

E-NEWS: AUGUST

People Incorporated Mental Health Services



MENTAL HEALTH FOR BACK-TO-SCHOOL

It's August, which means summer is winding down and the start of a new school year is arriving quickly. It's a major time of transition for school-aged children, and it may mean saying a hard goodbye to summer sleep schedules, extra free time, and warmer weather.

The transition itself brings a lot of unpredictability and newness. Apart from the stress of gathering all the necessary notebooks, pencils, and supplies, heading back to school can take a toll on children's mental health, too. Kelsey Gaul, a therapist in People Incorporated's School-Based Mental Health Services program, works frequently with school-aged children and offered some tips for parents helping children work through this type of stress.

[Read More](#)

INTEGRATION OF CARE IN CHILDREN'S PROGRAMS

Mental illness is far from linear, simple, or straightforward. Since its inception, People Incorporated has approached mental health treatment with person-centered, integrated care.

What is integrated care?

In the mental health field, integrated care is a general term for the partial blending of behavioral health services with general and/or specialty medical services (American Psychiatric Association). It's characterized by a high degree of collaboration and communication among health professionals. This approach allows for more nuance and flexibility when supporting a client through their unique mental health journey.

[Read More](#)

AUGUST IS NATIONAL MAKE-A-WILL MONTH

Do you still need to create your will? Studies have shown that at least 60% of adults in the U.S. don't have one (AARP.org). August is National Make-a-Will Month, and it's a reminder of why solidifying this important document is crucial.

1. It's a powerful legal document that everyone should have.

All adults should have a will. It allows you to distribute your property and protect your loved ones after you pass away, giving you full agency over these important decisions.

2. It provides peace of mind for you and your family.

Wills aren't just for the super wealthy – you likely have more property of value than you realize. Without a will, your loved ones will be tasked with finding homes for all of your assets, which can create additional stress in the wake of grief.

3. It allows you to create a legacy that lasts beyond your lifetime.

A will is one way you can make a positive impact on this world long after you leave it. One way you can do so is by using your will to donate to a charity. You can give cash, stock, property, and more, and while it will cost you nothing in your lifetime, it will leave an incredible legacy for the causes you care most about, including mental health. Some donors choose to leave a percentage of their estate to People Incorporated after they've tended to the

IN THE NEWS

People Incorporated expands case management into St. Louis County!

People Incorporated expanded our waiver case management services into St. Louis County in mid-March with one supervisor and three case managers. Two more case managers will start this month to enable us to reach more clients as the program rapidly grows.

The team consistently receives feedback from its St. Louis County partners, including comments from other community providers who are impressed with our reliability. We are proud to continue to expand our services to Minnesotans in need of care.

needs of their family or they select us as a secondary beneficiary.

There are numerous free resources online for creating your will, like the sites Do Your Own Will (doyourownwill.com), Fabric (meetfabric.com), and FreeWill (freewill.com). The document you create can then be presented to a notary.

Do you have questions about how to include People Incorporated in your will? Reach out to our team at give@peopleincorporated.org to speak to a gift officer about your options.



651-774-0011



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3000 Ames Crossing Rd, Eagan, MN 55121



Members and staff at Como Zoo and Arboretum!



Members testing their fish knowledge during Catch of the Day: Fin-tastic Fishing Day.



Members participated in Healthcare Trivia Games Day with help from our friends at United HealthCare.

NORTHSIDE COMMUNITY SUPPORT PROGRAM



In July, the NCSP attended North Minneapolis Pet Resource Center's Community Pet Clinic and Northpoint's Free Fresh Food Friday. Throughout the month, NCSP spent a day at Como Zoo, welcomed Jocelyn from Taurus Moon Studio to our site for yoga, went to the MN History Museum, partnered with Facilities to update our gazebo to create a more community-informed space, hosted a Community Tie-Dye Event with t-shirts donated from Sherwin-Williams and the Vikings, hosted Catch of the Day: Fin-tastic Fishing Day to celebrate National Fishing Month, and had Healthcare Trivia Games Day with tupperware donations from United Healthcare.

In August, we will attending and providing resources at CEAP's Food Market, Brooklyn Centers Community Health Fair, Northpoint's Free Fresh Food Friday, and North Minneapolis's Pet Resource's Pet Clinic. NCSP will also be hosting Barber with Ben, Pie-in-the-Face Trivia, an outing to the Gale Woods Farms, a Thrifted Item Showcase, More Herbs Less Salt nutrition class, and more.



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COMMUNITY

We are excited to get to know the community around our newest program at 3633 Chicago Avenue in Minneapolis through "Community Conversations and Coffee" throughout August. Come say hello & get to know us at Onyx Coffeehouse (3740 Chicago Avenue):



August 9th, 8-11 am

August 16th, 12-3 pm

August 23rd, 4-7 pm

We are also expanding our Artability program to youth and families in this community. Stay tuned for more!

ARTABILITY

Upcoming art submission dates for participating artists:

Wednesday, August 16th from 3-6 pm

Thursday, August 17th from 3-6 pm

*drop-off at NCSP: 1309 Girard Avenue North, Minneapolis, MN

To become a 2023 Artability Art Show & Sale participating artist, [fill out the registration form found on our website.](#) There will be two more submission dates in September!

THE TRAINING INSTITUTE

Cities like Minneapolis, Louisville, Salt Lake City, and Nashville hire [Block by Block](#) to run downtown programs and services like hospitality, cleaning, landscaping, and outreach. Uniformed ambassadors patrol and monitor downtown areas and connect and help individuals experiencing homelessness. Block by Block has developed a comprehensive plan for engaging with, assessing, and assisting some of society's most marginalized and vulnerable individuals. Training Institute instructors have been working with their staff every month for nearly two years now, introducing them to best practices in Behavioral Health including crisis de-escalation, motivational interviewing, self-care and wellness, boundaries and ethics, and culturally responsive practice. Block by Block team members join our monthly call from all over the country as we exchange ideas, examples, and encouragement for the important work in different communities.



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