

HAMM CLINICSM



A NON-PROFIT MENTAL HEALTH RESOURCE

2010 ANNUAL REPORT

A MESSAGE FROM OUR BOARD PRESIDENT

Dear Hamm Clinic Friends,

Hamm Clinic has been serving the mental health needs of this community for well over five decades. We have shared this mission with our generous donors, volunteers, Board of Directors and many others whose partnership has helped to provide services for those in great need. We are profoundly grateful for your support.

Many of you know that former Executive Medical Director Dr. James Jordan retired after 25 years of service. Under his leadership, the clinic grew. We served more patients and launched new initiatives including the Training and Research Programs, each enabling us to reach more deeply within the community to address the needs of the mentally ill.

We anticipate many exciting developments at Hamm Clinic in the months ahead. We will revitalize efforts to connect with our partners in primary care, the hospital setting and community services. We will also seek opportunities to pursue strategic partnerships with other non-profits that will benefit the community. And as always, we remain committed to our work to erase the stigma and fear that surround mental illness, to preserve the dignity of our patients, and assist them to return to productive lives.

Your generosity allows us to meet these goals. With the changes in healthcare legislation, a fluctuating economic environment, and the shortage of mental healthcare professionals, we ask for your assistance to provide these essential services.

According to a recent Minnesota Council of Nonprofit Economic Conditions Report, **mental health organizations have experienced the greatest increase in demand for services.** Last year, our patients who asked for the "sliding-fee" program increased from 59% to 66%. Hamm Clinic is one of a few options for patients who cannot afford the full cost of care. Our ability to meet this need is directly related to your support; you provide a voice for those who have none.

Thank you for your compassion, your generosity and your service. There are so few resources for those with mental illness that the contributions you provide are invaluable and essential. You make a profound difference in the lives of our patients and inspire us to continue this critical work in the community. We welcome and invite your ongoing support.



Paul Mattessich, Ph.D.
Board of Directors President

Board Directory

2009-2010

David W. Allen, Jr.
Marilyn Broussard
Richard P. Carroll, MD
Victoria B. Coifman, Ph.D.
Abby Dawkins, LICSW
Edward J. Dirkswager, Jr.
Edward H. Hamm
Edward H. Hamm, Jr.
Jeremy T. Lang
Thomas J. Marr, MD
VICE PRESIDENT

Paul W. Mattessich, Ph.D.
PRESIDENT

J. Lawrence McIntyre
TREASURER

Jonathan H. Morgan
Kelley O'Neill

Roger Opp

Paula Richey

Kari Hubbard Rominski

Beth Sullivan
SECRETARY

Former Term

Roger K. Johnson

Cheryl Leuning

Susan Opsahl

FISCAL YEAR HIGHLIGHTS

July 1, 2009 - June 30, 2010

PROGRAM HIGHLIGHTS

- Served 955 patients and their families
- Provided 16,261 therapy sessions to individuals, groups and families
- Provided 1,700 therapy sessions and psychiatric services in Spanish
- 66% of patients were only able to afford care with the "sliding-fee" payment option
- Welcomed Interns, Fellows, and Psychiatry Residents to the Training program
- Presented "An Intersubjective, Self Psychological Approach to Couples Therapy" by Carla Leone, PhD. at the 2010 Annual Hamm Clinic Conference
- Concluded "Genomics Project" – a collaboration with Mayo Clinic to determine if genetic testing can help identify the "right" medication.
- Continued the "Right Question Project" – a collaboration with Harvard University and the University of Minnesota promoting patient self-advocacy
- Co-sponsored "Healthy People Make Healthy Communities" Health Fair Conference with the Landmark Center in October, 2009

OUR PATIENTS

- 50% of our patients have incomes below \$30,000
- 20% of our patients self report as non-Caucasian
- 10% of our patients are Spanish speaking and utilize the clinic's bilingual program



Jackie Chlebeck: Volunteer

“ When I first came to the clinic I felt like I was emotionally trapped. I couldn't change by myself. Now I feel that I am equipped to handle anything! ”

Former Patient

ELECTRONIC HEALTH RECORDS ON THE HORIZON...

After a year of research, Hamm Clinic selected a comprehensive electronic health record and practice management system early in the summer of 2010. The new system, NextStep Solutions, Inc. will be in place by early 2011. The system will track all client interactions, billing and scheduling, as well as support electronic prescribing.

