Music therapy is the clinical use of music interventions to address individualized, non-musical goals by a credentialed professional who has completed an approved music therapy program. Common goal areas may include improving coping skills, learning how to manage stress, improving communication skills, enhancing treatment motivation, increasing overall health and wellness practices, and providing opportunities for self-expression. Individuals do not need to be a musician to receive and benefit from music therapy. Due to an awesome partnership with the University of Minnesota, People Incorporated was recently able to offer music therapy to our clients.

Dr. Silverman, Director of the Music Therapy Department at the University of Minnesota, and People Incorporated began discussing the potential for a collaboration back in 2016. People Incorporated continued to stay connected for one year as we worked together to identify the best way to create a sustainable music therapy service in our system. Melody Peterson, a graduate student to Dr. Silverman was brought on as a part-time People Incorporated employee to engage with clients and staff and find ways to integrate music therapy into our services. In June 2018, Melody became a full-time intern at People Incorporated. Since then, we have served more than 700 individuals through nearly 130 music therapy group sessions and 60 individual music therapy sessions.

Groups look different depending on the setting. In mental health facilities, commonly used interventions include songwriting, lyric analysis, relaxation, instrument
playing and recreational music games. Music therapists work with all ages in a variety of settings such as nursing homes, schools, daycares, hospitals, group homes and mental health facilities. In a partnership with the University of Minnesota, Melody was able to borrow a guitar, keyboard and various percussion instruments from the university to be used in People Incorporated music therapy groups throughout the internship. Dr. Silverman was also awarded the Imagine Fund grant, providing the opportunity for clients to create original songs, record and produce a CD. The title of the CD is Who We Are, and it was completed by individuals who attended the music therapy group at our Northside Community Support Program in Minneapolis. The artwork on the cover of the CD was also created by clients at Northside Community Support Program art lab.

“I am in recovery and music therapy makes me feel ten times better. Best group ever,” said one client. Another shared, “This was a lot of fun – I got a high from just laughing so much!”

We hope this incredible service continues to grow in size and impact as we move this service into 2019. It is evident that our clients get so much out of their music therapy groups.

5 MINDFULNESS TIPS TO HELP YOU DE-STRESS DURING THE WINTER

With limited daylight and frigid temperatures, your mind can easily wander during the winter. Staying focused may not be easy, especially when worry, stress and anxiety creep into your daily thought patterns. What can bring calm to a wandering mind? Practicing mindfulness helps strengthen your ability to pay attention to the present moment, increasing awareness of unhealthy thought fluctuations. It’s also a key component of psychotherapies that help our clients cope with mental illness.

Mindfulness teaches acceptance of life experiences without self-judgment. Ruminating on the past, present and future cultivates negative self-talk, causing unneeded worry. This negativity you take away from the present moment, distracting from important internal and external stimuli that create deeper experiential awareness, meaning and understanding.

Practicing mindfulness regularly will not only help you de-stress this holiday season but will give your overall wellness a boost too. Try these 5 exercises to get started:

1. Head out on a mindful, full-sensory walk and when it is safe, just stop and look around. Become aware of everything around you and take note of how you feel, whether it is overwhelmed, anxious or calm.

2. Do a chore around the house that you’ve never done before and give it your undivided attention.

3. Listen to your favorite song and recognize how it makes you feel.

4. Take a moment out of your day, close your eyes and just sit, relax and pretend you are melting into your seat. After more practice, you may begin to feel more at one with your surroundings.

5. Pick an object and stare at it as long as possible. Retain your mental focus on this one thing. If your mind deflects, bring it back to the present. The longer you can keep your focus, the more your mindfulness will increase.
here are so many ways to describe the act of celebration; honor, admire, appreciate, commemorate, experience. All of these descriptions and so many more serve to set the stage for our 50th year of operating as an essential piece of the community healthcare safety net. It is genuinely exciting to be the leader of this amazing organization as we celebrate a half-century. Exciting, because it is truly a joy to plan a series of events and occasions that honor the extraordinary vision and perseverance that employees, former leaders and communities have built over the last fifty years. Exciting because we get to commemorate the footprints and fingerprints so dutifully placed in order to assure that those most vulnerable and marginalized had a safe place, a home, care and hope.

