



Annual Report 2019



*The community leader in delivering
exceptional, responsive and consumer focused
behavioral health services.*

Serving children, families and adults in Winona, Houston, Fillmore, Wabasha and Goodhue counties

Mission:

The community leader in delivering exceptional, responsive and consumer focused behavioral health services.

Vision:

To provide exceptional mental and behavioral support and services to enhance the well-being of our communities through a non-profit structure.

Values:

Integrity
Respect
People Focused
Community Focused
Continuous Improvement
Compassion
Partnerships & Collaboration
Empowerment
Financial Stewardship



BOARD OF DIRECTORS

Chairperson: Betsy Rowekamp

Vice-Chairperson: Brad Anderson

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Treasurer: Erica Jerowski

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Jack Miller: *Houston County Commissioner*

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Don Springer: *Wabasha County Commissioner*

Macaran Baird

Erick Enger

A Note from the Chairperson

We have been through a year of transition and now, due to COVID-19, we are experiencing unprecedented challenges to the way we serve our clients and deliver care.

The Administrative team, staff, and Board have been very hard-working, creative, dedicated, and flexible in this current climate to ensure that we accomplish our mission and hold true to our values. It is more important than ever to reach out to our clients in a caring and compassionate manner. I am very proud of each and every person involved with Hiawatha Valley Mental Health Center. As a team, we will meet the present and future challenges.

It is my honor and privilege to serve as Board chair of such a remarkable organization.

- Betsy Rowekamp, Board Chairperson

A NOTE FROM OUR EXECUTIVE DIRECTOR

Dear Friends, Partners, and Supporters,

In 2019, Hiawatha Valley Mental Health Center continued to live its mission that has been our guide for service for over 50 years. We saw a lot of changes over the year with the growth of programming, partnership and new board membership. Our core values around community compassion, continuous improvement, and collaboration helped guide us throughout the year. We are grateful for the partnership around improving the lives of others.

Our agency was very intentional in 2019 at establishing, and in some cases re-establishing, partnerships and relationships with key stakeholders in the communities we serve. Some external relationships and partnerships to highlight from 2019 include:

- Winona State University with an NP Preceptor Grant and National Depression Screening Day
- Winona ORC for the Individual Placement and Support Program
- Winona Primary Prevention Project, Criminal Justice Coordination Council, Advisory Council
- Goodhue County Mental Health Coalition and Mental Health Convener
- Goodhue County Child & Family Services Collaborative
- Zumbro Valley Health Center & South Central Relations Center
- Minnesota Association of Community Mental Health Providers
- Wabasha County Mental Health Task Force and National Depression Screening Day

We were able to grow in our mission of being the leader in delivering exceptional, responsive and consumer focused behavioral health services. Some growth areas included: parenting evaluations/assessments in Goodhue County, hosting numerous trainings at our Training Center, Intensive Treatment in Foster Care and Wraparound Care Coordinator in Winona County, School Linked Mental Health Services in Wabasha County, and progressing towards a new clinic in Houston County.

On behalf of the Board of Directors, our Leadership Team, and all employees at our agency, I want to thank you for your support in our mission of helping those with behavioral health needs.



Sincerely,

Erik Sievers
Executive Director
Hiawatha Valley Mental Health Center



SERVICE HIGHLIGHTS



In March 2019, we welcomed our new Executive Director, Erik Sievers, to Hiawatha Valley Mental Health Center. His knowledge and passion for behavioral health services is a great asset to the organization. We were honored to have Erik address the Winona community during the ribbon cutting ceremony of the newly located Winona Clinic in May.



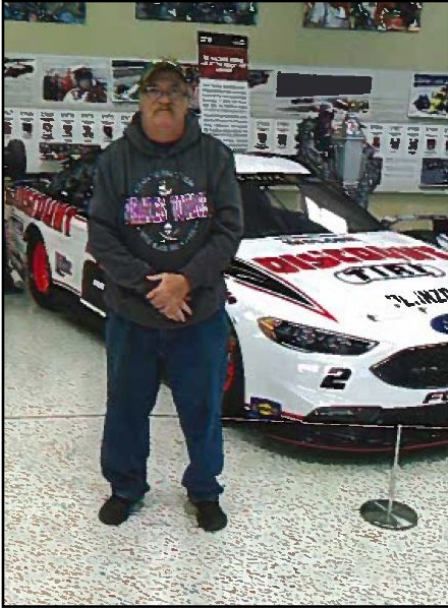
Hiawatha Valley Mental Health Center received the 2019 Business of the Year Award by the Winona Area Chamber of Commerce.

