

# 2023 ANNUAL REPORT



**Nexus-Woodbourne**  
FAMILY HEALING

*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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PwC

### **Dave Metzen, Ed.D.**

Retired, State of MN Office of Higher Education

### **Dr. Michelle K. Murray, LMFT**

Nexus Family Healing

## NEXUS-WOODBOURNE FAMILY HEALING LEADERSHIP

### **Bryon Fracchia**

Executive Director

### **Meghan Butterworth**

Regional Development Director-Maryland  
*Nexus Foundation for Family Healing*

### **Dr. Tess Carpenter**

Associate Executive Director

### **Dr. Jason Emejuru**

Medical Director

### **Lakeisha Johnson**

Human Resources Director

### **Bria Robinson**

Education Director

### **Sam Zimmerman**

Finance Director

## WHO WE ARE

Nexus-Woodbourne Family Healing is part of Nexus Family Healing, a national nonprofit network of mental 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 and adoption 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-Woodbourne 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-Woodbourne 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:

- Enhancement of aftercare services enabling Nexus-Woodbourne youth to return to their communities and continue to receive direct access to health and wellness resources, financial support, continued mental healthcare, and the ability to stay engaged with their peers and the agency care team.
- Expansion of Treatment Foster Care to include serving more families and a move to a new, more central location that provides greater accessibility and space to bring foster families together for support meetings and specialty training.
- Growth and expansion of programs that support education and build skills for further success after treatment including, social-emotional learning support in the Woodbourne School, expansion of vocational offerings with the addition of an automotive instructor and AutoCAD (computer-aided design) software; new yoga and music programs, and the re-launch of our Trauma-Informed Youth Council.

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

**Thank you for helping us to 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



Bryon Fracchia  
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

### Residential Treatment

We provide treatment programs for youth ages 12-18 struggling with their mental, behavioral, and emotional health and we serve youth who have been or are at risk of commercial exploitation. Within a safe, trauma-informed environment, our youth get the intensive therapeutic support they need to heal, grow, and thrive. We do this to help them develop the ability to live safely with their families, within their communities or to live independently.

### On-Campus Education

We believe all students are capable of academic achievement, regardless of their history, mental health diagnosis, or their past school experiences. Our clinical, medical and education program staff work in tandem so that each youth is provided with consistent care that addresses their individual program needs. It's our commitment to provide a new educational experience that supports youth in moving toward their newly discovered potential.

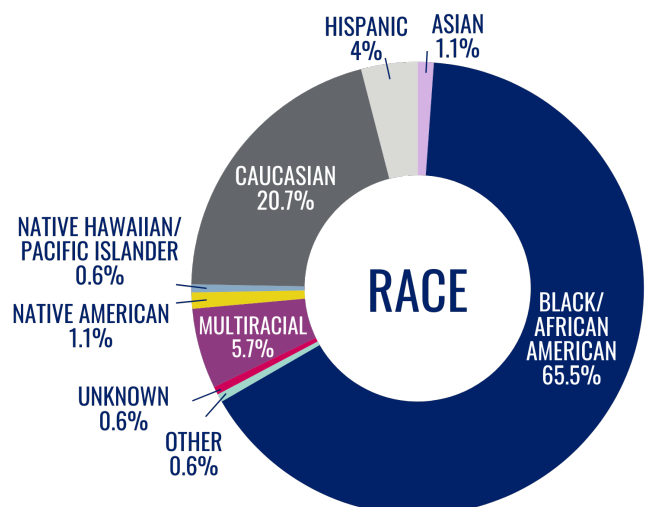
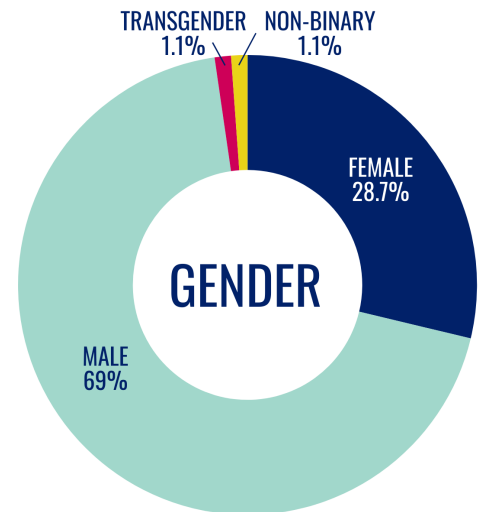
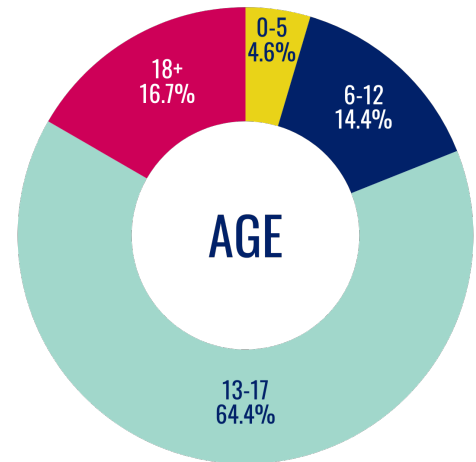
### Treatment Foster Care

