



Nexus
FAMILY HEALING

Connection

A Nexus Family Healing Newsletter
Spring 2024

Nexus-East Bethel • Nexus-FACTS • Nexus-Gerard • Nexus-Indian Oaks • Nexus-Kindred • Nexus-Mille Lacs • Nexus-Onarga • Nexus-PATH • Nexus-Woodbourne • Aspen House • SERCC

NEXUSFAMILYHEALING.ORG

Story of Hope



Your Gifts Give Hope

At Nexus Family Healing, hope and healing are at the root of everything we do. Our tagline “Restoring Hope. Reshaping Futures.” reminds us every day that hope comes in all shapes and forms. April is the National Month of Hope and our team at Nexus Family Healing embraces and leans into that hope now more than ever.

For 7-year-old Jayden*, **hope** is to see his mom and sister again. Twelve-year-old Emily* **hopes** to own a bunny, to join 4H, and to become a fashion designer. Nazaria*, age 9, **hopes** to be adopted. Kai*, age 16, **hopes** to live a happy and full life.

Youth who arrive at Nexus agencies struggling with mental, emotional, and/or behavioral disorders are often traumatized,

scared, depressed, and may have suicidal ideations. Our compassionate, highly-skilled, and trauma-informed employees provide them with the safe, structured, and stable healing environments they need to heal.

Our approach is individualized, and we are ready to meet each of their unique needs. No matter how complex and challenging their situation may be, we never give up on them. And **we never let them** give up on their hopes and dreams.

Whether it’s outpatient and community mental health services, residential treatment, foster care, or adoption, together, we will help youth like Jayden, Emily, Nazaria, and Kai start their journeys to more fulfilled, healthier lives, and watch them make their hopes and dreams a reality.

Thank you for your continued gift of hope. It’s contagious and powerful to the youth and families we serve.

**Names have been changed to maintain privacy*



“Supporting Nexus is so worthwhile. The people are amazing, and I see the results of their work in the youth they serve.”

- Meryl

Interested in helping at the 2024 Night for Nexus gala? Please email Colleen at crouke@nexusfamilyhealing.org.

Voices of Inspirations

From Inspiration to Action

For Dave and Meryl McGauvran, the book “Walk to Beautiful: The Power of Love and a Homeless Kid Who Found the Way”, was the inspiration for years of dedicated volunteer work and giving back to Nexus Family Healing and the foster care community.

“We read that book and things happened for a reason. Reading the story of country music singer Jimmy Wayne moved us to Google ‘foster care in Minnesota’ to see how we could help kids like Jimmy. That’s how we found Nexus-Kindred Family Healing,” said Dave.

That was 8 years ago, and Dave and Meryl have been dedicated to supporting youth at Nexus Family Healing ever since. Dave and Meryl are generous donors and ambassadors, sharing the story of Nexus Family Healing and inspiring others to get involved. They are also longtime volunteers on the Night for Nexus gala committee. “Helping with the event and supporting Nexus is so gratifying,” said Dave. “We want to bring good things into the world, and this is one way we do that.”

Fostering Joy: The Peters' Path to Making a Difference

Annually, there are over 600,000 kids in the U.S. in the foster care system (Department of Health and Human Services, May 2023).

When Tamara and Adam Peters began fostering in June of 2020, they were looking at starting a family and options available to them. They were open to foster children of any age and gender as they wanted to provide support to any child in need. With no family history of fostering, they contacted Nexus-PATH Family Healing and talked to a Recruitment & Licensing Social Worker. "The social worker was incredibly knowledgeable and helpful," said Tamara. "We knew then we had the loving, safe, and stable home that could provide care for kids who needed it."

The Peters started doing respite care which turned into full-time foster care for several children.

Tamara and Adam realized the joy of watching the kids experience all the little things about day-to-day life. Things like playing board games, going to hockey games, and teaching them about things they had never experienced before.

Fostering turned the Peters into a family of five when they adopted three children in 2023. Tamara sits on the Nexus-PATH board of directors and works to help ensure the resources and services Nexus-PATH offers are available for all children and families in the community.



"If you are considering it, and it's on your heart, just do it!" said Tamara. "It's not for everybody, but if it's on your mind, there is no reason not to."



Your support of Nexus Family Healing and our agencies who provide foster care and adoption services will help us recruit, train, and retain foster parents for youth who need a safe and stable home. **Please donate today.**

Scan the QR code or visit nexusfamilyhealing.org/nlgive.



If you are interested in learning more about foster care please visit nexusfamilyhealing.org/foster-and-adoption.

Agency Updates

YOUR SUPPORT **Impacts Lives**

Illinois

The **Iroquois Federal Foundation** and **Community Foundation of Kankakee** donated to update **Nexus-Onarga's** fitness center with new paint and weightlifting equipment. Exercise is a critical part of our youth's healing. These investments better equip our youth to establish healthy behaviors.

Maryland

Carefirst BlueCross BlueShield and **The Baltimore Ravens** awarded **Nexus-Woodbourne** the "Huddle Up for Health" grant to enhance aftercare services. This enables **Nexus-Woodbourne** youth to return to their communities and continue to receive direct access to health and wellness resources, financial support, continued mental health care, and the ability to stay engaged with their peers and the agency care team.



Nexus-Woodbourne received the "Huddle Up for Health" grant.

Thanks to the **Golfers' Charitable Foundation in Baltimore**, **Nexus-Woodbourne's** Vocational Program is introducing AutoCAD to youth in the Residential Treatment Program. The drafting and design application will prepare students for jobs in architecture, project management, engineering, and graphic design.

With the support of the **Baltimore Community Foundation** and their **Stronger Schools Program Grant**, **Nexus-Woodbourne's** on-campus school will introduce our students to the Second Step© Program, a school-based social-emotional learning program aimed at recognizing and affirming diversity.

Minnesota

UCare Foundation supported the launch of **Nexus-East Bethel**, a new psychiatric residential treatment facility (PRTF), funding trauma-informed and empathy-based training for incoming employees to meet the complex needs of our youth. Funds also provided recreational equipment, activities and sensory items for the support, relaxation, and stress relief of the youth we serve.

A gift from **Otto Bremer Trust**, paired with support from community members and the **Hormel Foundation**, capped off the building of a new family center at **Nexus-Gerard** in Austin, MN. This support helped create welcoming, private rooms for families to connect and be together while their child is going through care. Families and youth can also use the space to attend group support and family engagement opportunities.



One of the new spaces in the new Nexus-Gerard Family Center.

Upcoming Events – Get Involved!

- May 9 - Nexus-PATH, Fargo, ND
Building Connections
- Oct. 25 - Night for Nexus Gala
Golden Valley, MN
- Nov. 14 - Nexus-Woodbourne, Baltimore, MD
Building B'More Connections
- Aug. 15 - SERCC, Rochester, MN
Building Connections

Visit NexusFamilyHealing.org/events for more information.

A recent gift from the **Red Wing Shoe Foundation** to the **Southeast Regional Crisis Center (SERCC)**, operated by Nexus Family Healing, is supporting critical access to mental health crisis services for youth and adults in Southeastern Minnesota.

North Dakota

Thank you to the **Burgum Family Foundation** for supporting expansion of school-linked mental health services for all students regardless of their insurance coverage. This funding helps to provide early intervention and access to critical services to more youth and families.

The **Inspiritus Foundation** awarded funds to support **Nexus-PATH's** community-based mental health programs that will help build a bridge between school, home, and community for families.

The **Minot Area Community Foundation** provided funds to help build an emergency pantry and fund youth activities for **Nexus-PATH's** community-based mental health programs in the Minot area.