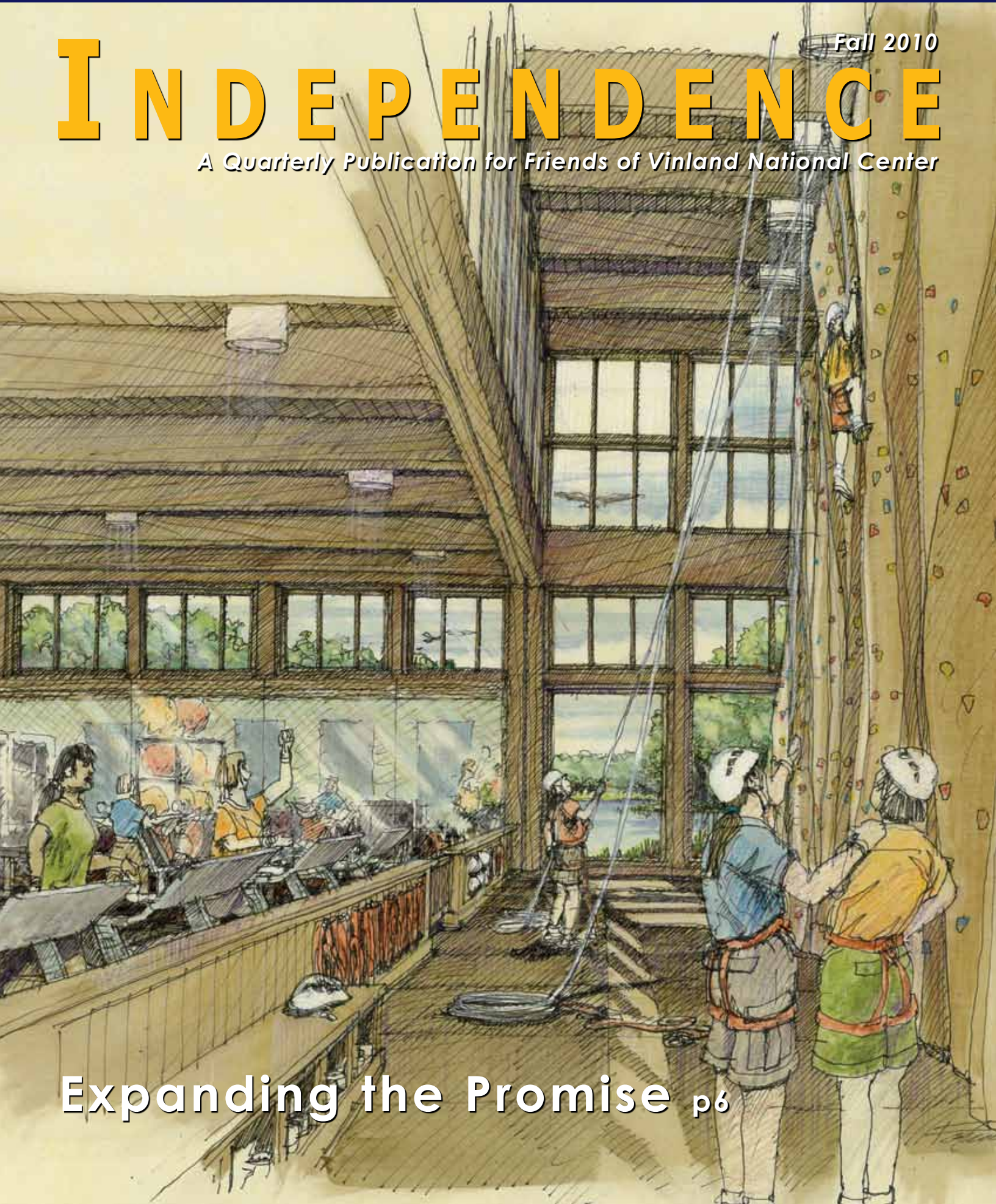


Fall 2010

# INDEPENDENCE

*A Quarterly Publication for Friends of Vinland National Center*



Expanding the Promise p6

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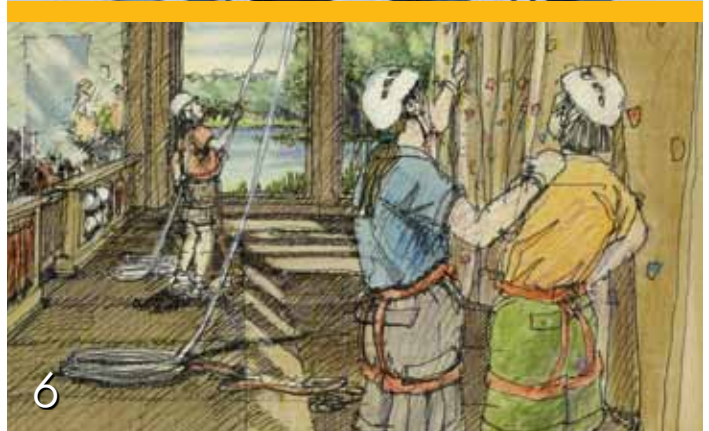
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# Distinguished Guests

## Letter from Vinland's Executive Director

During the past several months, we have been fortunate to host a number of distinguished guests at Vinland.

A large group visited from the Federal Recovery Coordinators Program. This program is a coordinated effort between the Department of Veterans Affairs, the Department of Defense and the Department of Health and Human Services.

Norwegian guests included Roger Andresen, Deputy Police Chief of Oslo; Ambassador Rolf Willy Hansen, Norway's Ambassador to Syria and former Norwegian Consul General in Minneapolis and his wife, Ingeborg Sundet; Steinar Opstad, PhD, founder of the American College of Norway program; and Sverre Mørkhagen, a Norwegian author and journalist.

We hosted John D. Corrigan, PhD, ABPP, Director, Division of Rehabilitation Psychology, Department of Physical Medicine and Rehabilitation, Ohio State University Medical Center and Founder and Director, Ohio Valley Center for Brain Injury Prevention and Rehabilitation and TBI Network; Susan Wagner, Program Administrator, North Dakota Department of Human Services-Mental Health and Substance Abuse Program; and Landon J. Feil, Vice President of Brain Injury Services, HIT Inc., Mandan, North Dakota.

