



HOPE HOUSE NEWSLETTER

“Where We Go From Surviving to Thriving”

March/April 2025



REMINDER FOR HOPE HOUSE MEMBERS

The “Sign up needed” in the events calendar means you need to call in or tell us in person to sign you up for the activity. Sign up helps us plan enough food and supplies. Thank you!

Ojibwe Words of the Month

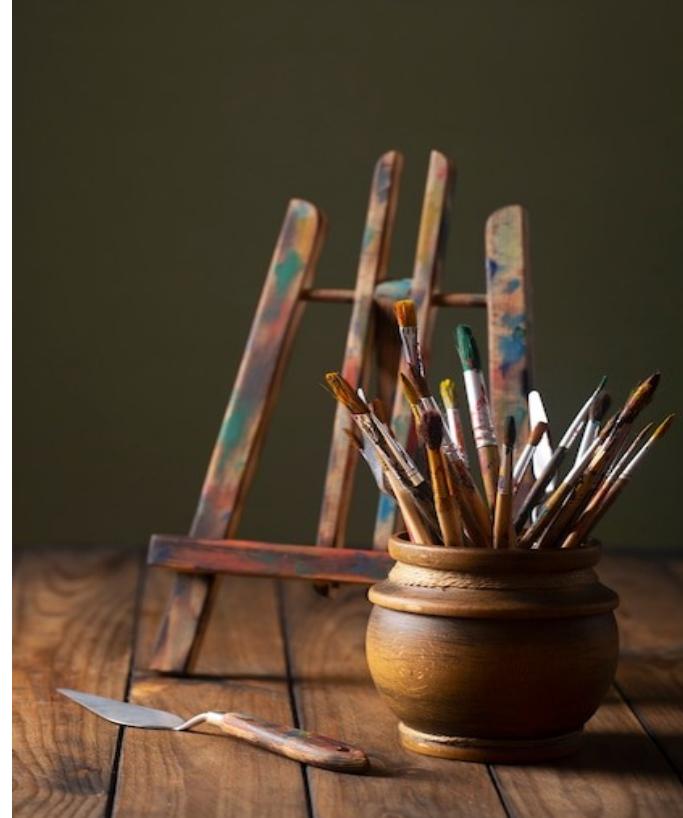
Gawg (Porcupine)

Makwa (Bear)

NEW ACTIVITIES COORDINATOR

Join us in welcoming Amara Bedford who is the new Activity Coordinator for Hope House.

Amara has an MA in Art Therapy/Counseling. She is also an established artist with painting as her passion. Amara would love to talk to you about activities you would like to see at Hope House.



Renovation

The drop-in center is making progress! A bit of painting is left. Some electrical with the handicap door, and then some clean-up will be needed.

Open houses in May!! Dates in the May/June newsletter



Name: _____ Date: _____

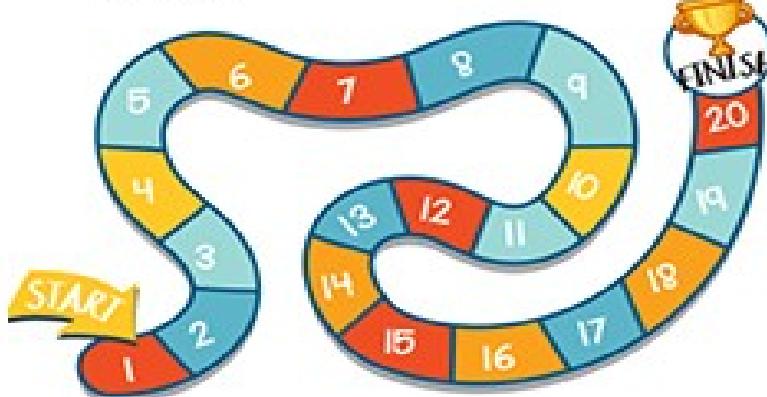
DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

BACKGAMMON
BATTLESHIP
BOGGLE
CANDY LAND
CHECKERS
CHESS
CHINESE CHECKERS
CHUTES AND LADDERS
CONNECT FOUR
CRANIUM
CRIBBAGE
DOMINOES
MASTERMIND
MONOPOLY

