

HDC HEADLINES

HDC's mission is to lead our communities by providing integrated, culturally respectful mental health and addiction services that foster hope, self-determination, and recovery. Our focus on serving those most in need improves the quality of life for all.

Volume 1, Issue 1

March 2009

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HDC IS AN
AFFIRMATIVE ACTION
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Mike's Story: "HDC Turned My Life Around"

Two years ago Mike's life was not much of a life. He was unable to leave his rented room due to severe anxiety, paralyzing depression, and painful flashbacks from his traumatic childhood. To cope he spent most of his time drunk, high, or in bed.

About a year ago, after six months of sobriety and motivated by his desire to reconcile with his three adult children, he found his way to HDC. His constant thought of putting a bullet in his head, combined with his inability to go out in public made him realize he couldn't do it alone.

"If it wasn't for HDC, I'd probably be dead," said Mike. With the help of an HDC therapist, advanced practice nurse, and mental health worker, Mike is doing better.

He credits the coping skills he's been taught, the medication he takes and the support he has received as helping him tremendously.

"Between Jim, Maija, and Melissa I finally feel like I have people I can trust and talk to. They really care and that's huge for me. I haven't had this kind of trust before," Mike said.



"If it weren't for HDC I'd probably be dead", said Mike

Even though he has worked very hard on his recovery, Mike knows that he has a long way to go. He recently set some goals for himself.

He said, "I want to have more than one good day in a row; get rid of my tenseness and panic attacks; go out in public somewhere on my own; not have any more flashbacks and nightmares; and to get out of bed every morning and feel like I want to get up because I have something to accomplish today."



Maija & Mike looking at a photo album of his family pictures.

HDC is proud to be helping Mike with his recovery.

His mental health worker, Maija, commented, "I enjoy working with Mike because I can see his desire to want to change. Deep down he knows he can do it. So do I."

All Douglas County HDC Services Now Under One Roof

HDC clients in Douglas County have something to cheer about—and so does our staff! Thanks to a very generous donation from the family of Jill Marcovich Bachinski, HDC was able to consolidate its Douglas County operations into one building.

A dedication ceremony was held on September 22, with nearly 250 people in attendance. The building, located at 1500 N 34th Street in Superior, is the former Community Services

Center and St. Francis South Nursing Home. It has been renamed the Jill Marcovich Bachinski Building.

For more information about Jill and her family, turn to the Feature on page 3.



The family of Jill Marcovich, HDC Staff, Chamber of Commerce and Mayor David Ross cut the ribbon at the dedication ceremony.

HDC Fact

The Mental Hygiene Clinic was established in 1938 by a small group of citizens from the Duluth area. The name was changed to Human Development Center in 1972.



“Accessible and affordable community mental health care is vital to the health of a community”
~Governor Doyle

Introducing the HDC Foundation

After 70 years of existence, HDC now has a Foundation. In order to ensure the future of our community’s mental health, the HDC board of directors established a foundation to provide financial support for community mental health services.

The HDC Foundation exists to support the mission of HDC and provide stewardship of the center’s assets.

Our goal is to create an endowment which will accrue interest that can be used to help support our services and fund important activities that we don’t otherwise receive funding for.

Examples of what the endowment fund will be used for include: educating our communities on the importance of identifying and seeking care for mental disorders; helping reduce the

stigma around mental illness; and allowing clients to participate in activities that will help them recover from their illness, renew their previous passions and interests and have increased self-worth.

Donate at:
humandevlopmentcenter.org

Mail Donations to:
HDC Foundation Office
40 Eleventh Street
Cloquet , MN 55720

Wisconsin Governor Jim Doyle Visits HDC



Wisconsin Governor Jim Doyle visited HDC’s Jill Marcovich Bachinski building on Friday,

February 20th, 2009. Governor Doyle scheduled the visit to highlight the importance of community based mental health care to Wisconsin.

