

Action Plan

Guidelines for Shield Actions

- Use non-violent respectful language.
- Send a copy (cc) MindFreedom of every letter/email you send.
- [Check out this sample letter](#)

List of suggested actions

1) Write Megan Remark, CEO of Regions Hospital

Megan Remark, CEO
Regions Hospital
640 Jackson St, St Paul, MN 55101
(See sample letter [HERE](#))

2) Call Megan Remark, CEO

651-254-2191
(See sample phone message or phone introduction below)

3) Write the Governor of Minnesota

Office of Governor Tim Walz & Lt. Governor Peggy Flanagan
130 State Capitol
75 Rev Dr. Martin Luther King Jr. Blvd.
St. Paul, MN 55155

4) Call Governor of MN

Staffed office hours are: Monday – Friday, 8:00 AM to 4:30 PM

Telephone Numbers

Telephone: 651-201-3400
Toll Free: 800-657-3717
Minnesota Relay: 800-627-3529
Fax: 651-797-1850

5) Email the Governor via website

Contact the governor via contact form on government website
<https://mn.gov/governor/contact/>

Draft Shield Alert on behalf of Charles Helmer

Select topic 'Human Rights' from the picklist

In subject heading write: 'Human Rights Abuse of Charles Helmer' or 'Protect the Rights of Disabled Individual Charles Helmer'

6) File a report/complaint with PAIMI

Complete the contact form on the website of Minnesota's designated PAIMI:

<http://mylegalaid.org/about/contact-us/>

7) Media Action Alert

Submit a letter to the editor of local newspapers;

Star Tribune

Submit letter to the editor using this online submission form:

<http://www.startribune.com/opinion/>

Minnesota Daily

Submit Letters to the Editor to the Minnesota Daily by emailing letters@mndaily.com.

Note: All letters must include the writer's name, address and phone number for verification. All submissions should be exclusive to the Minnesota Daily. The Daily reserves the right to edit all letters for style, space, libel and grammar. Letters to the editor should be no more than 500 words in length. The Daily reserves the right to print any submission as a letter or guest column. Submission does not guarantee publication.

8) Report Abuse to Abuse Reporting Center

Report suspected maltreatment of Charles Helmer to the **Minnesota Adult Abuse Reporting Center at 1-844-880-1574** which is open 24 hours a day, seven days a week. The Center will most likely respond by that they do not respond to situations involving individuals who are psychiatrically diagnosed and involuntarily treated. We need a few individuals to contact this hotline, nonetheless, to document this their refusal and let the public know that psychiatric abuse can occur with impunity because the practice is considered to 'exempt' from monitoring from traditional abuse watchdogs.

9) File complaint to the Company that Owns Regions Hospital

File a complaint with UnitedPartners, the non-profit owner of Region There are two ways to file a complaint with the UnitedPartners Board of Directors:

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First, file an electronic complaint to the Member Appeals Committee because this committee is mandated to ensure “that board members hear directly from members about the level of service they experience from HealthPartners”

File a complaint [HERE](#)

Second, write a letter to the Quality Committee of the Board of Directors of UnitedPartners the parent company of Region Hospital

Write letters to:

**Ruth Mickelsen, Chairperson
Quality Committee
UnitedPartners
8170 33rd Ave. S.
Bloomington, MN 55425**

10) File A Complaint with the Agency that Monitors Medicaid/Medicaid

Help us disrupt Regions funding pipeline. Regions hospital is accredited by an accreditation organization known as **CMS** that certifies hospitals receiving federal reimbursement from social security. Only if they keep this accreditation in good standing are they able to receive Medicare and/or Medicaid reimbursement.

Under federal rules, hospitals receiving reimbursements from Medicare/Medicaid must abide by certain rules to remain accredited and bill the federal government for a patient’s care. These rules are laid out [HERE](#). The rule requiring that the ‘inpatient psychiatric treatment’ that Charles Helmer is receiving “could reasonably be expected to improve the patient’s condition” is being broken. According to Charles’ mother, his condition has deteriorated as a result of his ‘treatment.’ The other rule, that Regions can only bill the government if a patient’s extended ‘treatment’ has value for “diagnostic study” is also being broken. After three months of in hospital treatment, the only thing the psychiatrists seem to have discovered is that Charles has been worsened both in body and in spirit by psychiatric drugging, seclusion, and shock. Based on standard costs at acute psychiatric hospitals, the taxpayer will be billed approximately \$100,000-\$120,000 despite the dismal outcome of this expenditure.

To register a complaint with CMS about the fraudulent use of taxpayer’s dollars to pay for the maltreatment of Charles Helmer

Call (312) 353-7180 or

1-800-369-7994