



**Nexus-Kindred**  
FAMILY HEALING



# A Mission to Grow

## 2021 Annual Report



## A Mission to Grow

Every year, Nexus-Kindred sets out to make a greater impact than the year before -- both with the children and families we serve and within our organization. We reflect on the past year, look toward the coming future, and make plans to move forward, grow, and improve.

This exercise is more critical than ever as we face the largest youth mental health crisis to date, and we all navigate our collective recovery from the past two years.

Several Minnesota agencies have found it not possible to continue providing foster care and adoption services due to the changing environment and stressors on agencies. Nexus-Kindred's commitment has re-doubled during this time when youth and families need us more than ever.

Our key activities in 2021 focused on creating an even stronger foundation in preparation for what may be on the horizon in foster, adoptive, and mental health care for youth.

- We committed to the implementation of Together Facing the Challenge, a best-in-class model that better prepares foster parents to meet the mental health needs of youth needing foster and adoptive care.
- We focused on how better to provide support to our foster and adoptive parent pool as they continued to care for youth in the ongoing stress of COVID and the high needs of youth in care.
- We partnered with communities and individuals who supported those efforts and ended the year with appreciation both directed at the parents themselves and the youth in foster care.

- We tackled system analysis to help streamline and create efficiencies to make more effective use of our resources, to update and focus our policies and practices, and integrate new tools to better manage the care of our youth and families.
- We developed and executed a multi-tiered action plan to support, develop, and engage our tireless social workers as they provide direct support at all hours to families and youth all while they coped with the difficult times that we have all experienced.

With your investments this past year and our dedicated staff, Nexus-Kindred supported 495 Minnesota youth and families through our foster care and adoption services. Sixty youth were adopted, and we welcomed 47 new licensed foster families. Community support and partnerships are key to our ability to sustain our existing services while continuing to meet the growing and changing needs in foster and adoption services of our communities. We are deeply thankful for your support of our deep commitment to providing safe homes for youth to heal and grow and for many, find their forever home.



**Margaret Vimont**  
Interim Executive Director  
Nexus-Kindred Family Healing



**Dr. Michelle K. Murray**  
President/CEO  
Nexus Family Healing

---

***Restoring Hope. Reshaping Futures.***



Una Stamus gym members competed to assemble new bikes for children in foster care.



## Your Support Makes A Difference

Community support makes a tremendous impact on the lives of children in foster care. While foster families provide so much for the youth in their care, they are always additional needs that could help a child feel more at home.

Last year, Crossfit Una Stamus gym in Elk River, MN, and Together We Rise came together to give such an experience to the youth in Nexus-Kindred foster homes. Gym members worked through a bike building competition to provide 53 new custom bikes, helmets, and locks to our youth. The youth were bursting with excitement to receive their own bike, whether it was for a younger child who could use it for playtime and exercise or the teens who are using the bikes for transportation to school and work.



Waves of Change organization which is led by high school students assemble dcare packages with winter hats and mittens for each of our kids that are currently in foster care.

The work of Nexus-Kindred wouldn't be possible without the support of individuals who value making an immediate difference in the life of a child or family in crisis. Here are examples of how donations make a difference:

**\$250** provides gas cards and other resources that help support families during their child's care

**\$500** supports school supplies and extra-curricular activities that allow youth to just be a kid

**\$1,000** furnishes an apartment with necessities for a youth aging out of foster care

**\$6,500** supports the recruitment and training of one foster family

**\$10,000** provides specialized training for a team of staff supporting youth recovering from trauma

**\$25,000+** supports the development of new initiatives to expand and enhance services for youth in foster care



## A Safe Place To Call Home

A group of three high-spirited brothers, Joe (13), Jeremy (9), and Jared (7), had experienced significant neglect in their young lives due to their parents' drug use. They were scared, distrusted other people, and sometimes behaved in reckless and aggressive ways because they never had the guidance to help them know how to cope with their emotions. But the boys had an unbreakable bond with one another because they knew that they were the only family they could count on.

Joe, Jeremy, and Jared were removed from their parents' home for their own safety. Their therapists and case workers knew it would be challenging to find a foster family who could take all three boys into their home and help them work through their trauma.

Tim, a long-time Nexus-Kindred foster parent, knew he could make a difference in the lives of these boys. As he helped them to bed on one of the first nights in his home, the youngest brother, Jared said, "Thank you for having safe beds for us so we can sleep." It was at that moment that Tim realized that something as basic as a good night's sleep may have been rare for these boys.

Over time, Tim taught the brothers simple things like how to make a meal and how to play basketball. Joe, Jeremy, and Jared did very well under the care of Tim, who never gave up and stood by them through highs and lows.

