



## March 2026 HVMHC Newsletter



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

### A Word From our Executive Director, Erik Sievers:

#### Resilience in Action

March is often a month of transition. The light lasts longer. The ground begins to thaw. We are reminded that resilience is not loud or dramatic, but it is steady, persistent, and hopeful. Every day across southeastern Minnesota, we witness resilience in the individuals and families we serve. We see it in someone who shows up for therapy even when the week has been hard. We see it in a parent learning new ways to support their child. We see it in adults building community and connection after periods of isolation. Resilience is not the absence of struggle, but it is also the courage to keep moving forward.

At Hiawatha Valley Mental Health Center, resilience is woven into our history. For 60 years, we have stood

alongside our communities through economic uncertainty, changing healthcare landscapes, and moments of collective stress. Through it all, one thing has remained constant: our commitment to being a stable, reliable, and consistent resource for southeastern Minnesota. Our focus has always been, and will always be, on others. On meeting people where they are. On responding when needs increase. On remaining accessible, compassionate, and grounded in our mission and values.

Strong communities depend on strong, dependable organizations like Hiawatha Valley Mental Health Center. Part of that strength comes from maintaining safe, welcoming, and high-quality spaces where healing and connection can happen. As our facilities age, we face important capital investments to ensure our clinics and community spaces remain secure, comfortable, and reflective of the dignity every person deserves.

If you believe in the importance of accessible behavioral health services in our region, we invite you to consider supporting this work. A gift toward facility improvements is not simply an investment in bricks and mortar — it is an investment in stability, access, and care for thousands of individuals and families each year.

To give, visit: **Donate Today**

## Eating Disorder Awareness Week 2/23 - 3/1: Understanding, Recognizing, and Reducing Stigma



Written by Michelle Monerson, PsyD, LP, Outpatient  
Mental Health Clinical Director at HVMHC

**Eating Disorder Awareness Week (EDAW)** is an annual observance dedicated to increasing understanding of eating disorders, challenging harmful myths, and promoting early identification, support, and recovery. Eating disorders are serious, complex mental health conditions that affect people of all ages, genders, races, and backgrounds. Awareness is a critical step toward reducing stigma and ensuring individuals receive timely, compassionate care.

[Continue](#)

## Celebrating Employee Milestones

### Welcome New Hires:

2/2 - Linzi Luck, Program  
Manager - ACBS  
2/2 - Em Shepardson,  
Program Lead ACBS  
2/16 - Destiny Skolaski,  
Receptionist Winona

### Workaversaries:

3/3 - Mikke Papes (1)  
3/4 - Erik Sievers (7)  
3/7 - Emily Schossow (4)  
3/20 - Shari Fusillo (9)

### Workaversaries:

3/22 - Cali Kauphusman (5)  
3/24 - Kerry Sanden (12)  
3/31 - Maggie Taylor (1)

## Open Position Spotlight:

### On-Call Crisis Response Practitioner (overnight) - Red Wing/Wabasha

Hiawatha Valley Mental Health Center is hiring an On-Call Crisis Response Practitioner to join our Crisis "North Team," serving Goodhue and Wabasha Counties.

This overnight role provides crisis assessment, intervention, and stabilization for individuals experiencing mental health or substance use crises. Responsibilities include responding to on-call situations, offering immediate support, assisting with safety planning, and helping individuals regain stability in their homes or in a crisis bed setting.

We're seeking a qualified Mental Health Practitioner (per MN Statute 245I.04) with strong communication and decision-making skills, flexibility for irregular hours, and the ability to travel throughout SE Minnesota.

If you're passionate about providing compassionate support when it matters most, we encourage you to apply.

Learn More: Apply Today

[View all HVMHC Job Openings](#)



## 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. **There is no cost to the user for this service.**

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:**

# THE MENTAL HEALTH IMPACT OF GAMBLING

CRISIS RESPONSE NEWSLETTER



1. Have you ever felt the need to bet more and more money?
2. Have you ever had to lie to people important to you about how much you gamble?

