

E-NEWS: DECEMBER

People Incorporated Mental Health Services



A YEAR-END REFLECTION FROM OUR CEO

by Jill Wiedemann-West

As we step upon the threshold of a new year, I am filled with anticipation of what the year ahead will bring for our organization, clients, and community.

As gratified as I am about all that we accomplish every day, I am equally aware of all that still needs to be done to secure truly well and healthy communities. We are making progress and should take a moment to really breathe that in and enjoy it.

In my opinion, we are a society that is more aware today of the vulnerabilities that exist among our citizens, the mental health challenges that plague our youth, and the fragile nature of individuals living continuously with mental health issues. As I was thinking forward to 2025...

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PROGRAM SPOTLIGHT: OUTPATIENT MENTAL HEALTH

Care collaboration and a person-centered approach are essential to providing high-quality mental health care at People Incorporated. Our Outpatient Mental Health (OMH) clinics—Stark, Family Life, York, and New Hope—embody these principles, providing comprehensive support to individuals and families.

OMH at People Incorporated offers a wide range of services including individual, couple, and family therapy; group therapy; emotional regulation programs; domestic violence support groups; and psychiatry and medication management. The clinics also conduct comprehensive evaluations to assist clients in accessing other programs across People Incorporated, unlocking further support as needed.

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TAX COMPLIANT YEAR-END GIVING

The holiday season is a great time to give back to your community by making a charitable contribution. We are humbled by all of the donations we receive throughout the year, and we know that many People Incorporated donors like to distribute theirs at year-end. To ensure you meet the IRS deadline for your tax deduction, here are some reminders for year-end giving.

Stock Gifts

Make your transfer now if you want your gift to be categorized in 2024. For electronic transfers through your brokerage account, the donation is recorded on the day it is received, not on the date you first approve the transfer. Since stock transfers can take longer to process than other methods of charitable giving – one or two weeks at the minimum – it is always best to be proactive.

Donor Advised Funds (DAF)

To ensure your DAF distribution falls within the current tax year, initiate your distribution early. Check with your account holder for the 2024 deadline.

Gifts by Mail

If you're planning to mail your gift directly to our People Incorporated office, be sure that it's postmarked by December 31st. In accordance with IRS requirements, we have to honor the postmark date when issuing tax receipts, not the date on the actual check. If your envelope is postmarked after December 31st, it will be classified as a 2025 gift.

IN THE NEWS

We surpassed our Give to the Max Day goal!

We are thrilled to share that with your generous support, we surpassed our goal of raising \$8,000 this Give to the Max Day (GTMD) with a grand total of

\$9,340!

This is the highest fundraising total in People Incorporated's GTMD history, and nearly \$4,000 more than last year's total. This total was made possible by the contributions of 62 donors, including 100% of our Executive Leadership Team and 12 employees.

All funds raised this year are going towards our Client Needs Fund, which is a fund utilized by staff members to purchase simple yet critical items that can make all the difference in a client's care journey. This could be access to one's birth certificate, a warm winter jacket, or transportation to a therapy appointment. When these basic needs are met, a client can move forward on the road to wellness to truly thrive.

Thank you for supporting this transformational effort.

Did you miss GTMD? You can contribute to the Client Needs Fund any time of year by letting us know you'd like to make a special designation when making your gift. Questions? Contact give@peopleincorporated.org.



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Thank you to everyone who attended C.A.R.E.!



ATTENTION: HOLIDAY CLOSURE

Please note that NCSP will be closed on Tuesday, December 24 and Wednesday, December 25 for the holidays. Thank you for understanding.

Click the calendar icon to see the full December event calendar on our website:

NORTHSIDE COMMUNITY SUPPORT PROGRAM

Seasonal Crafts & Activities

'Tis the season! Join us for these seasonal activities to get in the festive spirit.

Q-Tip Snowflake Ornaments on Wednesday, December 4th at 12 pm; Yarn Santa Hats on Wednesday, December 11th at 12 pm; Cookie Decorating on December 11th at 1 pm; Mug Cakes on Wednesday, December 18th at 12 pm.

Celebrations Galore!

We have multiple celebratory events throughout December as 2024 comes to a close.

Member Appreciation on Wednesday, December 4th at 1 pm; Holiday Party on Wednesday, December 18th all day; Birthday Celebrations on Thursday, December 19th at 2 pm.

Housing & Employment Help

Take advantage of these services to support housing and employment needs. Housing Help is every Tuesday from 10 am - 12 pm; Employment Help is every Monday from 10 am - 12 pm.

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 and persistent mental illness (SPMI). 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)



On Friday, November 22, in partnership with Medica, UCare, V3, and Neighborhood Health Source, we hosted CARE at NCSP. The event was open to the public, offering resources around health, employment, legal assistance, and much more. We were pleased to welcome over 20 community attendees and register 3 new NCSP members! We collected over 200 hygiene kit donations that were shared with event attendees and will be distributed across program sites throughout the winter months.

THE TRAINING INSTITUTE

Attention leaders (and aspiring leaders)! The Training Institute is excited to announce a new leadership course taking flight in December: Setting Boundaries in Supervision. This class provides a framework for addressing complex ethical dilemmas that often arise in supervisory situations and will assist supervisors in using a grounded approach to addressing conflicts of interest and boundary issues in the workplace.

[Learn more and register by clicking this link.](#)

ARTABILITY

Thank you for making the 2024 Artability Art Show & Sale a massive success!

We are thrilled to share the results from this year's Art Show & Sale, an annual event celebrating wellness through art.

78 contributing artists

(up 18% from 2023)

333 pieces of art submitted

(up 18% from 2023)

157 pieces of art sold

Over 600 show attendees

Over \$12,000 raised!

Our 2024 Artability Art Show & Sale was truly an event to remember. It was a welcome reminder to relish in the beauty of PLAY, no matter your age. Thank you to everyone who attended, purchased art, and shared in the joy with us.

We are continuing to post photos and media from the weekend - including an impactful interview series with participating artists - on our social media channels. Be sure to follow us on Facebook, LinkedIn, Instagram, and TikTok to stay connected!



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