Months later, the boys became eligible for adoption. Tim immediately stepped up to provide a permanent home for Joe, Jeremy, and Jared.

BY THE NUMBERS

# Making a Difference, One Youth, One Family at a Time

At Nexus-Kindred, we provide safe, nurturing homes for youth in difficult family situations – whether that is for a while, or for a lifetime.

## In 2021:

Over **495** youth and families utilized Nexus-Kindred services.

**60** youth were adopted into loving homes.

**47** new foster families were licensed.

**98%** of youth and families who worked with Nexus-Kindred found services to be beneficial.



# Resiliency from Trauma

We help reduce areas of concern for youth affected by trauma so they can be significantly more successful with school, work, their family, and within our communities.

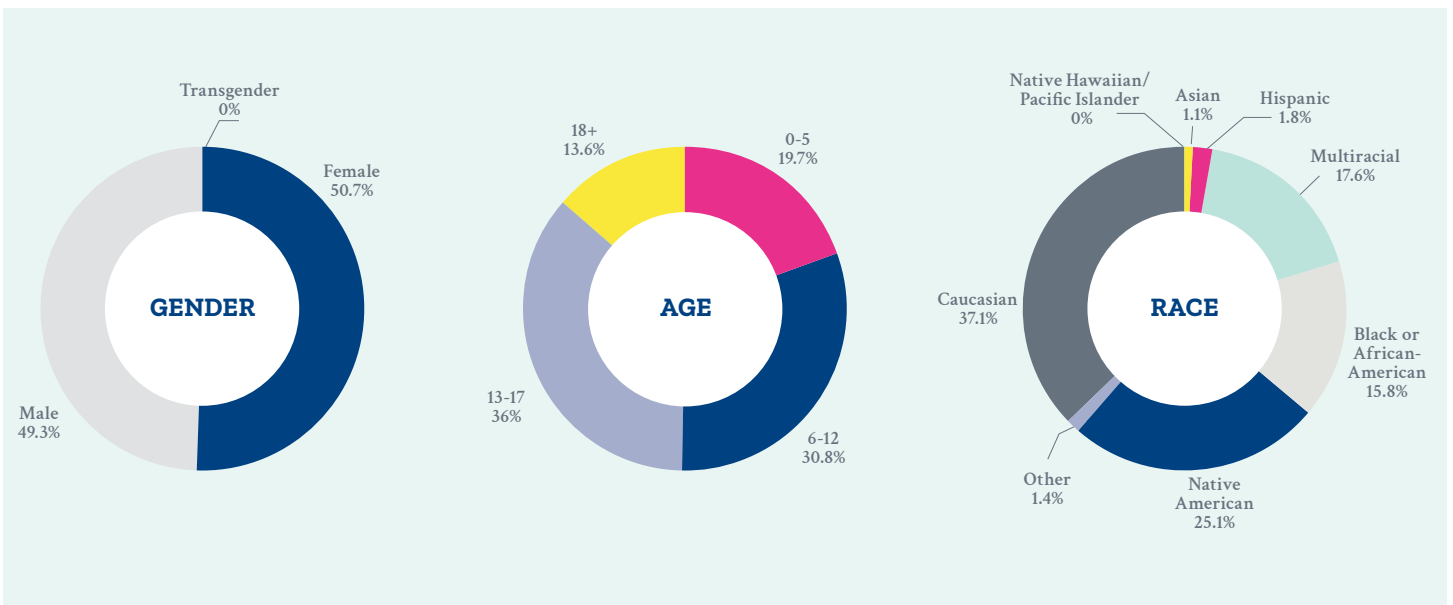
The youth we help have experienced incredible levels of trauma. **Nearly 70% of those in our care have already experience 4 or more adverse childhood experience (ACEs) in their lifetime.** People who experience 4 or more ACEs are 460% more likely to be depressed, 12 times more likely to attempt suicide, 5 times more likely to develop heart disease, and are about 1.5 times more likely to be physically inactive and have severe obesity. On average, the life expectancy of someone with an ACE score of four or more is 20 years shorter than someone who scored zero.



They need us to move forward through very difficult situations, and we know we can help guide them to a brighter future. Below are the percentages of the youth in our care who have experienced various adverse/traumatic experiences:

|  |            |
|--|------------|
| <b>Disruptions in Caregiving/Attachment Loss</b> | <b>99%</b> |
| <b>Neglect</b>                                   | <b>84%</b> |
| <b>Emotional Abuse</b>                           | <b>64%</b> |
| <b>Witness to Family Violence</b>                | <b>45%</b> |
| <b>Parental Criminal Behavior</b>                | <b>62%</b> |
| <b>Physical Abuse</b>                            | <b>43%</b> |
| <b>Sexual Abuse</b>                              | <b>30%</b> |

## Who We Serve



## Learning to Self-Advocate

In late 2018, Julia was referred by Douglas County to the **Healthy Transitions to Adulthood program** at Nexus-Kindred, a program that addresses the gap in services and lack of support systems and independent living structures youth often face during their transition out of foster care.