Children enter foster care due to an unsafe and/or unstable home environment. When a family system breaks down or a crisis occurs, we're here to help. Our Treatment Foster Care program trains and licenses treatment foster care parents to provide in-home care to youth who are in need of mental health services.

## Commitment to Diversity, Equity, and Inclusion

At Nexus-Woodbourne Family Healing, we embrace diversity and inclusion. Our voices and actions are focused on recognizing, affirming, and respecting people of every race, ethnic background, socio-economic status, sexual orientation, gender expression, and faith because it makes us stronger and more innovative.

## Who We Serve



At Nexus-Woodbourne 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; 73% 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.

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

## 73% of Nexus-Woodbourne youth have experienced 4+ traumas in their lifetime.

### Disruption in Caregiving/Attachment Loss

87.1%

### Neglect

54.2%

### Physical Abuse

51.0%

### Emotional Abuse

48.1%

### Witness to Family Violence

43.5%

### Bullied by Others

37.0%

### Parental Criminal Behavior

35.5%

### Witness to Community/School Violence

32.7%

### Sexual Abuse

32.3%

### Medical Trauma

6.4%

### Natural or Manmade Disasters

3.2%



A 12-month follow-up with youth who were in the Nexus-Woodbourne Family Healing residential treatment program reveal transformation and growth towards a positive path in their lives.

**100%** believe being in the program has increased their confidence in their future.

**100%** continue to feel positive impacts from their treatment program.

**100%** feel their life is better because of the services they received.

# 174

Youth and Families served in 2023

## Fostering Community Partnerships

Healing from trauma is not linear and takes time. For youth at Nexus-Woodbourne Family Healing's Residential Treatment Center, healing can begin to feel overwhelming with day-to-day therapy, education and life skills classes, and structured activities. Nexus-Woodbourne's care and education teams are constantly looking for ways to enrich and enhance the youths' healing process and lives.

One way they do this is by seeking opportunities within their community. Faith Presbyterian Church is a long-time neighbor of Nexus-Woodbourne. For the past few years, Nexus-Woodbourne youth have helped the church with community projects.

"I first met with the Pastor and we started bouncing ideas off of each other," said Stefan Leslie, Vocational Program Outreach Coordinator at Nexus-Woodbourne. "The first project was a community bulletin board. Our relationship has evolved to working together on different community-related projects."

To provide additional activities for the youth, Faith Presbyterian Church applied for and was awarded the "B'more Say YES! (Youth Environmental Stewards) program grant. The grant allowed the church to hire five youth from the Nexus-Woodbourne Residential Treatment Program to work on various outdoor community projects.

"They went through an interview process, just like any job," said Stefan. The selected youth were given uniforms and paid an hourly rate. They completed several weeks of community projects, including landscaping, tiling, carpentry, gardening, community clean up, and composting. They acquired practical skills and how to get and keep a job, interview skills, punctuality, and teamwork.

Nexus-Woodbourne is hoping to make this an annual program and looks forward to building additional community partnerships to create more opportunity for their youth.



**"Having these work program opportunities gives the youths a sense of pride and purpose – they get to look and say 'I did this!' It gives them a good feeling and good sense of community," says Stefan.**

## Financials

| <b>CURRENT ASSETS</b>                     | <b>2023</b>      | <b>2022</b>      |
|---|------------------|------------------|
| Cash and cash equivalents                 | 625,358          | 132,445          |
| Operating investments                     | 776,848          | 726,638          |
| Accounts receivable                       | 2,969,037        | 3,678,614        |
| Promise to Give                           | 0                | 50,000           |
| Prepaid expenses and their current assets | 221,967          | 208,056          |
| <b>Total current assets</b>               | <b>4,593,210</b> | <b>4,795,753</b> |

