



## Ramsey County Sheriff's Office

Bob Fletcher, Sheriff

## Neighborhood Watch

### Public Safety Services Division – Crime Prevention Unit

1411 Paul Kirkwold Drive • Arden Hills, Minnesota 55112

Phone: 651-266-7339 • Fax: 651-266-7337

www.RamseyCountySheriff.us

Neighbors and Deputies working together for safer communities

## Block Captain News – May 2024

### Next Block Captain Meeting – Tuesday, July 23<sup>rd</sup>, 2024 at 6:30 pm

Ramsey County Public Works Building - Marsden Room  
1425 Paul Kirkwold Drive, Arden Hills MN 55112

*Topic will include Ramsey County Sheriff Office Volunteer Programs and review of "What is Suspicious Behavior/Activity."*

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## Night to Unite Registration is Open

Night to Unite (aka. National Night Out) is a statewide event that builds and fosters community bonds between citizens, businesses, and public safety organizations such as the Ramsey County Sheriff's Office. This annual celebration occurs on the first Tuesday in August and gathers neighborhoods and public safety personnel together for an evening to promote safe communities.

Residents and businesses in Arden Hills, Falcon Heights, Little Canada, North Oaks, Shoreview, Vadnais Heights, and White Bear Township are encouraged to plan and hold a Night to Unite event that will be **Tuesday, August 6, 2024**. If you live in different city then listed above, please check with your local city police department.

For more information please go to: [Participate in Night to Unite](#)

Online registration link is: <https://www.surveymonkey.com/r/FKNSYM2>



## CERT Academy – Community Emergency Response Training



The Ramsey County Sheriff's Office will be conducting a CERT Academy this Fall for **NEW** students.

The 2024 CERT Academy training sessions will be held starting September 18, 2024, through November 13<sup>th</sup>, 2024. The sessions are held on Wednesday evenings from 6:30-9:30 pm for nine consecutive weeks.

Classes are limited to 25 students. The CERT Program is available to all residents of the State of Minnesota who are 18 years and older. Participants must pass a criminal background check. Participants must commit to the entire nine-week session.

Applications will be accepted through August 1<sup>st</sup>, 2024, on first-come-first-served basis.

To registration information go to the [RCSO Community Emergency Response Team page](#)

Questions may be directed to the CERT mailbox: [cert@co.ramsey.mn.us](mailto:cert@co.ramsey.mn.us)

## May is Mental Health Awareness Month

World Health Organization defines Mental health as a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. "It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes." So, if you or someone you know is struggling with mental health issues now or any time, please consider taking a step to find some help.



In a crisis or need services for Mental Health, get help 24 hours a day, 7 days a week with Ramsey County Crisis lines.

**Children's Mental Health Crisis Line:**  
**651-266-7878**

**Adult Mental Health Crisis Line:**  
**651-266-7900**

Ramsey County's mobile crisis team provides stabilization services, de-escalation, crisis intervention, mental health assessments and initial crisis plans. Walk-in crisis services are available Monday-Friday from 8 a.m.-5:30 p.m. at [Urgent Care for Adult Mental Health](#).



### [Ramsey County Mental Health Center Open House](#)

**When:** May 14th **Time:** 5-7pm.

**Where:** 1919 University, St. Paul, MN Suite 200

You're invited to come learn about the resources available at the Mental Health Center! Meet staff, get a tour and learn about the various mental health services available. Find out how referrals work, where to get more information, and how mental and chemical health affect our community. Financial Assistance staff will also be present to help with Medical Assistance and other resources. Enjoy a scavenger hunt with prizes and refreshments and plenty of activities for children and families.

Mental Health Center services include:

- Patient-centered treatment & recovery planning.
- Mental health evaluations for mental health services (by appointment).
- Psychiatric assessments (by appointment).
- Integrated substance use & mental health care.
- Individual therapy services.
- Peer and family support.
- Information and referrals to other providers.

## Grand Opening of the “Ramsey Clubhouse”

Ramsey County is welcoming a New community support program at 285 Dale St. N, St. Paul, MN. Vail Communities started back in the 1980’s by Dr. David Vail who was a national pioneer in promoting the humanitarian treatment of people with mental illnesses in the community. Since the 1980’s the Ramsey Clubhouse will be the third to open in the metro area and first in Ramsey County. Vail Place is a nonprofit organization that provides community-based recovery services for adults with serious mental illnesses. The clubhouse can help with housing, employment, education, health and more. They will also support a variety of social, recreational, and cultural events and activities. If you’re interested in more information please see their website or consider coming to their open house on **May 21<sup>st</sup>, from 3pm to 530pm**. Flyer attached. [VailCommunities.org](http://VailCommunities.org)



Throughout the year Patrol Deputies and School Resource Officers work with Northeast Youth and Family Services to help address mental health needs in the communities we serve. NYFS serves our northern suburbs as a community-based, trauma-informed, nonprofit mental health and human services agency. Check out their website [nyfs.org](http://nyfs.org) for more information and see the attached brochures.

