



Nexus
FAMILY HEALING



2020 Annual Report



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



PAUL ZIMMER
Board Chair

Trauma Doesn't Take A Break

2020 was a year like no other. We faced an unprecedented healthcare crisis that brought with it record high numbers of individuals experiencing anxiety, depression, and feelings of isolation.

As an organization focused on helping children and families through difficult times, we knew this situation meant the need for mental health services would increase and that the struggles of those already suffering from mental health issues would be magnified. Trauma doesn't take a break for a pandemic. And, you didn't take a break either.

Your support was critical in our ability to quickly shift our services and provide uninterrupted care to so many who counted on us.

You helped our community mental health programs swiftly move to telehealth where children and families could interact with their therapists from the comfort and safety of their own homes.

You made it possible to put technology in the hands of youth in residential care, keeping them connected to school and to their families while in-person visitations were on hold. You supported our staff in finding creative solutions for youth to burn energy, play and interact in safe ways.

You were instrumental in supplying our foster families with masks and other personal safety equipment as well as comfort items like blankets, books, clothing, suitcases and so much more.

At the height of the pandemic, 40% of adults reported struggling from mental health issues or substance abuse. Nexus Family Healing shared its expertise, offering the public free access to webinars, support groups, blogs, and advice columns and you helped spread the word to your networks about these useful tools.

Thank you to our generous employees, partners, and donors for being with us during this difficult time. We are a stronger organization because of this past year – more innovative, more resilient, and more committed to restoring hope and reshaping futures.

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

Paul Zimmer
Board Chair

Rising to the Challenge

If 2020 taught us anything, it is that we can do incredible work together. With your support and our dedicated staff, we found innovative ways to provide continuous care for those in need.



Why Our Work Matters

Millions of individuals suffer from mental health issues every year. In the U.S., **1 in 5 adults** and **1 in 6 children** experience a mental illness, many not getting the help they need or receiving it years after diagnosis.

Nexus helps children, families, and adults with the therapy they need when they need it most. And, we find loving foster families who open their homes to provide a safe environment for children who need support as they heal from past trauma.

In 2020, Nexus served over **3,500 children and their families through community mental health services (1,673), in foster care/adoption services (1303), and in our residential treatment programs (722).**

The youth who come to Nexus struggle daily with issues related to trauma. Trauma can mean many different things, but most often we see it presented in the forms of abuse, neglect, exposure to violence, and family disruptions. Nearly 70% of the youth we support have already experienced 4 or more traumas in their lifetime.

We see trauma presented the most in these areas (% of youth who have experienced traumas):

- **Disruption in caregiving (87%)**
- **Neglect (68%)**
- **Witness to family violence (60%)**
- **Parental criminal behavior (60%)**
- **Emotional Abuse (56%)**
- **Physical Abuse (52%)**
- **Sexual Abuse (37%)**
- **Bullied by others (33%)**

3500+
youth and their families
were served in 2020



Trauma experiences can cause challenges such as difficulties with anger, anxiety, depression, and much more.

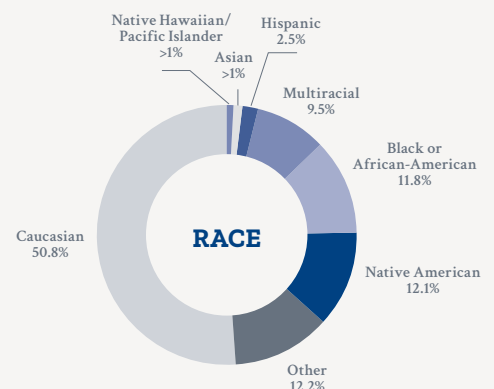
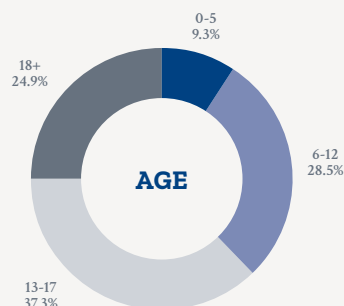
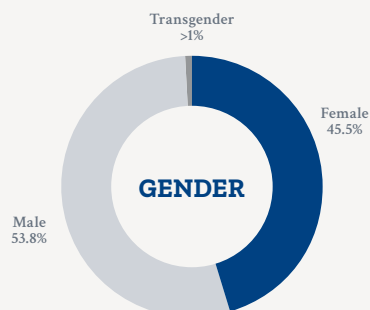
When youth enter residential care, they present with an average of **12 areas of concern**. After treatment, youth have successfully **reduced** their daily **areas of concern to 7** – meaning they are significantly more able to succeed in school, at work, with their family and friends, and within the larger community.

