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HOPE, HEALTH & RECOVERY

MHR'S NEWSLETTER - WINTER 2015

Mental Health Resources, Inc.
762 Transfer Road, Suite 21
St. Paul, MN 55114



Mental Health Resources, Inc.

OPEN BASKETS: ANOTHER SUCCESSFUL YEAR



Open Baskets closed its 9th year of operation on another successful note. With over 225 volunteers, Colleen Hansen, program founder, led the project to plan and gather donations and assembled 1,600 baskets for MHR clients and another 200 baskets for their children.

Colleen and her team have big plans again for 2015. Mark your calendars for the 3rd annual Dash-it for Baskets on Saturday, May 9th at Trapp Farm Park, 805 Wilderness Run Road, Eagan, MN. Register at www.mhresources.org.

A big THANK YOU to Colleen Hansen and all of the Open Baskets volunteers and donors. To donate or volunteer with Open Baskets, please visit www.openbaskets.org.

IN BRIEF

Published Outcomes

In November 2014, the recently completed project outcomes of our Metro Team were published in Grantmakers in Health's publication *Views from the Field*. This article featured the collaborative work between MHR and the Medica Foundation to serve individuals experiencing crisis due to symptoms of mental illness. The project demonstrated a 49% reduction in health care costs over a brief six-month period. To read the full article, please visit www.mhresources.org/press-releases.

Winter Coats

With the harsh Minnesota winter upon us, MHR extends a warm Thank You! to MHR Case Manager Lisa Rauschendorfer. Lisa worked with her church, Upper Room Community, to secure over 150 coats for MHR clients. This generosity is greatly appreciated by our clients during this cold season.



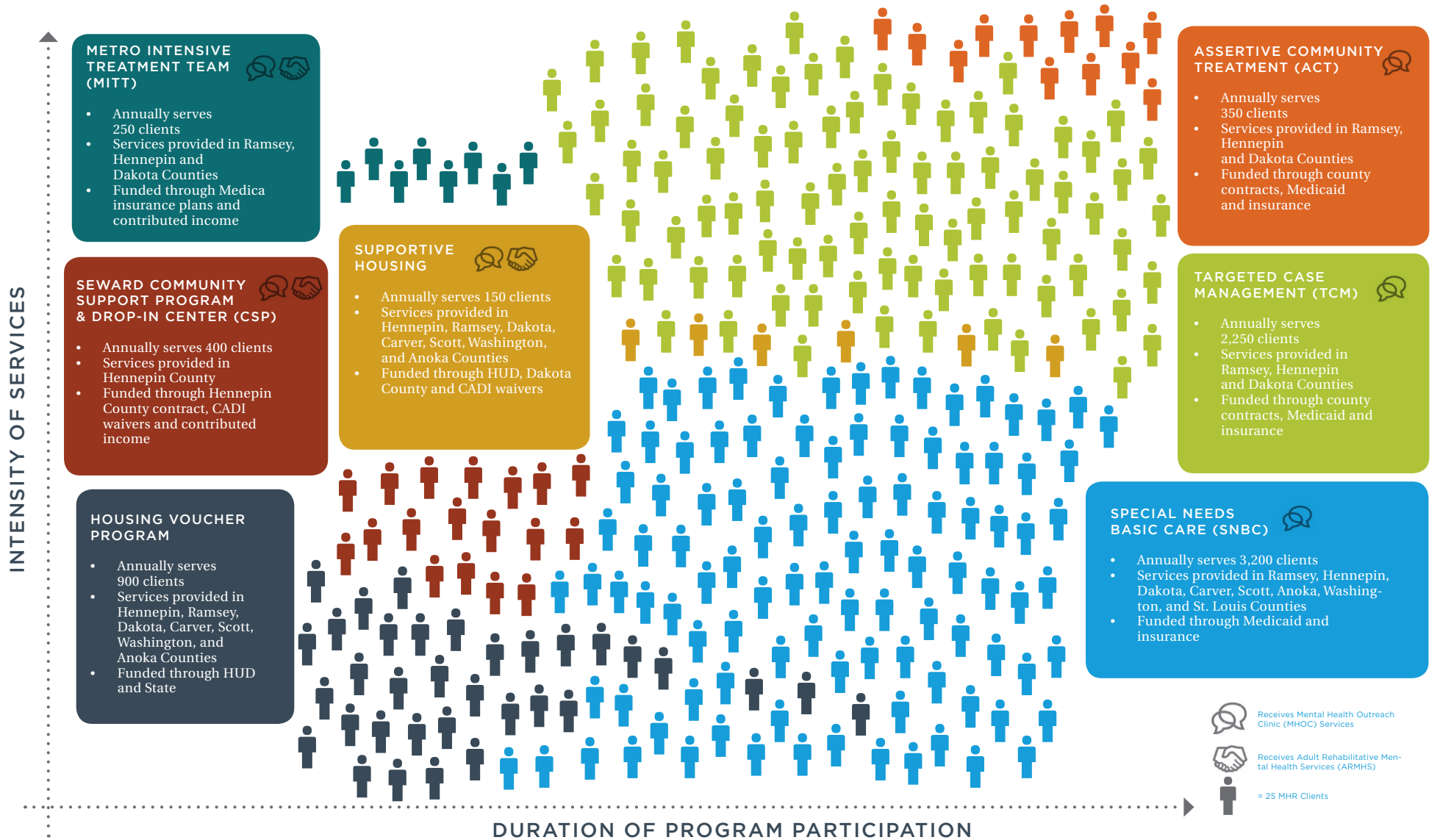
Invisible No More: A Campaign for Innovative Solutions

Launched in 2013, MHR's Invisible No More Campaign is our first ever major philanthropic fundraising effort. The Campaign goal is to develop a base of new support from foundations, corporations and individuals that have not previously contributed to the agency to implement new programmatic initiatives and sustain them over the long-term. Increasing contributed funding through the Campaign will allow the organization to address gaps in service by implementing new programs, such as an Enhanced Integrated Service Model; a Comprehensive Dental Program; a Parent/Child Prevention Program; and Upgrade and Expand Data Collection and Evaluation Systems. Thank you to the foundations, corporations and individuals who have contributed to this effort. To date, \$1,034,750 of the \$1.1m Campaign goal has been committed. If you are interested in making a gift to the campaign, please contact Jill Johnson, Director of Advancement, at 651.999.4641.

