



RAMSEY COUNTY

VOLUNTEER OPPORTUNITIES FOR PEOPLE LIVING WITH MENTAL ILLNESS

Compiled by
The Ramsey County Citizens' Advisory Council on Adult Mental Health
April 2014 (reviewed May 2015)

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GUILD, INC.

130 S Wabasha St. Suite 90
St Paul MN 55107

Shannon Horstman
Development Associate / Volunteer Coordinator
651-925-8456

Do they accept individuals with Mental Health Diagnoses?

Yes, this would not be an issue as long as the individual had the appropriate skill set to carry out their position effectively. The skills that are required are high-level interpersonal skills. Volunteers need to be encouraging, welcoming, and able to break things down into steps and explain things to the students to assist them in their learning. The volunteers also need to have high levels of patience to be able to work with the students. There are no education requirements and the application process varies from site to site. However, a background check may be a part of the application process.

What positions are available?

Volunteers typically tutor adult students on a one on one basis, or they assist teachers in the classroom. Volunteers may also lead small groups or classes at the learning center.

Where is it located?

There are various locations of learning centers throughout the Twin Cities that are in the MN Literacy Council network. There are locations in St. Paul, Minneapolis, the surrounding areas, and greater MN as well.

There are no restrictions as far as Mental Health diagnoses.

** They hold information sessions for volunteers; anyone who is interested can call 651-645-2277 to receive more information about volunteering

CATHOLIC CHARITIES

If you want to volunteer, for one of the opportunities, go to the site below or call: 612-204-8435
www.cctwincities.org/IndividualVolunteerOpportunities

Administrative Service Volunteer Opportunities

Administrative Volunteer

Assist with special administrative projects. Maintain databases, mailings, phones and filing

Available at multiple sites throughout Twin Cities

Front Desk Worker

- Answer telephones, greet clients, create files for new residents and make rounds at a residential shelter
- Greet guests, process phone calls and assist residents. (Family Service Center Maplewood)

Children and Youth Service Volunteer Opportunities

Activities Programmer/Teacher

- Help coordinate activities, serve as a field trip aide, facilitate group mentoring or read stories to children. (Family Service Center, Maplewood)

Child Care Volunteer

- Help serve in child care facility for infants and children (sensitivity to diverse economic and racial and cultural backgrounds appreciated) (Saint Paul)
- Help provide a safe and nurturing learning environment for children when their parents attend group session. (Family Service Center, Maplewood)

Performer (Singer/Dancer)

- Communities benefit from the joy brought by artistic expression. Showcase your talents as a singer, dancer or poet and extend the benefit of your talent to our clients. Adult or children's performance opportunities exist at many Catholic Charities sites.

Housing & Emergency Services Volunteer Opportunities

Employment Services Assistant

- Assist clients in the computer resource lab with their job searches, including finding job leads, sending resumes and preparing for interviews. (Dorothy Day Center, Saint Paul & Family Service Center, Maplewood)

Maintenance Assistant

- Help with general maintenance year-round with a flexible schedule. Spring: Clean up ground after winter. Summer: Cut grass, tend to gardens and clean grounds. Fall: Rack leaves and cut grass. Winter: Shovel walkways after snow. (Family Service Center, Maplewood)

Shelter Support Assistant

- Provide assistance to clients, staff and visitors to the Family Service Center in a variety of ways: work with clients one-on-one, assist case managers/advocates with a variety of duties, provide office support, help run children's activities and assist in the computer room. Volunteers needed weekdays and weekends. (Family Service Center, Maplewood)

Tutor

- Prepare lessons, tutor, administer progress tests and evaluate the progress of non-English speaking individuals learning English. Training provided.

SALVATION ARMY –

Questions about volunteering – call 651-746-3426 or go to the link below and click on the specific volunteer opportunity you'd like to do.

