

# NORTHWESTERN MENTAL HEALTH CENTER, INC.

## Description of Family and Children's Services

[www.nwmhc.org](http://www.nwmhc.org)

218.281.3940 (main office phone)

**Director:** Brenda Mack, MSW, LICSW ([bmack@nwmhc.org](mailto:bmack@nwmhc.org))

**Clinical Supervisors:** Carolyn Berg, MSW, LICSW ([cberg@nwmhc.org](mailto:cberg@nwmhc.org)) ; Shannon Kronlund, MSW, LICSW ([skronlund@nwmhc.org](mailto:skronlund@nwmhc.org)) ; Jim Schober, MA, LP ([jschober@nwmhc.org](mailto:jschober@nwmhc.org)) ; Tara Miller, MSW, LICSW ([tmiller@nwmhc.org](mailto:tmiller@nwmhc.org)) and Tricia Hellerud, MSW, LICSW ([thellerud@nwmhc.org](mailto:thellerud@nwmhc.org))

**Marshall County Clinical Providers:** DeNae Haagenson, MA ([dhaagenson@nwmhc.org](mailto:dhaagenson@nwmhc.org)) ; Nicole Suarez-Bronfman, MSW, LICSW ([nsbronfman@nwmhc.org](mailto:nsbronfman@nwmhc.org)) ; Erin Johnson, MA, LMFT ([ejohnson@nwmhc.org](mailto:ejohnson@nwmhc.org)) ; Rich Mosher, MSW, LICSW ([rmosher@nwmhc.org](mailto:rmosher@nwmhc.org)) ; Janelle Kerr, BSW ([jkerr@nwmhc.org](mailto:jkerr@nwmhc.org)) ; Brianne Thompson, MA, LPCC ([bthompson@nwmhc.org](mailto:bthompson@nwmhc.org)) ; Lul Haji-Mohamed ([lhaji@nwmhc.org](mailto:lhaji@nwmhc.org))

**HOME-BASED SERVICES** include individual skills building, family skills building and family psychotherapy

CTSS (Children Therapeutic Support Services) is an in-home skills building and psychotherapy program for children diagnosed as severely emotionally disturbed and their families or children involved in the child welfare system who are at risk of an out-of-home placement.

- Age limit: birth – 21 years of age
- Diagnosis of ED or SED per the Minnesota State Statutes or in need of services to avoid an out-of-home placement
- Referrals are taken from any service provider as well as self-referral. All referrals are sent to the respective county social services agencies for case management review
- Funded through Children's & Communities Services Grants and Minnesota Medical Assistance
- Serve Kittson, Marshall, Red Lake, Polk, Norman and Mahnomen Counties

County-funded in-home services (formerly known as CCSG services) included the services described above for children and families referred who do not have MA or who do not qualify for services (for example: no mh diagnosis) and may include services not covered (for example therapeutic supervised visits, family assessments, consultation with school staff or other providers, case specific meetings)

**EARLY CHILDHOOD SERVICES** serving families with children birth to 5 years of age and early childhood service providers in Kittson, Mahnomen, Marshall, Norman, Polk, and Red Lake Counties. Northwestern Mental Health Center's Early Childhood Program includes a wide range of mental health services that are designed to meet the unique needs of children and families.

- Services included extended diagnostic assessments using the DC:0-3, In-Home Family Therapy, Play Therapy & Skills Building Activities, Mental Health Consultation to Preschool and Childcare Providers, community trainings and presentations.
- Services are developed to help and support families and early childhood professionals (i.e. teachers, daycare providers, etc.) who impact the lives of children struggling with social, emotional, or behavioral difficulties.
- Referred children may have difficulties with sleep, eating, behavior, and/or relating to others. Families referred may have difficulties due to struggles with substance abuse, mental illness, or the impact of family violence

**SCHOOL-BASED SERVICES** range from structured therapy groups to individual skills building during the school day. Mental health practitioners and school social workers in districts throughout the six county area offer a wide range of skills building and therapeutic interventions helping youth and young adults deal with family, school, community and personal issues. North Star Summer Program is also available throughout the six counties and provides skills-building for elementary-age children during the summer months.

