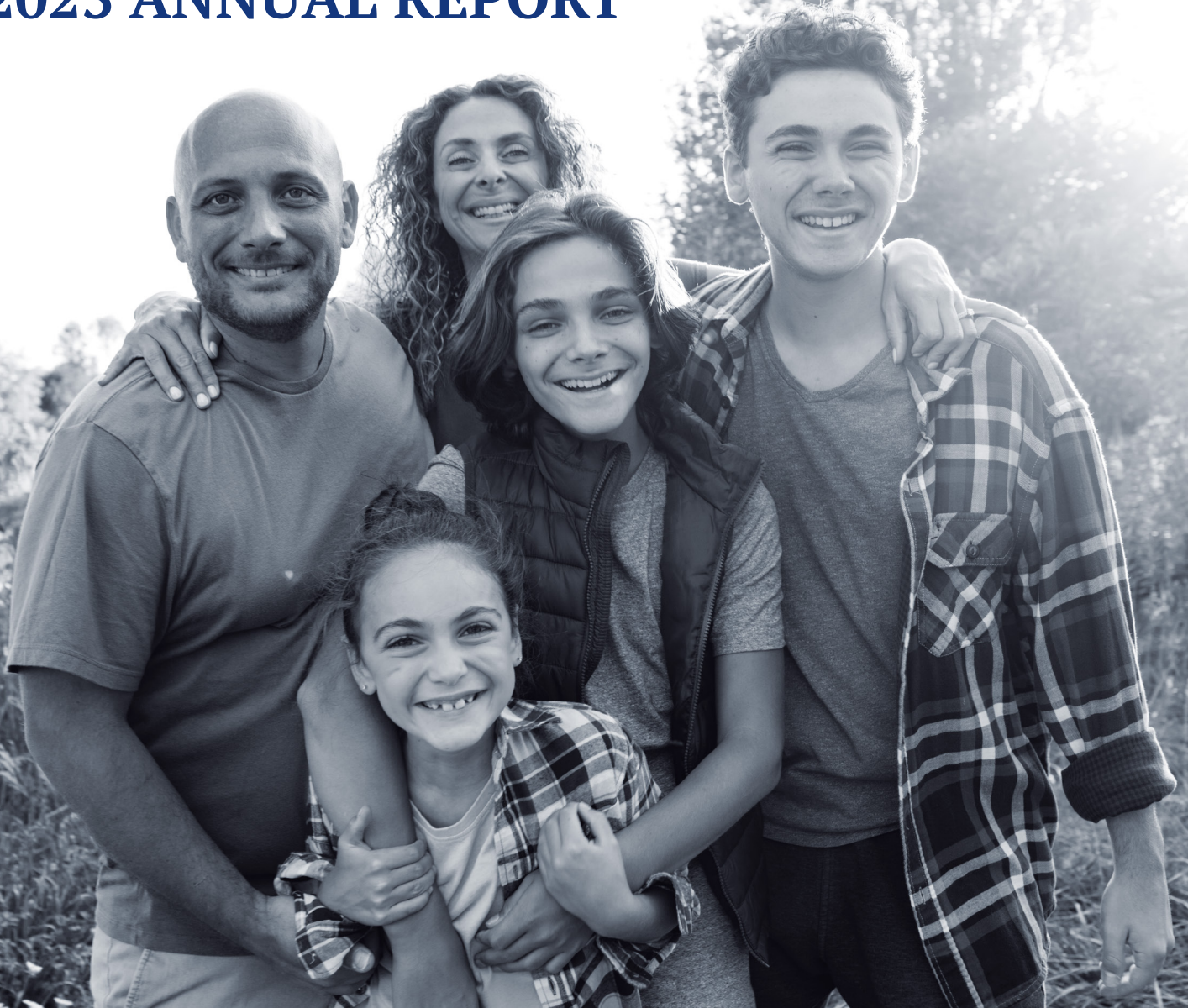


# 2023 ANNUAL REPORT



**Nexus-Kindred**  
FAMILY HEALING

*Restoring Hope. Reshaping Futures.*



## NEXUS-KINDRED FAMILY HEALING BOARD OF DIRECTORS

**Dr. Michelle K. Murray, LMFT**

President/CEO  
Nexus Family Healing

**Kelly Krueger**

Director of Clinical Services-Community Based  
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  
Nexus Family Healing

**Paul Zimmer**

Partner  
Courey, Kosanda & Zimmer, P.A.

