



SUPPORT

Art-making for Healing

You don't have to be a professional artist to create art. Tapping into your creativity can not only be fun, but it can be a healing process that is conducive to mental wellness, as well.

Art therapy is an integrative mental health treatment that many clients utilize as part of their care plan. People Incorporated offers art therapy through our Artability program. These free workshops are available in our residential and treatment programs as well as publicly through community workshops. The act of art-making improves cognitive and sensory-motor functions, fosters self-awareness, and builds a sense of calm and stabilization through the creative process.



It's therapeutic to create something out of nothing," said Rajine Williams, an Artability teaching artist.

There are many ways you and your family can tap into your creativity at home, some involving very few supplies or items you may already have available. Home art projects are beneficial for all ages – adults, too! The next time you're feeling stressed or anxious, consider one of these creative activities to benefit your mental health.

- **Color in a coloring book or draw doodles while listening to music.** Try letting the music dictate the colors you choose or the shapes you draw.



SUPPORT: ART-MAKING FOR HEALING CONTINUED

- **Find some old newspapers or magazines to create a collage.** Simply cut out the images or phrases that inspire you and glue them together on a piece of paper to create a colorful and vibrant representation of your thoughts and feelings.
- **Write a journal entry.** Writing is art, too! Jot down what you did that day or reflect on any anxious feelings you may be experiencing. This process helps to organize your thoughts and release any difficult feelings you may be holding on to.
- **Play with clay, slime, or Play-Doh.** Much like a stress ball, the physical act of molding a material like Play-Doh can release excess energy, ease tension, focus, and help you express your emotions.
- **Register to view our Artability On-Demand videos!** Artability On-Demand is a free online library of short art, music, and mindfulness videos. Simply fill out the short registration form at www.peopleincorporated.org/artability/on-demand, and you'll be granted access to the video library.

The most important thing to remember when creating art is that no one – and no art project – is perfect. The process of creation is what's most important, and there are no rules.



As I'm teaching, I hear a lot of people say, 'I'm not good at this,' but I can see that they're still really proud of what they make," said Rajine. "It can be ugly, it can be beautiful, but that's all subjective."

Since August, Rajine has offered once-monthly, free, child- and family-focused art workshops at the Square, which is a venue space near George Floyd Square at 3736 Chicago Avenue. This month's workshop, which took place on November 2, was all about Dadaist Poems, which allowed participants to create their own visual poems using collages and cut-up words, phrases, and images.

People Incorporated's other regular Artability programming pauses during November and December, but it will begin again in early January and workshop registration will become available at that time. All materials and instructions are provided, and all are welcome.

Source used in this article: American Art Therapy Association, <https://arttherapy.org/>.

Program Feature

ARC Outreach Team

People Incorporated's Access and Recovery Center (ARC) Outreach Team (formerly Street Outreach) has long provided over 2,500 individuals per year with services like case management, housing referrals, access to shower and laundry facilities, and much more. This year, the program has been revamped, integrating Adult Rehabilitative Mental Health Services (ARMHS), Behavioral Health Home (BHH), and Outreach services. This wraparound, low-barrier service connects those experiencing homelessness to support, mental health skill-building, housing, and resources.

What is ARMHS?

ARMHS aims to help individuals develop independent living skills, work on interpersonal communication, secure and maintain employment, manage their mental health symptoms, and build a healthy lifestyle. These specialized services are useful for individuals who have experienced decreased functioning abilities due to mental health concerns, and it's an ideal service for those integrating back into their community.

What is BHH?

BHH is a model of care that focuses on integrating primary care, mental health services, and social services for individuals diagnosed with a mental illness. The multidisciplinary approach of BHH creates a care plan that is person-centered and tailored to the individual's needs, which is much aligned with People Incorporated's mission. BHH services aim to help the individual reach their personal health and wellness goals.

What is the benefit of integrating these services within ARC Outreach?

While the ARC Outreach Team will still offer its standard drop-in and street outreach services of assisting in finding housing resources, the additional integration of ARMHS and BHH creates an innovative approach that is uniquely tailored to this demographic. Fusing BHH and ARMHS with Outreach creates access to services that are typically challenging to connect to for people who are living on the street or experiencing unsheltered homelessness.

"Homelessness is a mental health crisis. The embedded integration of Outreach, BHH, and ARMHS allows us to address the immediate need of the housing and safety crisis while also working on mental health," said Jessica Hill, Director of Operations. "This will assist in greater stability for someone once housing is secured. It offers hope that a person can feel better and find pathways



to a safer living environment. These staff members are already experts at helping people who are experiencing unsheltered homelessness. This approach enhances our ability to serve people with high-complexity and high-acuity needs who have struggled with typical services in the community due to their current living environment."

One of the biggest barriers to reaching individuals experiencing homelessness is trust. However, the ARC Outreach Team is already out in the community building relationships with these individuals, creating a sense of trust that allows for a seamless transition from outreach services to ARMHS and/or BHH services. This creates longer-term solutions for clients, prioritizing their personal wellness and independence.



