

NAMI and other helpful resources

Mental Health Awareness Month 2017

Presenter: Amy Mensch, RN

What's the one most important tool I can share with a family caring for someone with mental illness?

- ▶ [NAMIhelps.org](https://www.namihelps.org)
- ▶ From that website, you can link to many different resources
- ▶ You can find workshops, training, therapy groups
- ▶ NAMI phone support line information
- ▶ On line versions of their booklets

What is NAMI?

- ▶ National Alliance on Mental Illness
- ▶ Nations largest grass roots mental health organization dedicated to improving the lives of children and adults living with mental illness and their families
- ▶ Non-profit, dependent on donations and volunteers
- ▶ National office
- ▶ State offices
- ▶ Local county affiliates
- ▶ Started with a small group of parents and has grown from there
- ▶ Education and support continues to be primarily facilitated by volunteers living with illness and family members

WHAT DOES NAMI FOCUS ON?

▶ Three main focus areas:

1. Education
2. Support
3. Advocacy



Working to improve the lives of children and adults with mental illnesses and their families



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Spring Gala Celebrates NAMI's Successes

Over 300 people joined in NAMI's Spring Gala on May 6 at the Hilton Minneapolis. The event was also a celebration of NAMI Minnesota's 40th anniversary and featured a NAMI Superheroes theme and a ten-minute film on NAMI's successes. Guests included some of NAMI's superheroes from the old days forward, and speakers Sen. Al Franken and Lt. Gov. Tina Smith. In addition, Gov. Dayton issued a proclamation declaring May 6 as NAMI Minnesota Day! Highbrow & the Shades provided a variety of great music to dance to or groove on, and silent and live auctions brought spirited bidding that helped raise funds for NAMI Minnesota. Special thanks to over 40 volunteers who also attended and to our emcee, KARE11's Jana Shortal. Thanks to everyone who donated, attended and volunteered for making the Spring Gala such a great experience and a big success.

U.S. House Passes Shaky HealthCare Bill

The U.S. House voted 217-213 on May 4 for a bill to replace the current healthcare law. Under the American Health Care Act millions of Americans will lose mental health coverage or be charged more simply because they have a mental health condition. The AHCA strips \$800 billion from Medicaid over the next 10 years, forcing states to slash mental health services. It means 24 million Americans could lose insurance for mental health care. The bill will likely be altered to such a degree in the Senate that it may become unacceptable to the House, so the bill as currently written is far from law. Advocates will need to continue their efforts as this critical issue unfolds. More, [here](#).

May is Mental Health Month

May is Mental Health Month



CURRENT NEWS

[Pat Solomonson was Mission-Driven Leader](#)

[May is Mental Health Month](#)

[NAMI Membership Changes Start July 1](#)

["I'm Not Going to School Today"](#)

[Teaching Survivors How to Tell their Stories](#)

CURRENT EVENTS

[Medicaid Community Conversations Set](#)

[Family & Parent Support Group Training Planned](#)

[NAMI Minnesota Book Fair at Barnes & Noble](#)

[Free Conference on Youth Substance Abuse](#)

[Suicide Prevention Classes](#)

What do I really need to know about NAMI to help patients and their families

- ▶ Education, education, education...NAMIhelps.org
- ▶ **EVERYTHING IS FREE**

Educational classes *(some examples but not a complete list)*

- ▶ Family to Family - 12 week class (also a version specific to Borderline Personality Disorder)
- ▶ Hope for Recovery - several at HCMC - 6 hours starter class
- ▶ Children's challenging behaviors
- ▶ QPR, SafeTALK, and ASIST -suicide focused trainings
- ▶ Early Episode Psychosis
- ▶ Kidshop - Kids living with a parent with illness
- ▶ Mental Health First Aid
- ▶ In our own Voice
- ▶ Get to know NAMI

Support groups

- ▶ **Living with illness** - meeting 1-2 times weekly, facilitated by folks in recovery
- ▶ **Family/loved ones providing support** - meeting 1-2 times month, facilitated by families with experience
- ▶ **Specialized groups** - Anxiety, Dual Diagnosis (thanks Dr. Demarais, right here at HCMC), LGBTQ, WebConnect.

