



**Nexus-PATH**  
FAMILY HEALING



2020 Annual Report





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



**CLETE WINKELMANN**  
Executive Director  
Nexus-PATH Family Healing

## A Year of Resilience

2020 became the year of resilience for all of us as we faced an unprecedented healthcare crisis. Amidst the challenges, our team rose to the occasion, never giving up on a child or family and providing uninterrupted care to the many who counted on us every day.

Our foster parents went above and beyond, meeting the daily needs of children in their care. From home school to hybrid schedules, working at home to childcare challenges, to taking special care of a child's physical and mental health needs, they parented with unending commitment. Nexus-PATH Family Healing was right beside them providing support, having Zoom visits when necessary, and ensuring families had adequate PPE available.

Our mental health clinic at Nexus-PATH adjusted to meet the needs of children and families during the pandemic by adding telehealth technology. Through the addition of telehealth services, we were able to provide safe, continuous therapy to our existing clients and reach new families in rural areas who may otherwise may not have been able to receive therapeutic support.

Our school-based case management program provided support, advocacy, and access to community services for children and their parents to keep their families thriving together at home during the pandemic. Family support services offered mentoring to struggling families, as well as ongoing, reliable respite.

The Independent Living Program continued to support young people aging out of foster care, helping them gain employment or education, secure housing, teaching daily life skills, and having coordinators available to help them through the good and the hard times. And, in 2020, our Supervised Independent Living made over 12 apartments available for young people to live on their own while continuing to receive supportive services.

Our social workers have remained committed to our mission and found creative ways to continue visiting homes, responding to crises, attending appointments, and providing transportation. They have been cheerleaders for children and families, as well as for foster parents.

All of this would not have been possible without our dedicated staff and generous donors. You allowed us to continue the work of restoring hope and reshaping futures for so many children and families.

Clete Winkelmann  
Executive Director  
Nexus-PATH Family Healing

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



# Rising to the Challenge

We are so grateful for the support of our donors this past year. Because of you, we were able to switch to telehealth and provide uninterrupted service to our children and families. You funded telehealth equipment such as tablets for families who didn't have the resources to purchase themselves. And, you provided masks and other PPE equipment to keep everyone safe. A special thank you to FM Area Foundation, Thomsen Homes, Fargo Kiwanis, Grand Forks Community Foundation and our many private donors.





# Why Our Work Matters

At any given time in North Dakota, over 70 kids wait for a safe, loving foster home, many of whom are suffering from past trauma, difficult family situations, and mental health issues. Exacerbated by the aftereffects of the pandemic, children in our schools bring their trauma histories with them to the classroom, with symptoms of anxiety, depression, and behavioral concerns making learning and socialization difficult.

And, every year, millions of individuals suffer from mental health issues with **1 in 5 adults** and **1 in 6 children experiencing a mental illness**, many not getting the help they need or receiving it years after diagnosis.

Nexus-PATH works tirelessly to find loving foster homes willing to provide a safe, secure environment for children in foster care. We are in the community, providing therapy and support in home, in schools and through our outpatient clinic for families, children, and adults struggling with mental and behavioral health issues

