



April 2026 HVMHC Newsletter



**Erik Sievers, MBA, MSW, LICSW
HVMHC Executive Director**

A Word From our Executive Director, Erik Sievers:

Steady and Stable

In Minnesota, this time of year reminds us just how unpredictable life can be. One day brings sunshine and melting snow, hinting at spring and new beginnings. The next, we may find ourselves back in winter's grip—cold winds, icy roads, and gray skies. These swings can feel frustrating, even exhausting, but they are also part of what makes living here unique. We learn to adapt, to be resilient, and to trust that change eventually will come. In many ways, life mirrors these seasonal ups and downs. There are moments of warmth, clarity, and hope, followed by times that feel heavy, uncertain, or stormy. Just like the weather, we cannot always predict or control what comes next.

While we may not be able to stabilize Minnesota's ever changing weather patterns, at Hiawatha Valley Mental Health Center, we are committed to being a steady and reliable presence for those we serve. Through life's storms and sunshine alike, we are here to provide support, connection, and care for individuals, families, and communities. No matter the season you find yourself in, you do not have to navigate it alone. We are here in your time of need to provide consistent, compassionate, and support. A reminder for the community that we offer 24/7 mobile crisis services throughout the region by calling **988** or **1-844-274-7472**.

Take Care - Erik

A Message from our Clinical Director:

Dr Veronica Harsh, MD



Dear Colleagues and HVMHC community,

I want to take a moment to speak directly about the environment we are all navigating right now—because it is real, it is heavy, and it is affecting all of us in different ways.

Over the past several weeks, there have been significant developments impacting behavioral health and the broader healthcare system, particularly in Minnesota. Federal actions have resulted in the withholding of approximately \$259 million in Medicaid funding to the state, with additional threats that could reach close to 7–9% of quarterly Medicaid resources. This has led to active legal challenges, emergency policy responses, and growing concern about reductions in services for low-income individuals and families.

[Continue](#)



T-SHIRT DESIGN CONTEST

Calling all Creatives! Join
Our T-Shirt Design Contest!

HOW TO ENTER:

- Create a captivating, original design or slogan that promotes Mental Health.
- Submit your design by Midnight April 6th, 2026.
- Selected submissions will be given a \$25 gift certificate to a local business.



On-line Submission Form



HVMHC Seeks Mental Health T-shirt Ideas

Winona, Minn. – Hiawatha Valley Mental Health Center (HVMHC) is excited to announce the launch of a new Community Partnership Program and Mental Health Awareness Apparel Design Contest. This initiative is designed to engage local businesses, staff, clients, and community members in promoting mental wellness and reducing the stigma surrounding mental health.

[Read More](#)

Celebrating Employee Milestones

Welcome New Hires:

3/2 - Scott Grosskopf,
School Linked Clinical
Trainee
3/30 - Hannah Hall, Intern
in Psychology

Workaversaries:

4/3 Nicole Ramstad (3)
4/3 - Jen Shea (3)
4/4 - Kristina Wright (4)
4/12 - Jessica Ziebell (5)
4/14 - Kim Radenacher (1)

Workaversaries:

4/14 - Anthony Lund (1)
4/15 - Brooke Meyer (2)
4/17 - LeAnne Morey (3)
4/18 - James Molitor (4)
4/29 - Adam Muschler (2)

Open Position Spotlight: Crisis Response Practitioner Red Wing

In moments of crisis, compassionate support can make all the difference. Our Crisis Response Practitioners in Red Wing provide immediate, in-person response to individuals experiencing mental health or substance use crises.

As part of our Community Based Services team, they assess situations, offer active listening and support, and help individuals stabilize—whether in their home or a crisis setting. They also work collaboratively with individuals to develop plans that restore stability and support a return to daily functioning.

This role requires flexibility, strong decision-making, and the ability to remain calm under pressure. Practitioners also participate in ongoing training and team collaboration to ensure high-quality, responsive care across Southeast Minnesota.

