



SUPPORT

Why Therapy is For Everyone

There are many misconceptions about therapy and therapists. In the United States, nearly half of people with mental illness have not gotten professional help.

Research has shown that talking to someone – and feeling generally understood and validated – can alleviate illness if not cure it completely. This applies to all people, regardless of how severe you consider your symptoms. Life can be difficult, and a therapist can act as a guide.

You may be wondering, what can therapy do for me? Therapy is a chance to not only learn more about yourself but to acquire new skills. There is much to gain from seeing a therapist, including but not limited to:

- improved interpersonal skills
- greater self-acceptance and self-esteem
- better expression of emotions like anger
- the ability to manage stress effectively

These are skills that all people can use, regardless of whether they have a severe mental illness.

We talked to Amanda Kaiser, M.A., a school-based therapist in our School-Linked program, to debunk some of the popular misconceptions about therapy.

“I can handle it myself with self-care.”

Many individuals utilize their own coping mechanisms to develop healthy life skills; for example, perhaps you go out biking or practice meditation to manage stress. These are relatively healthy forms of self-care and coping. But not all people are able to sustain these practices on their own.



If what you are doing isn't working or isn't working as well as you'd like, it can be really helpful to get an outsider's opinion,” said Kaiser.



SUPPORT: WHY THERAPY IS FOR EVERYONE *CONTINUED*

“If what you are doing isn’t working or isn’t working as well as you’d like, it can be really helpful to get an outsider’s opinion,” said Kaiser. “Therapists are skilled at taking the chaotic or unorganized thoughts in our heads and helping us make sense of them. They are trained to help us streamline our thoughts and figure out what we can do to feel better.”

Sometimes, our behaviors are adaptations to past experiences, including trauma. Exploring our own histories under professional guidance can give us new insights into how and why we respond to certain situations, and that insight is invaluable.

“If people find out I’m going to therapy, they will think something is wrong with me or that I’m abnormal.”

We all have mental health. Each person is on their own individual journey toward feeling mentally healthy, and this journey ebbs and flows. Seeking care for symptoms of mental illness is just like any other type of medical treatment. This doesn’t make you strange or broken; we all have medical incidents, whether it be strep throat, back pain, or mental illness. This is just a part of being human, and we all have growth areas that we can work on.

“Personal growth will be uncomfortable at times, but it’s also very rewarding,” said Kaiser. “Unless you want to be who you’ve been in the past and want those patterns to continue, you are going to have to make changes, learn, and grow.”



It’s incredibly helpful to have someone in your corner providing feedback as you navigate that kind of personal growth.”

“Therapy is just talking. I can do that with my family or friends instead.”

Yes, venting to friends can feel great, but they aren’t professionals. They may also be dealing with symptoms of their own, making it more difficult for them to provide sound advice.



While venting to friends and family works in some situations, these people are not objective,” said Kaiser.

“Their opinions and advice are biased and based on their relationship with you, and this can also be influenced if they know the other party involved in the situation. It can be helpful to work with someone who is trained and who has dedicated their career to assessing and treating these issues that arise.”

Psychotherapy proves effective for many mental health conditions, such as symptoms of depression or anxiety. Experts say that therapy should be the first treatment method for mild to moderate psychiatric symptoms.

If you’re experiencing mild to moderate symptoms of mental illness, People Incorporated offers psychotherapy for adults, families, children, adolescents, and couples at our four outpatient clinics. Appointments can be scheduled through our Central Access Contact Center from 7:00 a.m. to 5:00 p.m., Monday through Friday, by calling 651-774-0011 and pressing Option 1.

To donate to People Incorporated and provide charitable care for individuals who may not be able to afford therapy due to high deductibles or lack of insurance, visit the Give page on our website.

Mental Health Practices

for Daily Life

May is Mental Health Awareness Month! This month, we recognize the many ways mental health impacts our lives, especially for those living with mental illness. It's also the perfect time to take a step back and consider how we care for our mental health in everyday life. Do you prioritize this kind of care, or do you wish you were doing more?

May is the perfect time to start implementing small, personal changes to ensure your mental health is maintained and prioritized every day. **We asked mental health professionals across our organization to offer advice on what you can do to care for yourself, starting today.**

"Take just 5 minutes out of your day – setting a timer if needed – to just sit, stare at the wall, stare outside, or just close your eyes. This gives you 5 minutes of peace every day. It has been so helpful for me."

