

# More Hope & Recovery

from Mental Health Resources, Inc.

SUMMER 2008, VOL. 2, ISSUE 2

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**Mission:**  
**Mental Health Resources**  
**fosters hope and recovery**  
**for those affected by**  
**mental illness.**



**Mental Health Resources, Inc.**  
**www.mhresources.org**

## Welcome Peg DuBord

The Board of Directors of MHR is pleased to announce that Peg DuBord has been retained to serve as Interim Executive Director. DuBord will be responsible for assessing current organizational operations, provide strategic planning and assist MHR in determining its course of action over the next 3–5 years.

DuBord is a veteran administrator of agencies that serve children and adults living with mental illness, brain injury and/or developmental disabilities. She has served in senior leadership positions in human service companies with operations and programs in several states, where she was responsible for operations and business development for a broad range of human service needs. DuBord states, “I am inspired by the innovative programs and

the dedication of staff at Mental Health Resources. I look forward to assisting MHR determine its strategic future.”

DuBord succeeds Nancy Abramson, who recently retired after 12 years in the position and relocated to Tuckahoe, NY.

Dave Chapman, Board Chair states, “It is fairly common practice for an agency to hire an experienced, highly skilled administrator as Interim Executive Director to provide strong and effective, short-term leadership during the transition after a long-term leader departs. Peg DuBord will help to ensure that MHR remains stable, prepares for change, and keeps moving in the right direction until a permanent Executive Director is hired.” ■

## Motivation to Get Up Each Morning

*By Michelle Gricus, Program Manager*

Kim was once a very successful business owner. She worked more than full-time, doing little outside of sleeping and working. After several major life transitions, her life turned upside down. She experienced symptoms of Major Depression with psychotic features. Symptoms of sadness and delusions impacted every part of Kim's life, making it nearly impossible to get out of bed most days. This situation lasted for nearly five years.

Eventually, Kim was referred to a case manager at the Seward CSP (Community Support Program.) Kim's main goal involved navigating the Medical Assistance system and a large spend down she had due to her history of employment. She needed to become involved socially to combat isolation and loneliness. Kim quickly became an active member at the CSP, developed several friendships, and participated in mental health group and other activities.



Elena Elisseeva © Fotolia

Kim and her case manager explored whether Kim could return to work. Kim didn't feel able to work full-time, but found part-time employment as a personal care assistant allowed some flexibility. The job gave Kim a sense of responsibility to another person and a reason to get up each morning. Working part-time resolved the spend down issue, relieved Kim's stress, and provided additional income. The case manager has seen improvements in many aspects of Kim's life due to her finding purpose through employment.

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Dave Chapman, PsyD, *Chair*  
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Catherine Hartnett  
Chris Holm, CPA  
Jeffrey Huggett

Bev Lamb, RN  
George Stone  
Michael Trangle, MD  
Katie M. White, EdD, MBA  
Jim Wyman

**OUR WISH LIST...**

Lighten the stress of people living with mental illness by donating items on our wish list. Questions about donations? Please call Helen at 651-659-2923.

**For Seward CSP:**

- Donations to improve the facility: a stove with a double oven, a hood vent, tables and lamps, plus carpet for a large meeting room
- Gift cards to Cub and Target for clients moving to new apartments
- Four basketballs and six volleyballs
- Kitchen items like utensils, draining racks, pots and pans, measuring cups, etc.
- New futon or foam mattresses until clients can obtain beds from other sources

**For All MHR Clients:**

- Gift certificates for barbers or hair salons
- Gift certificates to shoe stores
- Gift cards to use as door prizes at Client Cookout on August 8th
- Gift cards to coffee shops or Perkins restaurants
- Gift cards to Rainbow or Cub to buy food for holiday meals at several MHR programs
- Gift cards to Target, Kmart, or Wal-Mart
- Donations for medication co-pays
- 60 bus passes
- Memberships to health clubs and YW/YMCA's
- Pro bono veterinary services
- Donations of cleaning supplies for new housing clients

**Why Colleen Hansen Contributes to MHR**

Colleen Hansen is the proud mother of eight grown children, including her son Mike, who lives with schizophrenia. Colleen and her husband Phil, their children, their spouses and their grandchildren, started a great family tradition in December 2005. Now they provide gift baskets every December for clients of Mental Health Resources that live in Dakota County. In 2007, they packaged 100 baskets for our clients that included DVD movies, popcorn, soda and other snack food. People with mental illness often do not have contact with their families or tend to isolate as a symptom of their mental illness. MHR asked Colleen how this tradition developed.



