

# Kind Words

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**TOUCHSTONE**  
MENTAL HEALTH

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## ACUPUNCTURE: BALANCING YIN WITH YANG

The idea of harmony and balance, sometimes referred to as yin & yang, is believed to affect everything in the universe, including individuals. The 3,500 year-old healing practice of acupuncture helps recipients obtain the desired harmony of mind, body and spirit by helping the flow of an individual's Chi, or energy.

Everyone experiences energy imbalance. It can come from an excess or deficiency of yin and yang. Imbalances are caused by many things, including stress, trauma, poor diet and drug or alcohol abuse. Acupuncturists work with consumers to allow their energy to flow more harmoniously, thereby restoring health and correcting imbalances through a needle-based therapy. Acupuncture is used as part of an overall treatment plan to bring about improved functioning, outlook and well-being.

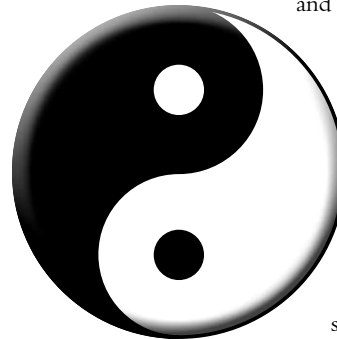
Touchstone Mental Health started providing acupuncture in 2004 through our integrative services. It helps relieve mental health symptoms as well as chemical-health related issues. Chemical addiction is a significant challenge for a portion of our consumers. Acupuncture helps consumers cope with associated symptoms including cravings, agitation, restlessness and body-aches.

"Through our integrative services we are able to assist our consumers in becoming better aware of their mind-body-spirit connection," states Birgit Kelly, Director of Outpatient Services at Touchstone. "Acupuncture is a tool that helps reduce symptoms of acute stress such as disrupted sleep, depression, agitation and anxiety."

Chantelle Renee, a consumer at Touchstone and acupuncture session participant agrees,

"Acupuncture helped reduce my stress. My memory and speech have gotten better and I am able to think more clearly."

Consumers at Touchstone have the opportunity to participate in acupuncture through the weekly group sessions at our case management office as well as residential and assisted living facilities. We also offer individual treatments. During the hour-plus long session, consumers are invited to sit in a semi-circle and relax while an acupuncturist treats each consumer individually by applying needles in specific locations to balance the body's flow of energy. Participants are then invited to remain seated and relax while soft music plays.



Ms. Renee attributes some of her progress to the participation in acupuncture sessions. "I am now able to walk and don't need to take breaks (because of pain)," says Renee. "It also helps reduce the mental, physical and emotional pains I suffer... My sleep has gotten better."

Evidence on the results of using acupuncture in the mental health field is largely anecdotal with some empirical support. We have used consumer surveys to rate changes and progress following several treatments, with good indications that there may be statistically measurable results. We continue to explore this type of measurement. In the meantime, consumer stories and reports continue to inspire. There is no question of the popularity of the acupuncture services and that is evidence enough for us to continue to offer it.

[ACUPUNCTURE](#) CONTINUED ON PAGE 5

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## ASSISTED LIVING EXPANSION

We are nearing completion of our New Hope, MN town home expansion project. The new facility is expected to open the beginning of April and will serve as the long-term residence for four women. Residents will have their own bedroom and will share a common kitchen and living room space. The expansion is made possible through the collaborative efforts of Touchstone Mental Health Assisted Living and Project for Pride in Living (PPL).

“We are excited to welcome four new residents to their home,” said Glen Albert, Director of Assisted

Living. “The town home expansion will allow us to better meet the needs of our community by allowing us to increase supportive services and furthering residents’ capacity for recovery.”

The town home is currently unfurnished. We are looking for donations of living room, kitchen and bedroom furniture to help us turn the house into a home.

For more information about the new town home or to make a donation, please contact Touchstone Assisted Living at (763) 536-8134.

## INTEGRATIVE (HEALING) SERVICES AT TOUCHSTONE

*By Birgit Kelly, LICSW, Director of Outpatient Services*

Historically, traditional Western medications and therapy have served as the main course of treatment to help persons with serious mental illness manage their symptoms. Over the years, our clients have often expressed frustration that these measures provide limited relief. Additionally, they have indicated an interest and desire to supplement conventional medical treatment with complementary practices.

We have found complementing Western with integrative practices can help people manage their symptoms of anxiety, agitation, acute stress, poor sleep and concentration. Our clients’ report an increased satisfaction and investment in the recovery process and demonstrate an increased ability to integrate conventional treatments when they add these services.

### What are Integrative Services?

Integrative services is a general term that implies the integration, or inclusion, of services that address the health and well being of the whole individual – mind, body and spirit. Current service offerings at Touchstone include, acupuncture, healing touch and mind-body skills training in group and individual services.



Our clients report these services are helpful and reduce the symptoms of acute stress, including symptoms related to Post-Traumatic Stress Disorder (PTSD), as well as other secondary symptoms of mental illness.