Governor Doyle stated, “Accessible and affordable community mental health care is vital to the health of a community.”

He toured the new building with Executive Director, Jim Gruba; Foundation Director, Kim Matteen; and Toby and Sharon Marcovich.

Former HDC Foundation President and Superior resident Tom Wondolkowski said, “We appreciate Governor Doyle highlighting the importance and value of receiving mental health care in the community. Preserving and strengthening Wisconsin’s safety net for people with mental health issues is vital to the health of the state.”



HDC Executive Director Jim Gruba and Governor Doyle at HDC in Superior

Donate. Take a Self Assessment. Check Out Our Services.

Online at www.humandevlopmentcenter.org
and now on Facebook!

Search “Pages” for Human Development Center. Become a fan of HDC!



Family Honors Daughter by Helping Others

Toby and Sharon Marcovich's daughter Jill Marcovich Bachinski was diagnosed with paranoid schizophrenia in 1975. It was during her freshman year at the University of Wisconsin when she began hearing voices in her head that would drive her to plug her ears to try to stop them.

The Marcovich's were and are a close family. The revelation that Jill, who was a well liked, beautiful, artistic and talented girl, was diagnosed with schizophrenia was a surprise to everyone. She had a typical childhood and did not exhibit any symptoms of the illness until she left for college. She was able to attend college for one more year before moving back home for help and treatment.

"Her inner self never changed but her outward manifestation certainly did. It was difficult to see her deteriorate," said Toby.

Jill died in 2005 at age 49 from complications of the disease, but her parents made sure her

memory would live on. By generously donating \$225,000, Toby and Sharon Marcovich enabled the Human Development Center to consolidate their Douglas County operations into one building, and start a new program there called "Jill's Place".

Jill's Place, named for their daughter, is a drop-in center where people dealing with mental illness can come for socialization and support. After Jill was diagnosed, she began to feel isolated and alone. She lost her high school friends. She may have really benefited from this program. Sharon and Toby hope that they can help other people with mental health issues to not feel alone.

Sharon Marcovich said, "I hope it is a real social gathering spot for people who lost their old friends to make new ones."

Jill was a client of HDC and over the years the Marcovich's had built a wonderful relationship with the staff.

"They did so much for her.

They had wonderful support here... We just thought a lot of the program," Sharon said.

Through Jill's Place and by making their donation public the Marcovich's said they hope to bring more openness to the subject of mental health issues, as well as create a comfortable place for people to gather.

"A lot of people are already using Jill's Place," Sharon said, "That just makes me feel so happy."

If you would like to contribute to Jill's Place, please see the wish list on page 5.



Jill's parents, Toby and Sharon Marcovich in front of the Jill Marcovich Bachinski Building that their \$225,000 donation to the Human Development Center purchased.

"A lot of people are already using Jill's Place. That just makes me feel so happy."
~Sharon Marcovich

What is Schizophrenia? Signs and Symptoms:

According to the National Institute of Mental Health, Schizophrenia is a severe, chronic and disabling brain disorder that affects about one percent of Americans a year.

Victims of Schizophrenia may believe they are hearing voices, broadcasting their thoughts, or that others are plotting against them. These experiences make having relationships with others difficult and can cause the person experiencing them to become frightened and withdrawn.

Symptoms usually emerge in men in their late teens and early 20s, and in women in their mid-20s to early 30s, although the illness can be present even before birth.

Symptoms of Schizophrenia fall into three categories: Positive, Negative, and Cognitive.

Positive symptoms include unusual thoughts or perceptions, hallucinations, delusions, thought disorders, and disorders of movement.

Negative symptoms are a loss or decrease in the ability to initiate plans, speak, express emotion, or find pleasure in everyday life. These can often be mistaken as laziness or depression.

Cognitive symptoms are problems with attention, certain types of memory, and the executive functions that allow us to plan and organize. These are the most disabling in terms of leading a normal life.