*Colleen Hansen (back row, fourth from the left) and family*

**What influenced your decision to give to people served by Mental Health Resources?** People who live with serious mental illness are forgotten at many levels, not by MHR, but by the general public. We saw an opportunity to brighten a moment in time for your clients.

**How did your family become involved with creating holiday gift baskets?** We were so impressed by the services Mike received from MHR, we wanted to give small holiday baskets to the MHR staff in Dakota County in December 2005. Staff could not accept them as it would violate social work ethics. Ann

Henderson, Director of MHR services in Dakota County, mentioned plans for a holiday party for the clients. I asked if we could give the baskets to clients. Ann was excited about the idea. In 2006, we thought it would be fun to provide baskets again. We were surprised to learn that over 200 clients are served through the Burnsville office. We were able to give 100 baskets in 2006 and 2007. Our family has greatly enjoyed being together to create the baskets. We want to establish a desire to give as part of our family legacy. By creating holiday baskets for MHR clients we build family memories, create a passion for giving and brighten the holidays of people with mental illness.

**Why do you think giving is important?** We have been blessed in many areas of our lives and we need to share with others who can be encouraged by our gifts, whether large or small. People with mental illness and agencies like MHR do not receive enough support from our neighbors and communities. When you give from the heart, every experience is the best. It choked me up to receive thank you notes from clients, including some who said the basket was the only holiday present they received.

**Do you have any advice for friends and family of people living with mental illness who want to contribute?** We need to love our loved ones through their good and bad times. When I consider how challenging it is for me to ride the wave of my son's emotions, I always think how much more difficult it is for him.

**Is there anything else you want to share?** Many thanks to all the staff at MHR for the work they do to understand the needs of our loved ones and the compassion they demonstrate to clients and their families. We recently named

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## MANAGEMENT TEAM

Peg DuBord  
*Interim Executive Director*  
Robert Berg, CPA  
*Finance Director*

Bill Calmbacher, MPA, BSW  
*Operations Director*  
Kelby Grovender, MDiv  
*Housing Director*  
Jim Mattson, BSW  
*Human Resources Director*

Helen Raleigh, LICSW  
*Development Director*  
Cindy St. George, LICSW  
*Clinical Director*

## Catch a CAB at 2008 Client Cookout



© iStockphoto.com/Eliza Snow

CAB is not a taxi. It stands for the Consumer Advisory Board, which was established at MHR in 2005. Up to 10 mental health clients serve on the board at any time and provide input and recommendations to the leadership of MHR about issues important to consumers.

At least eight members must be currently involved with MHR services and two members may be former consumers. At least one member represents people who have experienced homelessness. The Consumer Advisory Board meets with

management staff on the second Wednesday of each month from 4:30 to 6:00 p.m. at MHR East offices.

At a recent meeting, members helped define the specific meaningful value that MHR services deliver to the world. Input from the group will influence how we communicate about MHR. **Members are also planning an active role at the Annual Client Cookout on Friday, August 8th at Como Park.** CAB members plan to ask clients about topics for future meetings, provide literature about resources and offer clients a chance to win great door prizes at the cook-out, including gift certificates, household supplies and art work.

If you are interested in serving on the Consumer Advisory Board or have a concern for the group to discuss, please contact Jim Mattson, Human Resources Director, at 651-294-6057. ■

## Motivation to Get Up Each Morning (continued from page 1)

Kim is just one of the 400 people each year that rely on Seward CSP to provide a caring community for people going through similar experiences. Staff at Seward CSP support members to overcome problems, cope with symptoms and provide activities for the mind, body and spirit. Activities include a book club, softball and basketball teams, gardening, snacks and a monthly communal meal, men's and women's groups and much more.