Studies have shown the switch to electronic health records from paper records improves patient care by enabling the access of comprehensive, reliable, relevant, accessible, and timely patient information to each member of the healthcare team, whether in primary or secondary care and whether a doctor, nurse, allied health professional, or patient/consumer.



Hamm Clinic Front Desk Staff

What are the symptoms of depression?

NIMH – National Institute of Mental Health

- Ongoing sad, anxious or empty feelings
- Feelings of hopelessness
- Feelings of guilt, worthlessness, or helplessness
- Feeling irritable or restless
- Loss of interest in activities or hobbies that were once enjoyable, including sex
- Feeling tired all the time
- Difficulty concentrating, remembering details, or difficulty making decisions
- Not able to go to sleep or stay asleep (insomnia); may wake in the middle of the night, or sleep all the time
- Overeating or loss of appetite
- Thoughts of suicide or making suicide attempts
- Ongoing aches and pains, headaches, cramps or digestive problems that do not go away

Not everyone diagnosed with depression will have all of these symptoms. The signs and symptoms may be different in men, women, younger children and older adults.

“ Seeking help
isn't that easy...
it helps that
everyone there is
so nice and
helpful! ”

Former Patient

CONVERSATION WITH BOARD MEMBER JONATHAN H. MORGAN

Why do you serve on Hamm Clinic's Board of Directors?

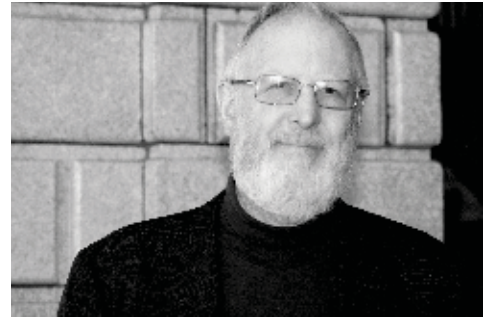
In recent years the Hamm Clinic Board of Directors has included a wide cross-section of members of the community. As a lawyer with a background in theology, I welcome the opportunity to serve on the board of a clinic uniquely equipped to provide mental health care to people regardless of their ability to pay. I also believe that it is important to join the effort to bring mental health care to the forefront of medical care and out of the shadows of the stigma which has plagued mental illness for too long.

What is significant about Hamm Clinic's Outreach into the community?

Hamm Clinic is becoming increasingly well-known for the high quality of treatment provided to its clients, and has been successful in persuading other health providers to refer patients to the clinic. The clinic is focused not only on treating mental illness, but also in helping people discern ways to sustain their mental health. For example, the clinic conducted a program on spiritual growth and mental health with Saint John's University, and programs on mental health and creativity through writing and music held at Gloria Dei Lutheran Church. In January, the clinic will be a community partner with the Bach Society of Minnesota in a music program at House of Hope Presbyterian Church. These programs have gathered together people in the community, mental health practitioners, artists, writers, musicians, educators, politicians, clergy and others who are interested in the relationships of mental health, spirituality and the arts, who want to learn and converse.

How has serving on the Hamm Clinic Board been rewarding for you?

The opportunity to work with dedicated colleagues through times of change and growth has been ennobling. And it has been gratifying to see the beneficial results of treatment. I am privileged to be able to tell the story of the clinic to others and to invite their support. My wife Martha and I are grateful to have the opportunity to support the clinic, and to do whatever we can to help sustain its future work.



Jonathan H. Morgan: Board Member



Without treatment the consequences of mental illness for the individual and society are staggering: unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide and wasted lives; **The economic cost of untreated mental illness is more than 100 billion dollars each year in the United States.**



National Alliance on Mental Illness

(NAMI)

COMMUNITY SUPPORT

(July 2009 - August 2010)

GIVING LEVELS

\$50,000 and Above

Anonymous (1)
F. R. Bigelow Foundation
George Family Foundation
Edward H. Hamm, Jr. (e)
Edward H. Hamm, (e)
Hamm Foundation Fund of The Saint Paul Fndn (e)
Hersey Foundation
Stanley and Karen Hubbard (e)
Hubbard Broadcasting Foundation (e)
Margaret H. and James E. Kelley Foundation
Eugene Monna Estate Gift