<http://salvationarmynorth.org/community/twin-cities-metro/community-pages/volunteering-21/>

List of current opportunities (some are needed on an ongoing basis)

Meal assistance at different sites

Food shelf assistance

Stores - helper or merchandise sorter

Youth tutoring

Supervise adult computer lab

Office receptionist or assistant

Manicurist for seniors

RAMSEY COUNTY VETERANS SERVICES:

Apply online at the following site: <http://www.co.ramsey.mn.us/vs/volunteer.htm> or download a paper application from the same site, and send it (the paper application) to:

Maria Wetherall

90 West Plato Blvd., Suite 210, St. Paul, MN 55107

Call 651-266-8500 or email AskVeteransService@co.ramsey.mn.us if you have questions.

Description of opportunities: We are seeking individuals who are interested in working with Ramsey County Veterans Services as part of our administrative team. Volunteers would be trained in the use of scanning equipment and veteran data software used by the office to track services provided to veterans of Ramsey County. Primary responsibility would be for organizing and scanning existing hard files and adding to the virtual veteran record. Requires ability to work with computers using the internet. Volunteers may be asked to perform basic clerical tasks such as filing, copying, answering the phones, greeting veterans who come into the office for appointments.

PROJECT FOR PRIDE IN LIVING (PPL)

Volunteers with the Family Literacy Program work with a Pre-K Playgroup, tutor adults in adult basic education activities, or mentor teens in the Bridge MN program. Contact Anna Preus, Volunteer Coordinator, 612-455-5108, anna.preus@ppl-inc.org.

Or visit: <http://app.volunteer2.com/Public/Organization/348edbd9-41f9-4b29-8c8a-a67ca31500a9/>

Youth Development "Scholars" Tutor/Mentor-Family Literacy Program (St Paul-Ft Rd Flats Apts)
PPL's Family Literacy Program supports and challenges participants to become self-motivated, life-long learners and to achieve their academic goals. Tutor/Mentors work 1:1 with school-aged youth weekly on literacy skill-building activities and homework in a guided, supportive environment.

Program Schedule & Site:

Tuesday &/or Thursdays, 5:30 – 7:30 p.m.

January through mid - May

Site: PPL for Road Flats Apartments, 2242 7th Street W, St. Paul 55116

PPL Qualifications: Commit to regular weekly schedule for the program year, interest in working 1:1 with youth to empower youth to achieve success in school and in life, complete all steps in the intake process.

Program Activities: Help youth build critical literacy and math skills through fun, challenging activities; read with youth and help with homework; work with staff and other volunteers to maintain a positive program environment; record information to aid in tracking student progress.

Support & Benefits:

Personal and professional development
Comprehensive volunteer orientation and training
Professional staff provide guidance and support

Next steps: PPL staff will contact you for a brief phone interview and to share information on the training schedule. Background check and reference also required.

Youth Development - "Scholars" Tutor/Mentor-Family Literacy Prog. (St. Paul-Obama School)

PPL's Family Literacy Program supports and challenges participants to become self-motivated, life-long learners and to achieve their academic goals. Tutor/Mentors work 1:1 with school-aged youth weekly on literacy skill-building activities and homework in a guided, supportive environment.

Program Schedule & Site:

- Tuesdays &/or Thursdays, 5:30-7:30 pm
 - Jan 14 - mid May
- Site: Obama Elementary School, 707 Holly St., St Paul

Qualifications:

- Commit to a regular weekly schedule for the program year.
- Interest in working 1:1 with a youth as part of a program to empower youth to achieve success in school and in life.
- Complete all steps in the intake process.

Program Activities:

- Help youth build critical literacy and math skills through fun, challenging activities.
- Read with youth and help with homework.
- Work with staff and other volunteers to maintain a positive program environment.
- Record information to aid in tracking student progress.

Support & Benefits:

- Personal and professional development.
- Comprehensive volunteer orientation and training.
- Professional staff provide guidance and support.

New Foundations Supportive Housing Program - New Foundations Homework Help Volunteer

Empower youth as a volunteer tutor with PPL's New Foundations supportive housing program. Provide homework help twice a week with youth (K-12).

Education Corps members welcome! Experience with youth (tutoring, teaching, camps, etc.) preferred.

Program Schedule & Site:

- Tuesdays &/or Thursdays 4:30-6:30 pm, Oct.-May
- Location: New Foundations, 1145 Westminster Ave., St. Paul, 55130. Orientation provided; application, reference and background check required.

