

We Change Lives



2010-2011

Annual
Report



Northwest Youth & Family Services
Developing Healthy Lives

A Message from the President and Board Chair

Thanks to the hard work and dedication of staff, volunteers and community partners NYFS has had another successful year. In fact, we've had 35 of them so far. Some were more successful than others, but we have never strayed from our mission of preparing youth and families for healthy lives and we plan to live out that mission for at least another 35.

In good times and in bad, we have strived to find a balance between consistency and change. Change is essential to remain relevant and vital in our evolving community. But consistency is necessary to provide refuge and calm during times of uncertainty.



2011 Board Chair Karen Charlson,
NYFS President & CEO Jerry Hromatka

We remain committed to our core programming – day treatment, mental health and youth development – but have made important changes. The biggest has been the retooling of our Youth Employment Training program which is designed to help youth secure jobs and explore careers. We have reallocated needed resources which necessitated the closing of our Penny Pinchers Thrift Store. This was part of the reorganization of the Community Services Department into our Youth Development Department which will increase our focus on academic achievement, enhanced employability, life-skills and citizenship.

Other changes include our new role as the fiscal agent for the Ramsey County Children's Mental Health Collaborative. Our reputation for fiscal accountability enabled us to obtain this contract for service and we are glad to use our expertise for the good of a county-wide collaborative.

As we go forward, we see change on the horizon as for-profit, nonprofit and government sectors redefine how to work interdependently in this new economy. We know that we are up to the challenge and thank you for your partnership. Your support ensures that NYFS will remain a constant and positive force in this community through these exciting and challenging times.

Karen Charlson

Jerry Hromatka

Since our start in 1976, NYFS has grown and changed to meet the emerging needs of the communities we serve. Today, we touch the lives of over 4,000 youth, families and seniors every year through our broad range of programs and with the help of our partners in the civic, business and nonprofit community.

NYFS Leadership Team

Jerry Hromatka,
President & CEO

Jill Buckingham,
Director of Day Treatment Services

Rachel Cain,
Director of Outpatient Mental Health

Tim Gusk,
Director of Youth Development

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Falcon Heights
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Mounds View
New Brighton
North Oaks
Roseville
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Collaborative Partnerships

Minnesota Youth Intervention Programs Association
North Suburban Gavel Club
Ramsey County Children's Mental Health Collaborative
Roseville Rotary
Shoreview/Arden Hillls Rotary
St. Anthony-New Brighton Family Service Collaborative
Suburban Ramsey Family Collaborative
Twin Cities North Chamber of Commerce

School Districts

Centennial #12
Columbia Heights #13
Mounds View #621
North St. Paul/Maplewood/Oakdale #622
Roseville Area #623
St. Anthony-New Brighton #282
Spring Lake Park #16
White Bear Lake #624

NYFS Programs and Services

Outpatient Mental Health Clinic

Our licensed, professional staff serve youth, adults and families from diverse cultures, ethnicities and lifestyles. Whether it is addressing an immediate crisis or managing a long-term mental illness, we are dedicated to helping families and individuals thrive. Our therapists work with over 500 clients each year and help them discover their strengths and overcome barriers to success. Common issues include depression, anxiety, family conflict and behavioral problems. Couples counseling is offered for same-sex, opposite-sex, married and unmarried couples. We also offer:

- Medication management services for children and adolescents to aid the therapeutic process when needed
- Educational and support groups for parents and teens
- A Speaker's Bureau for the community

NYFS is one of the few places where youth as young as age four can receive therapeutic services tailored just to their stage of development. We accept all insurance plans; mental health services are also offered on a sliding-fee scale to the uninsured. Interpreters are available to assist non-English speaking clients.

Community Social Work Services

Our licensed social workers do a broad-based needs assessment with clients. Based on those needs, goals are set and our social workers help connect clients with community resources. While our social workers are always there to help our clients, our common goal is to help them do as much as they can for themselves and build on their existing strengths. We serve families with children in the North St. Paul/Maplewood/Oakdale, Roseville, Mounds View/New Brighton and White Bear Lake school districts.

I don't know what I would have done without help from Janet to find a place to live. I've never been in this place of being homeless before and couldn't have ever been able to get a bed and furniture on my own.

- Single father and
Community Social Work client

• 87% of Community Social Work clients report improved access to food sources and now have enough food to feed their families.

• 67% now have basic health insurance.