\$25,000 - \$49,999

The Ankeny Foundation
Dr. Michael L. Cesta and Dr. Lisa Fall *
Lang Family Foundation (e)
Northern Star Foundation
Paula and Walter Richey (e)

\$10,000 - \$24,999

Anonymous (1)
Shawn Marie Hart/Eleanor Fitzpatrick NFP Fund
of The Saint Paul Foundation
Huss Foundation
Hardenbergh Foundation
Jeremy and Michelle Lang (e)
Jonathan and Martha Morgan (e)
Nicholson Family Foundation - Richard & Nancy
Nicholson Fund (e)
Kari and Dan Rominski (e)
Beatrice and Lee Sinna (e)

\$5,000 - \$9,999

Anonymous (1)
David Allen, Jr. and Mary Allen (e)
Marilyn Broussard (e)
Abigail and Ken Dawkins (e)
Roger Opp and Patricia Hvidston (e)
J. Lawrence and Mary McIntyre (e)
The Paula Richey Education Fund of The Saint
Paul Foundation
Robert and Marjorie Roseborough (e)
The Watson Foundation of The Saint Paul Fndn
John P. and Eleanor Yackel (e)

\$2,500 - \$4,999

Anonymous (3)
Sally and Pete Anson**
Darlene & Richard Carroll Family Fund of the
MSP Foundation (e)
John Leddy (e)
Dr. Paul and Tara Mattessich (e)
Beth and Timothy Sullivan (e)
The Summer Fund
Vern Sutton (e)
Virginia A. Vogel

\$1,000 - \$2,499

Anonymous (1)
Gordon and Margaret Bailey Foundation
Baillon Family Foundation, Inc.
Lee and Beverly Harness (e)
Dr. Elizabeth T. Jordan and David Kett (e)
Dr. James Jordan and Mary Ellen Jordan**
Peggy and Terry Kingston
Dr. Thomas and Rita Marr (e)
Sharon and Richard Mrocek (e)
Dr. Robert Nesheim and Marlys Johnson (e) *
Kelley and Cindy O'Neill
Susan and David Opsahl (e)
Dr. William D. and Suzanne Payne
Dr. Jacques and Lydie Stassart
Martin J. and Karel Strandness
Paul and Carolyn Verret (e)

\$500 - \$999

Annabelle D. Bush (e)
William Cochran (e)
Suzanne Cummins (e)
Judy Dahill (e)
Dr. Antoni M. and Sybil Diehl
Ann Dieperink (e)
Edward and Dianne Dirkswager
Mary Rose and Frederick Goetz (e)
Dr. Maureen Hackett (e)
William and Anastasia Hoelt
Dr. Grace Hong (e)
Dr. Keith A. and Elizabeth Horton (e)
Julia Jordan and Douglas Unis
Roger and Pat Katzenmaier (e)
Thomas and Diane Murphy (e)
Catherine and Frederick Plessner
Fred and Linda Speece
Dr. Patricia Stark
Jean E. Thomson (e)
Emily Anne and Gedney Tuttle (e)
Unity Church - Unitarian
Adam V. Wahlberg (e)

\$250 - \$499

Anonymous (2)
Mary Androff and Gerald Monti (e) **
Jean P. Baker
Dr. John C. and Joan Buchanan (e)
Jay Bush and Peggy Rudberg*
Kimmie Clinton-Kearney (e)
Kathleen and Douglas Clock (e)
Robert and Nancy Cooley (e)
Emil and Mary Lou Fleischauer
Dr. Robert W. and Rosemary Geist (e)
Mary and Reverend Don R. Horner (e) **
Susan and Jackson Sell
Ann C. James
Bill and Theresa Jordan (e) *
Roger and Barbara Johnson (e)
William P. Jordan
Daniel and Patricia McInerney
Kirby and Anne Ogden
Greater Twin Cities United Way

