

2023 ANNUAL REPORT



Restoring Hope. Reshaping Futures.

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NEXUS FOUNDATION FOR FAMILY HEALING BOARD OF DIRECTORS

The Nexus Foundation for Family Healing exists to advance the mission and goals of Nexus and related entities by securing philanthropic investments to support operations, advance key strategic initiatives, enhance and expand services and promote long-term economic stability.

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Nexus Family Healing

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Amber Huseth, Finance Director

Colleen Hardy

Regional Development Director - North Dakota
Nexus Foundation for Family Healing

WHO WE ARE

Nexus-PATH Family Healing is part of Nexus Family Healing, a national nonprofit network of health agencies. For over 50 years, our network of agencies has used innovative, personalized approaches to heal trauma, break cycles of harm and reshape futures. We provide community mental health services, foster care services, and residential treatment to help thousands of children, families and adults each year struggling with emotional, behavioral and mental health issues. We are especially passionate about bringing hope to the most challenging situations.

Never Give Up.

As a mental health provider, Nexus-PATH Family Healing sees first-hand how mental health struggles can impact youth, families, and our communities. Simply accessing the right care can prove to be an impossible task.

Extensive changes are needed in mental health care, and they are accompanied by a plethora of challenges: low Medicaid reimbursement rates, workforce shortages, limited access, lack of new talent entering the industry, and so many more. These challenges often seem unsurmountable, but **Nexus-PATH will not give up.**

We know we must be **innovative and resilient** in ensuring mental health care to all - *as resilient as the youth and families we serve every day.*

We are so grateful for the donors, partners and supporters who join us in creating positive change in mental health care. Together, in 2023 we accomplished great steps forward across the continuum of care:

- We introduced our new Executive Director, Kate Coughlin who came to Nexus-PATH in August. Kate brings a wealth of knowledge in children and families services including treatment foster care, outpatient therapy services, and community-based treatment services.
- Community based mental health services were added in the Bismarck and Mandan area to provide additional access to mental health services for children and families.
- School-linked services in Mandan and Minot Public Schools were expanded to provide early intervention and access to critical services to youth and families regardless of their insurance coverage. This helps bridge the gap between school, home, and the community for low-income families.
- The Supervised Independent Living Program expanded to serve more youth as they exit foster care and successfully transition to independence in the community.

The innovation and resilience of Nexus-PATH Family Healing reflects the unwavering support from you - our dedicated community.

Thank you for helping us advance initiatives, enhance care, and provide opportunities to make mental health service available to all.

Our work will continue into 2024 and beyond to fill gaps and create accessibility for more youth and families. We look forward to partnering with you on this life-changing journey.



Dr. Michelle K. Murray
President/CEO
Nexus Family Healing



Kate Coughlin
Executive Director

OUR MISSION

Changing the course of a child's life by stabilizing families and strengthening mental health.

OUR VISION

Healing the past. Breaking the cycle.
Changing the future.

Our Services

FOSTER CARE

Children enter foster care for a variety of reasons. Whether a child enters for reasons related to a mental health diagnosis or due to an unsafe or unstable home environment, they are met with compassion and safety in a trauma informed home. Our treatment teams work collaboratively to pursue permanency options based on a child's unique circumstances and need.

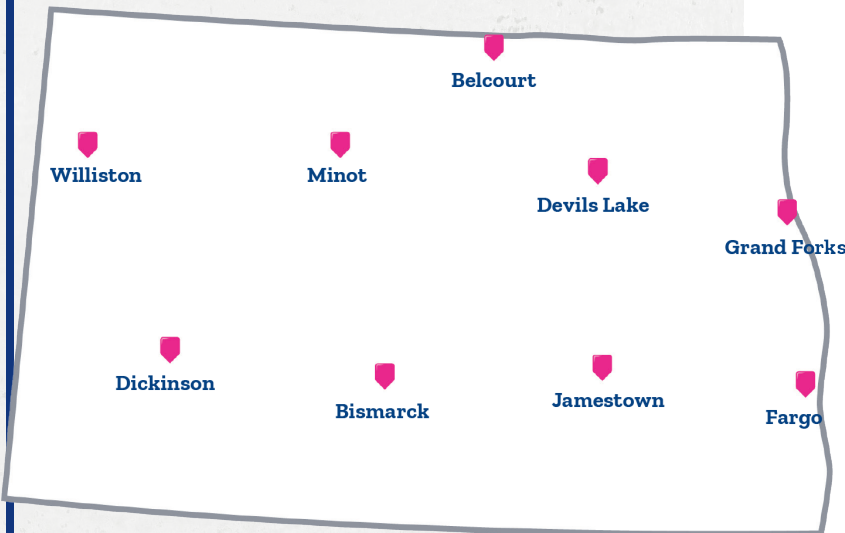
COMMUNITY MENTAL HEALTH SERVICES

We meet youth and families when and where they need us most. With programs in home, in schools, and through out outpatient clinic, our clients work with compassionate, experienced therapists and team members who offer guidance, support, skill building, and healing.

