



Mental Health Day on the Hill

By Sheree Schad

On Tuesday, February 14, hundreds of people packed the rotunda of the State Capitol for Mental Health Day on the Hill. The event was sponsored by the Minnesota Mental Health Legislative Network, a coalition of over 20 statewide organizations working to improve the quality and availability of mental health services. There were about a dozen Vail Place members present.

The day began with a legislative briefing at Christ Lutheran Church where we had an overview of planned events. There were approximately ten speakers at the briefing session. Topics covered were numerous and included the budget overview, CADI waivers, mental health infrastructure for children and adults, housing, criminal justice and many other topics.

After the briefing we went to the Capitol
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A contingent from Vail Place (bottom right, many wearing blue 30th Anniversary t-shirts) joined hundreds in the Capitol Rotunda for the Mental Health Day on the Hill rally.

From the Directors' Desks

By Vicky Couillard, Co-Executive Director

What a difference a year makes! Just a year ago, Vail Place was battering down the hatches. With the economy in recovery, the state legislature making changes, and the prospect of dramatic cuts in public funding, we figured we might be in for a very bumpy ride. Who would have predicted that 2011 would turn out to be one of the most successful years in the history of our agency!

Much like the way the Clubhouse works with its set of Clubhouse Standards, Vail Place operates according to a set of goals established in its Strategic Plan. Back in 2010, our entire organization – members, staff, and board – worked together to create our current Strategic Plan. It is a pleasure to be able to look back now and see how much we have accomplished.

One of our goals has been to find new ways to evaluate and document just how much we do accomplish here at Vail Place. It is important for us to be able to demonstrate our 'outcomes' in a healthcare system ever more focused on 'Evidence Based Practices.' These days we are obliged to show that our programs are working with measurable results and satisfied 'customers.' We now have new tools and systems in place to gather the data we need and

to monitor member satisfaction.

We're pleased to report strong performance outcomes in 2011 that also continue to meet our members' needs, values, and choices. We are as committed as ever – and are finding new ways – to help people stay healthy, to live in safe and

“There are new areas to explore in healthcare and community mental health services, potential new collaborations, new revenue sources, and facility expansion to meet projected growth.”

affordable housing, to find a job, and to provide the environment where they can make friends and enjoy social recreation opportunities. Our Case Management services and our Community Support Program offerings continue to be a winning combination in providing this 'complete package' for our members.

People paid attention to us last year. During

the state shutdown, staff and members provided key testimony that resulted in the recognition of community mental health support as an essential service. Staff and members met with legislators, advocated for mental health funding, and rallied our supporters with legislative update and action alerts during legislative sessions. Vail Place is also part of the mental Health Legislative Network and its efforts to help define public policy.

People also paid attention to Vail Place because we met another one of our goals – to improve our communications and increase our visibility in the community. A new agency Communications Plan has enhanced our connections with our partners in the corporate and funding world, and strengthened our relationships with our individual donors. This helped bring about our best fundraising year ever – in spite of the current economy. Thanks to the money we raised in 2011 we were able to purchase a new van for each Clubhouse, buy new carpeting for Minneapolis, and plan for remodeling the Hopkins kitchen. We have also met goals to bring new people to Vail Place for our monthly tours – resulting in a growing base

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Mental Health Day ... cont'd

Rotunda for the rally, which featured many speakers, including senators and representatives. The main concern was what funding for mental health services would look like in the upcoming Minnesota State Budget. The rotunda was filled with hundreds of people on the main floor, 2nd floor balcony and even some on the third floor balcony. There were

"It was uplifting to see so many people in one place supporting the cause of Mental Illness and it was comforting to listen to politicians that are actually on our side."

many people holding signs and many draping from the second floor balcony. Except for some sound system issues, it was an exciting rally.

From the rotunda, we walked to the Offices of Senators Ron Latz and Scott Dibble, and Representatives Frank Hornstein and Steve Simon. We had the chance to speak to them about issues that affect our community, such as voter IDs, funding and support.

Finally we were able to see the Governor's Office. Governor Dayton was not available to talk to, so I enjoyed the comfort of his leather couch.