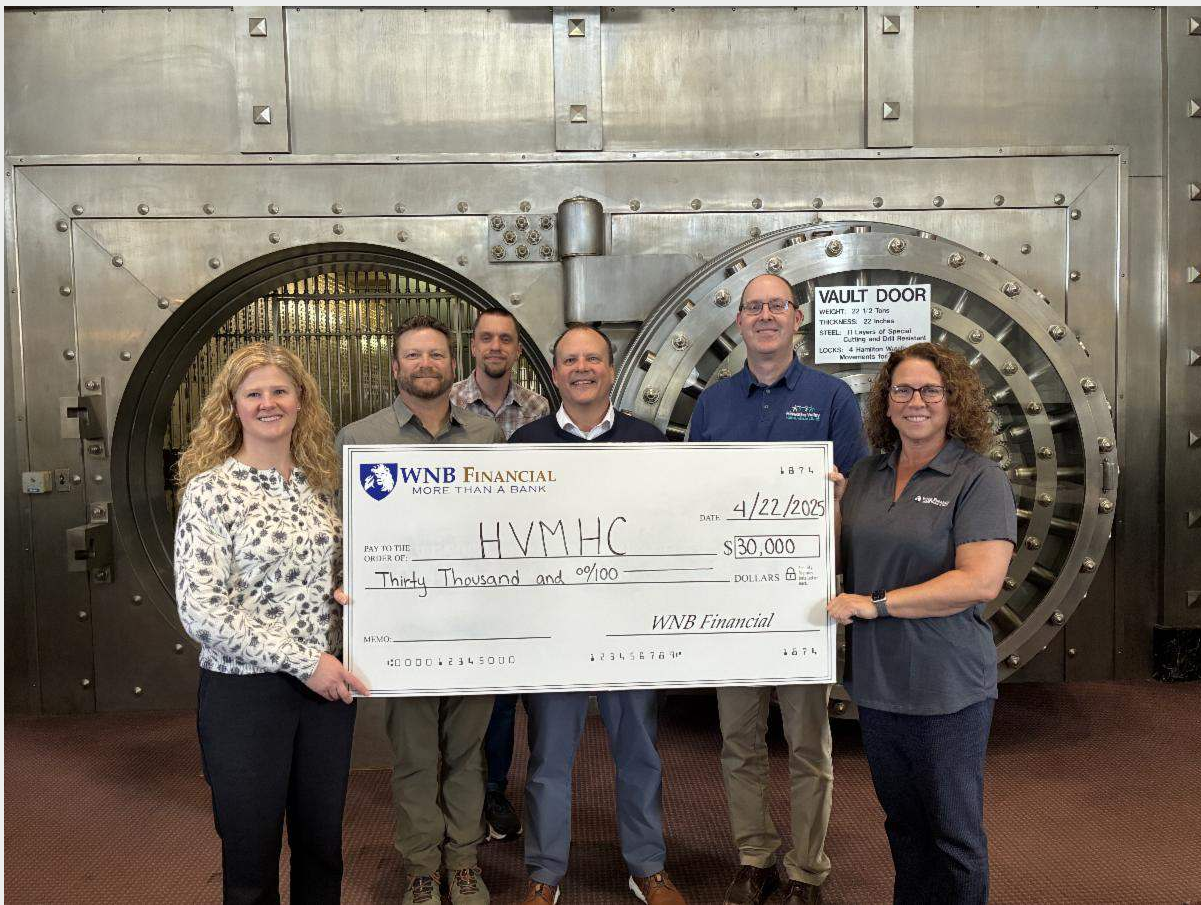
At Hiawatha Valley Mental Health Center, this role represents our commitment to meeting people where they are—providing support when it matters most.

Apply Today

[View all HVMHC Job Openings](#)



Need Help? HVMHC's 24/7 Crisis Line is Here



Donor Spotlight: WNB Financial

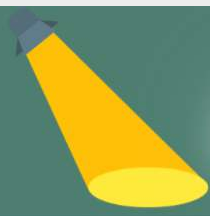
Winona Community Foundation's Historic Impact Grant Continues to Transform Housing Services Two Years Later

Winona, Minn — Hiawatha Valley Mental Health Center (HVMHC) is grateful to WNB Financial for their generous pledge of \$30,000 to support our ongoing capital improvement projects, delivered in installments of \$10,000 in 2026, 2027, and 2028. We are thrilled to announce we recently received the 2026 installment!

Their support helps advance our mission, but we still have \$160,000 to raise this year to fund critical upgrades at our Sarnia Street clinic—including replacing the rooftop cooling unit and the second-floor roof. These essential improvements ensure our shared space remains safe, efficient, and welcoming for clients, staff, and community partners.

Thank you, WNB Financial, for helping us build wellness together—strengthening the space where healing begins and supporting mental health care across southeastern Minnesota.

[Donate to Hiawatha Valley Mental Health Center Today](#)



Employee Spotlight

Jesse Thill

Title: Adult Behavioral Health Practitioner

Tell us about yourself:

At Hiawatha Valley Mental Health Center, not only do I work as an adult behavioral health practitioner, but I also work in the residential program at one of the board and lodges and co-host the expression group. Not only do I help others accomplish their personal goals, but I also provide support, medication administration, and cooking for individuals at the board lodges. The expression group is an art and activities skills group. Outside of work, I enjoy fishing, hiking, rock hunting, watching sports, video games, listening to music and cooking.

