

## Park Nicollet Foundation Impact of Giving Focus

# Melrose Center

Melrose Center serves adults and children of all ages and genders struggling with all types of eating disorders. We strive to care for patients in their own communities through our main location in St. Louis Park and satellite locations in Burnsville, Maple Grove, St. Paul, Woodbury and the Park Nicollet Women's Center.

In addition, we provide specialty programs focused on addressing diabetes with eating disorders. Through an individualized, holistic and multidisciplinary treatment model, patients and their families recover at a pace that is right for them.

Donor and volunteer generosity at Melrose Center sustains a variety of programs that enhance the support provided to patients, families and our professionals as they work to treat and heal eating disorders together.

**3,893**

Patients, ages 9-69, provided care

**84,929**

Patient visits (53,847 virtual)



**2,211**

Initial patient assessments

**473**

Men and boys provided care (12%)

## "You can see it in her eyes"

### Thank you for helping Belle overcome her eating disorder

When Belle was a young teen, an eating disorder (ED) took over her life. It seemed to come out of nowhere and threatened to consume her. Her father, Jason, remembers how impossible it all felt before Belle got help.

"As a parent," Jason said, "it was difficult to notice the warning signs because it happened so slowly."

He has a message for other families who may be experiencing a similar darkness right now:

**"When I was going through this, it seemed hopeless. But it's actually not hopeless. It doesn't have to ruin their life or your life."**



Belle, Melrose Center patient

**"The type of people who have an eating disorder," Jason said, "are going to contribute to society in an incredible way—if you just help them get back to stable."**

Melrose was able to help Belle do just that.

"The ED felt like a higher authority governing every second of my life," Belle said. "Spending time at Melrose helped immensely because my care team then became the higher authority in my mind, making it easier for the real Belle to emerge and quiet the ED thoughts."

"Without Melrose," Jason said, "Belle would have died, for sure. Today, she's a music instructor and plays violin in a symphony orchestra. She even eats pizza!"

Jason added that Belle's life is 100% different now. "You can see it in her eyes."

Thanks to the generosity of our donors and volunteers in 2021, Melrose Center patients and families had the comfort and care needed to assist them on their path to recovery from an eating disorder.

Throughout the COVID-19 pandemic, all of our locations remained open as we made necessary modifications to continue to provide safe care to our patients providing virtual, in-person and inpatient care.

## 2021 Impact Report of Generosity

### Patient & Family Experience

#### Woodbury satellite

A new Melrose Satellite location in the Woodbury community is under construction, due to open in the spring of 2022. The new site will accommodate growing patient volumes and increasing demand.

#### Jump Start groups

Developed and ran 18 Jump Start groups for parents/families beginning outpatient care; this psychologist-led group provides education and support for Family-Based Treatment.

- Supported 150 patients and family members with special needs support including: gift cards for personal care items and clothing, transportation vouchers and gas cards to attend medical and programmatic appointments, on-site program meals and food vouchers, and books and journals.
- Held 18 17-week binge eating virtual support groups and eight virtual relapse prevention groups providing support, education and skill building to participants.
- Hosted over 100 virtual outpatient and intensive residential support groups providing education and support to family, friends and loved ones to help them navigate care progression and behaviors, and give support to each other.
- In partnership with the University of Minnesota Boynton Health Clinic, we provided access to eating disorders care for 54 college students.
- Provided more than 700 integrative therapy visits, including spiritual care and music therapy, with new instruments including ukuleles, reverie harp and drum to enhance therapy sessions.
- The Clare Susan Humphrey Memorial Endowment Fund helped Melrose patients access care and treatment including: lodging for patients outside the metro area, dietitian visits for Medicare patients, aromatherapy patches, support for essential personal and holiday items, and grocery and transportation vouchers.

### Volunteer Services

- Desk volunteers and Caring Canines teams provided support and welcomed patients and families to Melrose Center.
- Volunteer crafters donated 30 handmade quilts to Melrose patients in the residential treatment program for their holiday celebration.

### Community Outreach

#### Virtual presentations

Provided 13 virtual eating disorder presentations for over 500 health care, mental health and school professionals experiencing the impact of the pandemic.

#### Tool kit for schools

Provided practical guides plus staff and student educational handouts in a toolkit reaching 75 school counselors and nurses.

### Research & Innovation

- Continued our research, in partnership with the International Diabetes Center, to examine the use of continuous glucose monitoring in eating disorder patients to further understand weight restoration and hypoglycemia.
- Provided evidence-based training for our therapy and psychiatry team members on assessment of patients with co-occurring eating disorders and post traumatic stress disorder (PTSD). Seventeen therapists were trained in evidence-based treatments for PTSD.
- Furthered our Eating Disorder Outcome Survey project launched in 2014, collecting more than 67,000 patient surveys that allow us to review depression, anxiety and eating disorder behavior measures.
- Launched a Melrose podcast that reaches individuals in Minnesota and beyond, bringing unique content, education and skill building. Created over 8 episodes with over 1,000 downloads reaching more than 5 countries.
- Held two Family-Based Treatment trainings in 2021 for 12 staff (therapists and registered dietitians) and started a monthly consultation group to support them in implementing this treatment.
- Partnered with Recovery Record to develop a Melrose app for mobile devices used to support the patient/provider communication by utilizing real-time food and thought records, meal portioning and mindfulness/skill activities.



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