Folks experiencing unsheltered homelessness experience much more mental health complexities, and this type of approach is way more effective with this population,"

said Dave Katzenmeyer, Program Manager. "But you have to build trust before jumping into paperwork or service components. That's where these services meet up."

"This is a newer approach to outreach, and no one else is doing it in this way," said Hill. "A lot of people do ARMHS/BHH concurrently but don't have the homeless outreach component. We created an integrated position, where a person like Dave could do both. This is helpful for clients because they don't have to remember different staff members – it's one touch point for them – which can be so much easier. It creates robust service integration, which aligns with People Incorporated's mission."

Hill and Katzenmeyer have big dreams for this program in the future. Although People Incorporated's ARC Outreach services are currently offered in Ramsey County only, they hope to grow to serve Hennepin County and others who are experiencing a need. The ARC Outreach Team is one of People Incorporated's programs that relies almost exclusively on donations. To support this revolutionary work and its growth to come, consider giving a gift through the Give page on our website, ensuring to click "Homeless Services" for your gift designation.

Source utilized for this article: Minnesota Department of Human Services, <https://mn.gov/dhs/>.

Program Feature

Artability

The Artability program provides free art workshops both internally in People Incorporated’s residential and treatment programs and externally to community members who identify as having a mental illness. Each October, the program culminates in an art show for the public to promote mental health in the community, at which participating artists have the opportunity to showcase and sell their artwork. Not only does Artability provide a space for participants to tap into the creativity within themselves, but it presents art as a powerful tool for self-expression, healing, personal growth, and fun.

In 2023, the Artability program has experienced exciting transformations. Along with new community workshop locations in Minneapolis and Saint Paul – in addition to internal workshops hosted at 11 People Incorporated program sites – the program has an entirely new roster of teaching artists. These 9 new instructors bring with them fresh ideas, new classes and opportunities for clients, and increased visibility to the program. Many of this year’s class topics, ranging from Jewelry Making to Adult Fingerpainting to 3D Needle Felting, have never been offered before.

Among these new classes include a select few offered in George Floyd Square, just a few blocks away from People Incorporated’s newest hybrid crisis and intensive residential treatment services (IRTS) program. These monthly workshops are child- and family-focused and have so far focused on torn paper collages, acrylic paints, Dadaist poems, and Shrinky Dinks.

“Our primary goal with offering these is to help contribute to the healing of a community that has experienced a lot of pain,” said Tessa Weyhe, Artability Coordinator and Lead Teaching Artist.

“It’s a vibrant, inspired, and art-centric neighborhood, and I think this program will complement that area nicely. We’re hoping to introduce more family-friendly workshops to get children involved.”

In addition to a revamped program, the annual Artability Art Show & Sale brought with it some positive and innovative updates.

For the first time, staff awarded one artist with the Newcomer Award, which is available to artists who are



submitting artwork for the first time. Along with this award, submissions were eligible to win Best Creative Writing, Best Painting, Best Drawing, Best Photograph, Best Sculpture, Best Mixed Media, and Best in Show. We were also excited to offer again the Melissa Lewis scholarship, an award decided on by a BIPOC judge that goes to a female emerging artist of color.

At this year’s show, attendees also noticed a digital portfolio component. Each art piece was accompanied by a QR code, and upon scanning it, attendees could read more about the artist’s inspiration and background along with access to a digital gallery of the rest of their featured creations.

Weyhe has been a teaching artist with People Incorporated for around five years, and she currently teaches 11 groups each week. Teaching keeps “playfulness and curiosity and creativity alive,” and she brings this energy into all other parts of her work in the Artability program. She has ambitious goals for its future.

“I want to provide these services to as many people as we possibly can,” said Weyhe.

“This is such an asset to the community, and I don’t know any other programs who are doing anything like it. We aren’t trying to sell or promote anything, we’re simply trying to give people an option that provides comfort, growth, creativity, visibility, and social environments.”

ARTABILITY ART SHOW & SALE 2023

And that’s a wrap!

Thank you for making our 2023 Artability Art Show & Sale a huge success. Together, we sold 111 pieces of artwork and raised over \$9,000! The sales from this show go directly back into artists’ pockets and into future Artability programming, which is always free to attendees with no strings attached. This is an invaluable community resource that offers art therapy to those most in need of healing.

We kicked off our public art show on Friday, October 27. Opening Night featured light bites and beverages,

a photo booth, live painting, interactive art activities for everyone, and an awards ceremony to honor nine outstanding pieces voted as winners by a panel of three judges.

We closed out the celebrations on Saturday, October 28. Over the course of the weekend, nearly 500 attendees stopped by the Artability Show & Sale to view and purchase client-made artwork. We are so grateful for the enthusiastic support for this highly anticipated annual event from the community and our generous donors.



