Dear Friends,

When we opened in 1954, we promised to serve everyone who walks through our doors. Year after year, we have kept that promise of equitable care for all — thanks to effective management, the generosity of our founders, and the gifts of every donor who understands the vital connection between mental health and overall well-being.

**Mental Health Care for All**

At Hamm Clinic, everyone is welcomed warmly. As one of our psychologists said recently, “When I came here, I noticed right away that each person — clients, students and staff — is treated with great respect. We take into account each client’s story and give them the attention and personal care they deserve.”

Last year, almost 40 percent of our clients were unable to pay for some or all of the cost of their care. Yet they — like every client — received the highest level of integrated services from our interprofessional team of psychiatrists, psychologists and social workers.

**Better Care through Research and Training**

Since its founding, Hamm Clinic has combined clinical care with research and professional training. More than 200 students of psychology, psychiatry and social work have learned side by side with our highly respected professionals. Every year we host a major conference and seminars for our peers.

Research is integral to our training program and to our evidence-based clinical practice. Each client’s progress is measured in real time and over the full course of their care, from initial intake through their last session.

We practice and teach holistically. Reducing symptoms of psychological distress are just one part of healing. Enhanced interpersonal relationships, improved ability to function well at work, school and play, and better overall quality of life are essential, too.

**Wellness Across the Community**

If individuals fall through the cracks of the health care system, Hamm Clinic is a safety net. We collaborate with primary care providers and others in the community to break down barriers to care and reach those who need us most.

Our team also works to reduce the stigma associated with mental health diagnoses. Throughout last year, staff members educated diverse community audiences about mental health and supported their total wellness.

**Gratitude from Our Clients and Staff**

Our sincere thanks to everyone who helped us complete another successful year serving St. Paul and the greater Twin Cities community. Together, we are changing lives for the better today, tomorrow and every day. Hamm Clinic is truly creating the future of mental health care.

*“There is no health without mental health.”*  
Henry Stokman  
Board President

Louisa D’Altilia, BA, MSW, LISW  
Executive Director

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**Hamm Clinic:**
- Provides access to quality care, no matter a person’s background or ability to pay
- Offers expert training to mental health professionals
- Champions mental health in our community
“Our team empowers clients to make major changes in their lives. Our guidance and support is key to alleviating symptoms and to healing.”

– Hamm Clinic nurse

“Mental health begins with a conversation.”
Thank You for Sustaining Our Mission  

**July 2017 through June 2018**

**$50,000 and above**
- Marie H. Ankeny Charitable Lead Trust
- Hamm Foundation Fund of The Saint Paul Foundation
- Hersey Foundation – Attn: Edward H. Hamm
- Margaret H. and James E. Kelley Foundation
- Northern Star Foundation – Attn: Edward H. Hamm
- Otto Bremer Trust
- Eloise and Carl Pohlid Family Fund

**$10,000–$49,999**
- Marie H. Ankeny Legacy Fund of The Minneapolis Foundation
- F. R. Bigelow Foundation
- George Family Foundation
- Hardenbergh Foundation
- Hubbard Broadcasting Foundation
- James J. Jordan Endowment for Psychiatry Fund of The Saint Paul Foundation
- Minnesota Association of Community Mental Health Programs

**$500–$999**
- Anonymous (1)
- Mary Barwise Estate
- Marilyn Brousard
- Annabelle Bush
- Dr. John and Bonnie Driggs
- Dr. Anne Gartley
- William C. and Ann Hamm
- Dr. Grace Hong
- Mary and Rev. Don Horner
- James G. Jordan
- Thomas and Diane Murphy
- Dr. Robert Nesheim and Marlys Johnson
- Roger Opp
- Catherine and Rick Plessner
- Dr. Christina Templeton Bonestroo

**$250–$499**
- Harriet Ankeny Chute and Dr. Edmund P. Chute Family Fund of The Minneapolis Foundation
- Richard and Pat Bourman

