

Annual Report 2008

NYFS

We
change
lives.



NYFS

Northwest Youth & Family Services
Developing Healthy Lives

A Message from Kay Andrews

As my time as President and CEO of Northwest Youth & Family Services draws to a close, I realize that there is so much to be thankful for and optimistic about even during these difficult economic times:



Kay Andrews

- NYFS is financially sound and practices prudent fiscal management. After 33 years of working for this great organization through good times and lean times, I think I can confidently say that I know what I am talking about.
- I am leaving NYFS in the very capable hands of Jerry Hromatka, our Associate Director. Jerry started with us as the Community Service Manager over five years ago. I have worked closely with him as he prepares for this new role and have great confidence in his readiness. I know for certain that he is ready, willing and able to take the helm on Feb. 1.
- NYFS is well positioned to help our community weather the current economic storm and continue to provide vital, life changing programs and services that make this a great place to live, work and do business.

Yes, times are turbulent, but this ship is holding steady. In fact, it is in times like these that you can count on us more than ever.

Every day our social workers help low income families not just survive, but thrive. Our Senior Chore Program helps seniors live independently in their homes and our Diversion program helps delinquent youth get back on track. And this is just a small sampling of the life-changing programs offered through NYFS.

So while it is important to be aware of the effect our economy is having on our community, and our own personal finances, I want all of you to know that your investment in NYFS has really paid off. ***We have changed tens of thousands of lives, and we are poised to do the same for many more years to come.***

I will always remember the deep, meaningful relationships that I have had with many of you who have partnered with us. You have enriched my life and given me strength to carry on when I was weary or discouraged. NYFS and this community have definitely been my second home all these years. I am eager to watch from the sidelines and cheer everyone on.

Thank you for all you have done and continue to do for NYFS.

Thank you so much for all you have done to help NYFS - and me - survive and thrive. We count on your continued partnering with us in the future as we continue to change the lives of youth and families!



Kay Andrews

Contact Information

Northwest Youth & Family Services

3490 Lexington Ave. N.
Suite 205
Shoreview, MN 55110

651-486-3808
651-486-3858
www.nyfs.org

email:info@nyfs.org

NYFS Leadership Team

Kay Andrews

President and CEO

Jerry Hromatka

President and CEO - Elect 2/09

Jill Buckingham

Director of Day Treatment Services

Rachel Cain

Director of Outpatient Mental Health Services

Tim Gusk

Director of Community Services

Fran Smith

Business Manager

Community Partnerships

Strength in numbers.

Since our beginning in 1976 NYFS has collaborated with local cities, schools, law enforcement agencies, social service organizations and civic groups to ensure that we provide a continuum of services that benefit everyone in the community.

**Partnerships
build on
community
strengths**

Together we do so much more than we could ever do on our own.

Collaborative Partners

Children's Home Society & Family Services

Gavel Club

Keystone Community Services

Local School Districts: Anoka Hennepin #11; Centennial #12; Columbia Heights #13; Mounds View #621; North St.

Paul/Maplewood/Oakdale #622; Roseville #623;

St. Anthony/New Brighton #282; St. Paul #625; Spring Lake Park #16, and White Bear Lake #624.

Minnesota Youth Intervention Programs Association

Polynesian Village Partners

Ramsey County Children's Mental Health Collaborative

Suburban Ramsey Family Collaborative

Twin Cities North Chamber of Commerce

White Bear Area Community Counseling Center

Youth Community Connections

Community Partners

Arden Hills

Falcon Heights

Little Canada

Mounds View

New Brighton

North Oaks

Roseville

Shoreview

St. Anthony

Strong Kids. Strong Communities.

Each year, NYFS gives over 3,500 struggling youth and families the support they need to build the social, emotional and cognitive skills that lead to long-term success.

We strive to serve all who may benefit from our services but our main focus is on youth age 5-21 and their families because we know that early intervention is an effective way to prevent problems from getting worse.

We understand that kids don't grow up in programs - they grow up in families and communities.

Whether we are your first call for help or your last resort: NYFS is here to help.

That's why our services are designed to not only help our youth and families, but also to benefit the entire community by decreasing violence and property crime, facilitating higher graduation rates and building a better educated work force.

