



HOPE HOUSE NEWSLETTER

"Where We Go From Surviving to Thriving"

March/April 2026



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.

COMING UP AT HOPE HOUSE



In March the Eagle Painting Project will begin. Please see page 2 for further information on this awesome opportunity.

Join us for a St. Patrick's Day breakfast on **Monday March 16th** during Coffee Club. Please come around 9:30 to start your day with coffee, egg-bake, & friends.

Thur. 3/5/26 Reed Olson will talk about how the Legislature works and how bills get presented and passed. This is in place of Day on the Hill. Members decided to learn about the legislature locally and attend the Wellness in the Woods conference later in the year.

Thur. 3/19/26 is a visit to Eagle Vista Ranch to see the horses and hear what the program offers.

Wellness in the Woods (WitW) will be at Cantabria on the 2nd and 4th Wednesdays of the month and the coffee and conversation outings will be to Cantabria to give members the opportunity to visit one on one with a staff person from there.

Tues. April 7th Molly from Blackduck ambulance will be here for a First Aid and CPR training. Please sign up ahead. The cost is \$5.00 which will be returned to you after the class. We encourage all Hope House members to attend.

WELCOME

Welcome, Ashley D. Johnson, MA, LMFT!

Ashley is providing diagnostic assessments to Hope House. Plans are to offer therapy in the near future, and add another provider.



Welcome, Evan Straubel, Intern

Evan Straubel will be interning with Hope House for several months this Spring. Evan will be working with Amara during activities and hopes to do some shadowing with our other employees. Welcome Ashley and Evan we are glad you are here.

Medication Clinic

Thank you to Tony Kramer, DNP, APRN, CNP, PMHNP-BC for providing medication clinic to Hope House members. Medication Clinic has moved to his office in 2026 to give him more time to manage tasks there.

Eagle (Migizi) Mural Project

The Eagle Mural project has been funded for: \$4,520 is the Region 2 Arts Council Grant amount.

Dates of this project are:

- Tuesday, March 3, 1-3 pm- Learn about the project
- Tuesday, March 10, 1-3 pm- Draw ideas and pastel
- Tuesday, March 17, 1-3 pm – Talking Circle and eagle project cultural values
- Wednesday, March 18, 1-3 pm – Transfer eagle ideas to the walls
- Friday, March 20, 1-3 pm- Continue working on the walls
- Tuesday, March 24, 1-3 pm- Wrap-up Eagle (Migizi) painting
- Monday, April 27, time to be announced, set up library collage, photo selections of project

Wednesday, May 27, 11:30-1:30 Open House

To show finished Eagle and celebrate Mental Health Month. Watch for information in the May/June newsletter.

This activity is made possible by the voters of Minnesota, through a grant from the Region 2 Arts Council, thanks to a legislative appropriation from the Arts & Cultural Heritage Fund.



Ojibwe Words of the Month:

Migizi – Eagle

Mazinibii'igewinini – Artist



Beltrami County Local Advisory Council

Purpose: To discuss gaps in mental health services in our community

Location: New drop-in center at Hope House

Dates: Friday, March 13, 2026 and Friday, April 10, 2026

12:15 pm to 1:15 pm

Open to the general public, people with mental illness, families, county staff, and local providers. A Hope House member leads the group. All attendees are invited to give comments about service needs. Everyone signs a confidentiality form. Sponsored by Beltrami County

Native American Community Advisory Group

This group provides feedback about cultural programming, and meets about three times a year. The next meeting will be in March. If you know someone who could be an advisory member, please contact

Robin Wold at 218-444-6748, x109.

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Members' Meeting: Friday, March 13th, 1:30 – 3 pm

All Hope House members are invited to participate

Agenda

- | | |
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| 1. Welcome and Introductions | 5 min |
| 2. Attendees' Good News to Report | 15 min |
| 3. Members' Recognition Award:
Leadership, Working on Goals, or Trying New Things | 5 min |
| 4. Members' Rights and Responsibilities | 15 min |
| 5. Activities planning for May/June | 15 min |
| 6. Eagle painting project has started! | 10 min |
| 7. Wellness in the Woods Conference | 5 min |
| 8. Property improvements report | 5 min |
| 9. Staff/volunteers updates | 10 min |
| 10. CPR/1 st Aid training | 5 min |
| 11. Other _____ | 10 min |
| 12. Drawing | |

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.