It was uplifting to see so many people in one place supporting the cause of Mental Illness and it was comforting to listen to politicians that are actually on our side. 



Photo by Paula Keller

Above: Members speak with Senator Dibble (District 60, which includes the Minneapolis clubhouse) after the rally.
Below: Vail Place was represented at Day on the Hill by 11 members and 3 staff.



Photo by Paula Keller

Directors' Desks ... cont'd

of new friends, volunteers, and supporters for our agency.

We have goals ahead of us yet to be met – including long-term planning for Vail Place's future. There are new areas to explore in healthcare and community mental health services, potential new collaborations, new revenue sources, and facility expansion to meet projected growth.

As we look ahead to the future and all the changes and opportunities it may bring, it is also helpful to look back to see where Vail Place has been. We celebrated our 30th anniversary last year ... we have been here for a long time ... and we are here to stay. If 2011 was any indication, 2012 promises to be another successful year of meeting our goals, providing and improving our services, and fulfilling our mission to help people on their road to recovery. Last year at this time we were battering down our hatches. This year, hold on to your hats – it's full speed ahead! 

Wish List:

There are many ways you can brighten the lives of Vail Place members. One great way is to help find the many items that keep our clubhouses running –

Kitchen/Snack Bar:

- Fridge for snack bar
- Coffee Mugs

Wellness:

- Wii Fit
- Yoga mats
- Fitness DVD
- Meditation CDs
- 2.5 and 5 lb. weights

Social Program/Crafts:

- Portable sewing machines
- Knitting/crocheting needles
- Scrapbooking supplies
- Volunteers with skilled tradewood-crafting, sewing, etc.)



Please contact Stefano (sloverso@vailplace.org; 952.945.4236) if you'd like to donate – or have a connection to a business or person who might donate – any of these items.



Not The Typical Fish Story

A Letter from Member Tim B.

Dear Administration and Staff,

I am not writing for recognition but rather the acknowledgment of the patience and responsibility given me for this self-proclaimed assignment. I have been given the wonderful opportunity to stock the Vail Pond with new fish. I chose the Fantail Goldfish (fancy tail). They have mutations from breeding practices; each fish is unique to itself. We have a few species: *Blue Oranda*, solid blue/gray color with growth on its head called a hood; *Ranchu*, hood, but no dorsal fin; *Ryukin*, biggest of the fish in the tank, small head, large body; *Pear/scale*, pot belly with white markings on its side. My favorite, the *Lionhead*, is a small white *Oranda*. We can't forget *Lolly*, a bottom feeder, who has been cleaning the Fish Bowl for years.

I have one last acquisition that I'll call Doc (after Doctor Vail). Doc is a very special Black Moor. John, the fish expert, asked if I would give Doc a good home. I thought where else can you find a better home than Vail Place. Doc could be offensive to some and make the aquarium a little more crowded (no pun

intended). I believe we can all agree he will be accepted in the family. With Doc's placement we have a baker's dozen of goldfish added to the Vail Place pond.

I believe aquatic landscaping in the fish tank might be in order next, but not necessary. I'll talk to the Fish Guy, if that's ok. I hope the people of Vail Place enjoy the beauty of the goldfish and the peace of the pond.

"I have gained a direction and a passion for life today that goes unmatched to anything I've ever had."

This very simple job has given me the ability to plant both my feet firmly on the ground. After my diagnosis close to three decades ago, I became confused, lost direction and lost all confidence. I have gained

a direction and a passion for life today that goes unmatched to anything I've ever had. In part it's due to the Fish Project, faith and the respect I feel from staff and members. I am not embarrassed of who I am or where I've been, it's all a part of my story ... it's my walk! My passion is for the underdogs, but I am intolerant of entitlement. My drive today is for good orderly direction!!!"

Fish Project Completed!!! 🐟

"If you'd like to receive our regular e-newsletters, just email gheaton-hill@vailplace.org, with "opt in" in the subject line - and please include your first and last name."

