

E-NEWS: NOVEMBER

People Incorporated Mental Health Services



A REFLECTION ON PERCEPTION

A timely reflection on opinion and perception by Training Institute adjunct instructor Warren Duncan.

The other day, I was walking with my daughter in our neighborhood. She pointed toward a house and said how beautiful it was. I looked in the direction she pointed and noticed that one of the houses did stick out to me. The lawn was freshly mowed, and there were colorful flowers blooming in front of the house. It looked especially nice compared to the house next to it, which had a bunch of tacky Halloween decorations. I told her I loved the mix and color of the flowers in front of the house. She looked at me confusedly and said she was talking about the other house, the “cool one.” I realized she was talking about the house with all the Halloween decorations. It had several blow-up figures, a big spider, a giant pumpkin, several witches around a cauldron, and the crown jewel . . .

[Read More](#)

GIVE TO THE MAX DAY: FUNDING CLIENT NEEDS

We are excited to announce our participation in this year’s Give to the Max Day (GTMD), an annual giving holiday that brings together nonprofit organizations across Minnesota to raise essential funds for their respective causes. This year’s GTMD is on Thursday, November 21, but early giving has already begun! As the largest community mental health provider in the state, People Incorporated is dedicated to serving the most vulnerable members of our community who often fall through the cracks along their journey to mental wellness. This year, we are focusing our efforts on raising \$8,000 for our Client Needs Fund.

Our Client Needs Fund is a vital resource at People Incorporated that allows staff members to purchase basic needs items for our clients, no questions asked.

[Read More](#)

WCCO Radio: People Incorporated nears first full year having mental health treatment facility near George Floyd Square

On October 10, WCCO Radio aired a segment featuring interviews with People Incorporated CEO Jill Wiedemann-West and Vice President of Community Engagement Veronika E. Mix to commemorate one year of our IRTS program on Chicago Avenue in South Minneapolis.

Opened a year ago, the program houses 13 beds - each with its own private bathroom - that allows for client stays up to 90 days.

"This program is a journey for individuals that will really help them develop some healing, stability, structure, and routine," said Mix. "The program also builds community among staff and individuals here."

[Click here](#) or on the image below to listen to the full interview.



IN THE NEWS

October was a big month for news coverage!

Local news stations helped us generate excitement around our 2024 Artability Art Show & Sale, which took place on October 25 & 26 at the Union Depot in Saint Paul. Artability Ambassador Artist Virginia Townsend and Program Coordinator Tessa Weyhe visited two different stations to share more about Artability. Click the images below to watch the full segments.



Virginia & Tessa with A.J. & Heather of WCCO on the 10/23 Mid-Morning show.



Virginia & Tessa with Alexis of KARE 11 on the 10/24 News at Noon show.

651-774-0011

info@peopleincorporated.org

3000 Ames Crossing Rd, Eagan, MN 55121

Sign up for these fun opportunities in November!

You must sign up in advance for these select activities in order to participate. Stop by NCSP during regular office hours to reserve your spot.

Dollar Tree | Thursday, November 7 at 11 AM

Bowling | Thursday, November 14 at 11 AM

Barber w/ Ben | Thursday, November 21 at 11 AM

Click to see the full November event calendar on our website:



ATTENTION: HOLIDAY CLOSURE

Please note that NCSP will be closed on Thursday, November 28th for the Thanksgiving holiday. We will open again as usual on Monday, December 1st. Thank you for understanding.

NORTHSIDE COMMUNITY SUPPORT PROGRAM

Pool, Trivia, Writing Group, and Art Group

Pool tournaments every Tuesday at 12 pm; Trivia every Monday at 1PM.

Don't miss opportunities to grow your skills in the arts: we are hosting a Writing Group every Tuesday at 1 PM and an Art Group every Wednesday at 12 PM. Plus, learn more about Spoken Word on Wednesday, November 13 at 1 PM!

Housing & Employment Help

We offer weekly opportunities for you to stop in and get individualized support related to housing (every Tuesday from 10 AM to 12 PM) and employment (every Wednesday from 10 AM to 12 PM). We are happy to answer questions and assist with resource connection.

Community Meal

We are excited to offer a free community meal to all members every month. Join us on Wednesday, October 16th at 1 PM for our October meal.

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

Community Access and Resource Event (CARE)

When: Friday, November 22 from 9 - 11 AM

*Where: Northside Community Support Program
1309 Girard Ave N, Minneapolis, MN 55411*

In partnership with Medica, UCare, and Neighborhood Health Source, we are excited to host a new event called CARE, which will showcase NCSP as a wellness hub in the North Minneapolis community that is seeking new members. CARE will also offer resources from community partners around health, employment, legal assistance, and much more. Those in need can also pick up hygiene kits, clothing items, and other essentials.

We are eager to connect with the Northside community and share invaluable resources!

THE TRAINING INSTITUTE

The Training Institute will be hosting a number of DEI special topic classes this November presented by some of our external adjunct instructors! Be sure to check them out and sign up:

- Addressing Implicit Bias: Exploring Strategies for Success, November 6, 8:45 – 11:00 AM
- Racial Equity 201, November 11, 12:45 – 3:00 PM
- Social Justice and Serving the Transgender Community, November 20, 9:45 AM – 12:00 PM

ARTABILITY

Announcing Two New Community Workshop Partnerships

We are excited to partner with the Powderhorn Park Neighborhood Association and V3 Sports Center to offer kid- and family-friendly art workshops in their communities! These partnerships will foster the continued growth of the Artability program while sharing the healing power of artmaking with new communities.

Upcoming Dates:

Sunday, November 10 at 1:00 PM
at 701 Plymouth Ave N (V3)

Wednesday, November 13 at 6:00 PM
at 821 E 25th St, Suite 200 (PPNA)

Saturday, November 16 at 11:00 AM
at 821 E 25th St, Suite 200 (PPNA)

Sunday, December 8 at 1:00 PM
at 701 Plymouth Ave N (V3)

Wednesday, December 11 at 6:00 PM
at 821 E 25th St, Suite 200 (PPNA)

Saturday, December 14 at 11:00 AM
at 821 E 25th St, Suite 200 (PPNA)

Sunday, January 12 at 1:00 PM
at 701 Plymouth Ave N (V3)

Sign up for free

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