

# BEECHWOOD, INC.

## COMMUNITY NEWSLETTER

### FALL 2023



#### WHAT'S NEW:



Community  
Care



Client  
Spotlight



Letter from BW  
Executive  
Director



NAMI Walk



Mindfulness  
Practice

## Community Care This Cold & Flu Season

As the weather cools down, cold, flu, and COVID-19 infections are more likely to spread.

### Testing for COVID-19

Every home in Minnesota is eligible to order 8 rapid at-home COVID-19 tests once a month for free, while supplies last. Call MDH COVID-19 Public hotline 1-833-431-2053 or visit [SayYesHomeTest.org](https://SayYesHomeTest.org) to order free tests.

### If you test positive...

Follow current CDC quarantine and isolation guidelines. Please contact your practitioner to reschedule - help us keep our community healthy!

Want to be interviewed for the  
December Client Spotlight?  
Contact your practitioner or  
Megan at  
[megan.king@beechwood.org](mailto:megan.king@beechwood.org)



# Client Spotlight:

## Dan D.

*Dan is a BeechWood client in the ARMHS program. We sat down to chat with him before a competitive game of Yahtzee at the BeechWood Games Social Group.*



**Hey, Dan! Tell me about yourself. What are your interests?**

"Video games, rock climbing, being there for friends if they're going through a tough time. I can be there with insights maybe others don't have. I'm always there for housemates if they're having a rough day."

**Who do you look up to?**

"Payton Manning, the football player. I've always loved football. I've learned a lot from him."

**You attend a lot of BeechWood groups! How have those been for you?**

"I love 'em. I really love 'em. My favorite was the Como Zoo. That really got me interested."

**What's the best advice you've ever given?**

"'Work with me.' What I mean by that is, 'tell me everything you can about what you're going through, and I can give you some helpful tips. I say: 'Can I give you some examples of things I've been through and maybe you'll relate to it?' We've gotta be there for each other. Support and respect is a two-way street of being there for each other. If someone's struggling, I want to be there to support them."

**Do you have any advice to give to readers?**

"Get to know me as a person. And I can do the same thing for you."



## Dear valued clients and followers,

I want to share with you some changes that BeechWood is experiencing - after much consideration - some of which are positive and hopeful and some of which are difficult.

We are excited to inform you that both the ARMHS and Therapy programs are expanding to better serve those seeking mental health support. Both programs provide essential support and guidance to individuals, helping them to regain control of their lives and achieve positive mental and emotional well-being. But we need to make some painful changes regarding the IHS with Training program. After major cuts to reimbursement, staff shortages since the pandemic began, and using cash reserves to keep the program running for the past three years, we are forced to close this program. This decision was not made lightly, and we keenly recognize the impact it may have on those who rely on this program.

We deeply appreciate your understanding and continuing support as we adapt to these necessary changes and as we seek to grow in different ways. Our priority remains to provide exceptional care and support to our community. We are committed to exploring new ways to serve you better and to continue our mission of making a positive difference in your lives. As we navigate these changes, we look forward to sharing more exciting updates in the future.

This has not been an easy letter to write.

Sincerely,  
Fanny Miller  
Executive Director



## NAMI Walk

Join the BeechWood community on **Saturday, September 23rd at 11:30am** at the BeechWood office to walk for Mental Health For All with NAMI. BeechWood practitioners will provide transportation to and from the NAMI Walk.

**Reach out to your practitioner or Sunita if you're interested in joining!**

**Sunita.Khosa@beechwoodinc.org**  
**or (651) 504-4890**



# Mindfulness Practice

*It can be difficult to reflect on positive things when we're busy or going through a tough time. Take a moment to fill out this guided mindfulness practice.*



something I'm **grateful** for:

G

something I've **learned** recently:

L

something I've **accomplished** lately:

A

something that's **delighted** me today:

D

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