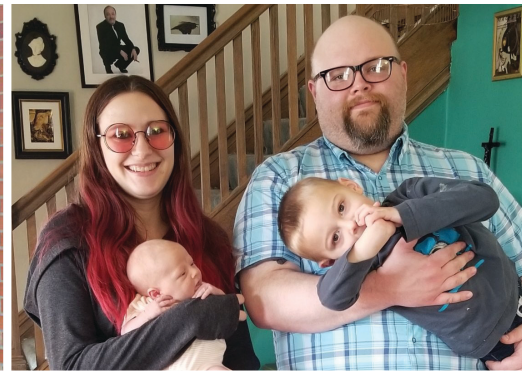




Nexus-PATH
FAMILY HEALING



Facing a Crisis Head On

2021 Annual Report



A LETTER FROM OUR PRESIDENT/CEO & EXECUTIVE DIRECTOR

Facing a Crisis Head On

The mental health of children and families in North Dakota is being challenged. These challenges call for a courageous step forward and an enormous effort. It takes an army of providers to make a difference and change the narrative and statistics.

Nexus-PATH Family Healing, with the help of our supporters, is responding to this call through the expansion and addition of new programming for children and families where there are gaps in service.

Our targeted case management work in schools continues to expand across the state. We are currently serving 11 districts and are in 25 school buildings. We coordinate care for youth who are struggling with school to improve their social and emotional wellbeing. From mental health care to food and housing, our team helps to stabilize the youth and their family throughout the year.

We are working to ensure our communities have access to mental health services no matter their location through providing both telehealth and face-to-face clinics. Nexus-PATH is currently providing telehealth in one rural school district and has therapists working directly in five other schools and communities around the state.

To ensure more individuals have access to needed services, we partnered with Dakota Medical Foundation (DMF) as one of 18 organizations developing strategies to maintain mental health services to those underinsured. Together with other organizations in the service sector, we will identify key challenges in this area of our work and make tangible recommendations to the North Dakota Legislature during their next session in 2023.

Nexus-PATH is working hard to provide solutions to the challenges we are facing statewide. Whether in schools, community, or performing advocacy efforts, we are committed to advancing the solutions necessary to address this mental health epidemic that is impacting our state and country. With the support of our donors, partners, and dedicated staff, we are facing the crisis head on.



CLETE WINKELMANN
Executive Director
Nexus-PATH Family Healing



DR. MICHELLE K. MURRAY
President/CEO
Nexus Family Healing

A handwritten signature in black ink that reads "Clete Winkelmann". The signature is fluid and cursive.

Clete Winkelmann
Executive Director
Nexus-PATH Family Healing

A handwritten signature in black ink that reads "Michelle Murray". The signature is fluid and cursive.

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

Your Support Makes A Difference

Nexus-PATH Family Healing is grateful for our community supporters who help further our mission and bring extra support for the youth and families who turn to us during their most challenging times.

While visiting North Dakota as an intern for the North Dakota Behavioral Health Department, Alexia Hartogensis, along with her mother Dr. Grace Chao and sister Penelope, had the opportunity to tour Nexus-PATH's Luther Hall residential program and were impressed by the dedication and innovation of the entire staff.

One room caught the attention of the trio and inspired Alexia and Penelope to spearhead a fundraising campaign. Alexia explains, "At Luther Hall, they have a sensory room that acts as a space for people to distance themselves from the outside world and allows individuals to immerse themselves in the present surrounds, enabling them to calm themselves and focus internally. When we saw the room, it spoke to us. This campaign is to improve their existing sensory room by adding an aquarium theme. We want the room to look like those cool jellyfish rooms in the museums."



Photo from left to right: Gordan, Alexia, Penelope Hartogensis, and Grace Chao visit the sensory room at Luther Hall

They set out on a mission to help raise \$12,000 by enlisting the help of friends and family across the United States to purchase an underwater adventure bundle for the sensory room. They exceeded their goal by raising \$12,409!

Thank you so much to Alexia, Penelope, and Dr. Grace for showing so much compassion and excitement for the youth we serve at Luther Hall. The new room is a peaceful, restorative room for the youth to "escape!"



Ticket to Dream Foundation "Book Fair" donations for youth in foster care.

