

Outpatient Programming



Victoria Bone,
Office and Marketing
Manager

Eckert Outpatient Expands to Young Adult Programming

Eckert Youth Homes Outpatient Program began in the summer of 2021. Since opening, Eckert has served over 70 different youth from Williston and surrounding areas. Through this, it was discovered that many youths still had a need for services past the age

of 18. Eckert wanted to expand our programming to assist young adults up to the age of 21 with outpatient substance use treatment. Many youths past the age of 18 are still in high school, can still be on probation with Juvenile Court services and Eckert wanted to be able to continue to assist them as opposed to them aging out of our programming and needing to find a new treatment facility.

Eckert began seeing adults in June 2023. Eckert's young adult services do look slightly different than adolescent programming, as adolescents can attend both individual meetings and group sessions. Currently Eckert has not added a young adult group. Young adults attend, on average, one to two hours of individual sessions per week. Their therapeutic goals look similar to adolescents as Eckert still remains focused on recognizing

triggers and stressors, coping skills, trauma, life skills, emotions, and transitioning in to adulthood. The application and payment processes remain the same. There is an application process for funding through the Substance Use Disorder (SUD) voucher and the William's County hardship grant if families are unable to pay for services. The SUD voucher is a state funded program that can help cover the costs of services for qualifying families. To schedule an assessment, ask questions regarding the young adult program, or funding and the SUD voucher, please reach out to our outpatient office at (701) 609-5305.

William's County Behavioral Health Grant

In April of 2023, Eckert applied for a Behavioral Health grant through William's County for two separate initiatives. First was to provide Eckert's outpatient office with a vehicle to assist in transportation for youth. Eckert understands that sometimes getting a youth to the office, especially during school breaks can be difficult. With a large portion of our youth struggling with transportation, getting an outpatient vehicle was something we could do to assist families. This vehicle also assists staff when traveling to Williston High school, Tioga High school, and Ray High school. Eckert has been able to meet with youth during school hours at the schools to further assist in the struggle with transportation while maintaining consistent sessions for the youths.

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A Question Often Asked

There are still many people whom I encounter that ask if we are still serving kids in foster care. I explain to them that we were unable to continue that program because of the Federal law that was passed in February 2018 that turned the focus of the child welfare system toward keeping children safely with their families to avoid the trauma that results when children are placed in out-of-home care. It is a fair question as Eckert had served in that capacity since 1975 or for 45 years. When this federal law came into effect our staff at the time scrambled to come up with a program that could meet the needs of our community and our state. With the hiring of Dr. Leah M. Hoffman in April 2019, Eckert staff were able to discuss the reality of a substance abuse treatment center in Williston. I came on board Eckert in October 2019 as we were transitioning from one program to the next program. From October of that year till the day we opened on March 2nd, 2020, we spent that time developing our program and policies and hiring staff. We also spent a great deal of time renovating the Girl's home as we began the Substance treatment program as a co-ed program. As soon as we were able to split the programming into separate homes we did so. Although we have changed our programming and the youth are only with us for about a month at a time, we have not changed our mission statement. Here it is: "Eckert provides quality services which encourage the spiritual, educational, behavioral, emotional, and physical development of children and their families." With your continued support we intend on serving the youth of North Dakota for many more years to come.

Thank you, John L. Harper
Facility Administrator at Eckert

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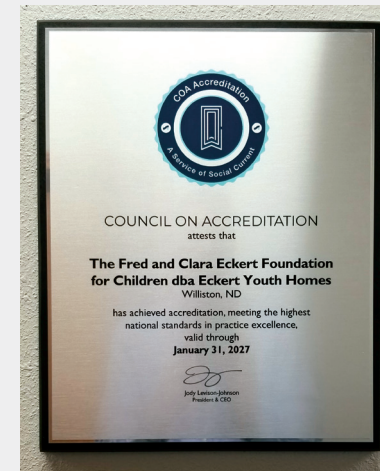
The second initiative was funding for hardship services. Eckert can bill third-party insurance companies, Medicaid, and also has another form of state funding through the SUD voucher. Eckert found that many youths and their families did not have insurance coverage, had high patient responsibility portions, or income over the allowable amount for Medicaid or state funding yet could not afford insurance and many families could not afford services. As part of our goal to ensure each qualifying youth could receive services, Eckert wanted to provide an alternative source of funding to fill in the gaps for families that needed it. There is a short application process to receive hardship funding and any questions can be answered by our outpatient staff.

In May, Eckert was granted the requested funding for both a vehicle and hardship funding to assist the community. Eckert is thrilled to be able to meet the needs of the community and the youths we see and provide any support that we can to ensure that youths receive the services they need without putting a large monetary burden on their families. Eckert is thankful for the support from the community and county to continue to find new ways to provide services to the families that need them.



The North Dakota National Guard Northwest Recruiting Team led by Staff Sergeant Matthew Cobb volunteered to clean up the grounds at Eckert.

