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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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Breaking Down Barriers

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

My father instilled in me the attitude of prevailing. If there's a challenge, go for it. If there is a wall to break down, break it down.

– Donny Osmund

I met a man the other day who had over 50 driving-after-revocation citations and had been in jail 37 times. He told me that some of the incarcerations were short, only a day or two, and others were 30, 60 or 90 days. Because of his methamphetamine use disorder, he was back in treatment for the 15th time. After so many times of falling down and struggling to get up, he had every right to be disheartened. But he wasn't. He was upbeat, happy to be getting some help, and grateful for a safe place to begin again.

The Real Enemy

At first glance, it may seem that the substance use disorder is the major culprit blocking recovery progress and any hope of success. I believe the bigger enemy is discouragement. This silent and dangerous opponent looks for every opportunity to weaken your resolve, undermine your determination, and talk you out of trying again.

For some people, there is a temptation to surrender. You may be familiar with this cycle—get sober, relapse, get sober, relapse, get sober, relapse, “oh, I give up!” It may appear hopeless, impossible, and as if your good efforts yield nothing. Or you may feel there isn't anything you do that makes any difference at all. You may be tempted to think you should just give up. It would appear discouragement has the upper hand.

A Crack In The Wall

Our past failings appear to minimize our potential and magnify our inabilities. The circumstances that blocked us in the past form a sizable wall in front of us. Breaking down this wall is the challenge. Each hammer blow against the wall moves us toward our goal. Every treatment effort, every meeting attended, and every day of sobriety is another blow against the wall. And a slip does not send us “back to square one.” Don't wear the label of loser, hopeless, addict, or worthless. Rather than seeing our efforts as failures because the wall has not yet fallen, remember that each

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NorthStar Regional's February Shining Star

Congratulations to the February 2020 NorthStar Regional Shining Star Employee of the Month, Kristen Hayashi!

Kristie is a Licensed Professional Clinical Counselor (LPCC) who works at the NorthStar Regional Women's Residential Treatment Center (WRTC) in Chaska.

Kristie displays exemplary attitude and character, is a superb model of our mission, and has demonstrated a willingness to go above and beyond her ordinary duties and responsibilities. She has inspired others, makes significant contributions to the well-being of our clients, and handles crisis situations in a calm and professional manner.

She is a great communicator with staff regarding what she is experiencing with clients on the mental health side, which leads to better continuity of care. She has stayed late, arrived early and fills in when she can. Kristie also leads staff meetings when the director is unable to do so.

In the early months of getting the WRTC up and running, Kristie showed true leadership to fellow employees and was the therapeutic foundation of the WRTC.

A self-starter who enjoys the responsibility of giving quality care to our clients, Kristie is a great example of the philosophy of NorthStar Regional.



Kristie Hayashi (left) with WRTC director Jessica Hart

A loving heart is the truest wisdom.
~ Charles Dickens ~



NSR: Providing Specialized Treatment For Women

by Jason Vanderscoff, CEO

Co-Occurring substance use and mental health treatment is a complicated endeavor requiring comprehensive care for every patient. However, gender-specific treatment for women brings a unique set of complex challenges. Treatment for women requires a special focus on family issues, parenting, child protection involvement, and relationship stressors.

In addition to those factors, many women entering treatment have been raised in dysfunctional families, have been victims of domestic violence and have suffered other traumatic experiences. They often struggle with depression, anxiety, post-traumatic stress, and low self-esteem. Because of these complexities, treatment must be individualized and comprehensive, addressing substance use disorders and the related social, relational, spiritual, and emotional issues. Good treatment starts with a compassionate, friendly, and professional environment where clients feel safe and respected.

NorthStar Regional operates a 16-bed residential treatment center in Chaska for women. Most clients stay in the residential program for 30 days. They receive food, lodging, transportation, and treatment for substance use and mental health

disorders. Our programming includes psychiatric evaluation, medication management, and individualized treatment for mental health disorders using our own curriculum and resources developed by Dr. Hal Baumchen.

Following completion of the residential program, some clients are referred to a nine-bed intensive outpatient treatment facility located in the historic Klein Mansion in Chaska. We offer a continuum of care for women including residential and outpatient treatment, sober housing, and individual mental health services.



NorthStar Regional's Women's Residential Treatment Center

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subsequent hammer blow gets us closer to the goal. Don't give up. Hit it again!

Attitude and Action

The action of hitting the wall with the hammer is vital, but the attitude with which you grab the handle is even more significant. Remind yourself that you are strong, capable, and confident. You are making progress. A positive attitude will sustain your momentum and maximize your energy and effort. Defeat is easily recognized at the finish line, yet is first evident in the mindset during the race.

There Is Hope

People get better. They face the truth, challenge their thinking, and make lasting changes. It is my desire to inspire hope, create a hunger to take another chance, and encourage the diligence

and hard work it takes to grow into the person you are destined to become. Orison Swett Marden said, "There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something tomorrow." (Marden, n.d.)

Breaking It Down

Don't minimize the efforts you have made. The wall before you is beginning to crack. Hit it again! As you do, the wall begins to shudder and quake. And then an amazing thing happens. The wall that seemed insurmountable at first glance comes tumbling down. You obtain the long-term sobriety you dreamed of. It wasn't magic or a lucky hammer stroke, but was the combination of determination, good support, and perseverance. Don't grow weary and give up. Your efforts will yield the life you once thought was impossible.



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.

Mental Health Services in Chanhassen

NorthStar Regional provides individual mental health counseling for children, adolescents, families and adults at our Chanhassen office.

Our team of experienced psychologists, marriage and family therapists, counselors, social workers, and licensed alcohol and drug counselors will help you find the solution you need to move forward in hope.

Location: 7945 Stone Creek Drive, Suite 140, Chanhassen, MN 55317

Phone: (952) 974-3999 **Fax:** (952) 974-3780



Meet Our Chanhassen Mental Health Clinical Staff



Wendy Baker, MA, LMFT
Licensed Marriage and Family Therapist



Karissa Godel, MS, LPCC, LADC
Licensed Professional Clinical Counselor, Licensed Alcohol and Drug Counselor



Corey Palmer, MA, LPC
Licensed Professional Counselor



Kevin Blonigen, MA, LP
Licensed Psychologist



Daniel Hoffman, MA, LPC
Licensed Professional Counselor



Patsy Reed, MA, LPCC, LADC
Licensed Professional Clinical Counselor, Licensed Alcohol and Drug Counselor



Andrea Bohmbach, MA, LMFT
Licensed Marriage and Family Therapist



Linda Johnson, MA, LP
Licensed Psychologist



Daniel Snyder, PSYD, LP
Licensed Psychologist



Jamie Cox, MSW, LICSW
Licensed Independent Clinical Social Worker



Lisa Logelin, MA, LPCC
Licensed Professional Clinical Counselor



Afton Steinhoff, MSW, LGSW
Licensed Graduate Social Worker



Cynthia Gill, MA, LMFT
Licensed Marriage and Family Therapist



Renae Ludwig, MS, LPCC
Licensed Professional Clinical Counselor



Steve Witmer, MA, LPCC
Licensed Professional Clinical Counselor

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*Love is not only
something you Feel,
it is something you Do.*

~ David Wilkerson ~



We would love to hear from you!

Pleased with your experience here at NorthStar Regional?



Or please feel free to give us a review on

