



**LEO A. HOFFMANN CENTER'S  
"JOURNEY TO NEW BEGINNINGS" NEWSLETTER - MARCH 2013**



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

On behalf of the Board of Directors and the staff of the Leo A. Hoffmann Center, I am extremely proud of the commitment, hard work, and great changes that have developed here. Hoffmann Center's success is a testament to the dedication and hard work its staff has shown. We recognize our work isn't done and continue to assess our delivery process and look for more ways to provide effective and efficient services to clients and families.

As professionals, we know that residential programing can have an impact on clients, families and referral sources. Making the kinds of valuable changes that clients make while they are in residential treatment does take time. However, administration has made an extensive review of program areas to consistently look at ways to engage clients more effectively, encourage, support and therefore progress sooner. Some of the changes and additions are as follows:

**Increase of Clinical staff:** The increase in clinical staff reduced the therapist to client ratio from 1:12 to 1:8. Clinicians working with residential clients will be available to meet more frequently, be able to spend more time on individual cases, as well as work more effectively on treatment plans and individual mental health needs and goals.

**Family Therapist:** Research consistently suggests that when families are involved in residential treatment with their children, there are positive results in the completion of treatment and recidivism. Our Family Therapist specializes in family work and works solely

program. This family work will ideally help with creating a stable environment and healthier communication for when a client discharges.

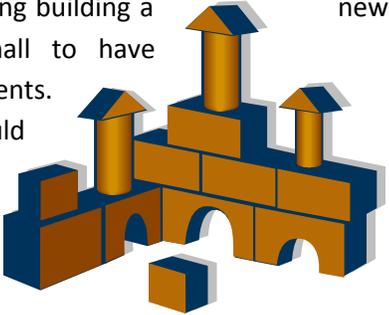
Our strategy as an agency is to develop our organizational culture in such a way to allow us to keep pace with the rapidly changing service delivery environment. Furthermore, having a family therapist on campus will allow us as an agency to become more family friendly as we find more ways to engage families and meet their needs as well as improve our delivery of services.



**Breaking News  
At Hoffmann Center!**

**T**he increase of referrals has placed Hoffmann Center in a great position to start considering options to assist counties and private referral sources in getting placements in a more timely fashion! Currently on the drawing board: the Strategic Planning Committee has decided to look at expanding and starting another unit for 8 more clients. This new unit will provide more flexibility as well as opportunities for clients to get assessed immediately. Also, the Planning Committee is considering building a new kitchen and dining hall to have central dining for all clients.

This expansion would also provide more needed living room space to all the units. This space would open up the Units for more community functions and creating a better learning and teaching environment.



**These are exciting times for Hoffmann Center! We would like to welcome five new additional therapists to the Hoffmann Center's Clinical Treatment Team as well as our re-vitalized Out-Patient Services!**



**Kevin Jacques, Master's Candidate, Evergreen Cottage**

Originally from St. Paul, I moved to southern Minnesota in 2006 to work as a part time Youth Counselor at Evergreen and North Cottages. My plan was to get a year or two of human service experience and then move back home. Seven years later, here I am as a Therapist at Evergreen. In between, I have held various positions at the Hoffmann Center, including intern, Night Youth Counselor, and Primary Counselor. I have also worked with other agencies as an in-home skills counselor and behavior analyst. I have degrees in psychology and nonprofit management, and am currently working on my thesis to earn a Master's of Sociology. When I am not working, I enjoy cooking, jogging, live music, playing board games, and watching/playing sports. I am grateful for the opportunity to return and work for the talented, dedicated, and compassionate team at Hoffmann Center.



**Allison W. Moultrie, MS, Therapist for Evergreen Cottage, Unit I.**

I began my journey at the Leo A. Hoffmann Center as a Youth Counselor II. Prior to arriving at Hoffmann Center, I gained knowledge and experience as an In-Home Skills Counselor and Mental

Health Practitioner at Counseling Services of Southern Minnesota. My educational background includes a Bachelor of Science degree in Psychology from Southern University at New Orleans and a Master's of Science degree in Community Counseling from Minnesota State University, Mankato. I am currently pursuing a License in Marriage and Family Therapy. I enjoy spending time with my husband and son, and continuing on the life journey that has been set for me.



**Greetings! My name is Sara Loose, Master's Candidate, and I am the therapist on the Achievers Unit in North Cottage.** I moved into this new role in November 2012, after working on the Achievers Unit in the capacity of Primary Counselor

since 2005. I received my Bachelor of Arts degree in Criminal Justice and a minor in Women's Studies from Gustavus Adolphus College. Currently, I am finishing my Master of Social Work degree from Minnesota State University, Mankato. My graduate experience is focused in youth development at the community level, as well as clinical social work practice. I am excited about this new role, and the responsibilities and opportunities this transition has provided me!



**Hello! My name is Cassie Nieman, MA, and I am the new therapist on the Believer's Unit in North Cottage.**

I moved into this role in November of 2012 after graduating with my Master's Degree in Clinical

Science: Emphasis in Psychology from the University of Northern Iowa. Prior to my graduate education I received my bachelor's degree from Minnesota State University, Mankato where I majored in psychology and minored in biology.

My research focus in graduate school examined self-defeating behaviors in sexual offenders and explored factors of motivation to change and social support. In addition to conducting research with sexual offenders, I have experience working with civilly committed adult male sexual offenders and juvenile adolescents.

I look forward to the experience this job will bring and being a part of the success stories that will occur along the way.