The work of Nexus-PATH 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 provides gardening supplies that allow youth to develop skills creating on-campus gardens

\$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 in recovering from trauma

\$15,000 provides 100 therapy sessions for children and families unable to afford care

\$25,000+ provides start-up support to expand mental health services in an underserved community

Meeting the Challenge with Innovation

While we faced many challenges from the growing mental health crisis to staff shortages and pandemic restrictions, Nexus-PATH leaned into our determined nature to address the issues and continue to support those who need it most. We partnered with other organizations to tackle community needs and also looked inward to develop new methods to best serve our current clients. These are just a few of our highlights.

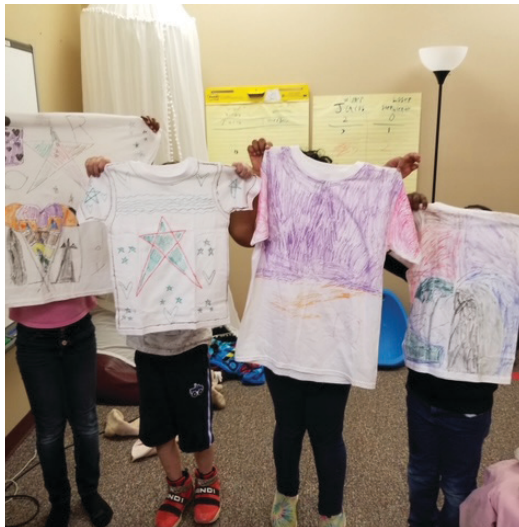


LUTHER HALL

Nexus-PATH acquired Luther Hall, a 16-bed psychiatric residential treatment facility in Fargo, prior to a potential closure. This move by Nexus-PATH ensured North Dakota would continue to have a safe and structured place to support teens struggling with emotional, behavioral, and mental health issues.

SCHOOL TARGETED CASE MANAGEMENT

School Targeted Case Management expanded to add three school districts and 10 new schools in 2021, as well as additional case managers to supplement traditional supports available to students. With this expansion, we successfully served additional families through advocating for the needs of the student, linking the student's family to appropriate services in their community, and developing collaboration between the school and the student's family for further success.



TOGETHER FACING THE CHALLENGE

Together Facing the Challenge is an evidence-based care model focused on serving youth with high needs through behavior management strategies, improving communication between foster parents and staff, and honoring foster parents and caregivers as key individuals in a child's healing journey. Nexus-PATH achieved certification status, having 100% staff and 80% of foster parents completing their training in Together Facing the Challenge.

Learning Trust

Charlotte, 5 years old, started her kindergarten year of school extremely dysregulated. She would not last more than 10 minutes in her classroom before exhibiting some form of challenging behavior. Charlotte would sleep in class, run the halls screaming, show physical and verbal aggression to peers and teachers, and at times, law enforcement would be called because she would leave the school and no one could help her calm down. She made it clear she could not trust the adults around her.

Charlotte was referred to Nexus-PATH's School Targeted Case Management. Her case manager worked with both her and her parents to build relationships and identify what she needed to be successful. Charlotte began seeing a therapist through the Nexus-PATH outpatient mental health clinic and was referred to occupational therapy.

An Individualized Education Plan was created at school through Special Education for her. Her case manager provided direct support to Charlotte in the school, as well. Months later, Charlotte is now able to stay in her classroom all day with support and has built trusting relationships with key school staff. She participates in therapy, rarely runs the halls, and is even reminding her peers about the importance of being nice and listening to the teacher!



Fostering Change

Seth was in and out of foster care for most of his life due to his parents' chemical dependency. When he entered foster care for the last time as a teenager, he was struggling with addiction himself. His foster parents, Keith and Stacey, never gave up on him.

Seth was able to enter chemical dependency treatment and worked hard to stay clean. Because of his foster family's support, he was able to get a job and work toward his high school diploma. Seth thrived with Keith and Stacey's structure and support.

When Seth turned 18, he moved out of foster care and began receiving Supervised Independent Living Services through Nexus-PATH. He lives in an apartment provided by Nexus-PATH and is doing really well. He returns to his former foster family's house for Sunday dinner, holidays, and to do a load of laundry or two.

BY THE NUMBERS

Making a Difference, One Family at a Time

The statistics around mental health from the past few years paint a very difficult picture. One in five children ages 3 to 17 have a mental, emotional, developmental, or behavioral disorder.¹

One in three high school students reported persistent feelings of sadness or hopelessness;² 19% of teens (12-17) reported seriously considering attempting suicide.¹ Sixty percent of youth with major depression do not receive any mental health treatment.³ It can be overwhelming to look at the need, but for our dedicated staff, we focus on helping each unique individual and family in our care.