If yes to one or both of these questions- further assessment is recommended

## The realities of our current gambling society:

Online sports betting became legal in the United States on May 14<sup>th</sup>, 2018. Minnesota is one of the few states yet to legalize it. However, according to MN trends, gambling is affecting more people each year.

In 2024, 67% of adults in MN participated in some type of gambling activity. With 1.3% of adults being problem gamblers equaling to **56,000** adults and 3.8% being at-risk gamblers equaling to **162,000** adults.



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# THE MENTAL HEALTH IMPACT OF GAMBLING

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## Signs of Crisis in Gambling

- Observing increased gambling risks to feel the same level of excitement
- Neglecting responsibilities and withdrawing from social life
- Feeling guilt or shame about current habits
- Experiencing mood swings, anxiety, and depression
- Risking or losing a personal relationship or job
- Increase in borrowing money
- Lying about money or being unable to pay monthly expenses



## Common Phrases of Problem Gambling

1. **Winning** - goes from experiencing a fun social activity to experiencing a "big win"
2. **Losing** - losing money, lying about money, personality may change, relationships become affected
3. **Desperation** - may experience reactions from others, unable to pay debts, places blame on others, sometimes commits illegal acts
4. **Hopelessness** - may experience suicidal thoughts or attempts, an increase in substance use, family dynamics change



## Barriers to Accessing Help:

- Stigma, fear, shame, and guilt in asking for help
- Lack of finances to access help
- Challenges identifying needing help
- Knowing where to access the help that is provided

## Support Available:

- **National Problem Gambling Helpline**
  - 1-800-522-4700
  - Text- 800GAM
  - <https://www.ncpgambling.org/chat/>
- **Minnesota Problem Gambling Helpline**
  - 1-800-333-HOPE
  - Text- HOPE to 53342
  - [www.mnapg.org](http://www.mnapg.org)
- **Minnesota Alliance on Problem Gambling**
  - 612-424-8595
  - [www.mnapg.org](http://www.mnapg.org)
- **Gamblers Anonymous**
  - <https://gamblersanonymous.org/>
- **Getgamblinghelp.com**
- **www.gamtalk.org**



## Donor Spotlight: Winona Community Foundation

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

Winona, Minn — March marks two years since the Winona Community Foundation (WCF) awarded the largest unrestricted funds grant in its history. In its efforts to inspire generosity and greater community giving, WCF sought to make a substantial financial impact on a local community need and chose to award \$100,000 to Hiawatha Valley Mental Health Center's (HVMHC) housing program.

**Continue Reading**

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

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**Red Wing Salsalicious RAFFLE**  
TICKET SALE

**TICKETS \$20**

**GRAND PRIZE: \$3,000**  
**2ND PLACE: \$1,000**

**DRAWING:**  
**TUESDAY, APRIL 7TH | AT 6:45PM**  
St James Hotel - 406 Main St - Red Wing  
You do not need to be present to win

Tickets on sale through the end of the day, Monday March 23rd. Pick up your Raffle Tickets at either the Red Wing or Winona HVMHC clinics. Cash or check accepted. Checks should be made out to Red Wing Masonic Lodge.

<p><b>Red Wing</b></p> <p>Inside the Merchants Bank building 2835 S. Service Drive, Suite 103, Red Wing, MN. 55066 Mon-Thursday 7:30am-5pm; Friday 7:30am-12:00pm</p>	<p><u>Must be 18 or older</u></p>  <p><b>Hiawatha Valley</b> MENTAL HEALTH CENTER</p>	<p><b>Winona</b></p> <p>420 East Sarnia Street, Winona, MN. 55987 Mon - Thursday, 7am-7pm; Friday 7am,-2pm</p>
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**March HVMHC Monthly Giveback Initiative:  
Household Cleaning Essentials Drive**



# Household Spring Cleaning Supply Drive

## How to Help

There will be drop-off bins for supplies at four of our agency locations listed below. All donations will be dispersed to organizations within our five-county service area. We have provided a general list of supplies needed. Below is a list of the organizations that we will be sending donations to.

