



🎆🎉 January 2026 HVMHC Newsletter 🎉🎆



A Word From our Executive Director, Erik Sievers:

With Gratitude as We Close 2025

As I reflect on 2025, I want to pause and express sincere gratitude to the people who make Hiawatha Valley Mental Health Center what it is—*our staff, board members, community partners, funders, and supporters.*

While 2025 brought its share of challenges, it also brought countless moments of care, connection, and impact. Every day, across our programs and communities, people showed up for one another—with professionalism, compassion, and commitment to our mission. Those moments matter. They are the quiet, steady work that changes lives and strengthens our communities.

Erik Sievers, MBA, MSW, LICSW
HVMHC Executive Director

To our employees: Thank you for the work you do—often unseen, always meaningful. Your dedication, creativity, and belief in the people we serve are the heart of this organization.

To our partners and supporters: Thank you for your trust, collaboration, and shared commitment to accessible, responsive behavioral health services. Together, we are building stronger, healthier communities.

Looking Ahead to 2026

As we move forward into 2026, we do so with hope and confidence. Hiawatha Valley Mental Health Center remains financially strong, mission-focused, and guided by our values. We are committed to listening, learning, and growing—so we can continue to meet people where they are and respond to the evolving needs of our communities.

Thank you for being part of this work and for all the good we have accomplished together in 2025. We wish you and your loved one's peace, rest, and renewed energy in the year ahead.

Be Well-Erik



Vote HVMHC Under the Health & Beauty Category in the Red Wing Area Chamber Businesses of the Year Voting

Hiawatha Valley Mental Health Center is honored to be featured in the Beauty, Health & Wellness category for the Red Wing Area Chamber Businesses of the Year Awards. These annual awards recognize organizations that make a meaningful impact in our community. We encourage you to participate and make your vote count!

 **Voting closes: 11:59 PM on Monday, January 5, 2026**

 **[Vote Here](#)**

Thank you for supporting HVMHC and helping highlight the organizations that strengthen our community.



A Message From SUD: Being Mindful about Holiday "Spirits"

By Ted Bathel, BS, LAC

Many of us look forward to celebrations during the holidays, yet it is also a time when some people are more likely to drink beyond their limits than at other times of the year. Some people will experience adverse consequences that range from fights to falls to accidents.

Even When Drinking Stops, Alcohol's Effects Do Not Stop. During an evening of drinking, it's easy to misjudge how long alcohol's effects last. For example, many people believe that they will begin to sober up—and be able to drive safely—once they stop drinking and have a cup of coffee. The truth is alcohol continues to affect the brain and body long after the last drink had been consumed.

[Read More](#)

HYGIENE DRIVE



HOW TO HELP

There will be drop off bins for supplies at four of our agency locations. All donations will be dispersed to day centers and warming shelters throughout the communities we serve.



ITEMS NEEDED



- Toothbrush/paste
- Shampoo/Conditioner
- Deodorant
- Lotion
- Razors
- Brush/Comb
- Hand Sanitizer
- Hand Soap
- Dental Floss
- Nail Clippers
- Soap/Body wash
- Feminine Hygiene Products
- Lip Balm
- wipes

JANUARY 2ND-31ST

420 E. Sarnia St Winona, MN 55987	2835 S. Service Dr Ste. 103 Red Wing, MN 55066	221 S. Kingston St Caledonia, MN 55921	611 Broadway Ste. 100 Wabasha, MN 55981
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January's Monthly Giveback: Hygiene Drive

As part of Hiawatha Valley Mental Health Center's ongoing Monthly Giveback Program, they're kicking off the new year with a January Hygiene Drive, running through January 31. This month's initiative focuses on collecting essential hygiene products to support day centers and warming shelters throughout the communities HVMHC serves.

[Read More](#)

Welcome New Hires:

12/1 - Teri Daniel,
Housing Support
Assistant

12/8 - Shannon Matongo,
Housing Support
Assistant

Workaversaries:

1/3 - Kim Page - 13th
1/3 - Amber Platteter - 9th
1/3 - Rich Anthony - 4th
1/4 - Jesse Thill - 10th
1/6 - Kristin Isaacson - 1st
1/6 - Whitney Vance - 1st
1/7 - Lizzie Strief - 1st
1/8 - Ryan Buhler - 2nd
1/8 - Amy Sixty - 2nd

Workaversaries Cont:

1/8 - Trisha Goins Breitsprecher - 2nd
1/9 - Mary Fellows - 3rd
1/10 - Katelyn Sauey - 4th
1/10 - Journey Anderson - 4th
1/14 - Aaron Torres - 7th
1/16 - Carol Beardsley - 33rd
1/17 - Katherine Meyers - 4th
1/17 - Haylie Traun - 4th
1/23 - Carla Camargo-Gonzalez - 3rd

Open Position Spotlight: Part-Time Overnight Crisis Response Practitioner Southern Hub – Winona, Houston & Fillmore Counties

Hiawatha Valley Mental Health Center is seeking an On-Call Crisis Response Practitioner to provide overnight, outpatient crisis response services in the Winona area.

