partnering with the Mental Wellness Campaign of Anoka County (MWCAC) to organize educational and social events. They are currently working on offering “Another Kind of Happy Hour” workshops to professionals. “Another Kind of Happy Hour” is a series of workshops based on positive psychology. NAMI Anoka County and the MWCAC are also preparing for their annual Walk for Mental Wellness on June 1 at Coon Rapids Dam Regional Park. More information is available at www.mwcac.org.

www.NAMIANOKACOUNTY.ORG

NAMI Carver County

continues to participate in the Carver County Local Advisory Council on Mental Health (LAC). The LAC meets the second Tuesday of every month from 4-6 pm at the First Street Center in Waconia. Meetings are open to the public.

NAMI Dakota County

is hosting a screening of *The Ripple Effect* at Mary Mother of the Church (3333 Cliff Road, Burnsville) at 7:00 pm on Tuesday, May 14. NAMI Dakota County is also working with a student from the Augsburg University School of Social Work to do a research project to learn more about how they can use their “Emergency Fund” to effectively assist people living with mental illnesses in Dakota county.

www.NAMIDAKOTACOUNTY.ORG

NAMI Hennepin County

conducted a listening tour to collect what residents thought about the mental health system. They created a report that includes a series of recommendations. Common problems collected included dissatisfaction with the mental health system, stigma, and struggles that people of color and LGBT groups face. NAMI Hennepin County is sharing the report with NAMI Minnesota, politicians, and other stakeholders. It is available for viewing on their website.

www.NAMIHENNEPIN.ORG

NAMI Ramsey County

is currently planning a "Mental Illness & Law Enforcement" presentation by Sergeant Jamie Sipes of the St. Paul Police Department's Mental Health Unit for Thursday, May 11. They are hosting their annual county affiliate picnic on Friday, June 14, at Como Park.

www.NAMIRAMSEYCOUNTY.ORG

NAMI Scott County

is offering a spring “Family to Family” class session in Savage.

NAMI Washington County

has started hosting a bimonthly Game Day for the public of all ages, specifically extending an invitation to those with a mental illness. NAMI Washington County has been distributing a crisis tri-fold card they created for people to communicate their mental health needs with emergency personnel during a crisis.

www.NAMIMNWASHINGTONCOUNTY.ORG

**FOR UPCOMING NAMI
MINNESOTA CLASSES**

visit NAMI.MN.ORG/education-public-awareness/classes/

NAMI's Metro Area Support Groups

FAMILY SUPPORT GROUPS

for families and friends of persons living with a mental illness

Chaska

6:30-8 pm, 2nd & 4th Mondays, Chaska Moravian Church, 115 4th St.

Eagan

7-8:30 pm, 4th Monday, Advent United Methodist Church, 3945 Lexington Ave. S.

Eden Prairie

7-8:30 pm, 2nd & 4th Tuesdays, St. Andrew Lutheran Church, 13600 Technology Dr.

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7-8:30 pm, 2nd & 4th Tuesdays, St. Andrew Lutheran Church, 13600 Technology Dr.

Edina

Emphasis on First Episode Psychosis
6-7:30 pm, 4th Thursday, PrairieCare Edina, 6363 France Ave S.

Maple Grove

7-8:30 pm, 3rd Monday, Lord of Life Lutheran Church, 7401 Co Rd 101

Minneapolis

6:30-8 pm, 1st Friday, Mount Olivet Lutheran Church, 50th and Knox Ave S.

Emphasis on First Episode Psychosis

6-7:30 pm, 2nd Tuesday, Fairview Riverside-West Building, 2450 Riverside Ave.

Oakdale

6-7:30 pm, 2nd & 4th Tuesdays, Canvas Health, 7066 Stillwater Blvd.

Plymouth

7-8:30 pm, 4th Tuesday, St. Barnabus Lutheran Church, 15600 Old Rockford Rd.

Roseville

6:30-8 pm, 2nd & 4th Wednesdays, Centennial United Methodist Church, 1524 Co Rd W C-2

St. Paul

6:30-8 pm, 4th Monday, Wilder Foundation, 451 Lexington Pkwy N.

Stillwater

6:30-8 pm, 1st & 3rd Mondays, Stillwater Library, 224 Third St. N.

ONLINE FAMILY SUPPORT GROUP

7-8:30 pm, 1st & 3rd Wednesdays

1. Visit: www.supportgroupscentral.com/nami-mn
2. Click on the Blue Tab that says "Not yet a member? Create your member account now!"
3. Make an account
4. Click on "NAMI Minnesota" at the top of the page
5. Find the support group you'd like to attend & click the "Register" button

PARENT & SPOUSES SUPPORT GROUP

for spouses, domestic partners, and people who share child-rearing responsibilities with a person who has mental illness

Minneapolis

6:30-8:30 pm, 1st Friday, Mount Olivet Lutheran Church, 50th and Knox Ave S.

St. Paul

6:30-8 pm, 2nd & 4th Tuesdays, Falcon Heights United Church of Christ, 1795 Holton St.

NAMI's Metro Area Support Groups (Cont.)

