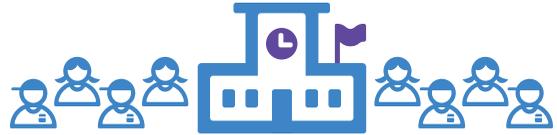




**LOVE + LEGACY
C A M P A I G N**

Children's Mental Health & Well-Being



Teachers interact with an average of 8 grieving students each year.

Half of all lifetime cases of mental disorders begin by age 14.

For children aged 3-17 years with anxiety



more than 1 in 3 also have behavior problems (37.9%) and about 1 in 3 also have depression (32.3%).

For children ages 3-18



7% have diagnosed anxiety



25% have mild to moderate anxiety



and only 59% receive treatment for their anxiety



In Minnesota, 62,000 children (5%) will experience the death of a parent.



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

Suicide is the second leading cause of death for youth ages 10-24.



In Minnesota, suicide rates have increased 40% over the past 18 years.

Sources: American Federation of Teachers/New York Life Foundation Bereavement Survey, 2012; Center for Disease Control and Prevention Web-based Injury Statistics Query and Reporting System; Judi's House, Childhood Bereavement Estimation Model for Minnesota, 2018

You Make All The Difference



Have you seen the fear of a child after the loss of a parent, family member or friend? Do you know the pain of a child struggling to get to school amidst their sadness or tears? Today, we ask you to consider how we can help our children, families, schools and communities.

Unresolved grief and anxiety in children has been shown to lead to obstacles to learning and success in school, often causing irreparable, lifelong harm.

Together we can provide a better way for Twin Cities' children.

For more than 21 years, Park Nicollet Foundation has provided innovative collaborative school-based programs to provide children and families necessary access to grief, mental health and well-being support. These programs have a proven record of helping children in need build resilience and overcome adversity.

We are honored to invite you to support the Love & Legacy Children's Mental Health and Well-Being Campaign. Your generosity will help expand program reach, fill in gaps and build critical, widespread community support for children and families in need.

Help change the mental health and well-being of a child. Please make your gift today.

Cindy Leines and Jerry Timian

Co-Chairs, Love & Legacy Children's Mental Health and Well-being Campaign



Your investment in the Love & Legacy campaign allows Park Nicollet Foundation to continue our pioneering work ensuring more children achieve mental well-being. Together we will:

- Spark new approaches
- Increase access to reach underserved youth
- Reduce stigma

Thank you for your trust and belief in our healing innovations

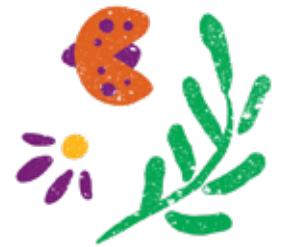
Elizabeth Warner, CFRE
Executive Director

Mobilizing Community to Change a Child's Future

When a child is struggling, the entire family is affected. A child's school attendance, grades, extra-curricular activities, friendships, self-worth and sleep are impacted. Whether its grief, loss, trauma, a mental health condition, stress or anxiety, these experiences can derail a child's development leading to life-long negative impact.

Many parents and teachers incorrectly believe that school-aged children are incapable of experiencing grief or mental health conditions. But, that is simply not the case. A significant number of children experience intense anxiety, sadness, depression, trauma, grief and loss.

Because suicide is commonly associated with untreated mental health conditions, programs that improve access to care and well-being are often the best way to prevent these tragedies.



Park Nicollet Foundation is building on our more than 21-year commitment to investing in children's mental health and well-being through collaborative school-based programming. We seek to improve access, expand knowledge and understanding, reduce stigma, support training and education and enhance programs to help all children and families.

We believe this to be one of the most important investments we can make to ensure the health and well-being of future generations.

\$5 million goal Our Love & Legacy Children's Mental Health and Well-Being Campaign will ensure widespread community support for our effective school-based collaborative programs. This campaign also supports our vision for delivering trainings, expanding interventions, providing culturally sensitive care and building unique and creative community collaborations to improve mental health and well-being for children and families in our community.