““ **Have at least one or two things be routine daily practices. Routine helps the brain and body prepare for what is coming and can reduce overall stress, tension, and anxiety.**

For me, it's my morning coffee and saying goodnight to my pet before I go to bed."

– Katelyn Donald, School-Linked Therapist

"Prioritize sleep, eat healthfully, move your body, stay hydrated by drinking water, practice gratitude, connect with positive influences like friends, family, and colleagues, and practice mindfulness, meditation, and/or relaxing activities that you enjoy."

– Amanda Kaiser, School-Linked Therapist

““ **One of my favorites is practicing non-judgmental stance or noticing without judging. For example, instead of saying, 'I'm a failure,' say 'I'm disappointed I got an F on that assignment.' Or, 'I'm disappointed I didn't get that job offer.' In addition, end the day identifying something positive that happened or something you are proud of."**

– Hannah Langholz, Mental Health Therapist

"I love fidgets and they help me a lot, so I try to ensure I have fidgets accessible to me through casual means. Like having functional jewelry fidget rings, necklaces, earrings, or key chains."

““

I frequently use TIPP skills throughout my day: Temperature, Intensive Exercise, Pace Breathing, and Progressive Muscle Relaxation. My favorite go-to temperature

things include hot packs and ice-cold water. I do less intensive exercise and more of a light walk to get a change of scenery. If I'm feeling stuck or having a hard time focusing, I will get up and take a quick walk around the school or my office. I do pace breathing every night as a daily practice to fall asleep at night, which does wonders. I don't often use progressive muscle relaxation, but I find stretching or just taking a moment to stand up and do a little twist if I've been working on the same thing for too long."

– Samantha Clarke, Mental Health Practitioner

We wish you a happy Mental Health Awareness Month and a happy spring. For more professional mental health guidance this month and beyond, follow and engage with us on Facebook, Instagram, Twitter, and LinkedIn.



PROGRAM FEATURE

Police Partnerships & Community-Integrated Care



PEOPLE INCORPORATED'S SPPD-EMBEDDED MENTAL HEALTH PROFESSIONALS AMBER RUTH AND MELISSA REICH SPEAKING ON A PANEL FOR SOCIAL WORKERS AND POLICE OFFICERS WHO WORK IN SHARED SPACES.

People Incorporated's Embedded Mental Health Professional model presents a creative and person-centered solution to the ever-rising number of 911 mental health calls. By embedding licensed social workers into police departments to ride alongside police officers, more people experiencing crisis are able to access the right resources for their recovery. **Community-integrated care** is the way of the future, and soon, we'll also have an embedded professional in the Roseville Police Department.

What does community-integrated care mean?

People Incorporated was founded in 1969 with the idea that people could be "incorporated" within their communities while they heal from mental illness. It also means our care is embedded into the community – finding people that may otherwise be missed or have not found the support they needed from traditional healthcare systems. We're embedded within schools, police departments, jail systems, local libraries, homeless encampments, and more. In addition, we're training people who are not mental health professionals (MHPs) to support our neighbors living with mental illness in places where they may encounter someone struggling – librarians, food shelf workers, college campus police, and even bus drivers. Every facet of our community is touched by mental health, and we know that our impact is stronger when we team up with community partners. People Incorporated first piloted the Embedded Mental

Health Professional model back in 2018 with an MHP in SPPD's mental health unit. This collaboration evolved into a bus turned office-on-wheels in SPPD's Community Outreach and Stabilization (COAST) unit. Introduced in early 2021, the COAST vehicle allows a small team of officers and a People Incorporated social worker to connect individuals to resources directly on-site instead of promising a follow-up call weeks after an incident, avoiding putting the individual in a vulnerable limbo.

In 2021, Melissa Reich, one of People Incorporated's experienced Homeless Outreach workers, joined the COAST team to provide chemical health assessments and support to people facing challenges with addiction. She is the first Licensed Alcohol and Drug Counselor (LADC) to be embedded in a police department.



My biggest role is to bridge a gap in services, to get people assessments and referrals for care," said Reich.