Mental Health Moment

Members, what is one thing you can do for your mental health today?

Journaling is a therapeutic, expressive writing practice used to process emotions, reduce stress and boost self-awareness by recording daily thoughts, experiences, and reflections. To start, pick a notebook or digital app, dedicate 2-5 minutes daily and write freely without self-judgement. (jenhatmaker.com+4)

How to Start Writing a Diary

Keep it simple: start with just 2-5 minutes a day to build a habit.

Choose your medium: Use a physical notebook, fancy journal or digital app.

Set a time: Morning journaling helps set intentions, while nightly journaling helps decompress.

Just start writing: Do not worry about grammar or structure; write down whatever is on your mind.

Types of Journals

Bullet Journal: Combines planning, to-do lists and diary entries.

Gratitude Journal: Focuses on listing things you are thankful for, to improve mood.

Dream Journal: Records dreams immediately upon waking to explore subconscious thoughts.

Stream of Consciousness: A “brain dump” of whatever thoughts come to mind, to clear mental clutter.

Art/Creative Journal: Uses drawings, sketches or collages to express feelings. (Wondermind+4)

Purpose of a Diary

Mental Health & Stress Relief: Acts as a release valve for anxiety, helping to process difficult emotions.

Self-Reflection & Growth: Increases self-awareness, allowing you to understand your behaviors and patterns.

Goal Tracking: Helps solidify goals and track progress.

Memory Preservation: Documents your life events for future reflection. (Wondermind+4)

Popular Diary/Journaling Concepts (Analogous to “Songs”)

5-Minute Journal: A structured format asking for gratitude and intentions.

Letters to Future Self: Writing to your future self to visualize goals.

Morning Pages: Three pages of longhand stream-of-consciousness writing.

Bullet Pointing: A rapid logging technique for daily events. (jenhatmaker.com+4)

Disclaimer: If journaling brings up distressing, overwhelming feelings, consider stopping and engaging in a calming activity. (c Georgia Institute of Technology)

Source. () means credit given.

https://www.google.com/search?q=journaling&sca_esv=62b03b7345eac9c6&rlz=1C1GCEU_enUS11130S1113&ei=vQieaZLUOrXSp84ps_eDiA4&biw...



MARCH 2026

Mon	Tue	Wed	Thu	Fri
<p>2 10-12 AM COFFEE CLUB AT HOPE HOUSE OR MAKE TREE ORNAMENTS</p>	<p>3 1-3 PM EAGLE PROJECT: INITIAL MEETING AT HOPE HOUSE</p>	<p>4 MEET AT 12:30 HOPE HOUSE VISIT SCIENCE CENTER DONE AT 3 PM Sign up needed Rides for 5 people</p>	<p>5 1-3 PM HOW THE LEGISLATURE WORKS WITH REED OLSON AT HOPE HOUSE</p>	<p>6 1-3 PM CRAFTS AND DECORATE THE TREE AT HOPE HOUSE OR KNITTING</p>
<p>9 10-12 AM COFFEE CLUB AT HOPE HOUSE OR MAKE TREE ORNAMENTS</p>	<p>10 1-3 PM EAGLE PROJECT: DRAW OR PASTEL AT HOPE HOUSE</p>	<p>11 MEET AT 12:30 HOPE HOUSE COFFEE AND CONVERSATION AT CANTABRIA WITW ON SITE DONE AT 3 PM Sign up needed Rides for 5 people</p>	<p>12 1-2 WRITE LETTERS TO LEGISLATORS 2-3 DOG THERAPY AT HOPE HOUSE</p>	<p>13 12:15-1:15 LAC MEETING 1:15-3 PM MEMBERS MEETING AT HOPE HOUSE</p>
<p>16 9:30-12 AM COFFEE CLUB AT HOPE HOUSE & ST. PATRICK'S DAY BREAKFAST</p>	<p>17 1-3 PM EAGLE PROJECT: CULTURAL VALUES AND TALKING CIRCLE AT HOPE HOUSE</p>	<p>18 1-3 PM EAGLE PROJECT: TRANSFER EAGLE IDEAS TO THE WALLS AT HOPE HOUSE</p>	<p>19 MEET AT 12:15 LEAVE AT 12:30 TO EAGLE VISTA RANCH DONE AT 3:30 Sign up needed Rides for 5 people</p>	<p>20 1-3 PM EAGLE PROJECT: CONTINUE WORKING ON THE WALLS AT HOPE HOUSE</p>
<p>23 10-12 AM COFFEE CLUB AT HOPE HOUSE</p>	<p>24 1-3 PM EAGLE PROJECT: WRAP UP EAGLE PAINTING AT HOPE HOUSE</p>	<p>25 MEET AT 2:30 HOPE HOUSE BOWLING DONE AT 5:00 PM Sign up needed Rides for 5 people</p>	<p>26 1-3 PM OPEN CREATIVITY DAY AT HOPE HOUSE</p>	<p>27 1-3 PM BINGO AT HOPE HOUSE</p>
<p>30 10-12 AM COFFEE CLUB AT HOPE HOUSE</p>	<p>31 1-3 PM HEALTHY STEPS AND SPRING COLLAGES AT HOPE HOUSE</p>		<p>WITW MEANS WELLNESS IN THE WOODS</p>	

