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*MHR celebrates 40 Years
of community based
services in 2016!*



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Mental
Health
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HOPE, HEALTH & RECOVERY

MHR'S NEWSLETTER / FALL 2015

INVISIBLE NO MORE CAMPAIGN UPDATE **WE DID IT!**

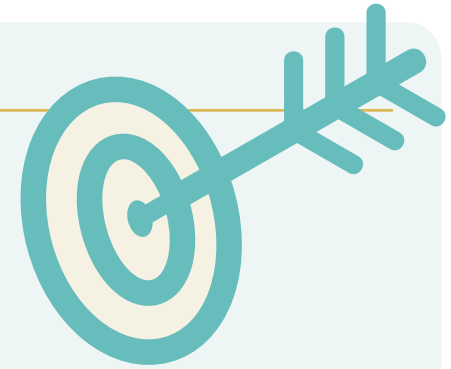


Individuals with serious mental illness die an average of 25 years earlier than those without. To address this disheartening reality, Mental Health Resources launched a Campaign in 2013 to address this high morbidity rate for the clients we serve.

We are proud to announce that on June 30th MHR secured the donation to achieve (and exceed by \$31,000) our *Invisible No More Campaign* goal of \$1.1 million. With this support, an enhanced integrated health care initiative, comprehensive dental program, mother/child pilot, and data evaluation and analysis projects are all underway throughout MHR's programming and services.

Thank you to the following donors for making this dream a reality!

*AMRTC Auxiliary Rose Fund
Bentson Foundation
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Seward Co-op SEED Program
Sharon Hawkins
Smikis Foundation
The Rodman Foundation
The Saint Paul Foundation
Wyman Family Charitable Foundation*



JOIN US IN CELEBRATING
THIS ACCOMPLISHMENT AT A
YEAR-END CELEBRATION!

Tuesday, December 1st
7:00pm
Ramsey House,
Saint Paul

IT FOUND ME: A NEW LIFE AS A PEER SUPPORT SPECIALIST



"My mental illness was always illusive to me," says Chuck Worthley, MHR's most recent addition to our **Seward Community Support Program**.

Chuck received his mental illness diagnosis of social anxiety in relation to authority figures in 1969 from the Marine Corps. At 18 years old, Chuck had his Honorable Discharge in one hand, and a future without a plan.

For the next 40 years, he self-managed his mental illness by forcing himself to experience trauma around his illness. As an employee with General Electric for 23 years, training and presenting led him to slowly recover from his illness. Now in his early 60s, Chuck was looking for the next thing in his life. "What can I do to improve other people's lives? What can I do to pay it forward?"

While searching opportunities on the VA website, he learned about the Peer Support Specialist role. "It sounded like something I would absolutely love. *It found me,*" recalls Chuck. He registered for the Peer Support Training with the Minnesota Department of Human Services, and waited for over a year to be placed into a class. From the moment he started his class, he knew this was the right fit. "What a wonderful group of people."

Upon completion of his training, Chuck started looking for Peer Support positions. "MHR had a position, so I applied," says Chuck. "After my interview, I couldn't wait to call my wife and tell her what a cool this place was." He was offered the job, and couldn't wait to accept.

Chuck still remembers when his peer support trainer told the class that they had no idea right now what the faces look like of those you will love and support. "Those words echo in my mind all of the time." Helping those clients on their path of recovery creates a source of excitement every day. "I can't wait to grab that cup of coffee and head out the door every morning."

He really enjoys sitting down with clients, one-on-one, to talk through issues they are experiencing and finding resolution to those challenges. "The team at MHR is a loving family for all that we serve. It's not about how much we make, but how much we give."

Thank you so much to the Otto Bremer Foundation for supporting the addition of the Peer Support Specialist role at MHR's Seward Community Support Program.



"What can I do to improve other people's lives? What can I do to pay it forward?"

Here's Chuck enjoying MHR's CSP Member Appreciation Day with two long-time clients, Thomas and Richard.

CSP MEMBER APPRECIATION DAY



Each year, MHR's **Seward Community Support Program Drop-in Center** hosts a **Member Appreciation Day**. This year, the festivities were held October 2nd with a fun theme of TV Shows. Prizes were given for best costume and DJ Michelle was spinning the beats for dancing, karaoke and Name That Tune. Games, prizes and a special meal from Rusty Taco were enjoyed by all. Thank you Seward CSP Team for making this day special for our Seward CSP Members!

RETHINK TOBACCO INITIATIVE LAUNCH



In the State of Minnesota, three out of four people who smoke are living with mental illness. To address this disparity, MHR has prioritized tobacco reduction/cessation as our integrated health and wellness initiative of 2015.

MHR hosted a community forum and all staff training with Dr. Jill Williams from the Robert Wood Johnson Medical School. Dr. Williams' work focuses on decreasing the high smoking rate among adults with serious mental illness. This training provided a launching pad to make tobacco cessation a priority for clients. Our Health Services Team has been conducting trainings with each team regarding stages of change, carbon monoxide

monitor use, motivational interviewing, available quit resources, and myths about tobacco use and mental illness.

To support clients in their reduction/cessation effort, the Health Services Team has launched six tobacco cessation support groups throughout 2015. The Team has customized the Healthy Lifestyles curriculum for adults living with a serious mental illness.

MHR's ReThink Tobacco Initiative is funded, in part, by ClearWay Minnesota.

IN BRIEF

Addition of Community Health Outreach Coordinator



In July, MHR introduced the **Community Health Outreach Coordinator** role to the Health Services Team. In her new role, Lindsay Biller will support tobacco cessation, comprehensive dental care and physical health initiatives throughout the agency. A Minnesota native and graduate of the University of Minnesota, Lindsay has spent the past five years working with safety net clinics in Colorado. Her health care experience spans from Maternal Child Health, to Oral Health, to Disease Management. While she'll miss the snowboarding in Steamboat Springs, CO, she is excited to bring her love of oral health and collaborative action to MHR.

Colleen Hansen Receives Award from Wells Fargo

Congratulations to Colleen Hansen, MHR Volunteer Extraordinaire, for her Volunteer Services Award from Wells Fargo! Colleen has been instrumental to the Open Baskets project, which provides holiday gifts baskets to over 1,600 MHR clients every year.



Posh Mommy Partnership

In honor of May being Mental Health Awareness Month, The Posh Mommy selected MHR as their charity of the month. The Posh Mommy is a one-of-a-kind online boutique created by the significant others, wives and girlfriends of America's best professional athletes. Founded by Nicole Jennings, The Posh Mommy unites women from all walks of life, across various professional teams and playing fields. This is the place where real women share their real fashion at reasonable prices for the benefit of charity. Thank you to The Posh Mommy for this wonderful partnership!



OPEN BASKETS CALL FOR VOLUNTEERS!

Open Baskets is looking for volunteers to help during the following shifts. Email Colleen at colleen@openbaskets.org to sign up! Space is limited.

THURSDAY, NOVEMBER 19TH /
Set-up Team - 2-5pm
Transportation Team - 4-7pm

FRIDAY, NOVEMBER 20TH /
Basket Assembly - 9am-12pm
Basket Assembly - 1-3:30pm

SATURDAY, NOVEMBER 21ST /
Basket Assembly - 9am-12pm
Transportation Team - 10am-2:30pm
Clean-up Team - 1-2:30pm