

2023 ANNUAL REPORT



Restoring Hope. Reshaping Futures.

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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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WHO WE ARE

Nexus Family Healing is a national mental and behavioral health nonprofit organization based in Minnesota. 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're especially passionate about bringing hope to the most challenging situations.

Never Give Up

As a mental health provider, Nexus 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 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:

- Nexus opened a **much-needed psychiatric residential treatment facility** (PRTF), serving up to 40 youth, that is essential in addressing bottlenecks in the system for those who need more intense treatment.
- Foster families were provided **additional trauma-focused training** by our Nexus team to prepare them for the increasing complex mental and behavioral health needs of youth entering foster care.
- Youth inappropriately boarding in local emergency departments or needing assistance moving to lesser restrictive care were aided in transitioning to their next level of care through our **new Youth Care Transition program.**
- Through new school partnerships, our **expanded school-based services** provided more youth and families with therapy and connected them to medical, social, education, and other services necessary for care and treatment.
- Nexus **advocated and met with legislators** at the state and federal level, and in so doing, offered solutions to help the rate setting process for psychiatric and regular residential treatment facilities so that youth and families can continue to receive this service when they need it.

The innovation and resilience of Nexus 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 services available to all.**

We are not done, of course! 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



Lisa Bjergaard
Chairperson

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

Community Mental Health Services

We provide telehealth and in-person appointments for children, teens, adults, couples, and families needing mental health and trauma recovery support. We also support our communities with in-home, in-school, walk-in crisis clinics and support, and other onsite therapy services.

