



NYFS
Northeast Youth
& Family Services



Transforming Lives

Our mission is to **transform lives** by ensuring access to care that nurtures healing, cultivates community, and inspires hope.

Welcome

Northeast Youth & Family Services is a community-based, trauma-informed, and culturally responsive nonprofit mental health and social service agency.

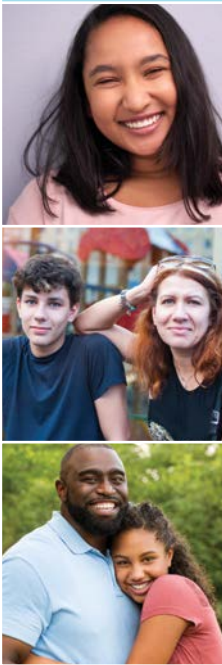
We serve clients of all ages and specialize in care attuned to each individual’s development.

Our commitment to equity, authenticity, and community-driven services provides hope for many in our community who face financial, cultural, linguistic, and logistical barriers to care.

Our sliding-fee scale means our doors are open to all, regardless of financial circumstances.

Our focus on transformative relationships informs our collaboration with families, schools, cities, and public safety departments. This approach enhances the positive impact on our clients and the communities we serve.

Together, we are doing so much more than we could ever achieve on our own.



community-
centered



committed

Mental Health Services

NYFS Mental Health Services are culturally responsive, trauma-informed, and community-driven, provided by clinicians skilled in working with all ages. We offer an accessible sliding fee scale, accept most insurances, and offer in-person and telehealth services to ensure access to care.

Clinic-Based Therapy

We collaborate with clients to develop clear goals and personalized plans to treat challenging symptoms, increasing mental health and wellbeing. **We believe healing and growth occur when clients more deeply understand their needs and experiences through a supportive relationship with a skilled, compassionate provider.**

Our goal is to offer clients quality mental health treatment within the context of their culture and lived experiences. We provide individual, couple, family, and group psychotherapy services attuned to the needs of each client. We work with the full age spectrum, with specialized services that address needs at every stage of life. We support clients with a wide range of mental health concerns including depression, anxiety, ADHD, autism, stress and trauma, grief and loss, family conflict, and identity development, among others. In addition to therapy, we offer multidisciplinary care including psychiatric services for children, adolescents, and adults, as well as psychological evaluations for children and adolescents. Our evaluators are skilled in diagnosing autism, ADHD, and trauma-related conditions. We are proud to meet clients where they are and support them throughout their healing journey.

School-Based Therapy

In partnership with three northeast metro school districts, we offer comprehensive and accessible mental health support to students by providing care onsite, embedded in their school. **We provide individual and group therapy to address issues related to anxiety, depression, trauma, and other concerns from early childhood through high school.**

Our therapists collaborate with school staff to support students’ mental health needs in the classroom. They also serve as a resource for the entire school, sharing their expertise and helping staff address broader mental health challenges. This contributes to better social, emotional, and academic outcomes for students, teachers, and schools as a whole.

We offer specialized services from infancy throughout the lifespan to meet your needs:

- Art Therapy
- Group Therapy
- Child Centered Play Therapy
- Specialized Trauma Treatments
- Psychological Evaluations
- Parenting Therapy
- Early Childhood Services (Birth to Five)



empower



support

Community Services

NYFS Community Services helps individuals and families regain stability, build resilience, and access resources that promote health and healing.

Youth Pathways

We provide empowering services to youth and their families by offering an alternative to the traditional juvenile justice system. Our services promote youth accountability, meet individual and family underlying needs, reduce recidivism, and offer youth a vision for their own purpose and potential.

YOUTH DIVERSION:

Youth Diversion serves youth ages 12–17 who have justice system involvement including illegal behavior such as theft, disorderly conduct, or alcohol/drug use. **Using restorative principles, we help youth take accountability for the incident and harm caused, build positive decision-making skills, and get back on track.** We provide an intake meeting with a caregiver and create an individualized contract based on their needs. Contracts often include community service, seminar attendance with a caregiver, apology letters, chemical or mental health referrals, drug testing, and/or restitution. We also provide regular check-ins with staff for support. By addressing underlying needs, we significantly reduce the likelihood that youth will reoffend in the future.

COMMUNITY CONNECTIONS:

Community Connections is a seven-week, group-based experience for youth that builds social skills, self-confidence, and resilience through career exploration, self-reflection, volunteer activities, and contacts with other community organizations. **We offer this to youth who will benefit from building deeper, healthier connections with their peers, adults, and community.** Together, we focus on community service, work skills identification, and development of key life skills such as nutrition, fitness, time management and routines, and budgeting. We create opportunities for youth to build meaningful connections with their peers and supportive adults, while learning about resources in their community that will help them now and in the future.

Community Advocate Program

In partnership with five local law enforcement departments, our community advocate co-creates public safety by supporting community members whose needs fall outside the scope of law enforcement. We serve adults through short-term resources and referrals or long-term case management. Within a harm reduction framework, our advocate provides: crisis stabilization services, community resources, economic assistance, referrals for mental health and/or chemical health services, housing support, senior services, and parenting resources. **Our advocate strengthens the community by addressing the individual community member's underlying needs while reducing reliance on law enforcement. They serve as a bridge between community members, law enforcement, case managers, and family/caregivers.**



Domestic Violence & Sexual Assault Services

NYFS Restoring Power offers a trauma-informed, multi-disciplinary model for domestic and sexual violence services that integrates advocacy and therapy, ensuring comprehensive support provided at no cost.

Restoring Power

Restoring Power supports victim-survivors who have experienced a range of abusive behaviors, including emotional, psychological, physical, financial, technological, and/or sexual violence. Our services are for victim-survivors at any place in their journey – from the first call for help to healing years after the abuse.

We work with children, adolescents, adults, and families to access:

- Advocacy support with safety planning
- Emotional support and coping skills
- Learning about abuse, its effects, and opportunities for healing
- Information about victim rights and resources
- Case management and resource referral
- Legal advocacy – applying for an Order for Protection or Harassment and Restraining Order
- Individual and Group Therapy

Our therapy services are provided by trauma-informed, domestic and sexual violence informed therapists skilled at trauma healing with all ages. Our groups include Teen Healthy Relationships, Child Witnessing of Domestic Violence, Adult Victim-Survivor of Domestic Violence, and Adult Victim-Survivor of Sexual Violence. **Our services emphasize connection, support, healing, and psychoeducation.**

OUR VALUES

Equity,
Inclusion, and
Belonging

Authenticity

Community
Driven

Integrity

Transformative
Relationships

Innovation

Wellbeing

innovative



passionate

A thriving community lifts us all.

Nearly half of our clients cannot afford the full cost of their care and we rely on generous donations from individuals and our community to ensure that those who need our help will receive it regardless of financial circumstances.

Please donate online at nyfs.org/donate ► or mail your donation to:

Northeast Youth and Family Services
3490 Lexington Ave. N., Suite 205
Shoreview, MN 55126



Thank you for your support!



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Transforming Lives

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