On a national level, the organization Mental Health America in 2023 is focused on how surroundings impact mental health, and is calling for individuals **to look around, look within**. Their website (<https://www.mhanational.org/mental-health-month>) addresses the topics of Safe and Stable Housing; Healthy Home Environments; Neighborhoods and Towns; The Outdoors and Nature. Information to help people understand how these topics impact mental health, provide tips for actions people can take to change their surroundings in favor of their well-being, and suggestions for how to cope if change isn’t realistic are covered.



***It’s okay to talk about mental health and help people get the help they need.***

## Special instruction labels available to assist first responders

The Sheriff’s Office Patrol Unit has a program to help residents that may have special needs and want to provide advance notice to first responders. This program is available to residents of the cities of Arden Hills, Falcon Heights, Little Canada, North Oaks, Shoreview, Vadnais Heights, and White Bear Township.

Some medical conditions impact a person’s behavior and their responses to others, especially authority figures. While all patrol deputies have received crisis intervention training, when they respond to a call for assistance often there is not advance information about special needs they may encounter. To remedy this problem police agencies across the country have offered this voluntary program, where people place a sticker on their door to alert responders. Participants also provide more complete information that is accessible prior to deputy arrival. If you are interested in participating, please contact the Crime Prevention Deputy at 651-266-7339.



## Spring into Summer Safety

**Juvenile Curfew:** the Ramsey County curfew ordinance requires juveniles age 15 and younger to be home by 10pm every night of the week and those aged 16-17 to be home by midnight.

**Grilling Safety:** Only use grills outside; place your grill away from your home; make sure your grill is located on a flat, level surface; check your grill for leaks; always clean your grill after use; never leave your barbecue grill unattended while in use; wear appropriate clothing; keep a spray bottle at hand, always have a fire extinguisher close by. [First Alert- Grilling Safety tips for Summer](#)

**Firepit / bonfire safety:** Surround your bonfire with bricks; sand or patio stones; only burn seasoned hard wood; light your bonfire with small kindling or paper products; only light a fire on days when winds are low and humidity is high (is there a burn ban in your area?); keep the fire away from powerlines, tree branches, and neighboring structures; have a source of water on hand; NEVER leave the fire unattended; Always have at least one Adult present. *Always check your local city ordinances for bonfire and firepit regulations.*



**Ramsey County Parks (Regional Parks):** While outdoors and visiting our community parks, remember to review city or county park ordinances. Recently the Ramsey County Parks hours changed and are now open from 5am to 11pm. Bathroom and entrances to county parks will be secured in the evening hours, so don't get locked in. For more information on county parks or county park ordinances see: [Ramsey County Parks](#)

## Congratulations for hard work and skills



Ramsey County Sheriff's Office Explorers last month competed at the Minnesota Law Enforcement Explorer Association (MLEEA) State Conference held in Rochester, MN.

RCSO Explorers placed 1st in traffic stops, 2nd in hostage negotiations, and 3rd in traffic crashes.

The RCSO is so proud of what they accomplished through their hard work and dedication. If you know any youth ages 14 to 20 who are interested in learning more about the RCSO Explorer Program, please contact

Advisor Deputy Hodges at 651-266-7339 or email [crimeprevention@co.ramsey.mn.us](mailto:crimeprevention@co.ramsey.mn.us) .

Additional information can also be found at [RCSO Explorers](#) .

## Home Safety Tip of the Month

Is not a matter of if but when you may need to call 911 for help. Whether its for a medical late at night or a home burglary during a dark rainy day, can First Responders clearly see your address to respond to your home? Many of you many say sure and move on past this article but here is my challenge to you. The next time you come home after dark, in the rain, or just come home. Stop at the end of your driveway in your vehicle and see if you can “clearly” see your address.



House number should be easily visible from the street, with numbers at least 4” high. House numbers should under the light next to the main entrance door. If home is set back, house numbers maybe best placed under a light on the garage. House numbers should be illuminated at night and during inclement weather. If your home is located along an alley, house numbers should be visible from the alley (on the garage or fence where it is well lit). If your residence is not visible from the roadway, you should have the address clearly marked at the end of the driveway. In some cities the mailbox is not in front of the address

or at the driveway, so it is important to define your driveway to your residence. If you live in a Multi Housing (apartment or condo) does the front door clearly show your address? Make sure your apartment number is not covered and is visible and well lit.