## NEXUS FOUNDATION FOR FAMILY HEALING BOARD OF DIRECTORS

The Nexus Foundation for Family Healing exists to advance the mission and goals of Nexus and related entities by securing philanthropic investments to support operations, advance key strategic initiatives, enhance and expand services and promote long-term economic stability.

**Jeanne Sheehan, Chairperson**

Community Leader

**Perry Bacon**

William Blair & Co., LLC

**Joelene Evenson**

Nexus Family Healing

**Cynthia Leshner**

Retired, Northern States Power Company - Minnesota

**Eric Mercer**

PwC

**Dave Metzen, Ed.D.**

Retired, State of MN Office of Higher Education

**Dr. Michelle K. Murray, LMFT**

Nexus Family Healing

## NEXUS-KINDRED FAMILY HEALING LEADERSHIP

**Nicole Mucheck**

Executive Director

**Sandra DeMarais**

Accounting Manager

**Karly Katchmark**

Regional Director

**Stacy Sikorski**

Operations Director

**Gretchen Welch**

Regional Director

**Mindi Zamzow**

Finance Director

## WHO WE ARE

Nexus-Kindred Family Healing is part of Nexus Family Healing a national nonprofit network of mental health agencies with over 50 years of restoring hope for thousands of children, families, and adults through community mental health services, foster care and adoption, and residential treatment. We use innovative, personalized approaches to heal trauma, break cycles of harm, and reshape futures. We believe every child is worth it — and every family matters.



## Never Give Up.

As a foster care and adoption provider, Nexus-Kindred Family Healing sees first-hand how trauma and mental health struggles are impacting the youth, families, and communities we serve. And there is a plethora of challenges we face: youth needing higher levels of care, a shortage of families available to care for teens, workforce shortages and limited resources to provide robust wrap-around support and more. These challenges often seem unsurmountable, but **Nexus-Kindred will not give up.**

We know we must be **innovative** in ensuring foster care services continually transform to meet the needs of our clients and we must be **resilient** in implementing change—as resilient as the youth and families we serve every day.

We are so grateful for the donors, partners and supporters who join us in creating positive change in the lives of the children and families we support. Together, in 2023 we continued to make great strides forward to address the safety, permanency, and emotional well-being of children in our care:

- 478 children and families were supported in 2023, thanks to 122 foster families and our amazing team of social workers. Permanency is always central in what we do, and last year 57 children were adopted and 104 were safely reunified with their biological families.
- We've partnered with other organizations to develop strategies to address the changing climate of foster care, including how we can best support the complex mental health needs of youth in our care. This work will continue in 2024 as we strive to increase services available to youth and families.
- Honoring and supporting our foster families is critically important to ensuring quality care for youth. In 2023, we made concerted efforts to expand opportunities for foster families to gather and support one another through their important and challenging roles. We also offered fun activities for families and children to enjoy together.

The innovation and resilience of Nexus-Kindred reflects the unwavering support from you - our dedicated community.

**Thank you for helping us to advance initiatives, enhance care, and provide opportunities to make safe homes, permanency, and mental health support available to hundreds of children across Minnesota.**

Our work will continue into 2024 and beyond to fill gaps and create more opportunities for youth and families. We look forward to partnering with you on this life-changing journey.



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



Nicole Muccheck  
Executive Director

### OUR MISSION

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

### OUR VISION

Healing the past. Breaking the cycle.  
Changing the future.