For more information visit: www.nimh.nih.gov

"Approximately 2.4 million American adults, or about 1.1 percent of the population age 18 and older in a given year, have schizophrenia"
~National Institute of Mental Health

HDC is Here for the Community. Will You Help Us?

“As our economy continues to erode, the demand for our care will increase, as will the number of people without insurance or who have high deductibles that they can’t afford.”

~Jim Gruba,
Executive Director

HDC
Crisis Line
Minnesota
1-800-634-8775
Wisconsin
1-800-924-0772

Times are tough-real tough.

At HDC we are very concerned about our community members who are experiencing financial difficulties due to a foreclosure, job loss, health emergency, or other unfortunate situation. The stress will undoubtedly contribute to a mental health crisis for some.

We expect that the number of new people we will be serving will substantially increase in 2009. We also expect that many of them will have difficulty paying for their care.

Here are some things HDC is doing to serve those most in need:

- Free crisis number available 24/7 for mental health emergencies

- Daily set-aside crisis appointments at our clinics- regardless of your ability to pay
- Free mental health screenings are provided at humandevlopmentcenter.org
- For those without access to affordable health care coverage, a sliding-fee schedule is offered to residents of the five counties we serve. It is based on family size and income.

Here’s how you can help:

- Financially support HDC’s services if you are able and encourage others to support our mission.
- Educate yourself about mental health concerns. Understand depression, anxiety, post-traumatic

stress disorder and suicide, among others. www.nimh.nih.gov is a great resource.

- Know what to do in a mental health emergency.
- Encourage people to get help. There’s no need to suffer in silence.
- Provide support to someone you know who is struggling.
- Listen, go for a walk, have coffee, enjoy a movie together.
- Take care of yourself. Encourage exercise, good nutrition, and adequate sleep. Avoid alcohol and drug use.

Take Your Car to Thatcher’s Auto Center and Support the HDC



Thatcher’s Auto Center, located at 5810 Tower Avenue in Superior is partnering with the HDC Foundation in 2009.

For every **HDC Oil Change**, Thatcher’s will donate \$10.

Need repairs done? Your **HDC Parts and Labor** will result in a 10% donation.

For every **HDC Tire** sold \$2 will be donated.

Call (715) 394-2886 to make an appointment or go online at www.thatcherauto.com to learn more.

Be sure to **mention HDC**. HDC will only receive the donation if the customer asks for it. Thank you, Thatcher’s!



Tell Them HDC Sent You

Bring your vehicle to Thatcher’s Auto Center in Superior and support HDC’s mission at the same time!

Support HDC Clients by Donating to Our Wish List

Outreach Center, Cloquet

- Wii System & Games
- Board games
- Mental Health related books
- “Stop Walking On Egg Shells” book and workbook by Mason & Kregor
- Magazine subscriptions
- DVDs

Harmony Club, Duluth

- 12-15 Passenger van
- Custom living room window blinds and curtains
- Arts & crafts supplies
- Game storage Cabinet
- DVD movies
- Decks of cards
- 25-35 stackable chairs

Harbor House,

Two Harbors

- Wii Game System
- Wii games & accessories
- Large screen TV
- CD Player
- Toaster oven
- 2 large area rugs

Consumer Resource Center, Grand Marais

- Play therapy items
- Therapeutic games
- Arts & craft Supplies
- Agate polishing materials
- Snowshoes
- Printer/Printer ink
- DVD player
- Boom box
- Books
- Videos/DVDs

Jills Place, Superior

- Wii games & accessories
- Magazine subscriptions
- Books on mental health
- Snacks

Faxon House, Superior

- Living room furniture
- Bedroom furniture
- Dressers
- Artwork
- Magazine subscriptions
- Movie passes
- Tickets to special events

