



# NYFS

## Northeast Youth & Family Services

Transforming lives today, creating a better tomorrow  
for youth, adults, families, and our community

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## About Us

- ▶ Community Driven Nonprofit founded in 1976
  - ▶ 10 Municipalities came together and identified significant unmet needs in region for youth
  - ▶ Together created NYFS - started with 4 staff and 2 programs - Juvenile Diversion and Youth Mental Health
- ▶ Locations in Shoreview and White Bear Lake
- ▶ Support youth and the whole family - healthy families are the building blocks of healthy communities
- ▶ Trauma-informed and culturally responsive care
- ▶ Focus on ensuring access and reducing barriers to care - especially financial barriers - serve clients that are uninsured, underinsured, low income

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## Relationships in Service of the Community

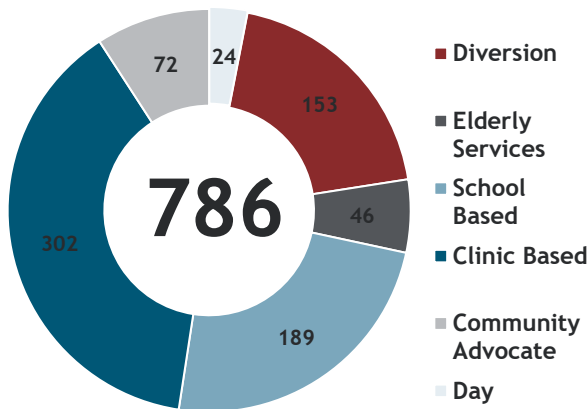
- ▶ Longstanding Partnerships
  - ▶ 15 Municipalities
  - ▶ 5 Law Enforcement Agencies
  - ▶ 3 School Districts
  - ▶ Ramsey Co Attorney's Office & Sheriffs Department
- ▶ Board largely comprised of City Council Members from municipal partners



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## FY 2021-22 Stats: Clients



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## FY 2021-22 Stats: Appointments

### ***21,696 total appointments***

- 496 meetings with 72 Community Advocacy Clients
- 447 meetings with 153 Diversion clients
- 657 family and couple therapy sessions with 138 client families
- 337 Assessments for Mental Health Services

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## The State of Youth Mental Health in MN

- ▶ Clients have more severe mental health and resource challenges than we have ever seen before
  - ▶ Trauma, anxiety, depression, suicidal behavior, panic attacks, social relationship problems, isolation, failure to make developmental gains, emotional regulation and anger difficulties, drug and alcohol use, etc.
- ▶ Now, one in three youth have a diagnosable mental health condition - significant increase since COVID
- ▶ On Minnesota Student Survey 2022:
  - ▶ 19% of 11<sup>th</sup> grade males and 46% of 11<sup>th</sup> grade females report having a long term (6 months or longer) mental health condition.
  - ▶ 43% of 11<sup>th</sup> grade males and 64% of 11<sup>th</sup> grade females report having 1 or more Adverse Childhood Experiences (ACEs).

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## Mental Health Programs

- ▶ **Clinic Based Mental Health**
  - ▶ Individual, Couples, Family, and Group Therapy
  - ▶ In Person or Telehealth
  - ▶ Serve 4 years old through lifespan
  - ▶ Art, Play, and Trauma Therapy
- ▶ **School Based Mental Health**
  - ▶ Embedded model - serve the clients *and* the school
  - ▶ 3 school districts, elementary through high school
- ▶ **NETS Day Treatment**
  - ▶ Higher acuity, half day therapy/half day school
  - ▶ Middle and High School Students

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## Community Service Programs

- ▶ **Youth Diversion**
  - ▶ Referred due to offenses such as theft, drug use, etc.
  - ▶ Alternative to traditional justice system
  - ▶ Based on restorative principles: Youth attend educational seminars with their parents, perform community service and pay restitution.
- ▶ **Community Connections**
  - ▶ 7-week program helping youth perceive a brighter future through mentorship, career exploration, educational exposure, and service.
- ▶ **Community Advocacy**
  - ▶ Contracts with 5 Law Enforcement Agencies
  - ▶ Co-create public safety
  - ▶ Provide support for citizens outside of scope of LE: resource referral, crisis intervention, mental health, housing, domestic violence, neighbor disputes, chemical dependency, etc.

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## Innovating into the Future

- ▶ Expanding Community Connections to general youth referrals
- ▶ Adding specialized advocates - domestic violence, youth, elders
- ▶ Building and expanding Play Therapy Services
- ▶ Expanding modalities such as art therapy, horticulture therapy, among other culturally responsive interventions
- ▶ Establish NYFS as a Training Site for new providers with pathways for BIPOC providers
- ▶ More group therapy offerings and support for parents
- ▶ Staff wellness and work sustainability measures to support longevity in the field

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## For More Information and to Become Involved

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*NYFS is here for you, because of you.*

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