Julie was almost 18 and determined, anxious, and unsure of where to begin. She wanted assistance with independent living skills including finding a second job, an apartment, applying to college, and opening a bank account. During her time with Nexus-Kindred, Julia has transformed into a young adult who knows what she wants and needs and is unafraid to advocate for herself to meet her goals.

As a teenager, Julia spent time in youth transitional facilities for her mental health and subsequent behaviors. After she completed the program, she was able to return to her mother's home, where she lived until she turned 18. Julia and her mother had some problems in the past, and while Julia cares deeply for her mother, she believes that the healthiest thing for their relationship is to live separately while visiting regularly.

Thanks to the help of the Healthy Transitions program, Julia was easily able to find a second job and an apartment. She had help with budgeting, tax appointments, groceries, and general support for when



she was struggling or had questions about life. She now has a degree in mechatronics and just accepted a position with a company in Arizona who specifically recruited her, even offering to cover her moving expenses.

We are so proud of Julia, and hope her story can inspire other young adults who need help with the transition to adulthood.

## FUTURE

# Together, we can create brighter futures

In the coming year, Nexus-Kindred is rolling out many exciting things that will further support both the youth in foster care and the foster parents.

- We anticipate all Nexus-Kindred foster parents will be trained in the useful **Together Facing the Challenge model**, providing them the tools necessary to best care for youth in foster and adoptive care.
- The need for **innovative transitional services for youth in foster care is critical** in keeping them on the right track. Statistics show that within **two to four years after turning 18:**

**40% of youth in foster care were homeless, incarcerated or abusing drugs and alcohol**

**51% were unemployed**

**84% became parents**

The state of Minnesota has asked Nexus-Kindred to expand our work in adoption services and helping teens transition into adulthood starting in July 2022. We are ready to help change the trajectory of these trends.

- Finally, we are leaning into the power of human connection and finding ways to come together after a few isolating years. We are engaging youth and families in field trips and fun days, creating an advisory board for Nexus-Kindred, and ramping up in-person share and support meetings for foster parents and staff celebrations who work tirelessly on behalf of the youth we serve.





## Support Across the State



## Our Services

### Foster Care & Adoption

When family systems break down or a crisis occurs, we're here to help. We work tirelessly to make sure every child is cared for in a safe and secure home - whether they need short-term care while a family is in transition or a permanent place to call their own. Nexus-Kindred provides a range of foster care services, transitional supports, and adoption services.