Many of our services are offered free of charge or on a sliding fee scale because we often find that those who are most in need of our services are least able to pay.



NYFS Programs and Services

Community Service Programs

At NYFS, we know that youth learn best by doing. That's why our programs engage youth and families in community based settings that promote skill development through experiential learning and support. Our Community Service programs include:

- Community Social Workers
- Discovery Initiative
- Diversion
- Senior Chore
- Summer Camps
- Youth Employment Training/Penny Pinchers Thrift Store

For complete descriptions, please visit www.nyfs.org.

A local family was referred to NYFS because one of their children had reported to his school that he didn't have any heat at home. A NYFS Community Social Worker connected the family with the Community Action Program and helped them receive energy assistance funds. Soon, someone came out to their house to fix the furnace and the family was able to get heat right away. Without that worry at home, the youth was better able to focus on his work at school.

NYFS
Profile of
Success

Of the Community Social Work families who reported that they had no health insurance, no access to health care, no primary physician and unmet health needs, 85 percent now have at least basic health insurance and their basic health care needs are met.

Outpatient Mental Health Services

Our licensed, professional staff serve youth, adults and families from diverse cultures, ethnicities and life experiences.

We work with clients to help them discover their strengths and overcome barriers to success such as depression, anxiety, family conflict, marital/relationship conflict and behavioral problems. In addition to individual and family counseling we offer:

- Psychological testing for youth and adults
- Play therapy for the very young
- Psychiatric and medication management services to aid the therapeutic process when needed
- Educational and support groups for parents and teens
- A Speaker's Bureau that can send someone to speak on relevant topics at your workplace or event.



NYFS is one of the few agencies in the area that specialize in the mental health needs of youth.

In 2007-08, 72% of clients showed improvement due to their use of NYFS outpatient mental health services

Northwest Educational & Therapeutic Services

Middle and high school youth who face severe mental health or behavioral problems are often unable to learn and function in a traditional classroom setting. As they struggle just to get through the day, their personal pain can have a negative affect on their classroom, family and community.

The NETS Day Treatment program offers an effective alternative that benefits both the youth and their school. Youth are temporarily removed from their original school, enrolled at NETS and participate in a year-round treatment model that combines academics and therapy. Because of the intensive services offered through NETS, these youth are able to overcome personal barriers, thrive on their own and eventually return to their original schools.

Each year, the program serves over 230 middle and high school age youth, and their families, through a collaborative relationship with nine regional school districts.

Eighty three percent of NETS youth are able to return to their own school within one year of treatment.



Members of the Zenon Dance Company worked with NETS youth to promote creative and emotional expression through dance.

Good News in Hard Times

Transitions. Opportunities. Growth.

In addition to our upcoming change in leadership, many of our programs have also undergone a tremendous period of growth and transition. Because of these changes, ***we are happy to report that we are now more prepared than ever to meet the challenges that face our community.***

In the past year we have seen the Discovery Initiative for disengaged youth grow, we have added a Diversion Plus component to our Diversion program which will serve more serious and violent youthful offenders, and our NETS program has expanded to a second campus, NETS West in Minneapolis.



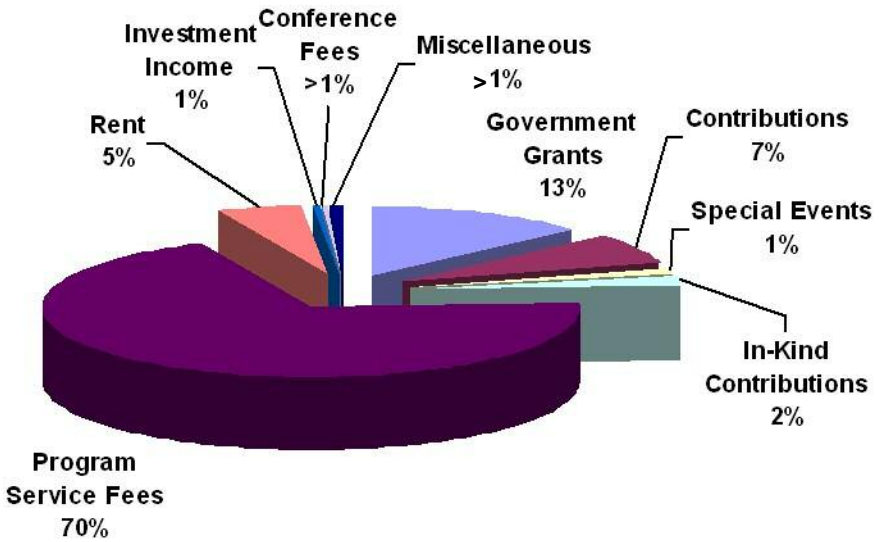
Penny Pinchers Thrift Store offers high quality, low cost goods for everyone.