Residential Treatment

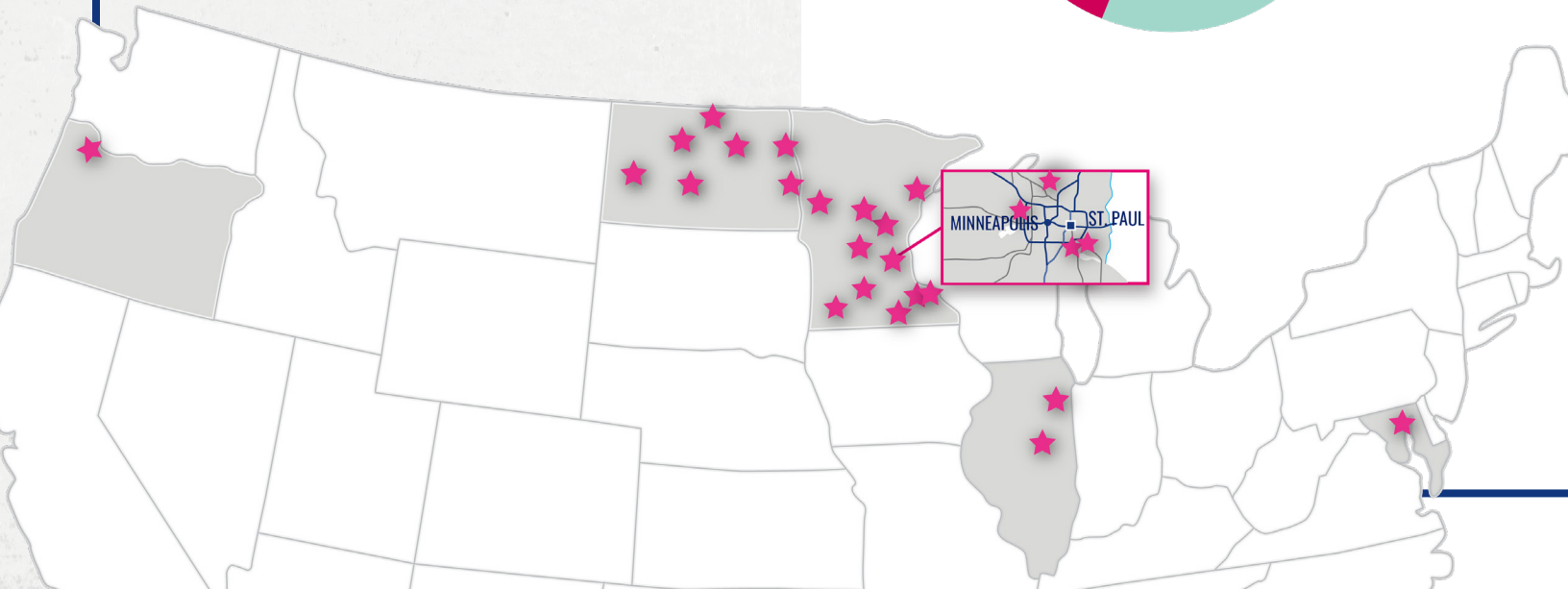
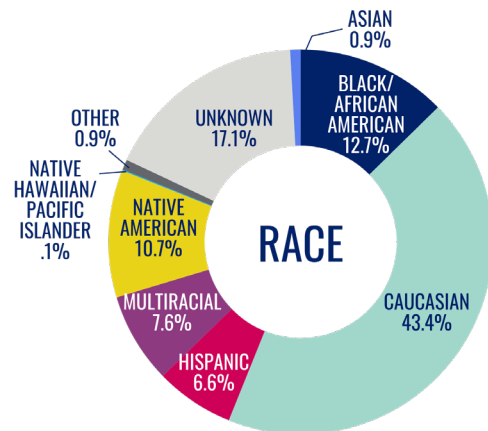
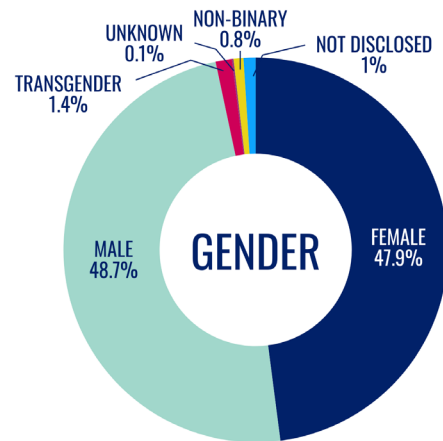
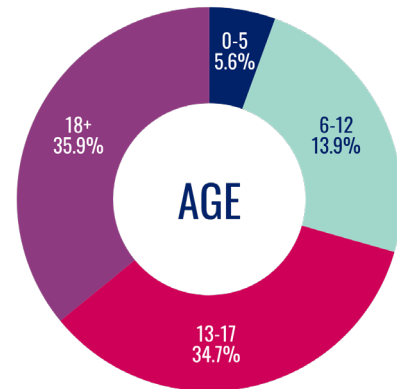
We provide short- and long-term treatment programs at our residential facilities for children, teens, and young adults from ages 6–21 who need intensive support and care. Youth attend school on campus where we provide individualized educational experiences that meet the students where they are and supports them in their learning journey.

Foster Care & Adoption

Children enter foster care due to an unsafe and/or unstable home environment. We provide foster homes to care for these kids while their families get back on their feet. We work hard with the child's custodial team to reunite families. When that isn't possible, we do everything we can to ensure youth can have a loving, stable home.

Where We Serve

Who We Serve



At Nexus Family Healing, we work with youth, families, and individuals 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 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. Take a look at the traumas our youth have experienced below.

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

67% of Nexus clients have experienced 4+ traumas.



Disruption in Caregiving/Attachment Loss



Emotional Abuse



Neglect



Witness to Family Violence



Physical Abuse



Parental Criminal Behavior



Sexual Abuse



Bullied by Others



Witness to Community/School Violence



Medical Trauma



Natural or Manmade Disasters



A 12-month follow-up with youth in the Nexus Family Healing residential and foster care programs reveal transformation and growth towards a positive path in their lives.

88% believe their life is better because of what they learned in the program.

80% have increased confidence in their future.

87% look back at their time in the program with positive memories.

