



'Inside Out'

New community project puts local faces to the names of mental health issues

By Marie Johnson
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Editor's Note: There are people hurting in this community right now, fighting a battle only they truly know 'inside and out.' Mental health affects our own friends and neighbors, and sadly, they are often times stuck dealing with it alone and in the shadows. There needs to be more awareness and understanding of what they're going through because honestly, there are way more people around us suffering from something than many would suspect. As we begin this series, our hope is that we can help shine a light on the daily struggle that some people in our community are fighting so that not only do we better understand them, but so that we can be better allies in their fight.

Detroit Lakes area wellness agencies, along with local media outlets, are launching a collaborative new project to explore and destigmatize mental illness.

"Inside Out: A Step Inside Mental Illness," will put real faces on several common mental illnesses, including depression, anxiety, PTSD, obsessive-compulsive disorder, and others.

The multifaceted project consists of an 8-part video series, produced in Detroit Lakes by Leighton Broadcasting, plus information about mental illness shared over Leighton's local radio airwaves, as well as a related series of feature stories in this newspaper. The videos and newspaper articles will profile people from around the region who have a

mental illness, to hear in their own words what life is like for them. There will also be information, tips and advice from mental health care professionals.

The project aims to raise awareness of mental illness and its prevalence, and also to provide a pathway for people who have (or might know someone with) a mental illness to all the local resources available to help them.

The project will kick off with a Video Premiere and Panel event on the evening of Thursday, Feb. 7 at M State. The panel will feature six mental health professionals from around the region, along with two local residents who will talk about their personal



Photo courtesy of Leighton Broadcasting
A still from one of the "Inside Out" videos shows a simulation of a woman with anxiety. Her symptoms hit hardest when she wakes up in the morning.

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INSIDE OUT
A Step Inside
Mental Illness

A community partnership to raise awareness and erase stigma.

The fallout

Extreme cold took toll on cars, furnaces

By Nathan Bowe
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With low temperatures in the minus-30s and wind chills at times approaching 60 below zero, the polar vortex that swept into Becker County Tuesday and Wednesday was hard on cars, furnaces — and pizza delivery guys.

At Domino's Pizza in Detroit Lakes, the demand for delivery during the coldest days was more than staff could handle. "We didn't have enough deliverers whose cars would start to deliver all the pizza," said manager Yuri Givens. "We ended up with two- to two-and-a-half-hour delivery (waits). Some people were understanding, and some people were upset."

"We're still backed up," Todd Hudson, owner of DL Towing, said Friday morning. "But by noon we'll probably be caught up, except for a few stragglers that haven't started since Tuesday and need a jumpstart. I don't expect it to be horribly busy like it has been ... Wednesday

THE FALLOUT: Page A12

Staff at Tamarac, DL Wetlands District glad to be back at work

By Nathan Bowe
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After the record 35-day partial federal government shutdown, staff at Tamarac National Wildlife Refuge and the Detroit Lakes Wetland Management District were glad to return to work on Monday.

"We're glad to be here, fully staffed," said Kelly Blackledge, who handles visitor services and education programs at Tamarac. The 10 full-time staff members at Tamarac "definitely have a lot of catching up to do," she said. "A lot of projects have sat idle for over a month now. We're trying to get them up and running."

Tamarac staff had started the complex process of developing a new Hunt Plan for the refuge,



File photo

BACK AT WORK: Page A11

Winter beauty at the Tamarac National Wildlife Refuge.

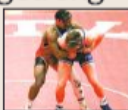
Good day to give

Giving Hearts Day coming up for local charities
Page A3



Finishing strong

Laker wrestlers start final week of the season with big wins
Page B1



Forecast

TODAY Cloudy High: 18 Low: 7	MONDAY AM Snow High: 11 Low: -11	TUESDAY PM Snow Showers High: 3 Low: -4	WEDNESDAY PM Snow Showers High: 8 Low: -10	THURSDAY Mostly Cloudy High: 5 Low: -19
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Phishing scheme netted 3,000 Minnesotans' personal info

By Dana Ferguson
Forum News Service

ST. PAUL — A phishing scheme targeted at the Minnesota Department of Human Services led to the release of personal information of more than 3,000 people, Department Commissioner Tony Lourey said.

In a letter to state lawmakers, Lourey on Tuesday, Jan. 29, said a county worker's email had been hacked and used to send an official-looking email

to a Department of Human Services employee in September of 2018. The state employee who received the email clicked on a link in that correspondence, which allowed a hacker to send spam messages from the state employee's account and to access information in that employee's account.