Visitors from the University of Minnesota Center for Spirituality & Healing included Mary Jo Kreitzer, PhD, RN, FAAN, Professor, Founder and Director; Tami Briggs, Therapeutic Harpist, Instructor; Jean Haley, MLS, MS, MSW, LICSW, Clinical Social Worker; Terry Pearson, R.Ph, MBA, Instructor; Linda Halcón, PhD, MPH, RN, Director of Graduate Studies at the School of Nursing; Merrie Kaas, DNSc, RN, CS, Associate Professor at the School of Nursing; Gisli Kristoffersen, Doctorate of Nursing Practice Graduate Student; Jeannie Larson, PhD, HTR, CTRS, Program Manager, Minnesota Landscape Arboretum, Center for Therapeutic Horticulture and Recreation Services; Dianne Lev, Director of Development; Terry Pearson, R.Ph, MBA, Instructor; and Beth Sommerville, Outreach Programming.

Other University of Minnesota International Medical Education and Research (IMER) Program and Medical School guests included Phillip K. Peterson, M.D., Director; Paul Quie, M.D., Regents Professor Emeritus of Pediatrics, Co-Director; and Shannon Benson, Coordinator.

Mary Roehl  
Executive Director



1 / Left to right: Karin Holt, Julie Albrecht, Mary Roehl, Astri Olsen, Roger Andresen, Vice Counsel Christina Carleton, Prof. Tor Dahl, Duane Reynolds

2 / Visitors from the Federal Recovery Coordinators Program with Vinland staff.

3 / Left to right: Rick Krueger, Thomas Bryant, Prof. Tor Dahl, Karin Holt, Prof. Steinar Opstad, Duane Reynolds, Roger Moe

# Expanding Complementary Care

## New Mindfulness-Based Meditation Program at Vinland

Vinland National Center is pleased to announce it has partnered with the University of Minnesota's Center for Spirituality & Healing to develop a mindfulness-based meditation program for Vinland's clients.