Total number of billable services provided in 2019:

- Adult Rehabilitative Mental Health Services: 32,995
- Children's Therapeutic Services and Supports: 4,014
- School Linked/Based Mental Health Services: 18,385
- Outpatient Mental Health Services and Substance Abuse Services: 14,313
- Early Childhood Services: 2,233
- Medication Clinic: 1,885
- Psychiatric Services: 4,491

SERVICE HIGHLIGHTS

Substance Abuse and Residential Services



“Having grown up in various rural communities throughout Minnesota, where interaction with others outside of immediate family was scarce, isolation, depression and a sense of worthlessness became the norm instead of the exception. These feelings became my closest friends and allies. At the age of 14, I began to self medicate with alcohol to relieve the loneliness, the pain of depression, and the growing feelings of worthlessness. Over the years, the self medication escalated to the point to where I began contemplating suicide. Something deep inside led me to reach out for help. That help came in the form of a phone call to the Hiawatha Valley Mental Health Center office in Caledonia. With the help of the staff there, I was able to get the help that I desperately needed. After a period of treatment, I was presented with an opportunity for further assistance through the residential board and lodge facilities with Hiawatha Valley Mental Health in Winona.

Over the past several years, through one relapse and with the help of a strong support system. I have turned my life around and have been able to live a much happier, healthy lifestyle. With the help of this support team, as well as the opportunities available through the current board and lodge system, I have been able to take on the roles of Peer Support Specialist and that of an advocate for both mental health issues and for substance abuse use disorders. I have also been able to give back in the form of volunteering at the Peer Support Network where I have been able to help others who are going through tough times with mental health and/or substance abuse issues, as well as working on what I need within my program. All of this has come about through the availability of the board and lodge facilities at Hiawatha Valley Mental Health Center, and for that I am, and will be forever grateful.” - Mark

What is it like to Intern at our Peer Support Network?



“I have been exposed to many different resources, support groups, and people that really opened my eyes to all the possibilities within the mental health field.

I have gotten the opportunity to really learn what it means to be an advocate for an individual and how important the support and relationships are between clients as well as networking within the community and the workplace.” - Kayla, WSU Intern

SERVICE HIGHLIGHTS

Intensive Treatment in Foster Care

When the state of Minnesota announced that it had identified an evidence based approach to provide intense therapeutic services to children and their families in the foster care system, Hiawatha Valley Mental Health Center was eager to get involved. The Intensive Treatment in foster care program launched at our organization in 2019. The program is a comprehensive mental health service for children in Foster Care and is intended to support children, foster families and parents by reducing mental health related hospitalizations and reducing multiple placements for the children.



“It gives the child a voice and a chance to be heard,” said a local foster parent. “As for myself, I always appreciated that Andy, program coordinator, was there to answer my questions and to give me more insight to help me understand better what the child was and is going through.”

Hiawatha Valley Mental Health Center offers Intensive Treatment in Foster Care in Winona, Houston, Fillmore and Wabasha counties.

Dialectical Behavioral Therapy

Hiawatha Valley Mental Health Center is certified in Dialectical Behavioral Therapy (DBT). The program is an evidence-based psychotherapy that is for individuals prone to respond to emotional situations in an intense manner that appears out of the ordinary. Individuals in the program often have multiple mental health diagnoses and exhibit behaviors characterized by impulsivity and/or exhibit intentional self-harm behaviors and are at significant risk of death, morbidity, disability, or severe dysfunction across multiple life areas.

One client benefiting from the service at our Red Wing Clinic says the program has helped them with a variety of skills including mindfulness, radical acceptance and check the facts (recognizing assumptions).

“DBT had helped me a lot and I still have a long way to go.” - Anonymous.

Clients involved in DBT usually graduate from the program after one year of intense, weekly individual and group therapy sessions. The program is practically funded by the United Way of Goodhue, Wabasha and Pierce Counties.



SERVICE HIGHLIGHTS



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We are exceptional....

In 2019, the Crisis Response Team provided assistance to 143 individuals in need of crisis mental health intervention.

At our Peer Support Network, we hosted four Senior Social Work Interns, two Senior Psychology Interns and 17 Senior Nursing Students from Winona State University. In addition, we had five individuals volunteer at the Peer Support Network.

We partnered with Bluffview Montessori to provide a social-emotional learning group to every 7th and 8th grader for the 2019-2020 school year. The group was designed to increase student's mental health protection factors.

In 2019, we trained additional clinicians in Trauma-Focused Cognitive Behavioral Therapy an evidence-based, trauma treatment for children 3-18 years old and their caregiver(s).

We provided School Linked/Based Mental Health Services to 432 students throughout Fillmore, Houston, Winona and Wabasha counties in 2019.