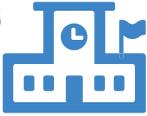
Unique Programs Making a Difference

Growing Through Grief

Growing Through Grief provides in-school support to elementary, middle and high school students who have experienced a death of a family member or friend. Collaborative crisis management support for death related incidences in the school community is also provided.

In 72 Schools

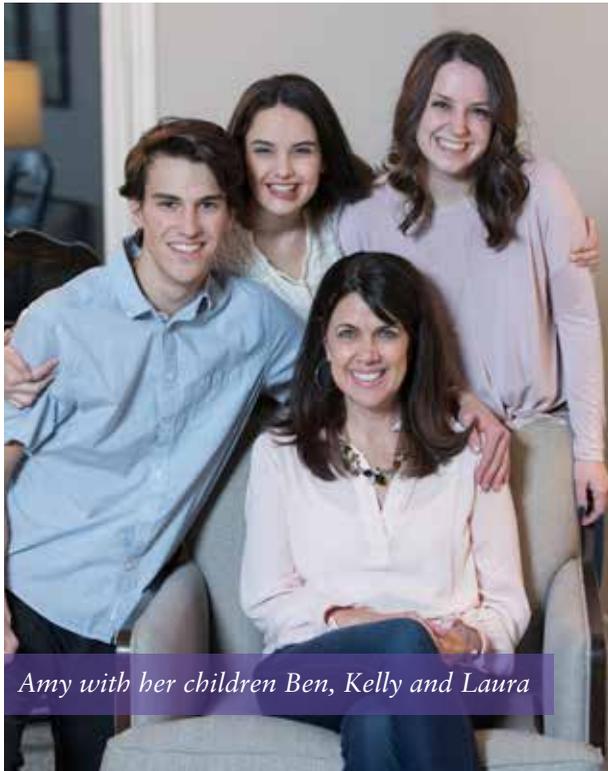
Across 13
School
Districts



To
Support
More Than

520 Students

Each Week



Amy with her children Ben, Kelly and Laura

“After my husband Charlie died, we needed help. I needed help. I was trying to cope with my own loss and emotions, and it was really hard to have the capacity to also help my children. We were devastated. My family needed a community of people to guide us through our profound loss. For the past 12 years, our guide has been Growing Through Grief.”

– Amy, Growing Through Grief parent

Building a Community of Support

Shannon Neale, MD, Family Medicine Physician at Park Nicollet, shares her family's journey through loss.



Natalie, Dr. Neale and Noah

"Bill was diagnosed with Leukemia on Monday, and he died suddenly on Saturday. It was completely unexpected," said Shannon, Bill's wife.

In 2012, his passing left Shannon and her three children - Rachel (15), Natalie (12) and Noah (9) - reeling. "Everything was so overwhelming," said Shannon.

Then, Shannon learned about Growing Through Grief, Park Nicollet Foundation's in-school grief support program. "Growing Through Grief was already in Rachel and Natalie's schools. And, after I spoke with them, they quickly offered support for Noah as well."

"The first few times I went to the Growing Through Grief support group I didn't talk," said Shannon's daughter Natalie. "But, then we played a game where you had to answer questions, and I just started answering them. It felt really good. My group understood and accepted me."

Noah's grief took a different path. "He wouldn't go to school," said Shannon. "And things got really dark. But, with the support of Growing Through Grief, he found the courage to return to school."

"Growing Through Grief gave me a way to express myself," said Noah. "Group taught me healthier ways to cope. I went from refusing to go to school to having dreams of playing football at a division 1 school."

"I never imagined that something like this was going to happen to our family," said Shannon. "I am so grateful we had a program like Growing Through Grief in our schools."

Innovating to Fill in Gaps

NOW! (No Obstacles to Well-Being)

In partnership with the Park Nicollet Foundation, Park Nicollet Child & Family Therapists/ Psychologists and local school districts, school-based mental health services are provided at three partner schools via secure video technology.

