

2021 Ramsey County Mental Health Center Group Schedule

****Group Currently on Hiatus****

Hamline Library Group – A drop-in support group for people who are struggling with a variety of mental health issues, such as depression, anxiety, Bipolar Disorder, OCD, PTSD, etc., This group is informal and participants can remain anonymous. The goal of the group is to connect people experiencing mental health issues and help them gain social support.

Location: Ramsey County Mental Health Center

Time: Tuesdays from 1:00-2:00

Facilitator: Adrienne Prehatney, 651-266-7971

****Group Currently on Hiatus****

Men Moving Forward – This group helps adult men process situations occurring in their lives in addition to developing problem-solving strategies to promote self-acceptance and confidence in their ability to manage stress.

- Individuals interested in attending this group who do not have a Comprehensive Evaluation will need to complete one through the Welcome Center at 651-266-7890. Once this evaluation is complete, an in-house referral will be sent to the group's facilitator. Internal referrals can be completed through the electronic health record.

Time: Wednesdays from 1:00 PM - 2:30 PM

Location: Ramsey County Mental Health Center, Room 253 – 1919 University Ave W. Ste 200, St. Paul, MN

Facilitator: Terry Stepaniak, 651-266-7933

****Group Currently on Hiatus****

Transition Group – This group will be focused on managing the stress that occurs when life circumstances may shift and change. It will be focused on processing the change in addition to building skills to manage those circumstances.

- Individuals interested in attending this group who do not have a Comprehensive Evaluation will need to complete one through the Welcome Center at 651-266-7890.

Updated 3/23/2021

Once this evaluation is complete, an in-house referral will be sent to the group's facilitator. Internal referrals can be completed through the electronic health record.

Time: Monday from 1:00 PM - 2:30 PM

Location: Ramsey County Mental Health Center, Room 251 – 1919 University Ave W. Ste. 200, St. Paul, MN

Facilitator: Terry Stepaniak, 651-266-7933

Stepping Stones Recovery Group – This group is focused on developing a deeper understanding of self and how that relates to the relationships developed with others. The group will explore topics such as social skill building, resources in the community that offer opportunities to develop friendships and having a space to share personal stories.

- Individuals interested in attending this group who do not have a Comprehensive Evaluation will need to complete one through the Welcome Center at 651-266-7890. Once this evaluation is complete, an in-house referral will be sent to the group's facilitator. Internal referrals can be completed through the electronic health record.

Time: Group runs Fridays from 2:00 PM to 3:00 PM

Location: Currently virtual only

Facilitators: Desi Baker 651-266-7904 and Tameka Thomas 651-266-7964

****Group Currently on Hiatus****

Hmong Men Depression Group – An ongoing supportive, educational group for Hmong Men to provide a place to share and talk about their problems, mental health issues related to culture, the use of shaman and alternative “cures”. Living with mental illness can be a source of both frustration and growth. In this group, clients will learn ways of dealing with issues that arise from the stigma of a mental health diagnosis and find a place of support. Clients will share their own ways of keeping well, getting support in the community, and moving forward with hopes and dreams for the future. The process includes check-in, an educational presentation, open time for discussion of personal issues, and check-out.

- Individuals interested in attending this group who do not have a Comprehensive Evaluation will need to complete one through the Welcome Center at 651-266-7890. Once this evaluation is complete, an in-house referral will be sent to the group's facilitator. Internal referrals can be completed through the electronic health record.

Time: Tuesdays from 11:00 AM – 1:00 PM.

Location: Ramsey County Mental Health Center, Room 274 – 1919 University Ave W. Ste. 200, St. Paul, MN

Updated 3/23/2021

****Group Currently on Hiatus****

Garden Group – This group focuses on ways to help improve our overall health and wellness. Group members have the opportunity to work in a community garden plot and take home produce.

Location: Ramsey County Mental Health Center 1919 University Ave W. Ste. 200, St. Paul, MN

Time: The garden group meets multiple times each week during the summer months. Members can decide which days they attend. Contact the clinic for more information.

Facilitator: Emily Ratzmann 651-266-7929.

Men's Empowerment Social Group- This is a social group designed for African American men which will provide an opportunity to discover a deeper sense of who they are as a black man. The group will explore topics such as personal relationships, racism and its impact on well-being, current events that may impact daily functioning, and share resources available in the community. This group is intended to provide a safe and non-judgmental environment where participants can speak freely about the challenging and, at times, traumatic topics facing African American men today.

- This is currently an open group. Attendees do not have to be clients of or affiliated with RCMHC. Attendees will be required to meet individually with one of the facilitators before joining the group.