This project was made possible by a grant from the Trust for the Meditation Process, a charitable foundation supporting contemplative practice among Christians and encouraging dialogue among all contemplative traditions.

The practice of mindfulness has taken root in many Western therapies, proving its effectiveness in conjunction with other forms of therapy such as Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT). Mindfulness is a form of meditation that focuses on simply paying attention, without judgment, to what is happening with your mind and body in the present moment. An individual's ability to "come back" to the present moment over and over again changes the mind's relationship to stressful thoughts and body sensations. This practice offers a way for people with chemical use disorders to improve their ability to recognize stress reactions in the body and cope with their feelings in a new way. Shortly after completing mindfulness-based practice sessions, clients typically comment that they noticed a change in both their mood and body sensation. This change is reported by clients who find that they have the ability to change their mood and negative physical sensations without alcohol and other drugs.

Vinland has worked in partnership with the Center to develop a mindfulness program adapted to the needs of Vinland's clients. Sessions are divided into four modules which teach sitting meditation, mindful yoga practice, body scan awareness, and aspects of the ancient Chinese art of Tai Chi. After each practice session clients discuss the benefits of meditation and are encouraged to engage in ongoing

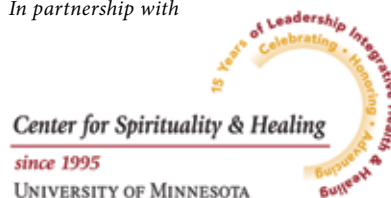


meditation practice. Course materials and structure have been adapted to better fit the needs of people with cognitive disabilities.

This practice fits well within the complementary care programming offered in Vinland's chemical health program. Vinland and the Center for Spirituality & Healing are very grateful to the Trust for the Meditation Process for their support of our collaborative initiative which we hope will continue for years to come. •

➔ *Learn more about the Trust for the Meditation Process online at [www.trustformeditation.org](http://www.trustformeditation.org).*

In partnership with



Made possible by



*A charitable foundation supporting meditation and contemplative prayer*

# News Around Vinland

## Second Annual Winter Walkabout Is Set for February 19, 2011

Vinland Center is excited to announce the Second Annual Winter Walkabout is scheduled for Saturday, February 19, 2011.

This year Vinland has added a 3k snowshoe course to the event. The 3k course is a great way to challenge yourself while raising funds and awareness for Vinland Center.

Skålmusik will again be performing inside the heated tent. Skålmusik is a Scandinavian ensemble who have performed for the King and Queen of Sweden and appeared on A Prairie Home Companion.

This year we are asking individuals to raise a minimum of \$25 and families (3 or more people) to raise a minimum of \$60 to participate in the Winter Walkabout. Every time you ask someone for a pledge in support of the Winter Walkabout, you are raising awareness about Vinland Center and the work we do.

You can help us spread the word about the Winter Walkabout by cutting out the flier on the opposite page and posting it at your work.

Be sure to visit the Winter Walkabout's website for all the latest news and updates about the event. •

➔ *More info and registration* [WinterWalkabout.org](http://WinterWalkabout.org).



## Vinland Center Awarded 2010 Communitas Award

Vinland Center is pleased to announce it is a recipient of the 2010 Communitas Award for Excellence in Corporate Social Responsibility. Vinland was recognized for green initiatives taken at its main campus. These initiatives will save the organization more than \$10,000 annually through reduced energy consumption. •

➔ *Read more online at* [VinlandCenter.org/News](http://VinlandCenter.org/News).

EXCELLENCE WINNER



COMMUNITAS

# Snowshoe for a Cause



## Vinland National Center's Winter Walkabout



Saturday, February 19, 2011 • 11 a.m. to 3 p.m.  
Vinland National Center, Loretto, Minnesota

Strap on your snowshoes and join us for Vinland National Center's Second Annual Winter Walkabout! Vinland is dedicated to building full lives for people with disabilities.