Tell us how long you've worked at HVMHC, what your role is and what your favorite part of working here is:

I've worked at HVMHC for just over 10 years. My favorite part of working at HVMHC is introducing clients to new things. These could include new skills, new meals such as chimichangas, or new experiences. For example, just last week, the expression group was able to go to Whitewater State Park and learn how to tap maple trees for syrup. Of course, I like working with people and helping others, but I did not give that as my main reason because that's why we are all here.

Tell us something about you people might be surprised to learn

I used to cook and wait tables at a Cuban restaurant. In 2019, a friend and I put on a '90s party/fundraiser (with a little help from a person from the Winona Eagles) where we had an auction and other fundraising events, and we raised almost \$5,000 for the Winona Area Humane Society.



DEA NATIONAL ^{Rx} TAKEBACK

Presented by:



In conjunction with the Winona Police Dept.

**Turn in unneeded RX medication
for proper disposal by Winona PD**

Sat 4/25

10AM-2PM


420 East Sarnia St - Winona, MN

For more info contact Jen Dieck at Jend@hvmhc.org

**HVMHC to Host a RX Drug Take Back Day:
April 25 - 10:00AM - 2:00 PM**

Winona, Minn. – Hiawatha Valley Mental Health Center (HVMHC) will participate in the Drug Enforcement Administration's National Prescription Drug Take Back Day on Saturday, April 25, 2026, from 10 a.m. to 2 p.m. The event will take place at HVMHC's Winona clinic, located at 420 East Sarnia Street, in partnership with the Winona Police Department.

Continue Reading



Stay Warm & Stay Connected

DRIVE

Collecting:

Warm Clothes
(jackets, hats, gloves,
scarves, etc.)

Group Activity Items
(board games, cards,
fishing equipment,
yard games, puzzles,
etc.)

Used items in good
condition okay



Drop off bins will be
present at any of our
agency locations.
Items will be collected
and brought to our
adult housing
locations to help our
clients stay warm and
have meaningful
activities for
connecting and
enrichment.

Collecting all of April!

April 1-31

Winona
420 E. Sarnia St
Winona, MN
55987

Red Wing
2835 S. Service
Dr. Ste 103
Red Wing, MN

Caledonia
221 S. Kingston St
Caledonia, MN

Wabasha
611 Broadway
Ste. 100
Wabasha, MN

In collaboration with Winona Senior High School senior, Robert, for his
Independent Living class service project.

March HVMHC Monthly Giveback Initiative: Stay Warm & Stay Connected

Winona, Minn. – Hiawatha Valley Mental Health Center (HVMHC) is proud to announce its April Community Giveback initiative, "Stay Warm & Stay Connected." Through its monthly giveback program, HVMHC collects essential items and distributes them to individuals and partner organizations across its five-county service area, including Fillmore County, Houston County, Wabasha County, Winona County, and Goodhue County.

[Continue Reading](#)

GROWING THROUGH IT!

A Mental Health Support Group for Teens (Ages 13-17)



Because You Don't Have to Go Through It Alone

Everyone Goes Through It Together



WHEN & WHERE

- Mondays | 4:30-6:00 PM | 10 Weeks
- Hiawatha Valley Mental Health Center
- Winona Clinic held in the River Room
420 E Sarnia St, Winona, MN 55987

Start Date: Around or After 3/16/2026 (TBD)

WHAT WE'LL COVER

- ✓ Mental Health & Wellness
- ✓ Anxiety & Depression
- ✓ Trauma & Boundaries
- ✓ CBT Skills & Future Planning
- ✓ Peer Support & Open Discussion

WHO CAN JOIN?

- ✓ Aged 13-17 years
- ✓ Approval from existing individual therapist or an initial assessor
- ✓ Willing to participate in group weekly
- ✓ No identified schedule conflicts for duration of the group

To sign up: Pre-existing clients can ask their therapist, or new clients can contact reception/intake to request to be scheduled at **507-454-4341**.

For additional questions regarding the group, please contact **Mandy** at mandym@hvmhc.org

**A Message from the HVMHC Crisis Response Team:
The Power of Spring Cleaning**



The Power of SPRING CLEANING

BY: TAYLOR DAUER
DAYTIME CRISIS RESPONDER

[View the Whole Power of Spring Cleaning Article](#)

[Schedule an Appointment with HVMHC](#)



Hiawatha Valley Mental Health Center | 420 E Sarnia St Suite 2100 | Winona, MN 55987 US

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