A Mission of Healing for All

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

Hamm Clinic

Healing created together.

Welcome.

Hamm Clinic's mission is to promote mental health with culturally responsive, relational care, especially for those facing financial barriers.

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. Psychiatrists, Psychologists, social workers, licensed marriage and family therapists, clinical counselors, case managers, and nurses work together to deliver treatment that is right for each client.

Our evidence-based 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 help clients to feel more connected and hopeful so they may lead more satisfying, 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 we offer interpreter-assisted 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 are available through direct referral and include:

- Comprehensive evaluation and diagnosis
- Individualized and evidence-based medication treatment
- Management of many psychiatric and chemical dependency conditions, including depression, anxiety, ADHD, trauma, personality disorders, schizophrenia, and bipolar disorder
- Medication assisted therapy for opiate use 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. We work collaboratively toward each client's goals within a supportive and attuned therapeutic relationship.

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, Grief and Loss, and Stress and Anxiety for Latina women (Spanish-only).

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 ensure that every client receives optimum care. Two 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 a clinical social work internship, a psychology practicum, a therapy rotation for psychiatry residents, a post-masters clinical social work fellowship, and a post-doctoral psychology fellowship. As part of our social work internship and psychology practicum opportunities, we offer a **Hamm Horizons Fellowship** for students with diverse backgrounds.

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

Seminars and Conferences

Hamm trainees start with a nine-month seminar series anchored in our **Healing Together™ Model of Care**. Our equity, trauma-informed, relational psychodynamic frame is at the core of our training objectives. Seminars integrate didactic education, clinical skill practice, and reflective practice 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

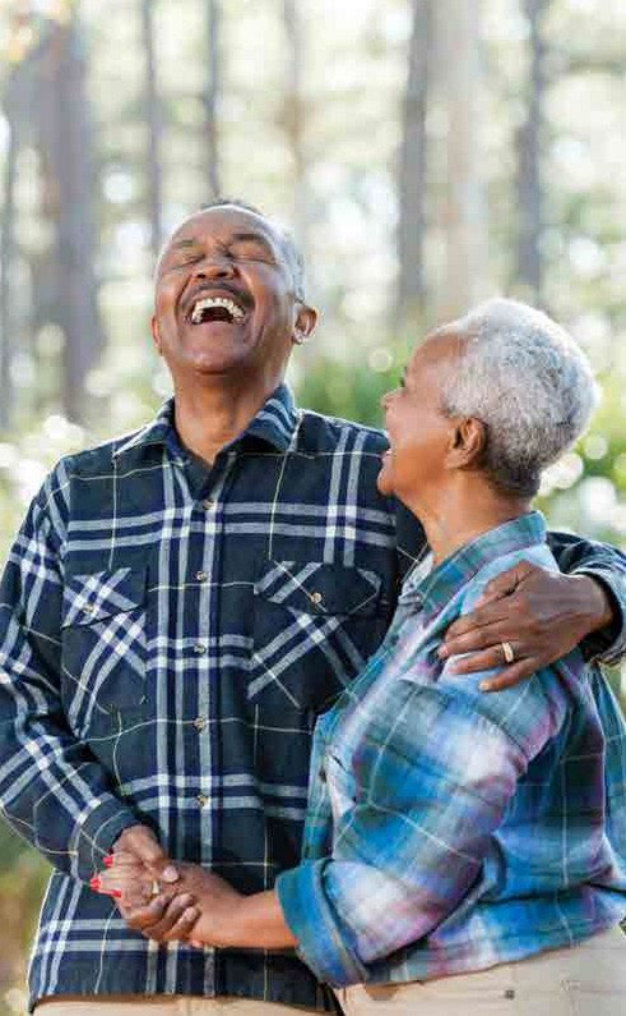
Hamm Clinic strives to serve everyone, regardless of ability to pay

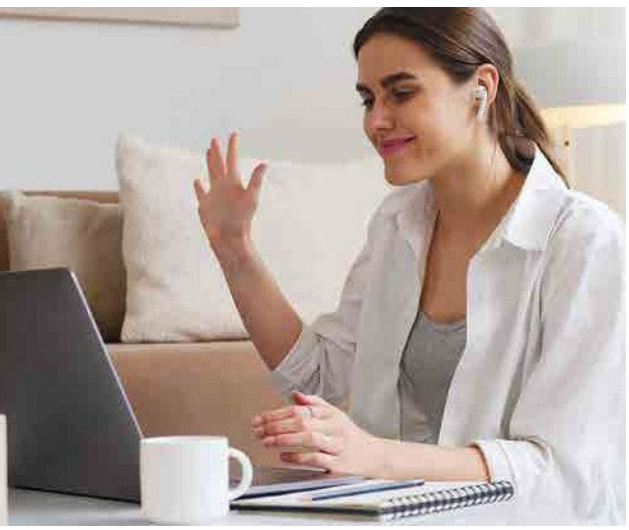
More than half of Hamm Clinic clients cannot afford the full cost of their care. To meet our nonprofit mission, we rely on generous donations from individuals and organizations.

To help ensure everyone receives the care they deserve, visit **hammclinic.org/donate** or send your gift to: Hamm Clinic, Attn: Development
10 River Park Plaza, Suite 710, St. Paul, MN 55107

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 or call 651-224-0614. Staff members who speak English and Spanish are ready to answer questions and offer help.





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

Hamm Clinic

Hamm Memorial
Psychiatric Clinic

Hamm Clinic

10 River Park Plaza
Suite 710
St. Paul, MN 55107

(651) 224–0614
(651) 224–5754 fax

www.hammclinic.org

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