Integrating services and providing individualized care has always been at the heart of People Incorporated. Mary Valiulis, a longtime People Incorporated client and Artability* artist, didn’t think she would need any of our other services. But when she went to the doctor last December with a horrific cough, her doctor said it was likely due to her more than 40 years of smoking. She knew it was time to quit! She knew that all of the People Incorporated programs and services became tobacco-free* in November 2018, and she wanted to learn more about how they could help her stop smoking.

When she shared with staff that she was ready to quit smoking, she was referred to Kristina, a registered nurse and tobacco dependency educator. “Kristina really inspires me and she is always educating me on reasons to stay away from cigarettes,” Valiulis said. She has been able to reduce her tobacco consumption and is motivated to continue reducing the amount she smokes until she can finally quit. “I want a white smile, I want to be able to jog again, I want a picture of myself without a cigarette in my hand,” Valiulis says. “The staff at People Incorporated have finally been the encouragement and motivation I have been needing in my life. When I have been able to quit for a period of time, I feel better. I have more energy, my lungs feel better and I’m more mindful and present.”

As Mary continues to work on her smoking reduction, she is also preparing for her fifth Artability Art Show and Sale this year. In 2018, she sold four pieces and she’s even won...
awards at previous shows for her sculptures. “Artability has been wonderful for me. When I paint, I get lost in the artwork and I don’t think about my cravings or my pain,” said Valiulis.

She is a determined woman and knows she will continue to move forward and make progress. With the support of her community and People Incorporated employees and programs, she says, “I can do it, I know I can.”

“People Incorporated is grateful to the financial support for our wellness programs. They include Artability, tobacco-free programming, music therapy, yoga, massage and acupuncture, which are all provided to our clients. Some of our supporters include, but are not limited to, Aroha Philanthropies; Boss Foundation; Harlan Boss Foundation; churches and many individuals.

A nyone who lives with or knows somebody with mental illness understands how complicated things can get real fast. This is why a few years ago, senior leadership at People Incorporated decided to create one simple point of access to all the programs and services because mental illness doesn’t keep banker’s hours.

Central Access officially launched in February 2017 and grew quickly from one staff person to ten. The knowledgeable team is available to answer questions, connect individuals to the right services, and most of all – listen with an understanding and compassionate heart. Clients can now schedule appointments online through PeopleIncorporated.org by selecting “Request a Clinic Appointment” located on the homepage.

When asked how best to describe Central Access, People Incorporated program manager, Amber Michel, replied, “It is an information hub full of experts; the point of entry for professionals, clients and their support systems, and communities. Navigating health systems is hard. Central Access makes it easier to get care when people need it.”
A MESSAGE FROM
JUDY MAGHAKIAN
WIFE OF CO-FOUNDER REV. HARRY H. MAGHAKIAN

When Jill Wiedemann-West, People Incorporated CEO, invited my daughter Sally and me to lunch, she surprised me with a request to write an article reflective of the days of the rooting, discovery, decisions, and planning that have grown in 50 years from a small seeding of people to more than 700 employees with a budget of more than $50 million. Amazing! I said okay, but inside felt resistance. Why? Because the article would be written in May, one year since I lost my beloved husband and my grief runs deep. Yet, I could almost hear Harry, primary founder of People Incorporated, saying that is selfish. This kind of attitude and resistance has never shaded the purpose of People Incorporated. So here is goes!

Months before we came to St. Paul, we were asked by the Presbytery of San Francisco to do a survey of Skid Row San Francisco. Harry walked the streets every day. At night my fingers walked across the keys of our typewriter to share what he experienced. When the results of the survey were complete, we were invited to come to St. Paul, Minnesota to staff Dayton Avenue Presbyterian Church on the verge of closing. So, as Harry walked the streets and alley ways of the Dale Selby Community, he connected with a group of 10-12 men who felt the shame, isolation, and pain of being marginalized. Which are feelings he was acquainted with as the son of refugees and a first generation immigrant. He connected with these men and their vulnerability and hopelessness. He was constantly reminded of a response his refugee father would share as Harry asked him, “Papa, who do you love more, me or my sisters?” His father would answer, “If I stick a pin in one finger on my hand, won’t the whole hand hurt?” This response stuck and as the years and life experiences shaped Harry, the hand represented all people, and the pricked finger represented the pain that affects the whole hand of humanity. This understanding became the roots of People Incorporated.