COA Accreditation



On January 24th, 2023, Eckert received word that they had received accreditation status from Council on Accreditation. This is likened to the Good Housekeeping seal in our industry, and is the culmination of three years of writing policies and procedures and submitting

accompanying documents to the accrediting body. There were some preliminary steps such as submitting documents through an online portal before the on-site visit by a team of reviewers. The job of the reviewers is to confirm through a visit and speaking with the staff that our practices line up with our policies and procedures. Once the on-site visit

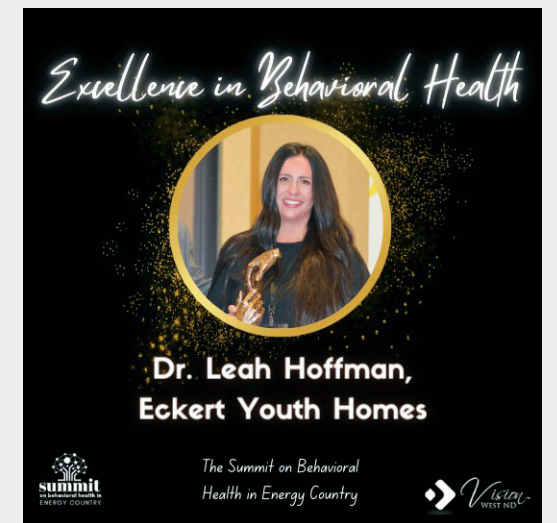
was completed the reviewers had minimal tasks for our team to complete and submit for the next peer review meeting. Once again our staff compiled the documentation and submitted the requested documentation before the deadline. This was the last step before the peer review meeting. After the meeting, we were notified that we had received accreditation through COA. This accreditation is good through January 2027. We will need to fill out the re-accreditation forms prior to January 2027, but the majority of the work has been completed by our staff in order to be accredited. This is a huge milestone as this accreditation confirmed to our staff, our community and our accrediting agency that our program is the best program because of our best practices. You can have confidence that through this process we examined our policies and procedures and ensured that they would best serve the residents that come to our center for treatment. Thank you for your support of Eckert!

Special Acknowledgements

Victoria Bone, Office and Marketing Manager

Eckert has been blessed with exceptional and dedicated staff and that includes our Clinical Director, Dr. Leah Hoffman PhD, LMHC. Dr. Hoffman has had an eventful year! First, as a recipient of this year's 20 under 40 award hosted by the Williston Herald. The honorees for this award were chosen from more than 100 nominees of remarkable Williston citizens under the age of 40. Dr. Hoffman has had many personal and professional successes that inspire those around her. Her work at Eckert alone in starting two entirely new programs in Substance Use treatment has been the pivotal part of our mission as a foundation.

Secondly, Dr. Hoffman was also the award recipient of the Excellence in Behavioral Health through the Summit on Behavioral Health in Energy Country hosted by Vision West ND. This award is gifted by peers in the behavioral health field to those who have made a significant difference in the field of behavioral health. This recognition is reserved for remarkable individuals who display their dedication, efforts, compassion, and knowledge to improve our community. Eckert could not be prouder to have Dr. Hoffman as part of our team in our mission to help change the lives of youths in our state with substance use disorders. Congratulations again, Dr. Hoffman.



Governor Burgum and First Lady Kathryn Burgum Visit Eckert

On Thursday, October 27, 2022, Governor Doug Burgum and First Lady Kathryn Burgum visited Eckert's residential campus. Much was accomplished during their hour on campus, beginning with a tour of the facility and learning about the services offered. Most time was spent with staff, offering encouragement and gratitude for their work. Lastly, both visited with youth, who offered their perspectives on issues they are facing.

First Lady Kathryn Burgum has played a pivotal role in promoting awareness and reducing the stigma surrounding addiction and mental health issues. Her personal experiences with addiction have driven her passion for advocacy to change the conversation around addiction and recovery by highlighting stories of hope, resilience, and the transformative power of treatment. In her address to the staff, Kathryn shared pieces of her recovery story that emphasized the impact that a single counselor can have on an individual. Staff were reminded of the value of creating a safe space for them to express themselves and be listened to without judgement.

The youth that Governor Burgum and Kathryn talked with were open about the severity of substance use happening among youth across the state and what having access to treatment means to them. On recent discharge surveys, when asked how they would describe Eckert to someone who has never been, youth have said:

- Is an individualized program that helps youth whenever they are struggling with sobriety or need help. It helps with your trauma and understanding your triggers. In the process of learning how to live sober you learn how to change your habits to become a better person.
- There are many fun activities to do, off site and on site. The staff are very welcoming and are always there to help. The groups teach us things that we didn't know before. I



Governor Burgum and First Lady Kathryn Burgum with Eckert staff.

personally have learned a lot here and has helped me.

- It's a good place to get help and it's a positive place to be and you can learn a thing or two about triggers and coping methods.