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***"Perpetual optimism is a force multiplier"***

***-Colin Powell***



**Christine Frances, MS, LAMFT  
Family Therapist**

I received a BA in Philosophy from Linfield College, Oregon and my MS in Mental Health Counseling from Minnesota State University, Mankato. I have completed basic EMDR training and am currently working toward EMDRIA certification in 2014. I am currently licensed as a Licensed Associate Marriage and Family Therapist with full licensure expected in 2014.

I have seven years of experience working with adolescents, adults and families in the chemical dependency field as a Certified Alcohol/Drug Counselor, Consultant and supervisor experience as an advocate in a domestic violence shelter. In addition, I have Usui Tibetan Reiki and Karuna Reiki, Master Level Healing and Classes since 2008.

In my leisure, I enjoy vegetable/flower gardening, movies, reading, and playing ragtime and Chopin. I have studied Spanish, walked the Frances Camino de Santiago de Compostela (Spain) in 2005, and volunteered as a hospitalera in 2010. In addition, it is my goal to walk the Via de Plata Camino in the next five years.



**Brenda Frye, PhD., LPCC  
Clinical Supervisor**

I am very excited to lead the wonderful clinical team at Leo A. Hoffmann Center! It is our goal to strengthen and continue to develop the clinical program as well as begin outcome and clinical research to demonstrate effectiveness and maintain an empirical basis for what we do.

I hold a Ph.D. in Clinical Psychology with both an adolescent and forensic focus from Palo Alto University, California. I have over 13 years experiencing working with individuals with sexual problems and/or who have committed sexual offenses. My clinical experience ranges from working as a therapist in Brooklyn, New York to San Francisco Bay area in California to youth work with programs in London, England. On my journey back to Minnesota, I worked with Hazelden conducting chemical and mental health assessments. I continue to be part of the clinical team with Alpha Human Services outpatient sex offender program. My clinical experience ranges from an adolescent inpatient psychiatric unit, community outpatient mental health

programs, in-school work with children and adolescents to job training programs as well as private practice work. In addition, I was part of a research team at the University of Minnesota, Department of Psychiatry developing a program to treat comorbid anxiety disorders and substance use disorders. I continue to publish peer reviewed research articles with this team.

In my leisure, I enjoy trying to keep up with my three children, spending time with my husband, exercising, being outdoors, watching sports, listening to live music and travelling.

## **St. Peter Counseling Center Out-Patient Services**

**S**t. Peter Counseling Center a Division of Leo A. Hoffmann Center, has been revitalized! We have hired a new out-patient therapist, Lindsay Boettger, MA, LPC, to assist the Dr. Brenda Frye with doing assessments and running out-patient groups. We have also expanded programmatically to provide evaluations, individual sessions and out-patient sexual behavior groups for adults.



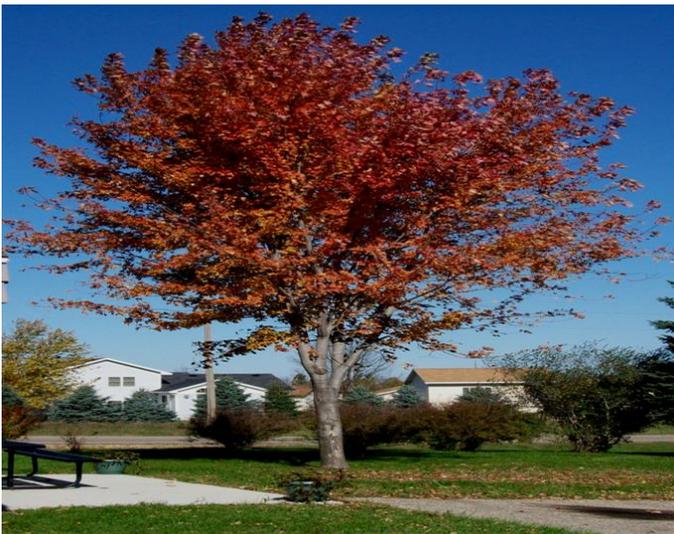
**Lindsay Boettger, MA, LPC  
Outpatient Therapist**

Presently, I hold a Master of Arts degree in Clinical Psychology with a dual diagnosis focus from Argosy University in Eagan, Minnesota, a division of the Professional School of Psychology. I am currently in the final stages of obtaining dual licensure in professional counseling and alcohol and drug counseling. I bring to Hoffmann Center a broad range of experience in assessment, diagnosis, and treatment of mental health and drug and alcohol related disorders. Additionally, I have extensive experience in treatment and programming with children who have Autism Spectrum Disorders, specifically with the use of behavior modification and Applied Behavior Analysis. My background includes providing therapy and skills training to children, adolescents, and their families. I approach therapy through a developmental and attachment based lens; however, I utilize several interventions and evidence based practices to ensure individualized care.



## Therapeutic Activities at Hoffmann Center

We are having a wonderful fun filled winter! With all the snow, the clients have had numerous opportunities to enjoy outdoor activities. The clients have especially enjoyed the cross country skiing and learning about the specific skills of waxing your ski's to learning how to propel themselves across snow covered terrain. The clients have been involved in various other activities this winter from visiting the animal shelter, therapy dogs on campus, to visiting the Mankato planetarium. Also, the clients have circuit training several times a week to develop basic muscle groups and teach some basic cardiovascular conditioning. The Recreation Coordinator has been busy coordinating all the events and activities to develop basic skill sets for team sports and leisure activities



**H**offmann Center is licensed by the Department of Human Services as a Rule 5 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** 57% of the per diem costs! Hoffmann Center does not bill for clients who are on straight medical assistance (counties 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 5 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.**