

More Hope & Recovery

from Mental Health Resources, Inc.

FALL 2007, VOL. 1, ISSUE 1

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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

Paying Bills—A Reason to Be Happy

By Mary Ann Forsell, Case Manager

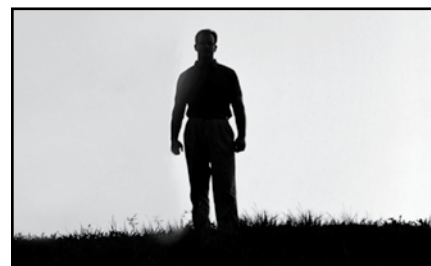
When Project Homeward staff first met Gary in September 2002, he was homeless and living in a tent in a wooded area of St. Paul along the Mississippi River. He had lived there for about a year but he had lived with Major Depression for much longer.

The goals of Project Homeward are to engage homeless adults who live with mental illness, help them find and keep decent housing and develop trust to receive mental health care and meet basic needs.

While homeless, Gary usually ate one good meal a day at the Dorothy Day Center or sometimes at the Salvation Army. Gary was alienated from his family so the staff and people that he met at these programs kept him from being isolated.

During the past five years, Gary often expressed a negative outlook about life and distrusted anyone offering to help. After being homeless, it is hard for most people to trust that anything good will ever happen to them. It took staff many visits to convince Gary that we could help him find a place to live and even longer to prove that we could be trusted.

Having a roof over his head and the consistent presence of Project Homeward staff eventually had an impact. Gary recently shared, "I paid my electric bill this month and finally took care of two



root canals and paid to have that done." Completing dental work is a major achievement for Gary to celebrate, as it took Project Homeward staff nearly three years to convince him to see a dentist. After not seeing a dentist for 20 years or more, Gary naturally felt anxious about having dental work done.

He also experienced anxiety about completing paperwork for financial assistance, but he and the Project Homeward team kept working together. Gary recently began receiving Social Security Disability Income and is now on the waiting list for Section 8 housing in Ramsey County. He plans to move to a better neighborhood and find some newer furniture.

Gary now makes daily visits to his elderly mother to help her with household chores. He recently bought a used car from her. Gary now says, "I'm happy because I've got something to be happy about." Project Homeward staff is happy for Gary too and recognizes how he has grown and all that he has accomplished.

Far Away from Town

By Michelle Gricus, Program Manager

Exhaust fumes from buses, trucks and other traffic that moves through Minneapolis often leave city dwellers wishing for fresh, clean air. Late on a summer's night, a symphony of sirens, speeding cars

and loud car stereos often wake even the soundest sleeper in the City of Lakes.

Luckily, some members of the Seward Community Support Program (CSP)

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Individuals

Susan Abderholden
Nancy Abramson
Glen Andis
Jane Birks

Maddy Cohen
Marty Hamlin & Cathy
Bosworth
Colleen Hansen
Anne J. McBean

Kathleen Muench
Ken & Mary Newton
Denny & Judith Peterson
Helen Raleigh
Elizabeth Streich

Dr. Walter Rush
Susan Searle
Christine M. Smith
Mary Vorhes
Rolf Westgard

Memorials

Rebecca Hirdman in
memory of Paul Otis Lee
Toni Ponce in memory
of Rita Van Buren

ON OUR WISH LIST...

For Seward CSP

- A new sturdy stationary bicycle
- Softball equipment—especially gloves
- Six basketballs and six volleyballs
- Gift cards for Cub and Target for clients moving to new apartments
- Kitchen items like utensils, draining racks, pots and pans, measuring cups, etc.
- New futon or foam mattresses until clients can access agencies that donate beds

For All MHR Clients

- Gift certificates for new shoes and clothing
- Donations for medication co-pays
- Bus passes
- Gift certificates to barber or hair salon
- Gift cards to coffee shops
- Gift cards for groceries, Target, Kmart, Walmart or hardware stores
- Memberships to health clubs or YM/YWCA
- Pro bono dental care and veterinary services

Far Away from Town (continued from page 1)

escape each summer for a short trip to a place far away from all of that.

On August 8th, thirty CSP members and staff traveled to beautiful Annandale, MN for a relaxing getaway at the Koinonia Retreat Center. The Center is operated by the Hennepin Ave. United Methodist Church.

This annual trip provides a short respite of 3 days and 2 nights for members to swim, canoe, hike, fish and just relax while being treated to home-cooked meals and peaceful lodging. It is common to see deer, loons, ducks, bald eagles and wild flowers at the Center.

This was the 6th year that CSP members made the trip to Koinonia. Some members attend year after year, and do a fabulous job of sharing their experience with those who have not yet attended, which peppers the group with both veterans and first-timers.

There are special moments that make each trip memorable and this year was no exception. This year, two members



Members Kelly W. and Juan O. canoeing at Camp Koinonia.

swam out to the floating dock and improved their confidence as swimmers. One member used the time away from her daily routine to calm her mind and re-motivate herself. Another member challenged his anxiety about boating and joined a group for an evening pontoon ride around Lake Sylvia.

