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## Mission and Vision

- **NYFS Vision:** *We envision a world where thriving individuals and families are the building blocks of safe, unified communities established through a network of empowered and collaborative partnerships.*
- **NYFS Values:** *Equity, Inclusion, and Belonging; Authenticity; Community Driven; Integrity; Transformative Relationships; Innovation; Wellbeing*



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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
- Headquarters in Shoreview
- Trauma-informed and Culturally Responsive care
- Mission to ensure access and reduce barriers to care – especially financial barriers – serve clients who are uninsured/underinsured, low income
  - Sliding Fee Scale down to \$5 per therapy session for uninsured and underinsured
  - Free services across our community services programs and domestic/sexual violence services



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## Relationships in Service of the Community

- Longstanding Partnerships
  - 16 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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# Partnerships

## Municipal Partners

- Arden Hills
- Birchwood Village
- Falcon Heights
- Hugo
- Little Canada
- Lauderdale
- Mahtomedi
- Mounds View
- New Brighton
- North Oaks

- Roseville
- Shoreview
- St. Anthony
- Vadnais Heights
- White Bear Lake
- White Bear Township

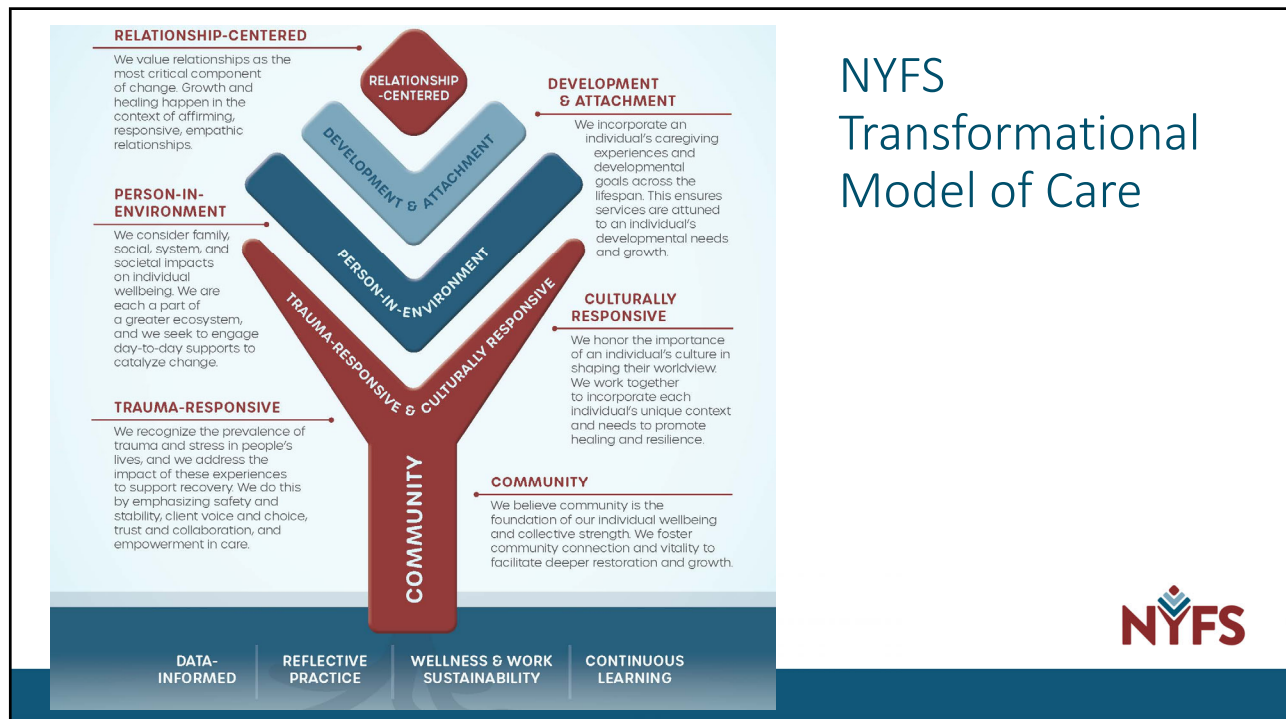
## School District Partners

- St. Anthony - New Brighton Schools
- Mounds View Public Schools
- Centennial School District



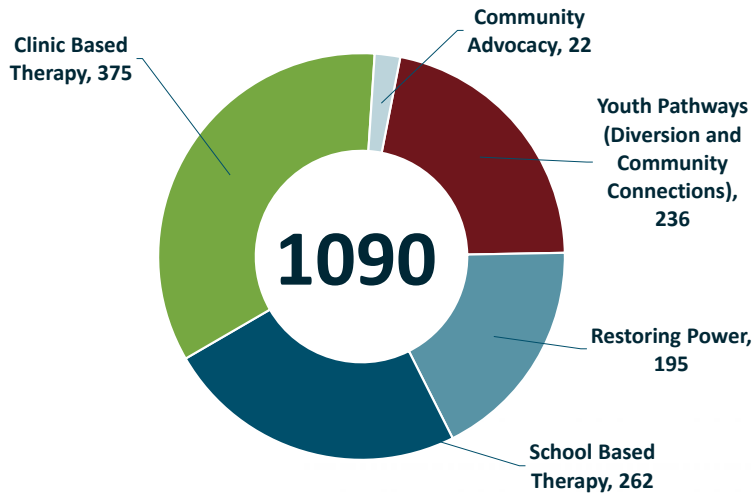
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## FY 2025 Stats: Clients