Due to the large number of members served, the Seward CSP needs updating. The quality of our surroundings impact whether we feel valued. By improving the facility with some new furnishings and appliances, we will give clients the message that there is hope for their lives to improve. Please consider donating items listed on the Wish List in this issue. ■

## Why Colleen Hansen Contributes to MHR (continued from page 2)

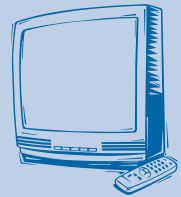
our tradition the Open Baskets project. It's our goal to create 250 gift baskets for December 2008.

If you want to contribute to gift baskets for 2008, please make a donation to

MHR to the Open Baskets project. If you would like to volunteer with the Hansen family in packaging gift baskets, send an email to Colleen@openbaskets.org ■

## Television Converter Boxes

Analog TV is the technology used for U.S. television broadcasts since the 1940s. All TV stations are making the transition to digital broadcasts on Feb. 17, 2009. If you watch local networks on a conventional analog TV by using a rooftop antenna or rabbit ears, a Digital TV converter box will be required after February 17, 2009. A converter box plugs into your TV and will keep it working. Most of the 2,500 clients served by MHR will need conversion boxes for analog TVs.



Congress created the TV Converter Box Coupon Program for people who want to keep using their analog TV sets after February 17, 2009. The program provides up to two coupons, each worth \$40, that can be applied toward the cost of converter boxes. Converter boxes are expected to cost between \$40 and \$70.

To determine if you need a DTV Converter Box and to obtain coupons to reduce the cost of purchasing a Converter Box, see this site on the internet: <https://www.dtv2009.gov/> Staff at MHR can help clients obtain coupons toward purchasing a Converter Box. ■

## WE ARE GRATEFUL TO THE FOLLOWING 2008 DONORS TO DATE:

### **Individuals:**

Anonymous  
Jeffrey & Rebecca Arendt  
Stan Arndt  
Richard Bielawski  
Sharon Bortscheller  
Dave Chapman  
Carol Dye  
Debra Emery  
Michael Ferber  
*in honor of Helen Raleigh*  
Hilde Gasiorowicz  
MJ Gilbert  
Colleen Hansen  
Elsie Hanson  
Grace Hanson  
Becky Hirdman  
Shannon Hoagland  
Chris Holm

Jeffrey Huggett  
Amanda Kubista  
Lynn LaVerdier  
Albert Lindeke  
Maribeth Lundeen  
Dana Lindsay & Timothy Pabst  
Kathleen Muench  
Mary & Kenneth Newton  
Terri Nix  
Helen Raleigh  
Walter Rush, IV  
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Mary Vorhes  
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Katie White  
Shawna Willis  
Jim Wyman  
Elizabeth Yowell  
Marleen Zigelmann

### ***In Honor Of Nancy Abramson:***

Susan Abderholden & Lee Keller  
Glen & Jennifer Andis  
Rebecca Biderman, Ph.D.  
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Don Mockenhaupt  
Jane Newman  
Dennis & Judith Peterson  
Susan Searle  
Elizabeth Streich  
Grace Tangjerd Schmitt  
Mary Tomes

### ***Businesses, Foundations & In Kind Contributions:***

Heading Home MN  
NAMI – Hennepin County  
Helen Raleigh  
Lisa Richardson  
Michael Trangle, MD  
Service Plus Inc. (SPI)  
Design & Printing  
Wooley's Restaurant

## ABOUT *More Hope & Recovery* FROM MHR

Please share this issue with someone else. To receive the newsletter by email, contact [mbedard@mhresources.com](mailto:mbedard@mhresources.com). Make an online donation to MHR at <http://www.mhresources.org/donate>. Any feedback or questions, please call Helen at 651-659-2923.

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