

# A Mission of Healing for All

Comprehensive mental health care is a basic human right and should be accessible to everyone.



Healing created together.

# Welcome.



Hamm Clinic's mission is to provide quality, culturally responsive outpatient mental health care, with a focus on individuals who would otherwise be unable to access services. We also offer expert training and education for mental health professionals, while leading the way toward more effective, evaluation-driven care throughout our community.

## Hamm Clinic's Legacy of Innovation

Our founder, Margaret Hamm Kelley, was ahead of her time. A social worker and granddaughter of renowned St. Paul leader Theodore Hamm, she recognized that mental illness was a serious problem – especially for those unable to afford care.

In 1954, Margaret established Hamm Clinic. She gathered a team of clinical social workers, psychologists, and psychiatrists to provide integrated mental health care to individuals who could not pay for treatment. She also fought against the stigma of mental illness. Her motto was:

**Comprehensive mental health care is a basic human right that should be accessible to everyone.**

Margaret's approach to treatment was collaborative and empathic. Her innovative model still guides our work. Today, the Hamm Clinic team provides access to quality, culturally responsive, trauma-informed care. We are grateful to her as we build on her vision.

## Collaborative, Client-Centered Services

Hamm Clinic uses a multi-disciplinary model of care. Psychologists, social workers, psychiatrists, licensed marriage and family therapists, and nurses work together to deliver treatment that is right for each client.

Our evidence-based, integrated services are trauma-informed, culturally responsive, and accessible to all. Our goal is to relieve psychological distress and, at the same time, support better functioning at work, at home, and in the community. We want to support clients in feeling connected and hopeful, so they feel more equipped to lead meaningful lives.

Hamm Clinic's integrated clinical team works at one convenient location in St. Paul. We offer in-person care and telehealth appointments. Services are available in English and Spanish, and interpreters support care in other languages.

### Assessments

We offer mental health assessments for adults in a welcoming environment. Assessments prioritize the needs of each client and guide treatment plans. We provide therapeutic assessment; trauma-informed psychological evaluation; comprehensive, integrated adult diagnostics; and specialized assessments for victim/survivors of violence and individuals seeking asylum.

### Psychiatry

Hamm Clinic's array of high-quality psychiatric services includes:

- Comprehensive evaluations and diagnoses
- Individualized and evidence-based medication treatment
- Management of many psychiatric conditions, including depression, anxiety, ADHD, trauma, personality disorders, schizophrenia, and bipolar disorder

As with all Hamm Clinic mental health services, our psychiatry team takes a respectful, whole-client approach to care. Trauma-informed and culturally responsive support is provided in all psychiatric services.

### Psychotherapy

#### Individual Therapy

Hamm Clinic offers culturally responsive, trauma-informed outpatient therapy for adults. Our therapists assist clients who want to improve their mental health and/or resolve personal and relational stressors. In a supportive and attuned relationship with a therapist, we work collaboratively toward client's goals.

#### Couple and Family Therapy

We recognize that every couple and family is unique. Differing needs, values, and new life stages can sometimes lead to reoccurring conflict, miscommunication, or increasing emotional distance. Our specially trained therapists support effective communication and increased intimacy, while also helping couples and families to recognize and minimize conflict.

#### Group Therapy

Group therapy sessions create intentional spaces for individuals to connect and explore shared experiences. Group members give and receive support and build relationships with one another. Types of therapy groups include: Interpersonal Process, Trauma Skills, Black, Indigenous, People of Color (BIPOC), and Stress and Anxiety for Latina women (*Spanish-only*).

***Hamm Clinic is proud to offer all services – from front desk, through all different therapies, to psychiatry – in Spanish.***

# Advancing Trusted Care Through Evaluation and Education

At Hamm Clinic, clinical care is strengthened by ongoing evaluation and enhanced by nationally respected training services.