The expansion of our Penny Pinchers Thrift store, a work skills training site for our Youth Employment Training Program, has resulted in a record-setting increase in sales. All profits offset the cost of the YET program. We have also

introduced a new a job interview workshop that is open to all youth in the community.

Soon, we will break ground on our new Discovery Center, a 10,000 square foot expansion to our headquarters in Shoreview. This multipurpose facility will give our NETS youth a much-needed space for physical and mental wellness activities and will be used by youth in other NYFS programs during after school hours. The space will be open to the public to be used for community events. ***None of this would have been possible without the support of our community partners. Thank you for our joint success.***

NYFS Support and Revenue



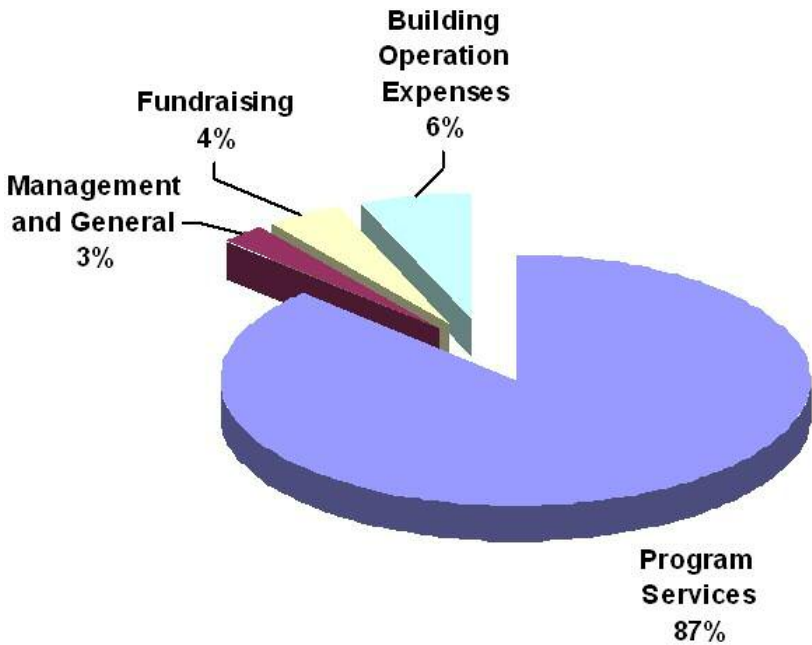
Support and Revenue

Government Grants	\$542,226
Contributions	\$285,583
Special Events	\$54,221
In-Kind Contributions	\$90,051
Program Service Fees	\$2,851,833
Rent	\$195,562
Investment Income	\$25,372
Conference Fees	\$14,374
Miscellaneous	\$32,499
Total	\$4,091,721

Expenses

Program Services	\$3,592,313
Management and General	\$106,579
Fundraising	\$161,318
Building Operation	\$253,766
Total	\$4,113,976

NYFS Operating Expenses



Thank You NYFS Event Sponsors

Taste of Northwest Sponsors

Allegra Print and Imaging, Bank Cherokee, Creative Catering, ION Corporation, Ltd., Land O'Lakes, St. Paul Pioneer Press, Shoreview Community Center, Walmart, Wells Fargo Bank, Western Bank

Leadership Luncheon Sponsors

Anchor Bank, CB Richard Ellis, Community Resource Bank, Eide Bailly, LLP; ION Corporation, Ltd., Lakeside Homes & Sales, Inc, The Maguire Agency, Sandy Martin, North American Banking Co., Pioneer Press, Real Estate Equities, Wells Fargo