### What is Acupuncture:

Acupuncture is a Chinese medical practice that treats illness or provides local anesthesia by the insertion of needles at specified sites of the body. (To learn more about Touchstone’s use of acupuncture see Acupuncture pg. 1)

[HEALING](#) CONTINUED ON PAGE 6

## LARRY JOHNSON RECEIVES MARILYNN JENSEN AWARD

Touchstone is proud to highlight the achievement of our Assisted Living resident, Larry Johnson who recently received the 2008 Marilyn Jensen Award. The recognition was delivered at Opportunity Partners' "Spotlight of Success" celebration.

At the November event, Larry was recognized for achieving 10-years of employment at Latuff's Pizza, where he enjoys working with his co-workers. His favorite role is making the pizza sauce, and he likes to eat the pizza too.

Opportunity Partners' provides personalized employment, housing and education services to individuals in the Twin Cities. The Marilyn Jensen Award is given to an individual who achieves work success while living with mental health issues. Congratulations Larry!



LARRY AT WORK

## CONSUMERS' WISH LIST

- Arts and crafts projects and supplies (water color and acrylic paint and paint brushes; pencil/marker sets for Therapeutic Art Group; needlepoint, cross-stitch, latch-hook and other craft kits; scrapbooking and card making supplies including blank cards; fabric for sewing machine; beads and findings; sketch pads, pencils, chalk/oil crayons; blank, spiral-bound diaries; etc.)
- Donations for medication co-pays and doctor visits
- Gift cards/certificates (for coffee; grocery and retail stores; hair cuts; community education classes; yoga or medication classes, etc.)
- Bus and gas cards
- Household and personal care products (laundry soap and laundry baskets; toilet paper and paper towels; shampoo and conditioner; soap; lotion; toothbrushes, toothpaste and dental floss; feminine hygiene products; shaving cream; deodorant; towels; bed linens; etc.)
- Musical instruments and supplies (piano bench, guitar stand, piano and guitar sheet music; Karaoke CDs including modern pop, country and hard rock, and 80s music)
- Relaxation and recreational products (Yoga, Tai-chi, Qi-gong and stretching DVDs; and meditation pillows, DVDs and music for Relaxation Group)
- Recreational products (magazine subscriptions, movie tickets, exercise balls, small free-weight set, meditation pillows and music; personal CD players; new walking shoes or good cross trainers for consumers working on health-related goals)
- Board and electronic games (electronic Pictionary Man game; Fact or Crap; Guess Who – extra; Risk; Blokus; Keesdrow; Mexican Train Dominos; "Think-Fun" games; Clue; Scene It; Are You Smarter than a 5th Grader DVD game, etc.)
- Touchstones with inspirational words or symbols on them
- White noise machines (Residential)
- Conflict Resolution Training Program (set includes Leader's Manual and Participant's Workbook in paperback; by authors Prudence B. Kestner and Larry Ray)
- Other (Subscription to online game site [www.shockwave.com](http://www.shockwave.com); Wii with Rock Band game; grocery carts; glider rocker; distilled water; flavored coffee, tea bags and instant coffee; Wi-fi ready laptop computer; other personal computers for consumer use; computer printer and paper in various colors and styles)

## WHAT'S NEW

*Touchstone is proud to announce the addition of three new team members.*

**Marjorie "DeDe" Van Slyke, Psy.D, LPCC**  
DeDe recently became a member of Touchstone's Residential Treatment leadership as our new clinical supervisor. She joins us from Allina Mercy Hospital in Coon Rapids. When asked what motivated DeDe to join the Touchstone team, she cited, "The commitment of staff to residents with SPMI at Touchstone Residential as well as the positive work environment."

### **Marjenia William, RN**

Marjenia joined Touchstone's Residential Treatment team as our RN. Prior to joining Touchstone, Marjenia worked with Star Services as a RN Instructor and Mental Health Resources where she served as an RN.

### **Kevin Turnquist, M.D.**

Dr. Turnquist is working with Touchstone's Intensive Rehabilitation Program as a consulting Psychiatrist. In addition to his efforts with Touchstone, Dr. Turnquist provides psychiatric care at Anoka Metro Regional Treatment Center and is an Assistant Clinical Professor at the University of Minnesota Medical School. Dr. Turnquist is delighted to rejoin the Touchstone Team, both to take part in a new type of outpatient service delivery and to work towards developing a model residential facility that will, hopefully, serve clients for decades to come.

*Welcome!*

*Welcome!*

*Welcome!*

# TOUCHSTONE RESIDENTIAL TREATMENT OPEN HOUSE HIGHLIGHTS

The Touchstone Residential Treatment open house was a high point of 2008 for the program staff and residents. The gathering had a contagious energy from residents sharing their recovery stories to the smooth sounds of the live jazz performance. The open house offered residents, staff and guests the chance to celebrate the efforts of all who made the beautification and remodeling project a success.

“Everyone who enters the building can feel the effects of the time and efforts put into our building’s remodeling,” said Michelle Wincell, Residential Treatment Director. “The colors, decor and lighting have changed the space to create a more healing environment. You can feel the positive energy from the moment you walk in the door.”