Location: The Ramsey Room at Ramsey County Mental Health Center 1919 University Ave W. Ste. 200, St. Paul, MN

Time: Group runs Thursdays from 11:30-12:30.

Facilitators: Tameka Thomas 651-266-7964 and Brittany Taylor 651-266-7931.

Adult Day Treatment- New Day and New Perspectives- These groups are for clients experiencing acute mental health symptoms and need a higher intensity of services than once a week individual therapy. The staff in these groups include mental health professionals, mental health practitioners, occupational therapists, and peer support specialists. Groups focus on processing symptoms, developing coping strategies to help manage symptoms more effectively, and create social connection with others experiencing similar issues.

Location: All groups are currently meeting via telehealth.

Time:

New Perspectives: Monday, Tuesday, and Thursday, 9:00 AM -11:00 AM

New Day: Monday, Tuesday and Thursday from 1:00 PM to 3:00 PM

Individuals interested in attending this group will need to complete a Comprehensive Evaluation. Once the evaluation is complete, an in-house referral will be sent to the group facilitators. External referrals can complete the [Ramsey County Referral Form.docx](#).

Facilitators:

New Perspectives: Jeff Maciej, Jeanne Lins, Desi Baker

New Day: Alexis Simmons, Debbie Hill, Adrienne Prehatney, Desi Baker

Group is on Hiatus

PHP (Partial Hospitalization Program)- An Intensive Outpatient Program for clients who were recently hospitalized or at risk of hospitalization due to mental health symptoms. The group focuses on symptom management, insight development, relationship building, and psychiatric stabilization.

Location: Ramsey County Mental Health Center, 1919 University Ave W. Ste. 200, St. Paul, MN

Time: Monday through Friday, 9:00 AM to 3:00 PM

Individuals interested in participating in this program need to be referred from a hospital or be recently released from the hospital. The client will go through an intake and evaluation with the group facilitators.

Facilitators: Jeff Maciej, Jeanne Lins, Dr. Alex Stegeman, and Adrienne Prehatney

CORe (Adult Co-occurring Recovery)- The CORe group will be run by a mental health professional and a licensed alcohol and drug counselor, along with support from a clinic nurse, peer specialist and occupational therapist.

Location: This group is currently being facilitated on a telehealth platform, though in-person support is available upon request.

Time: Monday, Wednesday and Thursday from 9:00 AM to 11:00 AM.

Individuals interested in participating in CORe must complete a Comprehensive Assessment. In-house referrals for Comprehensive Assessments can be completed through the electronic health record. External referrals can contact group facilitator, Tenzin Dolsel at 651-266-7876 or complete the [Ramsey County Referral Form.docx](#).

Facilitators: Tenzin Dolsel, Rod Golden, Debbie Hill, and Adrienne Prehatney

Updated 3/23/2021

Y-CORE (Youth Co-Occurring Recovery Program)- Y-CORE is an Intensive Outpatient Mental Illness and Chemical Dependency Treatment Program (Integrated Dual Disorder Treatment - IDDT) licensed under Rule 31 designed for adolescents 13 to 19 years old. Y-CORE is a voluntary program but can serve those court-ordered to treatment. Family participation is strongly encouraged. The group is facilitated by a mental health professional and licensed alcohol and drug counselor.

Location: Ramsey County Mental Health Center, 1919 University Ave W. Ste. 200, St. Paul, MN 55104.

Time: Start date has not been determined, but the program is accepting referrals.

Group sessions are Monday and Wednesday from 3:00 PM to 6:00 PM. Individual and family sessions can be scheduled outside of group session hours.

Individuals interested in participating in Y-CORE must complete a Comprehensive Assessment. In-house referrals for the assessment can be completed through the electronic health record. External referrals can contact the group facilitator, Danny Hicks at 651-266-7928 or complete the [Ramsey County Referral Form.docx](#).

Facilitator: Danny Hicks

Completing a Comprehensive Evaluation – Please ask your social worker, therapist or counselor to complete this evaluation/diagnostic assessment for you. If you do not have a social worker, therapist, or counselor, please make an appointment to see a therapist through the Ramsey County Welcome Center located @ 1919 University Ave W, 2nd Floor, St. Paul, MN. Phone: 651-266-7890.

- ❖ **Welcome Center Walk-In Hours:** Monday through Friday from 8 AM – 3:30 PM. Please call ahead to ensure availability of service providers.
- ❖ **Insurance & Payment:** Ramsey County Mental Health Center takes all forms of insurance and/or offers a sliding fee scale based upon income.