The youth we help have experienced incredible levels of trauma. **Nearly 70% of those in our care have already experienced 4 or more adverse childhood experiences (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 for someone with an ACE score of four or more is 20 years shorter than someone who scored zero.⁴

Below are the percentages of the youth we serve who have experienced various adverse/traumatic experiences:

Disruptions in Caregiving/Attachment Loss	95%
Neglect	77%
Emotional Abuse	62%
Witness to Family Violence	67%
Parental Criminal Behavior	75%
Physical Abuse	49%
Sexual Abuse	29%

Over **1,171** youth, families, and adults accessed one or more Nexus-PATH services in 2021.



393
in our Foster Care Programs

489
through our Outpatient & Community Mental Health Services

29
in our Residential Treatment Programs

401
Independent Living Programs

Sources:

¹ Centers for Disease Control and Prevention. (2022, June 3). Data and Statistics on Children's Mental Health. Retrieved from <https://www.cdc.gov/childrensmentalhealth/data.html>

² U.S. Department of Health and Human Services. (2021, Dec 6). Protecting Youth Mental Health: The U.S. Surgeon General Advisory. Retrieved from <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>

³ Mental Health America. (2022). The State Of Mental Health In America. Retrieved from <https://www.mhanational.org/issues/state-mental-health-america#:~:text=In%202019%2C%2024.7%25%20of%20adults,three%20are%20going%20without%20treatment.>

⁴ Blue Cross Blue Shield of North Carolina. (2021, Feb 11). How Childhood Trauma Affects Adult Health (And What You Can Do About It). Retrieved from <https://blog.bcbssc.com/2021/02/how-childhood-trauma-affects-adult-health-and-what-you-can-do-about-it/>

Our Services

Outpatient/Community Mental Health Services

We provide telehealth and in-person appointments for children, teens, adults, couples, and families needing mental health and trauma recovery support. We also support our communities with in-home, in-school, and other on-site therapy services.

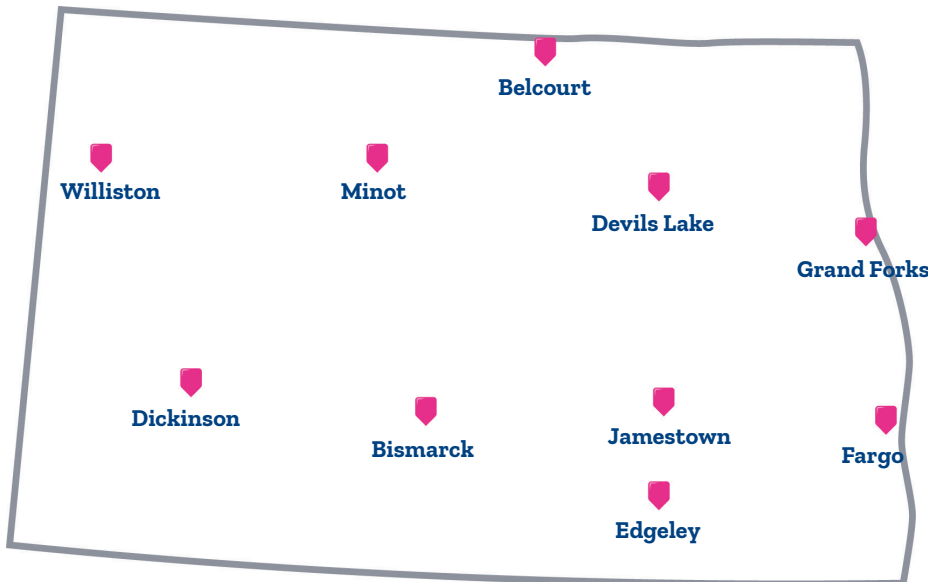
Residential Treatment

We provide short- and long-term treatment programs at our residential facility, Luther Hall, for children, teens, and young adults from ages 10–17 who need intensive support and care.