Friendship at Vail Place

By Mish

"I'll lean on you and you lean on me and we will be ok"

- Dave Mathews Band

We met at the Vail Place picnic almost five years ago. It seems like we have been friends forever.

Even though I am ten years older than Theresa it never comes up (except when she refers to me as her big sister). One thing in common is that we have mental illness and Vail Place has a permanent place in our hearts. It is possible to foster meaningful and long friendships at Vail. Even though I moved away we are still dear friends, talk on the phone every day and try to see each other every few months.

"It is possible to foster meaningful and long friendships at Vail."

Theresa is a vibrant person and even though she has been through her own struggles, she has made it through to recovery with the help of Vail Place and her friends like me. I am sure that her other friends can attest to her Great Spirit and willingness to help with things if she can, even personal things like going to see you in the hospital. I remember when I was in the hospital and she came every day. I was very ill with a bad reaction to a medication; it was touch and go for a while. And just recently she helped me again after some surgery I had.

Theresa and I both like travel and have traveled together on many occasions. She is always ready for an adventure with me.

She was so excited when she was given the chance to be on Vail Place's Board of Directors. She had and has so many ideas on how to make Vail Place a place for everyone to foster a friendship along with a place for recovery. Theresa has been involved in political causes that affect the future of Vail Place and her wanting for Vail Place to keep going on and helping people.

I'm so happy that she was recently asked by the board to continue to serve for another term, even though she was scheduled to go off in March.

With this I end that Theresa is my friend and a friend to many. 🐟

Health Care Reform

Positive Changes for People with Serious Mental Illnesses

By Kathie Prieve, Co-Executive Director

Minnesota and the nation are currently in the midst of rapid health care reform and many changes will help Vail Place members improve their overall health and wellness.

One of the most important aspects of health care reform is the goal to help people with long-term or multiple illnesses improve their health. While everyone will benefit from this approach, this is especially important for people with serious mental illnesses who often also live with one or more serious physical conditions.

At Vail Place, we embrace a similar holistic approach to health and wellness, by providing enhanced programs, groups and services targeted to ensure that each member's needs are being fully and effectively addressed.

Federal studies have shown that people with a serious mental illness die, on average, 25 years earlier than others. These same studies also show that people with serious mental illnesses often do not have a primary doctor and don't receive an annual physical. Changing this trend requires new strategies, and the integration of mental health and physical health is a main goal in health care reform so people with mental illnesses live longer, healthier lives.

“... people with serious mental illnesses often do not have a primary doctor and don't receive an annual physical.”

The development of Health Care Homes is at the center of the approach to improve overall health for people with mental illnesses. The reference is to the “home,” or clinic, where their primary doctor is located. For Vail Place members, this means they will have access through this “home” to all needed clinic services and a care coordinator who will ensure that their physical and mental health needs are both met.

To help reach these goals, the State of Minnesota has expanded health care options so people with Medical Assistance who have a disability, such as a mental illness, can choose to have a Special Needs Basic Care (SNBC) plan which includes a Health Care Home. Vail Place staff are working with members to help them learn about this new system so they can select their medical care.

Additional objectives of health care reform are to decrease Emergency Department visits, improve outcomes for diabetes, hypertension, heart disease, asthma, chronic pulmonary disorders (COPD), and other illnesses which often affect people with serious mental illnesses.

Health care reform also encourages collaboration between clinics, health systems, and community providers (like Vail Place) to

work together to meet the goals of physical and mental health integration. As such, Vail Place is positioned to provide the needed connections between a primary physician or care coordinator and to provide support to our members so that they receive seamless services for their mental

and physical health.

Vail Place staff are currently meeting with health providers, community clinics and other community providers to discuss working in partnership to improve the mental and physical health of our members. 

Message from the Board

By Barbara Shaw, Board Chair

Happy New Year everyone! Even though we've moved into a new year, I would be remiss if I didn't reflect briefly on the past year's events here at Vail Place. The year was full of challenges, beginning with the threat of reduced funding for mental health programs, but it also brought us many successes.

