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

*The NorthStar Beacon is published by NorthStar Regional, 1045 Stoughton Ave, Chaska MN 55318 952.448.6557 northstarregional.com*

## New Women's Residential Treatment Center: Designed to Restore Hope

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

NorthStar Regional (NSR) is pleased to announce the opening of a 17-bed Residential Treatment Center for women. The facility, built in 2004 but renovated in the last few months for NSR, is home for women in treatment for 30-40 days.

### Providing A Continuum of Care

The Women's Residential Treatment Center (WRTC) is designed to address mental health and chemical dependency issues at the same time, in the same location, using the same treatment team. This team consists of a director, mental health therapists, chemical dependency counselors, psychiatric providers, an admission coordinator, nurses, treatment technicians, cooks, and kitchen assistants. This co-occurring disorder treatment approach supplies an effective foundation for recovery.

Based on recent research, women who have access to a wider variety of treatment services have better outcomes and sustain a longer recovery. To do this, our program uses group

and individual therapy, psychiatric evaluations and treatment, medication management, art therapy, meditation, community support meetings, and psychoeducation groups.

Following the completion of the residential component of treatment, the client may be referred to less intensive treatment options offered by NorthStar Regional, including intensive outpatient treatment, ongoing psychiatric care, counseling, and sober housing.

### Gender-Specific Care for Women

Treatment that considers the specific needs of women yields the greatest benefits. Factors that lead to alcohol and drug abuse are different for men and women. Understanding the differing needs and addressing them with skill and compassion can make all the difference. Issues such as depression, anxiety, traumatic experiences, low self-esteem, grief, poverty, homelessness, and occupational difficulties must be addressed.

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## Meet the WRTC Treatment Team



**Brian Loots**, LADC, is NorthStar Regional's Chief Operations Officer. Brian has over 15 years' experience in the treatment of co-occurring disorders. He oversees treatment programming for all of NorthStar Regional's co-occurring programs, including the WRTC.



**James "JJ" Johnson, Jr.** LADC, ICS, is NorthStar Regional's Residential Program Director. Before joining NSR, JJ worked at Franciscan Skemp, New Ulm Medical Center, and HealthEast-Addiction Care in St. Paul. A Regional Vice President for NAADAC, he is responsible for the overall operation of the Women's Residential Treatment Center (WRTC).



**Kristie Hayashi**, MA, LPCC is the WRTC's mental health therapist, and will be doing individual and group therapy sessions with clients. She has worked with kids, adults, and families, and comes to NSR from The Emily Program.



**Annabel Lenze** is the Admissions Coordinator for the WRTC. She began her career as a case coordinator at MN Adult and Teen Challenge. At NSR, she will be processing applications and assessments for residential treatment, IOP with lodging, and sober housing for women.



*Some of the staff at the Women's Residential Treatment Center.*



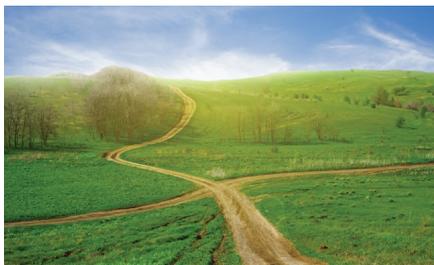
**Fran Hennen**, MA, LADC, is one of the substance abuse counselors at the WRTC. Fran has taught at MSU, Mankato in the Health Dept. and the Alcohol and Drug Studies Program for 8 yrs. as an adjunct professor. She has been involved in the women's recovery community for almost 30 years.



**Sarah Yager** is the Licensed Practical Nurse (LPN) on staff at the WRTC. A mother of 5, she is looking forward to working with staff as a team in a family-style setting to holistically care for patients.

**Denyal LeClaire** is a Licensed Alcohol and Drug counselor who works with women at the WRTC. She is a graduate of Metropolitan State University in St. Paul, MN, and has previous experience as a Chemical Health Counselor/Case Manager at Omegon.

## Crossroads Program Helps Clients Navigate the Decision Points of Life



*If you want to go fast, go alone.  
If you want to go far, go together.  
An African Proverb*

Crossroads is a 15-week therapy group program created for the treatment of mental health difficulties and disorders. The program is designed to help reduce depression symptoms, manage anxiety, and conquer the difficulties and challenges of everyday life.

Led by NorthStar Regional therapist Andrea

Northrup, MS, LPCC, the Crossroads program is supportive, structured and skill-based, and is open to both men and women ages 18 and older. The Crossroads group meets Thursdays from 5:00 to 6:30 PM. Insurance is accepted.