- School aged children

- Targeting those children with an ED or SED diagnosis or those identified as at risk
- Referrals to school and summer programming are received from Family Ties staff, school personnel and social workers
- Funded through School-based Mental Health Grant, Minnesota Medical Assistance, County Collaborative dollars, Special Education funding, LCTS (fee for services) and Health Resources and Services Administration (HRSA) for Mahnommen County only.

#### **CHILDREN'S MENTAL HEALTH CRISIS SERVICES:**

- Mobile Children's Crisis Response including: Screening/Assessment/Consultation/Stabilization provided at various locations to best meet the immediate needs of the child in crisis and determined on a case to case basis
- A team of over 30 providers rotate providing crisis services; at any given time one mental health profession, one children's practitioner and one adult practitioner are on-call with others used as back-up providers
- 24 hours a day/ 7 days a week
- Funded through MA, commercial insurance and MN DHS adult and children crisis services grants

**FAMILY GROUP DECISION MAKING CONFERENCE** is to actively engage family and friends in the life of their children. Families are provided with an opportunity to come together and develop an individualized plan to address the needs of the child.

- Age limit: birth to adult
- Referrals are received by all service providers and self-referral
- Serve Kittson, Marshall, Red Lake, Polk, Norman and Mahnommen counties

**TCM/CMH (Targeted Case Management/Children's Mental Health) SERVICES:** Family driven process that engages both the formal service provider network and the informal community to empower families and assist in keeping families intact. It should be noted that there are variations in the definition of TCM/wrap around and the Wrap process implemented by NWMHC who adheres to the guidelines established by the Department of Human Services-Capacity Building Grant criteria.

- Age limit: birth to adult
- Child needs to be diagnosed as severely emotionally disturbed
- Referrals are received by all service providers and self-referral
- Funded through MA
- Serve Kittson, Marshall, Red Lake, Polk, Mahnommen and Norman counties

**YESS (Youth Engage in Services and Succeed):** is a rural/frontier initiative in Northwestern Minnesota covering Kittson, Marshall, Polk, Pennington, Norman, Mahnommen and Red Lake counties that is supported through funding by the Department of Human Services. YESS provides Life Coaches to aid in transition services for youth and young adults ages 16-21 who are either currently in county/tribal social services approved out-of-home placement or who have left care. If the youth or young adult has left care, eligible criteria includes residing in a past approved out-of-home placement for 30 days AFTER the age of 14. This program works by serving both groups of youth and young adults that is culturally responsive, trauma-informed, person centered and driven by the readiness and motivation of youth and young adults. The youth/young adults referred to YESS will work with their Life Coach to develop a plan tailored to his or her needs. The Life Coach will work closely with any other services that the youth/young adult is currently receiving in order to compliment services.

All services provided by The Family and Children's Services Program at Northwestern Mental Health Center, Inc. are billed to insurance, contracts or grants and a sliding fee scale is available. For further information, contact Brenda M. Mack, Director of Family and Children's Services at 218.281.3940 or [bmack@nwmhc.org](mailto:bmack@nwmhc.org)



**Adult Services Program**  
**Northwestern Mental Health Center, Inc.**

**Philosophy and Mission:** To keep individuals with mental illness out of the hospital and living as independently as possible in the community of their choice.

