

**H O M E L E S S N E S S 2 0 1 :**

# **Mental Health 201**

**Thursday, February 18<sup>th</sup>**  
**2:00 – 4:00 p.m.**

## **Union Gospel Mission**

435 University Avenue East  
St. Paul, Minnesota 55101

Presented by:

**Steve Carlson**  
**Spectrum Homeless Project**

*Steve Carlson is the Director of the Spectrum Homeless Project. He has over 27 years experience in the mental health field. Steve's passion and focus has been to provide housing and mental health services to homeless individuals who experience numerous barriers including the effects of serious and persistent mental illness.*

### **Workshop Overview:**

**This workshop will focus on the challenges people face who live with mental illness. Topics covered will include: defining and differentiating between mental health and mental illness, the purpose & problems with mental illness diagnoses, common symptoms of mental illness and how human service providers can help. Finally, because all of us are responsible for our own mental health, plus working in human services can at times be stressful and lead to burnout, a discussion about what we can do to maintain our own positive mental health will be covered.**

**Metro-wide Engagement on  
Shelter and Housing**



# HOMELESSNESS 201 WORKSHOP

## Registration Form

Name: \_\_\_\_\_

Group Registration: Yes \_\_\_\_\_ No \_\_\_\_\_; If yes, for how many? \_\_\_\_\_

Position/Job Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

(required for each registrant)

Cost            \$20.00 for MESH members; \$40.00 for non-members

Total Cost / Amount Enclosed: \_\_\_\_\_

**Registration will be accepted with payment only.**  
**Registration will be taken on a first come, first served basis.**

**Send registrations with payment to:**

MESH – Training  
740 East 17<sup>th</sup> Street  
Minneapolis, Minnesota 55404

**Got Questions?**

Phone: 612-278-1163  
Fax: 612-375-9105  
Email: [matt@mesh-mn.org](mailto:matt@mesh-mn.org)