Thank You NYFS Donors

\$10,000 and Above

Ameriprise Financial
Berger Transfer &
Storage, Inc.
The McKnight
Foundation
Target Foundation

\$5,000 - \$9,999

Business Data Record
Services, Inc.
Carl & Eloise Pohlad
Family Foundation
Deluxe Corporation
Foundation
Saint Katherine
Ukrainian Orthodox
Church
Soup It Up, Inc.
St. Mary's Romanian
Orthodox Church

\$2,500 - \$4,999

Community Resource
Bank
Dellwood Foundation
Inc.
Land O'Lakes
The Lawrence H. and
Elizabeth Dunlap
Foundation
Tri-Park Investments

\$500 - \$2,499

American Legion Post
#542
Anchor Bank
Bank Cherokee
CB Richard Ellis
Karen Charlson
Lillian Chiarella
City of Arden Hills
David and Debra
Czech
Earl D. and Marian N.
Olson Fund
Eide Bailly, LLP
Michael Fahey

Felhaber, Larson,
Fenlon & Vogt
Leroy and Ruth
Fingerson
Neil Gault
Greater Minnesota-
Dakotas Combined
Campaign
George and Jo
Hamilton
Jerry Hromatka
ION Corporation
Lakeside Homes &
Sales
North American
Banking Company
Maguire Agency
Sandy Martin
Gretchen Murphy
Carol & Ken Nelson
Paster Enterprises
Real Estate Equities
Marlin & Heather
Rudebusch
Sam's Club
Susan Sands
Sylvia Soucheray
Target Shoreview
Unity Church-Unitarian
of St. Paul
Wells Fargo Bank-
Anoka Branch
Western Bank
Zonta Club of St. Paul

\$1 - \$499

Peter Adolphson
Barbara Anderson
Carol Anderson
Dave Anderson
Don & Florentine
Anderson
Laurel Anderson
Jean Andrews
Kay Andrews
Anonymous
Phyllis Arbuckle

Dean Armstrong
Steve Arndt
Atonement Lutheran
Church
Azure Properties, Inc.
Janine Backer
Ralph & Joyce Bahr
Mary Bakeman
Tom Baldwin
Gladys & Earl Bane
Kenneth Barrieau
Bernice & Bud Bartz
MaryAnn Bawden
JoAnn Becker
Carmen Bell
Reed & Anne Bement
Tony Bennett
Duane Benson
Jeff Benson
Fred Bergsrud
Ann & James Berry
Henry Berry &
Margaret Sabaktke
Joe Bester
Ann Bettenburg
David & Lynnette Black
Pat Blake
Jerry & Gerri Blanski
Ruth Bleed
Bill Blesener
Joyce Blomquist
Valerie Blumberg
Barb Bollum
Don & Pam Brabeck
Wendy Brekken
Nancy Brown
Katie Bruno
Jill Buckingham
Edward Burdick
Mary Burg
Colin Campbell
& Cecilia Warner
Peggy Cardenas
Cindy Carlson
Philip Carruthers

