

CCRI Review



A quarterly update on how our creative care options are helping improve the lives of the people we serve.

Summer 2023



Improving Lives

Through Mental Health Services

Access to mental health services can mean the difference between hope and despair—between living and simply surviving.

The number of people who need access to mental health systems is growing. In fact, the World Health Organization says the COVID-19 pandemic has created a **global crisis** for mental health. Yet services are not keeping up. That's something we're experiencing first-hand at CCRI. Our mental health team helps more than 100 Minnesotans with everything from extreme paranoia and PTSD to transitioning back into the community after a psychiatric hospitalization.

We needed a 23% funding increase to keep up with costs and demand. We received 3%. Even as we struggle to break even for mental health services, we know that without them, many would have nowhere else to turn.

WHAT'S HAPPENING AT CCRI

Sunday, August 20

Twins vs Pirates game at Target Field in Minneapolis.

Monday, August 28

Prom at the Moorhead Marriott.
Classic car rides start at 4 P.M.
Grand march is at 5:30 P.M.
(Note: Dinner, dancing and bingo are for clients only.)

Thursday, August 31

Luau dance at the CCRI office from 6–7:30 P.M.

Sunday, September 10

Vikings vs. Buccaneers game at U.S. Bank Stadium in Minneapolis.
(Deposit is due by September 1.)

Find our activity calendar at:
[CCRIMoorhead.org/events-activities](https://ccrimoorhead.org/events-activities)

CCRI Mental Health Services

Adult Rehabilitative Mental Health Services

By meeting one-on-one in the community, our mental health team members help clients with mental illness develop and enhance psychiatric stability, social competencies, personal and emotional adjustment, and independent living and community skills.

Individual Psychotherapy

Also called talk therapy, this treatment helps people with depression, anxiety, loss, difficulty coping, trauma and stressors, diagnostic assessment, and aftercare.

Diagnostic Assessment

This comprehensive mental health evaluation is the starting point for any mental health treatment.

Aftercare

This intensive, short-term psychiatric stabilization and case management service is available to adults who have a serious or serious and persistent mental illness and need support beyond what other mental health services provide.

How Jayson Faced Down Death and Walked Away Stronger

Two years ago, Jayson spent most of his time in his apartment—imprisoned by the crippling fear that comes with agoraphobia, made worse by the challenges imposed on him by ADHD. No matter how much he wanted to venture into society and share his paintings with others, his brain and his thoughts continued to work against him.



Then Jayson became involved with CCRI’s Adult Rehabilitative Mental Health Services (ARMHS) program. With patience, understanding and the right combination of medications, Laura Anderson, Amanda Cahill and Pat Lenertz—all part of CCRI’s mental health team—helped Jayson learn to leave his home, overcome his symptoms, and enjoy his life.

Jayson’s life was steadily improving, until Christmas of last year when he found himself in Hospice care as his family prepared to say goodbye. Therapy helped Jayson find meaning in the end of life, and as he became more hopeful, doctors put him on a new medication, and he started to grow stronger. On January 16, Jayson “graduated” from Hospice and is now looking for every opportunity to live life to the fullest.

“CCRI’s mental health programs support people diagnosed with a serious or serious and persistent mental illness,” remarks Laura Anderson, CCRI mental health program supervisor. “In addition to treatment, these programs offer hope.”

Learn more about our services and read more success stories at CCRIMoorhead.org.

Creative Care: Pat Lenertz Hits the High Note for Clients



When Pat Lenertz received a letter from Moorhead earlier this summer, he first thought the city was sending him a fine. To those who know Pat, it’s no surprise that the city was instead honoring him for making the community a better place.

Pat, a licensed independent clinical social worker, CCRI mental health professional, and professional musician, received the city’s MoorHeart award for all he does for Moorhead and for going above and beyond to bring people together through music and positive thought.

Pat has donated performance time to hundreds of benefits, played at funerals, helped give band instruments to kids who couldn’t afford them, and raised money to send kids to music camp. During the pandemic, he performed through a PA system outside nursing homes to give the people stuck inside the social connection they desperately needed.

“Whenever I feel helpless, music is something I can do,” he explains.

