

## Mental Health Day on the Hill

March 31, 2016, marks the date for the annual Mental Health Day on the Hill at the Capitol in St. Paul. Why is this important? This is a day where all can come together in support of legislation that can benefit those affected by mental illness. Let your voice be heard; together we can continue to make a difference!

Mental health legislation passed in 2015 in Minnesota includes:

- \$8 million to expand crisis services and crisis homes
- Additional funding for IPS supported employment
- Medicaid funding for clubhouse services
- Requiring health plans to cover crisis services
- Examining ways to improve the use of peer specialist
- Creating parity for telemedicine
- Funding evidence-based first psychotic episode programs
- Expanding funding for suicide prevention programs by 54%
- Adding 15 beds at Anoka Metro Regional Treatment Center and expanding ACT teams
- Funding protected transport
- Requiring a review every three years for people committed as mentally ill and dangerous
- Examining how intensive services are funded and increasing funding for affordable and supportive housing

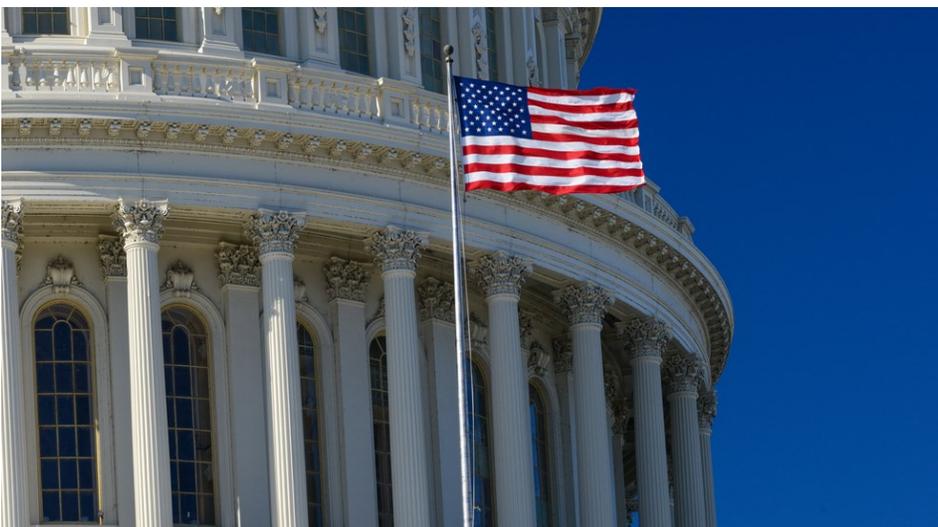
Event Details: Mental Health Day on the Hill, 10:00-Noon at Christ Lutheran Church, 105 University Ave. W., in St. Paul. (No rally in the Capitol Rotunda this year due to ongoing construction.) We are excited to announce that NAMI will be providing free bus rides to and from the event from the CSP this year! See CSP staff for info.

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*“If you can't fly  
then run, if you  
can't run then  
walk, if you can't  
walk then crawl,  
but whatever  
you do you have  
to keep moving  
forward.”*

*Martin Luther King, Jr.*

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**Mental Health Day on the Hill is March 31st!**

### In This Issue

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- Outings
- Staff Update
- Counselor's Corner
- Upcoming Events



## Group Spotlight

### New Groups: They Are Here!

We are proud to be introducing some new groups to our programming. Thanks for all of your feedback about groups you wanted to see here at the CSP. See below for more details about the newest additions to our calendar.

### Grief and Loss Group

Starting in February, the Seward CSP will have a Grief and Loss support group on the 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month at 12:15pm. We will discuss various topics, learn and practice skills to manage grief, and provide one another support to further understand our personal experiences with loss and the journey of healing. Contact CSP Counselor Mary Gonzalez (651-272-7547) for further information.

### Anger Management Group

Feeling like a “hothead”? Join Katie at Anger Management Group every Tuesday at 1:15pm. Take this time to explore what you’re really feeling underneath your anger, how to “respond” rather than “react”, and how to relax. It is a good group for people who want to learn how to communicate more effectively with others- and yourself!

### Spirituality Group

Spirituality Group will be offered beginning in March! This group will take place every 2 weeks. First meeting is March 1st. See Chuck for more details.

### Book Club

Book Club is back by popular demand! After an extended hiatus, we have brought this group back. The group will first meet on March 11th and members will begin reading the Hunger Games. This will be a member led group. Durene B. will be leading the first session. See her or CSP Counselor Emerson Ball for details.

