
VOLUNTEERS OF AMERICA OF MINNESOTA
MENTAL HEALTH CLINICS/SENIOR MENTAL HEALTH
FACT SHEET

EMPLOYEES

Katie Perzel, MSW, LICSW

Director

Specialties: Adults & Older Adults providing individual mental health therapy and family mental health therapy. Areas of interest include addressing issues with mood instability, grief & loss, caregiver stress, trauma recovery, and adjusting to life transitions.

Jaime Monson, MSW, LICSW

Senior Clinical Manager

Specialties: ASL proficient, works with deaf and hard of hearing children, adolescents, adults and their families providing individual, family, and group therapy. Specialty training in Dialectical Behavior Therapy (DBT). Provides clinical supervision to aspiring clinical social workers.

Rebecca Goffman, PsyD, LP

Licensed Psychologist

Specialties: ASL proficient, works with deaf and hard of hearing adolescents and their families providing individual, family, and group therapy. Provides psychological assessments to deaf, hard of hearing and hearing children, adolescents and adults.

Amy Brandt, MA, LICSW

Mental Health Therapist

Specialties: Working with adolescents and young adults in the Dialectical Behavior Therapy program (DBT), providing both individual DBT and DBT skills training. Additional services include general outpatient therapy with children, adolescents and families. Areas of interest include treating anxiety, depression, grief and loss, and utilizing exposure therapy techniques, Cognitive Behavioral Therapy and strength based approaches.

Larry Weight, MA, LICSW

Mental Health Therapist

Specialties: Works with adults, couples, adolescents and their families through individual, couple and family therapy. Areas of interest include recovery issues, grief and loss, youthful offenders, and depression.

Kristen S. Thomas MS, LPCC

Mental Health Therapist/Program Supervisor

Specialties: ASL proficient, works with deaf, hard of hearing and hearing children, adolescents and their families, providing individual, family and group therapy. Supervises out-patient and school based services for deaf and hard of hearing children and adolescents on the campus of the Minnesota State Academy for the Deaf (MSAD). Trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).

Sara Ranssi, MA, MSW, LICSW

Mental Health Therapist

Specialties: ASL proficient, works with deaf, hard of hearing and hearing children, adolescents, young adults and their families, providing individual, family, and group therapy. School based, home based and clinic based services for deaf and hard of hearing children and adolescents. Trained in

Trauma Focused – Cognitive Behavioral Therapy (TF-CBT). Supervises aspiring clinical social workers.

Andrew Hachiya, PysD LP

Licensed Psychologist

Specialties: Works with children, adolescents, and young adults through modalities of Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) and Dialectical Behavioral Therapy (DBT); general outpatient therapy is also provided. Areas of interest include mood and anxiety disturbances, adolescent identity development, trauma processing, substance abuse, self-harm, and ADHD. Andrew also uses psychological testing to inform evaluations of adolescents in residential treatment at Avanti Center for Girls and Children's Residential Treatment Center.

Alice Tindi, MSW, LICSW

Mental Health Therapist

Specialties: Functional Family Therapist. FFT is an empirically-grounded, family-based intervention program for acting-out youth. A major goal of Functional Family Therapy is to improve family communication and supportiveness. Other goals include helping family members adopt positive solutions to family problems, and developing positive behavior change and parenting strategies. Trauma Focused – Cognitive Behavioral Therapy (TF-CBT).

Arianna Akers-Milian, MSW, LICSW

Mental Health Therapist

Specialties: Functional Family Therapist. FFT is an empirically-grounded, family-based intervention program for acting-out youth. A major goal of Functional Family Therapy is to improve family communication and supportiveness. Other goals include helping family members adopt positive solutions to family problems, and developing positive behavior change and parenting strategies.

Caroline O'Donnell Johnson, MSW, LICSW

Senior Mental Health Therapist

Specialties: Adults and older adults providing individual mental health therapy & family mental health therapy. Areas of interest include chronic mood symptoms, anxiety disorders, relationship concerns, chronic physical health problems, and grief/ loss issues.

Iva Joan Stauffer, MSW, LICSW

Senior Mental Health Therapist

Specialties: Adults and older adults with a specialty certification as a Clinical Social Worker in Gerontology through the National Association of Social Workers (NASW). Provides individual mental health therapy and family mental health therapy. Areas of interest include grief & age-related loss, anxiety symptoms, chronic mood symptoms, co-occurring illnesses, trauma recovery & resilience, and crises intervention.