MinnPost Feature

On January 23rd, MHR's Seward Community Support Program (CSP) was featured on MinnPost. Check out the full article at www.mhresources.org/press-releases.

PROGRAMS & SERVICES



CLIENT STORIES

NALDA / Targeted Case Management

Nalda, a 60-year-old woman from Cuba, was jailed and brutalized at the age of 15 years old. "I have not seen my sister or mother since then," states Nalda. In 1981, she came to the US and began using drugs to self-medicate from her PTSD and depression. She now lives with Hepatitis C and stage four terminal liver disease.

With the help of MHR's Case Management, Nalda has found suitable housing and manages her liver disease. "Nalda has shown tremendous courage and resilience in her recovery," states Nalda's Case Manager. "She is a great example of how MHR meets clients where they are, and how MHR goes through their journey of recovery with them. We foster hope, and because of MHR Nalda now has more hope than she has ever had."

KATHERINE / Assertive Community Treatment

Katherine came to the Hennepin Assertive Community Treatment (HACT) team in 2006 after enduring multiple hospitalizations, significant trauma, and self-injurious coping skills. For years, Katherine's mental health symptoms made it difficult to achieve even short periods of stabilization. Her precarious housing situation also made it difficult to maintain consistent supports.

With the support of the HACT team, Katherine has stable housing, has lost 60 pounds, and no longer relies on self-injury to cope with life stressors. The providers on her team utilize motivational interviewing to guide her toward choices that have significantly improved her mental and physical health.

ANGELA / Metro Intensive Treatment Team

Angela was referred to the Metro Intensive Treatment Team (Metro Team) for services during a time of crisis for her family. Her mental health symptoms were making it difficult for her to find employment and communicate with her landlord regarding non-payment of rent. She faced eviction and struggled to provide food for herself and two sons.

A Metro Team case manager worked with Angela for a short six-month period and helped her to make a payment arrangement, improve symptoms through connections to mental health providers, increase medication adherence, and take steps toward financial recovery.

THOMAS / Seward Community Support Program

With a rough home life and a disengaged father, Thomas got into trouble at a very young age. His first visit to detox was at 12 years old. Thomas was in and out of treatment for many years, living in foster homes, group homes, or with his grandma or mom in between. When Thomas was 20, he became a member of MHR's Seward Community Support Program (CSP) and secured a housing voucher with MHR's Stevens Supportive Housing program.

Thomas believes he is lucky to have the support of the CSP and the thought of losing his housing voucher helps keep him out of trouble. He attends the Drop-in Center almost every day to socialize with friends and connect with the counselors for support. "They will help you with your mental illness," Thomas said. "This place is a big hope."

JOHNNY / Special Needs Basic Care

Johnny has been a managed care member with MHR for three years. When we first met Johnny, he struggled with chemical use and homelessness which made it difficult for him to consistently follow-through with available resources.

Johnny's MHR Care Guide advocated for a speedy assessment for chemical dependency treatment and within a week he was approved for and began a long-term treatment program. He was in treatment for over two months and was connected to a therapist and a psychiatrist and began to confront childhood trauma and solidified his resolve to remain sober. Today, Johnny reports ten months of sobriety and with that, increased stability. He is actively involved in his recovery and his future.

MARCUS / Housing Voucher Program

When Marcus came to MHR, he had been homeless and sleeping in shelters for three years. He was using cocaine; had serious medical concerns including a recent seizure, nerve pain/weakness in his hands, and diabetes; and significant difficulties with emotion regulation. He had no relationship with his son and had a strained family relationship.

Marcus has maintained his current apartment for one year, been sober from cocaine for 16 months, and has completed probation. In this time, he completed anger management classes and uses this information and tool daily to regulate his anger. Recently, Marcus connected with MHR's Mental Health Outreach Clinic (MHOC) for individual therapy. His relationship with his family has improved significantly and he now considers his family a primary support.

RITA / Supportive Housing

When Rita came to MHR four years ago, words like "sobriety," "recovery" and "hope" were not a part of her reality. Rita reported that in the last 20 years she had not been sober outside of treatment for more than a week. In addition to her chemical dependency, Rita struggled with major depression and frequent suicidal ideation/ attempts leading to numerous hospitalizations. Rita's depression and alcoholism caused her to lose her job of 15 years, her housing, and several significant relationships, including her children and grandchildren.

MHR's Haralson Supportive Housing counselor Lynelle took a closer look. Once Rita was connected to stable housing, Lynelle began encouraging Rita to look at the relationship between her mental and chemical health. Lynelle assisted Rita in finding Mental Illness/Chemical Dependency day treatment program to help her address both issues simultaneously, and made referrals to a psychiatrist and therapist to continue her progress. Because of Rita's commitment to recovery and Lynelle's hopeful guidance, Rita has an entirely different outlook than she did four years ago.

Rita has maintained her sobriety for several years and has reported no suicidal ideation for the past year. She has re-established relationships with all three of her children and often babysits her grandchildren, was approved for Social Security and has held a part-time job for over a year. Rita has developed a support network of friends to help her thrive and feels the mix of independence and Lynelle's support has been the key to this success.