



LEO A. HOFFMANN CENTER
“JOURNEY TO NEW BEGINNINGS” NEWSLETTER – DECEMBER 2017
 1715 SHEPPARD DRIVE – PO BOX 60, ST. PETER, MN 56082



From the Desk of Gene Taylor, M.S., LPCC, Executive Director

“Attitude is a little thing that makes a big difference” **Winston Churchill**

A very Happy New Year from the Leo A. Hoffmann Center

EXCITING NEWS! As part of our strategic growth, we are working on a project to develop a future site for a short and long term group residential program. This potential site will be located in St. Peter and we are hoping to start building in the spring of 2018.



Whether we want it or not, the snow and cold is here!

Leo A. Hoffmann Center is moving forward with major changes that affect our overall corporate structure. We have been focused on our long range strategic planning process and have been working on accomplishing and fulfilling our strategic plans. Part of our forward thinking and goals has been to continue to improve our infrastructure on campus. In the last year, there have been extensive additions to the Knights Unit in North Cottage and the Wolves Unit in Evergreen Cottage. These renovations eliminate all triple bedrooms.

There have been various programmatic changes that strengthen our milieu therapy with our clients. All therapists on campus have been trained in TF-CBT to assist our clients with dealing with their own trauma individually and with their family.



We are also strategically moving forward in our quest to provide quality, holistic, mental health services in an outpatient setting. We recently moved our outpatient mental health center off campus. St. Peter Counseling Center is now located in downtown St. Peter. We are also in the process of strengthening our outpatient services to children, adolescents and adults. St. Peter Counseling Center is seeking certification in Children Therapeutic Services & Supports (CTSS) and hope to be able to start taking clients sometime in February 2018.

WHAT IS TF-CBT?

Trauma Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based counseling approach that was developed in the 1980’s, which aims at addressing the needs of children and/or adolescents whom have experienced traumatic events in their life. This approach involves both the individual child/adolescents whom have experienced the traumatic event(s) as well as their caretaker. A short-term treatment (typically 12-16 sessions) combines trauma-sensitive interventions with cognitive behavioral therapy strategies. This approach can be offered concurrently with the curriculum provided in our residential treatment facility as well as our outpatient program.

During the spring of 2017, four therapists from Hoffmann Center and St. Peter Counseling Center began the training/certification process with Dr. David Hong, Washburn Center for Children in Minneapolis, MN. These four therapists, along with three additional employees, have completed this training with Dr. Hong. At this time, Hoffmann Center and St. Peter Counseling Center has four Unit Therapists, Clinical Supervisor/Family Therapist, Clinical Director and one Outpatient Therapist who are currently able to provide these services. Please feel free to contact Hoffmann Center if you would like more information about TF-CBT!

Family

Family Day was held on September 30, 2017 at the Leo A. Hoffmann Center (LAHC) from 10:00 am to 2:00 pm. Family Day gives clients and their guest(s) an opportunity to spend time and socialize while they engage in therapeutic scheduled activities. Clients and their guest(s) were encouraged to participate in a variety of therapeutic recreational activities that allowed for social engagement and problem solving skills between clients and their guest(s). Clients and their guest(s) created a puzzle to represent their experience through treatment in reconnecting their families to form a whole picture. Engagement in Family Day increases family and support team involvement that has been shown to increase the effectiveness of treatment for youth who are placed in residential placements. LAHC is dedicated to encouraging family involvement to provide the best possible outcome for our clients and their families.

Therapeutic Activities

The boys from Hoffmann Center had a busy, yet fun and educational spring, summer and fall. Through the recreation program, the boys were presented with a variety of activities to challenge and assist them in building a solid foundation for a healthy leisure lifestyle.

All youth participate in a recreation assessment when they are admitted. This assessment provides treatment goals for their individualized treatment plan. The Recreation Coordinator puts together not only group oriented leisure recreation activities but individualized recreation for each youth. The Recreation Coordinator draws from various program components to build specific characteristics/identified deficit areas most commonly addressed in the treatment of emotional and behaviorally disturbed youth. The various components consist of things like building self-esteem through specific activities such as yoga, meditation, volunteering, cookouts, walk jog program, canoeing, and Family Day events to name just a few. The youth's spring and summer months are filled with canoeing, walking, basketball, softball, soccer and hiking. There



are also various psychoeducational groups to work on social skills, anger management, social manners, appropriate relationships, drug and alcohol education and many other educational opportunities throughout the year. The boys were able to attend the last Vikings training camp at MSU in Mankato.



Hoffmann Center is licensed by the Department of Human Services as a Rule 2960 facility. **Counties who place boys with us are able to seek federal funds through Medical Assistance and Title IV-E.** This allows counties to be reimbursed for **over 60%** of the per diem costs! Hoffmann Center does not bill for clients who are on straight medical assistance (county's bill) but our programs are MA reimbursable! Hoffmann Center **DOES** bill the treatment portion to insurance companies for clients who are on Prepaid Medical Assistance (PMAP). This means that counties are only responsible for the Room & Board portion!



Also, did you know that **Hoffmann Center, as a Rule 2960 licensed facility, is frequently eligible for private insurance coverage?** We are very willing to work with counties and parents to check for eligibility of coverage prior to placement. In some cases, **Hoffmann Center has reimbursed the referring county 100% of the total per diem they paid!** If you have questions about this or would like additional information, please contact our office at (507) 934-6122. We are very happy to work with counties in helping to keep placement costs down!



If you have questions, would like additional program information, or are interested in a tour of our campus, please give us a call at (507) 934-6122.