Minimum Fundraising  
\$25 Individuals  
\$60 Families

For More Info and Registration:  
[WinterWalkabout.org](http://WinterWalkabout.org)

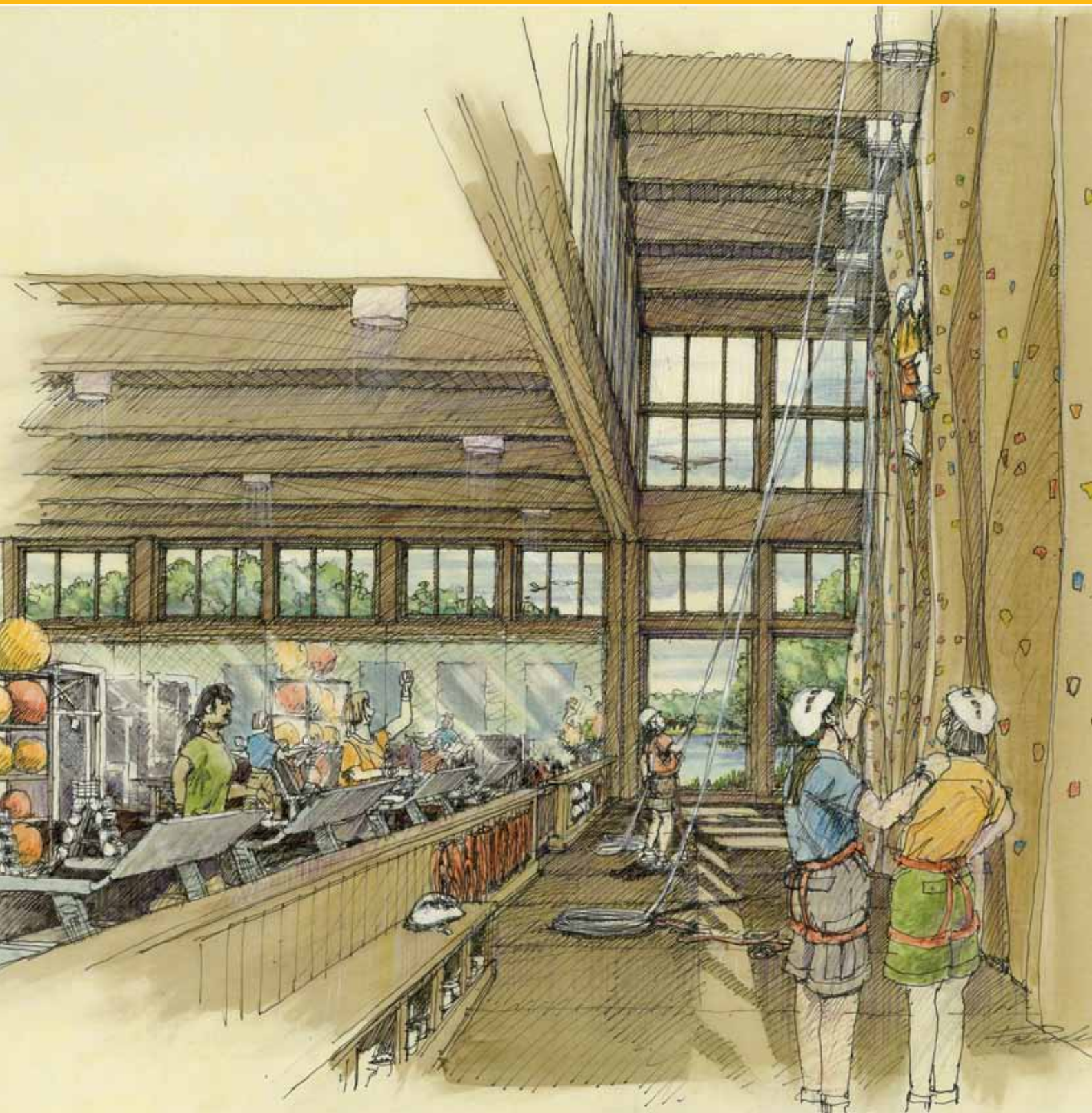
- 3k Snowshoe Course
- Guided Snowshoe Tours
- Live Scandinavian Music by Skålmusik
- Hot Lunch
- Heated Tent

Fundraiser for:



