



Restoring Hope. Reshaping Futures.



2025 ANNUAL REPORT

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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.

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Nexus Family Healing

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OUR MISSION

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

Access, Growth, and Transformation

Dear Supporters and Partners,

As we reflect on 2025, we are filled with gratitude for the many individuals, families, communities, and partners who stand alongside Nexus Family Healing.

At Nexus, we know that every child deserves the opportunity to heal and grow, every family deserves support, and every community benefits when mental health care is accessible and effective. Because of your partnership, 2025 was a year of meaningful growth as we worked to meet increasing needs while strengthening the foundation of our organization.

We expanded our reach through new programs and partnerships designed to connect youth and families with the right support at the right time.

- In **Minnesota**, we launched new collaborations through Relative and Kin Support Services and opened the Hennepin County Youth Stabilization Center.
- In **Oregon**, we began an expansion of restorative services for youth involved in the juvenile justice system.
- We continued the implementation of the new model of Treatment Foster Care in the state of **North Dakota**, providing supports and services that wrap around the child's entire journey in foster care.
- In **Illinois**, we are working to refine and increase access to our multifaceted service array through enhanced partnership with Illinois Department of Children and Family Services.
- In **Maryland**, community partnerships supported increased access to workforce opportunities for youth, providing work experience and employment during aftercare that promotes stability, self-sufficiency, and healing.

As the needs of children and families continue to evolve, so must the ways we work as an organization. In 2025, Nexus embarked on a significant brand transformation that unites all agencies under the Nexus Family Healing name. This effort is a commitment to creating a more seamless experience for referral partners, families seeking care, and communities that depend on our services.

Internally, we invested in the people who make our mission possible. Through new employee engagement and culture-focused initiatives, leadership development opportunities, and enhanced onboarding experiences, we continued building a workplace grounded in belonging, respect, collaboration, and growth. We know that when our employees thrive, the youth and families we serve benefit.

This year also brought new opportunities to elevate conversations around mental health. Through advocacy, community partnerships, and the launch of our podcast, *In This Family: Candid Conversations About Family and Mental Health*, we expanded awareness and helped reduce stigma by sharing authentic stories of resilience, healing, and hope.

At the same time, your support continued to enrich the lives of those in our care. From family engagement events and recreational opportunities to life skills programs, foster care supports, and crisis intervention services, you helped ensure youth experienced not only quality care, but also joy, connection, and a sense of belonging.

While the challenges facing mental health and child welfare systems remain significant, our commitment to increasing access to care, strengthening families, and advocating for those we serve remains unwavering.

Thank you for believing in our mission and investing in the lives of youth, families, and communities.

Together, we are restoring hope and reshaping futures.



Dr. Michelle K. Murray
President/CEO



Lisa Bjergaard
Chairperson

A handwritten signature in cursive script that reads "Michelle Murray".

A handwritten signature in cursive script that reads "Lisa Bjergaard".

Reshaping Futures Through Quality Care

Every youth who comes to Nexus Family Healing carries a unique story. To understand their needs and create an individualized path to healing, we use the Child and Adolescent Needs and Strengths Assessment, a comprehensive tool that evaluates behavioral health needs, strengths, and exposure to traumatic experiences. The results underscore the importance of our work.

In 2025, 58.6% of the youth entering Nexus Family Healing services had experienced four or more traumatic events in their young lives. The most common experiences included disruptions in caregiving and attachment loss, emotional and physical abuse, family violence, and neglect.

Without timely support, untreated mental health needs can increase the risk of suicide, chronic health conditions, academic difficulties, involvement in the juvenile justice system, homelessness, substance use, and other lifelong challenges. Our expert team serves thousands of youth, adults, and families each year, producing results that are life changing.



One year after completing services, clients reported:

94% said life is better because of what they learned in the program.

94% are involved in some type of school or work environment.

93% have a safe and stable place to live.

92% feel being in the program increased their confidence in their future.

91% feel their connection to community and family is strengthened due to the program.

88% feel their ability to address challenges is better.

87% say their overall mental health has improved due to the program experiences.

