

E-NEWS: DECEMBER

People Incorporated Mental Health Services



NAVIGATING FAMILY CONFLICT DURING THE HOLIDAYS

by Russ Turner, Training Institute Director

For many, the holidays are not a particularly joyous time. One reason for this is anxiety about disagreement and conflict at family gatherings and events. Political and cultural polarizations in society are intruding into nuclear and extended families, and the potential for arguments and discord is high. Fortunately, there are tools we can use to make family gatherings go smoothly as intended.

- Set your intention. What is your reason for gathering anyway? Presumably it is to be together, connect, and share time together. Set your intention that this is the purpose of the dinner, not to discuss politics or change peoples' minds.

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PEOPLE INCORPORATED PARTNERS WITH SPPL TO PROVIDE DROP-IN SOCIAL WORK SERVICES

Earlier this fall, People Incorporated began a partnership with Saint Paul Public Libraries (SPPL) to embed a social worker into its public spaces. Allison Hoden, MSW, LGSW is about three months into her role that integrates social services and support into three of Saint Paul's major libraries.

Hoden first began meeting with patrons on October 19th through regular afternoon drop-in hours at Rondo Community Library, Rice Street Library, and George Latimer Central Library. Outside of her drop-in hours, she meets regularly with librarians, People Incorporated staff, and community agencies like the Saint Paul Opportunity Center to share more about the services available in the community.

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YOUR GIFTS IN ACTION:

2023



Through foundation and donor support, we partnered with the Roseville Police Department in April to add an embedded mental health professional, Molli Slade, to their community outreach team.



We hosted an Open House to celebrate our program expansion into South Minneapolis, just steps from George Floyd Square, with a new hybrid model of crisis and Intensive Residential Treatment Services (IRTS) program at 3633 Chicago Avenue.



In June, we welcomed 12 new Pathways trainees to add to the over 60 individuals trained since the program's inception.



In August, we began offering monthly child- and family-focused Artability workshops near George Floyd Square.



You helped us raise \$7,716 for our Pathways program, exceeding our goal of \$5,400.



The Artability Art Show & Sale showcased 276 pieces of art by 66 artists. 500 people attended the show over the course of 3 days, and we sold 127 pieces of art amounting to \$11,000 raised for participating artists.



We hosted our annual Winter Gear Drive at Northside Community Support Program. 778 items were donated by the community and 55 individuals in need attended the event and claimed items. The remainder were donated to individuals experiencing homelessness throughout the Twin Cities.



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Note these dates for program closures in December.

NCSP will be closed fully or closing early on the following dates:

Monday, Dec. 4 | CLOSING AT 2PM

Thursday, Dec. 7 | CLOSING AT 2PM

Monday, Dec. 11 | CLOSING AT 2PM

Thursday, Dec. 14 | CLOSED ALL DAY

Monday, Dec. 25 | CLOSED ALL DAY

Have a safe and happy holiday season!

NORTHSIDE COMMUNITY SUPPORT PROGRAM

Pool, Spades, BINGO!, and Jenga

Join us for fun and games all month long! Pool tournaments on the 5th and the 19th at 1:00 pm; Spades tournaments on the 7th at 12:00 pm. We're also hosting BINGO! on the 12th and the 26th at 1:00 pm and a game of Jenga on the 18th at 1:00 pm.

Birthday Celebration

Join us in a celebration! All are welcome to stop in for birthday treats at the end of the month to celebrate all December birthdays.

Thursday, December 28th, all day

Coffee Convos

Join us in our bi-weekly group where we get to know each other a little better, learn fun facts, and create meaningful relationships. Donuts and coffee provided.

Monday, December 11th at 11:30 am

Interested in becoming a Northside Community Support Program member?

Membership is FREE and available to any adult resident (18+) of Hennepin County who is living with a serious mental illness. Members receive access to community-based services such as recreational activities, support for job seekers, housing support, therapy, occupational therapy, art therapy, ARMHS services, and community events. Call 612-521-2116 to see if you're a fit.



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COMMUNITY

Join us in spreading holiday cheer this season by participating in our Holiday Drive, running now through the end of 2023. We're seeking donations of shoes, sweat suits, and hygiene products to make a difference in the lives of those in need.

Drop off your contributions at
3000 Ames Crossing Road, Suite 600,
Eagan, MN 55121



or simplify your giving [by clicking here](#)
and [visiting our convenient Amazon](#)
[wish list](#).

ARTABILITY

We extend our heartfelt gratitude to everyone who contributed to the resounding success of this year's Artability Art Show & Sale. With your support, we witnessed an incredible turnout, boasting 127 pieces of art sold and a remarkable attendance of 500 art enthusiasts. Your enthusiasm and participation have not only elevated the event but have also helped us foster a vibrant and supportive community. Thank you for making the Artability Art Show & Sale a memorable celebration of creativity and collaboration. We look forward to a successful 2024!



THE TRAINING INSTITUTE

As the Training Institute looks back on 2023, we're excited to have seen continued growth with external partnerships in the local community and nationwide. We've partnered with over 60 organizations this year to provide customized trainings for their staff, totaling (as of October 31) over 380 hours of trainings and more than 6,800 learners. The Training Institute has also added a number of new classes, many of which were in our Leadership category. The most popular new classes were Giving Effective Feedback and Leading Intergenerational Teams.



*Follow the Training
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sized educational
content!*



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