

# Behavioral Health Services

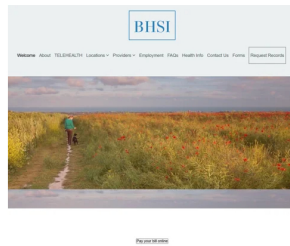
QUARTERLY NEWSLETTER

## Spring Newsletter Announcements

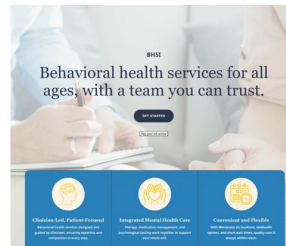
### New Look, New Feel To Our Website!

In the spirit of the new year and Spring revival, BHSI has upgraded our website with a new look! We hope you enjoy our renovated site which offers all of the same information and functionality, but with a modern refreshed design.

#### Before



#### After



[Click Here To See The New Website](#)

## New Therapists!

We're proud to announce the addition of these new therapists now available for appointments! They have open patient slots and are also available to provide therapy online to any residents of Minnesota.

### Jen Arnold

#### Eagan Clinic or Telehealth

Adolescents and adults dealing with trauma, anxiety, depression, personality disorders, and substance use. I have experience in the following communities: LGBTQIA+, individuals on probation/parole, those with substance use disorder, and grief. I have an interest in prevention in working with adolescents to work toward a positive trajectory through life.

[Learn More](#)

### Scott Krohn

#### North St Paul Clinic or Telehealth

Scott provides in person and telehealth therapy to adults throughout their lifespan, adolescents, couples and families. Scott works with clients with Depression, Anxiety, Substance Use issues and life transitions. Scott has experience throughout his career working with SPMI, Veterans, substance use issues and intimate partner violence.

[Learn More](#)

### Courtney Muszel

#### Shakopee Clinic or Telehealth

Individual psychotherapy with adults and teens, working with depression, anxiety, life transitions/adjustments, and emotional health/well-being. Courtney has a background in medical

### Kelly Showalter

#### Golden Valley Clinic or Telehealth

Kelly provides individual psychotherapy to persons ages 7 years and older and is certified to conduct family therapy. She has over 20 years of experience in the field of mental health and social work.

social work, working with patients and their families through intensive medical experiences focusing on coping support for grief and loss.

[Learn More](#)

Kelly highly values and strives to provide diverse, equitable and inclusive mental health treatment services in the state of Minnesota.

[Learn More](#)

## Spring Wellness Tips

Seasonal Affective Disorder (SAD) is a real psychological phenomenon which results in higher rates of depression during cold winter months. As we move into the Spring months, take advantage of these tips to reinvigorate your energy.

- **Get Sunlight Exposure** – Spend time outside during daylight hours or sit near windows to increase natural light exposure. A light therapy lamp can also help.
- **Use a SAD Lamp Properly** – Sit about 16-24 inches from a 10,000-lux light therapy lamp for 20-30 minutes each morning to help regulate mood and energy levels.
- **Stay Active** – Regular movement, even indoors, can boost endorphins and improve mood. Try yoga, stretching, or indoor workouts.
- **Maintain a Routine** – Sticking to a daily schedule helps regulate sleep patterns and provides structure.
- **Prioritize Social Connection** – Stay connected with loved ones through virtual or in-person gatherings to combat loneliness.
- **Eat a Nutrient-Rich Diet** – Consume foods rich in omega-3s, vitamin D, and whole foods that are in season to support brain health.
- **Practice Mindfulness and Relaxation** – Meditation, deep breathing, and journaling can help manage stress and promote emotional balance.
- **Get Quality Sleep** – Maintain a consistent sleep schedule and limit screen time before bed.
- **Engage in Enjoyable Activities** – Hobbies, creative projects, and self-care routines can bring a sense of fulfillment and joy.
- **Seek Professional Support** – If depression symptoms persist, consider therapy or counseling for additional support.

Looking for help with Seasonal Affective Disorder?

Reach out BHSI today

[Contact BHSI](#)

## Follow Us On Social Media For More Mental Health Content



[www.bhsiclinics.com](http://www.bhsiclinics.com)

Proudly serving Brooklyn Center, Eagan, Golden Valley, North St. Paul, and Shakopee, Minnesota

(651) 769-6520

BHSI LLC, 2497 7th Ave. Suite 108, North St. Paul, MN 55109, 651-769-6565

[Unsubscribe](#) [Manage preferences](#)