\$100 - \$249

Anonymous (9)
David W. and Barbara Allen
Sally and Peter Anson*
Xan and Paul Banker
Hamilton and Sarah Baker-Ross
Pearl and Amanda Barner (e)
Thomas and Joan Barry (e)
Alexandra Bjorklund
Nancy and Richard Bottonff**
Richard and Pat Bourman
Kate and John Boyle
Dr. John and Andrea Brainard
Gerald Brennan (e)
Ronnie Brooks (e)
William T. Burt
H. Mead and June Cavert
Linda and John Champine (e)
Tom and Susan Christiansen
Sally Cole*
Elizabeth and Henry Cowie
Dr. John and Mary Delaney (e)
Mary Jean and John de Rossier (e)
Toni de Rossier
Benita and Eric Dieperink (e)
Joan Duddingston
Stephen J. Dwyer
Dr. John H. Driggs
Ann Ellwood
Carol M. Fuller
The Gabriel Foundation Inc.
Hilde and Stephen Gasiorowicz
Janette V. Grazzini-Cook (e)
Daniel and Courtney Grimsrud
Mark and Alison Halley (e)
Dr. Norman P. and Jane Hanson (e)
Dr. James Hart and Dr. Maureen Reed (e) *
Nancy and Richard Haskin

Gail Hartman*
Joyce Hennessy (e)
Pat Higgins (e)
Julianne Hinchliffe
Lawrence Johns*
James G. Jordan
Jennifer Loupe (e)
Thomas and Mary Kingston (e)
Michael and Paula Koshmrl*
Allan and Hella Lange (e) *
Anne Lowe (e) *
Robert and Susan Mantell
Corrine Marks*
Denise Marvinney*
Judith Marvy and Bevan Marvey
Alan and Michelle Mercer
John Mitello and Marilee DesLauriers (e)
John Molene
Dr. Gordon Mosser
James and Franchelle Mullin (e)
Nakashian-O'Neil (e) *
Arde Nicoloff*
Yvonne and James Nobles
Dr. Kevin M. and Barbara O'Connor (e)
William and Elinor Ogden
Ruth and Charles Ormiston
Patricia Pardee
Dr. William E. and Bohdana Perkins
Marden Petrie
River City Mental Health Clinic**
David Roseborough (e)
Jill Rowland
Phyllis A. Rusterholz
Sam Scher (e)
Susan Sethna**
Frank M. Shallene
Bess Swanson (e)
Dr. Christina Templeton and Otto Bonestroo (e) *
Frank Vogel**
Dana V. Vogen (e)
Linda Vukelich
Mary Claire Wahlberg (e)
James O. Wall, MD
Ngozi and Augustine Wamuo (e)
Mary and Stuart Weitzman
Richard and Lucy Wilhoit (e)

Up to \$100

Anonymous (4)
Susan Abderholden and Lee Keller (e)
AGTEK Farms**
Suzanne R. and Collin Alexander
Helen and Alan Anderson
John B. Baird*
Mary Barwise
Lisa Bauer
Betty Braem**
Chris Brown and Linda Zwicky
Gary and Robin Carlson
Barbara Chamberlin and David Daugherty (e)
Geraldine Chavis
Katarzyna Chojan
Rosella Collins-Puoch (e)
John and Peggy Couchman (e)
Liz Curran
Kate Daly**
Dr. and Mrs. Donald Derauf
Rosemary and Harrison Dilworth
James Dungan-Seaver
The Earle Company*
Patricia and Ron Eldred (e)
Thomas Fox**
Barbara O. Freeman
Audrey S. French
Amber Garlan
Anne R. Gearity**
Helen D. Gilbert**
Jean K. Godfrey
Sandra Gregoire
Dr. Joseph I. and Kathryn Hamel
Leo and Moira Harris
Dr. Pamela Henderson
Mark and Gay Herzberg (e)

Martha Hopeman**
Judy and Philip Hove
Julia Hupperts and Gerald Hupperts
Mary Ellen and Don Jaehne**
Alta S. Johnson
Dr. Julie Jordan (e)
Charles and Barbara Keffer
Liz Kelly
Nancy and Robert Martin*
James and Laura Miles
Ann Murphy O'Fallon**
Elisabeth S. Paper*
Anne Parker*
Susan Perkins**
Michael K. Popkin (e)
Jill Rabinovitz**
Rachel Richardson and Michael Deppe
Virginia Rovainen
Emily F. Seessel
Sandra Swami (e)
Janet T. Thomas
Marsanne Wallace and Paul Zoschke
Lloyd and Kari Wedel**
Joan Wernick*
Darcy Westermann
Michael Wilke
Elizabeth L. Wittenberg
Karen Woodward

Endowments

Hamm Clinic is pleased to announce the establishment of the Dr. James J. Jordan Endowment for Psychiatry. The endowment will:

- 1) support psychiatric services and
- 2) nurture psychiatric leaders and facilitate reform in outpatient mental health delivery system.