## New Year, Healthier You Personal Training

**Are you interested in being more active or eating more healthy foods?**

This spring, MHR will start working on a research study with Dartmouth College called InSHAPE. The InSHAPE program offers people who have mental illness the opportunity to work weekly with a personal trainer on diet and exercise goals.

Please tell CSP staff if this is something that might be right for you.



## Dates to Remember

### Black History Month

February 2016

### Valentines Day Party and Talent Show

Friday, February 12th, 1:00pm

### February Dinner of the Month

Thursday, February 25th

### Pool Tournament

Saturday, February 27th

### Skip-Bo Tournament

Saturday, March 5th

### March Dinner of the Month

Thursday, March 31st



*Join us for February's outing to Grand Slam!*

## Outings

### Grand Slam

***When: Thursday February 25th from 1-4pm***

Join the Seward CSP on our afternoon trip to Grand Slam Burnsville, featuring over 30,000 square feet of games and rides, including mini golf, laser tag, batting cages, bumper cars, an X-treme trampoline and a full video arcade.

### The Raptor Center

***When: Thursday March 3rd from 1-4pm***

Join the Seward CSP on a tour of the U of M's Raptor Center, where we'll explore different raptors such as the bald eagle and peregrine falcon. Learn from this hands-on experience about the role of raptors and how they are different from other birds.

\*\*\*A sign-up sheet for each outing will be posted at the CSP 1 week prior to the outing with 12 total open spots. Outings are subject to change.

# Seward CSP Calendar February 2016



Mon	Tue	Wed	Thu	Fri	Sat
<b>Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke	<b>Open 11-6</b> 1:00 Touchstone Health and Wellness Tour 1:15 Anger Management Group 3:00 *Relaxation Group 3:00-6:00 *Chess Club	<b>3</b> CSP is CLOSED	<b>Open 11-6</b> 12:15 Wellness Group 1:30 Mental Health Support Group 3:00 Touchstone Health and Wellness Tour	<b>Open 12-5</b> 12:15 Grief and Loss Group 1:30 Mental Health & Addiction Support Group 3:00 *Knitting, Sewing, Arts, & Crafts Group	<b>Open 10-5</b> 12:00 *Music Group 1:30 BINGO
<b>Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke 3:00 LGBTQIA Group	<b>Open 11-6</b> 12:00 Job Club 1:15 Anger Management Group 3:00 *Writing Group 3:00 Physical Activity 3:00-6:00 *Chess Club 7:30 Basketball Game	<b>10</b> CSP is CLOSED	<b>Open 11-6</b> 12:15 Wellness Group 1:30 Mental Health Support Group 3:00 Birthday Treats	<b>Open 12-5</b> MH and Addiction Group is Canceled 1:00 Valentine's Day Talent Show	<b>Open 10-5</b> 12:00 *Music Group 1:00 Brunch
<b>Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke	<b>Open 11-6</b> 1:15 Anger Management Group 3:00 Relaxation Group 3:00-6:00 *Chess Club 6:30 Basketball Game	<b>17</b> CSP is CLOSED	<b>Open 11-6</b> 12:15 Wellness Group 1:30 Mental Health Support Group	<b>Open 12-5</b> 12:15 Grief and Loss Group 1:30 Mental Health & Addiction Support Group 3:00 *Knitting, Sewing, Arts, & Crafts Group	<b>Open 10-5</b> 12:00 *Music Group 1:30 BINGO
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<b>Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke	Activity line: 612-337- 4018 Chuck: 651-955-3395 Emerson: 651-728-0210 Greta: 651-245-8568 Katie: 651-402-7237	Kendra: 651-272-0142 Main line: 612-333- 0331 Mary 651-272-7547 Member line: 612-337- 4017	Sara: 651-728-0744 Tara: 651-368-4852 Taylor: 651-900-2274	<i>We are closed on Sundays and Wednesdays. Snack at 2:30pm on open CSP days (except Brunch) day.</i>	

2105 Minnehaha Avenue, Minneapolis, MN 55404 (612) 333-0331

Calendar is subject to change: call the activity line to check!

\*Indicates member-led group Visitors are welcome at all groups!