95% overall satisfaction of our foster care services

300+ school children referred for therapy and support

473 registered foster and adoptive families opening their homes

WHO WE SERVE



WHERE WE SERVE



Your Support Makes A Difference

The work of Nexus Family Healing 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 resource 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

Forever Grandparents

Nick first entered foster care at the age of three. He spent some time in county foster care but due to his struggle with physical aggressions and a need for a constant routine, Nick needed a higher level of care than they could provide.

Tina and Joseph were newly licensed foster parents waiting for their first placement. The couple had two children at home and had a preference to only accept female placements. Tara, their Nexus-PATH Family Healing worker, called and said she was looking for home for a 3-year-old boy. After hearing his young age, they knew they had to step-in and said yes.

Tara remembers how terrified Nick was on the day he moved into Tina and Joseph's home. He made himself sick from crying and sobbing. Joseph and Tina made it their mission to prove to Nick that they would take care of him. As the days went by, his fear slowly subsided. They discovered he was behind developmentally – he was barely speaking – and began working to get him the supportive services he needed. They also took time to build a relationship with both Nick's parents, as they knew it was important that he return home. Nick finally began to flourish. By the time he returned home two years later, he was speaking in full sentences.

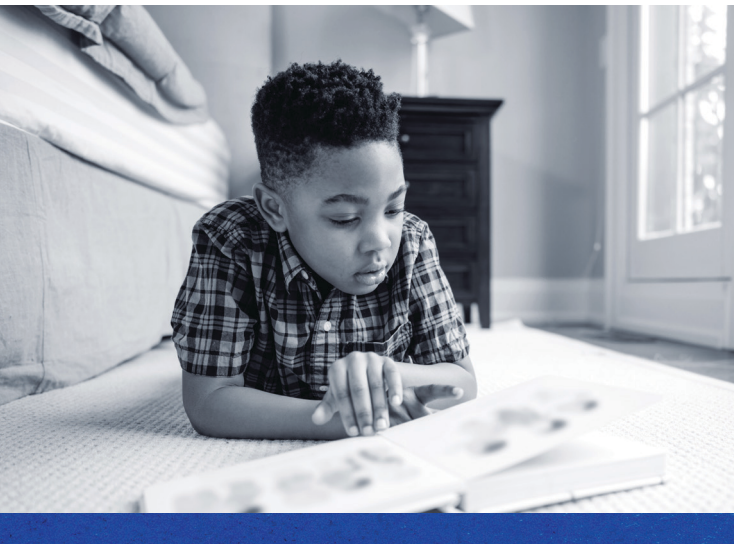
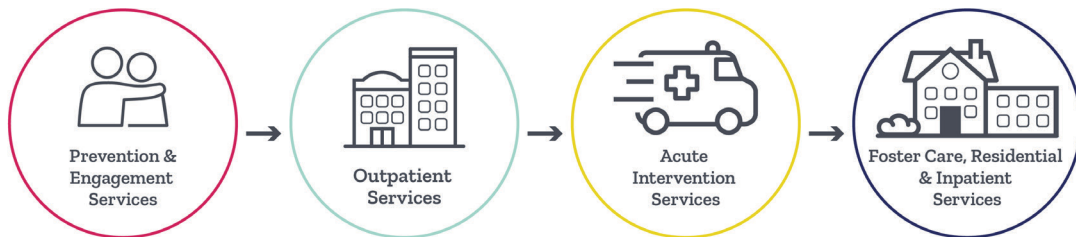
Even though Nick is no longer in their care, they continue their relationship with him as "grandma and grandpa" by going out for ice cream, having sleepovers, and visiting via FaceTime.

Creating A Healthier Tomorrow

At Nexus, we are full of hope for the future and know that with your support we can positively impact even more children, families and adults struggling with their mental health. We are focused on offering a Continuum of Care that reaches individuals when and where they need our services most. Our organization's history is deeply rooted in foster care and residential care. Over the next few years, we will expand our community mental health programs to include more prevention, outpatient, and intervention services – providing help earlier and averting the need for a more critical level of care later

We are also taking our trauma-informed care to the next level, creating even safer, caring, and inclusive environments for all we serve. And we will implement new, innovative programs that wrap around entire family, not just the individual.