Hamm Foundation Fund of The Saint Paul Fndn

Paula Richey - Hamm Education Fund of The Saint Paul Foundation

Shawn Mari Hart/Eleanor Fitzpatrick Designated Fund of The Saint Paul Foundation

Jeanne Watson Fund of The Saint Paul Fndn

Volunteers

Jackie Chlebeck
Pat Higgins
Roxie Markie
Sharon Mrocek
Cathy Plessner
Bea Sinna
Adorene Stuhl

In-Kind Gifts

Sharon Mrocek
Timothy Dwyer
Jennifer Bisch
Amira Fernández
Nathalia Hauth
Ali Metzolf
Bea Sinna
Judy Hove

New Charitable Bequests

Eugene Monna Estate Gift

ESTATE PLANNING

Please consider including Hamm Clinic in your estate plans. Contact Liz Kelly—Associate Director of Development (651-224-0614)

(*) Includes "Tribute" or "In Memorium" Gift

(**) Includes "In Memorium" gift for W. David Bailey

(e) Includes Dr. James J. Jordan Endowment for Psychiatry Gift

CREDITS

Creative Director: Melissa Gacek, Creative Adrenaline
Photography: John Molene Media

HAMM CLINIC STATEMENT OF ACTIVITIES

Revenue and Support	2010	2009
Client Fees and Contracts	\$ 977,348	\$ 950,292
Seminar Fees and Other	19,704	23,768
Total Revenue from Services	997,052	974,060

Contributions and Endowment	1,795,730	1,692,347
Investment Income	34,408	12,354
Change in Value - Donor Designated Fund	886	(7,456)
Net Assets Released from Restriction	-	-
Total Revenue and Support	2,828,076	2,671,305

Expenses

Clinical Services	1,665,880	1,742,198
Training and Education	301,695	199,293
Research	70,257	69,103
Community Outreach	28,874	55,727
Administration	605,689	492,568
Fundraising	138,526	253,731
Total Expenses	2,810,921	2,812,620

Change in Net Assets from Operations	17,155	(141,315)
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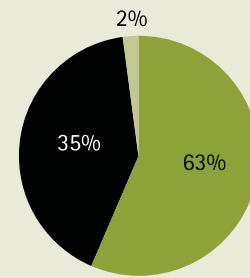
Non-Operating Change in Net Assets

Change in Long-Term Pension Obligation	129,344	(500,751)
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Change in Net Assets	146,499	(642,066)
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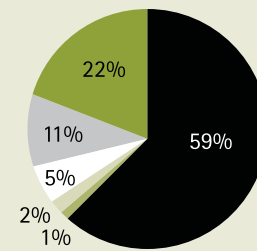
Net Assets - Beginning of Year	470,504	1,112,570
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Net Assets - End of Year	\$617,003	\$470,504
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REVENUE AND SUPPORT FY 2010
July 09-June 10

- Patient Fees and Contracts (35%)
- Seminar Fees - Interest (2%)
- Contributions and Endowment (63%)



EXPENSES FY 2010
July 09-June 10

- Clinical Services (59%)
- Training and Education (11%)
- Research (2%)
- Community Outreach (1%)
- Administration (22%)
- Fundraising (5%)

HAMM CLINIC



A NON-PROFIT MENTAL HEALTH RESOURCE

408 St. Peter Street, Suite 429
St. Paul, Minnesota 55102

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Hamm Clinic Contacts

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hamm@hammclinic.org

appointment desk

651-224-0614

mailing address

Hamm Clinic
408 Saint Peter Street, Suite 429
Saint Paul, MN 55102

Hamm Clinic's mission is to provide:

- * Quality, culturally competent outpatient mental health assessment and treatment for adults in our community, particularly the underserved and those unable to afford the full cost of care.
- * Expert training and education for mental health professionals.
- * Leadership in our community for effective mental health care.