During his staff address, Governor Burgum focused on workforce development and the need for ND to stay up to date with the latest research and treatment methods. He recognized the need for a shift from punitive measures to a more compassionate, evidence-based approach that prioritizes prevention, treatment, and recovery. Eckert continues to be a training location for social workers and Licensed Addiction Counselors. Nearly a quarter of Eckert's staff are currently enrolled in college at various levels. This continuing education has allowed Eckert to make key promotions from within, fostering among staff and cultivating a culture of continuous growth and excellence within Eckert. Supporting our professionals in pursuing advanced degrees empowers them to deliver even more effective and care to Eckert clients.

Governor Burgum and First Lady Kathryn Burgum have been at the forefront of addressing the critical issue of substance use disorder treatment in North Dakota. During the daily grind of youth coming and going, it is easy to forget the magnitude of the work that is happening at Eckert. This visit from the Governor and First Lady was rejuvenating.

Shape a Life.... Build a Future

You can make a difference in the lives of the youth at Eckert.

The staff at Eckert continues to provide "quality services which encourage the spiritual, educational, behavioral, emotional, and physical development of children and their families." We have not changed our mission since we started. It is the desire of our founders that we reach these youth. One youth was reported to have said, **"It's a great treatment facility, and it only works if you want it to. Eckert has saved my life multiple times."**

You can make a difference in the lives of the youth who walk the doors of Eckert through your faithful giving and prayers. There are many challenges and obstacles that stand in the way of our residents. You can help us reach out to those youth who are facing situations that can leave them hopeless. We

have already been able to help 163 different residents since we opened this program in March 2020. There are so many more youth that need support and encouragement to face their life-controlling issues.

Since we have been open, beginning in March 2020, we have seen many youths and heard their stories. Some days it can feel very overwhelming for our staff. The thing that lifts the spirits of our staff is when we see one of our residents begin to think clearly and begin to make better life-changing choices. Read what one youth said to one of our staff when asked "What does Eckert do well?" "Here is what this former resident said: **"Eckert helps me know that staying off drugs is better for me and everyone around me."**

Would you take a moment and consider a partnership with Eckert?

Your faithful giving makes it possible to plant seeds in the hearts of these young people. Did you know that Eckert has an endowment fund? When you contribute to the Eckert Endowment Fund you may qualify for a tax credit of 40%. Please consult your tax professional for more information. Thank you in advance for your partnership with Eckert as we make a difference in the young people of North Dakota. Fred and Clara Eckert saw the need and responded, will you?

I want to make a difference through

Eckert

Your tax-deductible gift will help provide care, counseling and shelter to adolescents struggling with addiction.

This Gift is made: In Memory of In Celebration of

Eckert Endowment Fund

Name:

Please send an acknowledgement to:

Name:

Address:

Email:

Amount of gift: \$ (please make checks payable to Eckert Youth Homes)

You can also donate by going to our website, Eckertyouth.com and click "Donate."

Donor's (Your) Name:

Address:

*Mail this form and payment to Eckert, PO Box 2291, Williston, ND 58802

Thank you to the following for cash donations:

American Legion Post 37 - Williston
Angela Palmer
Anonymous
Anonymous - Thrivent
Ashley Weisz
Bethlehem WELCA - Noonan
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CHI St. Alexius Medical Health Center
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Women of Life, Our Redeemer's
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Yvonne Hurley
Zion WELCA - Noonan

In Memory of:

Horab Transport Company
Eugene Oylo
Ronald C. Pedersen
Ron Shimek
Walt Groth
Stephanie Lee
Eric Ness
Jon and Linda Ness
Albert and Mary Lou Dhuyvetter
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Breeun Willard
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Tom and Brandie Christian
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Whitney Hampton

Thank you!

We also wish to acknowledge those individuals and businesses who contributed to Eckert in previous years.

In Celebration of:

My healthy grandchildren & great-grandchildren
Gary and Betty Bruins
Todd and Laura Nygard
Our family
John and Janet Johnston
Our children and grandchildren
Ronald and Elizabeth Lund
Our children
Stuart and Michelle Dolan
Our 7 healthy grandchildren
Larry and Myrna Nelson

13 healthy grandchildren and 4 great grandchildren
Larry and Vicky Schaff
Ashley Weisz
Jeremy Hansen
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The Kemp Family
Robert and Deb Kemp
Our children and grandchildren
Rollin and Joyce Wolter
Our children and grandchildren
Martha Sorenson

4 beautiful and healthy granddaughters
Rich and Barb Daniels Webster
God's son, Merry Christmas
Stewart and Carol Vachal
Our 12 grandchildren
Duane and Lavonne Hartel
Our grandchildren, Danica & Adam
David and Mary Njos



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www.eckertyouth.com

Please direct all inquiries to
John L. Harper at (701) 572-7262.

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Special Thank You!

Missouri-based construction company, Burns and McDonnell, who have been in Williston for three years building the new Pioneer Generation Station, hosted a fundraiser for Eckert. The fundraiser was a charity golf tournament held on September 9th at the Links of North Dakota. Burns and McDonnell raised \$27,972 for the Fred and Clara Eckert Foundation for Children. Eckert is very grateful for the generosity of Burns and McDonnell and the community who contributed.