As part of our Community Based Services team, this role focuses on crisis assessment, intervention, and stabilization for individuals experiencing mental health or substance use crises. Practitioners respond to on-call situations, offer compassionate support through active listening, and collaborate with individuals to develop short-term plans that help restore stability and safety. Services are provided in community-based and outpatient settings, including individuals' homes.

[Learn More; Apply Today](#)

[View all HVMHC Job Openings](#)




Hiawatha Valley
MENTAL HEALTH CENTER
Crisis Response
1-844-272-7472

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

HVMHC's 24/7 Emergency Crisis Response Line connects individuals in mental health or substance use crises with trained professionals—anytime, day or night.

Why it matters:

- Immediate, judgment-free support
- Reduces ER visits and hospitalizations
- Available to individuals, families, and community partners
- In-person or phone response based on need
- FREE & Confidential

 **Call 1-800-CRISIS2 or 1-800-274-7472—we're here when it matters most.**



A Message From HVMHC's Mobile Crisis Team: Starting Fresh; Thinking Outside the Box for a Healthier You in the New Year

Story by Whitney Vance, HVMHC Crisis Response Practitioner

As we step into a brand-new year, many of us feel inspired to make changes – but the real growth often comes from looking beyond the usual resolutions. Instead of focusing solely on dieting, budgeting, increasing gym time, or breaking habits, this is the perfect time to think outside the box and invest in your mental health and overall wellness in ways that truly nourish you.

Continue Reading



Employee Spotlight

Taylor Dauer

Title: Crisis Response Practitioner

Tell us about yourself:

I am the oldest of four. I grew up in the Twin Cities area, moved to Winona for college, and ended up staying because of its beauty and wonderful community. My Catholic faith is the most important thing in my life and I do not know where I would be today without God. Outside of work, I enjoy reading, playing board games with friends, painting, graphic design, exploring the outdoors, and spontaneous outings. For example, I recently went to the Twin Cities Christmas Markets with friends which I would highly recommend.

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

I have been working at HVMHC for about a year and a half. I started as an ARMHS worker and later moved to the crisis department. Crisis' main objectives are to help reduce barriers to mental health services, provide safety planning, and support individuals through brainstorming resources available to get back to baseline for their mental health. Our goal is to help reduce hospitalizations and prevent crisis relapsing. My position as a crisis responder is assisting those who are in crisis to get the resources, services, and long-term support they need to thrive. I get to meet with clients each week through our stabilization program and help them create goals.

My favorite part of working at Hiawatha Valley is the support and connection I have made with my co-workers who are a part of the crisis team. It is amazing to be able to come together and help clients in the community together as a team. We continue to build each other up and grow the program, which is amazing to be a part of. Also, our office space, in my opinion, is the most fun! You will never be bored on the crisis side of the office.

Tell us about your favorite memory from this year:

My favorite memory from the last year was my trip to Austria to visit my sister who was studying abroad. It was my first time traveling and planning a whole trip without my parents.



Taylor

Donor Spotlight: Trustmark Foundation donates \$5,000 to HVMHC



Hiawatha Valley Mental Health Center (HVMHC) is grateful to have received a \$5,000 donation through the Trustmark Foundation's Employees' Choice program. Each year, Trustmark associates are invited to nominate a local nonprofit organization that is making a meaningful difference in the communities where they live and work. HVMHC was honored to be nominated by Trustmark associate Tracy Corey-Turenne.

This generous contribution will support uncompensated care at HVMHC's outpatient clinics, helping ensure continuity of services across our communities. Gifts like this allow HVMHC to maintain access to high-quality mental health care while meeting the complex and growing needs of the individuals and families, we serve.

We are thankful for Trustmark Foundation's commitment to community well-being and for associates like Tracy Corey-Turenne who recognize the importance of accessible mental health services. If you are interested in supporting HVMHC's mission, donations of any size help sustain programs and services that strengthen our communities.

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

Bringing Light Into Darkness

Tuesday, February 3rd

Spring Grove's Fest Building

110 N Division Ave, Spring Grove, MN

Join us for a 100% FREE, powerful community event featuring suicide prevention advocate Emma Benoit.

Enjoy a resource fair and free community meal from Fat Pat's then watch Emma's documentary film *My Ascension*. Stay for an interactive panel discussion with Emma and local experts.



4:30pm-6:00pm Resource Fair & Free Pulled Pork Meal
Provided by Fat Pats

6:00pm-7:30pm Showing of *My Ascension*

7:30pm-8:30pm Panel Discussion Featuring Emma Benoit

Sponsored By:



Dakota Johnson



Emma Benoit
& *My Ascension*



Schedule an Appointment with HVMHC



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

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