Kathleen & Paul Ciernia	Barbara Grengs Lori Grivna	Lorraine & Paul Johnson
Dr. Reatha Clark King	Linda Grohoski	Ronald Johnson
Ellen Clifford	Heather Gunderson	Shawn Johnson
Judith & Phil Cогnetta	Jeanne Haapala	Tom Jones
Heather Rein	Janet Hafner	Elizabeth Kallinger
Ric & Maureen Cox	Georgeann Hall	Constance Kalvig
Sue Cummings	Craig & Cindy Hanson	Raye Kanzenbach
Rob Davidson	Martha Hardesty	Zigurds Kauls
Kirsten Dawson	Ruth & Murray	Peg Kennedy
Ronald & Sandra DeCoux	Harpole	Edward & Judith Kishel
Steve Dehler	Stan Harpstead	Kiwanis Club of North Suburban St. Paul
Glenna Dibrell	Dennis & Marty Harris	Kathy Klang
William Donnay	Aladin Hassan	Craig Klausing
Diane Dovenberg Lewis	Nancy Haugen	Steve Knapp
Myrtle Duffy	Dana Hays	Margaret Knutson
Kareen Ecklund	Jackie Hays	Debra Kohen
Lisa Edstrom	Judith Hazen	Brian Koland
David Egeland	Mary Heiserman, PhD, LP	Korean United Methodist Church
Arthur Ellinger	Eric Hemingway	Allan Kraemer
Kathy Englund	Michael Henley	Ann Krawczyk
Carole Erickson	Pat Hesli	George Krienke, D.V.M. and Ramona Mogg
Jerry Etesse	Kelly Higgins	Mark Krug
Dave Evans	Diane Hilden	Elva & George Kubera
Mary Eversoll	Mary Hilfecker	Stacie Kvilvang
Lindsey Fabian, MPH	Judith Hill	Karin Larson
Jerry Faust	Mike Hill	Steve & Colleen Larson
Hugh Faville	G.A. Hockemeyer	Deborah Lehman
Jerry Filla	David Hoel	Joanne Lidicker
First Resource Group	Donald Hoffman	Peter & Nicole Lindstrom
Jennifer Forbes	Brenda Holden	Mandy & Phil Little
Nils Friberg	Geoff Hollimon	Chuck Long
Susan Gaertner	Penny Howard	Dean Lotter
Susan & Robert Gehrz	Christine Hughes	Jill Lund
Joan Gerten	Alan Hull	Chance Maddox
Jennifer Gervais	Lucy Hulme	Carol Madison
John Goedeke	James Huninghake	Bill Majerus
Kitty Gogins	Sue Iverson	John Malenick
Golden "K" Kiwanis	Bob & Jane Jacobson	Larry Mansfield
Paul Good	Donald & Pam Jakes	Dale & Jo Ann Maristuen
George Gordon	JES Sales Company	
Grace & David Gorringe	Donna Johnson	
David Grant	Elizabeth Johnson	
Jane Greco	Joellen Johnson	

George Marks
Dean Maschka
Steven McCuen
Evelyn & Kermit
McDonald
Keith & Mary Ellen
McFarland
David & Vicki McKenna
Mary E. McGuire
Mary Jo McGuire
Maureen Melanson
Sara Merz
Brandon Messer
Geoffrey Milsow
Kelly Monson
Jolene Moore
Kim Moore-Sykes
Cathleen Moynihan
Mike & Joan Mulcahy
Judy Murakami
New Brighton City
Employees Club
Carole Nielsen
David Norrgard
North Central Trust
Northern Lights
Pediatric Clinic
Dave O'Connor
Jeanne O'Connor
John Ohl
Becca Olson
Joel Olson
Michelle Olson
Peter Olson-Skog
Phyllis Ostergren
James Ostlund
Otto & Associates, PA
Mary Owen
Tony & Stacie
Paetznick
Mary Ann Palmer
Anne Parker
Jan Parker
Gloria Pederson
Janice Pederson

Shirley & Bill Pickett
Carol Ponsolle
Trish Pool
Lee & Sandi Poppe
Premier Bank
Harriet Purdy
Tammy Pust
Janet Quick
Terence Quigley
Vivian Ramalingam
Dana Rebelein
Lila Recksiedler
Randy Reichert
Jack Rhodes
Kathryn Richtman
Ann Ricketts
Clayton Robinson
Ann Rogers
Margaret Rookey
Jim Roth
Ann Russell
Trish Sackrison
Anne Salo
Charlotte Samuelson
Richard Savelkoul
Karen Schaub
Kevin Schroeder
Lorie Schulstad-Werk
& Thomas Werk
Terry Schwerm
Donald Severson
Reverend Janet
Shannon
Marjorie Shaver
Norma Signorelli
Anne Simons
Louise Simonson
Dorothy Sina
Lisa & Jeff Sjobeck
Fran Smith
Lois Ann Smith
Lee Snetting
Georgiana Sobola
Colin Sokolowski
Betty Sommers