CERENITY CARE

Apply on paper or online: <http://cerenityseniorcare.org/volunteer/>

Attend an interview and an orientation. Paper applications can be printed from the website given above. A background check is required; no one with a history of theft or assault can volunteer due to the vulnerability of the adults. In the past, they have worked with volunteers who have special needs. It's easier to address such needs up-front to discuss accommodations, so applicants should include this information on their applications.

There are two locations in Saint Paul:

Cerensity Senior Care – Humboldt

512 Humboldt Ave., St. Paul, MN 55107

Contact Denise at 651-220-1789 or send an email to: HumboldtVolunteer@bhshealth.org

Cerensity Senior Care – Marian of Saint Paul

200 Earl St., St. Paul, MN 55106

Contact Jackie at 651-793-2116 or email MarianVolunteer@bhshealth.org

Volunteer opportunities:

Visit one-to-one

Assist with games and activities

Help with special events transport residents who are in wheelchairs to events and concerts on-site.

Wednesdays, 12:45 - 1:30, plus other various times.

Assist with ministry/spiritual care

Escort residents to therapy, beauty shop, dining room or chapel

Accompany residents on outings

Give a manicure

Perform music or entertain

Basic office duties and data entry, hours to be determined with individual volunteer.

URBAN BATTLE TUTORING PROGRAM

441 Rice St., St. Paul

Contact Bob Kohl at 651-483-5246.

Mr. Kohl said that he has never screened anyone for mental illness, and it's possible that there are already volunteers who have a mental illness. However, volunteers work with inner-city kids who may be "a little rough around the edges," so volunteers need to be able to handle that.

Volunteers should enjoy kids and be good at working with them.

Positions available:

Tutoring kids from Kindergarten through 8th grade - working on academic subjects, school work, reading, etc.

Hours: Mon. and Tues. evenings, 6:30-8:30 p.m.

COMMON BOND

To contact our volunteer coordinator via phone, please call the central office at (651) 291-1750. You can also email them at volunteerservices@commonbond.org

Volunteer with Adults:

Adult Instructors assist residents to complete their GED, study for their citizenship exam or pursue their education.

Volunteers are needed at:

- Skyline Tower in St. Paul
- Torre de San Miguel Homes in St. Paul
- Westminster Place in St. Paul

Classroom Instructor

- Mount Carmel Manor in St. Paul
- Skyline Tower in St. Paul

Senior Services

- Cathedral Hill Homes in St. Paul
- Westminster Place in St. Paul

Volunteer with Youth:

Study Buddies: Is a one-on-one academic mentoring program. Spend one to two hours a week helping a child with homework assignments, special projects, academic skills, & more. Volunteers are needed at:

- Skyline Tower in St. Paul
- Westminster Place in St. Paul

Homework Center: Tutors assist groups of students at drop-in homework centers at CommonBond properties. Tutors aid students with homework assignments and strengthen academic skills in a fun, productive environment. Volunteers are needed at Granada Lake Townhomes in Oakdale.

There are also opportunities to volunteer at their many properties, though the specific duties are not included on the website.

GOODWILL/EASTER SEALS

We welcome you to join the hundreds of diverse volunteers who make a difference in our communities every day! We offer options for groups and individuals to volunteer with our program participants, behind the scenes or on special projects. Opportunities fit a variety of skill sets, interests and schedules.

Visit http://www.goodwilleasterseals.org/site/PageServer?pagename=vol_opportunities for more information. We look forward to hearing from you! Contact Rebecca Bedner at 651-379-5937 or volunteer@goodwilleasterseals.org

A few examples of our volunteer opportunity descriptions include:

Volunteer Mentor

Do you desire to assist people in achieving their goals and provide support in overcoming barriers?