The open house brought together long standing faculty, new guests and current residents to thank those who made the remodeling efforts possible. According to guests familiar with the work achieved at the facility over the years; with all of the physical changes to the facility, one thing has not changed – *the spirit of deeply caring staff helping residents in their recovery process to make significant and profound changes in their lives.*

Speaking to the crowd at the event, Marie, a resident of the facility, credited staff with a strong generosity of spirit. “The building and surroundings have been healing as well – from a visual point-of-view – and made me feel homey, comfortable and secure.” Marie successfully completed programming December 8, 2008.



JANE GARVIN OF GARVIN ENTERPRISES WAS RECOGNIZED FOR HER COMPANY’S FINANCIAL CONTRIBUTION AND SUPPORT THROUGHOUT THE PROCESS. HER COMPANY’S INITIAL LANDSCAPE REDESIGN SERVED AS THE INSPIRATION FOR THE BUILDING’S REMODELING PROJECT. BECAUSE OF THEIR EFFORTS, THE LANDSCAPE AND BUILDING’S INTERIOR MORE CLOSELY REFLECT THE IDEAL CALMING AND RELAXING ENVIRONMENT.



AARON KAPPAHNS WAS RECOGNIZED FOR HIS VOLUNTEER EFFORTS TO ASSIST IN THE ARCHITECTURE DESIGN PROCESS. AARON KINDLY DONATED HIS TIME AND TALENTS TO CREATE THE REDESIGNED SPACE.



MARIE AND MICHELLE WINCCELL



THE PEACEFUL AND JOY-FILLED ENERGY OF THE NIGHT WAS ACCENTED BY THE JAZZ PERFORMANCE OF KEITH HANSEN, THE PROGRAM’S OFFICE MANAGER, AND GUITARIST NICK HAAS.

*Thank you!*

# THANK YOU TOUCHSTONE MENTAL HEALTH DONORS

January 1, 2008 through December 31, 2008

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Kathy Cashin

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*Thank you for supporting our mission! Please  
accept our apology and contact the Development  
Director if you are listed incorrectly or were  
omitted from the list.*

## I WANT TO INSPIRE!

Support Touchstone's mission by:

**INFORMING** – How has serious mental illness impacted your life and the lives of your loved ones (at home, at work, at school and in the community)? Do you have stories of hope and healing? Can you help identify gaps in supports or offer insights into existing or emerging needs? We would love to hear from you!

**DONATING** – Contributions are needed to support adult foster care start-up costs, healing services, and other consumer needs.

- Help us increase contributions by connecting us with family, friends and others.
- If you currently support Touchstone, check to see if your employer offers a Matching Gift program.
- Consider Touchstone Mental Health in your Planned Giving.

For more information about informing or donating, contact the Development Director at (612) 767-2161.

**VOLUNTEERING** – Visit our website for more information or call (612) 874-6409 and ask for our Volunteer Coordinator.



ACUPUNCTURE CONTINUED FROM PAGE 1

"The results Chantelle has experienced are similar to many of Touchstone's consumers. Since incorporating acupuncture into our service offerings, consumers have expressed an enhanced level of relaxation, decreased stress levels, less anxiety and heightened sense of calm," supports Kelly.

In addition to acupuncture, consumers have the opportunity to participate in additional healing

service offerings including healing touch, mindful movement and somatic resourcing. In the future, we hope to expand our integrative services to include increased access to healing touch, body movement and individual acupuncture services.

For more information about Touchstone's Integrative Services, please contact (612) 874-6409.

## **Mission**

Touchstone Mental Health inspires hope, healing and well-being.

## **Vision**

Touchstone Mental Health is a center of excellence, providing quality programs, services and products to assure that people living with mental illness can enjoy the highest quality of life and achieve their greatest personal potential. Touchstone builds on its history of innovation to deepen, grow and sustain its programs to meet existing and emerging needs.

### **Organizational excellence is enhanced through:**

- Effective strategic alliances
- Quality staff and leadership
- Increased visibility

### **And is supported by:**

- Updated technology
- Diversified base of funding

## HEALING CONTINUED FROM PAGE 2

### **What is Healing Touch:**

Healing touch is a form of complementary medicine based on the belief that a vital energy flows through the human body. This energy is said to be balanced or made stronger by practitioners who pass their hands over a consumer's body.

### **What is Mind Body Skills Training:**

Mind Body Skills Training teaches the connection between mind and body. Individuals use their body as a resource for managing symptoms by learning skills that support relaxation, grounding, anxiety reduction and integration of their experience. Techniques include teaching basic relaxation skills and anxiety and stress management skills to support recovery and symptom management.

We have found complementing our clients' traditional therapy and medication regimes with integrative therapies helps provide sustainable relief. Historically, we have found that clients accessing integrative services have increased success when these services are performed by practitioners who have experience with serious and persistent mental illness clients. Our staff collaborates with practitioners who may be unfamiliar with SPMI so our clients and the practitioner have a more satisfactory encounter and to create a robust continuum of care. By working in concert, the approach enhances the effects of therapy, medication, and strategies for overall symptom management.

To learn more about Touchstone's Integrative (Healing) Services contact (612) 767-2164.



**TOUCHSTONE**  
MENTAL HEALTH

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