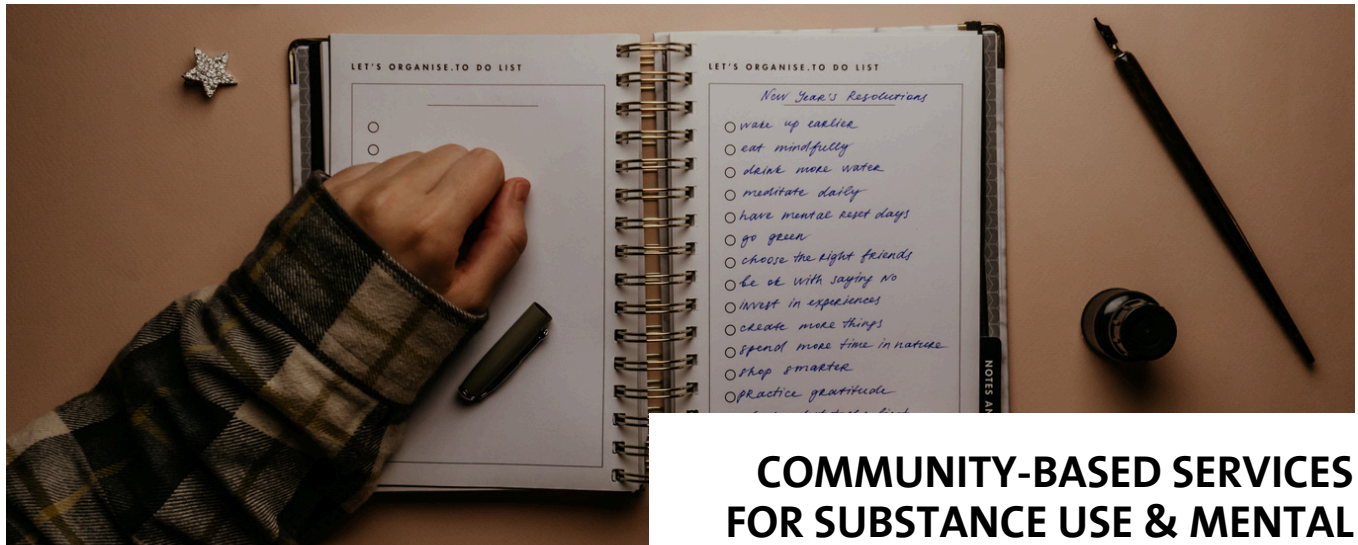


E-NEWS: JANUARY

People Incorporated Mental Health Services



DIRECTIONS, NOT RESOLUTIONS

by Training Institute Director Russ Turner

Guess what? People are not good at predicting the future.

When looking ahead to something they want to do, or something they want to achieve, most folks are notoriously poor at estimating how hard it will be to achieve. Even though they sound good, most personal goals are unachievable, leading to something we've all seen over and over - New Year's resolutions abandoned before the end of January. It feels good to think about goals, all shiny and glorious. But they are often too distant, too impersonal, and ultimately hard to connect with. Big lofty goals don't help us progress, and make for poor New Year's Resolutions.

The solution is to focus on a direction, not specific goals.

[Read More](#)

COMMUNITY-BASED SERVICES FOR SUBSTANCE USE & MENTAL HEALTH

Starting in early November 2024, People Incorporated is thrilled to be able to provide services through a new program called ARC Substance Use Community Services. Following an outpatient model of service provision, the program assists clients in managing substance use disorders while caring for mental health. These services are offered at multiple People Incorporated locations, including at Stark Mental Health Clinic, York Mental Health Clinic, and the Northside Community Support Program (NCSP), as well as through community outreach and telehealth. Referrals are accepted through the Central Access Contact Center (CACC) and through outreach efforts. Services are provided by new staff member Jolene Stark, LADC.

[Read More](#)

55 YEARS OF PEOPLE INCORPORATED

On December 11, employees from across our organization gathered at our headquarters in Eagan to relax and celebrate the end of another incredible year of service. We commemorated People Incorporated's 55-year anniversary with food, games, and fellowship. Thank you for your continued support throughout the years - and here's to many more!



WISE GIVING

2025 is here!

With the new year comes the chance to reflect on your charitable giving goals for the next 12 months. Right now, you have the opportunity to become a sustaining supporter of People Incorporated's mission by committing to monthly giving, the most low-maintenance and sustainable ways to make a difference.

Enrolling in monthly giving automates your gifts – just like you would your bills. There's no need to set yourself a reminder, and you can guarantee that your impact will be assured every single month.

Even a small recurring gift, like whatever you would normally spend in a week on coffee, adds up over the year and is really impactful in clients' lives.

To become a sustaining donor, visit the Give Online page on our website, and make sure to click the button for "Recurring donation." Thank you for being one of the first in 2025 to commit to People Incorporated's mission and our ability to reach our neighbors who most need support.

Happy New Year!



651-774-0011



info@peopleincorporated.org



3000 Ames Crossing Rd, Eagan, MN 55121

COMMUNITY

Gym Memberships Awarded to 3 North Minneapolis Families

In partnership with the V3 Sports Center in North Minneapolis, we were thrilled to choose 3 local families to award with year-long family gym memberships. The winners of this giveaway were chosen from a pool of over 50 applicants, each of them sharing their personal story of wellness. We know that there is an undeniable link between physical health and mental health, so we were honored to join V3 in the mission of improving community wellness. From one of the giveaway entries:

"[A recent] traumatic health event opened up old trauma wounds for my family, and we realized that staying active helps release and process our stress, anxiety, and pain. It also reduces the risk of others in our family becoming ill."

THE TRAINING INSTITUTE

New year, new classes!

Take a look at our [January 2025 calendar](#) to see if any of our upcoming offerings could be a fit for your team:

January 21 – De-escalation: Core Skills

January 23 – Understanding Trauma

January 28 – Professional Boundaries and Ethics

January 29 – Compassion Fatigue and Burnout

ARTABILITY

January 2025 Artability workshops are LIVE on Eventbrite!

We are excited to continue offering dynamic art workshops throughout the community, free and open to the public! Our January 2025 calendar is LIVE on Eventbrite: [check out the calendar and sign up today.](#)

[Sign up!](#)



Seeking partners for our 2025 Artability Art Show & Sale!

We eagerly await our next Artability Art Show & Sale, coming on October 24, 2025! We are now seeking sponsors, without whom this epic annual showcase would not be possible. Sponsorship is available at many levels - reach out to us to learn more and find out which package works best for you and your company! Contact

abby.york@peopleincorporated.org
for all sponsorship inquiries.



651-774-0011



info@peopleincorporated.org



3000 Ames Crossing Rd, Eagan, MN 55121