**Clients & Families
Served in 2025**

4,056



1,087
COMMUNITY MENTAL HEALTH



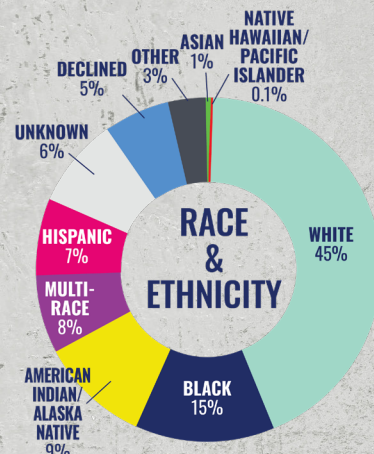
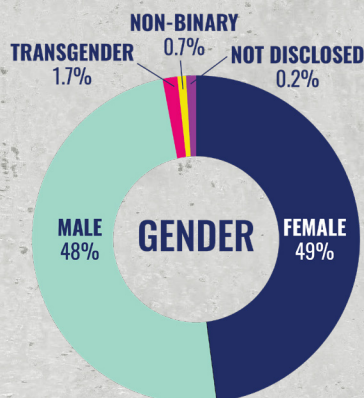
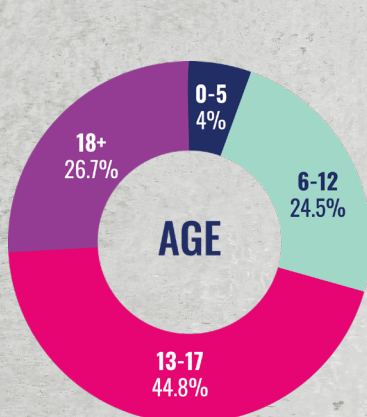
1,428
CRISIS & STABILIZATION



1,005
FOSTER CARE & ADOPTION



706
RESIDENTIAL SERVICES



Story of Hope

“Being in a crisis can look different for everybody.”



Cathy* arrived at the **Southeast Regional Crisis Center (SERCC)** after her family urged her to seek help. She struggled with severe depression and her symptoms had become overwhelming. She could no longer manage her medications, finding herself unable to get out of bed, and neglecting basic needs like personal hygiene and eating. Her family hoped that SERCC could help her.

“Cathy had a family at home,” said Carly White, Operations Manager for Nexus Family Healing. “For a lot of people in that situation, it can be scary and hard to ask for help...they are thinking ‘who is going to take care of my family or the home while I’m gone.’”

Like many people facing a mental health crisis, Cathy was reluctant to seek support. Asking for help can be frightening, especially when you’re unsure what will happen or who will manage your responsibilities.

“Some folks hear the term ‘mental health crisis’ and think that means having thoughts of suicide,” said Carly. “This belief can cause someone to think crisis services, like those offered at SERCC, aren’t for them. Being in a crisis can look different for everybody. When one’s mental health starts to impact quality of life and activities of daily living, feeling numb or hopeless, those are signs to seek help.”

When Cathy arrived, it was clear she was in crisis. She was exhausted, overwhelmed, and afraid.

“Cathy was really reluctant to be here,” said Carly. “Her family was incredibly loving and supportive and kind, gently encouraged her to stay since she was unable to manage herself in her home.”

The SERCC team worked to give her choices, ensuring she felt in control, and approaching every interaction with gentleness and respect. Staff used motivational interviewing and a collaborative, non-judgmental, trauma-informed approach to help Cathy take the next steps towards positive change.

Cathy chose to stay for one night at SERCC.

“The team was able to take small steps with her, and got her to take a shower and eat a meal. Nursing worked to get her back on her medication regimen,” said Carly.

By the next morning, Cathy was engaging with her surroundings, attending a group therapy session, even when feelings of discouragement resurfaced. Midday, she again expressed a desire to leave, and staff honored her autonomy while preparing her for her return home.

“Though she only stayed with us one night, we were able to create a safety plan for her,” said Carly. “We let her know that we were here if she needed us in the future. She made a large amount of progress in less than 24 hours to get back on track.”

For many clients at SERCC, even one day can offer peace, quiet, and a pause from the outside world where they can regain a sense of footing and focus solely on themselves.

