We Change Lives

2008-2009 Annual Report
It has been a momentous year!

We enjoyed a smooth transition in leadership as we celebrated Kay Andrew’s retirement after 33 years of service to NYFS and the community. We are thankful for Kay’s guidance during her tenure at NYFS and are eager to build upon our rich tradition of service to our community as we lead the organization into the future.

A lot of energy and human resources were dedicated to the construction of the Kay Andrews Discovery Center. Over the past twelve months, we’ve seen our concept become reality as the center grew out of the ground and finished on time and on budget. We continue our capital campaign to help pay for what promises to be a great asset to NYFS programs and the community at large.

Throughout these tough economic times we remain committed to quality services for youth and families. We refuse to become complacent with past success and strive to ensure our services are current, effective and cost efficient. One of our main strengths is our highly skilled and dedicated staff who work in tandem with our community partners. Together, we combine our strengths and enhance our ability to help people develop skills and reach their potential as they contribute to a strong community.

As with all sectors of society, the past year has been a challenge as we react to the worst economic conditions since the ‘30s. Although we had a tough year, NYFS is a strong organization and through the leadership of board and staff we will not just persevere but will do our part to contribute to the recovery. We know things will get better, but until then we continue to roll up our sleeves and do the hard work that needs to be done today so that we are prepared to contribute to and benefit from the future that awaits us all.

We thank you for all that you do, in your own special way, to make this a great community in which to live and do business.
Strength in Numbers

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 and families every year through our broad range of programs and with the help of our community partners.

Community Partnerships

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

School Districts

Anoka-Hennepin #11
Centennial #12
Columbia Heights #13
Mounds View #621
North St. Paul/Maplewood/Oakdale #622
Roseville Area #623
St. Anthony-New Brighton #282
St. Paul #625
Spring Lake Park #623
White Bear Lake #624

Collaborative Partnerships

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

NYFS Contact information

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651-486-3858 (fax)

www.nyfs.org
info@nyfs.org

For more information about how you can help NYFS live out its mission of preparing youth and families for healthy lives, please contact Adel Chamoun, Director of Development, at 651-379-3421 or adel@nyfs.org.

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

Rotarians and other volunteers donated their time and talents to landscape the Kay Andrews Discovery Center.
NYFS Programs and Services

Outpatient Mental Health and Community Social Work Services

Our licensed, professional staff serve youth, adults and families from diverse cultures, ethnicities and lifestyles. Community Social Workers connect families with community resources and address basic needs. 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 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.

In 2008-2009, over two-thirds of clients showed improvement due to their use of NYFS Outpatient Mental Health services.

Northwest Educational and Therapeutic Services (NETS)

The NETS day treatment program 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 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, develop skills to manage their mental illness and eventually return to their own schools.

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.

Nearly 70 percent of NETS youth are able to successfully return to their own schools within two years of treatment at NYFS.
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 Service Programs**

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

Each year NYFS Diversion youth contribute over $50,000 worth of community service hours to the northern suburbs as part of their restitution process. They also pay over $5,000 in financial restitution for their offenses.

**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 out our mission of preparing youth and families for healthy lives. We would like to extend a special thank you to the businesses, individuals and civic organizations that have generously sponsored events with us in the past year.

**Leadership Luncheon Sponsors**
- Anchor Bank
- CB Richard Ellis
- Eide Bailly LLP
- ION Corporation
- Kiwanis Club of North Suburban
- Golden K St. Paul
- Lakeside Homes
- Maguire Agency
- Sandy Martin
- Pioneer Press
- John Sweeney

**A Taste of Northwest Sponsors**
- Allegra Printing and Imaging
- Bank Cherokee
- Creative Catering
- Felhaber Larson Fenlon & Vogt
- Land O’ Lakes
- Pioneer Press
- St. Anthony Park Dental Care
- Shoreview Community Center
- Western Bank

Over 200 business leaders, civic officials and NYFS supporters attended our fall fundraiser, the *Taste of Northwest.*

NYFS would also like to recognize the dedicated individuals who were honored with the 2009 Service to Youth Award: Lori Carlson, Dick Caron, Burt Emerson, Vivian Henningfield, Bob Jacobson, John Marty, Walter Northrup, RAHS DANG Group and LaVon Tell.

Support and Revenue

- Government Grants: 555,615
- Contributions: 217,805
- Special Events: 59,190
- In-kind Contributions: 11,915
- Program Service Fees: 3,328,911
- Rent: 187,022
- Investment Income: 25,769
- Conference Fees: 19,984
- Miscellaneous: 9,084

Total Support and Revenue: 4,415,295

Expenses

- Program Services: 3,920,041
- Management & General: 162,410
- Fundraising: 247,661
- Building Operation: 251,628

Total Expenses: 4,581,740

End of Year Net Assets: 1,930,546

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

We Did It!

Construction of the new Kay Andrews Discovery Center was completed on budget and on time in 2009. This 10,000 square foot multi-purpose facility will serve our NETS youth during the daytime but will be available for rental by the community when not in use by NYFS.

For more information about the center, or how you can participate in the ongoing capital campaign, please contact Adel Chamoun, Director of Development, at 651-379-3421.

The Kay Andrews Discovery Center
Thank You NYFS Donors

$10,000 and Up
Deluxe Corporation Foundation
Target Foundation
The McKnight Foundation
Wells Fargo Foundation

$5,000 to $9,999
Ameriprise Financial
Anchor Bank
Karen Charlson
John & Mariia Ordway
Charitable Lead Trust
Wendell Maddox
Soup It Up, Inc.

$2,500 to $4,999
Anonymous
Dellwood Foundation
Ruth & Murray Harpole
The Lawrence H. and Elizabeth S. Dunlap Foundation

$500 to $2,499
Kay Andrews
Dean & Debra Armstrong
Pete & Wendy Benson
Jerry & Gerri Blanski
CB Richard Ellis
Cathy & Dave Charlson
Lillian Chiarella
City of Arden Hills
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Rob Davidson
Ronald & Sandra DeCoux
Diane Dovenberg-Lewis & Harvey Lewis
Elmer L. & Eleanor J. Andersen Foundation
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Kiwanis Club of North Suburban
Golden K St. Paul
Lakeside Homes & Sales
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Amanda & Philip Little
Maguire Agency
Sandy Martin
Dean Maschka
James & Jill Ostlund
Paster Enterprises
Terry & Kay Quigley
Susan & Bill Sands
Audrey & Ernest Schroeder
Target Community Relations
Twin Cities North Chamber of Commerce
Western Bank
Zonta Club of Saint Paul

$1 to $500
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Dave Anderson
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Atonement Lutheran Church
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Naomi & John Banick
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Wayne Grof & James Dryden
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Heather Gunderson
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Dennis & Mary Harris
Aladin Hassan
Nancy & Tom Haugen
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Michael Henley
Vivian Henningfield
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Mary Hilfiker
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Brenda & Jim Holden
Nancy Holland
Debra Holmgren
Daniel Hoverman
Christina Hughes
Lucy Hulme & Marcia Brugger
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Donald & Pam Jakes
Carmen Jastrow
Chad Jayasekera
Amy Jo Johnson
Donna Johnson
Elizabeth Johnson
Lorraine & Paul Johnson
Schawn Johnson
Susan LaLander Johnson
Tom Jones
Karen & Rod Joyer
Raye Kanzenbach & Joni MacDonald
Evi Karelson
Charles & Barbara Keffer
Peg Kennedy & Mike Feist
Judy & Edward Kishel
Kiwanis Club of St. Anthony
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Beverly Kowalski
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Joy Lindsay