BOARD GAMES

Word Search

T	P	Y	Z	J	V	V	M	Y	A	Z	D	E	Y	I	S	D	K	W	Q	V
L	R	Z	B	T	T	W	E	H	T	C	A	J	V	W	Z	S	A	T	W	O
J	I	S	E	E	H	C	R	A	P	Y	A	H	T	Z	E	E	D	J	M	N
K	Q	J	X	G	V	U	R	M	B	E	L	S	B	A	R	G	S	T	D	U
F	S	S	Z	M	J	S	O	A	Z	K	Y	J	H	J	X	V	I	V	L	S
Y	N	E	O	A	S	N	C	O	N	N	E	C	T	F	O	U	R	E	C	R
P	R	I	R	E	O	K	N	B	T	I	I	K	B	S	S	R	V	A	K	E
T	Q	R	H	P	G	Q	Z	L	K	J	U	F	T	R	Z	E	T	C	K	K
C	N	C	O	A	X	F	F	B	L	L	D	M	U	Q	M	S	H	H	R	C
Y	M	L	M	S	V	O	O	C	Y	I	K	P	D	Q	I	P	E	E	Y	E
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N	A	L	I	L	J	T	G	D	I	Q	G	K	T	C	A	G	M	E	G	E
I	J	W	E	J	L	M	E	V	Q	X	Q	H	T	Q	N	O	E	R	T	S
U	I	M	J	B	S	Z	I	X	Q	M	E	G	I	L	D	N	O	S	I	E
E	G	A	B	B	I	R	C	G	K	R	D	Y	G	M	Y	D	F	B	O	N
Q	N	O	W	M	T	G	T	T	H	E	J	N	C	G	L	J	L	M	N	I
U	X	H	B	K	D	O	M	I	N	O	E	S	H	C	A	I	I	V	A	H
T	Z	O	S	M	A	S	T	E	R	M	I	N	D	V	N	Q	F	H	R	G
M	I	I	B	Z	H	X	P	Y	N	S	Q	J	F	G	D	A	E	I	Y	L
B	R	C	H	U	T	E	S	A	N	D	L	A	D	E	R	S	Y	J	B	



OPERATION
PARCHEESI
PICTIONARY
RISK
SCRABBLE
SORRY
THE GAME OF LIFE
TRIVIAL PURSUIT
UNO
YAHTZEE



Mental Health Day at the Capitol! Wrap-up

Ten consumers and two staff from our region attended. The group left Hope House on February 19th and made a stop in Park Rapids to pick up 6 more attendees. The day included a visit to Vail Clubhouse in Hopkins. The Clubhouse is a facility similar to Hope House.

Day 2 was filled with activities. The morning included a Policy Briefing at the Nation Guard Armory. After which Hubbard County met with one of their Representatives and Bemidji/Beltrami County met with Senator Green. After lunch Hubbard County met with their Senator and Bemidji met with Representative Bliss. Attendees participated in a Rally in the Capitol Rotunda before getting on the bus and heading home.

Attendees enjoyed the trip and would like to see their legislators in the future, maybe at the Hope House Open House!!

Note to Members

Hope House will be cleaning and moving items to the new drop-in center throughout March. If you would like to help, please call 218-444-6748 for days and times.

Swing Into Spring Board Fundraiser

Spread the word to friends and family!! Shannon Stormy Reyes, Board Member, will be providing beginner and intermediate painting sessions at Cantabria Coffee House on Saturday, March 22nd at \$40/ session or \$50/ session on the day of the event. The beginner session is 10-12:30 pm. The intermediate session is 1:30-4:30 pm. Participants will create a vibrant 11"X14" acrylic painting with all materials provided in the fee. Proceeds go to Hope House. Spread the word to the public!! Participants can sign up through zeffy or call Hope House for more information



Mental Health Staff Get Paid to Attend the LAC; Why Not You?

The Region II Adult Mental Health Initiative is now offering a stipend for consumers to attend the Local Advisory Council. Go once to see if you like it, then fill out an application, sign in at each meeting and get paid a \$25 Walmart gift card for regular attendance. The Beltrami County Local Advisory Council meets at Hope House on the 2nd Friday of each month from 12:30-1:30 pm in the new drop-in center. For those who signed up in February, the gift card will be available by March.