Late at night, we would talk quietly so we would not wake our children. We knew a safe haven and home was needed. A call went out to the Presbyterian churches. Four responded; Reverends Paul Francis of Macalester, David Ling of Church of the Way, Harry Sweitzer of Central, and a lay person of North Como named Bob Hanson. Connecting these men with Jerry Winters of the Ramsey County Health Center sparked the resolve to move with faith and speed into the future. People who became a bridge of hearts spread to countless people who understood the truth of the story of Harry’s father, “If I stick a pin in one finger won’t the whole hand hurt?” This digs deep into the pain all people feel from time to time of being broken, shamed, and isolated. And so People Incorporated took off, its roots, people, and the people of the human family. The roots are strong. Resolve to go into the future for people as People Incorporated. Go!

Sincerely,

Judy Maghakian
FROM D.C. TO MINNESOTA: ADVOCATING FOR BEHAVIORAL HEALTH CARE REFORM

An important part of our mission involves advocating and lobbying for behavioral health care reform at the state and federal levels. We want to help ensure that quality, integrated behavioral health services are accessible to all. That’s why our CEO, Jill Wiedemann-West, and Executive Director of the Minnesota Association of Community Mental Health Programs, Jinny Palen, met with Washington D.C. legislators including Congressman Tom Emmer, this past February to encourage expansion of The Excellence in Mental Health Act and the Certified Community Behavioral Health Clinics (CCBHC) demonstration initiative.

Wiedemann-West and our General Counsel, Mike Turpin, also visited with Minnesota Governor Tim Walz and Minnesota Department of Human Services Commissioner, Tony Lourey, at the Minnesota State Capitol this March about extension of CCBHC legislation in Minnesota. In April, Representative Hodan Hassan, DFL-Minneapolis and Human Services Commissioner, Tony Lourey, met with People Incorporated CEO, Jill Wiedemann-West, at our Huss Center for Recovery. Most recently, Jannelle Nelson, Senior Manager CCBHC flew to D.C. to discuss the continuation and expansion of the CCBHC with legislators. The meetings were positively received and we are pleased to say that Minnesota has passed the budget for fiscal 2019/2020.

Extending CCBHC’s reach and scope will help centralize access to trauma-informed, comprehensive and integrated care, allowing a large population of individuals that struggle with serious, complex and co-occurring mental health and substance use disorders to receive the care they need. We are proud to be one of eight health care providers in the state of Minnesota to participate in the CCBHC initiative.

NEW PROGRAM TREATING OPIOID ADDICTION OPENING SOON

A few months ago, we were sad to shut down People Incorporated’s Hennepin House. We are, however, looking forward to providing another intensive residential treatment service program, this time with a heavy focus on treating opioid addiction. The new program is called Northside Residence, and the interior of the building is currently being remodeled. It is set to open late summer 2019 and we will be accepting referrals soon. For more information please call Central Access at 651.774.0011 or email IRTS@PeopleIncorporated.org. We look forward to serving a part of our community that is in great need.
MENTAL HEALTH DAY ON THE HILL:
TOGETHER WE SPOKE UP FOR MENTAL HEALTH

On March 14, 2019, we were honored to have our staff, clients, and peers attend the Mental Health Day on the Hill public rally in the Minnesota State Capitol rotunda. Sponsored by the National Alliance on Mental Illness and Mental Health Minnesota. The event featured rousing and inspiring speeches that encouraged legislators to support adults and children living with mental illness through improved policies. Open to the general public, the rally helped people understand that mental health is community health, and that by working together and speaking up to our legislators, we can save lives and increase access to integrated care.

People Incorporated had a great turnout of employees, interns, and clients. Thank you to everyone who joined us for this momentous day – we all benefit when mental health is recognized and treated well!

DR. MAHMOUD EL-KATI

In February, our Northside Clinic was fortunate to welcome a special guest speaker, Mahmoud El-Kati, who spoke about his history and incredible life experiences.

El-Kati is a lecturer, writer, and commentator on the African American experience. He specializes in African American history and is an advocate of building one’s humanity through the understanding of culture, history, and community. El-Kati is also a professor of history at Macalester College in St. Paul. The Mahmoud El-Kati Distinguished Lectureship in American Studies was established at Macalester College in recognition of his scholarly and community work. It is used to bring distinguished scholars to Macalester College for an extended engagement that includes public presentations, classroom appearances, and conversations with students, faculty and the local community.

His work has been published in The New York Times, St. Paul Pioneer Press, Minneapolis Star Tribune, and more. He is a commentator for the local radio stations KFAI and KMOJ and he hosts a weekly public affairs show called Reflections and Connections on KMOJ. It was an honor and pleasure for us to have him at our clinic!