Most of the time, Reich works with unsheltered populations. She spends time at Catholic Charities once a week, the downtown St. Paul library twice a week, and another daytime drop-in center once a week. The remainder of her time is spent with an officer going to follow-up visits after overdose calls occur. In all of her work, she works to ensure people experiencing homelessness have positive interactions with police and

mental health professionals and get support accessing the care they need.

Her certification as an LADC is unique and crucial to her work as an embedded MHP.

“There isn’t that chemical health piece in a lot of embedded social work models,” said Reich. “It’s hard to get access to a chemical health assessment for people who are mandated by courts, and it’s hard to keep and maintain appointments when there are insurance issues, so this partnership lowers barriers for people.”

Our approach to community-integrated care extends beyond police departments. Sophia Eckmeier is an Access Navigator within People Incorporated’s Central Access Call Center, and she specializes in our partnerships with local jails through the Corrections Integrated Services (CIS) program.

“Some folks are just released into homelessness, and it breaks my heart,” said Eckmeier.



Many of our clients just don’t know where to start with services. And the need is huge – there aren’t a lot of programs out there that are able to go into jails and meet with folks directly.”

Our CIS program currently serves 3 counties and integrates MHPs into jail systems to collaborate with county staff. On the administrative side, Eckmeier regularly speaks with people who are incarcerated to make referrals to other People Incorporated programs and help them navigate their options for services.

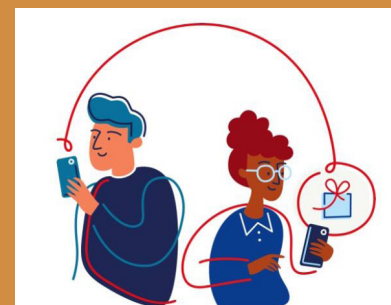


PEOPLE INCORPORATED MENTAL HEALTH PROFESSIONAL MOLLI SLADE AND REPRESENTATIVES FROM THE ROSEVILLE POLICE DEPARTMENT, THROUGH WHICH SHE IS NEWLY EMBEDDED.

“We’ve noticed that folks aren’t re-offending as often,” said Eckmeier. “We see our clients eventually going back to school, getting stable jobs and housing, even forming a community with one another. When you walk with people along the way in the process of healing, it does wonders.”

We are thrilled to be expanding our presence in the community with our upcoming collaboration with the Roseville Police Department, a partnership that will take effect this spring and that wouldn’t be possible without the generous support of the Medica Foundation. To support this collaboration and more community-integrated care in the years to come, you can donate to People Incorporated through the Give page on our website. Your support opens infinite doors for those in our community who are struggling with mental illness.

Donate your myWalgreens cash rewards to People Incorporated, now through May 31st!



People Incorporated’s myWalgreens campaign is underway! At Walgreens, you’ll earn unlimited 1% Walgreens Cash rewards when you shop and you can choose how much to donate to a featured charity of your choice, including People Incorporated. It’s that easy. Access your rewards through the Walgreens app or on walgreens.com/mywalgreens. Make sure to enter the ZIP code of our People Incorporated office: 55121. Then, just click on our name and allocate your rewards, now through May 31st! Thank you so much for your support.



FROM LEFT TO RIGHT: AMBER, VERONIKA, TIMOTHY, ABBY, MIRANDA, AND FATIMAH.



NEWS

Advocating at Mental Health Day on the Hill

People Incorporated staff were excited to be present at the Capitol on March 9th for Mental Health Day on the Hill, organized by NAMI Minnesota and the rest of the Mental Health Legislative Network. Staff joined in-person with hundreds of advocates from around the state and proudly represented our organization, showing our support for comprehensive mental health care in Minnesota. Among the mental health-related bills discussed on March 9th were one about more comprehensive psychiatric residential treatment coverage and one

about children's mental health which, if passed, would remedy long waitlists and create continuity of care for children. The 988 Suicide and Crisis Lifeline was also discussed, a program currently operating in Minnesota on temporary federal funds.

CEO Jill Wiedemann-West was joined by staff from Maghakian Place, one of People Incorporated's nine intensive residential facilities, and the group attended the policy briefing before gathering at the Capitol. We also joined with representatives from Northern Pines Mental Health Center, including Executive Director Laura Vaughn, who was one of our four rural Artability partners in 2022. We are fortunate to be in such great company while advocating for quality mental health care in our state.

