In 2015, the People Incorporated Training Institute opened its doors to equip mental health professionals with the most current behavioral health knowledge, expertise, and best practices. Over time, our highly interactive training courses have become a key resource for a broad range of community organizations focused on helping people in crisis to find stability and live well.

The demand for People Incorporated’s mental health trainings is increasing, particularly from sectors of the community that are not part of the behavioral health career field. Donations to People Incorporated are helping us meet this growing need by affording us the ability to hire an additional trainer that can provide culturally-sensitive, trauma-informed education on the unique needs of our changing community.

More and more, People Incorporated is training people who have little professional education or experience in mental health – people who were hired for jobs with very different skill sets. But many professionals are finding themselves interacting with people experiencing mental health issues, and they want to respond with compassionate, safe, appropriate, and respectful care.

Who are we training?

› **Police officers** – are seeing increasing numbers of calls on mental health crises and chemical health emergencies. Our trainings ensure officers have the knowledge and skills to safely de-escalate crises and provide the care needed to not further exacerbate the trauma of experiencing a serious mental health incident.

› **Bus and train drivers** – see all sorts of different people come onto their vehicles and are wanting support on how to best interact with people who are experiencing mental health challenges, some of whom may be displaying active symptoms of mental illness.
In 2019, the Artability Art Show celebrated 25 years of giving artists living with mental illness the ability to share their talents, providing a powerful voice for recovery. Held for the first time at The Show Gallery Lowertown, the new location was an opportunity to create a true gallery experience. We were honored to have over 100 artists participate with 400 pieces of art on display and for sale.

“Art allows people to express themselves, and maybe stretch themselves to experience something that they weren’t sure if they could do,” said Corilyn Wagner, Artability’s Program Coordinator and Teaching Artist.

All workshops are designed for people of all levels of art experience from beginners to advanced artists. Workshops include printmaking, painting, creative journaling, mixed media, and more. All workshops and materials are free. People Incorporated hosts more than 100 public workshops annually, open to any adult experiencing barriers to mental wellness; no proof of a mental health diagnosis is required.

“The best feedback I’ve ever received was from the Sergeant in charge of training at the Minneapolis Police Department. He told me that an officer told him he thought our material on crisis de-escalation could save lives, and probably already has,” says Russ Turner, Director of the Training Institute.

Your financial support of the Training Institute keeps these trainings affordable and accessible to people and other community organizations who cannot afford the training they need to care for the community. Your gifts are a safety net for people experiencing a mental health crisis – an assurance that someone will be there to provide safe, meaningful care with the dignity and respect that each individual deserves.

Training Institute workshops are open to the public, and Continuing Education Units (CEUs) are available for many courses. To check out our schedule of upcoming trainings, visit PeopleIncorporated.org/training or www.traininginstitute.org.
When your loved ones with mental illness are experiencing difficulties and need help, it can be overwhelming and scary to watch them navigate their healing journey. For Nancy and Melinda, your support of People Incorporated was a critical safety net to help Melinda heal and live life on her own terms.

Melinda struggles with chronic physical pain and her mental health is an ongoing journey with highs and lows. Due to the nature of her illnesses, maintaining work can be difficult. Unfortunately, last year, she had a setback and lost her job. Because of her decrease in income, she was going to lose her apartment.

Patti, Melinda’s case manager for the past five years, was able to help Melinda navigate the Section 8 housing voucher process, which allowed Melinda to stay in her Minneapolis apartment, a home that she loves and makes her feel safe. She was also able to keep her service dog, Willow.

A core component of People Incorporated’s values is allowing the individuals experiencing mental illness the respect of being the principal voice in the care they receive. Melinda’s living situation allows her to be in the driver’s seat in getting the support she needs.

She decides who comes to her home for housekeeping and other services. She gets to call the shots. She can schedule visits around how she is feeling, which gives her a sense of empowerment. She trusts Patti to help her with her goals and give her the care she needs to live well in the face of her illnesses.

Patti is supportive and knowledgeable. She knows who to contact and she follows through. Melinda said, “Even when I’m hurting, I always feel better after I meet with Patti.”

“Patti is the light in her life. She has just the right touch with Melinda. They both have a sense of humor, and that positive chemistry helps Melinda when she is stressed or depressed. As a fun change, Patti invited Melinda to come to a nearby park for a meeting outdoors! Patti also encourages Melinda to take action on important tasks so she doesn’t get backlogged and feel overwhelmed. Patti says, ‘Call them right now while I’m sitting here’—and Melinda does,” Nancy said.

Patti has been a case manager at People Incorporated for five years and she cares deeply for her clients. She even turned down possibilities for advancement because she didn’t want her clients to be negatively impacted by a transition in support staff. “I would say I’m just doing my job, but it’s not a job for me, it’s my passion,” Patti said.

“Your caring, professional caseworkers and creative programs are the reason why I donated to People Incorporated this year. Thank you for all you do,” said Nancy.

I’m so grateful for People Incorporated. Your organization has provided truly meaningful help for my daughter. She receives such incredible care at People Incorporated. It makes me profoundly happy,” said Nancy, Melinda’s mother.
School-Linked Mental Health Services is a pioneering program that began in 1998 to bring community mental health directly to students and their families. With your help and support, we’ve grown this program to include 25 schools in four districts, including Robbinsdale, Osseo, Anoka-Hennepin, and Intermediate District 287 (a trauma-sensitive, collaborative district of 11 combined school districts in the west metro). This growth includes being one of the only agencies in the Twin Cities metro to embed therapists at least half time in each school (most are full-time), enabling us to reach more students in need of mental health supports.