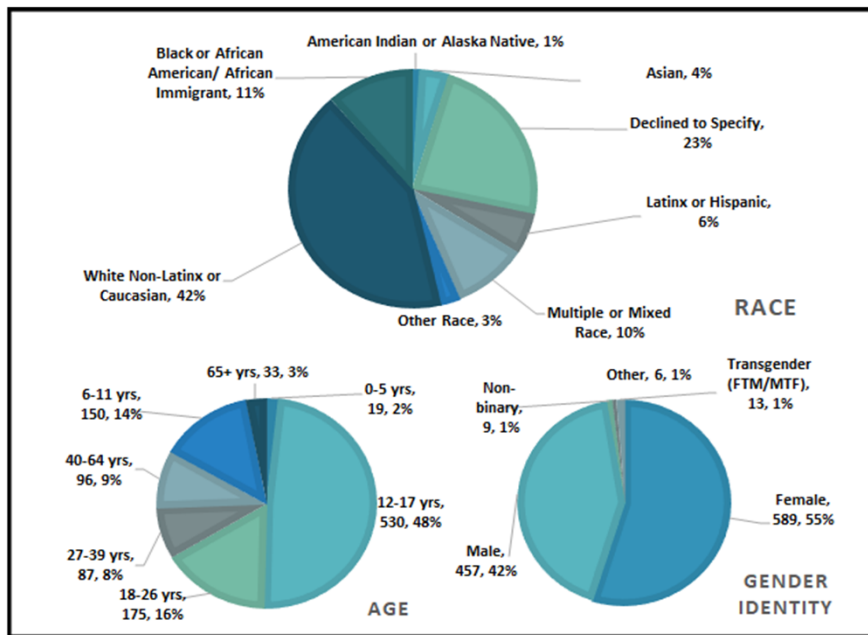
- 1090 Clients Served
  - 195 more clients served than last year
  - 19,440 total appointments



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## FY 2025 Stats: Client Demographics

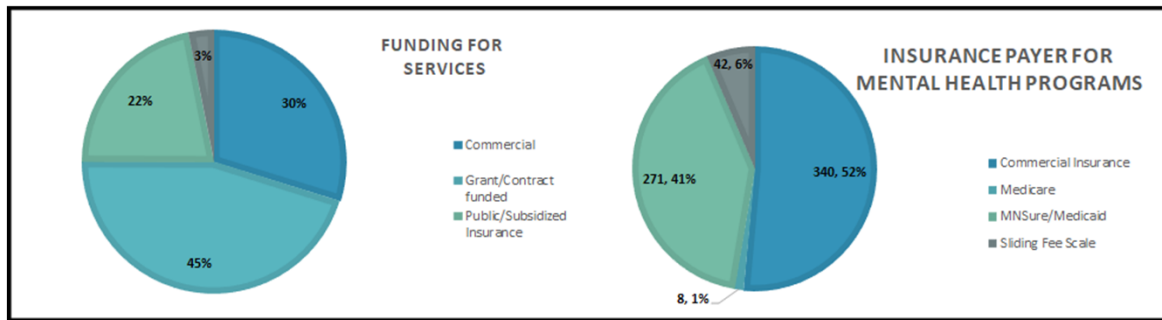


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## FY 2025 Stats: Funding

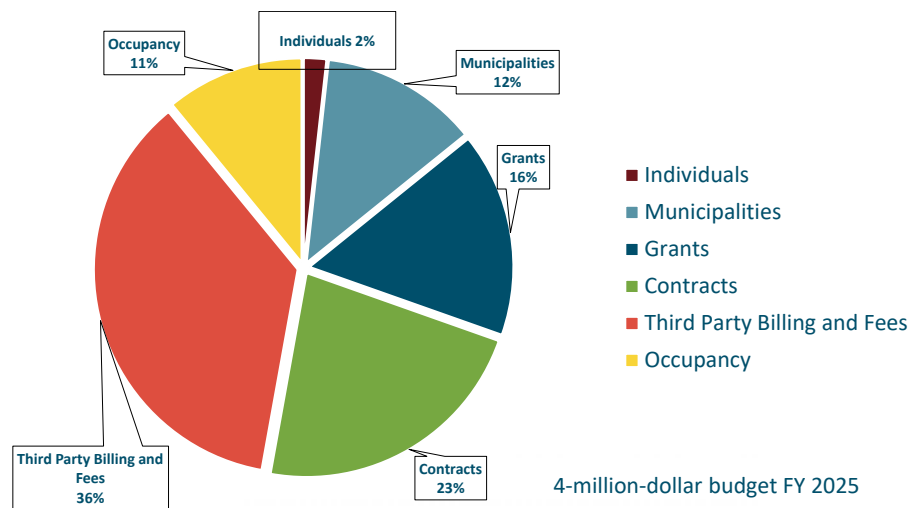
- **\$174,531.95** of subsidized mental health care provided (sliding fee scale)
- **\$537,628.00** of care provided at no cost in Restoring Power