NOW! eliminates barriers:

- Transportation
- Financial cost
- Language
- Mental health stigma
- Out-of-school time
- Parents missing work



“NOW! gets the obstacles out of the way for children in need of mental health care. Many of our students in need face economic, transportation and family issues that make it unlikely that they would have access to care. Because NOW! is in our school, these kids, who otherwise would not have gotten help, are seeing a highly-trained mental health professional.”

– Delana Brinkman, Dean of Students,
St. Louis Park Middle School

Support students, families and schools in need

“Many of our students have numerous barriers and resource limitations to accessing mental health services outside of school – transportation, uninsured or under-insured, language, financial and more. It is critical that we are able to offer therapeutic services in school, during the school day. Since launching the NOW! program in Richfield, demand for the program has doubled and continues to grow.

“Nearly 40 percent of our students are Spanish speaking. And, almost all of the students referred to NOW! are students of color who come from families earning below the poverty line. Having a no-fee, highly skilled, Spanish-speaking clinician for our students is an invaluable resource. Students do not need insurance and can get the support they need at school.”



—Steve Unowski, Ed.D, Superintendent and Christina Gonzalez, Director of Student Support Services, Richfield Public Schools

Our Four Pillars of Impact and Action

Sharing Knowledge

Topics include:

- ✓ Mental health, stress and grief.
- ✓ Trauma informed care.
- ✓ Adverse childhood experiences.
- ✓ Supporting grieving students in a school setting.
- ✓ Building understanding and reducing mental health stigma.



Community Collaborations

Promote collaborative partnerships by:

- ✓ Fueling creativity.
- ✓ Providing innovative, developmentally appropriate solutions for children.
- ✓ Partnering to respond to trauma and crisis.
- ✓ Building resilience in schools and communities.



Invest in our Children

Your gift of support fuels activities and programs that help thousands of children and families in our community move forward. Together we are building healthy futures and improving well-being.

Examples of how your gift makes an impact:



\$500,000

Sponsors **one year** of grief support programming in **70 schools**

\$200,000

Supports **one year** of telemental health support in **three schools**

\$100,000

Sponsors **100 kids** for one school year

\$65,000

Provides programming in **one school district** for one full school year

\$10,000

Sponsors **one student support group** for one full school year

\$2,500

Provides for **one training session** for elementary, middle or high school teachers

Growing Through Grief Program

Invest in:

- ✓ Providing school-based grief support to children.
- ✓ Building grief awareness and resilience.
- ✓ Expanding to additional schools in partnering districts.
- ✓ Providing school-based crisis response.
- ✓ Creating developmentally appropriate grief curriculum and training schools.
- ✓ Sharing expertise nationwide.



NOW! (No Obstacles to Well-being) Program

Invest in:

- ✓ Providing care to children who otherwise would not have access to mental health care.
- ✓ Demonstrating innovative, school-based mental health services.
- ✓ Representing successful use of technology.



Changing a Child's Future with Innovation & Collaboration



“Students in St. Louis Park, throughout the Twin Cities and across the country have increasingly prevalent and significant mental health needs. There are not enough resources and school districts are searching for collaborative solutions.