## Supplies Needed

- Toilet Paper
- Paper Towels
- Disinfecting wipes
- Toilet brush
- Toilet bowl cleaner
- Disinfecting spray
- Duster
- Broom

Donations going to: Neighbors in Action, Hope Coalition, SEMCAC, Three Rivers Community Action, and Grace Place

## DONATIONS ACCEPTED MARCH 1-31

WINONA  
OFFICE

420 East Sarnia  
Street, Winona,  
MN 55987

RED WING  
OFFICE

2835 S Service  
Dr. Suite 103,  
Red Wing, MN  
55066

CALEDONIA  
OFFICE

221 S Kingston  
St, Caledonia,  
MN 55921

WABAASHA  
OFFICE

611 Broadway  
Suite 100,  
Wabasha, MN  
55981

## Questions?

Contact Jen Dieck ([jend@hvmhc.org](mailto:jend@hvmhc.org)), Taylor Dauer ([taylor@hvmhc.org](mailto:taylor@hvmhc.org)), or  
Brianna Corey ([briannac@hvmhc.org](mailto:briannac@hvmhc.org))



Winona, Minn - Hiawatha Valley Mental Health Center (HVMHC) is proud to announce its March Giveback Initiative: A Household Spring Cleaning Supply Drive aimed at supporting individuals and families in need across its five-county service area of Fillmore, Houston, Winona, Wabasha and Goodhue.

**Continue Reading**

**ONE  
PILL CAN  
KILL**

Department of Justice • Drug Enforcement Administration  
**FAKE PILLS FACT SHEET**

FAKE PRESCRIPTION PILLS • WIDELY AVAILABLE • INCREASINGLY LETHAL

DEA LAB TESTING REVEALS THAT  
**6 OUT OF EVERY 10 PILLS**  
WITH FENTANYL CONTAIN A POTENTIALLY  
**LETHAL DOSE**



**Fake pills often contain fentanyl and are more lethal than ever before.**

DEA officials report a dramatic rise in the number of fake pills containing at least 2 mg of fentanyl, which is considered a potentially lethal dose.

Drug traffickers are using fake pills to exploit the opioid crisis and prescription drug misuse. In 2021, 107,622 people died by drug poisoning in the United States.

Fentanyl, the synthetic opioid most commonly found in fake pills, is the primary driver in this alarming increase in poisoning deaths.

**Criminal drug networks are flooding the U.S. with deadly fake pills.**

- Criminal drug networks are mass-producing fake pills and falsely marketing them as legitimate prescription pills to deceive the American public.
- Fake pills are easy to purchase, widely available, often contain fentanyl or methamphetamine, and can be deadly.
- Fake prescription pills are easily accessible and often sold on social media and e-commerce platforms, making them available to anyone with a smartphone.
- Many fake pills are made to look like prescription opioids such as oxycodone (Oxycontin®, Percocet®), hydrocodone (Vicodin®), and alprazolam (Xanax®); or stimulants like amphetamines (Adderall®).



**AUTHENTIC**  
oxycodone  
M30 tablets

**\*FAKE**  
oxycodone M30 tablets  
containing fentanyl

For more information about fake pills, go to [DEA.gov/OnePill](https://www.dea.gov/OnePill)

Data as of December 2022



\*Photos of fake pills do not represent all available fake pills.

**Fake pills are widely available across every state in the Country.**

- DEA and its law enforcement partners are seizing deadly fake pills at record rates.
- Fake pills have been seized in all 50 states and the District of Columbia.
- Drug trafficking is also inextricably linked with violence.

In 2022, DEA seized more than 50.6 million

**50,600,000**

**fake pills often laced with fentanyl**  
**-more than double the amount of fentanyl pills seized in 2021-**



**The only safe medications are ones that come from licensed and accredited medical professionals.**

DEA warns that pills purchased outside of a licensed pharmacy are illegal, dangerous, and potentially lethal.

For more information about fake pills, go to [DEA.gov/OnePill](https://www.dea.gov/OnePill)

Data as of December 2022



The Drug Enforcement Administration ensures the safety and health of the American public by fighting against violent criminal drug networks and foreign cartels trafficking in illicit drugs. To accomplish that mission, the Drug Enforcement Administration employs approximately 10,000 men and women throughout the world—Special Agents, diversion investigators, intelligence analysts, and chemists—across more than 250 domestic offices in 23 U.S. divisions and more than 90 foreign offices in nearly 70 countries.