In 2019, our Fillmore County Children's Case Managers provided supports and services to about 59 children per month.

We are responsive....

To increase support for families and youth with mental health related issues, our organization added Wraparound Care Coordination. The goal of the program is to provide the youth and family with skills, resources and supports that they can carry with them for the rest of their lives.

To help support the needs of the individuals at our Peer Support Network, we added several group programs including; NAMI support group, Breakfast Club (mental health topics), Meditation, Art Therapy, Book Clubs, Paths to Peacefulness, Lunch Bunch Support Group and Employment Success.

The Peer Support Center has turned into a space where clients can host group activities for their peers. Hosted activities in 2019 included Narcotics Anonymous, Disabilities and Me, Spirituality and Cooking Class.

In Houston County, we are contracted to provide Rule 25 Assessments (Substance Abuse Assessments) to inmates in the Houston County jail. On occasion, inmates are allowed to participate in individual or group therapy sessions at our Caledonia Clinic.

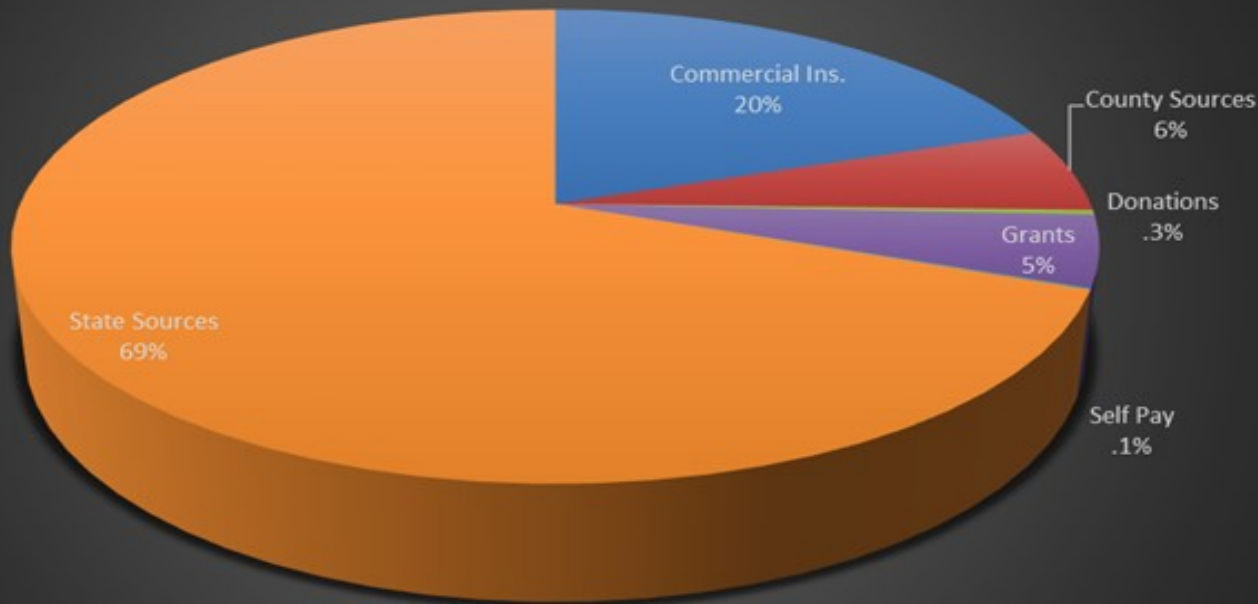
COMMUNITY IMPACT



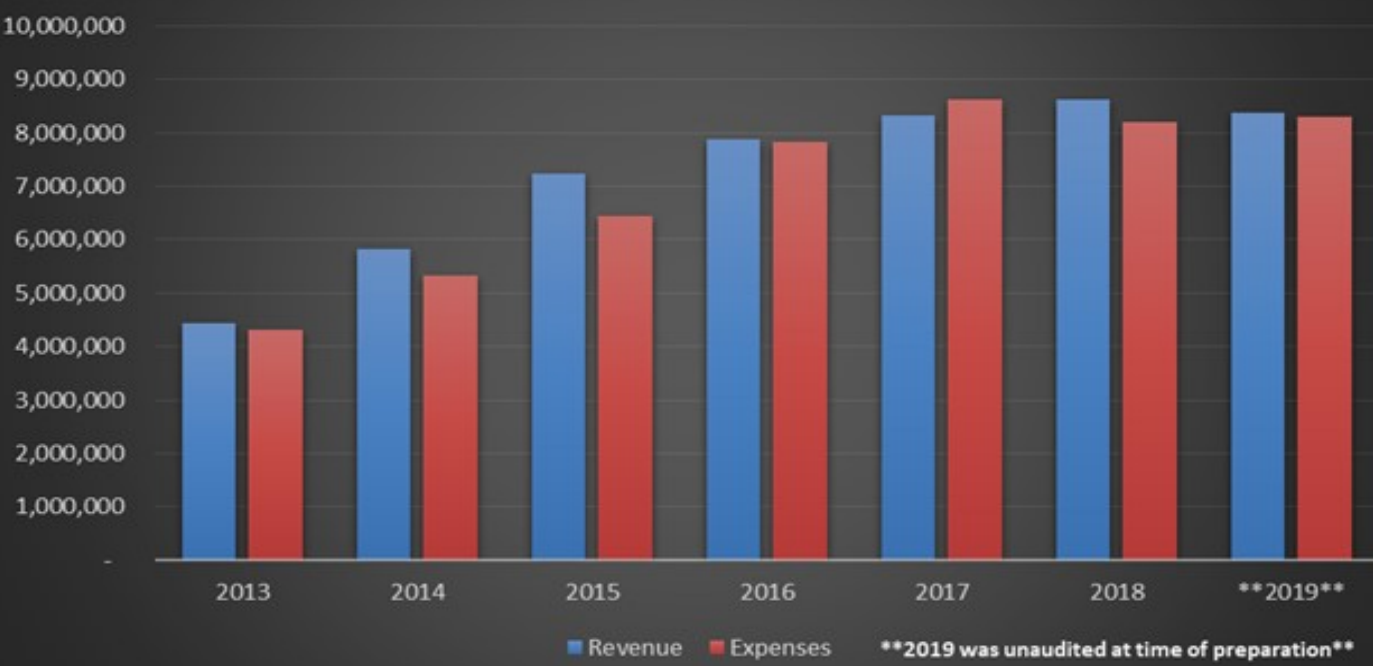
- Our organization took part in the Minnesota House mini-session events in Winona. State leaders toured Hiawatha Bluffs Living, learned about our School Based Services and heard about the ongoing need for mental health services in our rural communities.
- For National Depression Screening Day, we partnered with Bridges Health Winona, Winona Friendship Center, Winona Volunteer Services and the Winona Family YMCA to provide free depression screenings in Winona. In addition, we were able to provide free depression screenings in Wabasha County with the collaboration of Wabasha County Public Health, Project Community Connection and Saint Elizabeth's Medical Center.
- Hiawatha Valley Mental Health Center professionals spoke at approximately 30 different events about our organization and the services we provide for children, families and adults throughout Southeastern Minnesota.