Continuum of Care



Learning to Be A Kid Again

Johnnie* is only seven years old and from an even younger age, Johnnie had to take care of his younger siblings. He would protect them from the violence and drug use that was taking place in their home. After experiencing so much abuse and neglect, he learned early on that he could not trust adults to take care of him or act in his best interest.

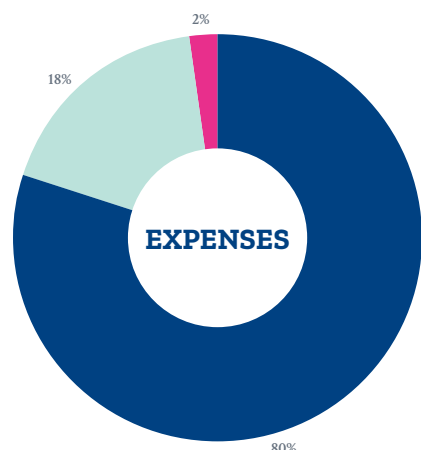
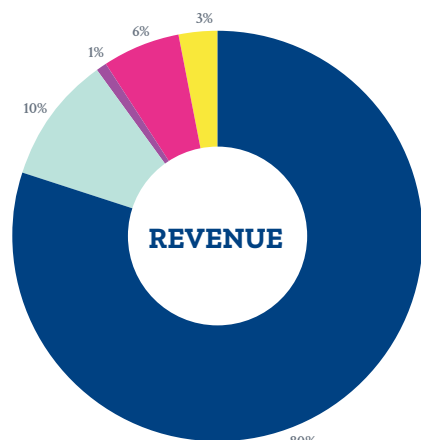
Eventually after several drug use and domestic violence reports to authorities, Johnnie and his siblings were taken out of their home and placed into foster care. Although the foster home was a kind and caring place, Johnnie struggled. He didn't understand how to be a kid after taking care of his siblings for so long. His behavior became destructive and he was removed from the foster home.

After three hospitalizations and more failed foster placements, Johnnie was referred to Nexus-Gerard Family Healing. Johnnie is working through the hurt and anger that resulted from his past experiences. With the help of his therapist, they are working on building trust and helping Johnnie learn to be a kid again.

It will be a long road for Johnnie, but with the help of the caring and compassionate professionals at Nexus-Gerard Family Healing he will not have to do it alone.

**Name and treatment facts altered for privacy*

Financials



Revenue

Contract Revenue	72,761,655
School Revenue.....	9,288,523
Program Revenue	628,226
Other	5,697,713
Donations, Grants, Events.....	2,963,540
Total.....	91,339,657

Expenses

Program	69,100,161
General and Administrative.....	15,807,173
Fundraising	1,399,948
Total.....	86,307,282



Board of Directors

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Retired
HealthEast

Pastor Anthony Bass

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American Cancer Society, Inc., Minnesota

Lisa Bjergaard

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North Dakota Division of Juvenile Services

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Kevin Johnson

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Paul Zimmer

Partner
Courey, Kosanda & Zimmer, P.A.

Dr. Michelle Murray

President/CEO
Nexus Family Healing



No child or family is ever beyond hope.

Whatever your needs, Nexus Family Healing is here to help. Learn more at NexusFamilyHealing.org or contact any of our locations directly. Let's start the journey of healing. Together.

ILLINOIS

Nexus-Indian Oaks Family Healing

101 N. Bramble Street
Manteno, IL 60950
815-802-3700

Nexus-Onarga Family Healing

110 North Locust Street
Onarga, IL 60955
815-268-4001

MARYLAND

Nexus-Woodbourne Family Healing

1301 Woodbourne Avenue
Baltimore, MD 21239
410-433-1000

MINNESOTA

Nexus-FACTS Family Healing

1385 Mendota Heights Rd., Suite 200
Mendota Heights, MN 55120
651-379-9800

Nexus-Gerard Family Healing

1111 28th Street NE
Austin, MN 55912
507-433-1843

Nexus-Kindred Family Healing

Locations throughout Minnesota
5985 Rice Creek Parkway, Suite 202
Shoreview, MN 55126
612-331-4429

Nexus-Mille Lacs Family Healing

407 130th Avenue South
Onamia, MN 56359
320-532-4005

NORTH DAKOTA

Nexus-PATH Family Healing

Locations throughout North Dakota
1202 Westrac Drive, Suite 400
Fargo, ND 58103
701-280-9545

ADDITIONAL SERVICES

Nexus Family Healing is the
operating partner for:

Southeast Regional Crisis Center

www.crisisresponsesoutheastmn.com