Then there’s his day job. Pat uses cognitive behavioral therapy, dialectical behavior therapy, and trauma-informed approaches to help people with mental illness improve their quality of life.

And he continually goes above and beyond for those he serves, in small ways—like adding a calming light system to his office—and large—like the time he dressed up as Elvis and performed at a client’s Elvis-themed birthday party.

“It was something I knew would help her, and she’d love that,” Pat says.



Pat started working in human services in 2002, then went to school for social work in 2009. After earning his master’s degree in social work from the University of North Dakota in Grand Forks in 2015, he started working at CCRI.

“When a client can overcome barriers to achieve their goals, it’s a wonderful feeling,” Pat notes. “I feel like I’ve made a difference for that day.”

Reaching Independence: ***Making Memories and Expanding Horizons in Medora***



June 28 through July 3, a crew of eight CCRI clients and five staff members got a taste of the wild west in Medora, N.D.

While there, they stayed at the Badlands Ministries retreat facility and experienced adventures such as:

- Watching the Medora Musical—complete with fireworks.
- Eating a steak buffet at the Pitchfork Fondue.
- Taking a loooooong hike (and for some, conquering fear of heights).
- Zipping down a zipline.
- Floating on a lazy river.
- Touring the Cowboy Hall of Fame.
- Shopping, shopping, and more shopping!



One of the most thrilling experiences happened during a drive through Theodore Roosevelt National Park. The CCRI crew had just gotten out of their vans to take pictures at a particularly scenic area, when a herd of more than 100 bison appeared over the ridge. They immediately returned to their vehicles and watched, transfixed as the bison wrapped around their vans, passing within five feet of them.

Traveling without a parent or guardian gives the people we serve a sense of independence.

“They can explore their world at their own pace, and they can explore their interests independently without relying on a guardian,” explains Miranda Roberts, CCRI life enrichment coordinator.

Whether they chose to shop, relax, or ride the mechanical bull, everyone had a wonderful time.

“They definitely know how to experience life to its fullest,” Miranda exclaims. “They wanted to do everything—we could have easily spent another week there.”



“Going on a trip like this gives the people we serve wonderful opportunities to experience life in its raw state and approach new challenges they might not be able to experience in their home.”

