

Park Nicollet Foundation works to improve the health and well-being of patients, families and communities through partnerships and philanthropy.

## Melrose Center

Melrose Center serves adults and children of all ages and genders struggling with all types of eating disorders. We strive to reach patients in their own communities through locations in Maple Grove, St. Louis Park, St. Paul, Burnsville, Woodbury and services provided at the Park Nicollet Women's Center. In addition, we provide specialty programs focused on addressing diabetes with eating disorders and substance use disorder and eating disorders.

Donor and volunteer generosity at Melrose Center supports patients, families and our professionals as they work to treat and heal eating disorders together. Through an individualized, holistic and multidisciplinary treatment model, patients and their families work with their treatment team to recover at a pace that is right for them.

## You Make it Happen



*"My eating disorder struggle started in college when, with my roommate. We decided to lose the 'freshman 15.'"*

*"Eating disorders are crazy in that they start one way, and once you learn coping skills to deal with that way, it shows up in a whole new way. I had to learn all the ways an eating disorder can sneak in and take over your life."*

*"For five years, I worked hard and focused on getting to recovery. There were times I felt scared and wanted to drop out of the program, but I always came back to Melrose. I knew if I was going to get better, I needed my Melrose team and my therapist."*

*"It took a lot of tears and tough days. Eventually I woke up one day, and I realized, 'I did it!' I don't wake up anxious about what I'm going to eat, who I'm going to eat with, how much I'll work out, what my weight is, what size pants I have. Now I wake up and focus on things that matter like my husband and my beautiful daughter Lorlai. Through Melrose I found recovery."*

-Kasey, Melrose Center patient



**3,265**  
PEOPLE AGES  
6 TO 93  
CARED FOR



**23%**  
INCREASE IN  
NEW PATIENTS  
SEEKING CARE



**406**  
MEN AND  
BOYS SERVED

Thanks to the generosity of our donors and volunteers in 2018, Melrose Center patients and families had the comfort and care needed to assist them on their path to recovery from an eating disorder.

## 2018 Highlights

### Patient & Family Experience

- Expanded our Melrose St. Paul satellite location to accommodate growing patient volumes and increasing demand for care and support groups.
- The Melrose Center Patient Special Needs Fund provided vouchers for transportation, nutrition counseling, family therapy meals, personal care items and other needs for more than 63 patients.
- Provided more than 28 days of lodging support for patients from across the country and Canada, enabling them to complete their specialized outpatient program for an eating disorder and type 1 diabetes.
- Sponsored music therapy for more than 780 patients.
- Launched a Family-Based Therapy Resource book to help more than 80 families. Books provide the guidance and information to help support care and eating disorder recovery.
- Our Student Access Fund supported more than 50 college students from the University of Minnesota with eating disorder treatment.
- The Clare Susan Humphrey Memorial Endowment Fund helped Melrose patients access care and treatment.

### Volunteer Services

- 12 volunteers provided more than 550 hours of support to patients and their families.
- 6 canine volunteers provided 171 hours of joy and comfort to patients.

### Community Partnerships

- Participated in more than 166 outreach events at local universities and across our community to provide eating disorder education to more than 2,000 people.
- Weekly support groups provided for more than 350 friends, family, parents and individuals in recovery.
- Provided 37 presentations to more than 250 Park Nicollet and HealthPartners team members to raise awareness of eating disorder care and recovery.

### Research & Innovation

- Trained eating disorder therapists in Dialectical Behavioral Training (DBT) and supported patients with new skills to manage painful emotions and decrease conflict in relationships.
- Trained staff on the new treatment protocol for Avoidant Restrictive Food Intake Disorder (ARFID) to enhance our ability to treat patients with this diagnosis.
- Furthered our five-year Mental Health Outcomes Study of Patients Treated for Eating Disorders, collecting more than 20,922 patient surveys, showing 37.8% of patients experiencing improvement in our higher levels of care.

To learn more about the impact of your support visit [parknicollet.com/foundationimpact](http://parknicollet.com/foundationimpact)

