

Prenatal Recovery Care Program Presenters



Dr. Kari Josefson grew up in Bemidji and is a graduate of the College of St. Scholastic in Duluth, where she obtained her Doctorate of Nursing Practice. She is trained in family practice with a special interest in women's health and preventive care. Her background includes labor and delivery at Sanford Bemidji Medical Center. She has been providing care in Red Lake since 2014 with a focus on prenatal care, services for birth control, well woman examinations, and disease management. Dr. Josefson also provides medication assisted therapy for pregnant and postpartum women battling opioid dependence.

While away from the clinic, Dr. Josefson enjoys traveling, being outdoors, and spending time with her husband and their four children.

LCDR Teresa Grund R.Ph. NCPS. BCPS. BCPP is a behavioral health clinical pharmacist at the Red Lake IHS Hospital in Red Lake, MN. LCDR Grund is fully credentialed and privileged pharmacist in primary care, palliative care, medication assisted treatment, and behavioral health. Prior to coming to Red Lake, LCDR Grund was a community pharmacist and hospice consultant. LCDR Grund's areas of recent focus include behavioral health medication management, suicide prevention, medication assisted treatment, and complex trauma care. She is a 2017 ASHP Advanced Pain and Palliative Care Trainee, certified in Aboriginal Focus-Oriented Therapy, Complex Trauma Care and a board certified psychiatric pharmacist. On a personal note, Teresa is a true Disney fan, certified diver, and enjoys traveling with her family



Nikki Larsen BSN, RN is the recovery care coordinator at the Red Lake Indian Health Service Hospital in Red Lake, MN. RN Larsen works in an integrated primary care setting to help assess individuals with substance use disorders and to connect them with appropriate treatment options, support services, and to help them navigate the healthcare system to address any other chronic illnesses. Before starting with Red Lake Indian Health Service, RN Larsen worked in long-term care and for the local tribal chemical health program with their outpatient MAT program. Outside of work, RN Larsen enjoys spending her freetime with her husband, son, two dogs hiking or just spending time outdoors.