APRIL 2026

Mon	Tue	Wed	Thu	Fri
<p>WITW MEANS WELLNESS IN THE WOODS</p> <p>TBD MEANS TO BE DECIDED.</p>		<p>1 MEET AT 12:30 HOPE HOUSE VISIT WATERMARK ART CENTER DONE AT 3 PM <i>Sign up needed</i> <i>Rides for 5 people</i></p>	<p>2 1-3 PM FINISH THE SPRING COLLAGES AT HOPE HOUSE</p>	<p>3 1-3 PM KARAOKE & KNITTING AT HOPE HOUSE</p>
<p>6 10-12 AM COFFEE CLUB AT HOPE HOUSE</p>	<p>7 1-3 PM BASIC FIRST AID AND CPR AT HOPE HOUSE <i>Sign up needed</i> COST \$5 WILL BE RETURNED</p>	<p>8 MEET AT 12:30 HOPE HOUSE COFFEE AND CONVERSATION AT CANTABRIA-WITW DONE AT 3 PM <i>Sign up needed</i> <i>Rides for 5 people</i></p>	<p>9 1-2 HEALTHY STEPS WALK 2-3 DOG THERAPY AT HOPE HOUSE</p>	<p>10 12:15—1:15 LAC MEETING AT HOPE HOUSE 1:15-3 GARDEN TALK</p>
<p>13 10-12 AM COFFEE CLUB AT HOPE HOUSE</p>	<p>14 1-3 PM “BEE” CRAFTY AT HOPE HOUSE</p>	<p>15 MEET AT 12:30 HOPE HOUSE GREAT RIVER RESCUE OR TBD DONE AT 3 PM <i>Sign up needed</i> <i>Rides for 5 people</i></p>	<p>16 1-3 PM PAINTING AT HOPE HOUSE</p>	<p>17 1-3 PM OPEN CREATIVITY DAY AT HOPE HOUSE</p>
<p>20 10-12 AM COFFEE CLUB AT HOPE HOUSE</p>	<p>21 1-3 PM TALKING CIRCLE AT HOPE HOUSE</p>	<p>22 MEET AT 12:30 HOPE HOUSE SCULPTURE WALK DONE AT 3PM <i>Sign up needed</i> <i>Rides for 5 people</i></p>	<p>23 1-3 PM MOVIE OR YAHTZEE-GAMES AT HOPE HOUSE</p>	<p>24 1-3 PM BINGO AT HOPE HOUSE</p>
<p>27 10-12 AM COFFEE CLUB AT HOPE HOUSE PHOTO COLLAGE AT LIBRARY SET UP TIME TO BE DETERMINED</p>	<p>28 1-3 PM ADULT COLORING AT HOPE HOUSE</p>	<p>29 MEET AT 2:30 HOPE HOUSE BOWLING DONE AT 5 PM <i>Sign up needed</i> <i>Rides for 5 people</i></p>	<p>30 1-3 PM HEALTHY STEPS AND GARDEN PLANNING</p>	

HOPE HOUSE PROGRAM SUMMARY 2025

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: 64 (51-Beltrami residents, 13 from other counties). Source: 20 agency-referred; 12 self-referred; 10 from case manager/county offices; 11 by family/friends; 7 from hospitals/ treatment centers/courts; 4 referred via web search engine. New clients: 48; former clients: 16

Intakes: 7. Remaining referrals moved, were re-referred, pended records, declined, or waiting.

