

# 2023 Impact of Giving

## NOW! Telemental Health Program

Our mission is to improve the health and well-being of patients, families, and communities through partnerships and philanthropy.

### NOW! (No Obstacles to Well-Being) Telemental Health Program

Funded by Park Nicollet Foundation, and in partnership with Park Nicollet Child and Family Behavioral Health and three local school districts, the **NOW! Telemental Health Program provides no-fee school-based mental health services**, via secure video technology, to students struggling with a variety of mental health concerns.

Supported entirely by philanthropy, the program is available in three high-need school districts: Burnsville, Richfield, and St. Louis Park. NOW! counselors work collaboratively with school staff and parents to support children struggling with family changes, anxiety, depression, behavioral issues, and much more.

The program is designed to improve access to mental health care by eliminating barriers to care. Services are provided at no fee with virtual visits, eliminating barriers associated with transportation, affordability, time out of school, parents missing work, and mental health stigma. In addition, NOW! helps to eliminate language barriers with a Spanish-speaking therapist.

The generosity of our donors in 2023 gave children and families struggling with mental health concerns the extra support and services they needed to find a positive way forward.

**3**

School district partners: Burnsville, Richfield & St. Louis Park

**57**

Individual students, aged 12-19, were provided care

**586**

hours of mental health therapy

**100%**

Learned new skills to manage negative feelings

### NOW! eliminates barriers to care and provides life skills

"I have been seeing a NOW! student for the past year. In that time, I have supported her in identifying her symptoms as depression and anxiety, whereas she previously focused on them as personal failures or ways she was not trying hard enough or doing enough. She was able to recognize her irritability as a symptom of anxiety, whereas previously she was putting herself down for being quick to anger.



Abby Harris

"She has since developed skills to better recognize and manage her irritability and anger and finds it easier to express to others how she is feeling. She has set goals in our treatment to be more able to socialize. In the past year has gotten a job, engaged more with classmates and even has consistent people she identifies talking to and enjoying being with at school, where in the past school was very isolating for her. She has gone from stressing at the idea of failing most of her classes and not graduating to being well on track for graduating and even feeling successful in her class and in her school day.

"Without NOW!, this student would have not been able to access these therapeutic services."

– Abby Harris, MSW, LICSW, HealthPartners & Park Nicollet



Thanks to our donors in 2023, the Park Nicollet **NOW! Telemental Health Program** provided significant no-fee mental health services, via secure video technology, to students struggling with anxiety, depression, complex grief, family dysfunction, trauma, and more. Therapists supported **57** students through **586** sessions. The program is funded entirely through philanthropy and is unique to our community.

### NOW! eliminates barriers to mental health care

#### Barriers eliminated include

**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, underinsured or have high deductibles. No-fee mental health services provided by NOW! eliminate the financial barriers to accessing care.

**Transportation** Students and their parents may not have reliable transportation to get to clinic-based therapy appointments. NOW! sessions take place through secure technology, eliminating transportation needs.

**Students missing class** 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.

#### Concerns and conditions treated

- |                       |                           |
|-----------------------|---------------------------|
| School Anxiety        | Gender/Sexual Identity    |
| Academic Difficulties | Parental Drug Use         |
| Anger Management      | Complex Grief             |
| Depression            | Chemical Abuse            |
| Family Dysfunction    | Proximity to Homelessness |
| PTSD                  |                           |
| Trauma                |                           |

### Importance of mental health services for children



#### Alarming numbers

There is **1 child psychiatrist** for every **15,000 children** under 18.

**1 in 5** youth and young adults live with a mental health condition.

**Suicide** is the **second leading** cause of death for children aged 10-14.

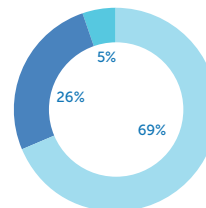
**7%** of student have seriously **considered suicide** in the past year.

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

**58%** of youth in MN with major depressive episodes in the past year did not receive treatment.

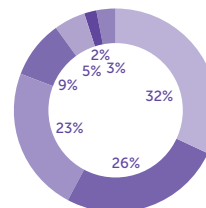
#### NOW! participants

##### Participant Gender



- Female **69%**
- Male **26%**
- Non-Binary **5%**

##### Participant Ethnicity



- Latinx **32%**
- Caucasian **26%**
- African American **23%**
- Multiracial **9%**
- Asian **5%**
- Native American **2%**
- Other **3%**



To learn more about the impact of your support, visit: [parknicollet.com/impact](https://parknicollet.com/impact)

Park Nicollet Foundation is a 501(c)3 organization. Your gift to the foundation is tax deductible as allowable by law.