- Funding support from the Winona Community Foundation allowed our organization to start a new program called Girls in Real Life Situations (GIRLS). The program is for teen girls to have open discussions about healthy boundaries, self-esteem building and knowing when to reach out, to name a few.
- Minnesota Senator Jeremy Miller toured one of our Board and Lodges in Winona to learn about the importance of residential support for individuals struggling with mental illness.
- Hiawatha Valley Mental Health Center joined the Mental Health Conveners in Goodhue County which is a group of individuals working to reduce the barriers around mental health care in the county.

FINANCIAL HIGHLIGHTS

2019 Income Sources



Revenue & Expenditures



THANK YOU TO OUR SUPPORTERS

Friend \$100-\$500

Grace Presbyterian Church
Lon Voils and Melanie Lenihan
Sequoia Society
Winona of the Knights of Columbus
Walmart
SE MN Elementary School
Principal's Assn.
Erica Jerowski
John and Amanda Hardy
Eileen Hilker
Bob and Deb Leaf
David and Kathleen Christenson
Mark McGrory
Goltz Pharmacy
Elaine Graf
AcenTek
Larry and Judy Connery
Hawkins Ash CPA's LLP
Deanna Bender
Ziemer Heating & Cooling Inc.
Jeff and Laura Frost

Partner \$501-\$1000

Papenfuss Family
Edward Jones—Dan Buehler
Winona Community Foundation
Dave and Betsy Rowekamp

Founder \$1001+

Winona State University
United Way of Olmsted County
The Storm Trail Race Series
Wells Fargo Foundation
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WNB Financial
Winona Eagles Club
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Ashley Furniture
Dare L. White & William F. White Foundation
Mac Baird
Wieser Brothers General Contractor, Inc.
Norman Snodgrass
Red Wing Shoes Foundation

*If you would like to donate to Hiawatha Valley Mental Health Center go to our website
www.hvmhc.org and click on the "Donate" tab.*

*Hiawatha Valley Mental Health Center is a 501 (c) (3) nonprofit organization.
All donations are tax deductible for the extent allowed by the law.*

