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At NorthStar Regional, our purpose is to help those struggling with mental health or substance use disorders **move forward in hope.**

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## What Are You Bringing?

by Hal Baumchen, PsyD, LP, LADC, President of NorthStar Regional

*“We make a living by what we get, but we make a life by what we give.” ~ commonly attributed to Winston Churchill*

When people enter a relationship, it is common to ask “What’s in it for me?” or “What will I get out of it?” Potential employees consider how a job may affect their personal or family life. Employers have their own set of questions that are variations on the same theme: “What’s in it for us? How will this person, system, or acquisition benefit us?”

Without completely abandoning all self-interest, it is also important to ask yourself, “What am I bringing to this relationship; what am I adding?”

### A Problematic Cycle

Selfishness permeates our culture. We hear people around us demanding their rights, insisting on their way and forcing a self-serving agenda on others. Many are frustrated, even angry, when they do not get what they want, the way they want, when they want it.

This position of life does not come from one person. It is all around us.

We hear it from our friends and family members. Advertisers spend money to enhance and encourage self-interest. If we want more, we spend more, and those who sell things make more. Some folks, convinced of their need, intensely seek their own self-interests.

When thwarted, they may become frustrated, offended, and reactive. As emotional and relational problems increase, compassion is dampened, consideration for others is reduced, and previous levels of thoughtfulness are distant memories.

### Taking a Stand

To combat this attitude in yourself, focus on what you have to offer. “What can I get?” becomes “What can I give?” Begin asking yourself what others may need and how you can help. Consider your talents and strengths. Can you lift someone up, improve a situation, encourage or touch another’s life?

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## Maple Grove Office Provides Mental Health and Co-Occurring Programs

NorthStar Regional's Maple Grove office, located in the Arbor Lakes Medical Building at the intersection of Elm Creek Boulevard North and Hemlock Lane North, is home to co-occurring intensive outpatient programs for men and women, and mental health services for children, adolescents and adults.



### Mental Health Services

NorthStar Regional's staff of professional, licensed therapists can help you find solutions to the problems you may be facing. Here are just some of the issues with which we can help and the services we provide:

- Anger Management
- Anxiety, Stress Management
- Attention Deficit Disorder
- Christian Counseling
- Depression
- Eating Disorders
- Family Therapy
- Marriage Counseling
- Pre-Marital Counseling
- Parenting Skills
- Post-Traumatic Stress Disorder

### Co-Occurring Intensive Outpatient Programs

Our Maple Grove co-occurring outpatient program offers both day and evening hours to accommodate a variety of client schedules. We provide Rule 25 assessments, and our program includes psychiatry and continuing care services. We have seven lodging beds available for men in the program. To learn more, or inquire about program or bed availability, please call (763) 898-3838.

## Meet NSR's Program Directors

NorthStar Regional's program directors, who manage both inpatient and outpatient programs in Chaska, Shakopee and Maple Grove, are experienced professionals who oversee all activities at their programs, from client intake to staff supervision to transitioning clients to other levels of care.



**Brian Loots**, who also serves as NSR's Chief Operations Officer, oversees treatment programs at our Sugar Creek campus in Chaska. Brian has over 15 years of experience in designing effective programs for treating co-occurring disorders.



**John McGinnis**, the director at the Women's Residential Treatment Center in Chaska, has been working in the chemical dependency field for 25 years. He was previously admissions director for Five Stars Recovery Center and for NSR.



**Lea Atkinson** is the director at the Men's Residential Treatment Center in Shakopee. Lea has experience working in my different, diverse environments, and believes in continuous improvement balanced by compassion and empathy to help those in need.



**Todd Robertson**, our Maple Grove director, has 20+ years of experience in the addiction field working with clients, facilitating staff interactions and establishing program policies. Todd has managed, designed and directed several programs in the Twin Cities.

On behalf of the many clients whose lives are forever changed, NorthStar Regional is grateful to these directors for their time, service and commitment.

## A Note of Appreciation



*by Jason Vanderscoff, LADC, Chief Executive Officer*

Our staff recently gathered together at the Chaska Event Center for our annual holiday party. It was an opportunity to eat together, visit, celebrate, laugh a little, and review the past year. And what a terrific year it has been!

NorthStar Regional has integrated Five Stars Recovery Center and Northland Counseling Services into its combined practice. We opened a 16-bed residential treatment facility for women in Chaska and a 48-bed residential treatment facility for men in Shakopee. We also increased psychiatry services, added our own UA lab, and expanded our mental health services and our intensive outpatient co-occurring disorder treatment programs.

### Teamwork Makes the Dream Work

Our dream has always been to help as many people as we can achieve solid mental health and recovery from substance use disorders. We desire to see everyone who comes to our centers find the hope and healing they need. It takes many committed, like-minded staff members to accomplish this dream. I am grateful for the men and women who have tirelessly dedicated themselves to helping others. I appreciate the combined efforts of the counselors, therapists, administrators, alcohol and drug technicians, nurses, drivers, the kitchen crew and all the other staff who make this dream a reality.