So why is it important to clearly see addresses? Law Enforcement, Fire Department, or other First Responders need to know where to go while in a hurry and where they are while driving down roadways. GPS is not always right and may not be working correctly. Not all neighborhoods are homes are marked the same and trying to locate a particular address from a moving vehicle can be challenging. Every second is valuable to First Responders and marking your homes clearly and keep it well lit will help save lives and/or catch the suspects to a crime who may be coming through your neighborhood.



## Neighborhood Watch is about Neighbors and Deputies working together



Involved neighbors are more likely to have open communication lines with each other, deputies, and the whole community. When neighbors know each other’s names, normal patterns, and look out for each other, it is likely that they will report any activity that doesn’t fit with regular schedules. Involved neighbors look out for each other.

Neighborhood Watch program [information and forms](#) to help your block organization are available on the county [website](#). **Please complete and return** the [Block Captain registration form](#) to ensure the Sheriff’s Office has your most current contact information. THANKS!

Online information of activity in your neighborhood – [CommunityCrimeMap.com](#)

**Thank you for working for safer neighborhoods!**



[@RamseyCountySheriff](#)



[@RamseySheriff](#)



[@RamseySheriffMN](#)

Deputy Alicia Ouellette  
Crime Prevention Deputy  
651-266-7339

email address: [CrimePrevention@co.ramsey.mn.us](mailto:CrimePrevention@co.ramsey.mn.us) website: [www.RamseyCountySheriff.us](http://www.RamseyCountySheriff.us)

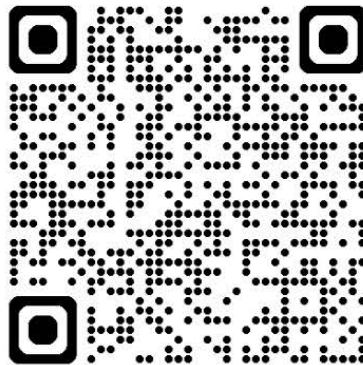
**Remember – when you See Something, Say Something, Call 9-1-1**



RAMSEY COUNTY  
CLUBHOUSE  
*Grand  
Opening*

**MAY 21ST, 2024**  
**3-5PM**

**285 DALE ST N**  
**SAINT PAUL,**  
**MN 55103**



*RSVP HERE*

**JOIN OUR COMMUNITY IN CELEBRATING THE  
YEARS-LONG EFFORT TO BRING MENTAL  
HEALTH RECOVERY TO THE NEXT LEVEL, WITH  
A CLUBHOUSE IN RAMSEY COUNTY!**



**VailPlace**

transforming the lives of people with mental illness  
through community

**LIGHT  
SNACKS  
PROVIDED!**

# Restoring Power

Our Restoring Power program supports victim-survivors who have experienced a range of abusive behaviors from others, including emotional, psychological, physical, technological, and sexual violence.



We work with children, adolescents, and adults. In our work with youth, we recognize and help to heal the effects of witnessing violence, even when the child has not directly experienced abuse.

**We support individuals and families as they seek safety in many different ways.**

People come to NYFS with a variety of situations and needs, which can include:

- The family wants to stay together and for the violence to stop
- A person is in the process of leaving or has left an abusive relationship
- The relationship violence was years or decades ago and the person is interested in deepening their healing and sense of connection to themselves, others, and/or a larger sense of meaning and purpose.

If you think you or someone you care for has experienced any form of abuse or trauma, please reach out today to get support and resources to help you seek safety and recovery.

## NYFS offers many different services within our Restoring Power Program:

- Safety planning
- Emotional support and coping skills
- Learning about abuse, its effects, and opportunities for healing
- Information about victim rights and resources
- Case management and resource referral
- Legal advocacy: court and law enforcement interview accompaniment, applying for an Order for Protection or Harassment and Restraining Order
- Individual Therapy: for all ages and is typically helpful for reducing mental health symptoms of trauma
- Group Therapy: a variety of groups for all ages

### Take Your Next Step.

Visit [nyfs.org/community/domestic-violence-and-sexual-assault-services](https://nyfs.org/community/domestic-violence-and-sexual-assault-services).

To make an appointment, call 651-486-3808 or visit [nyfs.org/start/appointment](https://nyfs.org/start/appointment).



#### RESOURCES:



What constitutes abuse?



The effects of witnessing violence on youth.