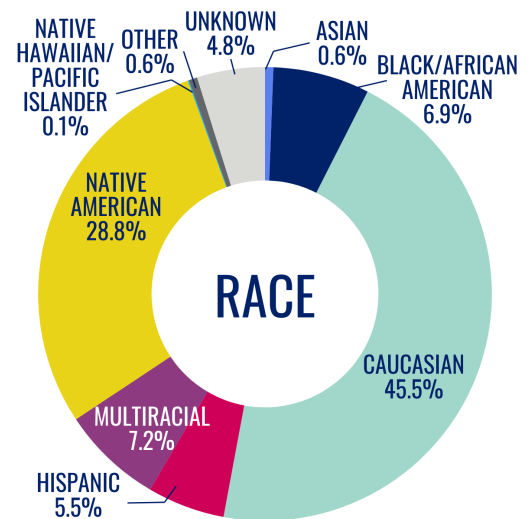
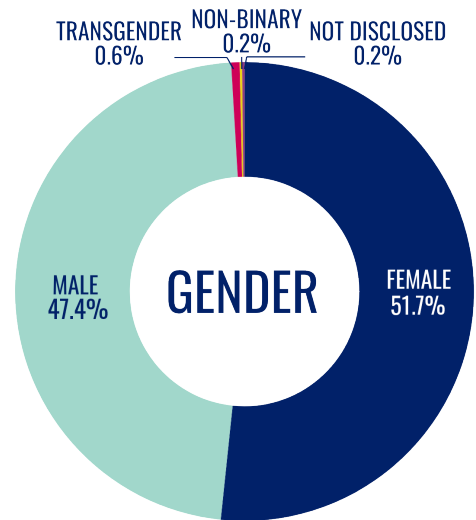
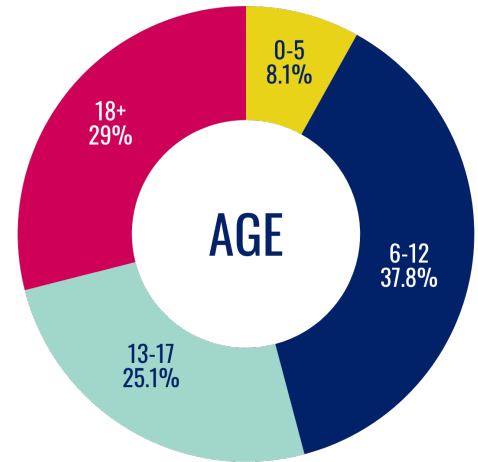
RESIDENTIAL TREATMENT

We provide treatment programs at our residential facility, Luther Hall, for youth ages 10–17 who struggle with intensive mental, behavioral, and emotional health. Within a safe, trauma-informed environment, our youth get the intensive therapeutic support they need to heal, grow, and thrive.

Where We Serve



Who We Serve



At Nexus-PATH Family Healing, we work with youth and families facing some of the most complex trauma and mental health challenges to find hope and healing.

When each youth enters our care, we use the Child and Adolescent Needs and Strengths Assessment, a worldwide tool used to determine their level of care and address their behavioral health treatment plans. One of the areas this assessment evaluates is exposure to traumatic events; 67% of youth have experienced four or more traumatic events in their lives, compared to 50% of the general population experiencing at least one traumatic event in their lifetime. By utilizing CANS as an assessment tool, Nexus-PATH can intervene and address the behaviors that greatly increase the chances of a youth entering the criminal justice system, further interaction with mental health services, homelessness, and poverty.

At Nexus-PATH, we are dedicated to providing hope and healing in even the most complex and challenging situations. WE NEVER GIVE UP.

67% of Nexus-PATH clients have experienced 4+ traumas in their lifetime.

Disruption in Caregiving/Attachment Loss

90.2%

Neglect

64.0%

Parental Criminal Behavior

61.4%

Witness to Family Violence

60.6%

Emotional Abuse

51.4%

Physical Abuse

38.5%

Bullied by Others

32.1%

Sexual Abuse

24.8%

Witness to Community/School Violence

11.2%

Medical Trauma

9.3%

Natural or Manmade Disasters

2.8%



A 12-month follow-up with youth who were in the Nexus-PATH Family Healing foster care programs reveals transformations and growth towards a positive path in their lives.

87% say being in the Nexus program has increased confidence in their future.

82% feel their mental health has improved due to the program experiences.

93% believe their lives are better because of what they learned in the program.

1,177

Youth, Families &
Individuals served in 2023

Travis' Journey

At four years old, Travis witnessed the traumatic loss of his father. Growing up, he struggled with depression and anxiety and was having trouble at school and at home.

When he was almost 11, he was removed from his home and placed into foster care.

Tim and Marcia became his foster parents through Nexus-PATH Family Healing, and eventually took over legal guardianship of him. Travis says he feels very fortunate to have been placed with such a great family. Throughout his stay with Tim and Marcia, they ensured he stayed connected with his mom and siblings.