Exercise Opportunities

Hope House has a membership at Ruttger's, which includes the pool, sauna, whirlpool, weight and exercise machines. As a member of Hope House, you can use it for free. Please contact Hope House staff for more information about how to sign in each time.

BSU Fitness Center

Hope House is using the BSU Fitness Center one Wednesday each month.

Let staff know if you would like to sign up to go.

We will be using the facility in March and April and will start again in the fall.

Thanks to the donor who provided this opportunity!!



St. Patrick's Day -March 17th

St. Patrick's Day feast to celebrate St. Patrick the patron saint of Ireland. Born In Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches and schools. Many legends grew up around him-for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services

COMING UP AT HOPE HOUSE:

March 17th - Celebrate Saint Patrick's Day at Coffee Club. There will be "green eggs & ham" light breakfast for the group. You are welcome to come early to help prepare the food.

March 5th activity at the curling club. Please Note the curling club has no elevator and you will be using stairs to access the 2 levels. **Also no one will be allowed on the ice for Safety Reasons.**

Members Meeting is Friday, March 14th At 1:30 after the LAC meeting. Agenda to be provided at the meeting. Please join us to have a say in Hope House programming.



HOPE HOUSE PROGRAM SUMMARY 2024

Hope House Mission: To provide community support services to individuals with serious and persistent mental illness so they can live in the community in the least restrictive setting, function at their best level, and reduce the need for involuntary hospitalization.

Referrals: 70 (63-Beltrami residents, 7 from other counties). Source: 22 agency-referred; 19 self-referred; 10 from case manager/county offices; 11 referred by family/friends; 4 referred via web search engine; 4 referred by tribal offices. New client referrals: 54; former clients: 16

Intakes: 13. Remaining referrals moved, were re-referred, pended records, declined, or waiting.

Case Closings: 30 (moved-14, lower service-13, higher service-2, deceased-1. Zero suicides.

Demographics: 85 served in 2024. Age range- 22 to 78. Race: 75% (64) Caucasian, 23% (19) Native American, 2% (2) Hispanic. County of Residence: 99% (84) Beltrami, 1% (1) Hubbard. Program: 99% (84) in the Community Support Program, 38% (32) ARMHS/CSP.

Hospitalization due to mental illness: 96% (82) avoided hospitalization. 4% (3) involuntarily hospitalized; one five times. Reasons: relationship/family stress; physical health/mental health; medications not working. Four crisis beds used.

Housing: 99% (85) had stable housing in 2024. Of this group, 57% (48) lived in their own home/apartment. 35% (30) lived in adult foster care/assisted living. 7% (6) lived with family, 1% (1) was homeless part of the year.

Daily Structure: Employed 23% (1 full-time, 18 part-time=19 persons); School 2% (2); Raising children 7% (6) and Volunteering 12% (10). Six persons counted here held two roles.

Community Connections: 79% (67) had friends who were not Hope House members. 78% (66) reported positive family support. 45% (38) had Hope House friends as well.

Substance Abuse: 85% (72) had no problems with alcohol or drugs. 68% (58) did not smoke. Recreational cannabis became legal in MN 8/1/2023.

Medication Compliance and Health: 93% (79) followed their med plan or were not prescribed medications. 100% (85) saw a primary care doctor (99%) and/or exercised (73%).

Crisis Plan: 61% (52) had a crisis plan including early warning signs, triggers, coping techniques, current medications, health concerns, and contact information for support.

Client Leadership: Clients led and participated in the Beltrami County Local Advisory Council, Members' Meetings, the Region II Mental Health Initiative, the Hope House Board, and Mental Health Day at the State Capitol. Clients also made community presentations and shared their knowledge with others in the drop-in center.

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Client Social/Recreational via Community Settings and the Drop-In Center: Designed to encourage wellness through social and community connections, structured days, awareness of resources, and exposure to possible jobs, cultural experiences, new friends, and leadership opportunities. Activities include visiting local stores, service agencies, parks, businesses, and museums, presentations on a variety of topics, and experiencing large group events. A sample includes the Senior Center, convening with the Bemidji Area Therapy Dogs, touring the food shelf, making pizza together, learning how to garden, and visiting Lorraine's Café in Red Lake.

Fundraisers: The Hope House Board held a Fajita Fest in June. Hope House also held its annual fundraiser celebrating 44 years of programming, seeking > \$44 donations, and with 44 hours of Hope House information. Hope House also joined Give to the Max Day at GiveMN.org.