This program cooperates with districts overwhelmed with the demand for social and behavioral health services. With therapy onsite, it’s also more accessible for busy families, taking away many of the barriers and logistics a family faces in receiving care. In addition, therapists connect families to resources to meet other needs such as insurance programs, food shelves, and more.

Therapists collaborate with school staff to identify students who might be experiencing mental health concerns with their mental health, and also provide resources and advice on how to best support the student’s success in the classroom. Children and youth may be experiencing a wide variety of challenges, including anxiety, low self-esteem, and depression.

"We’ve found that through ongoing therapy, students come into their own, with increased confidence, a greater ability to get along with others, they get better grades, and are more engaged in school activities," said Sara Benson, Licensed Program Manager, LICSW, School-Linked Mental Health Services.

You can help us continue to expand our school-linked mental health services to where our students are in our community, ensuring quality care is accessible to everyone.

“We always have an ongoing conversation with the schools about what their needs are and if expansion opportunities exist,” Sara explained. “There’s always the desire to continue to have a school served in the best possible way.”
Maximize Your Impact

Did you know that some employers make it possible for you to double... or even triple... the impact of your support by matching the donation you make to People Incorporated?

It’s a big deal! Matching gifts account for 12 percent of all corporate giving, which means your gifts are a key part of what spurs companies located in your community to make a bigger impact where you live, work and play. Matching gifts aren’t just limited to big companies – smaller companies match too!

Matching gifts by companies allow us to enhance our supports to people living with mental illness. Some companies will even match gifts made by retirees and/or spouses.

To request a match, most companies require that you submit a simple form. Be sure to ask your HR representative about this option. Most have deadlines for submitting requests for matching gifts, but it may not be too late to request a match for gifts you made in 2019.

UPCOMING EVENTS

MARCH
› March 12 – Mental Health Day on the Hill
› March 26 – National Epilepsy Awareness Day - Purple Day
› March 30 – World Bipolar Day

APRIL
› Alcohol Awareness Month
› April 2 - World Autism Awareness Day
› April 7 – World Health Day
› April 19-25 - National Volunteer Week

MAY
› Mental Health Month (look for details coming soon on how you can help us celebrate!)
› May 4 -10 - Deaf Awareness Week
› May 31 - World No Tobacco Day

JUNE
› Grand opening – Steiner-Kelting Crisis Residence
PEOPLE INCORPORATED’S 50TH ANNIVERSARY CELEBRATION gala was about gratitude and stories of hope and health. The room was filled to capacity with people who built People Incorporated into the organization it is today, and friends that committed to help propel us forward into the next 50 years.

The first to arrive was the interactive sculpture created by artist, Pete Segar of MetalCrafters and the first to participate was a hotel employee. He chose the white ball that represented “suicide.”

“It was very meaningful for him to contribute to your sculpture, so thank you for giving him the opportunity. He recently lost his daughter to suicide” - Radisson Blu.

Today, the sculpture greets clients, staff, and visitors in the lobby of People Incorporated’s headquarters in Mendota Heights, Minnesota.

“We are all here tonight because we probably have a story. Somebody in our family, a friend, or someone who is in touch with us and has a mental health issue.” Emcee, Sven Sundgaard, KARE 11 Meteorologist.

Later in the program, Sven shared a heartfelt story of recently losing his mother to cancer but that her life’s journey was all about living with obsessive-compulsive disorder (OCD).

“My heart is filled with gratitude for all the donors, partners, board members, staff and leaders who made People Incorporated possible” - Ken Duncan, Board Chair.

“We are honored tonight to have several of Harry’s family members here and we give our heartfelt thanks to his family for the legacy that Harry’s actions have created. Thank you very much,” said Ken.

CEO, Jill Wiedemann-West, presented the first-ever, “Hero for Hope” award posthumously to Robin Williams.

Clips were shown of the recent HBO Documentary, Robin Williams: Come Inside My Mind and when Robin’s son, Zak Williams, approached the podium...
to accept the award; he smiled and said to Jill, "I need a hug, too."

“It is an absolute privilege and pleasure to be here and accept this award. Sorry, I got a little choked up. I haven’t seen that clip in a while” - Zak Williams.

“People Incorporated is a model and a leader for what a mental health organization should look like at scale” - Zak Williams.

"Are you okay? Is something wrong? or Can I help you?"

“These were the words that I desperately wanted to hear as I stood atop the Golden Gate Bridge walkway.” Keynote, Kevin Hines, survived jumping off the Golden Gate Bridge.

“All I wanted was for one person to see my pain and say something kind. I could not reach out. I needed someone to reach in.”

“Sometimes people aren’t up and dancing at galas but the audience was awesome! The band loved it! Thank you, again!” - musician with Morris Day and The Time.

*Rev. Harry Maghakian, passed away peacefully on May 15, 2018, founder of People Incorporated.*
GIVE US FEEDBACK!

This newsletter is for you, so what do you want us to share? Mail in the survey below in the enclosed envelope, and we’ll send you a set of our Artability artist-designed notecards as a token of our appreciation!

Name: ____________________________________________ Email: ____________________________________________
Address: __________________________________________ Email: ____________________________________________

› What stories in this newsletter were most valuable to you?

› What would you like to hear more about?

› Did anything in our newsletter surprise you?

› Is there anything you’d like us to stop doing?

› What are the best ways for us to communicate with you the impact of your support?
  ☐ Print Newsletter ☐ E-News ☐ Personal Email ☐ Phone Call ☐ Other: ____________________________________________

You can stay current on how your support is making a difference in your community by following us on social media.

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