Crossroads uses curriculum written by Dr. Hal Baumchen which is simple to use, easy to remember, maintains client motivation, and helps clients establish the mastery they need.

For more information about the Crossroads program or to make a referral, call Kristi at 952-474-0803.

## Want More NSR Info? Visit our website – NorthStarRegional.com.

Are you looking for information about NorthStar Regional programs, seeking a therapist for individual, family or marriage counseling, or just looking for an address or phone number? You can find all this information and more online at our website, [northstarregional.com](http://northstarregional.com).

Our website will also be home to past issues of *The NorthStar Beacon*, as well as other publications such as the *NorthStar Compass* series.



## **Women's Residential Treatment Center, continued from page 1**

Helping clients improve relationships by developing better communication and conflict resolution skills can increase treatment success. Additionally, assertiveness training, parenting skills, and helping clients resolve relational wounds from the past can all be helpful. Restoring family relationships and increasing family involvement during treatment can bring added recovery support.

### **A Growing Need**

The need for treatment continues to rise as the prevalence of drugs widens in the community. According to a recent article by Southwest News Media, "Heroin, methamphetamine, marijuana and cocaine have a significant presence in Carver County, and of the four, only cocaine has decreased in the number of arrests and convictions, according to the officers."

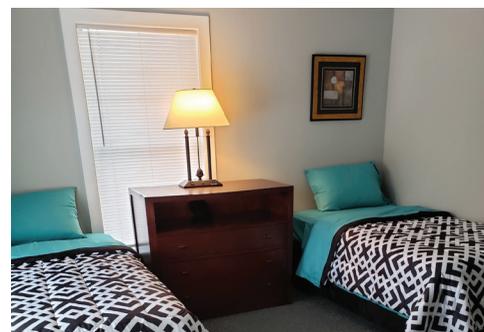
This widespread drug use and its corresponding problems prompted NorthStar Regional to expand residential and outpatient services in Carver and Scott counties, including this center for women and a 46-bed center for men planned to open in June 2019 in Shakopee.

### **Expanding Hope**

For NorthStar Regional, a new center is exciting, not merely because it creates more beds, but because high quality, available treatment options bring hope. In a darkened life where discouragement and disappointment have become the norm, every ray of hope shines brightly.

The Women's Residential Treatment Center is an outreach into the community, designed to break the chains of addiction, bring encouragement to the broken-hearted, and establish a life of healing and recovery. Thank you for supporting us in this new venture. Together we make a difference.

*Dr. Hal Baumchen is the president of NorthStar Regional. A licensed psychologist and licensed alcohol and drug counselor, he has over 30 years of counseling experience.*



*Pictured (top to bottom): One of two group rooms, single and double-occupancy bedrooms, lower-level lounge area, one of the offices, and a lower-level sitting area.*



1045 Stoughton Avenue  
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## Welcome to the Inaugural Issue of *The NorthStar Beacon*

Communicating with our constituents, referral sources and supporters is important to us. If you've received this newsletter in the mail, chances are that you were on the mailing list for *The Northland News*, the newsletter sent out by Northland Counseling Services. NorthStar Regional is continuing the practice of a newsletter by publishing *The NorthStar Beacon*.

A beacon is "a light or other visible object serving as a signal, warning, or guide." We hope that this newsletter will serve as a signal of new and exciting developments at NorthStar Regional, and a guide to our programs and activities. A beacon is also sometimes lit in celebration, and each time we help a person who struggles with addiction or mental health issues move forward in hope, it is indeed a reason to celebrate!



We hope that you'll enjoy hearing from us on occasion. If you'd prefer to receive *The NorthStar Beacon* electronically, send an email to [marketing@northstarregional.com](mailto:marketing@northstarregional.com), and we'll send you an email when a new issue is ready to be viewed on our website.

### About NorthStar Regional

NorthStar Regional is a behavioral health organization dedicated to helping people with mental health and substance use disorders move forward in hope. NorthStar Regional provides residential and intensive outpatient co-occurring disorders treatment, individual and intensive outpatient (IOP) mental health counseling services, chemical dependency treatment, and sober housing.

Headquartered in Chaska, Minnesota, with locations in Chanhassen, Maple Grove and Shakopee, NorthStar Regional was founded in 2015 by Hal Baumchen, PsyD, LP, LADC; Jason Vanderscoff, LADC; and Thomas Winegarden, MD.