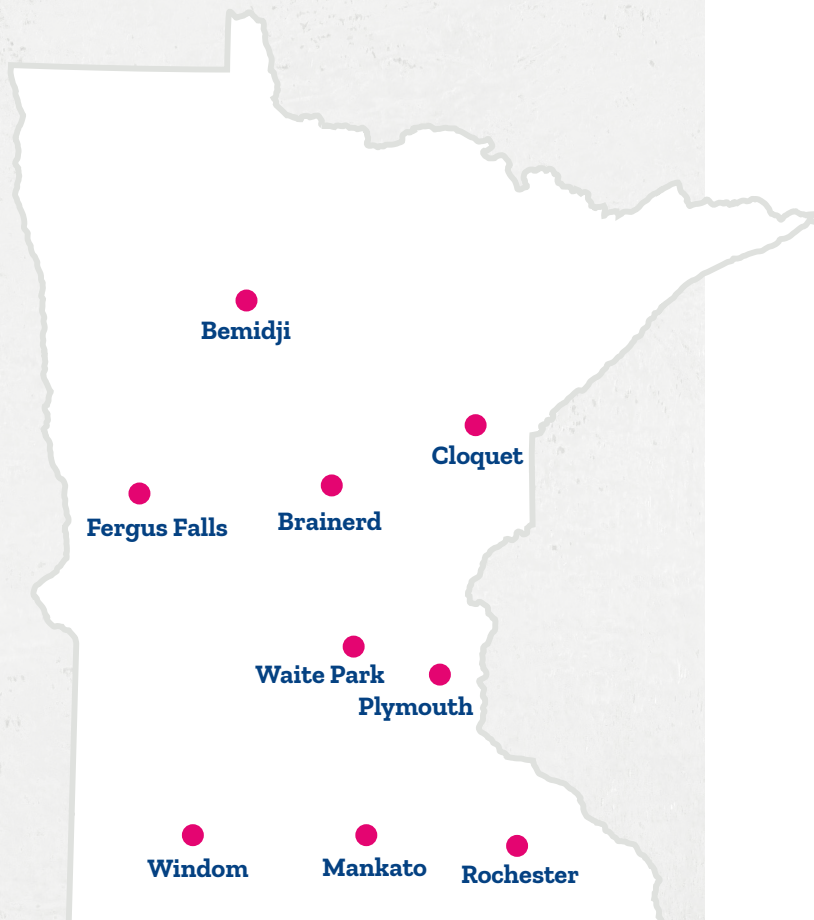
## Our Services

### FOSTER CARE & ADOPTION

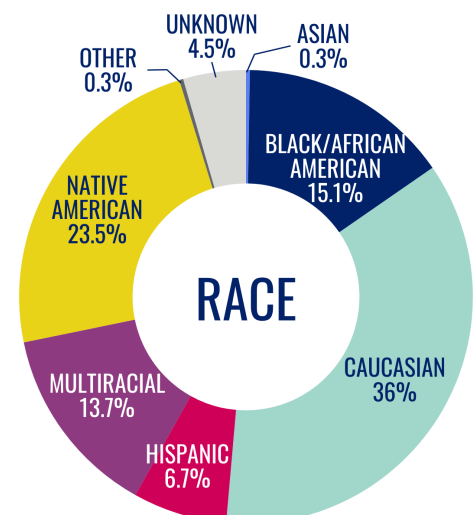
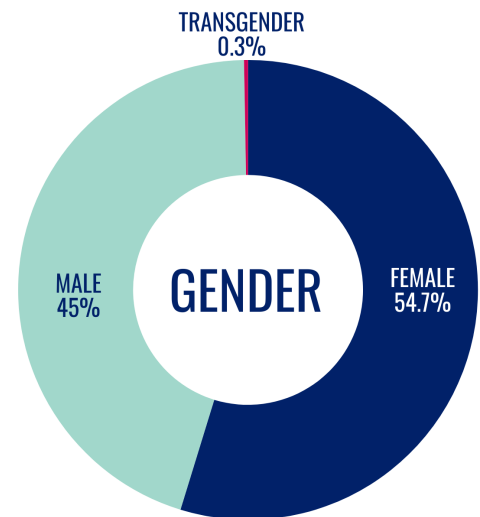
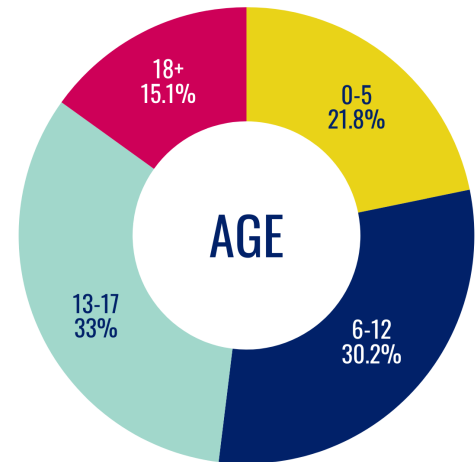
When family systems break down or a crisis occurs, we're here to help. We work tirelessly to make sure every child is cared for in a safe and secure home—whether they need short-term care while a family is in transition or a permanent place to call their own. Nexus-Kindred provides a range of foster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

## Where We Serve

Nexus-Kindred supports youth and foster families across Minnesota from our regional offices.



