



E-NEWS: FEBRUARY

People Incorporated Mental Health Services



PROGRAM SPOTLIGHT: THE TRAINING INSTITUTE

HOW TO REACH OUT

When a loved one is struggling, it can be difficult to know what to say. This time of year can be particularly difficult for those living with mental health conditions as reduced sunlight and colder weather exacerbate symptoms and struggles. A simple text message can make a significant difference in the life of someone struggling to maintain their mental health. If you're not sure what to say, start here.

- Reaching Out is Better Than Not Reaching Out: No matter what you decide to say, one of the biggest rules is to reach out regardless. It shows you care and that you're thinking of your loved one, and that can make a huge difference.
 - Send a Text: A simple text saying, "I'm thinking about you" or "I'm sorry to hear about [specific event]" can mean a lot.

[Read More](#)

The Training Institute is ready for a new year of impact after a successful 2024. In the ever-evolving landscape of professional development, the Training Institute achieved remarkable milestones, continuing to solidify its reputation as a leader in training, development, and mental health education.

1. Expanding Reach: Over 11.5K external registrants from various sectors benefitted from our classes and training plans.
2. Collaborative Projects: We developed customized projects for 70 different agencies, fostering shared learning and development.
3. Staff Development: 522 People Incorporated staff members attended classes, with an average of 4 classes per person, showing our commitment to continuous learning.

[Read More](#)

STRENGTHEN YOUR PARENT-CHILD BOND WITH RESTORATIVE PARENTING

Are you looking to rebuild and strengthen your relationship with your child after experiencing high stress, trauma, or violence in the home? The Restorative Parenting group is here to help. This program, offered through Family Life Mental Health Center (one of four outpatient mental health clinics at People Incorporated), focuses on resetting, rebuilding, and strengthening parent-child relationships through a structured, three-phase process.

Phase 1: Parents participate in 12-16 individual or group sessions with a therapist, focusing on the 8 areas for strengthening the parent-child relationship. These sessions emphasize parenting skills, empathy, and self-care, considering the child's perspective and experiences.

Phase 2: 4-6 structured sessions where the child, the child's therapist, the parent, and the Restorative Parenting facilitator/therapist work together to reset and begin rebuilding the relationship.

Phase 3: At least 6 Family Therapy sessions with the child, parent, and Restorative Parenting facilitator/therapist to further strengthen the bond.

Any parent can self-refer into this program. To learn more and/or see if you could be a fit for Restorative Parenting, call 651-774-0011. Read more on our website.

IN THE NEWS

"People Incorporated's rapid responders reach out to people where they are"

Thank you to Andy Steiner of MinnPost for writing a story about our recent expansion of services under the Access and Recovery Center (ARC) umbrella. [Read the full piece here.](#)



Case management expansion

Starting in January, the Waiver Case Management team signed a new contract with Scott County to begin serving clients in Shakopee, Savage, Prior Lake, St. Benedict, Elko New Market, New Prague, and the surrounding areas. The first two Scott County team members have been hired and have begun the on-boarding process. The existing Waiver Case Management contracts with Anoka, Dakota, Hennepin, Ramsey, and St. Louis counties continue to grow and serve more and more clients every month.



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COMMUNITY

Art, community, & mental health combine at

FORE YOUR MENTAL HEALTH

March 25 | 5:30 - 8 PM

PAR365 - 2655 Patton Rd

Roseville, MN 55113



Join People Incorporated for a lively evening of conversation and community! Hosted at PAR365 in Roseville – a sleek lounge with indoor golf simulators – FORE YOUR MENTAL HEALTH is designed to ignite a discussion about the links between art, creativity, and mental well-being. Learn more about People Incorporated’s Artability program, which provides free art workshops in the community to those who live with mental illnesses, and connect with local artists who are making a difference in our community. Enjoy light hors d’oeuvres, drinks, and music from a guest DJ.

Don’t miss this chance to connect with People Incorporated and other change-makers in your local community! [RSVP for free by clicking this link and signing up.](#)

ARTABILITY

2025 Workshops with V3 Sports

We are excited to continue our partnership with North Minneapolis’ V3 Sports Center in 2025. We will be offering Open Studios at V3 one Sunday each month:

Sunday, February 9th

Sunday, March 9th

1-2 PM!

Sunday, April 13th

[Sign up!](#)

Additionally, we are starting guided workshops for participants aged 55 and up on the first Wednesday of each month starting in February, also at V3 Sports Center. Check our Eventbrite (linked above) for more details!

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.



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