We get to be singularly mindful as a part of our celebration of the challenges in creating something from nothing, and the many barriers that came with that imperative in regard to stigma, funding, and ignorance. I also want to be thoughtful about all the people that made those fingerprints and footprints along the way, and respect everyone's contributions.

Celebrating the 50th anniversary of People Incorporated will take all year. It will take that long because there are so many people that need to share in our accomplishments and impact, and also receive our gratitude and appreciation. We have so much to celebrate in 2019 and I hope that you will be a part of all of the festivities and opportunities.

We will honor where we came from and the many contributors to our successes. We will admire all the strides our clients have made in partnership with the organization, and pay tribute to our many wonderful community partners. But most of all, we will enjoy the experience of turning 50! We will appreciate where we have been, and enthusiastically look forward to what the next 50 years will bring. We look forward to our year of celebration and invite you to join us. Watch for all the wonderful ways you can participate, and yes, celebrate People Incorporated’s first 50 years.

Sincerely,

Jill Wiedemann-West, M.A.
CEO, People Incorporated
COMMUNITY ADVISORY COUNCIL WITH SPEAKER, SERGEANT JAMIE SIPES

People Incorporated welcomed Sergeant Jamie Sipes, head of the Mental Health Unit at the St. Paul Police Department, to speak at our Community Advisory Council breakfast on September 21, 2018. Sergeant Sipes shared his personal family history relating to mental health, which led to his passion of working with the St. Paul Police to create a mental health unit. A People Incorporated licensed social worker is embedded in this unit, working alongside police to respond to mental health calls. Working as a collaborative team, the unit has been successful in minimizing and avoiding potential crises or fatal outcomes as first responders when dealing with individuals in need of mental health services.

This initiative has received an enormous amount of media coverage in the Twin Cities that has not only raised awareness for mental illness, but has also sparked interest in police departments in the metropolitan area to begin adding these much-needed specialized units. This is exactly what the Community Advisory Council is all about – engaging the audience and opening the dialogue! Thank you to Sergeant Jamie Sipes and we will continue to support the good work that the St. Paul Police are doing on behalf of those struggling with mental illness.

BOARD MEMBERS

Karen Gulliver, Ph.D was elected to the board in the fall of 2018. Karen is a retired MBA Program Chair at Argosy University in Minneapolis/St. Paul.

Humphrey McKenzie was elected to the board in the fall of 2018. Humphrey works as the Audit Director of Operational Risk at Wells Fargo in Minneapolis. He has more than 20 years of demonstrated success in operational/enterprise risk management, audit and finance.

Seth Paradis, Ph.D was elected to the board in the fall of 2018. Seth is the Chair of the Human Kinetics and Applied Health Science Department and founding Director of the Biokinetics program at Bethel University in St. Paul.

A NEW PLAYGROUND AT OUR CHILDREN'S PROGRAM

When People Incorporated bought and moved the children’s day treatment programs to our New Hope location a couple of years ago, there was only a small strip of grass that could be used by the kids to play. While the children and staff used it to the best of their ability, they were missing a key portion of the programming, and alignment with our mission, which is encouraging health, wellness and an integration of physical activity into a child’s day.

People Incorporated felt that creating a more sufficient play area was a priority. In 2017, our staff worked with the City of New Hope who allowed us to expand our usable green space and chose playground items that would support the children while enhancing our overall services. Today, the playground is all set up and the children are able to play and enjoy it regularly.
2018 MARRCH FALL CONFERENCE
This past October, the Minnesota Association of Resources for Recovery and Chemical Health (MARRCH) held its annual regional conference attracting more than 1,500 trade visitors and nearly 100 exhibitors. People Incorporated made an impact at MARRCH throughout the three-day conference by having a booth and a presentation inspired by musical lyrics from The Beatles by Gary Norman, vice president of operations, called, “Leadership Through Relationships.”