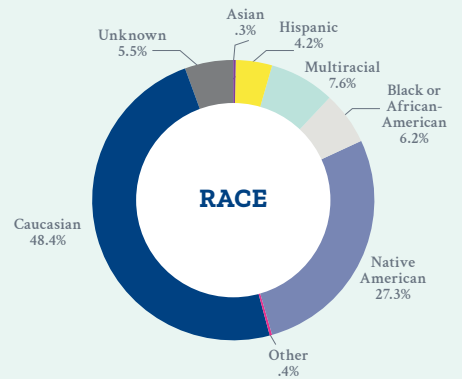
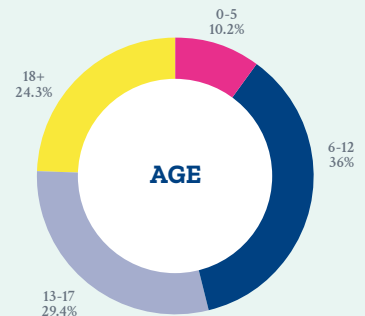
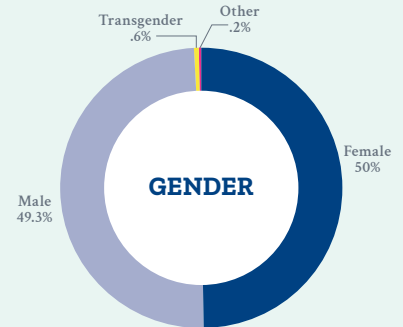
Foster Care

Children enter foster care due to an unsafe and/or unstable home environment, we provide foster homes to care for these kids while their families get back on their feet. We work hard with the child's custodial team to reunite families.

Support Across the State



Who We Serve



IMPACT

How We Help

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.

Youth in residential treatment showed a **46% decrease** in behavioral symptoms which include emotional dysregulation, trauma symptoms, and high risk behaviors as measured by the **Child and Adolescent Needs Assessment (CANS)**. This means the youth in our programs:

- **Have better school engagement**
- **Develop healthy interpersonal skills and self-control over their behaviors**
- **Are better able to live safely with their family**
- **Engage in community activities**

We provide safe, nurturing homes for youth in difficult family situations - whether that is for a while, or for a lifetime.

- **393** youth were supported through our foster care programs
- **401** youth in Independent Living

We partner with schools and communities to provide mental health support when and where it's needed most.

- **114** youth received mental health support through our school targeted case management and therapy services. Doubling the number of youth helped year over year.
- **370** youth and families accessed our outpatient mental health services

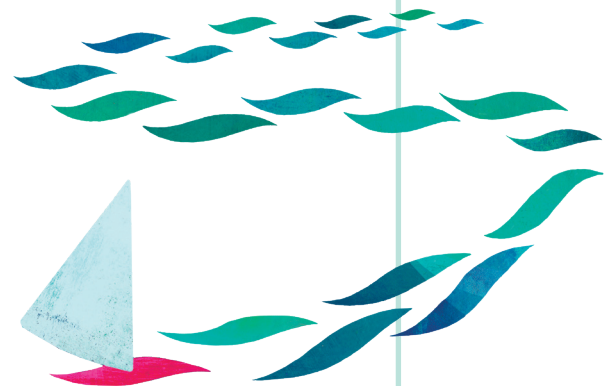
We created a positive path forward for our youth and families:



97% of our clients believe the services received were beneficial



86% of our youth in foster care had no additional placements after Nexus-PATH with another 8% having only one placement change



FUTURE

Our Work Doesn't Stop Here

We see the needs of children and families in North Dakota changing daily. Mental health challenges are on the rise and proactive measures must be taken to help families be healthy and stay together. **Suicide rates have risen 58% in North Dakota from 1999-2020**, increasing more than any other state and is now the **second leading cause of death for ages 15-34**. Students (55.5% of middle school students and 61.2% of high school students) reported their mental health was not good in the 2020-2021 school year. Of additional concern, 26.2% of middle school students and 30.5% of high school students reported feeling sad or hopeless.*

Children in foster care need safe and supportive places to stay until they can return home. Young people aging out of foster

care need a support system to help them navigate housing, secondary education, employment, and daily living challenges.

In the next year, we are already set to fill gaps in transition services, early childhood prevention, and school programs. School Targeted Case Management is expanding, with conversations happening in various school districts across the state as the need for assistance in emotional, behavioral, and mental health resources in schools continues to rise. Supervised Independent Living programming continues to provide resources to young people aging out of foster care, adding additional apartments where needed.