**VINLAND**  
NATIONAL CENTER

501(c)(3) Non-Profit Organization



**Expanding the Promise is a campus and service expansion campaign that will provide Vinland with the space needed to grow programming and serve more people with disabilities. Pictured above is a conceptual rendering of the expanded fitness center featuring a rock climbing wall and space for cardio equipment, weights, and group exercises such as Tai Chi and yoga.**

# Expanding *the* Promise

## Campus & Service Expansion Plan

Vinland Center is at a unique point in its history. Demand for our services is growing but our program cannot grow without additional space. For the past several years, Vinland has been operating at capacity at its main campus. Vinland has grown its off-site programming and adapted its existing spaces to keep pace with its growth. However, the organization cannot accommodate its current and future demand without a significant capital investment.

Vinland's Expanding the Promise capital campaign goal is not to just meet current needs, but also to add the physical capacity necessary to carry Vinland into the next decade.

"This expansion will make a significant positive impact on Vinland's capacity to provide life-changing programs to those who need them most," said Vinland's Executive Director Mary Roehl. "We have been operating at capacity with a waiting list for people trying to get into our program. The people that we cannot serve are not getting treatment or are placed in programs unable to meet their needs due to their multiple disabilities."

Since 1990, Vinland has been providing tailored chemical health services to adults with cognitive disabilities and mental health issues. The program's tailored focus has produced above-average results.

"Over 80 percent of our alumni report abstinence or reduced use and 71 percent report improvement in their quality of life," Roehl said. "This relates to a decrease in future treatments and incarcerations, which is a cost savings to their communities."

### Expansion Plans

Phase One of the expansion will begin during spring of 2011. It will cost approximately \$3.5 million and add a total of 14,130 square feet to Vinland's main campus.

"Increased capacity will allow us to get the client into the appropriate treatment without unnecessary delays and will enable us to offer more complementary care services that are specifically designed to their unique needs," Roehl said.

Phase One will include the following:

#### Additional Beds

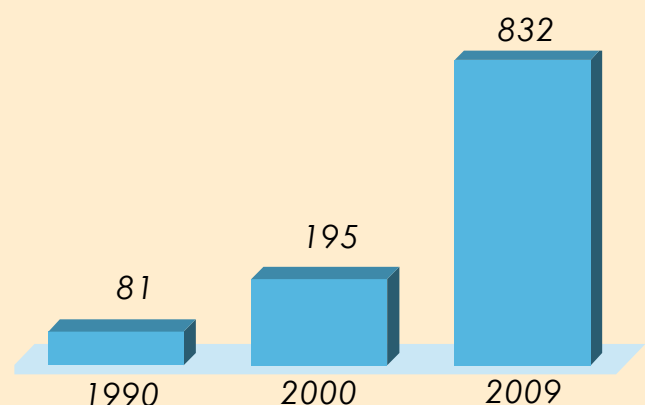
Phase One will include 20 chemical health beds. These additional beds will help to reduce the waiting list for Vinland's chemical health residential program.

#### Fitness Studio

The therapeutic exercise program is the largest complementary care service at Vinland. Each participant is provided with a personalized fitness program designed under the supervision of Vinland's fitness and wellness manager. The current fitness center is in a windowless room with just enough space for the cardio and weight equipment. There is no appropriate space for group classes such as meditation and yoga, and ➔

### Vinland Growth At-A-Glance

*Number of Chemical Health & Vocational Services Participants Served by Year*



participants currently lay their mats around the cardio equipment.

The new fitness studio will be an expansion of the current fitness center. Featuring floor to ceiling windows, the fitness studio will be filled with natural light and views of Lake Independence. An expanded fitness center will provide adequate space for group classes such as mindfulness meditation, yoga and the ancient Chinese art of Tai Chi.

### Dining Area & Kitchen

The new dining area and kitchen will more than double Vinland’s current cafeteria space. The expanded area will be large enough to accommodate meal preparation and food service for more than 100 people. The new kitchen will feature energy-efficient appliances as part of Vinland’s effort to create an environmentally-responsible expansion.

