WHAT TO DO IF YOUR HOLIDAYS AREN’T MERRY AND BRIGHT
by Russ Turner, Training Institute Director

The holidays have a knack for highlighting everything that is difficult about living with depression. For people living with mental health challenges, the holidays might not be the most wonderful time of the year, and constantly hearing songs alluding to that does NOT help.

Potential sources of unhappiness include high expectations, loneliness, and our old friend: stress. Our culture raises expectations of how this period of the year will feel – merry and bright, wonderful, jolly, etc. Whenever there is a gap between expectations and reality, it’s a recipe for dissatisfaction and unhappiness. Joyful images of holiday gatherings are hard to take if you’re lonely.

PROGRAM SPOTLIGHT: CHILDREN’S THERAPEUTIC SERVICES & SUPPORTS

People Incorporated has undergone a positive shift in its programs for children, pivoting from the day treatment model to the provision of Children’s Therapeutic Services & Supports (CTSS). The decision to pivot to this more dynamic and flexible approach has allowed People Incorporated to address staffing concerns and better meet the diverse needs of children within the community.

The day treatment model, characterized by intensive services previously provided at the New Hope program site, faced challenges in staffing and enrollment due to inadequate reimbursement rates. The new CTSS model involves practitioners embedded in 5-6 school sites in the Robbinsdale district.
NEW YEAR, NEW CHARITABLE GIVING GOALS

Happy 2024! With the new year comes the chance to reflect on your charitable giving goals for the next 12 months. Right now, you have the opportunity to become a sustaining supporter of People Incorporated's mission by committing to monthly giving, the most low-maintenance and sustainable way to make a difference.

“I give a recurring gift because it makes it feel possible for me,”

said sustaining donor Emily Essert. “I don’t feel like I have a lump sum to give, but a little bit at a time feels like something that not only adds up but also fits into my monthly budget.”

Enrolling in monthly giving automates your gifts – just like you would your bills. There’s no need to set yourself a reminder, and you can guarantee that your impact will be assured every single month.

“To join Emily by becoming a sustaining donor, visit the Give Online page on our website, and make sure to click the button for “Recurring donation.” Thank you for being one of the first in 2024 to commit to People Incorporated’s mission and our ability to reach our neighbors who most need support.”

“Even a small recurring gift, whatever you would normally spend in a week on coffee, adds up over the year and is really impactful to a nonprofit,” said Emily. “It’s a really wonderful way to show an organization that you care about them and want to support them in the long term.”
January Opportunities for Creativity

*Tap into your creativity through arts, crafts, creative writing, and more.*

- **Soap Making** | Wednesday 1/3 | 12 - 2 pm
- **New Year Vision Boards** | Monday 1/8 | all day
- **Suncatchers** | Wednesday 1/10 | 12 - 2 pm
- **Dot Mandalas** | Wednesday 1/17 | 12 - 2 pm
- **Key Chain or Bracelet** | Monday 1/22 | 1 pm
- **Macrame** | Wednesday 1/24 | 12 - 2 pm
- **Journaling** | Monday 1/29 | 1 pm
- **Marble Mugs** | Wednesday 1/31 | 12 - 2 pm

**NORTHSIDE COMMUNITY SUPPORT PROGRAM**

**Pool, Spades, BINGO!, and Ping Pong**

Join us for fun and games all month long! Pool tournaments on the 2nd, 16th, and 30th at 1:00 pm; Spades tournaments on the 4th and 18th at 1:00 pm. We’re also hosting BINGO! on the 9th and the 23rd at 1:00 pm and a Ping Pong tournament on the 25th at 1:00 pm.

**Birthday Celebration**

Join us in a celebration! All are welcome to stop in for birthday treats at the end of the month to celebrate all January birthdays.

*Wednesday, January 31st, all day*

**Community Meal**

Once a month, we provide a free meal from a local restaurant. Stop in to grab a bite to eat and socialize.

*Monday, January 15th at 12:00 pm*

**Interested in becoming a Northside Community Support Program member?**

Membership is FREE and available to any adult resident (18+) of Hennepin County who is living with a serious mental illness. Members receive access to community-based services such as recreational activities, support for job seekers, housing support, therapy, occupational therapy, art therapy, ARMHS services, and community events. Call 612-521-2116 to see if you’re a fit.
THE TRAINING INSTITUTE

Hospital Emergency Departments are often the first point of contact for children and adolescents experiencing a behavioral health crisis, as community resources are unable to maintain support of the individual at the time. For many young people foster care is a more effective intervention than placement in a facility and as a result approximately 185 children each week are placed in foster care in Minnesota. Most youth who enter their care, however, have unmet mental and behavioral health needs stemming from complex trauma. This means that Minnesota foster families and out-of-home caregivers are met with significant challenges assisting youth transitioning safely in and out of their care. In addition, untreated mental health issues represent a significant barrier to learning and educational success in school. Effectively training caregivers to support children transitioning into and out of their care will help reduce emergency department visits for mental health crises and promote resiliency in these children. The Training Institute is excited to announce a multi-year training program for hospital staff, foster parents, caregivers, and school-based mental health professionals sponsored by MN DHS. This project will provide much needed mental health and trauma training to those working with youth throughout the state.

COMMUNITY

Each winter, our children’s programs host a Holiday Drive through which donors can provide gifts to children and families in need.

- 26 donors participated
- 23 families received gifts
- 35 additional clients received gift cards

Thank you for brightening the lives of local families this holiday season!

ARTABILITY

Our 2024 workshop schedule is coming soon!

Keep an eye on our website for updates regarding workshop dates and times and how to sign up. We will also reach out to previous participating artists through email and direct mail.

We can’t wait for another great year of healing, community, and FUN through community Artability workshops!

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