*2021 Behavioral Health in North Dakota Date Booklet (nd.gov)

Nexus-PATH Family Healing Board of Directors 2021 – 2022

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Ex-officio

Clete Winkelmann, MS

M.S., Ex-officio

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Jodi Duttenhefer

Operations Director

Heather Simonich

Operations Director

Wayne Suchla

Director of Business and Facilities

Karen Baukol

Human Resources Manager

Jody Goodell-Lange

Clinical Director-Luther Hall

Sonja Stang

Marketing Manager

Colleen Hardy

Regional Development Director
(North Dakota)

*Supporting Nexus-PATH through Nexus Foundation for Family Healing



Financials

Nexus-PATH Family Healing Consolidated Statement of Financial Position

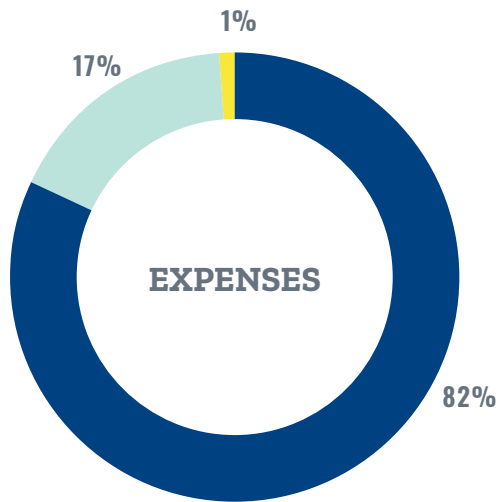
December 31, 2021 & 2020

	2021	2020
CURRENT ASSETS		
Cash and cash equivalents	2,356,659	3,029,547
Accounts receivable	2,155,387	1,123,401
Other receivables	528,170	423,002
Prepaid expenses and the current assets	40,332	50,792
Total current assets	5,080,548	4,626,742
NONCURRENT ASSETS		
Property and equipment, net	1,697,060	1,736,667
Investment - other long term	501,083	0
Goodwill	51,000	0
Total noncurrent assets	2,249,143	1,736,667
Total assets	\$7,329,691	\$6,363,409
CURRENT LIABILITIES		
Accounts payable	538,683	479,805
Due to related party	871,477	495,206
Accrued salaries and benefits	723,260	723,200
Other accrued expense	347,431	315,211
Notes payable, current portion	147,867	84,473
Total current liabilities	2,628,718	2,097,895
NONCURRENT LIABILITIES		
Notes payable, net of current portion	378,661	526,528
Total noncurrent liabilities	378,661	526,528
Total liabilities	3,007,379	2,624,423
NET ASSETS		
Without donor restrictions	4,311,310	3,710,454
With donor restrictions	11,002	28,532
Total net assets	4,322,312	3,738,986
Total liabilities and net assets	\$7,329,691	\$6,363,409



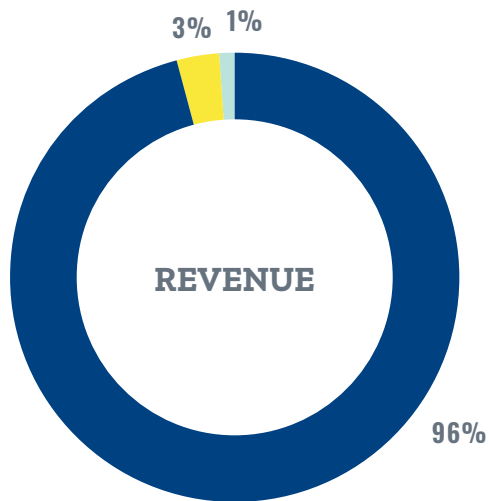
Our Mission

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



Expenses

Program	13,889,780
General and Administrative	2,823,251
Fundraising	111,904
Total.....	16,824,935



Revenue

Contract Revenue	16,770,747
Other	59,540
Donations, Grants, Events	577,974
Total.....	17,408,261



No child or family is ever beyond hope.

Nexus-PATH 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.

Administration

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Fargo, ND 58103
Phone (701) 280-9545

Edgeley

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Edgeley, ND 58433
Phone (701) 551-6301

Luther Hall

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Bismarck

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Devils Lake

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Phone (701) 662-4913

Grand Forks

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Phone (701) 775-7725

Turtle Mountain

PO Box 1970
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Belcourt, ND 58316
Phone (701) 477-0525

Dickinson

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Dickinson, ND 58601
Phone (701) 225-3310

Jamestown

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Jamestown, ND 58401
Phone (701) 251-9150

Williston

1319 2nd Ave W., Suite 104
Williston, ND 58801
Phone (701) 572-7650



Nexus-PATH Family Healing is a nonprofit, 501(c)(3) organization and is a tax-exempt public charity under section 501(c)(3) of the Internal Revenue Code, EIN #91-2159746.