Outreach/Families: 186 outreach/family hours were provided to the public.

Garage renovation via grants: New rooms, walls, fixtures, flooring, siding, roof, bathroom, and accessibility to change to a drop-in center. Work continued into 2025, except summer 2024.

Volunteers: 38. 1 BSU student, 1 Oak Hills student, 26 community members, and 10 board members gave 713 hours for programming, fundraising, Facebook, quilts, and presentations.

Community Awareness/Media/Presentations: United Way LINC, Business Blitz, non-profits photo and Allocations Committee; Sunrise Rotary; Lakeland Currents; Salem Lutheran Church; Hope House Newsletter, Facebook, and website www.hopehousebemidji.org; college classes; Region II AMHI; Community Resource Connections (CRC)

Collaborations: Beltrami County Local Advisory Council at Hope House; Oak Hills & Bemidji State University volunteers/presentations; Bemidji Area Therapy Dogs; mental health resource list maintained by Hope House linked to CRC website; mental health teams.

Staffing: Contracts provided diagnostic assessments, med clinics, and nursing. Four direct service employees at year end- mental health practitioner, peer support specialist II, office/ activity coord. and director. Longevity averaged 11 years. Cultural training for board & staff.

Programs Offered in 2024: ARMHS (Adult Rehabilitation Mental Health Service), prescribing, diagnostic assessments, community support program including social/recreational activities, a drop-in center, nurse services, individual family support, & outreach.

Goals for 2025: 95% will avoid involuntary hospitalization, 80% will follow their medication plan, 65% will have community friends, 80% percent will have a crisis plan, 95% will have stable housing, 80% will be drug/alcohol-free and 75% will be smoke-free, 75% will report positive family support, 25 % will be employed, in school, caring for their own children, and/or volunteering, and 80% will have a primary care doctor/exercise activity.

MARCH 2025

Mon	Tue	Wed	Thu	Fri
3 10-12 AM COFFEE CLUB AT HOPE HOUSE	4 1-3 PM MENTAL HEALTH QUIZ TIME AT HOPE HOUSE	5 MEET AT 12:30 HOPE HOUSE VISIT BEMIDJI CURLING CLUB DONE AT 3 PM <i>Sign up needed Rides for 5 people</i>	6 1-3 PM GAME DAY AT HOPE HOUSE	7 1-3 PM DRAWING BIRCH TREES AT HOPE HOUSE
10 10-12 AM COFFEE CLUB AT HOPE HOUSE	11 1-3 PM HEALTHY STEPS AT HOPE HOUSE	12 MEET AT 12:30 HOPE HOUSE QUILL EARRINGS @ STATE PARK DONE AT 3 PM <i>Sign up needed Rides for 5 people</i>	13 1-2 HOW TO DRAW DOGS 2-3 DOG THERAPY AT HOPE HOUSE	14 12:30-1:30 LAC MEETING 1:30-3 PM MEMBERS MEETING AT HOPE HOUSE
17 10-12 AM ST. PATRICK'S DAY BREAKFAST & COFFEE CLUB AT HOPE HOUSE	18 1-3 PM TALKING CIRCLE AT HOPE HOUSE	19 MEET AT 12:30 HOPE HOUSE DONE AT 3 PM BSU REC CENTER AND BSU ART GALLERY <i>Sign up needed Rides for 5 people</i>	20 1-3 PM SINGING KARAOKE AT HOPE HOUSE	21 1-3 PM COLORING MANDALAS AT HOPE HOUSE
24 10-12 AM COFFEE CLUB AT HOPE HOUSE	25 1-3 PM HEALTHY STEPS AT HOPE HOUSE	26 MEET AT 2:30 HOPE HOUSE BOWLING DONE AT 5PM <i>Sign up needed Rides for 5 people</i>	27 1-3 PM LEARNING HOW TO DRAW FACES AT HOPE HOUSE	28 1-3 PM BINGO AT HOPE HOUSE
31 10-12 AM COFFEE CLUB AT HOPE HOUSE				

