Intentional Transformation
Delivering what our clients and community need.
Dear Supporters,

As Hamm Clinic reflects on this past year of change and transformation, we have been on the leading edge of an intentional pivot toward a new post pandemic normal – which includes delivering more of what our clients need and want. We are doing this transforming work in a fresh new space at our new home on the edge of downtown overlooking the Mississippi River at 10 River Park Plaza in Saint Paul, Minnesota.

For many clients, and for all our staff, the new space allows for patient care and staff work to take place in a space that is more welcoming and therapeutic in how it looks and feels. This allows us to meet each client where they are - providing comprehensive care that is inviting, trauma-informed, and helpful in mitigating the anxiety that can come when reaching out for help.

Many clients who started with us during the pandemic have only known telehealth care at Hamm Clinic. Telehealth isn’t going away and for some telehealth continues to be a best-choice option – especially for our expanded client base not confined by geography. A new office space now allows us a new chance to reopen the discussion of in person care with our current clients – complete with a whole new element of therapeutic opportunity that can be offered at our intentionally designed space. Simply put, in 2023 the uniqueness of client needs will inform the unique path of care and that path will change as client needs change.

Just as Hamm Clinic is in the midst of an intentional transformation for the times we live in, our community is faced with transformation too. The challenge of accessing care due to the closing of St. Joseph’s Hospital in St. Paul and an increased demand for services across the spectrum of mental health care has affected and limited the timely availability of services in the community. Hamm Clinic is continuously committed to providing affordable, accessible mental health services to the community. While some clients will always have limitations when they can be available for an appointment and can make the choice to wait for a preferred time and provider, others with more immediate needs can and are scheduled for an appointment right away - many times on the prospective client’s first call to Hamm Clinic instead of adding them to a waitlist.

Hamm Clinic is ushering in the new year in 2023 with a new space, new team members, and the continued commitment to provide accessible, comprehensive mental health care in our community. Thank you for your continued support. We could not do this work without you.

Sincerely,

Rob Edwards  
Chief Executive Officer  
Hamm Clinic

Henry Stokman  
Board President  
Hamm Clinic

"As Hamm Clinic reflects on this past year of change and transformation, we have been on the leading edge of an intentional pivot toward a new post pandemic normal – which includes delivering more of what our clients need and want."
Expanding Psychiatric Care at Hamm Clinic

In the past, psychiatry had a relatively small footprint at Hamm Clinic. In order to ensure the clinic had psychiatry available for its clients, psychiatry services were only provided to clients who were engaged in therapy services.

With the scarcity of high-quality psychiatric care in the community, Hamm Clinic leadership made the decision to expand the psychiatric department to provide greater access to a much needed service.

Hamm has hired a new psychiatric nurse practitioner, Stella Chemarum. She brings another warm and caring presence to the psychiatric team in addition to giving clients more choice in their provider. She joins Bud Lile, MD, who is double boarded in psychiatry and addiction medicine and brings over thirty years of experience to Hamm.

With the additional provider on board, Hamm Clinic has broadened psychiatric access to the community at large. Clients can be seen indefinitely by the psychiatric service, while having access to the entire suite of Hamm Clinic’s therapeutic interventions as needed.

HAMM CLINIC’S HEALING TOGETHER MODEL OF CARE
Reflecting Our Legacy and Commitment to Innovation

The Healing Together Model of Care grounds us in the core values that have long shaped quality mental health services offered here at Hamm Clinic. It also calls us forward to the growing edges of our industry: embracing telehealth as a viable service modality alongside our longstanding dedication to in-person care.