# 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**



# ADULT TABLETOP Gaming Therapy Group



## ABOUT THE GROUP

The goal of this Tabletop Gaming psychotherapy group is to assist adults in developing social strategies, recapitulating relationships and interactions, increasing healthy assertive communication abilities, and improve impulse control. Play therapy approaches will be used in this group to assist group participants in increasing self-expression, practicing social interactions, experiencing social cause and effect, and exploring emotions.

### SOCIAL CONNECTION

- Collaborative
- Learn Social Cause-and-Effect
- Learn Problem-Solving Strategies
- Work Together to Accomplish a Shared Goal

### IDENTITY WORK

- Explore Identities
- Build Empathy
- Improve Self-Esteem

## GROUP CRITERIA

- Adults aged 17-99 years old
- Willing to participate in group
- Participants have a current mental health diagnosis
- Participants are able to learn gameplay and rules
- Participants have no schedule conflicts at scheduled group times



### OUR LOCATION

Hiawatha Valley Mental Health Center  
420 East Sarnia Street  
Winona, MN 55987

### SCHEDULE

Spring 2026  
March 26th - August 21st  
Thursdays  
5:00 pm - 7:00 pm



New to HVMHC? Scan to connect!



**Hiawatha Valley**  
MENTAL HEALTH CENTER



PSN Webpage

## Peer Support Networks

Peer Support Networks (PSN) are a comfortable, welcoming, and safe space for adults to connect, socialize, and support one another - all while emphasizing mental wellness.

All HVMHC PSNs are free to attend and open to everyone in the community, not just HVMHC clients.

### Winona PSN

Mon-Thurs 9 AM - 5 PM

Fri 9 AM - 4 PM

1st & 3rd Sat 11 AM - 3 PM

420 E Sarnia St. Winona, MN 55987

(507) 429- 9885

### Wabasha PSN

Tues 12 PM - 4 PM

Thurs 10 AM - 2 PM

611 Broadway Ave. Wabasha, MN

55981

(507) 450-7802

### Caledonia PSN

Thurs 12 PM - 4 PM

221 S Kingston St. Suite 100

Caledonia, MN 55921

(507) 961-5444

### Red Wing PSN

Thurs 10 AM - 4 PM

217 Plum St., Suite 220, Red Wing,

MN 55066

(507) 961-9801



HVMHC

24/7 Mobile Crisis Line: 1-844-274-7472



[www.HVMHC.org](http://www.HVMHC.org)

**Attention HVMHC Staff - Cultural Humility Group  
Needs Members**

# JOIN OUR GROUP CULTURAL HUMILITY



ARE YOU INTERESTED IN JOINING THE CULTURAL HUMILITY ADVISORY GROUP?

## OUR MISSION:

To enhance HVMHC's organizational culture by promoting and engaging in social justice work and advancing our role as a community leader in delivering exceptional, responsive, and consumer-focused behavioral health services.

## HOW WE DO THIS:

- \* Proposing and supporting educational opportunities
  - \* Developing outreach and partnerships
- \* Advocating for inclusive and equitable practices
- \* Encouraging reflection, growth, and accountability

We believe that cultural humility is an ongoing practice that requires continuous reflection, learning, and action.

## WHO WE'RE SEEKING:

We are looking for passionate individuals dedicated to social justice and advocacy. Ideal candidates are eager to contribute their ideas, leadership, and energy to advance equity within our organization and the communities we serve.

## MEETING DETAILS

- **DATE:** 4TH THURSDAY OF EACH MONTH
- **TIME:** 11:00 AM – 12:00 PM
- **PLATFORM:** MICROSOFT TEAMS

## INTERESTED IN JOINING?

Ready to turn passion into action?

If you're excited to collaborate, lead, and help shape meaningful change across our organization and community, we'd love to hear from you.

Email [culturalhumility@hvmhc.org](mailto:culturalhumility@hvmhc.org) by **March 20, 2026** to express interest.

Schedule an Appointment with HVMHC





Try email & social marketing for free!