Annual Report 2008

We change lives.
As my time as President and CEO of Northwest Youth & Family Services draws to a close, I realize that there is so much to be thankful for and optimistic about even during these difficult economic times:

- NYFS is financially sound and practices prudent fiscal management. After 33 years of working for this great organization through good times and lean times, I think I can confidently say that I know what I am talking about.

- I am leaving NYFS in the very capable hands of Jerry Hromatka, our Associate Director. Jerry started with us as the Community Service Manager over five years ago. I have worked closely with him as he prepares for this new role and have great confidence in his readiness. I know for certain that he is ready, willing and able to take the helm on Feb. 1.

- NYFS is well positioned to help our community weather the current economic storm and continue to provide vital, life changing programs and services that make this a great place to live, work and do business.

Yes, times are turbulent, but this ship is holding steady. In fact, it is in times like these that you can count on us more than ever.

Every day our social workers help low income families not just survive, but thrive. Our Senior Chore Program helps seniors live independently in their homes and our Diversion program helps delinquent youth get back on track. And this is just a small sampling of the life-changing programs offered through NYFS.
So while it is important to be aware of the effect our economy is having on our community, and our own personal finances, I want all of you to know that your investment in NYFS has really paid off. **We have changed tens of thousands of lives, and we are poised to do the same for many more years to come.**

I will always remember the deep, meaningful relationships that I have had with many of you who have partnered with us. You have enriched my life and given me strength to carry on when I was weary or discouraged. NYFS and this community have definitely been my second home all these years. I am eager to watch from the sidelines and cheer everyone on.

Thank you so much for all you have done to help NYFS - and me - survive and thrive. We count on your continued partnering with us in the future as we continue to change the lives of youth and families!

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**Contact Information**

**NYFS Leadership Team**

**Northwest Youth & Family Services**
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Kay Andrews
President and CEO

Jerry Hromatka
President and CEO - Elect 2/09

Jill Buckingham
Director of Day Treatment Services

Rachel Cain
Director of Outpatient Mental Health Services

Tim Gusk
Director of Community Services

Fran Smith
Business Manager
Community Partnerships

Strength in numbers.
Since our beginning in 1976 NYFS has collaborated with local cities, schools, law enforcement agencies, social service organizations and civic groups to ensure that we provide a continuum of services that benefit everyone in the community.

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

Collaborative Partners

Children’s Home Society & Family Services
Gavel Club
Keystone Community Services
Local School Districts: Anoka Hennepin #11; Centennial #12; Columbia Heights #13; Mounds View #621; North St. Paul/Mapelwood/Oakdale #622; Roseville #623; St. Anthony/New Brighton #282; St. Paul #625; Spring Lake Park #16, and White Bear Lake #624.
Minnesota Youth Intervention Programs Association
Polynesian Village Partners
Ramsey County Children’s Mental Health Collaborative
Suburban Ramsey Family Collaborative
Twin Cities North Chamber of Commerce
White Bear Area Community Counseling Center
Youth Community Connections

Community Partners

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

Each year, NYFS gives over 3,500 struggling youth and families the support they need to build the social, emotional and cognitive skills that lead to long-term success.

We strive to serve all who may benefit from our services but our main focus is on youth age 5-21 and their families because we know that early intervention is an effective way to prevent problems from getting worse.

We understand that kids don’t grow up in programs - they grow up in families and communities.

That’s why our services are designed to not only help our youth and families, but also to benefit the entire community by decreasing violence and property crime, facilitating higher graduation rates and building a better educated work force.

Many of our services are offered free of charge or on a sliding fee scale because we often find that those who are most in need of our services are least able to pay.

Whether we are your first call for help or your last resort: NYFS is here to help.
NYFS Programs and Services

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:

- Community Social Workers
- Discovery Initiative
- Diversion
- Senior Chore
- Summer Camps
- Youth Employment Training/Penny Pinchers Thrift Store

For complete descriptions, please visit www.nyfs.org.

A local family was referred to NYFS because one of their children had reported to his school that he didn't have any heat at home. A NYFS Community Social Worker connected the family with the Community Action Program and helped them receive energy assistance funds. Soon, someone came out to their house to fix the furnace and the family was able to get heat right away. Without that worry at home, the youth was better able to focus on his work at school.