By bringing the best of our historic and contemporary practices into healing spaces with clients, whether online or in our beautiful, new office, we are bound together in fulfilling our mission, anchored in the power of relational healing.

hammclinic.org
Outreach to Asylum Seekers

Asylum Assessment Services provides outreach to asylum seekers who may otherwise lack the inroads to critical mental health care in their community. Many asylum seekers we serve have no prior experience with receiving support for their mental health which we believe is a fundamental human right. Often, asylum seekers are navigating our governmental asylum process not knowing what they will need to succeed and without an ability to afford those costly steps involved. Hamm clinic seeks to make both access and affordability a non-issue so that asylees can get access to the consequential services that will assist them during one of the most difficult times they will face in their life as they navigate extensive histories of trauma and persecution.

Hamm Clinic staff meet asylee seekers at the unique place they find themselves at in their journey – offering assessment and therapeutic services including documentation for U.S. Citizenship and Immigration Services (USCIS) that describes the psychological impact of trauma on the individual seeking asylum.

We raise funding in the community to make these life changing services possible. With this funding, we are able to bend the long arc of generational impact toward one of promise and one of hope following the trauma and loss that coincides with being an asylee.

BOARD MEMBER SPOTLIGHT: JULIE BLUHM

Why do you support Hamm Clinic and their mission? I have always been passionate about access to quality mental health care for all. As a Downtown St. Paul resident, I love that Hamm provides services in my neighborhood, as a mental health professional who is no longer providing direct services, I see my role on the board as a connection to my passion for high quality clinical work.

The organization I lead, Guild Services, provides direct in-community services to people struggling with serious mental illness and/or chronic homelessness. The outpatient services Hamm provides including therapy, medication management, support groups, professional training and research are complementary services that lead to the overall well-being of our Guild clients and, ultimately, my community as a whole. By supporting Hamm Clinic, I feel that I can honestly say I am involved in most aspects of our continuum of mental health care in Minnesota, and that’s important to me.

What professional experience do you bring to Hamm? I am a licensed mental health professional who provided outpatient mental health services for a decade. I am also the leader of a local mental health service provider. These experiences allow me to understand both the clinical and business sides of running a mental health nonprofit.

What excites you about Hamm Clinic? Hamm Hamm Clinic has a well earned, reputation for providing high quality services and being a practice leader. I believe Hamm can play a role in helping to meet the largest crisis of mental health that we’ve seen in 50 years.
Hamm Clinic operates in a designated Health Professional Shortage Area (HPSA) and became a National Health Service Corps (NHSC) approved site in late 2022. NHSC’s mission is to build healthy communities by supporting qualified medical, dental, mental and behavioral health care clinicians working in areas of the United States where there is limited access to care.

The National Health Service Corps (NHSC) Loan Repayment Program (LRP) offers Hamm Clinic mental health professionals the opportunity to have their student loans repaid in exchange for providing health care to community members in a Health Professional Shortage Area (HPSA).

Currently, Hamm Clinic is recruiting licensed mental and behavioral health professionals with the following credentials who qualify for loan repayment benefits from NHSC:

- Licensed Clinical Social Worker
- Licensed Psychologists
- Licensed Professional Clinical Counselors
- Licensed Marriage and Family Therapists

To see current opportunities, visit hammclinic.org/about/employment

In as little as two years licensed professionals can earn up to $50,000 toward loan repayment.

With continued service, NHSC clinicians may be able to pay off all of their student loans.

See current employment opportunities and learn more at: hammclinic.org/about/employment

2022 FALL SYMPOSIUM

Reinvigorating Our Community Through Learning

This October, we were delighted to welcome Dr. Rachael Goodman, LPC, as our key speaker for the 2022 Fall Symposium, “Intersectional Trauma and Resilience: A Day of Learning, Community, and Care.” The event – a triumphant return to Hamm Clinic’s legacy of conferences and community learning – was an opportunity for local professionals to hear from a nationally-renowned expert on psychotherapy with immigrants and refugees. Symposium attendees noted that the subject matter was both timely and crucial to their work.

New professional connections were made and old ones rekindled as the colleagues in attendance expressed excitement about Hamm’s many innovative offerings. Curating spaces for rich discussion and knowledge exchange keeps Hamm Clinic’s practices cutting edge and facilitates our aim of constant improvement – ensuring access to quality client care, and boosting Hamm Clinic’s visibility within our valued community.