We were also honored for our efforts in going tobacco-free along with Mental Health Resources, Avivo and Vail Place at a special ceremony on the first day of the conference. Nominated by Blue Cross Blue Shield Center for Prevention, our CEO, Jill Wiedemann-West accepted the Minnesota Association of Community Mental Health Programs, Inc.’s award in the category of Program Innovation and Community Collaboration. The Program Innovation and Community Collaboration Award recognizes an organization who developed innovative ways to promote health and wellness and/or partnerships to overcome challenges to service delivery to improve the health of individuals recovering from mental illness and substance use disorder. People Incorporated became a tobacco-free environment on November 1, 2018 and continues to support clients and staff through treatment and products to help end dependency on nicotine. “Our clients are targeted by tobacco and it creates disparity for the population that counts on us. Although we want to improve their lives, we also want to improve the lives of all of our staff, which is why this initiative is so important,” said Wiedemann-West.

In total, the four behavioral health organizations serve more than 40,000 people with mental illness and/or substance-use disorders in Minnesota. While tobacco use has often been viewed by some in mental health and substance-use treatment as a low priority and even as a potential coping mechanism, it is the number one cause of death and disease among those with mental illness. An analysis of 26 studies showed improved mental health with a reduction in tobacco use and found that anxiety, depression and stress significantly decreased while compared with those who continued using tobacco. People in treatment for substance use disorders who also receive tobacco treatment are 25 percent more successful in long-term abstinence from alcohol and other drugs. “Congratulations to the Avivo, Mental Health Resources, People Incorporated, and Vail Place communities on becoming commercial tobacco-free organizations. Your leadership and commitment to tobacco-free campuses and supporting staff and clients with services to quit tobacco use is at the forefront of this movement in Minnesota. We join with you in creating environments where everyone has access to clean air,” said Chris Matter, senior program manager, Center for Prevention at Blue Cross and Blue Shield of Minnesota.

2018 NAMIWALKS
Beautiful weather mixed with enthusiastic volunteers, staff and clients made for an awesome NAMIWalks on Saturday, September 22, 2018! The National Alliance on Mental Illness (NAMI) hosted more than 85 NAMIWalks across the country in 2018, bringing people together for the walk to raise awareness and funds for NAMI.

Beneath the People Incorporated canopy, was plenty of free food, T-shirts and giveaways, which were a bit hit! Many people enjoyed the free massages, acupuncture and wellness screenings provided by our staff before the walk started at 1:00 pm. We also provided bus transportation to and from the event from various People Incorporated locations to ensure transportation would not be a barrier for those wanting to join.

NAMIWalks is not only a great time to socialize and have fun for a good cause – but also a great way to walk around Minnehaha Park in Minneapolis to learn about the other organizations in Minnesota who provide mental health programs and services. NAMIWalks is an opportunity for our clients to see our strong community of care that is present to support them on their recovery journey.

If you are interested in walking or volunteering with the People Incorporated Team for NAMIWalks in 2019, let us know – it’s never too early to sign up! Email volunteer@PeopleIncorporated.org to learn more.
Our 2018 Artability Art Show and Sale was a ‘Basket of Opportunities’ in more ways than one. This theme represented Artability poster winner, Faye Buffington-Howell’s artwork titled, A Basket of Opportunities. Held at the Great Hall in St. Paul from October 25-27, the show provided a unique opportunity for artists living with mental illness to share their passions, creativity, talent and achievements with the general public. The event helped attendees understand art’s healing power, which provides meaning, purpose and hope to the lives of those living with mental and physical challenges.

More than 160 artists from the Twin Cities and greater Minnesota participated in the show. 600 pieces of art were on display and for sale, ranging from acrylic paintings, watercolor paintings, sculpture, photography, pen and ink, mixed media and graphic works. Thirty-two writers also submitted works for a published anthology that was for sale at the show.

We were also very excited to honor Otto Bremer Trust with the Community Partnership Award. In recognition of the Trust’s support of People Incorporated’s work, from the first award in 1981 for renovations supporting our clients with epilepsy, to their recent grants for our Training Institute and Mental Health Trainee Program, we are so grateful for their partnership.