### Meeting Rooms and Offices

New conference rooms and offices will be built to provide counseling space for the clients. The conference rooms will provide additional space for case managers to meet with clients, their families and social workers.

Vinland currently has three meeting areas for therapy groups. In these meeting areas Vinland not only provides group therapy but also complementary care services such as family programming, traumatic brain injury groups, and mindfulness-based meditation programming. New meeting rooms will provide space for Vinland to provide expanded therapy services.

## Proposed Expansion Plans

### Total Square Footage

	Current	Expansion	Total
Meeting Rooms & Offices	3,827	1,900	5,227
Fitness Studio	1,824	2,875	4,699
Residence	3,920	3,105	6,525
Dining & Commons	1,702	6,250	7,952
<b>Total</b>	<b>11,273</b>	<b>14,130</b>	<b>24,403</b>

### Impact of Expansion

With the addition of physical space to its current campus, Vinland will be able to:

- Change the ratio of male/female beds as necessary.
- Provide a continuum of care in one location to meet clients’ needs more effectively.
- Allow community partners such as social service agencies, courts, healthcare providers and counties to know they can rely on Vinland to have rooms available for placement of their clients.
- Expand our mental health services. A large percentage of Vinland clients have mental health issues that require professional assistance.

## You Can Help

Your donations can help make the Expanding the Promise campaign a reality. Donations will go directly to helping Vinland fulfill its promise of “full lives for people with disabilities.”

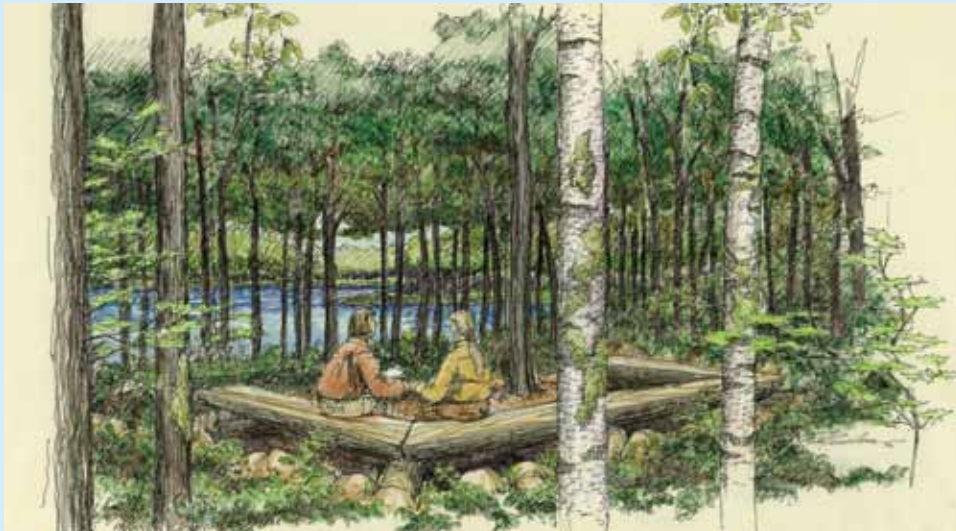
Visit [VinlandCenter.org/ExpandingthePromise](http://VinlandCenter.org/ExpandingthePromise) to learn more about the campaign and to make an online donation.

Vinland is a 501(c)(3) non-profit organization and your donations to the Expanding the Promise campaign are tax-deductible.



## Conceptual Renderings of Expansion

*These drawings, by Patrick Huss and Larry Opelt, show what the expansion may look like when completed.*



*Expansions to the main campus will include outdoor seating areas that can be utilized for group or individual counseling. Vinland's main campus is located on 178 acres of prairie, woods and lakeshore property. This location provides a peaceful and therapeutic setting for Vinland's clients.*



*Meeting rooms will be an important element of the expansion. Stone fireplaces and wood paneling will create a warm and inviting atmosphere. The design of the rooms will provide panoramic views of Vinland's property and allow for lots of natural light.*



*An expanded dining area and kitchen will be necessary to accommodate the increased residential capacity. There will be space for more than 100 clients to dine in the expanded area. The kitchen will feature expanded food storage, walk-in freezers, and energy-efficient appliances.*

# Your Donations In Action

## Donations Make a Difference at Vinland Center

During Vinland's last fiscal year, which ended on September 30, your donations helped fund several complementary care services that Vinland provides to its participants and their families during treatment and recovery.