Chemical Dependency Residential Treatment Center, Superior

- Commercial grade furniture— chairs, couches, loveseats, dressers & end tables

Duluth Homeless Project

- Bus passes
 - Money for medical co-pays, laundry, personal & hygiene needs
 - Phone cards
 - Bottled water
 - Adult sized gloves and socks
- ### Agency Wish List
- Exterior automatic door openers for Jill Marcovich Bachinski Building, Superior
 - Flat panel computer monitors
 - Digital camera for Foundation office

Any of these items would be greatly appreciated! If you are interested in donating please contact:

Kim Matteen
Director of Development
Human Development Center
40 Eleventh Street
Cloquet, MN 55720
(218) 879-4559 Ext 126
Foundation@hdchrc.org

HDC Fact

As a non-profit 501(c)3 organization, your donations to HDC are tax deductible.

Thank you for your past contributions to HDC's Wish List!!

Ordean Middle School Hat & Mitten Drive Benefits HDC's Homeless Project

Clients of HDC's Homeless Project received warm holiday wishes thanks to the students and staff at Duluth's Ordean Middle School.

Over 650 hats, mittens, gloves, and scarves were collected and presented to the HDC Homeless Project Staff last November. Peter Froehlingsdorf, Ordean Middle School Teacher, and his class coordinated the school's efforts.

"Being able to give to our community at this time of year or at any time of the year is very

important. Ordean students really care and this hat and mitten drive was a way to be able to reach out to those in need," Froehlingsdorf said.

HDC's Homeless Project Supervisor Dan Peterson said, "We are overwhelmed with the generosity of these kids! These items are very much needed and appreciated by our clients. What a great thing to do!"

HDC's Homeless Project offers case management and housing support services to individuals who have a mental illness and are

currently homeless, chronically homeless, and those at risk of becoming homeless. Thanks very much to all those who helped out!



Ordean Middle School Children gathering hats and mittens to donate to HDC's Homeless Project.

Thanks to Our Special Event Business Supporters!

Douglas County Employee Appreciation Picnic

Amazing Grace Bakery, Applebee's, Bead Harbor, Birch Street Gifts, Campbell's Do-It Center, Cold Stone Creamery, Duluth Pottery, Embers, Grandma's Restaurant, Guadalajara Mexican Restaurant, Jitters, J-Skylark, Olive Garden, Pizza Luce', Regis Salons, Rocky Mountain Chocolate Factory, Schmitt Music, Sivertson Gallery, Super One, Tires Plus, and Trailfitters.

Saint Louis County Community Support Program (CSP)

Holiday Party Amazing Alonzo, Angela's Bella Flora, Anytime Fitness, Blackwood's Restaurant, Chester Creek Café, Chinese Garden, Cirrus, Deluxe Coney Island, Duluth Omni Max Theater, Duluth Transit Authority, Esterbrooks & Associates Salon, Falk's Pharmacies, Grandma's Restaurant, India Palace, Olive Garden Restaurant, Pizza Luce', Positively 3rd Street Bakery, Quizno's Sub, Sam's Club, Sammy's Pizza, Sappi Fine Paper, Slumberland, SMDC, Stauber & Lien, Wal-Mart, Wendy Little. Whole Foods Co-op.

Outreach Center Spaghetti Dinner Fundraiser

Carlton VFW Post 2962, Cub Foods, Moosehorn Framing and Gallery, Lambert's Truck and Auto Accessories, Upper Lakes Foods, Wal-Mart (Cloquet).

Dedication of the Jill Marcovich Bachinski Building

All Star Awards & Gifts, Duluth News Tribune, KQDS Fox 21 News at 9, KUWS, Northland's News Center, Eskomo Pizza Pies, Graphic Technologies, Ray Riihiluoma, Inc., Superior-Douglas County Chamber of Commerce, Superior Telegram, Thompson Rental.

**Did You Know That HDC Can Accept Your Donations Through Our Website?
Check It Out! www.humandevlopmentcenter.org**

Thanks to Our Wonderful Community Volunteers!