Passionate and dedicated individuals share their time and talent as a volunteer mentor. Mentors serve adult participants in our programs that include Automotive and Construction Training; Re-Entry, which serves individuals with criminal backgrounds; and/or Ramsey County MFIP, which serves families receiving county assistance. We offer one-on-one and group mentoring during day and evening hours. The ideal volunteer mentor will be comfortable working with people from diverse backgrounds, provide

a listening ear and constructive feedback, and offer support. The partnership will be focused on goals such as securing employment, healthy relationships and/or financial literacy. If you are interested in volunteering, contact Melissa Brandel (MFIP Mentoring) at mbrandel@goodwilleasterseals.org or 651-646-8070 ext: 160 or John Gibson (Re-Entry and Auto and Construction Mentoring) at jcgibson@goodwilleasterseals.org or 651-379-5979 for more information!

Where: Goodwill/Easter Seals Minnesota Main Office, 553 Fairview Ave. N., St. Paul, MN 55104 or other public settings determined by mentor and mentee.

When: Monthly mentor orientation and training at Goodwill/Easter Seals Minnesota Main Office at 553 Fairview Ave. N., St. Paul, MN 55104.

Mock Interviewer

Do you have experience providing employment interviews? Volunteer mock Interviewers are needed to provide valuable practice job interviews for participants in our Employment Training & Education classes or work experience programs. Mock interviewers must be able to conduct professional, consistent interviews for participants with a wide variety of interviewing abilities, disabilities, and backgrounds. Interviews are a way to reinforce course curriculum and refine interviewing skills.

Where: Goodwill/Easter Seals Minnesota Main Office, 553 Fairview Ave. N., St. Paul, MN 55104

When: Flexible daytime, weekday hours

Automotive Service Technician Training Volunteer

Share your knowledge and passion for repairing cars. Work with our full-time trainer and assist students to learn job skills as they prepare for a new career in automotive repair. Provide support and guidance for Goodwill/Easter Seals Minnesota Automotive Service Technician Training participants. Training focuses on safety, tool use, fluid and tire maintenance, vehicle inspection and brake repair.

Where: Goodwill/Easter Seals Construction & Auto Service Tech Training, 635 Prior, St. Paul 55104

When: Mon. – Fri., 8 a.m. – 1 p.m., two to five hours per day, four days per week preferred.

Can't commit to these hours? Contact us to see if we can work out a schedule to match your availability.

Construction Training Volunteer

Use your construction related expertise to help to guide our Construction Training Program participants in the training shop and construction sites! Work with a trainer to provide additional support with safety, construction industry fundamentals, hand and power tool use, framing basics, blue prints, construction related math and other topics. Requirements include strong hand and power tool skills, and strong knowledge of general building concepts. Candidates should have extensive construction experience.

Where: Goodwill/Easter Seals MN Construction Training, 635 Prior, St. Paul, 55104 & sites in metro.

When: Mon. – Fri., 9 a.m. – 2:30 p.m. 5 – 10+ hours per week for two plus months preferred.

Volunteer Book Drives

Volunteer your time coordinating a book drive! Support the E-commerce Department at Goodwill/Easter Seals Minnesota. The funds raised from the book sales go to support our mission of providing job training and support to individuals with disabilities and other barriers to employment. While all books are accepted, the following books are in high demands: nonfiction textbooks, hardcover fiction, regional books, self-help, dieting and health, cookbooks, inspirational/religious and finance.

Where: Various locations

When: Flexible schedule

NAMI MINNESOTA

800 Transfer Road, #31, Saint Paul, MN 55114

Phone: 651-645-2948 | Toll Free: 1-888-NAMI Helps | (1-888-626-4435)

Email: namihelps@namimn.org

NAMI has the following types of volunteer opportunities:

Advocacy Volunteers

Education Volunteers

Event Volunteers

Internships

Office Support

Outreach Volunteers

Support Volunteers

NAMI – Ramsey County Affiliate

There are many ways to help our grassroots organization help people who live with mental illness, their families, and Mental Health professionals who work with them. Call or email now to discuss. Call Anna Mae at 651-484-0599 or Will at 651-578-3364 or email namiramseycounty@namimn.org.

Group facilitators:

Summer Picnic Coordinator

Holiday Party Coordinator

Newsletter Editor/Publisher

Newsletter Mailing & Emailing

Website Updating

NAMI Ramsey Board Member

METROPOLITAN MINORITY OUTREACH

What is required to be a mentor? Mentors are college students or business professionals that are caring, creative and able to share knowledge and experiences with student groups. Mentors meet monthly during the school year with students to discuss topics related to decision making, college preparation and career exploration. No special skills are required, just a willingness to share life experiences.