## Nexus-Kindred Family Healing Board of Directors 2021 – 2022

**Dr. Michelle K. Murray**  
President/CEO,  
Nexus Family Healing

**Bobbi Kochevar**  
Chief Operating Officer,  
Nexus Family Healing

**Scott McGuire**  
Chief Financial Officer,  
Nexus Family Healing

**Jennifer McIntosh**  
Chief Human Resources Officer,  
Nexus Family Healing

**Margaret Vimont**  
Vice President of Strategy and Service Development,  
Nexus Family Healing

## Nexus-Kindred Leadership

**Margaret Vimont**  
Interim Executive Director

**Stacy Sikorski**  
Operations Director

**Karly Katchmark**  
Regional Director

**Gretchen Welch**  
Regional Director

**Sandra DeMarais**  
Accounting Manager

# Financials

## Nexus-Kindred Family Healing Consolidated Statement of Financial Position

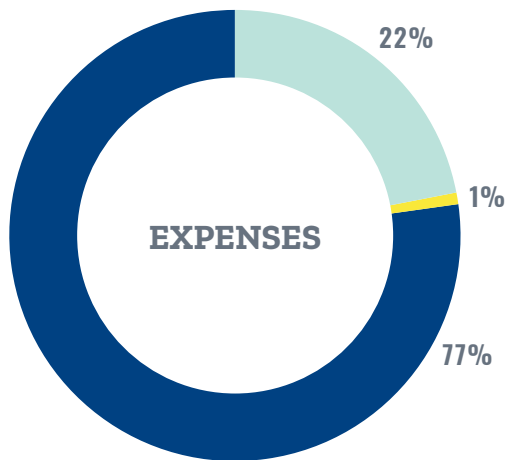
December 31, 2021 & 2020

|   | 2021              | 2020               |
|---|-------------------|--------------------|
| <b>CURRENT ASSETS</b>                   |                   |                    |
| Cash and cash equivalents               | 222,277           | 362,483            |
| Accounts receivable                     | 440,526           | 548,460            |
| Other receivables                       | 140,725           | 139,322            |
| Prepaid expenses and the current assets | 6,564             | 33,685             |
| <b>Total current assets</b>             | <b>810,092</b>    | <b>1,083,950</b>   |
| <b>NONCURRENT ASSETS</b>                |                   |                    |
| Property and equipment, net             | 27,753            | 14,879             |
| Investment - other long term            | 2,119             | 4,119              |
| <b>Total noncurrent assets</b>          | <b>29,872</b>     | <b>18,998</b>      |
| <b>Total assets</b>                     | <b>\$839,964</b>  | <b>\$1,102,948</b> |
| <b>CURRENT LIABILITIES</b>              |                   |                    |
| Accounts payable                        | 216,053           | 256,814            |
| Due to affiliates                       | 2,455,277         | 2,571,643          |
| Other accrued expenses                  | 38,809            | 52,728             |
| Accrued salaries and benefits           | 208,655           | 288,389            |
| <b>Total current liabilities</b>        | <b>2,918,794</b>  | <b>3,169,574</b>   |
| <b>NET ASSETS</b>                       |                   |                    |
| Without donor restrictions              | -2,099,173        | -2,096,640         |
| With donor restrictions                 | 20,343            | 30,014             |
| <b>Total net assets</b>                 | <b>-2,078,830</b> | <b>-2,066,626</b>  |
| <b>Total liabilities and net assets</b> | <b>\$839,964</b>  | <b>\$1,102,948</b> |



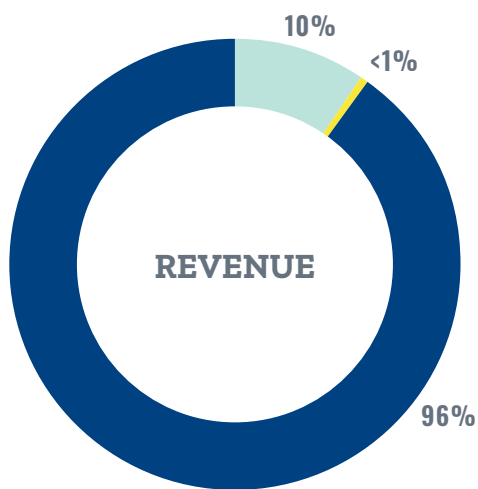
## Our Mission

Changing the course of a child’s life by stabilizing families and strengthening mental health.



**Expenses**

|                                  |           |
|----------------------------------|-----------|
| Program .....                    | 4,798,396 |
| General and Administrative ..... | 1,363,731 |
| Fundraising .....                | 33,465    |
| Total.....                       | 6,195,592 |



**Revenue**

|                                 |           |
|---------------------------------|-----------|
| Contract Revenue .....          | 5,578,245 |
| Other .....                     | 2,565     |
| Donations, Grants, Events ..... | 602,578   |
| Total.....                      | 6,183,388 |



## No child or family is ever beyond hope.

Nexus-Kindred Family Healing is part of Nexus Family Healing, a national nonprofit network of mental health agencies with over 45 years of restoring hope for thousands of children and families through outpatient/ community mental health services, foster care and adoption, and residential treatment. Whatever your needs, Nexus Family Healing is here to help. Learn more at [NexusFamilyHealing.org](http://NexusFamilyHealing.org).

### **Nexus-Kindred Metro Region**

SHOREVIEW  
5985 Rice Creek Parkway, #202  
Shoreview, MN 55126  
Phone (612) 331-4429

### **Nexus-Kindred Northwest Region**

FERGUS FALLS  
220 W Washington Ave. #B2  
Fergus Falls, MN 56537  
Phone (218) 739-3074

### **Nexus-Kindred Central Region**

BRAINERD  
17025 Commercial Park Road #6,  
Brainerd, MN 56401  
Phone (218) 828-3900

ST. CLOUD  
412 Great Oak Dr.  
Waite Park, MN 56387  
Phone (320) 529-0862

### **Nexus-Kindred Northeast Region**

1302 Cloquet Ave.  
Cloquet, MN 55720  
Phone (218) 722-6106

### **Nexus-Kindred Southern Region**

ROCHESTER  
1700 North Broadway #160  
Rochester, MN 55906  
Phone (507) 923-4030

MANKATO  
Phone (507) 401-7850

WINDOM  
Phone (507) 735-2369