

E-NEWS: NOVEMBER

People Incorporated Mental Health Services



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.

[Read More](#)

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, and more.

[Read More](#)

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 ½ 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 by calling 651-288-3514.

IN THE NEWS

Give to the Max Day is almost here!

Give to the Max Day (GTMD) is Minnesota's single most impactful day of giving for nonprofits statewide. Join us in celebrating this important day of generosity as we place emphasis on supporting the future of mental health professionals through our Pathways program.

We hope to raise \$5,400 this Give to the Max Day – \$100 for every year People Incorporated has been an organization – to bolster future programming and to support the next cohort of trainees.

Will you join us by giving a gift?



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Did you know?

NCSP offers free Artability workshops every Wednesday from 12:00 - 2:00 pm!

Stop in for creativity, community, and a bit of fun. All are welcome and all art materials are provided.

Other November events include:

BINGO | Nov. 14th & 28th at 1:00 pm

Pool Tournament | Nov. 7th & 21st at 1:00 pm

November Movie | Nov. 20th at 12:00 pm

NORTHSIDE COMMUNITY SUPPORT PROGRAM

Barber with Ben

Needing a haircut? Join us once a month as Ben heads to the barber shop. No cost to you and transportation provided.

Thursday, November 9th at 11:00 am

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 November birthdays.

Thursday, November 30th

Community Meal

Once a month, we provide a free meal from a local restaurant. Stop in to grab a bite to eat and socialize.

Wednesday, November 22nd at 12:00 pm

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, November 13th at 11:30 am; Monday, November 27th at 11:30 am



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ARTABILITY

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.



THE TRAINING INSTITUTE

The Training Institute will be working with Metro Transit to train all new bus and train operators as they look to bring the skills of social workers and mental health practitioners to their frontline workers. The Training Institute will also be partnering with MN DHS to deliver trainings to hospitals, foster parents/caregivers, and schools throughout Minnesota. These large, ongoing projects add to some of our other longstanding contracted projects, including Great Lakes MHTTC, Hennepin County Shelters, and DHS Housing Stability.



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