Case Closings: 17 (independent living out of area – 6; adult foster care out of area-2, reduced need, remained local-7, deceased-2). Zero suicides.

Demographics: 64 served. Age range- 23 to 79. Race: 1% (1) Black American, 3% (2) Mixed race, 19% (12) Native American, 77% (49) Caucasian. County of Residence: 99% (63) Beltrami, 1% (1) Hubbard. Program: 99% (63) Community Support Program, 38% (24) ARMHS.

Hospitalization due to mental illness: 94% (60) avoided hospitalization. 6% (4) were involuntarily hospitalized; one person twice. One crisis bed used. Reasons: not taking medication as prescribed; job loss/lack of structure; relationship/family stress

Housing: 99% (63) had stable housing in 2025. Of this group, 56% (36) lived in their own home/apartment. 35% (22) lived in adult foster care/assisted living. 8% (5) lived with family, 1% (1) homeless part of the year.

Daily Structure: Employed: 19% (2 full-time, 10 part-time=12 persons); School: 3% (2); Raising children: 6% (4) and volunteering: 13% (8). Two persons held multiple roles.

Community Connections: 75% (48) had friends who were not Hope House members. 70% (45) reported positive family support. 42% (27) had Hope House friends as well.

Substance Abuse: 86% (55) had no problems with alcohol or drugs. 67% (43) did not smoke. Recreational cannabis became legal in MN 8/1/2023.

Medication Compliance and Health: 94% (60) followed their med plan or were not prescribed medications. 100% (64) saw a primary care doctor 95% (61) and/or exercised 75% (50).

Crisis Plan: 72% (46) 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/or participated in the Beltrami County Local Advisory Council, client Members' Meetings, Hope House board, Wellness in the Woods conference, Mental Health Day at the State Capitol, and wrote letters to legislators.

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Client Social/Recreational via Community Settings and the Drop-In Center: Activities included auto care, talking circle, crafts, gardening, art, chair yoga, eagle program, May basket neighborhood delivery, trips, pizza party, open house, leather work, porcupine quill earrings, birdhouses, local parks, theater, and museums, picnics, fire hall tour, scavenger hunt, tour a yak farm, apple picking, hayride, karaoke, rec center, fall leaf tour, drum circle, exercise, mini-golf, Thanksgiving dinner, landscape design, group painting, mini golf, pontoon ride, and powwow.

Fundraisers included the Swing into Spring painting fundraiser, Harmony Food Coop booth, the annual November Hope House 45-45-45, celebrating 45 years of programming, donations of \$45+, along with 45 hours of Facebook updates, and Give to the Max Day (GiveMN.org).

Outreach/Families: 211 outreach/family hours were provided to the public.

New Drop-In Center: An open house to showcase renovation was held in May, 2025. A June 21st hurricane-level storm leveled most of the trees, taking through fall to remove them.

Volunteers: 36. Twenty-five community members, three students, and eight board members gave 538 hours for programming, fundraising, Facebook, quilts, tree removal, advising, and presentations. A Native American Advisory Group met in the second half of the year.

Community Awareness/Media/Presentations: United Way LINC, Business Blitz, non-profits photo, Allocations Committee and Someone Special Volunteer program; Region 2 Adult Mental Health Initiative; Hope House 45th Anniversary Open House; Salem Lutheran Church; Hope House newsletter, Facebook, and website www.hopehousebemidji.org.

Collaborations: Beltrami County Local Advisory Council at Hope House; University of MN Duluth Foundation robot project; Beltrami Electric Round Up; State Health Improvement Program; Paul Bunyan Dog Training Association therapy dogs; mental health resource list maintained by Hope House linked to CRC website; Beltrami County Mental Health Team

Staffing: Contracts for diagnostic assessments, med clinic, and nursing. Five direct service employees at year end- mental health practitioner, peer support specialist II, office coordinator, activity coordinator, and director. Longevity averaged 10 years. Cultural training: board & staff.

Programs Offered in 2025: 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.

