



MENTAL HEALTH SERVICES

inTOUCH

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BY PEOPLE INCORPORATED

Ignite

Artability Art Program Lights the Fire Within for Artists with Mental Illness

Artability is the spark for many local artists with mental illness. While some have pursued art their whole lives, others have just dabbled, never really seeing themselves as artists—that is until they became part of Artability and began to see themselves in a whole new light.

In fact, a number of Minnesota artists got their start at Artability, together with the encouragement they needed to develop their art in a serious way.

Terri Behrens Feldman, whose “Bowl of Birds” painting was chosen for the 2011 Artability poster, is one of those artists. Although she had a show at Minneapolis College of Art and Design, where she earned a B.A. in environmental design, last year’s Artability was really Terri’s first show as a visual artist.



Artability Artist
Terri Behrens Feldman

Terri has attended nearly every workshop this year, too, and also decided to enter a piece in the Artability poster contest. She was thrilled that her piece will represent the show on posters, T-shirts, and postcards. “The idea of a ‘bowl of birds’ came from my flower-arranging background. I wanted to do something abstract, and I thought about arranging birds like they were flowers. Birds often figure in my work—I see them as a symbol of lightness, of not being weighed down. It’s interesting that this year’s art show theme is ‘ignite,’ because flames and fire also figure a lot in my work.”

Originally from Rochester, Terri has suffered from depression for most of her life, as well as from PTSD and anxiety disorder. She was able to work as a florist until a few years ago, when arthritis and fibromyalgia made it difficult for her to stand. “In some ways it’s been good in that it made me focus more on my art. It’s very healing for me, and the Artability classes have been a great way to de-stress and find a little bit more of myself and who I am. I’m not a very verbal person, so it helps me a lot to express my thoughts in a nonverbal way. The encouragement and support I get at Artability is wonderful. I don’t get that support for my art anywhere else in my life, so it means a lot that they understand how valuable art is to me. I hope everyone realizes just how wonderful Artability is and comes to the show. It’s amazing!”

Artability is October 6-8 · See page 6 for details!

“I heard about Artability through word of mouth, and began attending the various art workshops last summer. I think I went to every single one! I was so impressed with everyone involved in it, especially the volunteer teachers and the staff, who are all just so caring.” The program involves a summer-full of art workshops leading up to an art show the first week of October. The program is now in its seventeenth year.

Fashion Fighting Stigma

Runway Event Raises Money and Awareness for Homeless Services Clients

More than 250 people attended our Fashion Fighting Stigma event on August 18, 2011, raising over \$4,000 to purchase needed supplies such as toiletries, emergency food, transportation, and survival gear used by Homeless Services to help those who are homeless and have mental illness. Held in the central atrium of St. Paul's Landmark Center, the event

featured a film about the mental and emotional toll of homelessness on those with mental illness, followed by a runway show featuring the fashion of local designers and boutiques. The event was organized by a talented team of People Incorporated employees. Thanks to everyone who helped make the event a great success!



(Above) Enjoying refreshments before the show. (Right) A film about Homeless Services by Ron Johnson at cadenceFILM, "What does ____ feel like."



(Left) Kristen Hagen models fashion by local designer Autumn Kirchman. (Above) Annette Speed is greeted by Homeless Services Director Geoff Meyer and Outreach Worker Ashley Burkhardtsmeier.

Event photos by Jenny Bedard Photography.

Client Story

Marlin Ivy: "I immediately knew things were different."

There was a time with Marlin Ivy was happy-go-lucky. And then a series of tragedies set him on a downward spiral. His brother was murdered, another died of meningitis, his father died, and his best friend was shot. Marlin's deeping depression led him to consider suicide.

"I became very nervous of other people and claustrophobic," says Marlin. "I was so desperate. I didn't want my life to be like that." He sought out help, and eventually got some medical care. "But I was just existing, not living. Every day was so tough."

Then Dakota County set him up with a People Incorporated case manager. "I immediately knew things were different. My case manager, Jodi, called me back right away if I needed help. That meant so much to me to know she cared, and I began to care, too. First she helped me with the basics—getting healthy and taking care of myself. Then she



helped me to create strategies for going out in public. I got a cell phone and a bus pass, so that if I ever feel claustrophobic or need to get away fast, I can. I used to wander around lost for hours if that happened.

"What's different about People Incorporated is that I'm part of the process. Jodi's like a mentor—she doesn't hound or judge me.

She helps me focus on where I want to go, like finishing my AA degree. I only needed a few credits, and I was so anxious, but she helped me have a plan, and I even finished second in my class. Now she's helping me focus on what I want to do next, which is to work with kids and help them stay on track.

"I like being independent, but having someone who I can call and who will help me stay healthy makes such a difference. I feel happy, I'm learning to smile again, and I even want to be around people now. I'm focused on living my life, and that's a great feeling."