Melinda Brown, MSW, LICSW

Mental Health Therapist DHH

Specialties: Melinda is a Deaf, ASL proficient therapist who works with deaf and hard of hearing children, adolescents, young adults and their families, providing individual, family, and group therapy. School based, home based and clinic based services for deaf and hard of hearing children and adolescents. Provides therapy to Central Minnesota including St. Cloud, Brainerd and the surrounding areas. Trained in Trauma Focused – Cognitive Behavioral Therapy (TF-CBT).

Eleanor Jailer-Coley, MSW, LGSW

Mental Health Therapist DHH

Specialties: Eleanor is a Deaf, ASL proficient therapist who works with deaf, hard of hearing and hearing children, adolescents, young adults and their families, providing individual, family, and group therapy. School based, home based and clinic based services for deaf and hard of hearing children and adolescents. Training in Dialectical Behavior Therapy (DBT).

Laine Mohnkern, MSW, LGSW

Mental Health Therapist

Specialties: Works with children, adolescents, parents and families through individual and family psychotherapy and mental health skills development. Works with families to develop structure and consistency for children/youth in schools and in their homes, including hearing as well as deaf and hard of hearing children and families. Special interests include attachment issues, trauma, families involved in out of home placement, working with emotionally disturbed children, and sexuality and gender issues.

Aziza Hassan, MA, LPC

Mental Health Therapist

Specialties: Works with children, adolescents, parents and families through individual and family psychotherapy, including but not limited to African children and families. Aziza works with families to develop structure and consistency for children/youth in schools and in their homes. Special interests include African mental health services, trauma, working with emotionally disturbed children.

Alisa Cohen, MSW, LGSW, LADC

Mental Health Therapist

Specialties: Works with children, adolescents, and families through individual, group, and family therapy in an outpatient setting. Provides Dialectical Behavior Therapy (DBT) individual therapy. Areas of interest include working with individuals with depression, anxiety, autism spectrum disorders (ASD), and co-occurring mental health and substance use disorders.

Ovester Armstrong, MA

Mental Health Therapist

Specialties: Functional Family Therapist. FFT is an empirically-grounded, family-based intervention program for acting-out youth. A major goal of Functional Family Therapy is to improve family communication and supportiveness. Other goals include helping family members adopt positive solutions to family problems, and developing positive behavior change and parenting strategies

Matt Merriman, MA, LMFT

Mental Health Practitioner

Specialties: Works with adolescents and their families, adults and couples through individual, group, couple, and family therapy. Specialized modalities used are Adlerian, Cognitive-Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Rational Emotive Behavior Therapy (REBT). Areas of interest include mood and anxiety disorders, personality disorders, grief and loss, anger management, relational issues, communication skills, and co-occurring mental health/substance abuse, all with a trauma-informed lens.

Svetlana Petrovich, MSW, LGSW

Mental Health Therapist

Specialties: Works with children, adolescents, and families through individual, group, and family therapy in an outpatient setting. Provides Dialectical Behavior Therapy (DBT) individual therapy and DBT skills group services, including but not limited to the tween population, ages 11-14 years. Areas of interest include working with individuals with depression, anxiety, autism spectrum disorders (ASD), and co-occurring mental health and substance use disorders.

CONTRACTUAL STAFF

Katie Troyak, MSW, LICSW

Mental Health Therapist

Specialties: Works with adolescents, children and their families through individual, group, couples and family therapy. Training in Dialectical Behavior Therapy (DBT). Special interests include: working with emotionally disturbed adolescents and their families, attachment issues, depression, working with children in foster care.

Ted Thompson, M.A., L.P.

Specialties: Works with adolescents and their families. Culture specific psychotherapy for African American children and their families.

Licensed Psychologists

Brad Houghton, PsyD, LP

Specialties: Child, Adolescent, Adult psychological testing and assessment. Provides Dialectical Behavior Therapy (DBT) individual therapy and DBT skills group services.

Sallie Montgomery, PsyD., LP

Specialties: Child, Adolescent, Adult psychological testing and assessment. Dual disorders.

Child & Adolescent Psychiatrists

Victoria Buen, MD

Brien Godfrey, MD

Lynda Barger, MD

David Cline, MD

John Glass, MD

Joshua Newman, MD

Laurel Wills, MD

Beth Spooner-Falde, Psychiatric Nurse Specialist

Adult & Older Adult Psychiatrist

John Simon, MD

HOURS

Clinic hours are flexible to best meet the needs of our clients. Business office hours are Monday through Friday 8:30 a.m. to 5:00 p.m.