Member line: (612) 337-4017

Activity line: (612) 337-4018

Transit routes: 2,9,22,67, Blue Line

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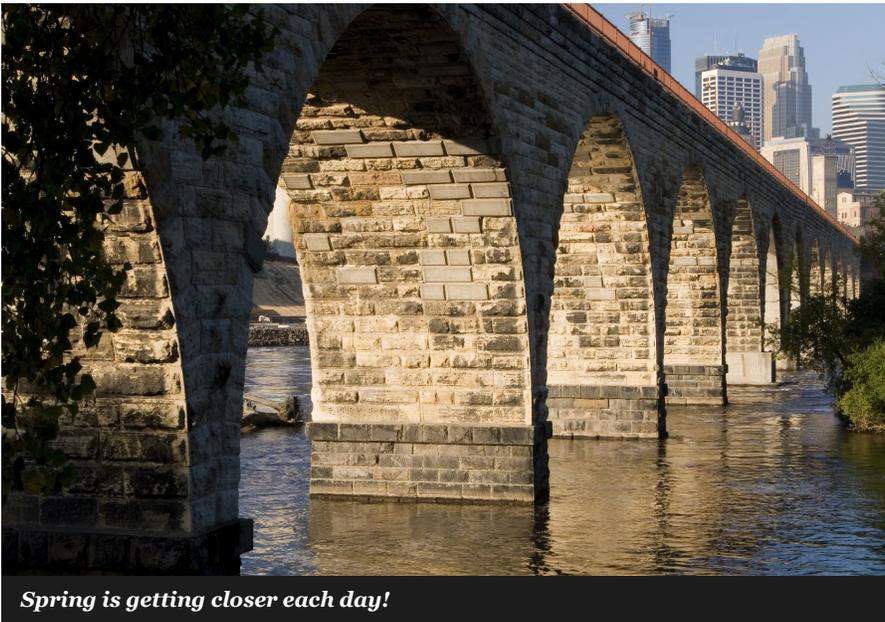
\*Indicates member-led group

Visitors are welcome at all groups!

Member line: (612) 337-4017

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*Spring is getting closer each day!*

## Staff Update

### Welcome OT Interns!

The CSP is excited to welcome two full time interns to our program. To learn more about them, read on!

#### Kendra Gregor

Hello! My name is Kendra and I am one of the occupational therapy (OT) interns at the CSP. Everyone at the CSP has been very welcoming and I am excited to join the CSP team! First off, let me describe a little more about what occupational therapy is. Occupational therapy focuses on helping a person find ways to complete daily activities that may be challenging at the moment. OT is very focused on active engagement to help overcome these barriers.

Now that you have a better understanding of OT, let me tell you a bit about myself. I am a current graduate student in the occupational therapy program at the University of Minnesota. This will be my second year in the program. I joined occupational therapy because I like helping people continue to engage in their daily activities. Two fun facts about me: I have a pet cat named Mr. Handsome, and I love to play Skip Bo. I look forward to learning more on my journey with the CSP!

#### Taylor LaVoi

I am from a small town near the St. Cloud area and have been living in Grand Forks, ND. for the past several years while I worked towards my masters in occupational therapy. I also worked towards a minor in psychology and a bachelors degree in general studies with a health science emphasis. I have a little yorkie/schitzu mix whom I love so very dearly (her name is Rosie) and a cat who has an amputated tail from an accident (his name is BooBoo). I enjoy doing yoga and saving the earth one day at a time (haha); I am a big believer and loving our environment as much as our loved ones. One thing I love most about the CSP is the openness and warm welcoming environment members and staff bring. The CSP is a unique place that I have enjoyed very much so far.

## Creative Corner

### “Adam Without Eve”

I cry when I’m happy,

I cry when I’m sad,

I cry because I’m lonely,

I cry because I have no girlfriend.