Funding Saved for Crisis Services—But Continued Vigilance Needed

Dear Friends,

It's been a very active summer here at People Incorporated. The first half was, of course, dominated by the state budget debates, and specifically the threat of severe cuts to community-based mental health crisis services. That meant a lot of time at the Capitol, speaking to legislators about the great need—and cost-effectiveness—of community-based mental health services, including our crisis residences that provide a homelike local alternative to locked hospital wards.

Even though there were some reductions in mental health support, the good news is that the final bill restored crisis service funding—and that was thanks to a lot of hard work by our staff and by many of you, who wrote letters or made calls of support to your legislators. Thanks to all of you who helped with this effort! Thanks also to Rep. Jim Abeler and Sen. David Hann for taking time to listen to our concerns and for working to maintain funding for crisis services, and to Sue Abderholden for her leadership of the Mental Health Legislative Network, whose members worked tirelessly to protect Minnesota's current support system for people with mental illness. It goes to show you that when we work together for a common cause and make our voices heard, people listen.

The process also demonstrated once again that times are changing and people are becoming more open about mental illness and the need to provide care for those affected by it.

And given that one in five Americans will have a diagnosable mental illness during their lifetime, that need is urgent. In spite of this, the fragile system of public funding for people with mental illness continues to be under threat. Economic pressures could result in the dismantling of a system which took years to create and gives folks who are struggling with mental health issues only minimal support. We need to be vigilant and make sure we continue to stand up and protect these services so that people with mental illness get the help they deserve.

Many thanks again for supporting our work in the community. You enabled us to reach more than 7,500 people with mental illness last year—let's work, going forward, to bring help and hope to even more!

Sincerely,



M. Tim Burkett, Ph.D., L.P.
CEO



SAVE THE DATE!

Oct. 28

Rev Up Your Rumba and Jazz Up Your Jive! Fifth Annual House-to-Home Event at Dove Hill Mansion

“A Moonlight Masquerade” is the theme of this year's House-to-Home Event, which raises much-needed funds to furnish our residential programs, helping to make them more comfortable and hope-inspiring for our clients. Held this year at the historic Dove Hill Mansion on Summit Avenue in St. Paul, otherwise known as the home of long-time donors Dick and Nancy Nicholson, the event will feature a social hour, dinner catered by the Saint Paul Hotel, a “masked” auction, and dancing. Music will be by the nationally acclaimed local ensemble, Davina & the Vagabonds, and will include dance music for every taste, from jazz and swing to rumba and rock and roll. See back cover for details. Tickets are limited, so get yours early!



HOUSE-to-HOME
event

Davina Sowers

PEOPLE
INCORPORATED

Folk Icon Judy Collins speaks on “Suicide, Survival, and Strength” at our Annual Luncheon

A sold-out crowd of 400 packed the Dancers Studio Event Center in St. Paul on May 25 for our 42nd Annual Luncheon. Folk music icon and Grammy Award–winner Judy Collins spoke about the suicide of her son and her own mental illness in her talk, “Sanity and Grace: A Journal of Suicide, Survival, and Strength.” Client speaker Dr. Gary Onnen spoke about his experiences of major depression and how People Incorporated helped him regain his health and independence.

KARE 11 anchor and meteorologist Belinda Jensen served as Master of Ceremonies. CEO Dr. Tim Burkett presented two awards—one to the Executive Director of NAMI-MN, Sue Abderholden, and one to State Representative Jim Abeler for their work in protecting Minnesota’s network of community support for people with mental illness. Other guests included Ramsey County Commissioner Victoria Reinhardt, Hennepin County Human Services Division Manager Gwen Carlson, and DHS Assistant Commissioner of Chemical Health and Mental Health Services Maureen O’Connell.

The co-chairs of the Park Avenue Campaign, Dr. Jan Hogan and Jim Peter, presented a slideshow of the new Huss Center for Recovery and the Stark Mental Health Clinic, and announced the completion of the \$2 million fundraising campaign. Thanks to everyone who supported the campaign as well as those who helped make the Annual Luncheon such a success!

Judy Collins’ appearance is thanks to a generous grant from Dr. Trisha Stark, Vice President, People Incorporated Board of Directors.



Folk music legend Judy Collins



Board of Directors Vice-President Dr. Trisha Stark, Board President Alden Drew, and Chief Operating Officer Jill Wiedemann-West



Park Avenue Campaign Co-Chair Jim Peter announces the conclusion of our \$2 million fundraising campaign.



CEO Tim Burkett (right) presents an award to State Representative Jim Abeler.

