

Park Nicollet Foundation 2018 Impact Report



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

NOW! (No Obstacles to Well-Being)

In partnership with Park Nicollet Foundation, Park Nicollet Child & Family Behavioral Health and local school districts, NOW! (No Obstacles to Well-Being) provides school-based mental health services via secure video technology. NOW! eliminates access barriers by providing free-of-charge, in-school mental health services with Park Nicollet Health Services therapists in a safe and convenient environment. NOW! services are provided in St. Louis Park, Richfield and Burnsville school districts.

NOW! supports children struggling with family changes, anxiety, depression, behavioral issues and much more. By being in schools, NOW! eliminates barriers associated with transportation, financial cost, missed work, missed school time and mental health stigma. In addition, NOW! helps to eliminate language barriers with a Spanish-speaking therapist.

The generosity of our donors in 2018 gave children, youth and their families struggling with mental health issues the extra support they needed to find a positive way forward.

You Make it Happen



“Providing a struggling child with mental health treatment and effective coping skills at an early age benefits the whole community. That child is able to focus on school and building a healthy future. However, due to obstacles associated with transportation, finances, employment and access, many families find it challenging to commit to traditional mental health treatment. The NOW! program works to bypass these barriers. I have been doing therapy with kids for 22 years at Park Nicollet, but in the NOW! program, I am able to reach kids I would never have seen in my office. It is unbelievably exciting that I am able to see and treat children who, without NOW!, would have fallen through the cracks.”

–Diane Kuznia, MA, LP, Psychologist at Park Nicollet Health Services



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SCHOOL DISTRICT PARTNERS
- BURNSVILLE, RICHFIELD &
ST. LOUIS PARK



73

INDIVIDUAL STUDENTS
AGE 12 TO 19
PROVIDED CARE



796

MENTAL HEALTH
THERAPY SESSIONS
VIA SECURE VIDEO
TECHNOLOGY

Thanks to our donors in 2018, the NOW! program provided significant no-cost mental health services to students struggling with their mental health.

Importance of Mental Health Services



1 in 5 youth are in need of mental health services.



For children aged 3-17 with anxiety, 37.9% have behavior problems and 32.2% have depression.



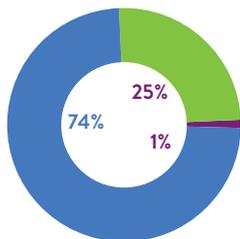
1 in 15,000

On average, there is only one child psychiatrist for every 15,000 children and adolescents under 18.

Sources: Center for Disease Control and Prevention Web-based Injury Statistics Query and Reporting System

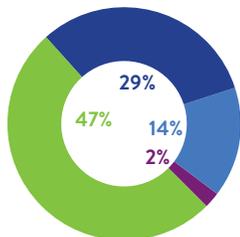
NOW! (No Obstacles to Well-Being)

Demographics



Participant Gender

74% Female
25% Male
1% Gender Neutral



Ethnicity of Participants

47% Caucasian
29% Latino
14% African American
2% Multi Racial

NOW! eliminates barriers to mental health care, including:

Access to services

Many therapists in the private sector have long waiting lists. NOW! students are triaged by their school counselors, so those with the highest needs can be seen quickly.

Financial

Students may be uninsured or underinsured or have high deductibles. NOW! is free to students, and there is no insurance billing.

Transportation

Students and their parents may not have reliable transportation to get to clinic-based therapy appointments. NOW! sessions take place in the school, where no outside transportation is necessary.

Missing class hours for appointments

With outside appointments, extra class time is lost in transit. NOW! students are out of class only for their actual therapy time.

Parents missing work

Parents often have to take time off work to get students to outside appointments. NOW! students are able to receive therapy without disrupting parents' work hours.

Conditions and Issues Treated

Anxiety	School Avoidance	Anger Management
Depression	Family Dysfunction	Poverty
Trauma	Gender/Sexual Identity	Parental Drug Use
Complex Grief	Chemical Abuse	Proximity to Homelessness

Student Outcomes

95%

Learned new skills to manage negative feelings

84%

Improved their attendance/grades

95%

Reported NOW! helped them deal with problems at home

Source: 2017-18 School year follow up survey

To learn more about the impact of your support visit parknicollet.com/foundationimpact



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