4,678

Youth, Families & Individuals Served in 2023

*Some individuals accessed more than one type of service throughout the year.

2,867
COMMUNITY MENTAL HEALTH

1,317
RESIDENTIAL TREATMENT

1,114
FOSTER CARE & ADOPTION

Jay

Age 17, 11th Grade

Jay, 17 years old, resides at Nexus Family Healing's Willow Trails Group Home in Minnesota. Expanding their creative abilities has become an important part of their healing journey. We interviewed Jay to learn more about their artwork and what their hope is for their future.

What was your inspiration for creating this piece of art?

I was upset and wanted to make something calming. To me, green and blue is calming.

What do you hope people feel when they see it?

Peaceful – I hope peaceful.

How has art been an outlet for you?

When I draw or paint, I like to put my feelings in it and see what comes out. And, everybody likes it when I make stuff.

I see some beautiful art on your arm; why do you draw on your body?

It's better than doing self-harm. And, I don't always have paper on me, but I have Sharpies. In class, if there is nothing to do, I draw.

How long have you been doing art and what other types of art do you make?

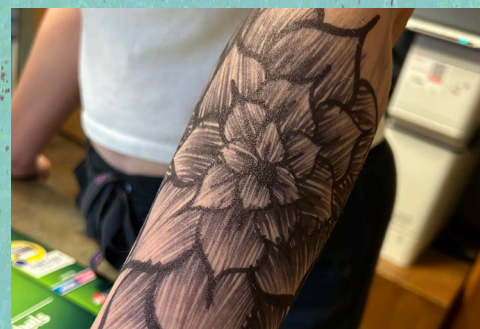
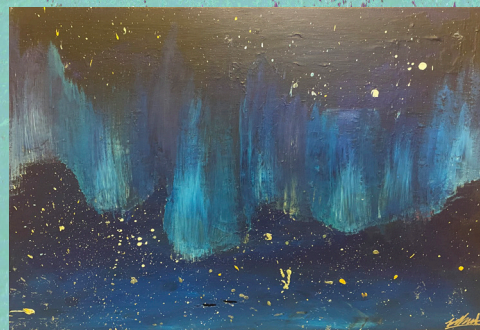
I've been doing art since I was little. I draw, paint, and create jewelry.

What are your hopes and dreams for the future?

I hope in the future I can do art commissions and sell my art. I also want to be a professional photographer and work with animals.

What are your other hobbies?

I like being outside and going for walks and bike rides or climbing trees. I played soccer and hope I can do soccer coaching this summer at the Y. I like all kinds of animals. I want to get a rat.



Financials

CURRENT ASSETS	2023	2022
Cash and cash equivalents	12,809,325	13,309,124
Operating investments	41,723,930	37,412,885
Accounts receivable	13,825,661	13,282,409
Prepaid expenses and their current assets	570,809	621,790
Total current assets	68,929,725	64,626,208

NONCURRENT ASSETS	2023	2022
Property and equipment, net	53,670,929	33,640,774
Related party receivables	1,040,727	352,840
Investment - other long term	398,118	816,054
Operating right of use asset	5,208,890	2,562,184
Other assets	28,686	2,119
Goodwill	806,316	806,316
Total noncurrent assets	61,153,666	38,180,287
Total assets	\$130,083,391	\$102,806,495

CURRENT LIABILITIES	2023	2022
Current portion - bonds and notes payable	1,674,444	2,104,701
Accounts payable, other accrued expenses and other liabilities	2,704,671	4,095,084
Contract advance payments	4,016,089	2,086,781
Accrued salaries and benefits	6,189,641	5,400,758
Current maturities of operating lease liabilities	1,659,940	1,249,707
Total current liabilities	16,244,785	14,937,031