PARENT RESOURCE GROUPS

for parents raising a child with a mental illness

Apple Valley

6:30-8 pm, 1st & 3rd Tuesdays,
Shepherd of the Valley Lutheran Church,
12650 Johnny Cake Ridge Rd

6:30-8 pm, 2nd & 4th Tuesdays,
Shepherd of the Valley Lutheran Church,
12650 Johnny Cake Ridge Rd

Minneapolis

Bilingual- Spanish

2:15-3:45 pm, 1st Saturday,
Lake Nokomis Community Center,
2401 E Minnehaha Pkwy

Prior Lake

6-7:30 pm, 1st Thursday,
River Valley YMCA, 3575 Shepherds Path NW

Savage

10:30 am - 12 pm, 3rd Tuesday,
Caribou Coffee, 7745 Egan Dr.

Wayzata

6:30-8:30 pm, 2nd & 4th Tuesdays, Lunds &
Byerly's, 1151 Wayzata Blvd E.

ONLINE PARENT RESOURCE SUPPORT GROUP

7-8:30 pm, 1st & 3rd Thursdays

1. Visit: www.supportgroupscentral.com/nami-mn
2. Click on the Blue Tab that says "Not yet a member? Create your member account now!"
3. Make an account
4. Click on "NAMI Minnesota" at the top of the page
5. Find the support group you'd like to attend and click on the "Register" button

PARENT WARMLINE

Feeling isolated & overwhelmed by your child's behaviors or mental illnesses? Not sure where to start or who to talk to? No time to attend support groups or classes? Even phone calls a challenge? Connect with a parent peer specialist through NAMI's parent email warmline: parent.resources@namimn.org.

NAMI CONNECTION

for adults with a mental illness regardless of diagnosis

Andover

6:30-8 pm, Wednesdays
Next Step Clubhouse, 216 S. Washington Ave.

Bloomington

5-6:15 pm, Wednesdays, Avivo CSP, 7888 12th Ave S.

Burnsville

6:30-8 pm, Thursdays
Mary Mother of the Church, 3333 Cliff Rd E.

Coon Rapids

6:30-8 pm, Tuesdays & Wednesdays
Family Life Center, 1930 Coon Rapids Blvd.

Crystal

1-2:30 pm, Thursdays,
Northwest Community Support Program,
7000 57th Ave N.

Minneapolis-North

2:30-4 pm, Fridays, Northside CSP, 1309 Girard Ave N.

Minneapolis

6:30-8 pm, Fridays, Mount Olivet Lutheran Church, 50th and
Knox Ave S.

Roseville

6:30-8 pm, Wednesdays, Centennial Methodist Church, 1524
County Rd C2 West

St. Paul

12-1:30 pm, Mondays, Hamm Psychiatric Memorial Clinic, 408
St. Peter St.

Stillwater

6:30-8 pm, 1st & 3rd Mondays,
Episcopal Church of the Ascension Office,
215 North 4th St.

NAMI's Metro Area Support Groups (Cont.)

LGBTQ CONNECTIONS

for LGBTQ individuals

Minneapolis

1-2:30 pm, Saturdays,
Living Table United Church of Christ,
3805 E 40th St.

St. Paul

1-2:30 pm, Saturdays, Gloria Dei Lutheran Church, 700
Snelling Ave S.

YOUNG ADULT

NAMI CONNECTION

for ages 16-20 or 18-30 recovering from mental illness

Apple Valley

ages 16-20

6:30-8 pm, 2nd & 4th Tuesdays,
Shepard of the Valley Lutheran Church,
12650 Johnny Cake Ridge Rd.

Minneapolis-Dinkytown

ages 18-30

7:30-9 pm, Tuesdays, University Baptist Church, 1219
University Ave SE

Minneapolis-LGBTQ

ages 18-30

6-7:30 pm, 1st & 3rd Thursdays, Boneshaker Books, 2002
23rd Ave S.

Minneapolis-U of M

ages 18-30

7:30-9 pm, Mondays,
Grace University Lutheran Church, 324
SE Harvard St.

St. Paul

ages 18-30

6:30-8 pm, 1st & 3rd Sundays, Unity Church, 733
Portland Avenue

OPEN DOOR ANXIETY & PANIC

for individuals living with an anxiety or panic disorder

East St. Paul

6:30-8 pm, 1st & 3rd Thursdays,
Woodland Hills Church, 1740 Van Dyke St.

Edina

7-8:30 pm, 1st & 3rd Tuesdays,
Cross View Lutheran Church,
6645 McCauley Trail W.

1-2:30 pm, 2nd & 4th Tuesdays, Edina Library,
5280 Grandview Square

St. Paul

6:30-8 pm, 2nd & 4th Thursdays, Gloria Dei
Lutheran Church, 700 Snelling Ave S.

White Bear Lake

1-2:30 pm, 2nd & 4th Wednesdays; Church of St. Pius
X, 3878 Highland Ave.

DUAL DIAGNOSIS

for adults living with both a mental illness and a substance abuse disorder

Minneapolis

4-5:30 pm, Sundays, HCMC-Family Resource
Center, 701 Park Ave S.

WEBCONNECT

for adults living with mental illness

7-8:30 pm, 2nd & 4th Thursdays

1. Visit: www.supportgroupscentral.com/nami-mn
2. Click on the Blue Tab that says "Not yet a member? Create your member account now!"
3. Make an account
4. Click on "NAMI Minnesota" at the top of the page
5. Find the support group you'd like to attend and click on the "Register" button

***For the most up-to-date schedule, please visit
www.namimn.org.***