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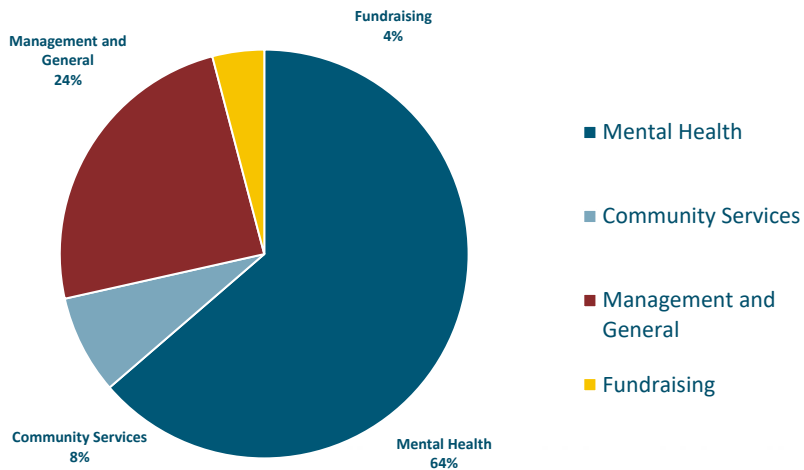
## FY 2025 NYFS Funding



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## FY 2025 NYFS Expenses



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## NYFS Renewal and Growth

- We have more than twice as many NYFS team members - from 24 in FY23 to 55 in FY26
- We went from serving 603 clients in 11,630 sessions in FY23 to 1090 clients in 19,343 sessions in FY25
- Our budget has gone from 2.7 million annually in FY23 (with an 790k deficit) to a 5.25 million fully funded FY26 budget.
- We sold the Shoreview building and have transitioned to a long-term lease, allowing us to establish an operating reserve and the new Kay Andrews Legacy Endowment to ensure our continued viability



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## Mental Health Programs

- **Clinic Based Mental Health**
  - Individual, Couples, Family, and Group Therapy
  - In Person or Telehealth
  - Serve birth 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



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## Community Service Programs

- **Youth Pathways**
  - 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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## Restoring Power Program

### Advocacy

- Traditional safety planning, emotional support, coping skills, education on domestic and sexual violence dynamics, filing OFP/HRO (Civil legal advocacy), system navigation, crisis support
- Court accompaniment for criminal, juvenile, and family courts
- Short- and long-term models of case management support

### Therapy

- Providers trained in culturally responsive individual trauma treatments : Narrative Exposure Therapy, Trauma Informed Cognitive Behavioral Therapy, Child Centered Play Therapy, among others.
- Focus/specialty on working with families where there has been child witnessing to domestic violence of child sexual abuse.



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## New Services: Criminal Legal Advocacy

- White Bear Lake Police Department
- All domestic violence calls (not just charged cases) referred to NYFS for advocacy and support
- First Light Model
- Very high contact rate for field = 73% reached (average closer to 50%)
- Most clients continue after first call = 64% ongoing services
- Continue to work with clients through court case regardless of ongoing engagement for advocacy services



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## New Services: Early Childhood Mental Health

- Birth through Five Years
- Specially trained providers in parent child work
- Use Child Parent Psychotherapy and Circle of Security
- Focus is on:
  - Early intervention/prevention of long-term mental health challenges
  - Re-establishing strong parenting bond with child
  - Supporting family in resilience and recovery



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## New Services: Groups

- Expanding our Group Therapy services
- Focus on:
  - Groups delivered in Schools (school based mental health)
  - Groups offered for parents/caregivers related to parenting – new Anxious Generation group starting this month
  - Groups for different forms of trauma across the lifespan
- Low cost or free of charge
- Strong evidence base for effectiveness

**PARENTING SUPPORT THERAPY GROUP**

Join our 8-week therapy group for parents of 5 to 15-year-olds who are seeking additional guidance on parenting strategies in supporting their children within the digital world. This group will pull from Jonathan Haidt's *The Anxious Generation* to explore and provide strategies for parenting while moving from a phone-based childhood to a play-based childhood.

Beginning January 26<sup>th</sup> - 8 Weeks  
5:00-6:30pm  
Shoreview Office

Call 651-486-3808 to schedule intake



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## Innovating into the Future

- Established NYFS as a Training Site for new providers with pathways for BIPOC providers (STEPS Program)
- Clinical Ladders Program for staff
- Staff wellness and work sustainability measures to support longevity in the field
- Thinking about our geographic coverage and moving towards satellite sites across our 16 cities



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## For More Information and to Become Involved

Angela Lewis-Dmello, MSW, LICSW  
President & CEO

[Angela.lewisdmello@nyfs.org](mailto:Angela.lewisdmello@nyfs.org)

651-379-3404

[www.nyfs.org](http://www.nyfs.org)

Follow us on Facebook and LinkedIn

***Shoreview: (651) 486-3808***



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