## Intentional Practice: Evaluation and Research

Our clinical team uses ongoing evaluation and research to assure that every client receives optimum care. Two of our outcome tracking tools include:

- **Outcome Questionnaire 45.2 (OQ45)**, a nationally recognized assessment that gauges progress in symptoms, relationships, functioning, and quality of life.
- **Partners for Change Outcomes Management System (PCOMS)**, which uses client feedback on work with the therapist to inform and improve services.

## Training Mental Health Professionals

Hamm Clinic provides specialized training and education for students in mental health fields. Training opportunities include an APA-accredited psychology internship, a clinical social work internship, a therapy rotation for psychiatry residents, a masters-level clinical social work fellowship, and a post-doctoral psychology fellowship. As part of our social work internship opportunities, we offer a **Hamm Horizons Scholarship** for social work students of color.

Trainees are part of our multidisciplinary care team. They work side by side with experienced clinicians, using Hamm Clinic's **Healing Together™ Model of Care**. Psychology interns and fellows receive specialized assessment training. All trainees receive strengths-based supervision that encourages and supports self-reflection and professional development.

## Seminars and Conferences

All trainees start with a nine-month seminar series anchored in Hamm Clinic's model of care. Our anti-oppressive, trauma-informed, relational psychodynamic frame is at the core of our training objectives. Seminars integrate didactic education, clinical skill practice, and reflective consultation.

Hamm Clinic also offers community education and hosts an annual public conference featuring local and national mental health experts.

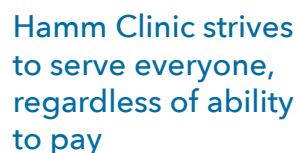
## Expanding the *Healing Together* Vision

More than half of Hamm Clinic clients cannot afford the full cost of their care. To meet our nonprofit mission, we rely on generous donations from individuals and organizations.

To help ensure everyone receives the care they deserve, visit [hammclinic.org/donate](https://hammclinic.org/donate) or send your gift to: Hamm Clinic, Attn: Development  
408 St. Peter Street, Suite 429, St. Paul, MN 55102

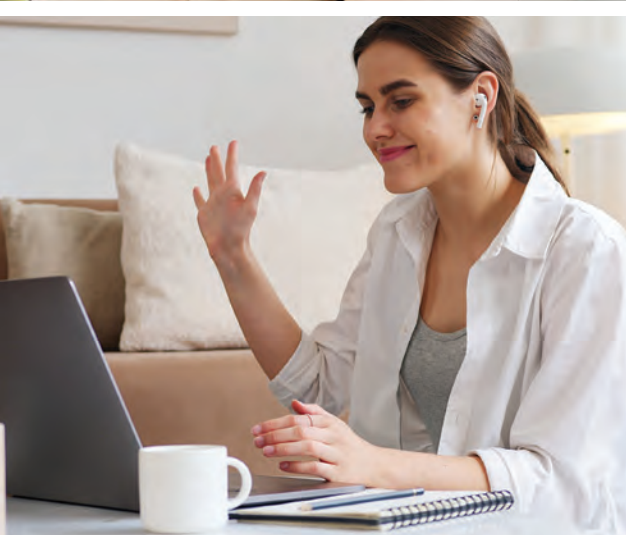
Hamm Clinic also values our volunteers! If you have a passion for our mission and are interested in volunteering your time, contact us.

**You can learn more at [hammclinic.org](https://hammclinic.org) or call 651-224-0614. Staff members who speak English and Spanish are ready to answer questions and offer help.**



Hamm Clinic strives to serve everyone, regardless of ability to pay





Our team of mental health experts are guided by Hamm Clinic's Core Values:

### **Person-Centered**

We prioritize the needs of the client and serve with intention, commitment, and genuine regard.

### **Integrity**

We are accountable for all that we do, and work to be fair, fiscally responsible, and transparent.

### **Anti-Oppression**

We promote equity for our clients and communities in order to meet diverse needs for access and care. We engage in practice that actively challenges injustice and critically examines power and privilege.

### **Learning**

We believe in the human potential for growth for our clients, trainees, and staff. We see training as both community engagement and advocacy.

### **Collaboration**

We engage with multi-disciplinary colleagues, other service providers, and the community at large, promoting best practices and quality services.





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