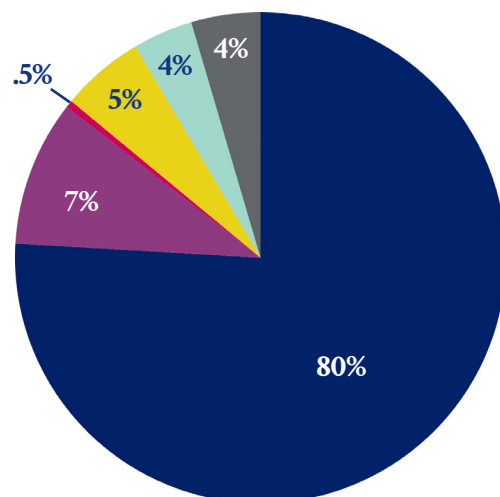
NONCURRENT LIABILITIES	2023	2022
Bonds payable, net of current portion and debt issuance costs	10,694,022	12,740,611
Notes payable, net of current portion	19,174,310	1,637,852
Operating lease liabilities, less current maturities	3,567,096	1,312,477
Total noncurrent liabilities	33,435,428	15,690,940
Total liabilities	49,680,213	30,627,971

NET ASSETS	2023	2022
Without donor restrictions	79,395,700	71,079,938
With donor restrictions	1,007,478	1,098,586
Total net assets	80,403,178	72,178,524
Total liabilities and net assets	\$130,083,391	\$102,806,495

*2023 and 2022 revenue includes unrealized gains and losses from the Nexus Family Healing long-term investment portfolio. The portfolio, like the market, experienced volatility in both years.

*The operating activities of Nexus-Woodbourne Family Healing are not included in Nexus Consolidated Financial Statements as the entity has a different fiscal year from Nexus.

Revenue

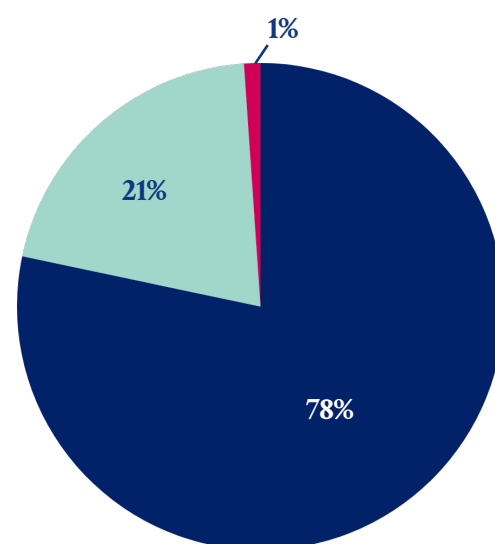


Contract Revenue	84,234,659
School Revenue	10,672,011
Program Revenue	512,779
Donations, Grants, Events	6,077,148
Investment Revenue (loss)	4,401,148
Other	5,054,372

Total \$110,952,117

*Contract Revenue consists of Federal, State/County, Insurance and Private Party Payments

Expenses



Program	80,446,136
General and Administrative	21,167,362
Fundraising	1,113,965

Total \$102,727,463

Thank You for Your Support!



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Visit our website at NexusFamilyHealing.org

No child or family is ever beyond hope.

Whatever your needs, Nexus Family Healing is here to help. Learn more at NexusFamilyHealing.org or contact any of our locations directly. Let's start the journey of healing. Together.

ILLINOIS

Nexus-Indian Oaks Family Healing
Nexus-Onarga Family Healing

MARYLAND

Nexus-Woodbourne Family Healing

MINNESOTA

Nexus-East Bethel Family Healing
Nexus-FACTS Family Healing
Nexus-Gerard Family Healing
Nexus-Kindred Family Healing
Nexus-Mille Lacs Family Healing

Aspen House

Operated by Nexus Family Healing

Southeast Regional Crisis Center

Operated by Nexus Family Healing

NORTH DAKOTA

Nexus-PATH Family Healing

OREGON

Nexus Family Healing
Walden Crossing



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Nexus Family Healing is a nonprofit organization and is a tax-exempt public charity under section 501(c)(3) of the Internal Revenue Code, EIN 41-1419064.