In 2011, Vail Place celebrated its 30th year of providing essential mental health services to our community. In fact, recent statistics show that Vail Place served over 1,800 individuals – helping them find housing and jobs, providing meals and offering friendship that nurtures the body and soul – all for \$5.60 per day per person.

Other highlights include: our participation in “Mental Health Day on the Hill” in March and our ongoing advocacy throughout the year in support of effective mental health services; Tour de Vail 10 in July, which raised \$23,000 and each year helps us reach out for new friends and supporters; and the Dr. Vail Hour in October, which was a shining example of the power of community, an inspiration for all of us who were present, and the successful culmination of our year-long friend-raising and fundraising efforts.

I am proud of what Vail Place accomplishes each and every year and am fortunate to be part of this special agency.

I am often asked why I am personally involved in Vail Place. Well, I could tell you a variety of stories – and they would all be true – like: I have friends who have struggled with mental illness – TRUE. I have extended family members who have struggled – also TRUE.

But it really all started with an invitation to an event from my boss ... who says no, right? I attended a fundraising event, “Bravo for Vail Place,” about 8 years ago. It was a wonderful evening with good food, beverages, and entertainment. At an intermission, a gentleman dressed in pressed khakis, shined penny loafers and a blue oxford button-down shirt took the mike and began to speak. His name was Dan.

Initially I thought he was a co-host of the event. But as he spoke, he told us all about his struggle with mental illness. How it crept in over time, invaded his life, ruined his professional career. Dan spoke eloquently



“Vail Place members inspire me – they are my heroes.”

about his struggle, how he hit bottom – and then he was led to Vail Place.

It was Vail Place that supported him, that held his hope for him, when he had none. Through the services and programs Vail Place offered, Dan took on a part-time job, found a place to live and now he lived independently. And then he told us all something else. That one in four individuals has or will have a mental illness during their lifetime. That individuals with mental illnesses have a life expectancy that is 25 years less than those who do not.

It was an “aha” moment. Dan looked like the everyman. He could have been anyone. I knew then that this was an agency worth supporting, in any way I could.

I am proud to say that I have been on the Board for the past 6 years. And what I've witnessed over those years has been members getting jobs, finding homes, pursuing dreams and having plans – recovering. Vail Place members inspire me – they are my heroes. 

Certified Peer Support Specialists

A change in paradigm in mental health recovery

Peer support is a natural human response to the alienation and adversity associated with being given a psychiatric diagnosis. Wherein the diagnosis marks us as ‘different’ and separates us from the community, peer support creates common ground and the opportunity for inclusion.” *Patricia Deegan, Ph.D*

Clubhouses have believed in the power of peer support and hired people with a mental illness as staff members since the clubhouse model began over 60 years ago. That approach is now being widely accepted and formally incorporated into mental health services, which “reflects a shift in the paradigm of mental health service systems toward recovery and an independent living approach.” *(MN DHS)*

Today, 27 states, including Minnesota, have included Medicaid reimbursement for Certified Peer Specialists to provide certain mental health services. In fact, the Center for Medicare and Medicaid Services (CMS) considers Peer Support services a “best practice” in mental health.

Peer Specialists provide non-clinical, recovery-focused support from the unique perspective of someone who has experienced a mental illness. These staff also provide Wellness Recovery Action Planning (WRAP) to help people learn to manage their mental illnesses and also they bring a strong mental

health recovery focus to programs.

The essence of what Peer Specialists bring to the recovery process: HOPE.

“Hope is recognized unanimously by consumers as one of the most important determinants of recovery. Recovery cannot occur without hope as hope provides the person with all the essential elements of recovery: the courage to change, to try, and to trust.” *Russinova, 1999, “Journal of Rehabilitation”*

Someone who is a current or former recipient of mental health services can become a Certified Peer Specialist by completing an 80 hour course conducted by the Department of Human Services. Certified Peer Specialists can be reimbursed for their services in Assertive Community Treatment (ACT), Intensive Residential Treatment (IRTS) Crisis Stabilization Services, and Adult Mental Health Rehabilitation (ARMHS) programs.