Youth From People Incorporated and Change Inc Participate in Read Brave Panel



YOUTH REPRESENTATIVES A'IANA AND MEGAN DISCUSSED THEIR EXPERIENCES WITH MENTAL HEALTH.

On March 9th, youth from People Incorporated and Change Inc. participated on a mental health panel as part of the Saint Paul Public Libraries Read Brave reading initiative. This year's Read Brave theme is mental health, and People Incorporated was honored to be an SPPL partner to promote mental health and support awareness for all ages. The panel also featured Adib Khorram, author of one of this year's featured books, Darius the Great is Not Okay, and St. Paul Mayor Melvin Carter. You can watch a recording of the panel on Saint Paul Public Library's Facebook page.

WISE giving

Why I Give: Emily Essert



We sat down with Emily Essert, Ph.D., who joined People Incorporated's Board of Directors in 2022 and currently serves as the Director of Institutional Partnerships at the Guthrie Theater in Minneapolis. She's also a People Incorporated sustaining donor.

Why People Incorporated?

For the past 4 years, I've been on my own mental health journey. In 2018, I had twins. 6 weeks afterward, I found out that I had thyroid cancer. The whole thing was so challenging that after a year, I finally said, "I need help." Funny enough, without getting cancer, I might not have had the courage to do that. But it's been nothing short of miraculous for me.

I love how much People Incorporated emphasizes that it's basic, regular health care. It's community health. It's made a difference for me and my family. I'm a better parent to my kids and a better spouse because I get mental health care. I'm so happy I can support an organization trying to share that message.

Why are recurring gifts the right philanthropic strategy for you?

I give a recurring gift because it makes it feel possible for me. We're still paying for daycare, and the expense is intense. I don't feel like I have a lump sum to give, but a little bit at a time feels like something that not only adds up but also fits into my monthly budget.

Having worked in nonprofits for a while now, I'm aware of how many important causes there are in the community. Now that I have some capacity, I feel like it's really important to give what I can. I know there are so many community members in the Twin Cities that aren't having their basic

needs met, so the idea of not giving at all doesn't even occur to me. One of the ways you can solve community challenges is by giving to nonprofits.

Why would you recommend this giving strategy to others?

Even a small recurring gift, whatever you would normally spend in a week on Starbucks, adds up over the year and is really impactful to a nonprofit. People have these ideas that if they can't give a big gift to a nonprofit, it doesn't matter. But that's not true – it hits us in the heart when we know our donors are prioritizing us and making a choice to say, "I'm doing this because it matters." Recurring gifts are really wonderful ways to show an organization that you care about them and want to support them in the long term.

I hope no one ever says, "I don't want to give because I can't give enough." It always helps, and it all adds up.



Are you interested in setting up a recurring gift to People Incorporated? Visit the Give page on our website, which offers a "Recurring donation" option. If you have any questions or want to talk further about the value of setting up a recurring donation, email us at give@peopleincorporated.org.

Volunteer Outdoors This Spring!

Spring is finally here in Minnesota, and we're all eager to get outside and enjoy the sunshine. **Did you know that there are opportunities to volunteer outdoors at People Incorporated?**

We have a variety of landscaping volunteer projects available from May through November at our program sites in Minneapolis and Saint Paul. Gather up a group of 5-15 colleagues or teammates and participate in yard clean-up, summer maintenance, or other special projects! This is a chance to collaborate and team-build with your group all while getting outside and getting your hands dirty. Past groups from SUCCESS Computer Consulting, Surly Brewing Co., and the Minnesota Vikings have played major roles in beautifying our community spaces and had lots of fun while doing it.



**A GROUP OF VOLUNTEERS FROM THE MINNESOTA VIKINGS
SPENT A FRIDAY MORNING BUILDING PLANT BOXES AND
LANDSCAPING AT NORTHSIDE COMMUNITY SUPPORT CENTER.**

Not only will you create a fun memory with your team, but through your service, you'll support the wellness of our clients by providing a calming and supportive outdoor environment they can enjoy throughout their recovery journeys. To get started with scheduling your group's volunteer event, fill out our Group Volunteer Request Form. We can't wait to see you outside this spring!