• 57% report improvement in their child's school attendance, improved grades and educational needs being met

Northwest Educational and Therapeutic Services (NETS)

NETS is a daily, year-round day treatment program that offers educational and therapeutic services to youth struggling with severe mental health and behavioral problems. Youth are temporarily transferred from their home school, enrolled at NETS, and participate in a treatment model that combines academics and therapy. Because of the intensive services offered through NETS, these youth are able to overcome personal barriers and develop skills to manage their mental illness.

Our immediate goal is to help the student make a successful transition into a less restrictive school setting. Our long-term objective is to promote lasting positive changes that are good for the youth, good for their families and good for their community.

- Over 85% of NETS youth are able to return to their home school districts within a year and a half
- 85% are able to reduce their mental health 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



Youth in the NETS and Discovery programs explored post-secondary educational options at local college campuses.

Youth Development

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 Youth Development programs include:

- Discovery
- Diversion
- Mentoring Plus
- Senior Chore
- STEP (Service + Tutoring Equals Pride)
- Summer Camps
- Youth Employment Training

Closing the Gap

All kids need a strong foundation that includes healthy relationships with adults inside and outside their family, meaningful involvement in their school, work, home and community lives and the chance to make real-world decisions about their future in a supportive environment.

While all youth deserve these things, not every one has them. Kids who lack access to these foundational elements for success often fall behind their peers academically, socially and in the workplace. This is sometimes called the Achievement Gap but we believe it is also an Opportunity Gap.



NYFS Youth Development programs address this gap through diverse programs that contain a common goal: ensuring that every youth who needs our help receives the tools they need to overcome immediate obstacles and develop skills that will help them overcome challenges throughout their lifetime.

I am going to stay out of trouble and remember what I learned here. My life is back to normal and I have a great relationship with my parents again. Thank you for helping me.

- a Diversion student

The Kay Andrews Discovery & Event Center

In addition to increasing the social and academic skills of NETS youth, the Kay Andrews Discovery and Event Center also serves as an affordable space for community events. The 10,000 square foot multi-purpose facility features a catering kitchen, conference room, dining area, multi-purpose gymnasium and a recreation room.

The space was designed to serve both the needs of our NYFS clients and our community. We have a long history of collaboration with school, business and



civic organizations and are committed to ensuring that the space is an asset for the entire community.

- 100% of STEP (Service + Tutoring Equals Pride) youth improved their grades
- Youth demonstrated leadership through service learning activities
- Program participants post-secondary educational options through campus visits.

- While providing much-needed space during the day for our NETS students, the Discovery Center is used after school by youth in the STEP, Diversion and Discovery programs
- The Discovery Center has hosted weddings, corporate events, holiday parties, meetings, a senior expo and exercise classes

We would like to thank everyone who has donated to the Discovery Center capital campaign including our lead sponsors: Deluxe Corporation Foundation, Fred C. and Katherine B. Andersen Foundation, Hardenbergh Foundation, Peter J. King Family Foundation, Land O' Lakes Foundation Target Foundation and Wells Fargo Foundation.



Financial Report: Fiscal Year 2010-2011

Support

Government Grants	404,876
Contributions	71,648
Special Events	48,990
In-kind Contributions	<u>12,422</u>
Total Fundraising:	537,936

Revenue

Program Service Fees	3,576,368
Rent	166,760
Investment Income	7,758
Conference Fees	18,286
Miscellaneous	1,386
Loss on disposal of property	(223)

Total Support and Revenue 4,308,271

Expenses

Program Services	3,596,483
Management & General	143,855
Fundraising	194,307
Building Rental Expense	397,281

Total Expenses 4,331,926

End of Year Net Assets 2,020,692

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



Thank You Event Sponsors, Volunteers and Attendees

NYFS hosts three special events each year to highlight the work we do, build and strengthen our community, and to honor the volunteers that make our community a great place to live, work and do business. Thank you for your support!



Taste of Northwest Sponsors

Allegra Print and Imaging
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Western Bank

Service to Youth Awards

Winners:

Marcus Carrigan
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Sponsors:

Arden Hills/Shoreview Rotary



Leadership Luncheon Sponsors



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Thank You NYFS Donors

This list reflects donations made
between July 1, 2010 and June 30, 2011

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\$40,000 and above

Fred C. and Katherine B. Andersen Foundation



For more information about how you can partner with Northwest Youth & Family Services and help us live our our mission to prepare youth, families and seniors for healthy lives, please contact

Jerry Hromatka, President & CEO
651-379-3404
jerry@nyfs.org

Northwest Youth & Family Services

3490 Lexington Ave. N.

Shoreview, MN 55126

651-486-3808 www.nyfs.org