Vinland's complementary care services include:

- Therapeutic exercise
- Recreation activities
- Basic computer training
- Family Program
- Art projects

### Where Your Donation Goes

For every \$1 donated to Vinland National Center, 88¢ goes directly to providing services. The remaining 12¢ is for administrative costs.

Donations allow Vinland to provide beneficial services to clients that are not reimbursed by health insurance companies. In addition to funding operational costs for complementary care services, during last fiscal year Vinland used donations to purchase a Wii video game system for the fitness center and snowshoes for outdoor recreation.

### Treatment Saves Money

Chemical dependency treatment is effective. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), every \$1 spent on treatment saves society \$7 from reduced health care costs, reduced crime, and increased productivity. Vinland's chemical health program enables people to become active members in their community. Graduates of Vinland's chemical health program have reduced medical and legal expenses and increased employment earnings. •

➔ Learn more about how your donation made a difference at [VinlandCenter.org/Giving](http://VinlandCenter.org/Giving).



- 1 / Art projects are an effective way for clients to articulate complex emotions. Pictured here is a client's depiction of their brain injury and addiction.
- 2 / Outdoor recreation is an important component to treatment at Vinland.
- 3 / The Family Renewal Program is offered at no-cost to Vinland participants and their families.

# Client Success Story

## Vinland Chemical Health Graduate Karen Shares Her Story of Success in Recovery

“I started drinking after retirement. I had no goals and nothing to do. I was drifting.”

After teaching high school English for 34 years, Karen retired in 2003. A social drinker before retirement, she began drinking heavily to deal with her feelings of boredom and isolation.

“All of a sudden I had all this time and I didn’t have any outlets,” Karen said. “I didn’t develop any new friendships and I became isolated.”

Karen’s drinking progressively got worse and she became a regular heavy drinker. She neglected her health by making poor diet and exercise choices. Her drinking even began to affect her short-term memory.

“I lost weight because I wasn’t eating right. I became very weak,” Karen said.

One day while at her home, Karen had a seizure in the bathroom and hit her head as she fell down. A friend found her and took her to the hospital. Karen has no memory of the seizure or the head injury.

At the hospital Karen took a neuropsychological exam to measure her psychological function. Her results were not encouraging. As someone who had earned a master’s degree and been a teacher for 34 years, her neuropsychological exam results startled her. She realized what a toll drinking had taken on her memory and comprehension skills.

The hospital staff suggested Karen receive treatment for her substance abuse issues, but Karen resisted.

“I did not want to go to treatment. I was not open to it at all,” she said.

Alarmed by her poor health, the hospital wanted to have Karen committed to treatment. A judge ruled that she was not capable of self-care and ordered her

to receive alcohol treatment. Someone in the court suggested Vinland Center.

Although she was reluctant to receive treatment, once Karen was involved in the chemical health program at Vinland Center her attitude began to change.

“My case manager, Farrel, made all the difference in the world. She was no-nonsense and would make me redo my work. She was also very kind and loving.”

Karen enjoyed the structure of treatment at Vinland, explaining that therapy was “with me, not at me.”

When Karen arrived at Vinland, she was very weak physically. She was unable to open doors or to get soap out of soap dispensers. She was using a cane to help her walk.

Karen exercised everyday during her stay at Vinland to get her body back in shape. The exercise helped improve her appetite and she began to gain weight. As she slowly got back into shape, her mind followed. By the time she left Vinland, she was no longer using a cane.

After graduating from Vinland Karen returned to her home. She volunteers at a senior citizens center near her home where she works one-on-one with the residents and reads and writes for them. She also joined a gym and continues to exercise regularly.

“Before I went to Vinland, I thought because of my age treatment wouldn’t do much to improve my life. Today I’m excited about life. Vinland offered me hope.” •

Before I went to Vinland, I thought because of my age treatment wouldn't offer me much to improve my life. Today I'm excited about life. Vinland offered me hope.

