



E-NEWS: MARCH

People Incorporated Mental Health Services

What Inspires You to Give?

Earlier this year, we reached out to People Incorporated donors and asked them to share what inspired them to donate to our organization. We were stunned by the number of heartfelt responses we received from donors—each sharing their stories and reasons behind their giving.

Here are just a few of the kind responses:



"About 20 years ago, I was facing a situation with my son, trying to find what services were able to help us. Of all the places I contacted in the state, it was my contact with People Incorporated that really helped us plug into the services we needed."

- Anonymous, long-term donor since 2005

"People Incorporated was there for me when I was in a really deep depressive episode. I started going to Artability workshops, and I was inspired and filled with hope to be welcomed by a community I have so much in common with, who are dealing with similar issues."

- Anonymous

Interested in giving to People Incorporated?

[Click here to donate now.](#)

Artability Launches Inaugural Solo Exhibition Sponsorship Initiative

Artability is proud to launch a new annual initiative designed to elevate and celebrate the artistic voices within its community. Beginning this year, Artability will sponsor one Artability artist annually to present a solo exhibition, expanding professional opportunities while increasing visibility and recognition within the arts community.

2026 Exhibition
“SkyScraping—Artworks by Gerus”
On Display March 2–14

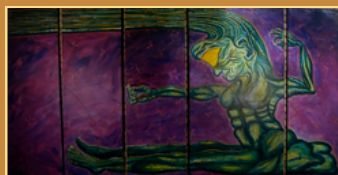
Flux Arts: 2505 NE Howard St., Minneapolis, MN
Public Reception: Thursday, March 12, 5–7 PM

Artability is honored to inaugurate this program with a solo exhibition by long-time Artability participant Jane Gerus. We invite participants, supporters, and community members to attend and show their support for both Jane and this milestone moment for the program.

Artist Jane Gerus



Exhibition Artwork



In the Community: People Incorporated to Be Represented at Upcoming Events

People Incorporated will be represented at several events this spring as we continue to share our voice, expertise, and advocacy across the behavioral health community. These opportunities reflect our commitment to advancing mental health awareness, policy, and best practices both locally and nationally.

Becker’s Annual Meeting and the Becker’s Behavioral Healthcare Forum

People Incorporated CEO Jill Wiedemann-West will be speaking at both the Becker’s 16th Annual Meeting and the Behavioral Healthcare Forum, taking place April 13–16 in Chicago.

This conference brings together leaders from across the healthcare sector for expert-led discussions on current challenges and emerging trends shaping the future of the industry.

Mental Health Day on the Hill

We are excited to advocate for mental health with our community on March 26, 2026, in Saint Paul. This year’s theme is “More Good Days, Together.”

This event raises awareness, supports mental health policy, and gives participants the opportunity to meet with legislators and share their perspectives.



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Spring-Inspired Mental Health Tips



Spring is almost here! As the days get longer and routines begin to shift, our Training Institute mental health experts are sharing a few practical tips to help you transition from winter to spring in a healthy, sustainable way.

Expectation Calibration

As seasons change, it's common to assume we should suddenly feel more energized and productive. But mood and energy don't shift just because the calendar does. Giving yourself permission to transition gradually reduces unnecessary pressure and self-criticism.

- **Notice it: "It's spring—why am I still tired and unfocused?"**
- **Calibrate it: "Seasonal change helps, but my energy doesn't reset overnight."**

When you align your expectations with reality, you create space for more sustainable change.

Emotional Check-In

Spring often brings more invitations, shifting routines, and renewed activity. While this can feel exciting, it can also feel overwhelming. Both reactions can exist at the same time.

- **Notice transitions: Pause. Take a breath.**
- **Check in: "I'm feeling both excited and uneasy about being more social again."**

Taking a moment to identify what you're actually feeling helps prevent emotional whiplash. That awareness can guide your boundaries and pacing, so you're not pushing yourself faster than you're ready to go.

Start Small

After months of winter routines, it's tempting to jump straight into ambitious spring goals—new exercise plans, social calendars, home projects. Moving too quickly can lead to burnout.

- **Notice it: "I need a full exercise plan!" or "I should deep clean the apartment!"**
- **Scale it down: "I'll do a 5-minute walk outside" or "I'll wipe down the kitchen counters."**

Small steps build momentum. They allow you to channel the natural sense of renewal that spring brings without feeling overwhelming. Sustainable change starts with small actions.



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