This experience was a meaningful win not only for Cathy but also for the team at SERCC. Providing mental health care can be emotionally complex, and progress is not always visible. When clients are discouraged, withdrawn, or eager to leave, staff can question whether they’re making a difference.

“Cathy was adamant in how she didn’t want to be there, which was hard for staff – we could see that she needed help, but how do we help her see that,” said Carly. “Our team learned that they have the critical ability to meet clients where they are at...this was still a huge win.”

The team saw how their persistence, empathy, and trauma-informed skills helped Cathy take steps she could not have taken the day before. Getting her to eat, shower, and restart medications was a powerful reminder that even small progress is still progress.

**Names and identifying details have been changed to protect privacy.*

Our Community Creates Hope

A HISTORIC INVESTMENT IN YOUTH HEALING



Thanks to the extraordinary generosity of the The Hormel Foundation, Nexus Family Healing received a transformational \$5.3 million grant to help build a new youth dormitory on the Gerard campus in Austin, MN. Awarded in partnership with the Austin Community Charitable Fund, this is the largest community foundation grant in Nexus history.

This investment will create bright, welcoming, trauma-informed spaces where youth can heal from trauma and mental health challenges while supporting the dedicated staff who care for them. At a time when the need for youth mental health services continues to grow, this gift represents a powerful commitment to the well-being of children, families, and communities across Minnesota. Construction is expected to begin in spring 2027. By funding half of the project, The Hormel Foundation's generosity is helping create a lasting legacy of healing, hope, and opportunity for generations of youth to come.

MINNESOTA VIKINGS PLAYER HELPS TRANSFORM PROGRAM SPACES

The generosity of a veteran Minnesota Vikings player transformed the lives of youth at two Nexus Family Healing programs, Aspen House and Willow Trails.

This support funded significant improvements that created safer, more welcoming, and trauma-informed environments where young people can feel comfortable, connected, and supported.

These enhancements included renovated gathering spaces, updated furnishings, new flooring and fresh paint, expanded library resources, improved storage, and sensory-focused tools that help youth regulate emotions, build confidence, and engage in healthy recreation. More than just physical improvements, these investments strengthened each program's ability to foster healing, belonging, and stability.



Financials

CURRENT ASSETS	2025	2024 RESTATED
Cash and Cash Equivalents	\$18,038,419	\$15,980,395
Operating Investments	\$54,304,810	\$46,282,882
Accounts Receivable	\$13,311,134	\$13,164,567
Related Party Receivable	\$523,088	
Grants Receivable	\$657,376	\$544,600
Promises to Give	\$5,509,836	\$245,022
Prepaid Expenses and Other Current Assets	\$2,431,153	\$2,087,260
Total Current Assets	\$94,775,816	\$78,304,726

NONCURRENT ASSETS

Property and Equipment, Net	\$49,974,728	\$50,959,246
Investments - Other Long Term	\$740,399	\$593,445
Right of Use Assets	\$5,661,431	\$5,738,214
Other Assets	\$118,534	\$30,380
Assets Held for Sale		\$1,193,836
Goodwill	\$806,316	\$806,316
Total Noncurrent Assets	\$57,301,408	\$59,321,437
Total Assets	\$152,077,224	\$137,626,163

CURRENT LIABILITIES

Current Portion - Bonds and Notes Payable		
Portion and Debt Issuance Costs	\$1,691,527	\$1,072,604
Accounts Payable, Other Accrued Expenses, and Other Liabilities	\$5,004,439	\$4,427,269
Related Party Payable		\$682,172
Contract Advance Payments	\$4,409,328	\$3,818,932
Accrued Salaries and Vacation	\$8,540,383	\$7,336,033
Current Maturities of Lease Liabilities	\$2,054,120	\$2,101,089
Total Current Liabilities	\$21,699,797	\$19,438,099

NONCURRENT LIABILITIES

Bonds and Notes Payable, Net of Current Portion and Debt Issuance Costs	\$24,587,266	\$27,015,950
Lease Liabilities, Less Current Maturities	\$3,790,191	\$3,637,124
Total Noncurrent Liabilities	\$28,377,457	\$30,653,074
Total Liabilities	\$50,077,254	\$50,091,173

