



NYFYS

Northeast Youth & Family Services

Transforming lives by ensuring access to care that nurtures healing, cultivates community, and inspires hope.

About Us

- ▶ Community Driven Nonprofit founded in 1976
 - ▶ 10 Municipalities came together and identified significant unmet needs in region for youth
 - ▶ Together created NYFS - started with 4 staff and 2 programs - Juvenile Diversion and Youth Mental Health
- ▶ Locations in Shoreview and White Bear Lake
- ▶ Support youth and the whole family - healthy families are the building blocks of healthy communities
- ▶ Trauma-informed and culturally responsive care
- ▶ Focus on ensuring access and reducing barriers to care - especially financial barriers - serve clients that are uninsured, underinsured, low income

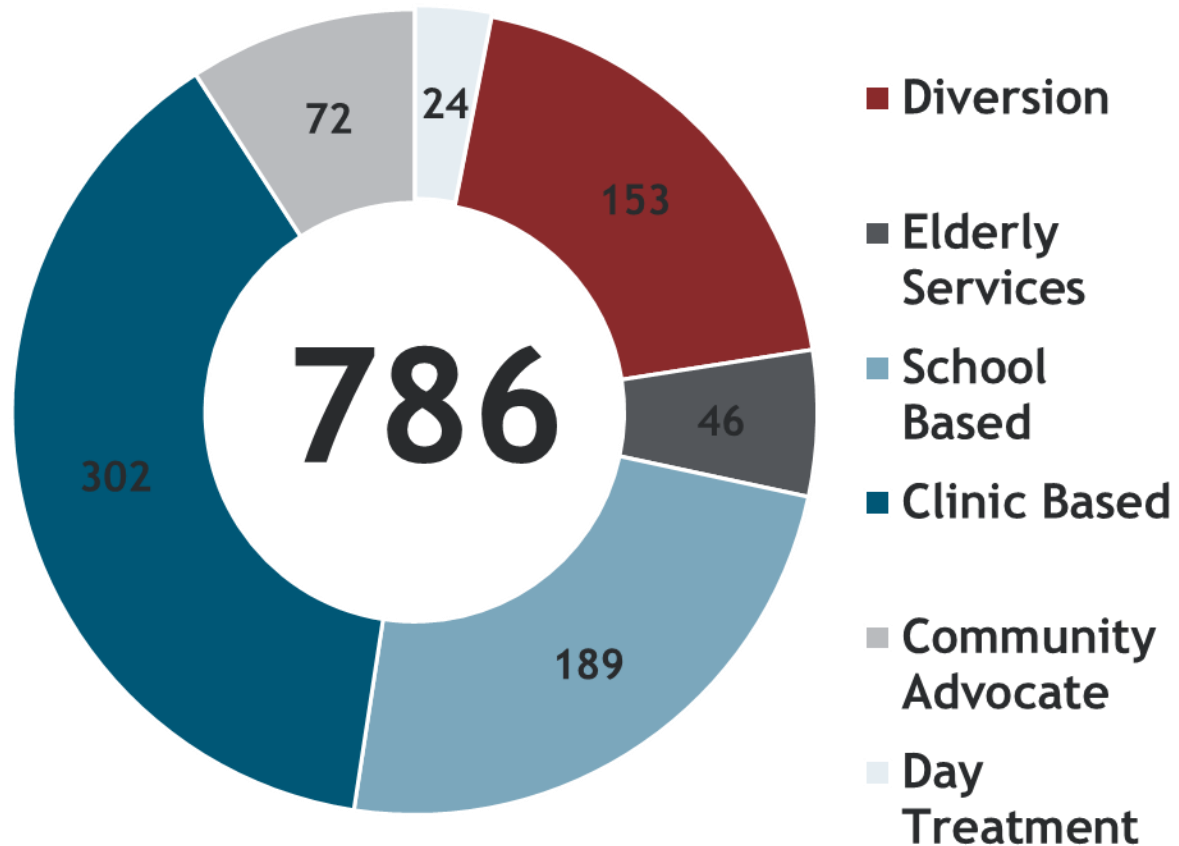
Mission, Vision, Values

- ▶ **NYFS Mission:** *Transforming lives by ensuring access to care that nurtures healing, cultivates community, and inspires hope.*
- ▶ **NYFS Vision:** *We envision a world where thriving individuals and families are the building blocks of safe, unified communities established through a network of empowered and collaborative partnerships.*
- ▶ **NYFS Values:** *Equity, Inclusion, and Belonging; Integrity; Community Driven; Innovation; Transformative Relationships; Authenticity; Wellbeing*

Relationships in Service of the Community

- ▶ Longstanding Partnerships
 - ▶ 16 Municipalities
 - ▶ 5 Law Enforcement Agencies
 - ▶ 4 School Districts
 - ▶ Ramsey Co Attorney's Office & Sheriffs Department
- ▶ Board largely comprised of City Council Members from municipal partners