**$100–$249**
- Elizabeth Ahl
- Sally and Peter Anson
- Jacquelyn and Jack Chlebeck
- Rebecca Cooke
- Dr. Charme Davidson
- Toni de Rossier
- Dr. Antoni and Mrs. Sybil Diehl
- Mrs. Helen Diehl
- Charlotte Escher
- Dr. Paul Fehrenbach
- Amber Garlan
- Emilia Godinez and Bob Hindel
- Dr. Mari Ann Graham
- Beverly Harness
- Mary Ellen and Don Jaehne
- Dr. and Mrs. James LaFave
- Susan Lieberman
- Dr. Paul and Tara Mattessich
- Marge and Jim Mazzoni

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**“Mental health is essential to vibrant communities.”**

**$5,000–$9,999**
- Abigail and Kenneth Dawkins
- The Hamm Memorial Psychiatric Clinic Endowment
- Shawn Marie Hart-Eleanor Fitzpatrick
- Designated Fund of The Saint Paul Foundation / Shawn Marie Hart-Eleanor Fitzpatrick NFP Fund of The Saint Paul Foundation
- Lang Family Foundation
- The Minneapolis Foundation
- John and Eleanor Yackel

**$1,000–$4,999**
- Damon Anderson and Julia Loupe
- Bailon Family Foundation, Inc.
- Darlene and Dr. Richard Carroll Family Fund of The Minneapolis Foundation
- Edward H. Hamm
- Dr. James and Mary Ellen Jordan
- Dr. Deane C. Manolis & Nancy G. Manolis Charitable Giving Fund
- Jonathan and Martha Morgan
- Robert Roseborough
- The Philemon C. and Barbara Blanch Roy Jr. Fund of The Saint Paul Foundation
- The Paula Richey-Hamm Clinic Education Fund of The Saint Paul Foundation
- Henry and Sara Stokman
- Dr. Scott Yarosh

**Up to $100**
- Peter Mix
- John and Eunice Olson
- Mary Jane and Bruce Pappas
- Dr. Pat and Annette Patel
- Carol Quest
- Robert and Christine Salmen
- Byron and Connie Starns
- Mary Claire Wahlberg

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Please accept our sincere apologies if we omitted or misspelled your name. Notify us of corrections by calling 651-224-0614.
Access when it's needed. Last year we streamlined our intake process, eliminated our waiting lists and expanded our Spanish-speaking staff.

Treatment for the most complex cases. The number of client visits exceeded 10,000 in FY2018. Our integrated care teams helped 660 clients to address their mental health challenges. We provided assessment, therapy, psychiatry, medication management and social work services all in one location.

Outreach to the underserved. Everyone who came in our doors – including the 40 percent who were no pay or sliding fee clients – received the same high level of care.

Unparalleled clinical training and research. Students from across the U.S. competed for our highly coveted positions as social work interns, psychology interns, psychiatry residents and social work fellows. They and our mental health professionals work side by side, caring for clients and supporting research on evidence-based practices.

Shared learning in the community. Our annual conference featured Benjamin Lipton, LCSW, of the Accelerated Experiential Dynamic Psychotherapy Institute in New York. More than 125 mental health professionals participated, along with our co-sponsors from the University of St. Thomas and St. Catherine University.

Connection support groups. We teamed with NAMI Minnesota to begin offering free weekly recovery groups for adults living with any mental health challenge.

Total client wellness. We’ve built new community partnerships to create a safety net for those in need. From schools, to primary care clinics, to senior centers…we offer mental health information and consulting support.

“The experience and instruction that I have received through Hamm has made me a far more effective provider. This benefits not only my current clients but all the future clients that I will see throughout my career.” – Psychiatry resident

“Care should be accessible to everyone.”
“I was a mess when I first came here and now I feel like a completely different person. Everyone has been super nice to me and easy to talk to, which is not the case for me everywhere.”

– Husband, father, musician, and Hamm client