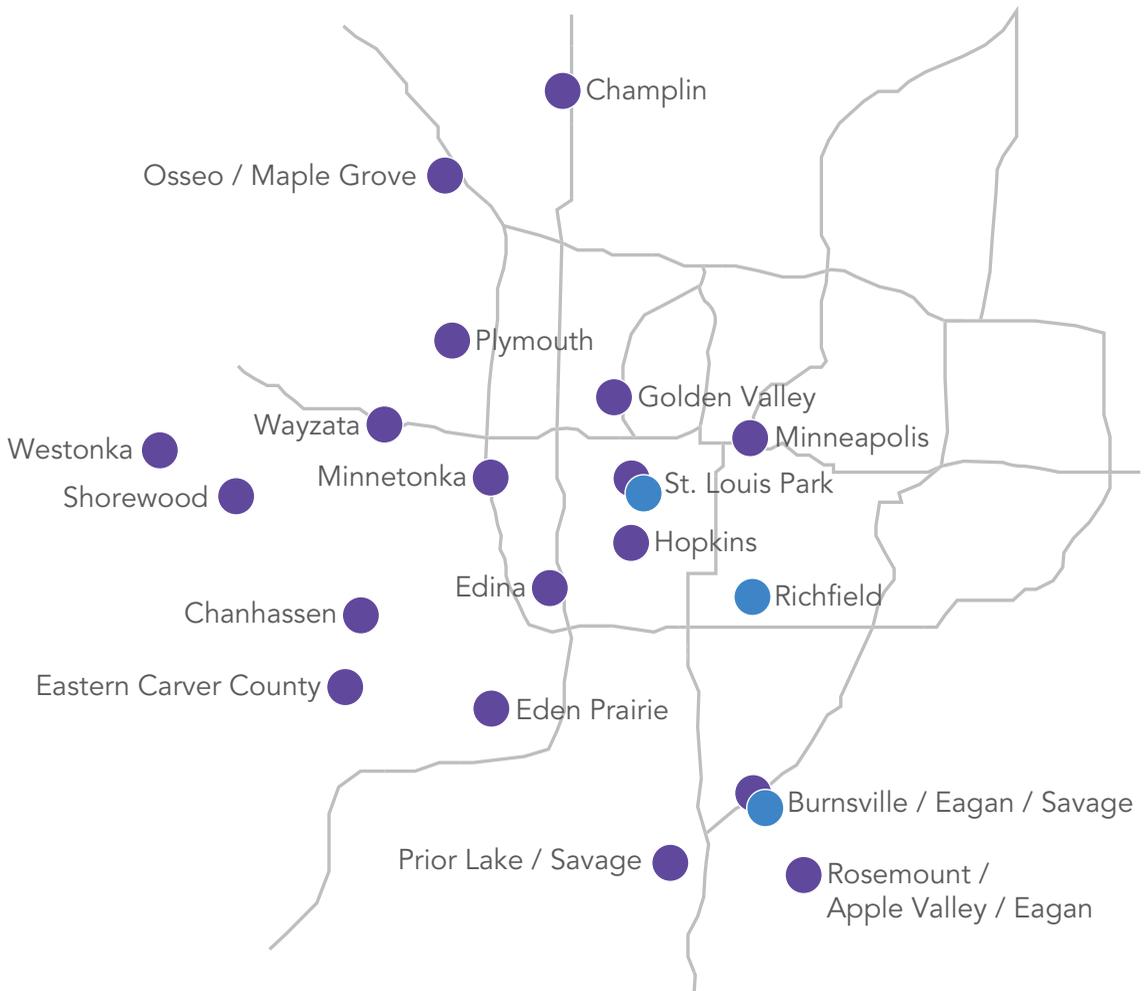
“Our partnership with Park Nicollet Foundation brings programs like Growing Through Grief and NOW! to our school community to help us bridge gaps for both our staff and our students. Support is provided to some of our highest need students. These programs give us innovative and new pathways to get our students who are struggling in front of trained mental health professionals and address needs before they turn into bigger crisis events.

“As our students get the help that they need, stronger family structures develop. School attendance, performance and engagement are impacted. Having successful and proven options to support our students with mental health needs, gives our students, families, schools and our community tools to thrive.”

– Astein Osei, Superintendent, St. Louis Park Public Schools

Our footprint of impact

● Growing Through Grief ● NOW! (No Obstacles to Well-Being)



Impact of Your Generosity

Requests for our school-based programs continue to rise.

You can make sure children and families across the Twin Cities have access to our effective, innovative and collaborative school-based programs. Join us in our mission to expand program reach, fill in gaps and build critical, widespread community support for children and families in need.

Help us reach our
\$5 million
goal

Donate to our **Love & Legacy Children's Mental Health and Well-Being** campaign.

THANK YOU
for building your legacy with
PARK NICOLLET FOUNDATION.



HealthPartners®

For more information about how you can make a gift to Park Nicollet Foundation's **Love & Legacy Children's Mental Health and Well-Being Campaign** contact us at foundation@parknicollet.com or **952-993-5023**.

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