## Who We Serve





At Nexus-Kindred Family Healing, we work with youth and families facing some of the most complex trauma and mental health challenges to find hope and healing.

When each youth enters our care, we use the Child and Adolescent Needs and Strengths Assessment, a worldwide tool used to determine their level of care and address their behavioral health treatment plans. One of the areas this assessment evaluates is exposure to traumatic events; 78% of youth who come to Nexus-Kindred have experienced four or more traumatic events in their lives, compared to 50% of the general population experiencing at least one traumatic event in their lifetime. By utilizing CANS as an assessment tool, Nexus-Kindred can intervene and address the behaviors that greatly increase the chances of a youth entering the criminal justice system, further interaction with mental health services, homelessness, and poverty.

At Nexus-Kindred, we are dedicated to providing hope and healing in even the most complex and challenging situations. WE NEVER GIVE UP.

## 78% of clients have experienced 4+ traumas in their lifetime.

### Disruption in Caregiving/Attachment Loss

96.1%

### Neglect

84.2%

### Parental Criminal Behavior

69.9%

### Emotional Abuse

65.6%

### Witness to Family Violence

52.9%

### Physical Abuse

44.8%

### Sexual Abuse

20.8%

### Bullied by Others

16.2%

### Medical Trauma

9.3%

### Witness to Community/School Violence

4.6%

### Natural or Manmade Disasters

0.8%



A 12-month follow-up with youth who were in the Nexus-Kindred Family Healing foster care program reveals transformation and growth towards a positive path in their lives.

**88%** believe their lives are better because of what they learned in the program.

**80%** say the program increased confidence in their future.

**90%** look back at their time in the program with positive memories.

**478** Youth & Families  
Served in 2023



# Finding Your Family

## CHAYS' ADOPTION STORY

Kim has always had a lot of love to give. After raising her biological children, Kim and her husband Jason felt the timing was right to open their home to children within the foster care system.

Kim and Jason felt they had everything they needed to provide a safe and healthy home environment for any child, and really wanted to help fill the critical need for foster parents of teens. Kim wasn't sure where to begin her foster care journey, so she and Jason decided to Google foster care in Minnesota, and that's when they came across Nexus-Kindred.

Going into foster care, Kim and Jason weren't necessarily planning on adopting. However, after some successful foster placements, Kim came across a teenage boy's profile on the Minnesota Waiting Kids website, and instantly felt a connection with him.

"I just fell in love with Chays right away," said Kim, after clicking to view his profile. After Jason and Kim met Chays in person, they knew they wanted to adopt him. After the paperwork and legal work was finished, Chays moved in by spring of 2023.

Though Chays instantly felt at home, there have been some challenges as he adjusts to this new chapter of his life. Before his adoption, he had been in 15 different foster homes and residential treatment programs, so attending public school for the first time since he was a young child has been a huge change.

Chays also maintains a relationship with many family members from his birth family, some of them even being present at his adoption finalization.



**"Nexus-Kindred was awesome," said Kim.**

**"They helped me out, got me connected to my social worker, set up us with training...it was wonderful...our social worker helped answer questions we had on anything."**



## Financials

<b>CURRENT ASSETS</b>	<b>2023</b>	<b>2022</b>
Cash and cash equivalents	301,506	322,560
Accounts receivable	453,931	565,871
Other receivables	124,002	84,865
Prepaid expenses and their current assets	5,332	7,797
<b>Total current assets</b>	<b>884,771</b>	<b>981,093</b>

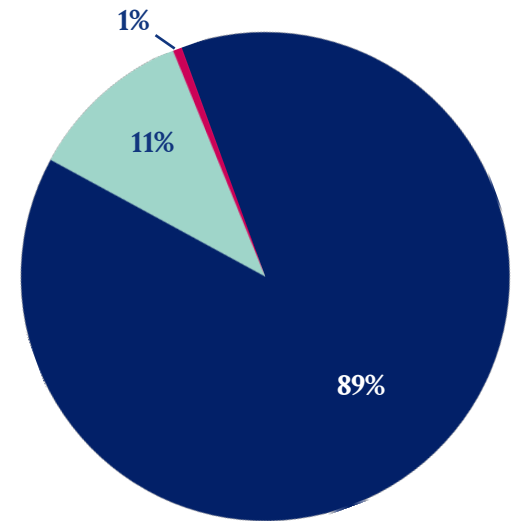
<b>NONCURRENT ASSETS</b>		
Property and equipment, net	26,587	19,236
Operating right of use asset	256,829	231,507
Other assets	2,119	2,119
<b>Total noncurrent assets</b>	<b>285,535</b>	<b>252,862</b>
<b>Total assets</b>	<b>\$1,170,306</b>	<b>\$1,233,955</b>