Thank you for your time and dedication! Without your support we wouldn't be able to give the quality service to the communities that we serve!

Outgoing Board Members

Annie DeBevec
Mitzi Doane
Gordon Ramsay
Tom Wondolkowski

Outreach Center

Janet Adkins
June Galatz

Jill's Place

Kate Maki
Danette Watkins

Foundation

Bob Nelson



Our Shining Stars! HDC Staff Achieve Educational Goals



Dr. Steven Sutherland

In December of 2008, Dr. Steven Sutherland graduated from a year long Psychiatric Leadership Development Program offered by The

National Council for Community Behavioral Healthcare.

Dr. Sutherland is a child, adolescent, and adult psychiatrist at HDC, and continues statewide work in his role as President of the Minnesota Society for Child and Adolescent Psychiatry.



Dr. Peter Miller

On January 12, 2009, Dr. Peter Miller was awarded Subspecialty Certification in Behavioral Neurology and Neuropsychiatry by the United Council for

Neurologic Subspecialties. Only 102 people nationwide have qualified in Neuropsychiatry in the past two years.

Dr Miller is the Medical Director of HDC. He is Certified and a Fellow in Psychiatry of the Royal College of Physicians of Canada, and is a Fellow of the American Psychiatric Association.



Dr. Anita Schlank

In April of 2008, Dr. Anita Schlank received her Diplomate in Forensic Psychology from the American Board of

Professional Psychology.

She is the only psychologist in northern Minnesota to have achieved this advanced board certification in forensic psychology.

Dr. Schlank is the Director of Forensic Mental Health at HDC.

HDC Thanks Our Generous Donors

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Memorial and Honor Gifts

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The Family of Brett Wermter

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Del & Jeanne Case

Casey Ladd

John & Pam McGinley

Dr. Jane Maddy

Mike & Marta Maddy

Toby & Sharon Marcovich

Abbot Apter
Allan Apter & Brenda Ion

Brian Midbon

Joyce Littler

*Every effort has been made to ensure accuracy. If you note an error or omission, please accept our apologies. Please notify us of changes by calling Kim Matteen at 218-879-4559 ext 126.



Main Office:

1401 East First Street
Duluth, MN, 55805
Phone: 218 728-4491

215 North Central Avenue
Duluth, MN 55807
Phone: 218 624-5683

1730 East Superior Street
Duluth, MN 55812
Phone: 218 728-5192

40 Eleventh Street
Cloquet, MN 55720
Phone: 218 879-4559

Outreach Center
24 Tenth Street
Cloquet, MN 55720
Phone: 218 879-0303

629 First Avenue
Two Harbors, MN 55616
Phone: 218 834-5520

1807 West Highway 61
Grand Marais, MN 55604
Phone: 218 387-9444

1500 North 34th Street
Superior, WI 54880
Phone: 715 392-8216

Serving Those Most In Need

Enjoy Our First-Ever Issue of “HDC Headlines”

Inside you will find the latest information on the many programs of HDC.

We hope you will keep the needs of HDC and our clients in mind.

HDC Foundation—Page 2

Jill’s Place—Page 3

How to Help—Page 4

Thatcher’s Auto Center Offer—Page 4

Wish List—Page 5

Memorial & Honor Gifts—Page 7

Donation Envelope Enclosed

This newsletter can be emailed to you. To request a PDF version of “HDC Headlines” send your name, mailing address and email address to Foundation@hdchrc.org. HDC never sells or shares the contact information of its supporters. You can help us save trees and money by doing this.



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Cloquet, MN 55720

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Duluth, MN

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website? Visit [www.
humandevlopmentcenter.org](http://www.humandevlopmentcenter.org)

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about us, please pass this issue
of HDC Headlines on to
someone who might be
interested in learning more
about HDC and our work.

To be added to our mailing list,
email Foundation@hdchrc.org
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ing address, and email address.