

Transforming Lives



2011-2012

Annual Report



Northwest Youth & Family Services
Developing Healthy Lives

A Message from the President

At NYFS we transform the lives of youth and families. To do that, and to keep up with our community as it evolves, we've had to change. Our most recent transformation, a successful merger with the White Bear Lake Area Community Counseling Center this summer, allows us to offer our mental health, senior chore and diversion services in the east metro area. As you can see, our annual report has transformed a bit, too. In order to conserve resources, we're publishing this report in a smaller format. The report may be smaller, but we still have big goals. When we opened our doors in 1976, NYFS was able to help just 400 youth and families. This year, we plan to serve 4,500 and offer a wide array of programs and services tailored to individual needs. I am excited about what the future holds for this agency and grateful to you, our supporters. Together we can realize our mission of preparing youth and families for healthy lives.



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NYFS President & CEO

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Municipal Partners FY 2011-2012:

Arden Hills, Falcon Heights, Little Canada, Mounds View, New Brighton, North Oaks, Roseville, Shoreview, St. Anthony

School District Partners FY 2011-2012

Centennial, Columbia Heights, Mounds View, North St. Paul/Maplewood/Oakdale, Roseville Area, St. Anthony-New Brighton, Spring Lake Park, White Bear Lake

"NYFS has been investing in youth and families for decades and I've seen firsthand how their programs and services benefit not just their clients, but the entire community. What they do saves lives and saves money. The strain on state and local government resources in their area would be greater without them."

Mary Jo McGuire
Ramsey County Commissioner

Youth Development Programs are designed to close the opportunity gap for marginalized and underserved youth. The goal of these programs is to address and strengthen skills for youth in four core areas critical to long-term success: academic achievement, employability, life skills and citizenship. Six NYFS staff, and numerous mentors and volunteers, conduct the programs. Youth are referred to the programs by school districts, the juvenile justice system and community organizations. Programs include: STEP (Service + Tutoring Equals Pride), Discovery, Diversion, Mentoring Plus, Youth Employment Training, Senior Chore and Summer Day Camps.

Mental Health Programs consist of individual and group counseling for all ages with a focus on youth. Our seven licensed mental health staff provide counseling and therapy for the emotional health of children, teens and adults. NYFS also offers psychiatric services, providing medication management services in tandem with outpatient mental health counseling. We are one of the few places that offer mental health services to low-income individuals and families. We are continuing to see an increase in the number of clients with mental health needs who have no insurance or high-deductible insurance plans that prevent them from receiving the services they need.

Northwest Educational and Therapeutic Services (NETS) is a daily, year-round program for youth that combines academic instruction with therapeutic services to address the needs of severely emotionally disturbed youth in grades 5-12. The program combines structure and nurturance as these youth and their families work toward long-term success. The immediate goal is to help the student develop the skills to ensure success in a less restrictive school setting. The long-term objective is to promote lasting positive changes that are good for the youth, good for their families and good for their community.



NYFS PROGRAMS WORK

- 86% of youth in our STEP program improved their grades
- 95% of youth who successfully graduated from our Diversion program did not reoffend within six months of completing the program
- 80% of Mental Health clients reported an improvement in their symptoms

"Without you in our lives we would have lost our son ... Because of you, a beautiful mind is dreaming of the future."

~ Parents of a NETS program youth

Financial Report: Fiscal Year 2011-2012

Support

Government Grants	383,500
Contributions	158,092
Special Events & In Kind Cont.	<u>53,650</u>
Total Fundraising:	595,242

Revenue

Program Service Fees	3,350,940
Rent	162,719
Investment Income	2,564
Conference Fees	24,351
Miscellaneous	<u>(492)</u>

Total Support and Revenue 4,135,324

Expenses

Program Services	3,522,807
Management & General	215,719
Fundraising	183,897
Building Rental Expense	<u>124,119</u>

Total Expenses 4,046,542

End of Year Net Assets 2,109,474

Audited financial reports and 990 forms can be downloaded from our web site: www.nyfs.org



DID YOU KNOW?

Investing in youth and families pays off: A study by the University of Minnesota found that for every dollar invested in youth-serving programs like those offered at NYFS a 400% social return on investment is realized.

Thank You NYFS Donors and Sponsors

Since our start in 1976, NYFS has relied on the support of the community to help us live out our mission of preparing youth and families for healthy lives. We would like to extend a special thank you to the businesses, individuals, corporations, foundations, churches and civic organizations that have generously contributed to our programs and events in the past year. **A complete listing of all donors can be found on our website at www.nyfs.org.**

2011 Taste of Northwest Sponsors

Allegra Print and Imaging, Creative Catering, Felhaber, Larson, Fenlon & Vogt, Ideacom Mid-America, Land O'Lakes, Midway Party Rental, Inc., Pioneer Press, Western Bank

2012 Leadership Luncheon Sponsors

Anchor Bank, Ralph Bahr Memorial Fund, CB Richard Ellis, Ideacom Mid-America, Lakeside Homes, Maguire Agency, Sandy Martin, North Suburban Golden K Kiwanis, Pioneer Press, Synovis Life Technologies, Zamansky Professional Association

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