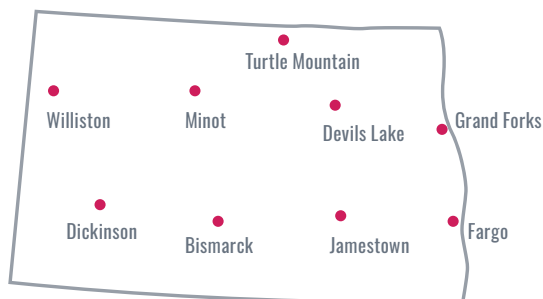


## OUR IMPACT

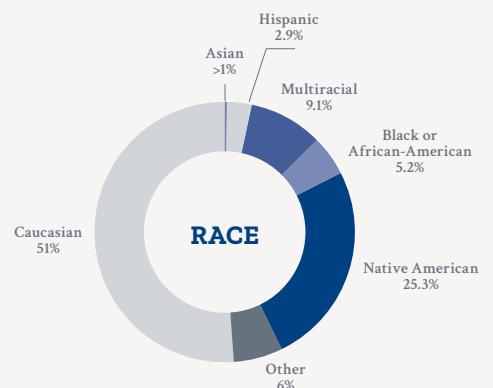
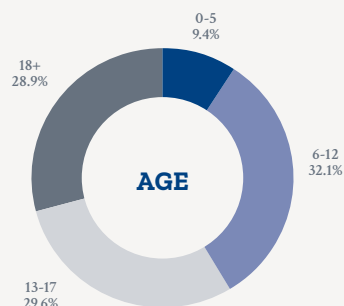
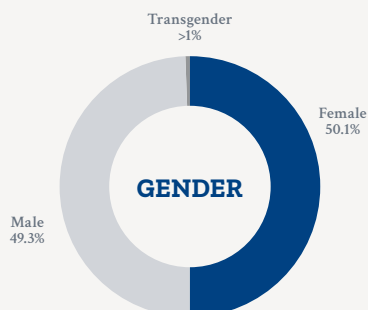
401	children served in foster care programming
338	children and families received outpatient care
294	licensed foster families and others providing respite and family support
81	newly licensed foster homes
55	school kids helped through our school case management

**1095+**  
**youth** and their families were served in 2020

## WHERE WE SERVE



## WHO WE SERVE





# Your Support Makes A Difference

The work we do at Nexus-PATH 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 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



## Continuity Through Distance

Eight-year-old Hudson\* was struggling. As he moved from foster home to foster home, small things would remind Hudson of his past trauma, leaving him feeling scared, wounded, and alone. Because of these experiences, he reacted strongly to fear by screaming and crying for hours and trying to harm himself.

Hudson began therapy with Nicole, a Nexus-PATH clinician, in February 2020. Soon after, the COVID pandemic hit. Because Nexus-PATH was prepared to offer telehealth services, Hudson began opening up to Nicole as they continued to meet, building a trusting relationship with her. Once therapy was able to be held in person again, Hudson returned to his appointments, working through his traumatic experiences with Nicole. When Hudson later moved to another part of the state, Nicole was able to continue therapy services with him through telehealth and be the one consistent adult that he could rely on through his life changes.

After six months of therapy, Hudson is proud of how far he has come. He is calmer, more in-tune with his emotions, and is now able to work on building relationships with the support of his committed foster parents.

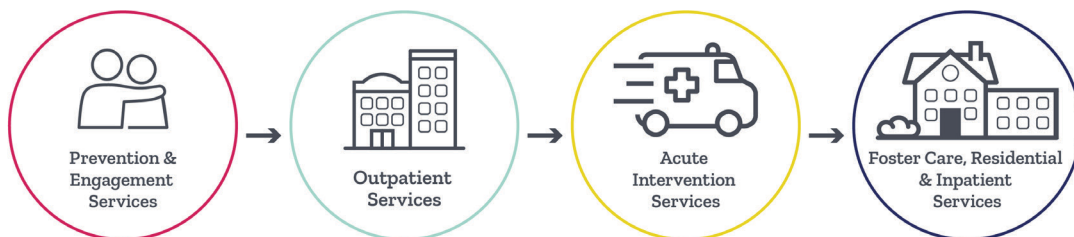


# Creating A Healthier Tomorrow

At Nexus-PATH, 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. 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



## A Heart Opened

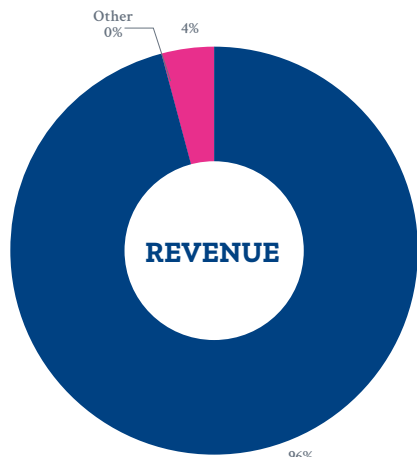
Amelia\* re-entered foster care at age 13. After previously spending five years in foster care and experiencing two failed adoptive placements, she guarded her heart from becoming too close to friends or caregivers, skeptical of any promises made to her. Amelia had an extensive history of trauma and in response, she did not know what safe boundaries were with others, would become aggressive if she was angry, and would push people away while at the same time blaming them for not being close to her.