★ THIS YEAR’S AWARD WINNERS:



Best Creative Writing	“American Sonnet” by SAM Greene
Best Painting	“North Wood, Earthrise Farm” by Peter F. Hinze
Best Drawing	“Somali” by Peter Davitch
Best Photograph	“Cave of Neon Dreams” by Glenn Wm Wymore
Best Sculpture	“Shepherdess in Flowers” by Morgan Brooke
Best Mixed Media	“Freedom Behind Bars” by Jane Gerus
Best in Show	“Clicking Teeth” by Virginia Townsend
Newcomer Award	AJ McCartney

SCHOLARSHIP WINNERS:

Melissa Lewis Award: Each year, the family of artist Melissa Lewis awards this scholarship to a female emerging artist of color, decided on by a BIPOC judge.

Two artists received \$500 this year: SAM Greene and Lauren Lange



NEWS

New Case Management Services in Saint Louis County

In March 2023, People Incorporated received the opportunity to expand our case management services into Saint Louis County. In just a few short months, the program has experienced immense growth, speaking both to the unique needs of the community and the County's trust in People Incorporated. The team is thrilled to be able to offer case management services to a new demographic and geographic region in the state of Minnesota.

Program Supervisor Jenna Gilbert was a part of the original three employees who started in this program earlier this year. But in just five months, the team has grown to be much larger. On average, the People Incorporated team is gaining between 20-30 additional cases each month, and this pace will continue through June of 2024. The average caseload for one case manager is about 30-35 people, so to keep up, the team is intending to onboard one new case manager per month until next summer.

The partnership began when Saint Louis County initiated the process of restructuring how they operate case management, trading most of their in-house roles for contracted assessor roles. People Incorporated was chosen as one of three contracted agencies, and we have been successfully bridging the gap ever since.



"We've already gotten a lot of great feedback from the county, and they like how People Incorporated is doing things," said Gilbert. **"Because of the positive feedback, they're asking us to take more things on."**

At this rate, the small but mighty original team of 3 employees will grow to 10 plus by the end of the calendar year.

People Incorporated, along with the 2 other contracted partners working with the county, have established a collaborative system with open lines of communication to St. Louis County employees. Representatives from all parties attend a weekly coffee hour chat where workers can check in with each other, collaborate, brainstorm, and ask questions. Gilbert has found the County's processes to be extremely organized, which has allowed People Incorporated to seamlessly integrate its services into this new geographic area.

Gilbert's team has already built great connections with community providers and the clients in their caseloads. As far as she's concerned, they're achieving their goals: since the program started, People Incorporated's name is a recognized one in this community, and they are successfully building a reputation of recognition and trust.



"The case managers are doing a really good job of representing People Incorporated," said Gilbert. **"They uphold the values of trust and integrity and respect – not only towards the providers we partner with, but towards the clients. They're sitting down and listening to the people they're providing services to. We're just listening; we're here."**

People Incorporated relies on donations from community members to sustain our growth in the years to come. This growth allows us to extend our impact to new geographic areas like St. Louis County, reaching the individuals who need compassionate support the most. One of the best ways to support People Incorporated's long-term mission is to commit to a recurring donation; you can do so through the Give page on our website.

WISE giving

Using Your Retirement Assets to Give



When you reach retirement, your income streams change. Have you assessed what tools are best for giving in retirement? If you're over 70 1/2 years old, it's likely not your checkbook!

One popular strategy for minimizing your taxable income and lowering your income-based Medicare premiums is to give through a qualified charitable distribution (QCD). Instead of accepting the distribution as your own income, the funds are delivered directly to a charity of your choice, satisfying your distribution requirement but not requiring you to pay taxes on that income (since it never hit your bank account). This is a great way to maximize your philanthropic impact. Each individual taxpayer can give up to \$100,000 using this giving strategy.



Interested in setting up a QCD to People Incorporated? You'll need the following information to set up the account with your financial advisor:

- **OUR LEGAL NAME:**
People Incorporated Mental Health Services
- **OUR FEDERAL TAX ID NUMBER:**
41-0962296
- **OUR LEGAL MAILING ADDRESS:**
3000 Ames Crossing Rd, Suite 600, Eagan, MN 55121

To see an illustration of how this could work for you, contact Rachel Hickok, Director of Development, at rachel.hickok@peopleincorporated.org or 651.288.3514.



WHY I GIVE

"Having People Incorporated [during my son's mental health crisis] was such a huge relief. What you stand for is so valuable, and I could never repay you. People Incorporated saved my son's life. You are responsible for my son's success. I will always give to People Incorporated, because you do something that nobody else dares to do."

- Kathie Doerr, People Incorporated donor since 1996

Open House & Ribbon Cutting at 3633 Chicago Avenue Recap



We are so grateful to all the community members who joined us on September 26th for the Open House & Ribbon Cutting ceremony for our newest hybrid crisis and intensive residential treatment services (IRTS) program at 3633 Chicago Avenue. Minnesota Department of Human Services Commissioner Jodi Harpstead spoke about the revolutionary nature of People Incorporated's hybrid model, and we were joined by media representatives from KARE 11, MPR, WCCO Radio, and FOX 9. The 13-bed, single-occupancy program officially opened to clients on October 18th, 2023.

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)

To update your contact info or unsubscribe from our mailings, please contact us at give@peopleincorporated.org.