Other ways to get involved:

- ▶ Participate in the NAMI walk each year. HCMC has a HUGE team!
- ▶ Mental Health Day on the Hill
- ▶ Attend Mental Health First Aid
- ▶ Check out free training for professionals on [NAMIhelps.org](https://www.namihelps.org)
- ▶ Volunteer
- ▶ Advocacy with lawmakers through the year. Subscribe to weekly legislative email for details on what's going on and how to get involved
- ▶ Keep helping to fight stigma related to mental illness

Sales pitch for NAMI (and other ways to get involved)

- ▶ Consider being a member for a limited fee.

NAMI is dependent on donations.

- ▶ Individual/family - \$35 (*price goes up slightly in July*) - seriously, that's cheap..and worth it!

What do you get in return? Pride in belonging to a great organization and supporting the work they do, quarterly news letter mailed to your home, discount at their annual conference and research dinner, access to Minnesota e-newsletters.

Help families in distress

(or better yet before they are in distress)

- ▶ Most families finally make it to NAMI once they are in full blown crisis
- ▶ Majority of families report wishing they would have heard about NAMI sooner in the journey with their family member
- ▶ “Our provider never mentioned it” (and these are psychiatry providers too!)
- ▶ I finally realized “I’m not alone”

MICHAEL K POPKIN PSYCHIATRY FAMILY RESOURCE CENTER:

- ▶ LIBRARY OF MENTAL HEALTH RELATED BOOKS
- ▶ VOLUNTEERS
- ▶ VIDEOS
- ▶ RESOURCES
- ▶ SPECIAL EVENTS
- ▶ MAILING LIST
- ▶ FACEBOOK PAGE

- ▶ WWW.PSYCHFRC.ORG

Welcome to the Michael K. Popkin Psychiatry Family Resource Center Web Portal

Here you can find information about mental health, hear stories from individuals and their families who have experienced mental illness, and find local resources that support you and your community.

We have collected resources from local and national psychiatric experts for you to explore and learn from.



Upcoming Events

- 1. Education Week – Mental Health Awareness Month**
May 8 @ 12:00 pm - May 12 @ 1:00 pm
- 2. NAMI Dual Diagnosis Support Group**
May 14 @ 4:00 pm - 5:30 pm

HCMC Psychiatric Services

Acute Psychiatric Services

- 24-hour walk-in crisis intervention
- Suicide hotline
- Referrals
- Medication refills
- Resource identification
- Evaluation for inpatient admission

Crisis Residential

- Coming Soon!

Inpatient Psychiatry

- 102 acute care psychiatric beds which includes 21 intensive care beds
- Comprehensive psychiatric assessment by a psychiatrist and interdisciplinary team
- 24 hour nursing care and evaluation
- Medication management
- Electroconvulsive therapy
- Social services and clinical care coordination
- Cognitive Behavioral and SMART Psychotherapy groups
- Psychoeducation (Wellness Management & Recovery)
- Rehabilitative therapies (Occupational Therapy, Recreational Therapy)
- Medical evaluation
- Forensic evaluation
- Psychological and Neuropsychological Evaluations
- Friends and Family support group

Electroconvulsive Therapy Outpatient Program

Partial Hospitalization Program

- Intensive three week treatment
- Intensive Medication Management (up to 3 times per week)
- Group Psychotherapy
- Rehabilitative therapies (Occupational Therapy, Recreational Therapy)
- Wellness & Education Groups

Mother Baby Program

- Group and family psychotherapy;
- Support for mother-baby bonding and connection;
- Health education on topics such as the transition to motherhood, grief and loss, caring for a baby or young child, and relaxation and mindfulness;
- Medication evaluation and management.