It wasn't immediately clear which information the hacker was able to access, Lourey said. But private information about as many as 3,000 people includ-

ing names, birth dates, phone numbers, email addresses and information about child protection cases could have been compromised.

And additional information about 30 people who were in the account at the time could have had their social security numbers, driver's license numbers and some financial information accessed.

A day after the alleged hack is believed to have happened, Minnesota IT Services secured

the email and began investigating the breach. Results of the investigation were delivered to DHS officials last year. And DHS officials hired a private contractor to determine what information was compromised, Lourey said.

Lourey said those who people whose information may have been accessed by the hacker will be notified in a letter.

"We respect and value the privacy of the Minnesotans we serve and sincerely regret

any concern or other negative impact this incident may cause," Lourey said in his letter to legislators.

MNIT is setting up a tool for department employees to block similar phishing or hacking emails in the future, Lourey said. Employees were also to undergo additional training to identify and report potential phishing schemes.

Follow Dana Ferguson on Twitter @hdanaferguson, call 651-290-0707 or email dferguson@forumconm.com

BACK AT WORK

From Page A1

and are still tied to the original deadlines for environmental assessment and public comment, in spite of losing 35 days.

"We've just had to prioritize work projects that are seasonally sensitive," she said. "Right now we're trying to catch up on all the winter environmental education programs that are happening in February," when area schools will bus students

out to Tamarac for winter environmental activities.

"It's a little bit of feeling like we have to scramble to get things up and running again," Blackledge said.

Although a skeleton crew has remained on the job to protect and maintain the Tamarac visitor's center and other infrastructure, most furloughed workers went over a month without pay.

Some of the payroll work is done locally, and it's "certainly a priority to process pay, so back

pay could be realized," she said.

President Trump engineered the government shutdown in an attempt to force Congress to fund a security wall on the southern border. He ended the shutdown for a three-week period and said he will shut the government down again Feb. 1, if Congress doesn't come to terms with him on a border security barrier.

"We're certainly looking at Feb. 15 and hoping we won't be in this position again," Blackledge said.

"We're putting ourselves in

a position to be successful no matter what happens," said Ryan Frohling, project leader at the Detroit Lakes Wetland Management District. "We'll make plans like we normally do, maybe with contingencies. We can't control that (a resumption of the shutdown). We'll just move forward and see what happens Feb. 15."

The district usually spreads native plant seeds on nice days in February before the snow melts. "We use tracked vehicles and spread them on top of

the snow," he said. "The sun warms up the dark seeds and they embed in the snow. We actually have really, really good luck doing it that way."

Depending on the weather, the seeding process often starts in mid-February and other tasks, such as controlled burning, are done in mid-March and early April, he said.

At this point, federal workers are just doing what they can.

"We hope to catch up this week and hit the ground running next week," Frohling said.

INSIDE OUT

From Page A1

experiences with depression and PTSD. There will be time for the audience to ask questions, either in front of the mic or anonymously.

"The panel is an opportunity for people to ask questions and get answers from professionals, maybe for themselves or to support somebody else in their lives," said Erika Gilsdorf, a producer of the video series and the key individual behind the whole "Inside Out" project. "We wanted a forum where people could ask how they can help somebody."

The panelists will speak starting at 7:30 p.m., following a showcase reel of highlights from the "Inside Out" video series at 7 p.m. Informational and resource booths from multiple regional mental health agencies will be set up and available to the public starting at 6:15 p.m. Everyone is welcome to attend.

The kickoff event is for anyone who's interested in learning more about mental illness, Gilsdorf said. "It's for parents of kids they're concerned about, or people who are worried about themselves, people who have questions about treatment options, success rates, how to talk to somebody and support them if you think they might have PTSD, or addiction, etc. When to intervene, signs to look for, things to say and not to say..."

Gilsdorf, who has had obsessive-compulsive disorder, or OCD, since her youth, said it was her own life experiences that inspired her to create the "Inside Out" video series,

which then evolved into the larger collaborative community project. In addition to producing the series, she is also one of the subjects interviewed.

"I know a lot of people who have challenges with anxiety or depression, or PTSD... and I just got really moved to try and broaden awareness of mental illness," Gilsdorf said.

The videos are about 10 minutes long each, and consist of three segments: a documentary-style interview of a local person with one or more mental illnesses; a simulation of what moments in that person's life look like; and helpful commentary and information from health care professionals.

Gilsdorf chose a first-person, day-in-the-life style for the "Inside Out" videos because, "I found that people always asked me what it's like to have OCD, and having a little window into what it's like for me really enlightened them," she explained.

"So I wanted to show people what it's like, to give them a little taste of it, to help bring a little awareness and empathy."