~ Karen  
Vinland Graduate

# Sharing Expertise

## Vinland's Chemical Health Conference Series a Success

Vinland continued its chemical health conference series this year by hosting two conferences at its main campus. Approximately 90 people were in attendance at both events.

“The conferences have proven to be an effective way for Vinland staff to share their expertise of addressing substance abuse issues among adults with cognitive disabilities with other professionals,” said Vinland’s Associate Director Duane Reynolds.

The first conference, “Integrating Holistic Practices in a Treatment Setting,” was held on June 23. The second conference, “Twenty Years of Integrating Conventional & Complementary Care,” was held on September 15. Vinland staff members made presentations on a variety of topics related to chemical health treatment including fitness, resiliency in families, trauma-informed services, and treatment tailored for women with cognitive disabilities.

Vinland was pleased to welcome two guest speakers, Pat Culliton, MA, Lac, and Terry Pearson, R.Ph, MBA, from the University of Minnesota Center for Spirituality & Healing.

Pat Culliton was the keynote speaker at the June 23 conference. Culliton is a graduate faculty member at the Center and director of the Hennepin County Medical Center’s Alternative Medicine Division. Her presentation was titled “Emerging Trends in Complementary and Integrative Health Care” and covered topics such as the benefits of acupuncture and meditation.

Terry Pearson was the keynote speaker at the September 15 conference. Pearson is a Mindfulness-Based Stress Reduction instructor at the Center and a registered pharmacist. Her presentation was titled “Mindfulness-Based Stress Reduction (MBSR): An Overview” and included meditation exercises. •

➔ Sign-up for invitations to upcoming chemical health conferences at [VinlandCenter.org](http://VinlandCenter.org).



1 / (Left) Pat Culliton, MA, Lac, and (right) Terry Pearson, R.Ph, MBA, were keynote speakers at the conferences.

2 / Vinland Case Manager Farrel Braunstein gave a presentation about substance abuse treatment for women with cognitive disabilities at the September 15 conference.

3 / Approximately 90 people attended both events.

# Continuing to Grow

## Vinland Welcomes Chemical Health Intern

Vinland is pleased to welcome Ray Wolf as a chemical health intern. Ray is currently enrolled at Minneapolis Community and Technical College (MCTC) where he is studying addiction counseling. He plans to graduate this December.

When asked what has been his most rewarding experience during his internship at Vinland, Ray said: “The staff. They are the people who care during the whole process from when people come in and when they leave. They have a lot of compassion and patience.”

After graduating from MCTC this winter, Ray plans to continue his education and receive a bachelor’s degree in addiction counseling. His passion and goal is to work in a faith-based treatment center. •



## Winter Wish List for In-Kind Donations

As a non-profit organization, Vinland relies on the generous support of the community. At certain times of the year, the demand for particular items is high. Below is our current list of needs for winter.

- Winter coats - mens and womens, all adult sizes
- Winter boots – mens and womens, all adult sizes
- Water-proof gloves – all adult sizes
- Mittens, scarves and hats
- Winter clothing – mens and womens, all adult sizes
- New socks - mens and womens, all adult sizes



To donate an in-kind gift, please bring the items to our main campus in Loretto, Minnesota. Visit [vinlandcenter.org/locations](http://vinlandcenter.org/locations) for directions.

If you have any questions, please call 763.479.4545 and ask to speak with Amy Miller about in-kind donations. •

➔ Visit [www.vinlandcenter.org/giving](http://www.vinlandcenter.org/giving) and learn how donations make a difference at Vinland.



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## About Vinland National Center

Vinland National Center is a 501(c)(3) non-profit organization that enables individuals with multiple disabilities to live productive and fulfilling lives through a whole-person approach that addresses the mind, body and spirit. Vinland's programs include behavioral health services with a focus on substance abuse for people with cognitive disabilities, vocational services and supportive housing.

# Vinland National Center's Winter Walkabout

Saturday, February 19, 2011

For More Info and Registration:  
[WinterWalkabout.org](http://WinterWalkabout.org)