Thank you to our Event Sponsors! **Gold Sponsor (\$2,500): K.M. Building Company** · **Bronze Sponsor (\$1,000): Geritom Medical, Inc.**



A capacity crowd at St. Paul's Dancers Event Studio



Client speaker Gary Onnen

People Incorporated in the News

MPR REPORT ON BUDGET CUTS

Minnesota Public Radio reported on 6/29 about the potential impact of proposed budget cuts on community mental health care. It included interviews with Tim and one of our clients, Kevin Branting. <http://tinyurl.com/3l4ttrs>

FOX 9 INVESTIGATIVE REPORT ON HOMELESSNESS

FOX 9 TV aired an in-depth story on our Homeless Services during the station's newscast on July 8. Investigative reporter Jeff Baillon worked closely with our staff and clients throughout the past year to produce the report. <http://tinyurl.com/3werfuk>

FEATURED LETTER IN STAR TRIBUNE

Following the announcement of State Senator Linda Berglin's retirement, Tim's letter to the *Star Tribune* editor thanking Linda for her work on behalf of people with mental illness was the "featured letter" of the day. <http://tinyurl.com/43hgmhu>

HUSS CENTER FEATURED IN MD NEWS

Our new Huss Center for Recovery was recently featured with an article and cover in the Twin Cities edition of *MD News*, which circulates to a wide range of physicians through out the metro area. <http://tinyurl.com/4yhdyon>

TOP WORKPLACES



In June, the *Star Tribune* named People Incorporated as one of the "Top Workplaces 2011"—a list of the 140 best places to work in Minnesota based on employee opinion.

<http://www.startribune.com/jobs/topworkplaces/>



(Left to Right) Catherine Mayer, Lucy Jones, Rev. Molly McMillan, Pam Carlson, Georgia Mueller, Jan Anderson, Rev. Tom Forster Smith



KARE 11 Anchor & Meteorologist Belinda Jensen



Autographed copies of *Life* with a story about Judy Collins were auctioned and raised \$6,900. Thanks to Dick Nicholson, who donated the magazines.

It's Easy to Give a Gift in Your Will

Thinking of leaving a legacy gift to People Incorporated? It's easier than you think, and the benefits are many—including the ability to help people with mental illness get the care and support they need to live independently in our community. Just a few sentences in your will or trust is all that is needed. You can structure the bequest any way you wish, and of course there are tax benefits, too.



To find out more, visit our website at www.PeopleIncorporated.org and click on "Donate Now" on the home page to access a wealth of resources, or contact Barbara Nichols, Vice President, Community Relations, at 651.288.3504 or Barbara.Nichols@PeopleIncorporated.org.

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JANUARY 1, 2011 - JULY 31, 2011

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ignite

ARTABILITY ART SHOW & SALE
 October 6-8, 2011

Join us to celebrate the creativity and contributions of more than 90 artists who live with mental illness.

OPENING RECEPTION
 Thursday, October 6 • 7 pm

VIEWING HOURS
 Thursday, October 6 • 6-9 pm
 Friday, October 7 • 2-8 pm
 Saturday, October 8 • 10 am-3 pm

LOCATION
 Lutheran Church of the Redeemer
 (near SW corner of Hwy 94 & Dale)
 285 N. Dale Street, St. Paul, 55103

FOR MORE INFORMATION
 651-227-6321 x42
PeopleIncorporated.org

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BOSS FOUNDATION

United Arts FUND



Terri Behrens Feldman, *Bowl of Birds*



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JANUARY 1, 2011 - JULY 31, 2011

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† = Deceased
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Nancy Blakestad

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Photos: Nancy Blakestad, Jenny
Bedard (Fashion, p. 2), Tony
Nelson (pp. 4-5)

PEOPLE INCORPORATED PROGRAMS

CLINICAL SERVICES

Home Health Agency
Stark Mental Health Clinic

CRISIS SERVICES

Diane Ahrens Crisis Residence
Nancy Page Crisis Residence
Riverwind Crisis Response Services
Twin Cities Crisis Services

HOMELESS SERVICES

Housing First – Hennepin and Ramsey
Metropolitan Homeless Outreach Services (MHOP) – Hennepin and Ramsey
Plymouth Service Coordination – American House and Kimbal Court
Project Recovery
Project SAIL (Support and Advocacy for Independent Living)
Safe Haven Services – Hennepin House and Ramsey House

RESIDENTIAL SERVICES

Adult Foster Care in Anoka County – Parkway House
Adult Foster Care Dakota County – Foliage, McAndrews, River Hills, Colonial
Adult Foster Care – Summit Park
Girard House
Heather Ridge
Housing with Services – Edgebrook, Londin, Ruth
Montreal Courts Supportive Living
People II

TREATMENT SERVICES

Anchor House
Assertive Community Treatment – Homeless
Huss Center for Recovery
Maghakian Place

CASE MANAGEMENT SERVICES

Anoka County Stabilization and Triage Team (STAT)
Community Services in Dakota County
Mental Illness/Chemical Dependency – St. Joseph's Hospital
Service Coordination – Hennepin and Ramsey
Targeted Case Management – Anoka and Hennepin

COMMUNITY SUPPORT SERVICES

Adult Foster Care – Penn House and Scott House
Adult Rehabilitative Mental Health Services (ARMHS) – Anoka County
Anoka Resident's Community Housing (ARCH)
APOLLO Resource Center
Deaf and Hard of Hearing Services of Ramsey County
Deaf Mental Health Services
Deaf Supportive Living
Epilepsy and Mental Health Services
Northside Community Support Program
Waivered Services – Jordan House and Upton House

FAMILY SUPPORT SERVICES

SAFE – Support, Advocacy, Family, Education



MENTAL HEALTH SERVICES

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