IN MEMORIAM
JODIE BREND
VICE PRESIDENT OF OPERATIONS

It is with deep and profound sadness that we inform you that we lost one of our own on Monday, May 13th, 2019. Jodie Brend, Vice President of Operations, experienced a devastating cardiac event and was unable to recover. We all knew Jodie, not only because she was a 25 year employee of People Incorporated, but because she was a tireless advocate for our clients, community-based services, our organization, and everyone that she worked with in her long career at People Incorporated. Jodie was so proud of the work we do. She played a vital role in so many of People Incorporated’s essential accomplishments over more than two decades.

Jodie loved attending her sons’ events, which included baseball, hockey, and band performances. She also enjoyed reading, craft shows, and social events. Traveling was a big part of her life as well. Some of her favorite places to travel with her family were New York, Hawaii, and Arizona.

Jodie is survived by her husband Darian, sons Dylan and Jacob, parents Jim and Doris Rheault, and brother Jeff Rheault. She is also survived by her brother and sister-in-law Shannon and Tammy Brend, and mother-in-law Barb Brend. Jodie was preceded in death by grandparents Albert and Nora Mueller, Adrian and Jean Rheault, and by her father-in-law Don Brend, and niece Emma Brend.
We are excited to celebrate our 50th anniversary with a year full of engaging, enhancing, and educating our community through 50 different ways. Here are some of the fun things we have in store for you, our community. There are more exciting things in the making, so watch our website and social media platforms closely.

### COMPLETED IN 2018

- Gratitude Event
- Art at the Science Museum
- ARTS@MSP Display
- Thought Leadership with Ron Powers
- Social Worker in St. Paul Police Department
- Art @ the Sower Gallery
- Training SPPD on Mental Health first aid
- Tobacco Free Environment

**50 FOR 50: 2019 TIMELINE**

- **JAN**
  - Traveling Client Gratitude Tree at Huss
- **FEB**
  - Traveling Gratitude Engagement Banner at Training Institute
- **MAR**
  - Mental Health Day on the Hill
  - MN Social Service Assn (MSSA) Minneapolis Hilton Training Institute table + 4 sessions
- **APR**
  - MoneyGram Volunteer Project at Girard & Anchor House
  - Surly Gives a Damn Volunteer Project installing a rain garden at York Clinic
  - Emergency Care Consultants Volunteer Project gardening at Northside Residence
- **MAY**
  - Traveling Client Gratitude Tree at Riverwind
- **JUN**
  - “Peoplestock” is a celebration for clients and staff on Monday, July 1st, day of incorporation in 1969
- **JUL**
  - Mental Health Day at the Minnesota State Fair
  - Free Artability workshops around rural Minnesota
- **AUG**
  - Traveling Gratitude Engagement Banner at Training Institute
We are excited to celebrate our 50th anniversary with a year full of engaging, enhancing, and educating our community through 50 different ways. There are more exciting things in the making, so watch our website and social media platforms closely.

**UPCOMING EVENTS**

For all events, register online at PeopleIncorporated.org/Event or call 651.774.0011.

**NAMIWALKS**

September 28, 2019
Minnehaha Park
4801 S Minnehaha Park Drive
Minneapolis, MN 55417

People Incorporated will have a team of participants, made up of staff, clients and community members who want to gather to support raising awareness of mental illness. Look for more details on registration in mid-2019.

**50TH ANNIVERSARY CELEBRATION**

October 4, 2019
Time: 6:00 pm – 10:00 pm
Radisson Blu
Mall of America
2100 Killebrew Drive
Bloomington, MN 55425

We’ve reached an amazing milestone in 2019 – our 50th Anniversary – and we want to celebrate with you! We are honoring our rich history and showing gratitude for our relationships with clients, donors, communities and partners who made it possible to provide mental health services for 50 years.

**ARTABILITY ART SHOW AND SALE**

October 25 – 27, 2019
The Show Gallery Lowertown
346 North Sibley Street
St. Paul, MN 55101

Save the date for our 25th annual Artability Art Show and Sale. People Incorporated’s Artability program is an annual public celebration of the creativity and contributions of people living with mental illnesses to our community.
SERVICES
People Incorporated serves more than 12,000 clients through 65 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

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

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.

Follow us on Facebook (@PeopleIncorporated), Twitter and Instagram (@PeopleIncorp), YouTube and LinkedIn (People Incorporated Mental Health Services)

TO PURCHASE TICKETS ($150 ea., $100 is tax deductible) GO TO: PeopleIncorporated.org/event/50th-anniversary | QUESTIONS? 651.288.3489