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childhood matters - spring 2017 newsletter

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# GOLF, WINE AND BREW *Celebration*

*featuring comedian Bill Arnold*



MONDAY JUNE 12, 2017

HELP CHILDREN REALIZE HOPE

THE MINIKAHDA CLUB  
MINNEAPOLIS, MN

Join us in support of children's mental health at **Washburn Center's Golf, Wine and Brew Celebration** featuring comedian **Bill Arnold**.

Enjoy a day on the course at the beautiful Minikahda Club. After the tournament, the community is invited to join us for an evening highlighting tastings of wine and Minnesota craft beer. The evening features a dinner, both live and silent auctions and local comedian Bill Arnold, one of the authors and original cast member of the hit comedy **Triple Espresso**.

Monday, June 12, 2017  
The Minikahda Club

For more information about sponsorship opportunities or tickets to the evening celebration visit [washburn.org/celebration](http://washburn.org/celebration) or contact Liz Jones at 612.872.3316 or [ljones@washburn.org](mailto:ljones@washburn.org).



# a powerful encounter leads to a donor's lasting impact

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It's an image firmly planted in Jamie Hanson's memory.

As she volunteered to help prepare for a Washburn Center fundraising event, she saw a child brace his hands on the hallway and yell, "I don't want to go. I don't want to leave Washburn."

In that moment, "I was so grateful that Washburn Center is a safe haven for kids," said Hanson, Executive Director of the Acorn Foundation. "And, I was proud to support the mission."

Hanson has thought a lot about that experience over the last four years – and it's driven her to action.

Believing in the importance of mental health, her family's foundation has generously donated winter clothing, volunteered, sponsored The Washburn Games and supported the internship program.

## a lasting investment

The family is in the third year of sponsoring **The Acorn Foundation Fellowship**, which supports a psychologist-in-training as he or she learns the best practices of children's mental health during their post-doctoral psychology fellowship.

"The intelligence and compassion of these therapists is inspiring," Hanson said. "Our support is a long-lasting investment in therapists and in the mental health services they will provide for the rest of their life."

The Acorn Foundation's support is not only an investment in the future, but in children who seek help today.

"I put myself in the child's shoes, and I get highly empathetic," Hanson explains. "I'm grateful Washburn Center's a place that helps kids at such a young age."





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Jamie Hanson joins in the fun with Saint Paul Saints Mascot, Mudonna while volunteering at the Washburn Games



"We believe the training that therapists learn at Washburn Center will help them make the greatest impact with their work."

— Jamie Hanson



# meet Washburn Center's new CEO, Tom Steinmetz



Tom Steinmetz, CEO

**You've worked at Washburn Center for 21 years and have a proven commitment to our mission. What keeps you inspired?**

I'm inspired by the courage, resilience and transformation I see in the children and parents who come here, the dedication and expertise of our staff and the compassion of our donors.

Life can be rough some times. We can't always prevent that, but we can help kids and parents when they are going through a tough time. As a parent of three children, I can relate to the parents who walk through our doors. They want the best for their children.



Every parent wants to see their child be happy and healthy. Seeing how Washburn Center changes their life keeps me inspired.

**How do you describe your leadership style?**

Mission focused, growth oriented, curious and inclusive.



**What key lessons have you learned as Washburn Center's COO? How will you apply that in your new role?**

Staying true to our mission is first and foremost. I continually ask, "Is what we're doing today advancing the mission and consistent with it?"

Washburn Center has stayed committed to our mission as a children's mental health service provider through good times and bad. Keeping that integrity, focus and clarity has been enormously beneficial in the long run. As CEO, I'll uphold our core mission while growing and expanding how we realize it.



## Tom Steinmetz (continued)

### What are the agency's key strengths that will help Washburn Center move forward?

Our people and their commitment to supporting children's emotional health will propel us forward. Our skilled staff, amazing interns and generous donors and volunteers — their dedication and the relationships they create are the strength behind Washburn Center.

The work we do is all relationship based. Therapy, healing and transformation happens through relationship, and that takes two people, or 10 or 200 — all working together with a common purpose.

### Tell us one thing we probably don't know about you.

I'm an avid bicyclist. I compete in several races all year round with my son, who leaves me in the dust every time.

Read an extended Q&A with Tom online at: [www.washburn.org/tomQ&A](http://www.washburn.org/tomQ&A)



## a new program for quick access to care

Designed to decrease wait times for child therapy sessions, Washburn Center for Children recently launched the **Quick Access** program in partnership with Medica.

The Quick Access program supports children experiencing mild mental health challenges or situational life stressors. It provides a brief mental health assessment and access to clinical care for kids ages 5-17 who can benefit from short-term therapy intervention (up to six sessions).

“When a child experiences a mild mental health issue, we want to provide quick, short-term mental health care before their challenges become larger,” explains Dr. Rachael Krahn, Washburn Center’s Associate Clinical Director of Outpatient Services. “With this partnership and program we will be able to better meet a community need.”

The program aims to reduce the amount of wait time it takes for children and families to receive help with mild mental health challenges or situational life stressors. Currently Quick Access services are only available to families who are enrolled with Medica Insurance.

Learn more about Quick Access: [www.washburn.org/quickaccess](http://www.washburn.org/quickaccess) or if you are interested in services contact Mardi Shanahan at 612.400.6859.



# Training Institute expands to China and Japan

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With an ongoing commitment to expand its children's mental health trainings, Washburn Center's Training Institute now has an international presence.

Psychologist Dr. David Hong, a trainer through the United Health Foundation Training Institute at Washburn Center, will travel to China and Japan in June to train therapists in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).

Mental health therapy is still emerging as an accepted form of care in China, explained Dr. Hong.

This partnership will equip Chinese clinicians with a proven treatment method as they forge a new frontier for children's mental health treatment. TF-CBT is an evidence-based treatment that helps children, adolescents and caregivers overcome trauma-related experiences such as child sexual abuse, domestic violence and loss.

Last year, Dr. Zhiyong Qu from Beijing Normal University attended a training at Washburn Center, and then secured grant funding to bring TF-CBT training to China.

Since launching in 2014, the Training Institute has provided children's mental health training and consultation to 1,299 students and clinicians in 30 states — and now internationally.

The Training Institute seeks to enhance the emotional health of children and families by increasing training opportunities for professionals working with children.