Another important objective of the "Inside Out" project, Gilsdorf said, is to break the stigmas that tend to surround mental illness.

"A lot of people don't understand mental illness, and so they discredit it," she said.

"That makes a person feel belittled or embarrassed, so they don't get the help they should. Right now, if you have something like anxiety or depression,

there's still this stigma about weakness, or you're not going to be good at your job, or you're unstable. But the more we talk about it, the more we realize that it's really common. A lot of people

have something."

The project got rolling last spring, when Gilsdorf approached Karen Pifer, of Becker County Energize, with her idea for the video series. Mental wellbeing has been identified as a top concern in the community, Pifer said, and area health care organizations showed tremendous support for "Inside Out" right from the start.

"The goal of it is really to get a better understanding of those mental illnesses that people have — how do they function, and how does it make them feel — in order to build empathy," said Pifer. "We know that the more we talk about it and the more we understand one another, the easier it is for people to open up."

Becker County Energize has taken the lead on the Video Premiere and Panel event, and will be the central hub for anyone seeking more information. The "Inside Out" videos will be launched and hosted on beckercountyenergize.com, and the website will have links to other helpful resources, as well.

All the pieces of the project

Kickoff: Video Premiere and Panel Event

Where: Detroit Lakes M State, in the main conference/auditorium area

When: Thursday, Feb. 7
► 6:15 p.m. Resource booths open to the public
► 7 p.m. Video premiere
► 7:30-8:15 p.m. Panel and Q&A

Video Series

The 8-part "Inside Out: A Step Inside

Mental Illness" launches

Wednesday, Feb. 11, with one video released every Wednesday for eight weeks. The videos are launching on Becker County Energize's website, beckercountyenergize.com. There will also be a program airing each week on lakestv3.com.

Videos are about 10 minutes long and can be watched free of charge. There will be options to watch the videos in their entirety, or shorter segments. They may also be downloaded, free of charge and with no use restrictions, by contacting TV3 at 218-846-9669 or emailing Erika Gilsdorf at egilsdorf@leightonbroadcasting.com.

The videos have been produced entirely in Detroit Lakes, by Erika Gilsdorf, Rayna Zima and Logan Johnson of LB Video Productions and Sound, a division of Leighton Broadcasting and TV3.

The series schedule is as follows:

1. Feb. 11: Depression with Jessica
2. Feb. 18: PTSD with Scott
3. Feb. 25: Anxiety with Kristina
4. March 4: Suicide prevention with Heather Berry
5. March 11: ADHD with Rachelle and Keagan
6. March 18: Addiction with Kristina
7. March 25: Schizophrenia with Kyle
8. April 1: OCD with Erika

Newspaper Series

The Detroit Lakes Tribune will be publishing a series of related feature stories, which will also launch on Wednesday, Feb. 11 and will be published every Wednesday after that. Topics will be the same as for the video

series: depression, PTSD, anxiety, suicide, addiction, ADHD, Schizophrenia and OCD. Many of the same people profiled in the videos will also be profiled through this newspaper series.

Radio Campaign

Leighton Broadcasting will be promoting the "Inside Out" project through its three local radio stations, providing some on-air tips and advice about mental illness. Expect to hear more about it throughout the project's duration, on WAVE 104.1, KDLM 93.1 and KRCQ 102.3.

Partners

Major partners and supporters behind the "Inside Out" project include Becker County Energize, Leighton Broadcasting, the Detroit Lakes Tribune, and a dozen health care organizations, including: White Earth Mental Health, Lake Region Healthcare, Sanford, the Minnesota Department of Human Services, Lakeland Mental Health, Essentia, Northwestern Mental Health, Ethan Berry Memorial Fund, Lakes Crisis and Resource Center, Red River Basin Behavioral Health, Wellness in the Woods and Stellher Human Services.

Rotary **Detroit Lakes Noon Rotary**

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Tuesday, February 12
4:30-7:30 pm

Adults: \$10 Ages 5-12: \$7 Ages 4 & under: Free
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ANSWERS FROM THE BIBLE

BY: PASTOR OLSON

Q. Are the days of the Genesis creation 24 hours long?

A. Yes! The Hebrew word for day is "Yom." It can mean a long period of time in Scripture. Yet, the first and literal meaning of the word is a natural day unless the context brings out another meaning. But, when the Old Testament associates "Yom" or day, with a definite numeral, a solar day of 24 hours is always meant. An example of this is in Exodus 20:11: "For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day." Insisting on six solar days of creation is simply to believe what God actually says in His Word. Nothing has changed since creation.

If you have any questions, write Pastor Olson at First Baptist Church
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or email: wjolo@dlm1.org