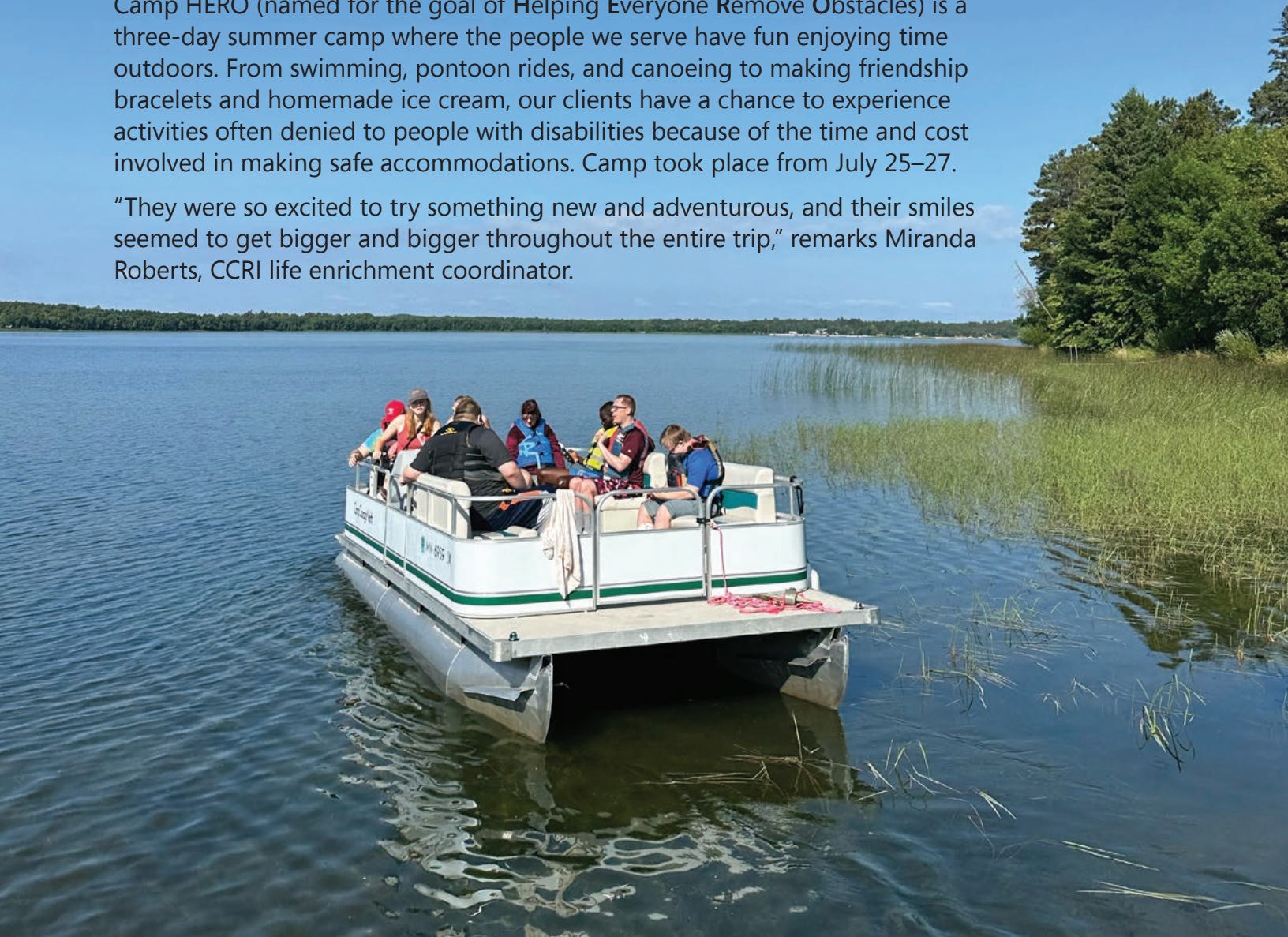
—Miranda Roberts, CCRI Life Enrichment Coordinator

In the Community: *Spirits Soar at Summer Camp*



Camp HERO (named for the goal of **H**elping **E**veryone **R**emove **O**bstacles) is a three-day summer camp where the people we serve have fun enjoying time outdoors. From swimming, pontoon rides, and canoeing to making friendship bracelets and homemade ice cream, our clients have a chance to experience activities often denied to people with disabilities because of the time and cost involved in making safe accommodations. Camp took place from July 25–27.

"They were so excited to try something new and adventurous, and their smiles seemed to get bigger and bigger throughout the entire trip," remarks Miranda Roberts, CCRI life enrichment coordinator.



Adaptive Softball Hits a Home Run



Every summer, CCRI organizes the Red River Adaptive Softball League. Open to anyone with a disability, the league focuses on FUN.

"Some of my favorite moments are how much everyone cheers each other on," notes Adam Schroeder, CCRI marketing & communications manager and a softball coach. "There is competition, but everyone makes sure they're all having fun and getting a chance to participate."

Of the 62 players this year, 42 were CCRI clients.



"My favorite moments have been hearing players cheer for one another no matter the team or score and watching two clients hit the ball via a pitch and not a tee with their focus and determination," says Jennifer Brandt, CCRI finance director and softball coach.

Roughly 20 volunteers—made up of CCRI staff, guardians, and Access of the Red River Valley staff—helped make this season possible.

"It's honestly one of the most wholesome sporting events I've ever seen," Miranda Roberts, CCRI life enrichment coordinator comments. "It's such a beautiful example of how supportive our community is for folks with disabilities!"





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TableScapes 2023

GROW

Thursday, October 5 | 5:30 P.M. | Courtyard by Marriott, Moorhead

Have fun and be inspired while helping us raise funds for an important cause!
Resources are not keeping up with growing demand for our mental health services.

HELP PLANT A SEED OF HOPE

- ✿ Buy a Ticket
- ✿ Decorate a Table
- ✿ Be a Sponsor
- ✿ Donate a Silent Auction Item

CCRIMoorhead.ejoinme.org/TableScapes2023