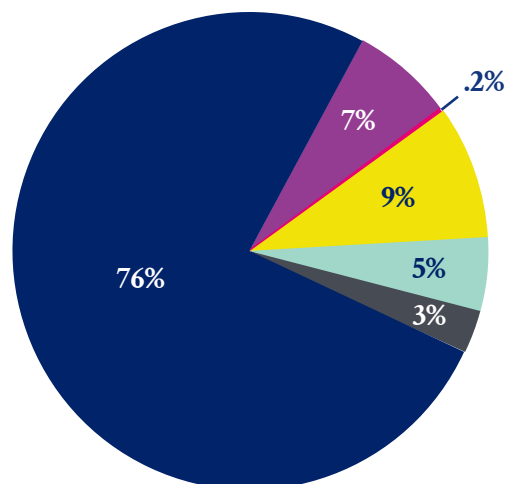
NET ASSETS

Without Donor Restrictions	\$96,055,287	\$86,610,535
With Donor Restrictions	\$5,944,683	\$924,455
Total Net Assets	\$101,999,970	\$87,534,990
Total Liabilities and Net Assets	\$152,077,224	\$137,626,163

2024 and 2025 revenue includes unrealized gains and losses from the Nexus Family Healing long-term investment portfolio. The portfolio, like the market, experienced volatility.

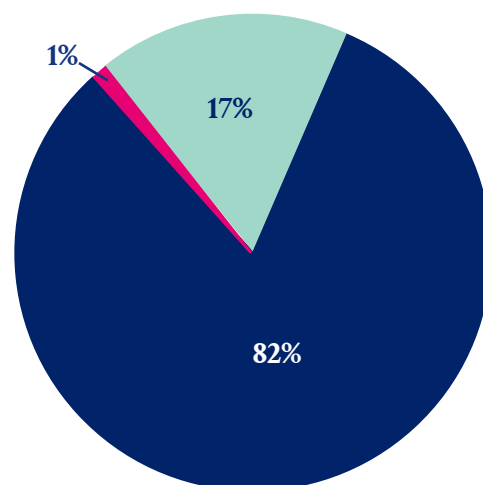
The operating activities of Nexus-Woodbourne Family Healing are not included in Nexus Consolidated Financial Statements as the entity has a different fiscal year from Nexus.

Revenue



Contract.....	\$108,032,494
School.....	\$9,808,632
Program.....	\$286,069
Donations.....	\$12,653,448
Investment.....	\$7,251,387
Other.....	\$3,999,505
Total.....	\$142,197,256

Expenses

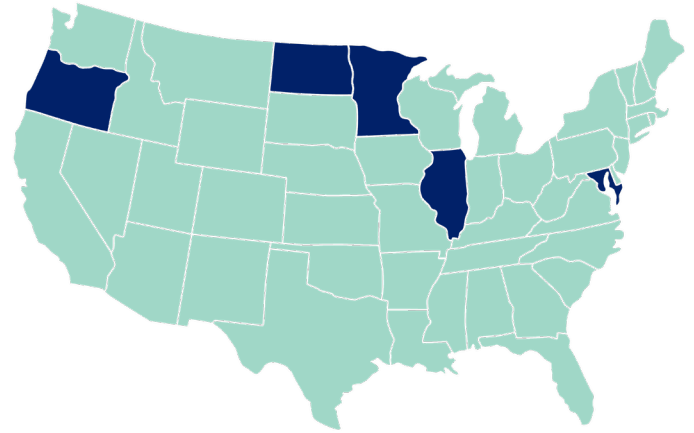


Program Services	\$104,384,909
Support Services.....	\$22,036,985
Fundraising	\$1,310,382
Total.....	\$127,732,276

Thank You for Your Support!

No child or family is ever beyond hope.

Learn more about the states we serve and the programs available at **NexusFamilyHealing.org**.



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Nexus Family Healing is a nonprofit organization and is a tax-exempt public charity under section 501(c)(3) of the Internal Revenue Code, EIN 41-1419064.