Vail Place has proven to do a good job preparing and inspiring members to become Peer Specialists. To date, half a dozen members have either completed, are taking, or are applying to take the training course. We congratulate and thank them for their achievements and for being willing to share their personal recovery stories and help others on their journeys of recovery. 



“Steve Morris – who spoke at last year’s Dr. Vail Hour – recently completed training, and is now looking for work, as a Peer Support Specialist. You can see a video about Steve’s remarkable recovery journey, and also his presentation at the Dr. Vail Hour, on our YouTube channel: www.youtube.com/vailplace.”

Working to be “A Model of Self-Care”

By Julie Tate

Earlier this fall after achieving some new health goals my doctor said to me that I would be a great member of the “health home” think tank/committee. As he put it to me, “You are my model patient on self-care and have a long history with the clinic.” I thought about it for a day or so and realized what an honor this was.

On the third Wednesday of each month I gather up my courage and head to my clinic for a meeting of the minds. I am still amazed that the people in attendance at that meeting really need, want and value my input. They are doctors, nurses, psychologists, and a few other staff from the clinic.

At this point I am the only patient in this group of people. My mental illness causes me to feel I don’t really belong, but after the meeting gets rolling it becomes easier because they ask me what they can do to better help patients take care of themselves. They have a number of patients with mental health issues.

My doctor asks, “Why do you come to all of your appointments?” Or, “Is there anything that we can change to make patient visits easier?”

I have input as a person with mental health issues that might help the providers better understand how to serve people like me. This working group is part of setting up the clinic’s policies for a new state program called “health home” (see Health Care Reform article, p.__). It

doesn’t occur in a patient’s home, but rather helps patients develop a working relationship with a home clinic so that their health care can be better tracked. This approach could make a huge difference in patient care over time.

I am proud to be in on the ground level of this program. I haven’t always been healthy. I have learned a lot at Vail Place about just who is in charge of me. My mental and physical health were in bad shape when I started coming to Vail Place. I had no self esteem, I was overweight and overwhelmed.

“I have input as a person with mental health issues that might help the providers better understand how to serve people like me.”



I know that without Vail Place I would never have had the self-worth to start taking good care of myself. I owe them a great deal of thanks for the value they saw in me and their belief that people with mental illnesses can and do recover. 

Pete Hinze – Life Changed by Art

Art is very important to many of us. We find creative expression, a deeper sense of ourselves and our place in the world, and so many other benefits.

For someone with a serious mental illness, art can be absolutely life changing. It has been for Pete Hinze.

Last year, after losing his job of 17 years as a driver for Health East, he slipped into a depression and ended up in the crisis center at Nancy Page. Pete had dealt with anxiety for a long time, but it helped a lot that he did pretty well with his job. Looking back, he says, "I was managing on my own, but for years not really doing that well."

Though last year Pete found himself at an all-time low in his anxiety and depression, he says, "The good thing was that the art really came and there was an emotional release."

Pete, who grew up in St. Paul, began drawing with oil pastels at an early age, and began studying watercolor painting when he was 15. He used to get books from the public library and copied paintings. Later he took classes. Painting and drawing stayed with him on and off over the years, but he did it mostly in the solitude of his apartment. It took on new meaning after his mental health crisis as therapy, and part of that therapy is, as he says, "because I'm not alone at home."

Pete got involved in the art program at the Light House and then the watercolor class at Vail Place, taught by local artist Roberta Avidor.

Pete says, "When you have a mental illness, there are connections that aren't there. But the art is another way of connecting with people."

The Light House got Pete into art shows, which he says he couldn't have done on his own and he's found very satisfying: "You don't want your art to just sit." And his talent was quickly rewarded. Last October he placed first at Artability for his painting, "Winter Evening on Lincoln Avenue." And this winter his painting, "Winter Shore, Temperance River," won a competition at Vail Place and was featured on the Vail Place holiday card.

The Vail Place watercolor class has given Pete a chance to stretch his abilities. "Working with Roberta is great, she mostly does still life and people, which I usually don't do. It challenges me."