The application process includes:

- Application
- Interview
- Reference Checks
- State Criminal Background Checks

What do mentors do?

Encourage students to complete high school and seek higher education

Play a major role in the success of MEP

Service as a positive role model for students

Share career information and education experiences with students

Help students develop a positive self esteem

PEOPLE, INC.

How to Become a Volunteer

Our Volunteer Coordinator can provide you with information about general volunteer requirements, opportunities currently available, and can assist you to find a project or role that matches your interests. Call 651-288-3532 or Email our volunteer coordinator at volunteer@peopleincorporated.org

Opportunities:

Administrative assistant

Support our staff by performing a variety of office tasks.

Mentor

Assist clients to learn basic independent living skills like budgets, social interaction, and job readiness.

Cooking and food preparation

Nurture others by providing cooking lessons or helping with preparing and serving meals.

Arts and crafts

Enrich the lives of others by leading or assisting with art groups or our Artability workshops.

Special events assistant

Help staff at events such as our annual luncheon and Artability.

Holiday cards for clients

Help us make homemade holiday cards for our clients.

Fundraising and “Friend-Raising”

Become part of the team to help us reach out to the community and find new sources of support.

Gardening and landscaping

Put your green thumb to work caring for our many lawns and gardens.

Serving the homeless

Help with outreach, collect survival gear and clothing, or organize household-supply “welcome” packages for those moving into their own apartments.

Recreation and wellness

Help people develop healthy lifestyles by coaching teams or organizing an outing to a museum or event.

Maintenance projects

Assist with minor repairs, painting and tasks at our program locations to ensure client comfort & safety.

PeopleConnect

Befriend clients suffering from isolation, or help clients get to appointments or other activities

LITTLE BROTHERS, FRIENDS OF THE ELDERLY

1845 East Lake Street, Minneapolis, MN 55407

Contact Diane Fehring at 612.746.0726 or email her at dfehring@littlebrothersmn.org

Visiting Volunteers

Visiting volunteers help relieve isolation and loneliness of an older person and reconnect them to people and resources in their community by providing friendly visits and social contact on a monthly basis.

Volunteer Drivers

Drivers escort older adults to Friends of the Elderly activities at our Lake Street location or other locations in the Twin Cities. They are encouraged to stay for activities and provide companionship.

Holiday Meal Volunteers

Help with large meals on Thanksgiving, Christmas & Easter. Drive participants to and from events, and spend time at events. Help with facility and food preparation. Deliver meals to homebound older adults.

Administrative Team Member

Team Members work alongside enthusiastic Program staff at our Lake Street office, calling elders, coordinating events, arranging transportation, and maintaining data, along with other office tasks.

Friendship and Flowers Volunteers

Friendship and Flowers volunteers promote friendship and wellness by making monthly social visits to home-bound older adults, bringing flowers, treats, and friendly conversation.

Family Companions

Family Companions welcome an elder friend into their home once a month, providing him or her with a family-centered environment that can include a meal and other activities based on mutual interests.

Phone Companions

Place calls to an older person to alleviate loneliness, help them feel connected & part of the community.

Pen Friends

Write letters and cards to help people alleviate loneliness, feel connected & be part of the community.

MN LITERACY COUNCIL

MLC holds information session for volunteers and anyone who is interested can call 651-645-2277 to receive more information about volunteering. Volunteers need to

- Be encouraging, welcoming, and be able to break things down into steps and explain things to the students to assist them in their learning.
- Have high levels of patience to be able to work with the students.
- Have high interpersonal skills

There are no education requirements. Applications vary at site to site & may include background checks.

Opportunities:

Tutor adult students on a one-to-one basis, or they assist teachers in the classroom.

Lead small groups or classes at the learning center.

There are several learning centers in the MN Literacy council network. They are in St Paul, Minneapolis, surrounding areas and Greater MN. Passing a background check could be a restriction. Other than that, if a volunteer has skills to do their job, there are no restrictions as far as MH diagnoses.