But Travis continued to struggle with depression and anxiety, and in his teen years, alcohol. But with therapy, treatment, a strong will to succeed, and the support from Tim and Marcia, Travis felt hope for his future and had a desire to persevere. He did persevere and is now an independent and happy young man.

Travis says Tim gave him a strong work ethic. When he was 13, he worked for a farmer and that helped instill the work ethic he has today. The young man who didn't think he'd graduate from high school is now a high school and college graduate.

Today, at twenty years old, Travis lives in his own apartment. He's not only a diesel mechanic but continues to work on the farm he worked at in high school. One day he hopes to have his own mechanic shop and be in the cattle business.

Travis' aspirations don't stop there. He wants to give back. His experiences with mental illness have shaped him, and he hopes to help others by sharing his experiences, and perhaps, become a foster parent someday.

Travis' journey is a testament to the impact of mentorship, love and stability. As donors to Nexus-PATH, you play a vital role in creating success stories like his. Your support can transform lives.



"They never gave up on me."

Travis looks back and highlights his foster parents as key to finding hope in life and credits them with much of his success.

Tim and Marcia provided love, structure, and guidance.

Financials

CURRENT ASSETS	2023	2022
Cash and cash equivalents	778,070	1,442,787
Accounts receivable	1,981,323	1,524,002
Other receivables	356,176	714,722
Prepaid expenses and their current assets	38,006	55,253
Total current assets	3,153,575	3,736,764

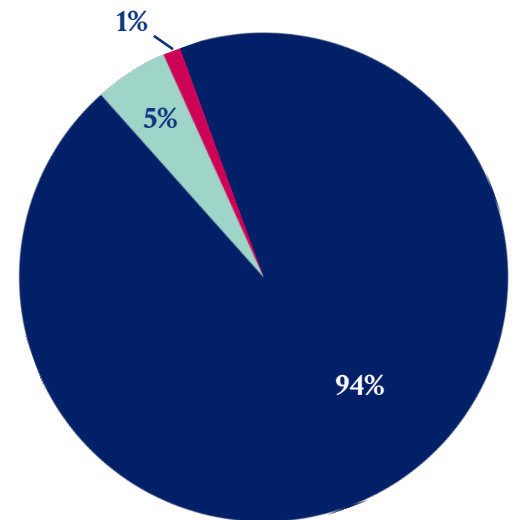
NONCURRENT ASSETS		
Property and equipment, net	1,498,356	1,637,020
Investment - other long term	0	464,963
Operating right of use asset	2,615,529	3,327,305
Goodwill	51,000	51,000
Total noncurrent assets	4,164,885	5,480,288
Total assets	\$7,318,460	\$9,217,052

CURRENT LIABILITIES		
Accounts payable	333,482	661,709
Due to related party	892,626	635,738
Accrued salaries and benefits	555,695	627,626
Current maturities of operating lease liabilities	855,251	858,122
Other accrued expense	185,022	98,187
Notes payable, current portion	170,728	164,217
Total current liabilities	2,992,804	3,045,599

NONCURRENT LIABILITIES		
Operating lease liabilities, less current maturities	1,760,278	2,469,183
Notes payable, net of current portion	43,343	214,071
Total noncurrent liabilities	1,803,621	2,683,254
Total liabilities	\$4,796,425	5,728,853

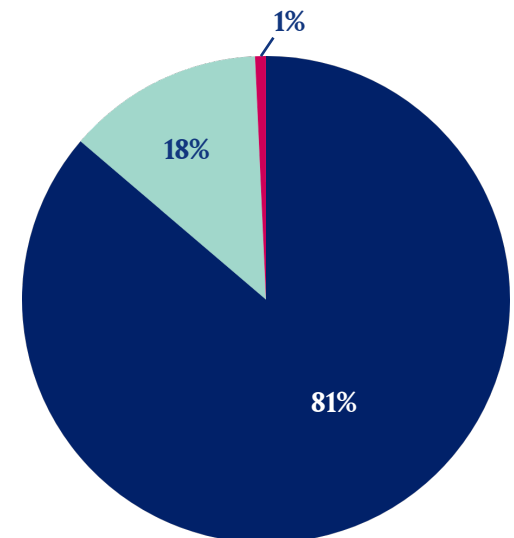
NET ASSETS		
Without donor restrictions	2,507,535	3,488,199
With donor restrictions	14,500	
Total net assets	2,522,035	3,488,199
Total liabilities and net assets	\$7,318,460	\$9,217,052

Revenue



Contract Revenue	14,403,453
Donations, Grants, Events.....	743,943
Other	177,677
Total	\$15,325,073

Expenses



Program	13,202,672
General and Administrative	2,993,574
Fundraising	109,491
Total	\$16,305,737

Thank You for Your Support!



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& Nexus Family Healing on     YouTube

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Visit our website at NexusPATH.org

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Nexus-PATH Family Healing is a nonprofit organization and is a tax-exempt public charity under section 501(c)(3) of the Internal Revenue Code, EIN 91-2159746.