FY 2021-22 Stats: Clients

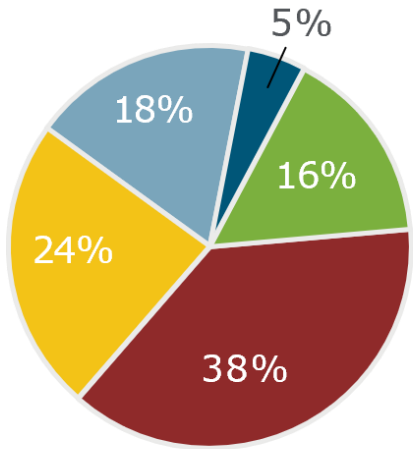


FY 2021-22 Stats: Appointments

21,696 total appointments

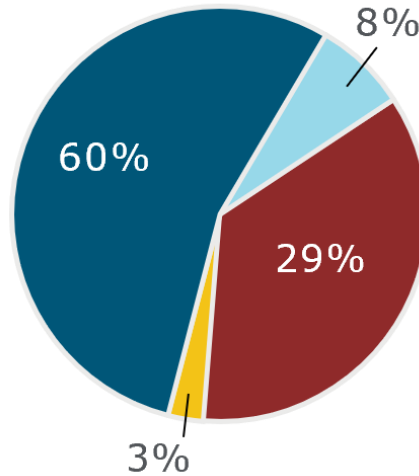
- **496 meetings with 72 Community Advocacy Clients**
- **447 meetings with 153 Diversion clients**
- **657 family and couple therapy sessions with 138 client families**
- **337 Assessments for Mental Health Services**

NYFS Fiscal Picture FY 21-22



REVENUE

- ◆ Individuals:
\$122,807.25
- ◆ Municipalities:
\$408,547.80
- ◆ Contract and Grants:
\$988,742.65
- ◆ Third Party Billing and Fees:
\$628,013.64
- ◆ Occupancy:
\$474,245.01



EXPENDITURES

- ◆ Mental Health:
\$1,982,278.00
- ◆ Community Services:
\$270,063.00
- ◆ Management and General:
\$962,748.00
- ◆ Fundraising:
\$97,592.00

The State of Youth Mental Health in MN

- ▶ Clients have more severe mental health and resource challenges than we have ever seen before
 - ▶ Trauma, anxiety, depression, suicidal behavior, panic attacks, social relationship problems, isolation, failure to make developmental gains, emotional regulation and anger difficulties, drug and alcohol use, etc.
- ▶ Now, one in three youth have a diagnosable mental health condition - significant increase since COVID
- ▶ On Minnesota Student Survey 2022 in Ramsey Co:
 - ▶ 19% of 11th grade males and 46% of 11th grade females report having a long term (6 months or longer) mental health condition.
 - ▶ 43% of 11th grade males and 64% of 11th grade females report having 1 or more Adverse Childhood Experiences (ACEs).

Mental Health Programs

- ▶ **Clinic Based Mental Health**
 - ▶ Individual, Couples, Family, and Group Therapy
 - ▶ In Person or Telehealth
 - ▶ Serve 4 years old through lifespan
 - ▶ Art, Play, and Trauma Therapy
- ▶ **School Based Mental Health**
 - ▶ Embedded model - serve the clients *and* the school
 - ▶ 3 school districts, elementary through high school
- ▶ **NETS Day Treatment**
 - ▶ Higher acuity, half day therapy/half day school
 - ▶ Middle and High School Students

Community Service Programs

▶ Youth Diversion

- ▶ Referred due to offenses such as theft, drug use, etc.
- ▶ Alternative to traditional justice system
- ▶ Based on restorative principles: Youth attend educational seminars with their parents, perform community service and pay restitution.

▶ Community Connections

- ▶ 7-week program helping youth perceive a brighter future through mentorship, career exploration, educational exposure, and service.

▶ Community Advocacy

- ▶ Contracts with 5 Law Enforcement Agencies
- ▶ Co-create public safety
- ▶ Provide support for citizens outside of scope of LE: resource referral, crisis intervention, mental health, housing, domestic violence, neighbor disputes, chemical dependency, etc.

Innovating into the Future

- ▶ Expanding Community Connections to general youth referrals
- ▶ Adding specialized advocates - domestic violence, youth, elders
- ▶ Building and expanding Play Therapy Services
- ▶ Expanding modalities such as art therapy, horticulture therapy, among other culturally responsive interventions
- ▶ Establish NYFS as a Training Site for new providers with pathways for BIPOC providers
- ▶ More group therapy offerings and support for parents
- ▶ Staff wellness and work sustainability measures to support longevity in the field

For More Information and to Become Involved

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NYFS is here for you, because of you.

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