Chris Sonenblum
Marsha Soucheray
Mary Jane Spartz
Harvey Specker
Rosemary Spielmann
Peggy & Lou
St. Germain
Andrew & Joan Stark
Dave Stene
Jeff Stephenson
Anthony Stieber
Randy Stille
Marlene Stillman
Donald Stokes
Jean Stout
Ervin Studenski
Matthew Sundeen
Terry Swor
Nick Temali
John Thein
Monica Theisen
Blythe Thompson
Garth Thompson
Roger & Chris
Thompson
Sue Thompson
Pastor Tim Thompson
Brian Thorkelson
Roger & Marlys
Toogood
Jason Torke
Robert Tufford
John Tynjala
Jan Vanderwall
Angela VanDeWalker
Romelle Vanek
Nancy & Bob Viking
Lois Vogel
Lillian & Gaylord Wahl
Carrie Walker
Dan Wall
Jeanne & Robert Walz
Colleen Wambach
John Ward
Adrienne Wickstrom

Jodi Williams
Lori-Anne Williams
Roger Williams
Sharon Wilson
Ben Withhart
Sara Wolff
Kay Wood
Veronica Wood Bartlett
Richard Wriskey
Lynn Wyman
Barbara Yates
Tracy Youngblom
Donald & Luella Zibell

Memorials

Ann Lawrence
in memory of
Dick Lawrence
Elizabeth Reynolds
in memory of
Gerald Reynolds

In Kind

Shannon Aleczaender
Anchor Bank
Kay Andrews
Axel's
Bachman's
Sandra & Al Bahr
Ralph & Joyce Bahr
Matt Birk
Becker Brothers
Wendy & Peter Benson
Bibelot
Andy & Jenn Bischoff
Bluefin Bay on Lake
Superior
Pam & Don Brabeck
Brightwood Hills Golf
Course
Buffalo Wild Wings
Café Latte
California Pizza Kitchen
Chanhassen Dinner
Theater
Dave Charlson
Chianti Grill

Lillian Chiarella
Judith and Philip
Cognetta
Creative Catering
Dellwood Country Club
Linda Fenske - What's
New in Gifts
Flowerama
Joan Gerten
Gilded Edge Framing
Grand Hair & Beyond
Grand Jete
Grandma's Saloon &
Grill-Duluth
Greer's Health &
Wellness
Barbara Grengs
Judith Hazen
Ray Hitchcock
Jerry Hromatka
Innsbruck Jewelers
Jan Jernell & Dave
Kortan
Jimmy John's
Joe's Garage
Cindy Keller
Peg Kennedy
Susan & Ron Korkowski
Jorie Kulseth
LaCasita
Land O'Lakes
Rose Lethert
Lindey's Prime
Steakhouse
John & Mary Lindstrom
Sheila Lotz
Kevin and Amy Maijala
Maguire Agency
Mancini's Char House
Joe Mauer
Kathy McKay
Medina Ballroom
Jim Meyer
Michael's Arts & Crafts
Millenium Hotel
Minnesota Lynx

Minnesota
Timberwolves
Minnesota Twins
Minnesota Vikings
Minnesota Zephyr
Jeff Muetzel-
Commanding Edge
Mystic Lake Casino &
Hotel
Ngon
NYFS Staff
Park Square Theater
Paster Enterprises
Carol Pearson
PEI WEI
Shirley & Bill Pickett
Seth Pugh
Ready Meats
Red Balloon
Lois Rem
Jim & Ann Ricketts
Roseville Schools
Second Harvest
Shoreview Community
Center
Southern Theater
Peggy & Lou
St. Germain
St. Paul Saints
Summit Brewing
Company
Theatre de la Jeune
Lune
Timber Lodge
Steakhouse
Toro Company
Treasure Island Resort
& Casino
University of Minnesota
Vine & Branches
Von Hanson's Meats
Carrie Walker
Wild Mountain
Zamanski & Associates

NYFS Board of Directors

Peggy St. Germain, Chair
Amanda Little, Vice Chair
David L. Norgaard, Secretary
Dean Maschka, Treasurer

Tom Baldwin
Karen M. Charlson
Judith A. Cognition
Brenda J. Holden
Blake C. Huffman
Alan Hull
Robert J. Jacobson
Peg Kennedy
Peter C. Lindstrom
Wendell Maddox
Mary Jo McGuire
Joel C. Olson
Gloria Alvarez Pederson
Tammy L. Pust
Jim Roth
Bettie J. Seitzer
Carrie J. Walker

**NON PROFIT ORG
US POSTAGE
PAID
ST. PAUL MN
PERMIT NO. 6970**