*Poem by Adan “Adam”*

*Mendoza Pacheco,*

*as told to S.A. at the bus stop*



*Kendra, OT Intern*



*Taylor, OT Intern*

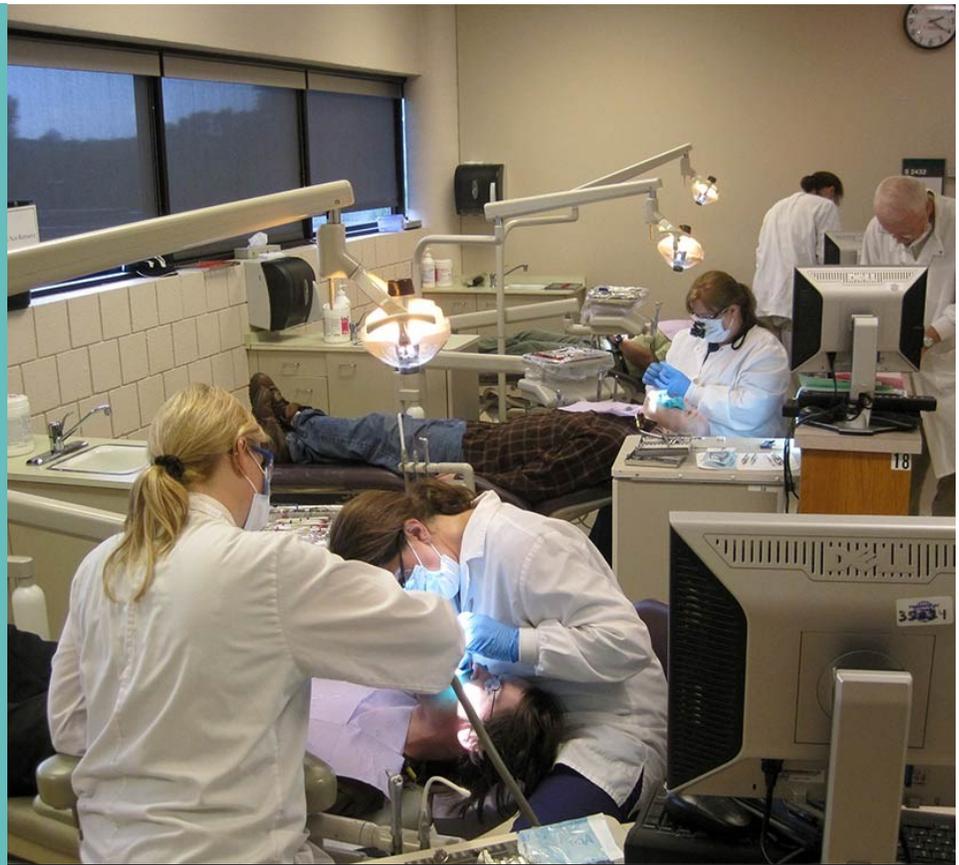
## Counselor's Corner

Now that we are well into 2016, it's a great time to start thinking about updating your CSP membership! Contact your counselor to schedule your file update today.

## Tax Time!

**Free Tax Prep Sites:** See CSP staff for a list of free tax preparation sites in Hennepin County, as well as tips on what to bring with you to your tax appointment.

**Renter's Property Tax Refund Reminder:** Your landlord is required by law to give you a completed CRP no later than Jan. 31. The CRP shows how much rent you paid during the previous year, and the amount of property taxes you paid through your rent. You must include a CRP when filing your Property Tax Refund return. Your Property Tax Refund return isn't due until August 15, 2015, but why not get a jump start on it! See staff for 2015 forms/instructions.



*Dental hygiene schools are an affordable way to maintain your smile!*

## Maintain Your Smile

Do you need pricey scaling and root planing (deep cleanings)? Consider exploring a dental hygiene school!

Dental hygiene schools are an affordable option for people that are not able to afford out of pocket costs associated with oral health maintenance. Under normal conditions, deep cleanings are not covered by MA.

Dentists may recommend deep cleanings due to poor oral hygiene resulting in the build-up of plaque and bacteria underneath the gums. If not maintained properly, you may be at risk of tooth loss.

Preparing for an appointment at a Hygiene School:

- Fax or e-mail treatment plan and XRays from primary dentist prior to appointment (let staff know if you need assistance with this)
- Set aside at least 2.5 hours for the appointment
- Prepare for multiple visits – scaling and root planing is usually completed within 4 visits

See staff for a list of Dental Hygiene Schools that are open for Spring semester. Appointments typically fill up within 4-6 weeks, so plan ahead!

# What's Happening at the CSP?

## A Quick Look at Some Big Events

### **Observance of Black History Month**

Throughout the month of February, we will be highlighting Black History Month at the CSP.

### **Valentine's Party & Talent Show**

On February 12th from 1:00—3:00pm, we will be hosting our annual Valentine's Day celebration and talent show. This is a great time to show off those hidden talents!

### **Seward CSP Basketball**

It's that time of year! The basketball season is in full swing, but it's not too late to join the team. Games are played on Tuesday evenings through March. We provide a small meal beforehand and transportation to the games. Come get your game on!

## Contact Us

Activity line: 612-337-4018

Chuck: 651-955-3395

Emerson: 651-728-0210

Greta: 651-245-8568

Katie: 651-402-7237

Kendra: 651-272- 0142

Main CSP line: 612-333-0331

Mary: 651-272-7547

Member line: 612-337-4017

Sara: 651-728-0744

Tara: 651-368-4852

Taylor: 651-900-2274

2105 Minnehaha Ave

Minneapolis, MN 55404

[www.mhresources.org](http://www.mhresources.org)

Seward Times

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Seward Community Support Program  
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