“Thank you for this enriching experience. It was a wonderful way to reconnect with each other.”

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

Thank you for supporting our mission. You make this work possible.

Above $50,000
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Dr. Yvonne Nobles
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Wendy Wehr
Shirley Welch
William Weisert and Brenda Cornelius
Cindy Wolf
Dr. Peter Zelles

Thank you for your support!

Please accept our sincere apologies if we omitted or misspelled your name. Notify us of corrections by calling 651-224-0614.
### Hamm Clinic Staff & Board Members

**STAFF**

- Sonam Angmo, Psychology Practicum Student
- Hanna Boleman, Office Specialist
- Stella Chemarum, PMHNP-BC, Psychiatric Mental Health Nurse Practitioner
- Cristina Combs, MSW, LICSW, Director of Clinical Services
- Rob Edwards, MSW, LGSW, PACC, Chief Executive Officer
- Dan Fernholz, Psychology Practicum Student
- Mary Gossett, MSW, LICSW, Therapist
- Annelise Herskowitz, MSW, LICSW, Therapist
- Bud Ingram-Lile, MD, Director of Psychiatry
- Susan Jasko, MSW, LICSW, Asylum Assessment Coordinator, Therapist
- Ivy Johnson, MSW, LICSW, Group Coordinator, Therapist
- Jasmine Johnson, Ed.M., LPCC, Director of Training, Therapist
- Scott Labott, Clinical Social Work Intern
- Samantha Langford, Billing and Credentialing Specialist
- Elizabeth Lieske, MD, Psychiatric Resident
- Leydi Lopez Rosales, MSW, LGSW, Therapist
- Deon McCray, Clinical Social Work Intern
- Connor Molloy, MSW, LICSW, Therapist
- Kyle Murray, MSW, LICSW, Therapist
- Naomi Narvaez, BSW, LSW, Care Coordinator
- Yvonne Nobles, PsyD, LP, Psychologist
- Rosie O’Brien, PsyD, LP, Programs Supervisor, Psychologist
- Paul O’Hara, M. Div., MA, LP, Psychologist
- Gus O’Malley, MD, Psychiatric Resident
- Dora Palma, Clinical Social Work Intern

**BOARD MEMBERS**

- Henry Stockman, President
- Damon Anderson, COP, Treasurer
- Raeone Magnuson, Secretary
- Edward Hamm Jr, Founding Member
- Kelley O’Neill, Founding Member
- Julie Bluhm, CEO, Guild
- Ray Boyle, PhD, MPH, Raymond Boyle Consulting
Intentional Transformation: Hamm’s Dedication to Trauma Informed Care

Hamm Clinic’s new space is congruent with our expertise and dedication to trauma informed care. The clinic is a welcoming space for staff and clients which promotes health and wellbeing. The Trauma Informed Space has:

**CHOICE & CONTROL**

- **SEATING**
  A variety of choices – including those that are wider, higher, firmer.

- **TEMPERATURE**
  Fans, pillows, and blankets.

- **FOOD & BEVERAGES**
  Tea, coffee, water, and snacks.

- **SPACES**
  Secure and private spaces; Break and wellness rooms for staff outside of their offices.

**WELCOMING SPACE**

- **LIGHTING**
  Well-lit, but not too bright.

- **TRANSPARENT**
  Wide lines of sight and a view of entrances and exits – all on one floor.

- **COLORS AND DÉCOR**
  Intentionally soothing with culturally responsive artwork.

- **PREDICTABLE LAYOUT**
  Intuitive flow with clearly designated directions and signs.

- **WIDE HALLWAYS**
  Folks can walk side by side.

- **ADA ACCESSIBLE**
  Ample parking, access to public transportation, gender inclusive ADA restrooms, and available outdoor spaces.