**SCAN THE QR CODES WITH YOUR PHONE TO LEARN MORE**

**NYFS**  
Northeast Youth  
& Family Services

Transforming Lives

Transforming lives by ensuring access to care that nurtures healing, cultivates community, and inspires hope.

NYFSorg 

Northeast Youth & Family Services 

**NYFS.ORG**

#### LOCATIONS:

Shoreview Clinic  
3490 Lexington Ave N  
Suite 205  
Shoreview, MN 55126  
(651) 486-3808

White Bear Lake Clinic  
1280 North Birch Lake Blvd.  
White Bear Lake, MN 55110  
(651) 429-8544





Transforming Lives

**NYFS**  
Northeast Youth  
& Family Services

Our mission is to transform lives by ensuring access to care that nurtures healing, cultivates community, and inspires hope.

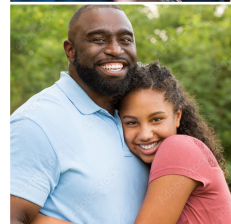
# Welcome

Northeast Youth & Family Services is a community-driven, trauma-informed, and culturally responsive mental health and community service agency.

We serve clients of all ages and specialize in supporting youth and their families.

Our commitment to equity, authenticity, and community-driven services provides hope for many in our community who face financial, cultural, linguistic, and logistical barriers to care. Our sliding-fee scale means our doors are open to all, regardless of financial circumstances. Our focus on transformative relationships informs our collaboration with families, school staff, and law enforcement and enhances the positive impact on our clients and the communities we serve.

**Together, we are doing so much more than we could ever achieve on our own.**



community-  
centered



committed

## Mental Health Services

NYFS mental health services are culturally responsive, trauma informed, and community-centered.

### Mental Health Clinics

We collaborate with clients to identify their goals and develop a plan to help reduce challenging symptoms and increase their mental health and wellbeing. **We believe healing and growth occur when clients can better understand their needs and experiences through a supportive relationship with a skilled, compassionate provider.**

Our goal is to offer clients quality mental health treatment within the context of their culture and lived experiences. We provide individual, couple, family, and group psychotherapy services attuned to the needs of each client, and we are the only nonprofit clinic in our area that specializes in serving youth and families. Our providers have a diverse array of training and experience and offer specialized child-centered play therapy, art therapy, trauma-focused therapy, and child and adolescent psychiatry services. We are proud to meet clients where they are in their health and healing journey.

### School-Based Mental Health

Our school-based services provide mental health support to students in four northeast metro school districts. **Staff provide individual and group therapy to address issues related to trauma, depression, anxiety, and other concerns to elementary, middle, and high school youth.**

NYFS therapists collaborate with school staff to support student mental health needs in the classroom. Therapists also serve as a resource for schools, sharing their expertise while helping staff attend to the mental health needs of the school as a whole. This helps create better social, emotional, and academic outcomes for students, teachers, and schools.

### Day Treatment Program

Our Day Treatment program offers therapeutic support to youth who are struggling with mental health symptoms that negatively affect their daily functioning. Our services are trauma-informed, culturally-responsive and individualized. We serve teens age 12-18 and specialize in serving those who have experienced trauma and are coping with moderate to severe anxiety or depression. We combine coping skills and behavioral interventions with group, individual, and family therapy. Our half-day therapeutic programming is paired with half-day educational services in partnership with the Mounds View School District. **With these supports, youth are better able to identify, express, and regulate their emotions, heal from challenging past experiences, and connect with their families and communities in positive ways.**

SERVING CHILDREN  
AGES 4 AND UP, YOUTH,  
& ADULTS

INDIVIDUAL, COUPLES,  
AND FAMILY THERAPY

IN-PERSON & TELEHEALTH

CLINIC IN SHOREVIEW  
& WHITE BEAR LAKE

We serve clients seeking care for:

- depression & anxiety
- relationship concerns
- parenting support
- identity exploration & development
- traumatic experiences
- attention challenges
- autism
- mood & psychotic disorders
- and a variety of goals related to enhancing mental health and relationships.

empower & support

NYFS.ORG

## Community Services

### Diversion Program

The Diversion Program is an alternative to the traditional juvenile justice system that works with youth ages 12-17 who have justice system involvement including theft, disorderly conduct, or alcohol/drug use. **Using restorative principles, we help youth address the incident and harm caused, rebuild their lives, and get back on track.** Youth attend one-to-one consultations, educational seminars with their parents, perform community service, and if applicable, pay restitution. Youth may also complete service projects, write apology letters to those they have harmed, and participate in chemical use testing. The program works to reduce the number of negative contacts youth have with law enforcement while significantly reducing the likelihood that they will reoffend in the future.