Additionally, Tim Burkett, People Incorporated’s CEO for 18 years, presented the Burkett Award for Community Leadership in Mental Health to the St. Paul Police Department. In recognition of the St. Paul Police’s extraordinary commitment to our community through the efforts of their Mental Health Unit, their community partnerships, and desire to “build bridges” in working with some of our vulnerable citizens, we are so appreciative for their work and innovative thinking.
2018 AWARD WINNERS

BEST IN SHOW
Kandace Krause - *Me Before Me*

PAINTING
FIRST PLACE: Deb Geelsdottir - Woman & Boy
SECOND PLACE: Heather Spielman - *The Bedtime Story Begins at Dawn*
HONORABLE MENTION: Faye Buffington-Howell - A Veil of Grief - to Journey and Ride on - To Let Go

GRAPHIC WORKS ON PAPER
FIRST PLACE: Ashley Adams - Be Careful What You Wish For
SECOND PLACE: Julia C. Spencer - Repetition
HONORABLE MENTION: Douglas Blue - Lost Portal to Atlantis

MIXED MEDIA
FIRST PLACE: Mama Ethel - Glory of Motherhood
SECOND PLACE: Kata - Walking the Earth
HONORABLE MENTION: D.D. - Harlem Fall/Winter: Hidden in Plain Sight

SCULPTURE
FIRST PLACE: D.D. - Black Female Archetype #4
SECOND PLACE: Morgan Brooke - Memories
HONORABLE MENTION: Sandra Lynn Geer - Copper Horse

BEST USE OF COLOR
Thia - Enchanted Tree

BEST SOCIAL COMMENTARY
Lacey Woida - *MNI WICONI*

PHOTOGRAPHY
FIRST PLACE: Dennis DeMatthew - Stadium Reflection
SECOND PLACE: Kiki Rogers - Joyful
HONORABLE MENTION: Alex Amble - Esprit

POETRY
FIRST PLACE: Lacey Woida - Vapor
SECOND PLACE: C. Graber - Sleep
HONORABLE MENTION: Ruth Lais - Painter

FICTION
FIRST PLACE: Echo G. - Loquasiocity: Talking Like Hrabal
HONORABLE MENTION: Benjamin Revier - Inspiring Heart

NON-FICTION
FIRST PLACE: Lori Rae Knutson - Crestview Assisted Living
SECOND PLACE: Jill Lynne Ness - A Night Without Stars
HONORABLE MENTION: Martha Bird - From Michigan to Minnesota...And Reaching Back Again

SCHOLARSHIP/SPECIAL AWARDS
ALEX GALLE AWARD: Peter
MELISSA LEWIS AWARD: D.D.
SERVICES
People Incorporated serves almost 14,000 clients through almost 60 programs in the Twin Cities.

INTERVENTION & ENGAGEMENT
Crisis residences
Domestic abuse and anger management

OUTREACH & ACCESS
Homeless outreach

SUPPORTIVE SERVICES & HOUSING
Adult foster care
Adult Rehabilitative Mental Health Services (ARMHS) and Customized Living Solutions
Case management
Deaf mental health
Deaf supportive living
Drop-in resource center
Housing First
Housing with services
Independent Living Services (ILS)
School-linked mental health
Service coordination
Transitional support

TREATMENT & RECOVERY
Assertive Community Treatment (ACT)
K-12 day treatment
Mental health clinics
Residential mental illness treatment

WELLNESS & FOUNDATION HEALTH
Health services and Tobacco supports
Movement and alternative therapies
Nutrition
Psychiatry and nursing

BOARD OF DIRECTORS
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Kelly Puspoki
Susan Rydell, Ph. D., L.P.
Chad Saunders
Kyle Thomas
Kathy Wellington

SUPPORTING MENTAL HEALTH AND WELLNESS IN OUR COMMUNITY THROUGH COLLABORATION AND INTEGRATION OF CARE.

Thank you
To all of the individuals, foundations, corporations and service organizations who generously made gifts to People Incorporated in 2018. Thanks to you we were able to fulfill our mission of “Supporting Mental Health and Wellness in our Community through Collaboration and Integration of Care.”

50th Anniversary
Established 1969

Set for October 4, 2019. Check our website for more details.

Please call 651.774.0011 if you will be moving, are receiving duplicate copies of our newsletter or no longer wish to receive our mailings.

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YouTube and LinkedIn (People Incorporated Mental Health Services)