Roberta says that Pete has brought a lot to the class: a willingness to try new things and his thoughtful questions and comments. She also says that a big part of the class is the social aspect. "It's a good way to gather and just talk. You're busy doing something else, so there's this sort of ... stream of consciousness that happens. It's a great way to exchange ideas."

The social aspect of Vail Place has been very important to Pete. "The first thing I wanted from Vail Place was the structure of someplace to go. I was painting at home but it was bad spending a lot of time on my own, so that wasn't really working. Vail Place has been so helpful to me. It's open all day and I really like



Pete in Vail Place Watercolor Class

that. Specifically, one time, a Monday morning, not long after getting out of Nancy Page, I really felt lousy. I went to Vail Place and by the time I left at 7:00pm I felt good. If I hadn't had Vail Place to go to that day, I could have seen myself going down."

Pete is not "down" now. And he's philosophical, even upbeat, when he looks

(Continued on page 7)

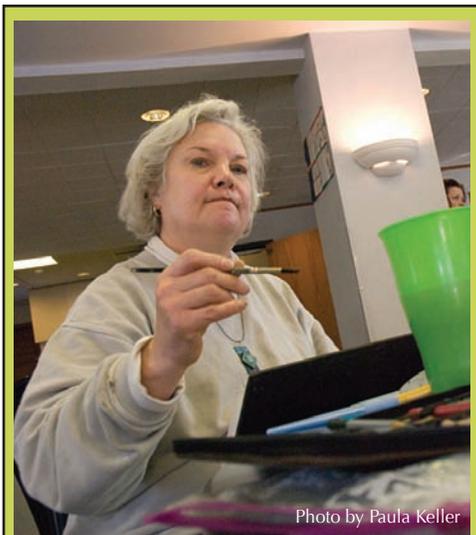


Photo by Paula Keller

Local artist Roberta Avidor has been leading the Vail Place Watercolor Class for two and a half years. She sees the class as "a good balance between talking and doing; a good way to just gather under a common activity." Roberta acknowledges that watercolor painting can be challenging, even for her – "The class is the total opposite of what I do for work."



Warm and Heartfelt Wishes for the New Year

The Vail Place holiday card featured Pete's painting, "Winter Shore, Temperance River"

Pete Hinze ... cont'd

back at his mental health crisis last year. "You learn a lot about yourself going through some of these things. I used to feel I was over my mental health problems. Now I'm more like, *This is me and I'm going to work on it and not wait for another crisis.*"

Pete's art continues to be a key to keeping himself healthy. In the winter months, he'll often do pencil drawings from his car or from a window. "Drawing is good as therapy. It takes no preparation; easy to do; simple; just do it. *I usually complete drawings in an hour or less.*"

Somewhat ironically, Pete's degree from the University of Minnesota, Morris – where he took a lot of art classes – was in human services, but he's never used that degree. Now he's looking to get into training as a peer support specialist, which he hopes will help find him work. "I never thought having a mental illness would be an asset for a job. I'm hoping this training will help me find my niche."

His ideal is finding a job that allows him to keep going to Vail Place and the other community support programs that he's relied on, and that lets him continue with his painting. The painting has brought him a feeling of accomplishment and self esteem and, he hopes, "Will help me financially if I'm successful at."

To see more of Pete's artwork, visit his website at <http://rockpike.weebly.com>. 



An employment assistance group meets twice a week at the Minneapolis clubhouse.

Employment Services at Minneapolis Vail Place Doing Well ... and Looking To Do More

By Carla Rigato

New Ideas Baking in Employment Program

We are looking at new and unique ways to provide training and work experience to our members. For example, we're considering creating a new product in our kitchen to brand and sell to our community partners. Producing this tasty treat would not only give members an opportunity to learn new skills but also an opportunity to move into a new service industry. Although our steps are small, we look forward to this being a huge success for our program!



Exciting growth and opportunities are ahead for Employment Services at Minneapolis Vail Place. As we enter 2012, we continue to be the only Community Support Program (CSP) that offers comprehensive employment assistance to members who are not only thinking about finding a job, but are actually engaged in looking for employment.