### Community Connections Program

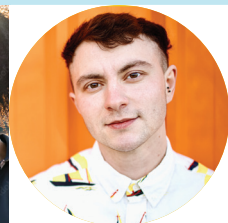
The Community Connections Program is **a seven-week, group-based experience for youth that builds social skills, self-confidence, and resilience through career exploration, self-reflection, volunteer activities, and contacts with other community service organizations.** It is offered to youth who would benefit from deeper and healthier connections with peers, adults, and their community. Components of the program include community service, work skills identification, and development of key life skills. Youth benefit from social connections with their peers and supportive adults while learning about resources in their community that will help them now and in the future. Youth are also introduced to activities that promote healthy living through nutrition, fitness, routine setting, time management, goal setting and moderation. Combined together, these components foster self-awareness, confidence, social skill development, and resilience.

### Community Advocate Program

Through partnerships with five local law enforcement departments, our Community Advocate Program co-creates public safety by supporting citizens who have needs outside of the scope of law enforcement. The program serves adults who have had repeated contact with law enforcement and have underlying needs that cannot be resolved by law enforcement alone. The advocate provides crisis intervention services, mental health support, referrals for chemical health services, assists with homelessness prevention, and support for survivors of abuse. **By serving as a bridge between law enforcement, case managers, caregivers, and family members, the advocate is able to improve the quality of life of our clients while reducing reliance on law enforcement.**

The last few years have been really tough on our youth. A lot of those connections, and feeling like being a part of a community, have gone away. Youth and their families are really struggling and that's why programs like these are so important.

— Erika Scheider, Roseville Chief of Police



## Organizational Values

### Equity, Inclusion, and Belonging

We are dedicated to creating an **inclusive, accessible, and accepting environment** that embraces diverse perspectives and backgrounds. It is our responsibility to work toward systemic justice and provide care individualized to client needs.

### Authenticity

We strive to be **genuine, grounded, and true to our values** in order to be both trusting and trustworthy. We are invested in learning and we approach each encounter with humility and sincerity.

### Community Driven

Our services are driven by the strengths and needs of our community. Through collaboration with clients and community members we ensure **our services are financially, logistically, linguistically, and culturally accessible.**

### Integrity

We are **accountable, ethical, fiscally responsible, transparent, and dedicated** to aligning our decisions with our organizational values.

### Transformative Relationships

We believe that healing and growth happen in the context of **empathic, client-centered, intentional relationships.** We bear witness to our clients' journeys with curiosity and kindness to promote transformational change.

### Innovation

We look beyond what is and imagine what could be. We stay on the leading edge of care by **encouraging our clients and staff to explore their passions and strengths** with a creative and playful spirit.

### Wellbeing

We believe that staff wellness and work sustainability are key to providing excellent mental health care. We understand the importance of organizational supports for secondary traumatic stress and are **committed to a family-first work philosophy for staff.**

We envision a world where thriving individuals and families are the building blocks of safe, unified communities established through a network of empowered and collaborative partnerships.

Transforming lives together.



innovative



passionate



# NYFS is here for you, because of you.

If you need help –  
reach out today.

If you can offer help –  
please donate.

## TO MAKE AN APPOINTMENT:

Call us at **651-486-3808** or visit  
[nyfs.org/request-appointment](https://nyfs.org/request-appointment)

## TO DONATE:

Go to [nyfs.org/donate](https://nyfs.org/donate)  
or **mail** your donation to:

3490 Lexington Ave. N.  
Shoreview, MN 55126



Transforming Lives

Shoreview Headquarters  
3490 Lexington Avenue North, Suite 205  
Shoreview, MN 55126  
Phone: (651) 486-3808  
Fax: (651) 486-3858

White Bear Lake Clinic  
1280 North Birch Lake Blvd.  
White Bear Lake, MN 55110  
Phone: (651) 429-8544  
Fax: (651) 407-5301

## OUR PARTNERS

### MUNICIPALITIES

Arden Hills  
Birchwood Village  
Falcon Heights  
Hugo  
Little Canada  
Lauderdale  
Mahtomedi  
Mounds View  
New Brighton  
North Oaks  
Roseville  
St. Anthony  
Shoreview  
Vadnais Heights  
White Bear Lake  
White Bear Township

### SCHOOL DISTRICTS

Roseville Area Schools  
Mounds View Public Schools  
St. Anthony-  
New Brighton Schools  
White Bear Lake  
Area Schools

### PUBLIC SAFETY

Mounds View  
New Brighton  
Ramsey County  
Attorney's Office  
Roseville  
St. Anthony  
White Bear Lake

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Northeast Youth &  
Family Services 

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