Anticipation for the next trip to Koinonia starts as soon as the last trip is over! This annual event is one of many recreational activities sponsored by the Seward CSP.

Introducing Genoa Pharmacy

By Helen Raleigh, Development Director

In March 2007, Genoa Pharmacy began offering an on-site pharmacy and outreach services to clients of Mental Health Resources, as well as to other people served by similar agencies within a 30 mile radius of our St. Paul office. This is Genoa's first partnership with a mental health agency in Minnesota.

Genoa Pharmacy started 5 years ago in Auburn, Washington with a focus on providing Clozapine management. Clozapine is used to treat symptoms of

schizophrenia, especially for people who have not been helped by other meds. People who take Clozapine, Lithium, and some other meds must be followed for side effects and specific lab tests are required.

Over time, Genoa Pharmacy expanded its services to include all mental health and general pharmacy services in locations in 21 states including Minnesota, Wisconsin, and South Dakota. While

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FOLLOWING RECENT DONORS

Foundations, Corporations & In Kind Contributions

Michael Armel
Community Housing
Development Corp.

Edina Reality Foundation
Sandra Gerhatz-Wolf &
John Wolf
Chuck Gribble
Ann Gunderson

Genoa Healthcare
Holy Trinity Lutheran Church
Barbara Huwe
Michelle McGaughey
Ben Premack

Paul Sonda
TwinsCare Ticket Program
Saint Paul Foundation
Shirley Torkelson
Welsh Title & Real Estate
Services

Supporting Seward CSP

By Nancy Abramson, Executive Director

Just imagine that you hear a voice telling you that you're worthless and that no one likes you. How stressful and upsetting, but that is Shelly's experience at times. Such messages also might make you feel isolated and misunderstood.

Now, imagine that you have a safe place to go to 5 days a week where people are kind and supportive; there are interesting discussions and things to do. Life is always better for Shelly when she stops by the Seward Community Support Program (CSP), a drop-in center in Minneapolis that offers peer support, recreational and educational activities plus help with housing.

Through the Seward CSP, a program of Mental Health Resources, we have seen many lives changed for the better.

On any given day, more than 50 people with serious mental illnesses use the services of the CSP. Our staff interacts with 400 individuals annually. Some come daily and others stop by less often.

Activities offered include creating art work and crafts, journal group, men's and women's groups, spirituality group, garden-

ing, the GLBT alliance, and a book group. We serve a dinner to members on the last Thursday of each month. Drop-in hours are offered on Monday, Tuesday, Thursday, Friday and Saturday. The program is closed on Wednesdays and Sundays. Call 612-333-0331 for details about hours or to arrange a tour.

Government funding of Community Support Programs cannot cover all the expenses for maintaining facilities and paying staff adequately. Program activity costs make up only 2% of our budget and we control costs by arranging outings to free community events, using a food bank for the monthly meal and seeking in-kind donations of equipment and household supplies for members.

You can help the Seward CSP meet the needs of its members. You can make a difference in the life of a person struggling to cope with mental illness.

- A gift of \$800 will purchase ethnic food for several holiday celebrations that highlight the cultures of members during the winter holidays. This



includes Thanksgiving, Ramadan, Hanukah and Christmas.

- A gift of \$600 makes it possible to cover the damage deposit for a one bedroom apartment.
- A gift of \$120 will buy monthly bus cards to transport 3 members to the CSP or purchase household supplies.

Please consider making a gift to the Seward CSP. Each time you support Mental Health Resources, you touch the life of someone living with mental illness and help them on the path to recovery.

Introducing Genoa Pharmacy *(continued from page 2)*

Genoa specializes in mental health meds, it also provides a broad range of medicines for other health issues like diabetes and pain management.

This new specialty pharmacy makes it easier and more convenient for our clients and other persons living with mental illness to obtain all of their meds. The pharmacy located within the Mental Health Resources office in St. Paul includes three patient

care coordinators who work with our psychiatrists, nurses and case managers in Ramsey, Dakota and Hennepin Counties to dispense and deliver meds and take care of lab work.

Genoa staff determines if prescribed meds are covered by a client's insurance and obtains refills and prior authorizations from insurance companies if needed. MHR staff relies on Genoa to discuss

the risk of medications interacting and assure that med changes happen smoothly. Genoa staff also offer strategies for clients who miss appointments.

Michelle Frye, Pharmacy Manager for Genoa, is excited about working with Mental Health Resources and looks forward to a long and productive partnership. To reach Genoa Pharmacy, call 651-917-4029.

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ABOUT *More Hope & Recovery* FROM MHR

We are pleased to offer this first issue of *More Hope & Recovery*. Please share it with someone you know. We welcome your feedback, comments, questions, even complaints. Call Helen Raleigh, Development Director at 651-659-2923. Do you prefer email? To receive our newsletter by email, please send a message to mbedard@mhresources.com.

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