### NONCURRENT ASSETS

|  |                     |                     |
|--|---------------------|---------------------|
| Property and equipment, net                                | 3,217,876           | 3,480,060           |
| Beneficial interest in assets held by community foundation | 307,805             | 294,325             |
| Beneficial interest in charitable trusts held by others    | 4,444,978           | 4,349,620           |
| Operating lease right of use assets                        | 176,557             |                     |
| Due from affiliates  | 123,777             |                     |
| <b>Total noncurrent assets</b>                             | <b>8,270,993</b>    | <b>8,124,005</b>    |
| <b>Total assets</b>  | <b>\$12,864,203</b> | <b>\$12,919,758</b> |

### CURRENT LIABILITIES

|  |                  |                  |
|--|------------------|------------------|
| Current portion - bonds and notes payable                      | 41,867           | 63,542           |
| Accounts payable, other accrued expenses and other liabilities | 1,361,751        | 531,015          |
| Due to affiliates  |                  | 1,967,846        |
| Accrued salaries and benefits                                  | 1,167,133        | 595,678          |
| Current maturities of operating leases                         | 41,310           |                  |
| <b>Total current liabilities</b>                               | <b>2,612,061</b> | <b>3,158,081</b> |

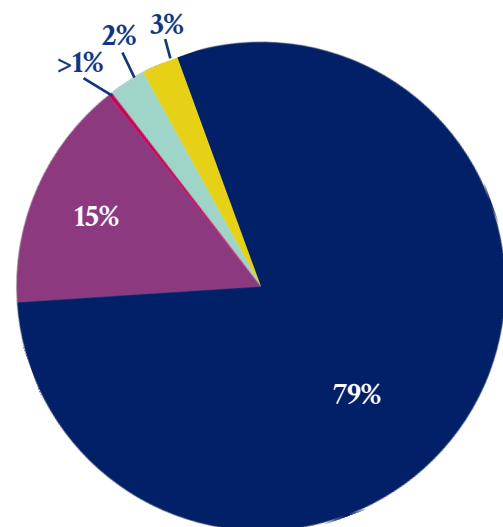
### NONCURRENT LIABILITIES

|  |                    |                    |
|--|--------------------|--------------------|
| Operating lease liability, less current maturities | 135,247            |                    |
| Long-term note payable, net of current position    |                    | 41,867             |
| <b>Total noncurrent liabilities</b>                | <b>135,247</b>     | <b>41,867</b>      |
| <b>Total liabilities</b>                           | <b>\$2,747,308</b> | <b>\$3,199,948</b> |

### NET ASSETS

|   |                     |                     |
|---|---------------------|---------------------|
| Without donor restrictions              | 5,622,994           | 5,261,247           |
| With donor restrictions                 | 4,493,901           | 4,458,563           |
| <b>Total net assets</b>                 | <b>10,116,895</b>   | <b>9,719,810</b>    |
| <b>Total liabilities and net assets</b> | <b>\$12,864,203</b> | <b>\$12,919,758</b> |

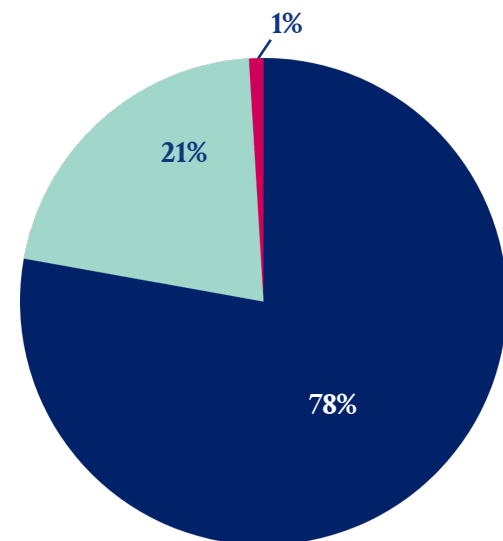
## Revenue



|                                 |            |
|---------------------------------|------------|
| Contract Revenue .....          | 16,122,786 |
| School Revenue .....            | 3,102,660  |
| Other .....                     | 633,260    |
| Donations, Grants, Events ..... | 493,929    |
| Program Revenue .....           | 56,862     |

Total .....\$20,409,497

## Expenses



|                                  |            |
|----------------------------------|------------|
| Program .....                    | 15,602,264 |
| General and Administrative ..... | 4,253,295  |
| Fundraising .....                | 192,191    |

Total ..... \$20,047,750

# Thank You for Your Support!



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& Nexus Family Healing on     YouTube

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Visit our website at [NexusWoodbourne.org](https://NexusWoodbourne.org)

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