Day Treatment Program

- 12 week , 3 hour per day program
- Tracks for: Co-Occurring Disorders, Mood/Personality, Thought Disorder
- Group psychotherapy (DBT, CBT, MI)
- Psychiatric rehabilitative therapies
- Embedded Medical Services (primary care, cardiology)

Dialectical Behavior Therapy Intensive Outpatient Program

- 1 hour of DBT Skills group per week for 6 months to a year
- 1 hour of individual psychotherapy
- 24/7 DBT Phone Coaching

Consult Liaison Services

- Serving pediatric and adult inpatients on medical, psychiatric, & rehabilitation units
- 24 hour psychiatric assessment and management of medical patients with psychiatric conditions
- Psychological and Neuropsychological testing
- Psychological consultation & brief interventions

Neuropsychology Clinic

• Neuropsychological testing for children and adults in an outpatient setting

Primary Care Behavioral Health

- Provider to Provider Consultation
- Brief Psychiatric Consultation
- Brief Diagnostic Assessment
- Brief Psychological Treatment for Mild-Moderate Psychiatric Conditions or Health and Behavior Conditions (Obesity, Insomnia, Medication Non-Compliance, Pain, Etc.)

Health Psychology

• Specialty Clinic-Based Embedded Psychological Services:

- Traumatic Brain Injury/Stroke
- Sleep
- Pain
- Positive Care

Adult Psychiatry Clinic

- Psychiatric evaluation and medication management
- Psychological evaluation and psychotherapy (individual and group)
- Hennepin Mental Health for Women

First Episode Psychosis Program

- Coming Soon!

Child and Adolescent Psychiatry Clinic

- Serves children up to age 18 and their families
- Assessment of emotional, behavioral, and cognitive difficulties
- Individual psychotherapy for children and adolescents
- Parenting skills
- Family therapy
- Psychiatric evaluation and medication management

Jail Health Services

- Psychiatrist evaluations
- Mental Health Nursing

Psychiatry Residency Program

- Clinical training and didactics in psychiatry

Psychology Internship & Fellowship Program

- Clinical training and didactics in psychology

METRO AREA MENTAL HEALTH CRISIS RESPONSE:

- ▶ If you or someone you know is experiencing a mental health crisis, call the crisis response provider in your community. Telephone and mobile outreach is available 24 hours day/7 days a week.
- ▶ Anoka 763-755-3801
- ▶ Carver/Scott 952-442-7601
- ▶ Dakota 952-891-7171
- ▶ Washington 651-777-5222
- ▶ Ramsey Adult 651-266-7900; Children 651-266-7878
- ▶ Hennepin Adult (COPE) 612-596-1223; Children 612-348-2233
- ▶ In a life threatening emergency, call 911.

CRISIS CONNECTION:

- ▶ Canvas Health's Crisis Connection provides qualified counselors who are able to respond to any problem 24 hours a day, 365 days a year by phone or text.
- ▶ Services are free, confidential and immediately accessible.
- ▶ Counselors help the caller reach a place of emotional and physical safety and then direct the caller to available community resources that offer longer-term support.

For care providers:

- ▶ Children's mental health collaborative psychiatric consultation service
Minnesota's consultation service is available to primary care providers, pediatricians, family practice physicians, psychiatrists and other practitioners
- ▶ Monday - Friday, 8 a.m. - 5 p.m.
- ▶ The statewide toll-free number is: 1-855-431-6468
- ▶ For more information: www.mnpsychconsult.com/ Although children on Medical Assistance fee-for-service are the first priority for this service, the service will take provider calls relating to any type of children's mental health issue that arises with any child in Minnesota.



National Suicide Prevention Lifeline and Txt4life

- ▶ 1-800-273-8255 - suicide hotline
- ▶ **TXT4Life is a suicide prevention resource for residents in Minnesota funded by the [Minnesota Department of Human Services](#).**
We can help you with relationship issues, general mental health, and suicide.
- ▶ **Text “Life” to 61222 to be connected to trained, compassionate counselors.**
We are free, confidential, and here for you 24/7/365.
If you believe a person’s life is in imminent danger, call 911.