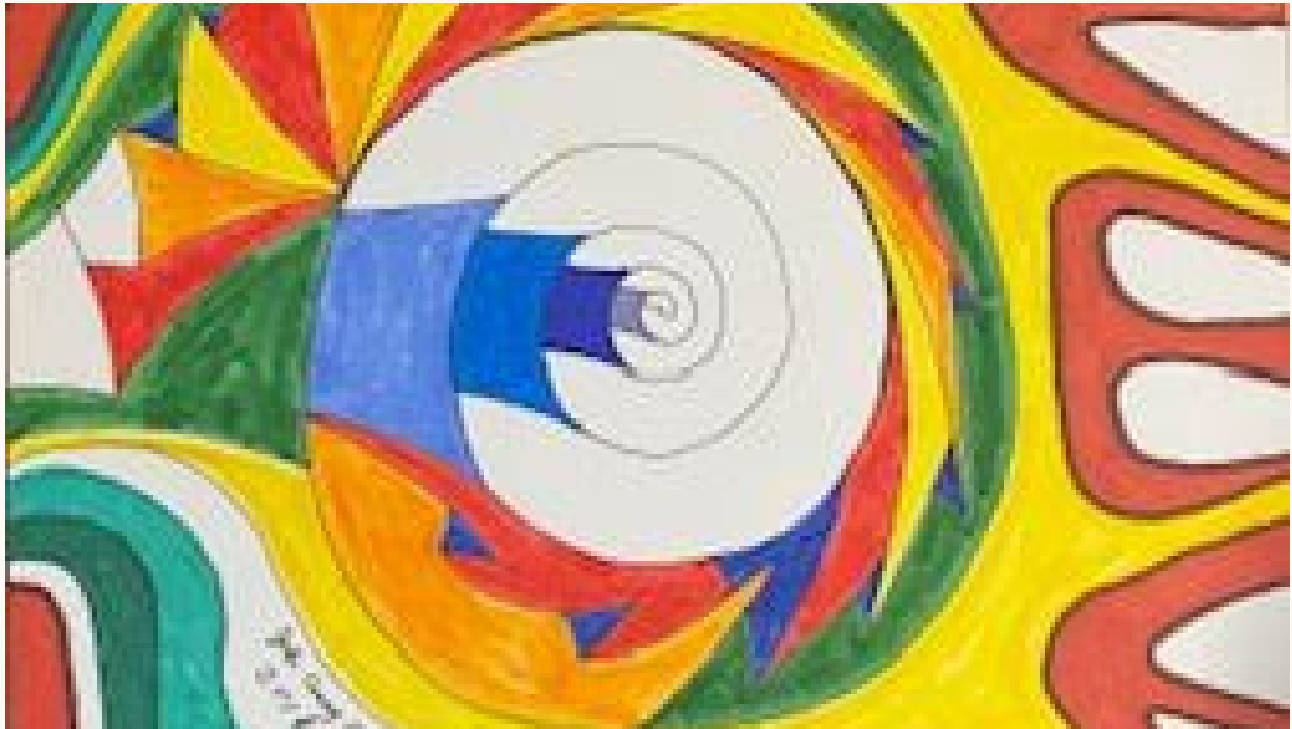


BeechWood, Inc

FALL, 2022



“Robotic Blood” by John C.

What's New
BEECHWOOD PARTY
CLIENT CREATIVITY
NEWS AT BEECHWOOD
GROUP SCHEDULE

BEECHWOOD STAFF PARTY

The BeechWood Client party will occur on November 4th from 2-4 at the Sabathani Community Center Gymnasium.

We will provide food, games, music, and prizes, as well as an opportunity to socialize with other members of the BeechWood Community.

This is the first all-client party we have hosted since the beginning of the Covid-19 pandemic in 2020, and we are excited to bring our community together. If you would like to attend, please RSVP with your IHST or ARMHS provider

Client Profile: Recovery and Resilience through Art

Kimberly Laudert

Kimberly Laudert, longtime Beechwood IHST program participant, received two Minnesota State Arts Board grants in 2021 and 2022.

Kimberly created a collaborative fiber arts project aimed at reducing stigma around mental health issues, leading workshops to teach individuals the art of Needle Felting, and exploring the impact of mental health stigma on their lives. 14 people each created an image illustrating the themes of "resiliency and hope." Kimberly combined each 9 X 6 inch rectangle into a cohesive picture, entitled, "Resilience." "I love it," she says. "It makes me so happy,"

Kimberly states, "I've been an artist all my life. I used it during times of crisis.