<b>CURRENT LIABILITIES</b>		
Accounts payable	176,988	281,705
Due to affiliates	3,237,663	2,731,957
Other accrued expenses	83,779	222,106
Current maturities of operating lease liabilities	110,853	180,558
Accrued salaries and benefits	168,827	194,815
<b>Total current liabilities</b>	<b>3,778,110</b>	<b>3,611,141</b>

<b>NONCURRENT LIABILITIES</b>		
Operating lease liabilities, less current maturities	145,976	50,949

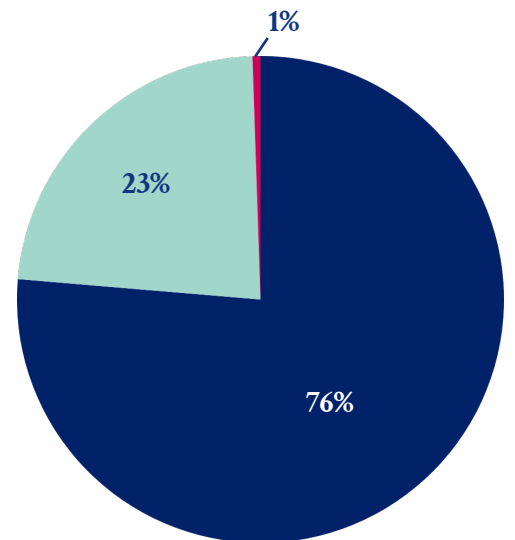
<b>NET ASSETS</b>		
Without donor restrictions	(2,753,780)	(2,440,602)
With donor restrictions	0	12,467
<b>Total net assets</b>	<b>(2,753,780)</b>	<b>(2,428,135)</b>
<b>Total liabilities and net assets</b>	<b>\$1,170,306</b>	<b>1,233,955</b>

## Revenue



Contract Revenue .....	4,896,175
Donations, Grants, Events .....	602,691
Other .....	33,336
<b>Total .....</b>	<b>\$5,532,202</b>

## Expenses



Program .....	4,462,058
General and Administrative .....	1,352,591
Fundraising .....	30,731
<b>Total .....</b>	<b>\$5,845,380</b>



# Thank You for Your Support!



## Connect with Us!

Follow Nexus-Kindred on Facebook @NexusKindredFamilyHealing  
& Nexus Family Healing on     YouTube

Sign up for news and happenings at  
[nexusfamilyhealing.org/subscribe](https://nexusfamilyhealing.org/subscribe) >>



Visit our website at [NexusKindred.org](https://NexusKindred.org)

## Nexus-Kindred Family Healing Offices

### Administrative Office

505 Highway 169 N, Suite 500  
Plymouth, MN 55441  
763-551-8640

### Bemidji/Fergus Falls Office

220 W Washington Ave #B3  
Fergus Falls, MN 56537  
218-739-3074

### Brainerd Office

North Central Minnesota  
Brainerd, MN 56401  
320-529-0862

### Cloquet Office

1302 Cloquet Ave  
Cloquet, MN 55720  
218-722-6106

### Mankato Office

Southern Minnesota  
Mankato, MN 56001  
507-404-7850

### Rochester Office

1700 N Broadway #160  
Rochester, MN 55906  
507-923-4030

### St. Cloud Office

412 Great Oak Dr  
Waite Park, MN 56387  
320-529-0862

### Windom Office

Southern Minnesota  
Windom, MN 56101  
507-735-2369



NEXUS-KINDRED FAMILY HEALING | 763.551.8640 | [NEXUSKINDRED.ORG](https://NEXUSKINDRED.ORG)

Nexus-Kindred Family Healing is a nonprofit organization and is a tax-exempt public charity under section 501(c)(3) of the Internal Revenue Code, EIN 36-4494707.