*Thank you to the entire team at NorthStar Regional. Merry Christmas and Happy Holidays to all!*

## What Are You Bringing? *continued from pg 1*

### Making a Change

As self-awareness increases, people see that things have gotten out of hand and life has become unmanageable. They are self-consumed in their thoughts, selfish in their desires, and self-focused in their actions.

Recovery begins with the admission that this degrading deterioration of character has occurred. "I have become someone I never wanted to be." And with this admission, transformation can begin. Instead of focusing on obtaining what you want, you can once again concentrate on who you are becoming.

### New Goals Emerge

As recovery progresses, you can pay better attention to your attitude, character, and behavior. You have the ability and the opportunity to change who you are and how you relate to others. Instead of concentrating only on what you are getting or not getting, you can focus on helping others.

Rather than trying to control others, great focus can be paid to controlling oneself. Controlling yourself is "Mission Difficult." Trying to control others is far too often "Mission Impossible." Rather than endlessly regretting and complaining about what you can't change, spend your energy changing what you can.

### Willing to Give

You have so much more control over what you give than what you get, so it only makes sense to apply yourself to giving. Trying to get more out of a relationship can be frustrating. It is fulfilling to focus on bringing something to a relationship.

Develop your talents and abilities, but also increase your positive attitude, generous nature, and consideration of others. When the days of this short life come to an end, your inventory will not be a list of what you got out of life, but of what you gave to it.

*Taken from Dr. Baumchen's book Reflections, available at [JourneyToRecovery.com](http://JourneyToRecovery.com).*



*Dr. Hal Baumchen is the president and clinical director of NorthStar Regional. A licensed psychologist and licensed alcohol and drug counselor with over 30 years of counseling experience, he is the author of the Journey to Recovery curriculum series.*

## From Addiction to Recovery

*by Nicole*

*Note: Nicole is a recent client who completed residential treatment with NorthStar Regional, and graciously consented to share her story for our newsletter.*

Upon my arrival at the NorthStar Regional Women's Residential Treatment Center, I was a lot of things, but addicted was the most prevalent. Within minutes of my arrival I was kindly welcomed by not just the friendly intake personnel, but the entire staff embraced me with warm smiles as they expressed their direct mission, to treat me with respect and tenderness in what would become the most important 30 days of my entire adult life.

I found myself immediately immersed into the very simple, yet thorough program they designed to specifically address my personal addiction. I was treated with respect from the minute I stepped foot through the doors, until the day of my graduation into the next level of care that I strongly desired. Up until my program at NorthStar Regional had begun, I had been very perplexed as to why I couldn't seem to just stay sober.

After two previous treatments at other treatment centers, followed by a 32-month prison sentence, I was not completely convinced I would ever find solace in sobriety. The magnificent staff, along with the beautiful, newly-remodeled facility, offered me a sense of security, comfort and hope. I found myself quickly divulging pieces of my life I didn't dare to share with



another living soul. Finally I began to heal parts of myself that I had no idea were even broken.

I could go on and on raving about the positive aspects of the NorthStar Regional program and staff, but instead I will simply leave you with my deepest appreciation.

I highly recommend that if you or a loved one is considering treatment, don't be overwhelmed with lengthy research and countless reviews. If you were my mother, sister, daughter or friend, I simply would not let you settle for anything less than what you deserve in overcoming addiction.

Today I am a proud woman of recovery, and while I worked very hard for my sobriety, I owe my very bright future to the staff at NorthStar Regional, as well as the kind, gentle people of the Chaska community.



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If you received this newsletter from a friend or colleague and would like to be added to our mailing list, or if you would like to receive it electronically, please email your name and address (or email address for an electronic version) to [marketing@northstarregional.com](mailto:marketing@northstarregional.com).



Insight for the **JOURNEY**  
*A daily inspiration for your recovery*  
Dr. Hal Bouniechen



**Pull off and Refuel**

When people are overwhelmed and frustrated, friends and family are often understanding and supportive, at least at first. Soon after, as some recovery progress is made, support turns into encouragement to do more and get more done. Family members may want the client to

go back to a previous level of activity and take on old responsibilities and duties. When the client appears overwhelmed or unable to rise to ordinary levels, you might hear: "Just do as much as you can!"

Or the statement may come from clients themselves: "I'm just doing as much as I can."

**Observing the Warning Signs**

At first glance, this seems to be a reasonable statement, although somewhat

## Daily Insight for the Journey

This daily meditation by Dr. Hal is delivered by email or available on his blog at [JourneytoRecovery.com](http://JourneytoRecovery.com) or on the NorthStar Regional Facebook page.

To receive Dr. Hal's Daily Insight in your inbox, visit [northstarregional.com](http://northstarregional.com) and go to Resources/Journey to Recovery and complete the subscription form.