.About 7 years ago, I went to Lake Superior, and there was a rock on the beach and it was different from all the rest of them." Laudert took this as a sign to embark upon a "Year of Art."

After getting involved in art classes through People Incorporated and Avivo, she entered an intensive art program at Midwest Social Services (MSS), and began creating art 3-4 hours a day. "It's a wonderful program," says Kimberly.

Kimberly has worked in a variety of mediums and has undertaken solo and collaborative art projects, addressing issues such as mental health, disability, the aging process, trauma, and grief.

Kimberly connected with Beechwood through a social worker approximately 7 years ago. She states, "I adore working with Jendeen, she'll do what I need to have help with, and she's a sounding board at times. Her personality is sparkling. She'll just sit with me and help with any clarity I need. She's one of the best workers I've ever worked with."

Kimberly's original art can also be viewed and purchased at her website, kimberlylaudert.com, which is set to launch this fall. Teaching, writing, and collaborating with others have helped Kimberly heal from trauma and also share her story with others. "I'm coming into my own through art," she says. "People say "you're a different woman now."



Kimberly Laudert, Resilience, In the Navel of the Sun

News at BeechWood

BeechWood Therapy Program

BeechWood, Inc. has nearly 20 years of experience with community based services. As a provider of ARMHS and IHST services, we are excited to announce that we are expanding our range of services to include Mental Health Therapy.

We can provide individual therapy online or at our offices at Sabathani Community Center.

Our therapists have experience working with people who have Severe and Persistent Mental Illnesses and Addiction.

Some of our therapists specialize in Acceptance and Commitment Therapy, Person Centered Counseling, Positive Psychology, and Drama Therapy.

Insurances Accepted:
 Blue Cross/Blue Shield
 Ucare
 Medical Assistance
 Healthpartners
 Hennepin Health

Referral Process:
 Email Jennifer Paige at jennifer.paige@beechwoodinc.org. Questions? Feel free to call at 612-770-7503.

Jobs at BeechWood

IHST Specialist: Home and community-based independent living skills to help people achieve their goals. We are committed to holistic and health choices, and strongly advocate for the persons we serve with health professionals, support groups, and government programs.

Required: High school degree, Minimum of one year working in the human services field; experience with a disability, or knowledge of disability issues.

Preferred: BA/BS degree in human services.

Mental Health Practitioner: ARMHS Practitioners provide home and community-based mental health rehabilitative services to clients in the form of instruction, support, and coaching.

Required: Bachelor's Degree in one of the behavioral sciences or related fields from an accredited college or university, OR at least 2,000 hours of supervised experience in the delivery of clinical services, OR master's degree in social work, counseling psychology.

To apply for any open positions, please email your resume and cover letter to sheng.vang@beechwoodinc.org.

Creativity at the Staff Recognition Picnic



The BeechWood Staff had their office picnic on Saturday, September 10 in Minnehaha Park.

Staff created two community art projects, entitled "Happy" and "Angsty" as a part of the day's activities.

Staff also enjoyed a picnic lunch and an opportunity to socialize with coworkers.

Thanks to our party planning committee for a wonderful day, and thanks to all who attended.

Groups and Activities

ARMHS Coffee or Tea Social Group
Facilitated by Rebecca Xiong, LSW

Location: Dunn Brothers Coffee,
Lyndale Park

329 W. 15th St, Minneapolis, MN,55403

Dates: Friday, 10/28, 11/11, 12/9, 1/13, 2/10

Time: 9:30-10:00 AM

Meet for coffee, socialization and
support with other members of our
BeechWood ARMHS Community

ARMHS Nature Walk
Facilitated by Sunita Khosa and Liz

Location: 1 Theodore Wirth Parkway
Tuesday October 25, 10 Am.

Practice mindfulness while spending
time in nature

ARMHS Craft Group
Facilitated by Sunita Khosa

Location: Sabathani Community
Center

Tuesday, November 1 at 1 pm

Create a vision board!

Monthly Lunch and Crafting Club
Facilitated by Shelli O'Brien

Location: Sabathani Community
Center

Tuesday, 10/25, 11/22, 12/27
Time: 3-4:30 pm

Monthly Client Bingo
Facilitated by Shelli O'Brien

Location: Sabathani Community
Center

Tuesday, 11/8, 12/13

3-4:30 pm

Visit us for Snacks and Bingo!

BeechWood, Inc.
310 E. 38th St., Ste. 320
Minneapolis, MN, 55404