LISTENING HOUSE

This is a drop in center in downtown St Paul. The Volunteer Coordinator is Julie and you can contact her either via phone 651-227-5911 or email julie@listeninghouse.org. The only requirement is that you are a stable individual and commit to at least six month unless you are a student in college.

DAYTONS BLUFF SENIORS

Requirement is to pass a black ground check. For questions or concerns contact Carolyn Heim, Volunteer Coordinator by phone at 651-776-7210 ext. 303 or via email at ch53185@gmail.com or Rhonda Battisto, Executive Director by phone at 651-776-7210 ext. 202 or via email at ExecutiveDirector@DaytonsBluffSeniors.org. www.daytonsbluffseniors.org

WELLNESS CENTER AT FIRST LUTHERAN CHURCH

Wellness Center at First Lutheran Church is a community-based program on St Paul's Eastside. It is open Sept – May on Thursday nights, from 4:30 – 7:30 p.m. We need kitchen/cooking help and will also assist anyone able and willing to volunteer at the wellness center.

Phone 651-776-7210 | Email office@lovegrowshare.net.

RAMSEY COUNTY CITIZENS ADVISORY COUNCIL (CAC)

In 1979, the Ramsey County Board of Commissioners created the Community Human Services Citizens Advisory Council (CAC). There are 7 advisory committees that represent specific service population:

- **The Adult Services Committee** addresses needs and issues impacting 1) older adults (60+) who have difficulty living independently and are at risk of abuse, neglect and material exploitation, and 2) persons between 19 and 60 who have a major physical or neurological disability.
- **The Chemical Health Committee** represents low income adolescents and adults who have serious alcohol or drug abuse problems, people of color who need culturally specific services to ensure access to drug or alcohol treatment resources, and family or significant others who have been affected by the problems of chemical dependency.
- **The Children's Mental Health Advisory Council** represents families with a child who fit the legal description of Emotionally Disturbed or Severely Emotionally Disturbed, an organic disorder of the brain or a clinically significant disorder to thought, mood, perception, orientation, memory, or behavior and which seriously limits a child's capacity to function in primary aspects of daily living, such as personal relations, living arrangements, work, school, and recreation.
- **The Children's Services Review Panel (CSRP)** volunteers are representative of the community where they live or serve and who are charged with examining policies and procedures of the Human Services Child Protection System. The CSRP evaluates the extent that Ramsey Human Services and the MN Department of Human Services effectively discharge their child protection responsibilities. The CSRP annually reports findings and recommendations to the County and Agency. The CSRP serves as one of Minnesota's Citizen Review Panel under Federal Law.
- **The Intellectual and Developmental Disabilities Committee** represents individuals with intellectual disabilities or related conditions. People with IDD are limited in their ability to function in at least three major life activities, such as self care, toileting, household and money management, community living and leisure. The population may include persons with an IQ less than 70 and/or Cerebral Palsy, Epilepsy, Down syndrome, or Autism.
- **The Low Income Committee** represents individuals and families who need help meeting their basic needs for food, shelter, and clothing, including persons who qualify for public assistance because their income or assets fall below Federal or State poverty guidelines.
- **The Mental Health Advisory Council** represents adults with mental illness, an organic disorder of the brain or a clinically significant disorder of thoughts, mood, perception, orientation, memory, or behavior that seriously limits their capacity to function in primary aspects of daily living such as personal relations, living arrangement, work and recreation.

The Ramsey County Board of Commissioners appoints Advisory Members for two-year terms. Members represent diverse backgrounds and communities. Committees strive for balanced representation, to include participants, family members, professionals in the field, interested citizens, service providers, and community organizations. Urban and suburban views are represented. The CAC is a valuable resource for the Ramsey County Board of Commissioners and CHS Department by providing meaningful input from citizen perspectives. It gives citizens who provide knowledge, insight, and experience in the decision-making process, a voice in public policy. The CAC bridges the community and county government. Committees present to the County Board of Commissioners annually to share insights, observations, recommendations, and ideas about important issues. Contact Kristen Jackelen at 651-266-4423 or emailing her at kristen.jackelen@co.ramsey.mn.us.