**Director:** Denise Gudvangen, MA LP

**Programs:**

1. **Community Support Services (CSS)** – This service provides in-home or community based services to individuals with a serious and persistent mental illness (i.e., Major Depression, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Borderline Personality Disorder, etc. See more comprehensive definition on the next page) or individuals with a serious mental illness (i.e., anxiety disorder, Obsessive Compulsive Disorder, Mood disorder, etc.) who also have MA or a PMAP for insurance. Services include case management (linking with available and needed resources) and skills building (i.e., budgeting, coping skills, independent living skills, medication education, etc.). We also have a number of Mental Health Professionals in the Adult Services Program that can complete Diagnostic Assessments or do psychotherapy with individuals receiving services in the Adult Services program.  
**Supervisors:** Gail Williams & Carrie Serna  
**Staff:** Becky Anderson (Kittson County), Kayla Bowley (Polk/Marshall County), Michael Cole (Polk/Mahnomen County), Janelle Doyle (Polk & Red Lake Counties), Kelly Doda (Polk County), Anna O’Gorman (Polk County), Annika Smed (Polk County), Amanda Frank (Polk & Red Lake Counties), Cassi Hermanson (Marshall County), BriAnna Kappelhoff (Polk & Red Lake Counties), Cassi Hermanson (Marshall County), Cassie Kappelhoff (Polk County), Veronica Knoll (Marshall County), Mandi Hurlebaus (Polk/Norman County), Annie Olson (Kittson & Marshall County), Erika Rustad (Polk County), Carrie Serna (Polk County), Chris Solem (Polk County), Suzanne Staver (Polk County), Jessica Trottier (Polk County), Nancy Vigum (Polk/Mahnomen County), Angela Walsh (Polk County), Renae Wilhelm (Polk/Norman County) & Gail Williams (Polk County)
2. **Intensive Community Recovery Services (ICRS)** – This service is a high level of care delivered by an intensive team model to individuals in Polk County only focusing on rehabilitation and recovery for adults with serious and persistent mental illness. It uses a “total team approach” in which all of the staff know and work with all of the participants. Services occur in the home or community with a 14:1 participant-to-staff ratio and staff specialties are much more flexible and consist of smaller teams.  
**Supervisor:** Erika Rustad  
**Staff:** Jamie Tupa, Kelly Doda & Chris Solem (only available in Polk County)
3. **Northwestern Apartments** – This program is a housing with supports program with staff available 24 hours a day/7 days a week to assist mentally ill individuals who were having difficulty living independently in the community learn needed skills so that they can transition back into the community. Services include case management (linking with available and needed resources) and skills building (i.e., budgeting, coping skills, independent living skills, medication education, etc.).  
**Supervisor/Program Manager:** Sheri Solheim  
**Staff:** Mary Bastad, Natalie Boushee, Donza Erickson, Pat Erickson, Lauren Henry, Tawnia Hoidahl-Larsen, Colleen Kennedy-Magsam, Dean Larimer, Cheryl Manteufel, Megan Monson, Martha Wissmann, Mary Reyerson, & Heather Osowski
  - **Crisis Stabilization Unit** - This service is a two bed unit in a building connected to the Northwestern Apartments which provides crisis stabilization services to who are experiencing a mental health crisis and voluntarily opt to go there to be in a safe environment with the intent to avoid a hospitalization.  
**Staff:** Pat Erickson (is the lead staff and other staff from NWA fill in to staff it)
  - **Adult Foster Care** – This level of care is for individuals with a serious and persistent mental illness who are on a CADL waiver whose behaviors make it difficult for them to maintain in other minimally supervised settings. Staffed 24/7 this four bed unit in the Northwestern Apartments provides training and assistance with daily living skills, goal oriented support, medication management, transportation as needed and crisis response.  
**Staff:** Llyod Henderson & Colleen Kennedy-Magsam (are lead staff and other staff from NWA fill in to staff it)

