

We Change Lives

2009-2010

Annual
Report



Northwest Youth & Family Services
Developing Healthy Lives

A Message from the President and Board Chair

Throughout our history, NYFS has thrived because of its winning formula of talented and hard working staff, dedicated volunteers and supporters, and strong community partnerships. This formula for success helped us endure the worst economic climate since the Great Depression.

During the past year we remained strong and supportive as we saw clients, businesses and other organizations struggling to survive. We continue to focus on providing quality services knowing we are needed now more than ever and that these challenging times will improve our organization and position NYFS to be stronger as things improve.



**2010 Board Chair David Norrgard,
NYFS President & CEO Jerry Hromatka**

NYFS is proud of its innovative spirit which enables us to provide cutting edge services to youth and families. This year we received a generous commitment from a local resident to implement a pilot parenting program for parents of young children. With Ramsey County support we expanded our Diversion program to work with more challenging and younger children. Upon completion of our new Discovery Center, we revamped NETS, our day treatment program, and now can focus on the distinct needs of both middle school and high school students. We use the Discovery Center during non-school hours to initiate an intramural program for youth not involved in organized sports, and an after school tutoring program for junior high youth. We've turned this innovative spirit inward to reduce administrative expenses through increased efficiencies and cost saving actions. This allows us to rein in expenses without cutting back on services.

NYFS was a strong organization going into this tough economy and thanks to the hard work of staff, volunteers and community partners, we will survive and come out stronger to serve the needs of our community today and in the future.

A handwritten signature in black ink that reads "David L. Norrgard".

David L. Norrgard

A handwritten signature in black ink that reads "Jerry Hromatka".

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 non-profit community.

NYFS Leadership Team

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President & CEO

Jill Buckingham,
Director of Day Treatment Services

Rachel Cain,
Director of Outpatient Mental Health

Adel Chamoun,
Director of Development

Tim Gusk,
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St. Anthony



Collaborative Partnerships

Minnesota Youth Intervention Programs Association

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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 #623

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, our staff are dedicated to helping families and individuals thrive. Therapists work with clients to help them discover their strengths and overcome barriers to success such as 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 two 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 clients 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.

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.

In 2009, NYFS completed construction of the Kay Andrews Discovery Center, a 10,000 square foot multipurpose facility that

enhances our services by giving NETS students a much-needed space for physical and mental wellness activities. Students are thriving in the new space and we are seeing a decrease in behavioral issues now that students and staff have more space in which to meet their treatment objectives.

NYFS is one of the few places in the metro area specializing in children's mental health care. Our family-focused approach works with the entire family whenever possible



Community Service Programs

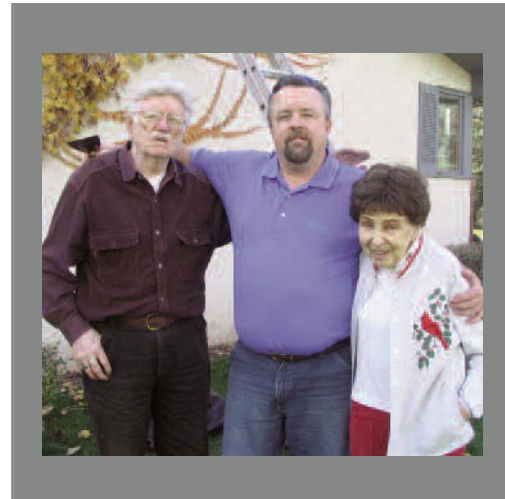
At NYFS, we know that youth learn best by doing. That's why our programs engage youth and families in community-based settings that promote skill development through experiential learning and support. Our Community Service programs include:

- Discovery Initiative
- Diversion
- Mentoring Plus
- Penny Pinchers Thrift Store
- Senior Chore
- STEP Tutoring Program
- Summer Camps
- Youth Employment Training

Community Benefits

The success of a community is defined by the success of the people who live in it. As the lives of our youth improve, so does the quality of life for everyone around them. The immediate benefits are easy to see: decreased property crime, fewer families in crisis, higher graduation rates and an improved learning environment in our local classrooms.

In the long term, these same youth who succeed in getting their lives back on track become the next generation of community leaders, educators and volunteers in the very communities that supported them in their youth.



The Kay Andrews Discovery & Event Center

The Kay Andrews Discovery & Event Center has been in operation at NYFS since September 2009. In addition to increasing the social and academic skills of NETS youth, the Discovery Center also serves as an affordable space for community events.

NYFS has a long history of collaboration with school, business and civic organizations and is committed to ensuring that this space is an asset for the entire community.



The impact of the Kay Andrews Discovery Center continues to grow:

Over 100 seniors benefitted from our Senior Chore Program in the past year. Our in-home and outdoor chore service allows seniors to live in their own homes with dignity and independence.

- 70% of kids involved in our after-school programs improved their grades in school
- 50% of parents reported a decrease in problem behaviors at home since their children started coming to after-school programs
- Visits by NETS students to the behavioral intervention room have dropped by 20%
- There has been a five-fold increase in family attendance at NETS family nights

We would like to thank everyone who has donated to the Kay Andrews Discovery Center Capital Campaign including our lead sponsors: Deluxe Corporation Foundation, Hardenbergh Foundation and Target.



Financial Report: Fiscal Year 2009-2010

Support and Revenue

Government Grants	565,119
Contributions	206,041
Special Events	45,755
In-kind Contributions	<u>19,910</u>
Total Fundraising	836,825
Program Service Fees	3,236,597
Rent	178,863
Investment Income	10,247
Conference Fees	54,393
Miscellaneous	<u>4,844</u>
Total Fees and Income	3,484,944
Grand Total	4,321,769

Expenses

Program Services	3,573,838
Management & General	122,579
Fundraising	224,494
Building Operation	287,058
Total Expenses	4,207,969
End of Year Net Assets	2,044,347

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



A Note of Thanks from the Development Department

Since our start in 1976, NYFS has relied on the support of the community to help us live our 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 sponsored events with us in the past year.

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Taste of Northwest Sponsors

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We would also like to welcome our new NYFS partners who have joined with us through a new initiative that links communities of faith with NYFS resources: Church of Corpus Christi, Centennial United Methodist Church, Presbyterian Homes of Roseville, North Como Presbyterian Church, Falcon Heights United Church of Christ, St. Rose of Lima Catholic Church and Presbyterian Church of the Way.

Thank You NYFS Donors

This list reflects donations made
between July 1, 2009 and June 30, 2010

General Operating and Program-Specific Contributions

\$1 to \$499

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Summit Brewing Company
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 Timber Lodge Steak House
 Totino's
 Walker Art Center
 What's New In Gifts
 Wild Mountain Ski Area
 Wuollet Bakery

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*The following list reflects
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 2010.*

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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

Adel Chamoun, Director of Development
651-379-3421
adel@nyfs.org

Northwest Youth & Family Services

3490 Lexington Ave. N.

Shoreview, MN 55126

651-486-3808 www.nyfs.org