_of the Community Social Work families who reported that they had no health insurance, no access to healthcare, no primary physician and unmet health needs, 85 percent now have at least basic health insurance and their basic health care needs are met._

NYFS Profile of Success
Outpatient Mental Health Services
Our licensed, professional staff serve youth, adults and families from diverse cultures, ethnicities and life experiences.

We work with clients to help them discover their strengths and overcome barriers to success such as depression, anxiety, family conflict, marital/relationship conflict and behavioral problems. In addition to individual and family counseling we offer:

- Psychological testing for youth and adults
- Play therapy for the very young
- Psychiatric and medication management services to aid the therapeutic process when needed
- Educational and support groups for parents and teens
- A Speaker’s Bureau that can send someone to speak on relevant topics at your workplace or event.

NYFS is one of the few agencies in the area that specialize in the mental health needs of youth.

In 2007-08, 72% of clients showed improvement due to their use of NYFS outpatient mental health services
Middle and high school youth who face severe mental health or behavioral problems are often unable to learn and function in a traditional classroom setting. As they struggle just to get through the day, their personal pain can have a negative affect on their classroom, family and community.

The NETS Day Treatment program offers an effective alternative that benefits both the youth and their school. Youth are temporarily removed from their original 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, thrive on their own and eventually return to their original schools.

Each year, the program serves over 230 middle and high school age youth, and their families, through a collaborative relationship with nine regional school districts.

*Eighty three percent of NETS youth are able to return to their own school within one year of treatment.*

In addition to our upcoming change in leadership, many of our programs have also undergone a tremendous period of growth and transition. Because of these changes, we are happy to report that we are now more prepared than ever to meet the challenges that face our community.

In the past year we have seen the Discovery Initiative for disengaged youth grow, we have added a Diversion Plus component to our Diversion program which will serve more serious and violent youthful offenders, and our NETS program has expanded to a second campus, NETS West in Minneapolis.

The expansion of our Penny Pinchers Thrift store, a work skills training site for our Youth Employment Training Program, has resulted in a record-setting increase in sales. All profits offset the cost of the YET program. We have also introduced a new job interview workshop that is open to all youth in the community.

Soon, we will break ground on our new Discovery Center, a 10,000 square foot expansion to our headquarters in Shoreview. This multipurpose facility will give our NETS youth a much-needed space for physical and mental wellness activities and will be used by youth in other NYFS programs during after school hours. The space will be open to the public to be used for community events. None of this would have been possible without the support of our community partners. Thank you for our joint success.
Support and Revenue

Government Grants $542,226
Contributions $285,583
Special Events $54,221
In-Kind Contributions $90,051
Program Service Fees $2,851,833
Rent $195,562
Investment Income $25,372
Conference Fees $14,374
Miscellaneous $32,499
Total $4,091,721

Expenses
Program Services $3,592,313
Management and General $106,579
Fundraising $161,318
Building Operation $253,766
Total $4,113,976
Thank You NYFS Event Sponsors

**Taste of Northwest Sponsors**
Allegra Print and Imaging, Bank Cherokee, Creative Catering, ION Corporation, Ltd., Land O'Lakes, St. Paul Pioneer Press, Shoreview Community Center, Walmart, Wells Fargo Bank, Western Bank

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Saint Katherine Ukrainian Orthodox Church
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St. Mary's Romanian Orthodox Church

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**Memorials**

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<th>Ann Lawrence</th>
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<tr>
<td>Elizabeth Reynolds</td>
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**In Kind**

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<td>Sandra &amp; Al Bahr</td>
<td>Ralph &amp; Joyce Bahr</td>
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<td>Matt Birk</td>
<td>Wendy &amp; Peter Benson</td>
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<tr>
<td>Becker Brothers</td>
<td>Bibelot</td>
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<td>Andy &amp; Jenn Bischoff</td>
<td>Bluefin Bay on Lake Superior</td>
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<td>Pam &amp; Don Brabeck</td>
<td>Brightwood Hills Golf Course</td>
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<tr>
<td>Café Latte</td>
<td>Buffalo Wild Wings</td>
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<td>California Pizza Kitchen</td>
<td>Café Latte</td>
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<td>Chanhassen Dinner Theater</td>
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<tr>
<td>Dave Charlson</td>
<td>Chianti Grill</td>
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