APRIL 2025

Mon	Tue	Wed	Thu	Fri
	1 <i>1-3 PM</i> <i>CHAIR YOGA AT HOPE HOUSE</i>	2 MEET AT 12:30 HOPE HOUSE VISIT GARDEN CENTERS DONE AT 3 PM. <i>Sign up needed</i> <i>Rides for 5 people</i>	3 <i>1-3 PM</i> PAINTING LANDSCAPES DAY 1 AT HOPE HOUSE	4 <i>1-3 PM</i> PAINTING LANDSCAPES DAY 2 AT HOPE HOUSE
7 <i>10-12 AM</i> COFFEE CLUB AT HOPE HOUSE	8 <i>1-3 PM</i> HEALTHY STEPS AT HOPE HOUSE	9 MEET AT 12:30 HOPE HOUSE COFFE AND CONVERSTATION SOU. STARBUCKS DONE AT 3 PM. <i>Sign up needed</i> <i>Rides for 5 people</i>	10 <i>1-2</i> YAHTZEE 2-3 DOG THERAPY AT HOPE HOUSE	11 <i>12:30-1:30</i> LAC MEETING AT HOPE HOUSE <i>1:30-3</i> DOMINO GAME
14 <i>10-12 AM</i> COFFEE CLUB AT HOPE HOUSE	15 <i>1-3 PM</i> TALKING CIRCLE AT HOPE HOUSE	16 MEET AT 12:30 HOPE HOUSE BSU REC CENTER DONE AT 3 PM <i>Sign up needed</i> <i>Rides for 5 people</i>	17 <i>1-3 PM</i> PAINTING ON PAPER OR CANVAS AT HOPE HOUSE	18 <i>1-3 PM</i> BEAN BAG TOSS AT HOPE HOUSE
21 <i>10-12 AM</i> COFFEE CLUB AT HOPE HOUSE	22 <i>1-3 PM</i> HEALTHY STEPS AT HOPE HOUSE	23 MEET AT 12:30 HOPE HOUSE STATE PARK EAGLE PROGRAM DONE AT 3 PM <i>Sign up needed</i> <i>Rides for 5 people</i>	24 <i>1-3 PM</i> GARDEN PLANNING AT HOPE HOUSE	25 1-3 PM BINGO AT HOPE HOUSE
<i>10-12 AM</i> COFFEE CLUB AT HOPE HOUSE	29 <i>1-3 PM</i> CLEAN AND PREP FLOWER POTS AT HOPE HOUSE	30 MEET AT 2:30 HOPE HOUSE BOWLING DONE AT 5PM <i>Sign up needed</i> <i>Rides for 5 people</i>		

Local Advisory Council

Adult Mental Health

The purpose of the Beltrami LAC is to use the knowledge of a broad range of people who use mental health services, provide services, or are concerned about public policy to find ways to improve local mental health services.

Duties of the Beltrami Local Advisory Council (LAC)

Make recommendations regarding the services provided by the local mental health system to the county board.

The LAC is to provide the county board with a report of unmet mental health needs of adults residing in the county.

The LAC receives input about coordination of care between regional treatment centers and local service providers.

Identify for the County Board individuals and agencies to receive information on predictors and symptoms of mental health disorders, where mental health services are available in the county, and how to access the services.

Report its recommendations regarding the local mental health system to the State Advisory Council on Mental Health.

Seek input from local consumers, providers, and other interested parties regarding needs of adults with mental health disorders.

Beltrami County LAC Meetings

Meetings: Held Monthly

Where: Hope House Drop-in Center, Bemidji, MN

When: Second Friday, 12:30-1:30

Contact: Dan Brouse, Beltrami County
daniel.brouse@co.beltrami.mn.us
or 218-333-8119



2014 7th Street SE
PO Box 1097
Bemidji, MN 56619

Staff:

Brenda Epeneter, CSP II , ext. 103
Katrina Pink, CMHP, ext. 108
Robin Wold – Director, ext. 109
Amara Bedford, Activities Coordinator, ext. 104
Jolene Lundin, Office Coordinator, ext. 101
Phone: 218-444-6748
Phones are not answered between Noon & 1 PM.
(Please leave a message during those times.)

Crisis Line: 1-800-422-0045

Crisis Text: 988

Contract:

Tony Kramer, DNP, APRN, CNP, PMHNP-BC
Tami Lindell, DNP, APRN-C
Adella Hadrava, RN, Northwoods Caregivers