"During our Job Club or Employment Meetings, members can learn cover letter and resume writing skills; how to utilize the internet for employment searches; how working may affect their benefits, and other skills that can help them be more successful in the workplace."

Each week members are given the opportunity to work on employment skills individually or in group settings. Members can

meet with an Employment Counselor two times per week where they can access individualized help with internet job searches, online applications, and developing interview skills. During our Job Club or Employment Meetings, members can learn cover letter and resume writing skills; how to utilize the internet for employment searches; how working may affect their benefits; and other skills that can help them be more successful in the workplace.

We also offer Transitional Employment (TE) opportunities to members who have experienced long gaps in their employment history. These TE positions offer members the chance to work for an external employer, such as a restaurant, CPA, or Attorney's office, providing members with the structure to learn needed skills on the job that can be added to their resume. These positions are a win-win for the employer and the employee member. Entry level (like filing or dishwashing) positions give members the best balance of work and skill building. Employment Counselors are trained alongside the member and once training is complete, they remain in contact with both the member and employer to ensure that the job is getting done right.

Consider Vail Place's Transitional Employment Program the next time you are looking to expand your workforce. 

Upcoming Events

Road to Recovery Tours

Please join us for a personal look at how our community-based mental health recovery services promote healthy independent living and fill a critical community need.

Hopkins Vail Place, 15 - 9th Avenue South

Tues., Mar 20 • 4:00pm to 5:00pm
 Tues., May 22 • 4:00pm to 5:00pm
 Tues., July 17 • 4:00pm to 5:00pm
 Tues., Sept 25 • 4:00pm to 5:00pm

Minneapolis Vail Place, 1412 W. 36th Street

Thurs., Mar 1 • 4:00pm to 5:00pm
 Thurs., Apr 5 • 4:00pm to 5:00pm
 Tues., Apr 17 • 4:00pm to 5:00pm
 Thurs., May 8 • 4:00pm to 5:00pm
 Thurs., June 7 • 4:00pm to 5:00pm
 Tues., June 19 • 4:00pm to 5:00pm
 Thurs., July 12 • 4:00pm to 5:00pm
 Thurs., Aug 2 • 4:00pm to 5:00pm
 Tues., Aug 21 • 4:00pm to 5:00pm
 Thurs., Sept 13 • 4:00pm to 5:00pm

Contact Stefano: sloverso@vailplace.org, or 952.945.4236

ROAD TO RECOVERY ON THE ROAD

In addition to the Road to Recovery Tours that take place at our two locations, Vail Place staff, members, and volunteers take our "Road to Recovery" on the road through our Ambassador Program. We value the opportunity to visit area businesses, community groups, churches, etc.

Contact Stefano: sloverso@vailplace.org, or 952.945.4236

Annual Meeting

Tuesday, April 3, 4-6pm
Reception: 6-7pm
St. Mary's Greek Orthodox Church, Mpls.

Guest Speaker: Reggie Wagner, Department of Human Services. RSVP to Greg: gheaton-hill@vailplace.org, or 952.945.4234



Mark Your Calendars

Tour de Vail 11
Saturday, July 14th
9am – 1pm.
Vail Place & Lake Calhoun

Cathie Hartnett of radio myTalk 107.1 will host a

great event for the whole family and perfect opportunity to introduce your friends to Vail! Registration scheduled to open beginning of March. Check the Vail Place website (www.vailplace.org) for a link.



Photo by Paula Keller

Dr. Vail Hour
Wednesday, Oct. 17
8-9 a.m.
The Metropolitan
Golden Valley

An inspirational event not to be missed. Here's what they said last year:

"... on a scale of 1 to 10, it was an 11!"
 "... awesomely wonderful!"
 "... the best Dr. Vail Hour yet! What a great program, videos, and speakers!"

You can visit Vail Place at:



The best treatments for serious mental illnesses today are highly effective; between 70 and 90 percent of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports. *National Alliance on Mental Illness*

Did You Know?



Community Partner



www.vailplace.org

15 - 9th Avenue South
 Hopkins, MN 55343