Amelia's team thought it important that she do regular respite to ensure the best care between her and her foster family. As she spent time with Jason and Michelle, her respite family, Amelia began to feel comfortable with them. Jason and Michelle knew Amelia tended to guard herself from becoming close to others and slowly built a strong, loving relationship with her. When Jason and Michelle asked her to be part of their family through adoption, Amelia cried tears of relief, knowing this was where she truly belonged.

*\*Name and treatment facts altered for privacy*

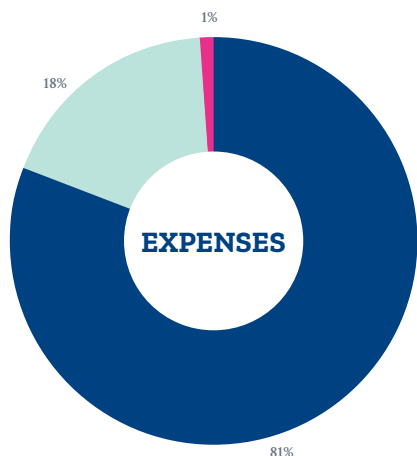


# Financials



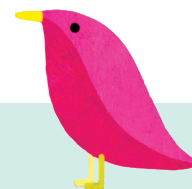
## Revenue

Contract Revenue .....	15,162,041
Other .....	43,516
Donations, Grants, Events.....	587,744
Total.....	15,793,301



## Expenses

Program .....	12,454,422
General and Administrative.....	2,758,240
Fundraising .....	76,072
Total.....	15,288,734



# Board of Directors

**Dr. Michelle Murray**  
Ex-officio  
President/CEO, Nexus Family Healing

**Kathy Ellingson**  
Board Chair  
Foster Parent, Minnesota Grand Forks

**Jay Janssen**  
Vice Chair  
Foster Parent, Devils Lake

**Clete Winkelmann, MS**  
Ex-officio,  
Executive Director,  
Nexus-PATH Family Healing

**Rachel Allison**  
Hess Corporation, Minot

**Wannetta Bennett**  
Retired, Belcourt

**Lisa Bjergaard**  
Director, North Dakota Division  
of Juvenile Services, Mandan

**Carrie Bjorge**  
Bell Bank, Fargo

**Lori Brownshield**  
Therapist, Fargo

**Anna Carlson**  
Chambers and Blohm  
Psychological Services, Bismarck

**Bobbie Kochevar**  
Non-voting member  
Chief Officer of Child and Family Services,  
Nexus Family Healing

**Pat Podoll**  
Retired, Fargo

**Gregory Sanders**  
Professor and Associate Dean, College  
of Human Development and Education  
at North Dakota State University





# No child or family is ever beyond hope.

**Bismarck**

600 S 2nd St Ste 220  
Bismarck, ND 58904  
701-224-9611

**Devils Lake**

1820 E Walnut St Ste 5  
Devils Lake, ND 58301  
701-662-4913

**Dickinson**

1674 15th St W, Ste 3  
Dickinson, ND 58601  
701-225-3310

**Fargo**

1202 Westrac Dr S  
Fargo, ND 58103  
701-280-9545

**Minot**

1425 21st Ave NW, Ste A  
Minot, ND 58703  
701-839-8887

**Grand Forks**

4324 University Ave, Ste C  
Grand Forks, ND 58203  
701-775-7725

**Jamestown**

300 2nd Ave NE, Ste 202  
Jamestown, ND 58401  
701-251-9150

**Turtle Mountain**

PO Box 1970  
Belcourt, ND 58316  
701-477-0525

**Williston**

1319 2nd Ave W, Ste 104  
Williston, ND 58801  
701-572-7650

Nexus-PATH Family Healing is part of Nexus Family Healing, providing services for children and families in Illinois, Maryland, Minnesota, and North Dakota.

**Nexus Family Healing Home Office**  
**505 Hwy 169 South, Suite 500**  
**701-280-9545**