4. **Day Treatment** – This service is a structured program of group psychotherapy and other intensive therapeutic services to stabilize a recipient's mental health status while developing and improving the individual's independent living and socialization skills. This group occurs three times a week for a 2 hour block of time at the Northwestern Apartments.  
**Staff:** Tawnia Hoidahl-Larsen
5. **Homeless Programs** - These services assist individuals who are at risk of eviction to maintain housing or assist finding and maintaining housing for individuals who are currently homeless in that they are living with family members (i.e., couch hopping), living on the street (i.e., in a vehicle or a tent), or living in a homeless shelter.  
**Staff:** Sheril Schluchter (covers Kittson, Marshall & Red Lake Counties) and Katie Feist (covers Mahnomen, Norman, Polk, & Red Lake Counties)
6. **Bridges** – The NWMHC partners with Tri-Valley to administer this program which provides a rental subsidy for persons with serious mental illness who are, or can become, eligible to receive a Section 8 Housing Choice Voucher subsidy and who are currently on Section 8 waiting lists until they are able to get a Section 8 Housing Voucher.  
**Point Person:** Sheril Schluchter or Denise Gudvangen
- **Bridges ELHIF** - The NWMHC partners with Tri-Valley to administer this program which provides a rental subsidy for persons with serious mental illness and who meet the chronic homelessness definition, who are, or can become, eligible to receive a Section 8 Housing Choice Voucher subsidy and who are currently on Section 8 waiting lists until they are able to get a Section 8 Housing Voucher.  
**Point Person:** Sheril Schluchter or Denise Gudvangen
7. **Resource Center** – This service is a drop in center for clients of the Northwestern Mental Health Center where they can participate in activities and groups and increase socialization and receive support by others experiencing a mental illness.  
**Staff:** Connie Lubinski
8. **Employability Program** – These services are meant to assist individuals with mental health issues in finding and maintaining employment.
- **Individual Placement and Supports (IPS)** – This is an evidence based practice for supported employment available through the Community Support Services Program and Northwestern Apartments. It includes ongoing communication and referral to available community employability services such as Vocational Rehabilitation and the Occupational Development Center.  
**Staff:** Any CSS and/or NWA Staff
  - **Novel Cup** - This is a Crookston based book and coffee shop owned and operated by the NWMHC, that assists individuals with mental health issues to learn employment skills in a supportive setting with the goal to eventually work their way into community employment positions with the assistance of NWMHC employability staff.  
**Staff:** Connie Lubinski
9. **Peer Recovery Services** – This service is self-directed and person-centered with a focus on recovery. They are specific rehabilitative services emphasizing the acquisition, development and enhancement of skills needed by an individual with a mental illness to move forward in their recovery provided by an individual who has recovered from their own mental health experience.  
**Supervisor:** Erika Rustad  
**Staff:** Chris Orsland, Mary Sampson, Jodi Gaeta, Jarrod Lanctot, Julie Sprague, Judy Suda



## SERIOUS AND PERSISTENT MENTAL ILLNESS

---

As defined by MN statutes, which is a person who meets at least one of the following criteria:

1. the recipient has undergone two or more episodes of inpatient care within the preceding 24-months; or
2. the recipient has experienced a continuous psychiatric hospitalization or residential treatment exceeding 6-months duration within the preceding 12-months; or
3. the recipient has been treated by a crisis team two or more times within the preceding 24 months; or
4. the recipient: (must meet all 3 criteria)
  - a. has a diagnosis of schizophrenia, schizoaffective Disorder, bipolar disorder, major depression, or borderline personality disorder; and
  - b. evidences a significant impairment in functioning; and
  - c. has a written opinion from a mental health professional, stating he/she is likely to have future episodes requiring inpatient or residential treatment, unless community support program services are provided; or
4. . the recipient has, in the last three years, been committed by a court as a mentally ill person under Minnesota Statutes, or the adult's commitment as a mentally ill person has been stayed or continued; or
5. The recipient was eligible under one of the above criteria, but the specified time period has expired; or
6. The recipient was eligible as a child with severe emotional disturbance (see below), and the recipient has a written opinion from a mental health professional, in the last three years, stating that he/she is reasonably likely to have future episodes requiring inpatient or residential treatment of a frequency described in the above criteria, unless ongoing case management or community support services are provided.

This diagnosis is found on either Axis I or II of a Rule 79 Diagnostic Assessment.

## SERIOUS MENTAL ILLNESS

---

An organic disorder of the brain or a clinically significant disorder of thought, mood, perception, orientation, memory, or behavior that is listed in the ICD-9 CM, code range 290.0 to 302.9 or 306.0 to 316.0.