

## Park Nicollet Foundation Impact of Giving Focus

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

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. NOW! is supported entirely by philanthropy and is provided 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. NOW! is designed to improve access to mental health care by eliminating barriers to care. Services are provided for no fee and virtually, 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 2021 gave children and families struggling with mental health concerns the extra support and services they needed to find a positive way forward.

**100%**

learned new skills to manage negative feelings

**78**

Individual students aged 12-19 were provided care



**696**

Hours of mental health therapy

**3**

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

## Notes from a High School Senior

Going into my senior year of high school, I wasn't mentally prepared for even the simplest tasks that I had to accomplish throughout the day. At times I had felt that I had nowhere to turn to, nobody to rely on, and no way of bettering myself.



With my many difficulties that I have been dealing with, my teacher told me about the health center in my school and they were quick to come to my aid and set me up with a therapist. I was someone who had zero experience with therapy, and had no idea what to expect. But now I can say that I am more than comfortable with coming in for my sessions, and can always expect a kind and warm welcome without being judged.

Overall, having this has improved my health and wellness in many ways. From learning new ways to cope with my anxiety, to just being able to rely on someone and having them to talk to when I feel isolated and have concerns and begin to panic. In my school, I know that help is right down the hallway. It is now so much easier to come in to school and get through my days and my everyday routine.

– A 2021 NOW! High School Patient  
Photo changed for privacy.

Thanks to our donors in 2021, 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 78 students through 696 sessions. The program is funded entirely through philanthropy and is unique to our community.

### Importance of Mental Health Services

**22.3%** of youth had clinical depressive symptoms  
vs  
**13.2%** estimated prevalence pre-pandemic

Source: *Psychiatric Times*, 10/2020

For children aged 3-17 with anxiety  
**38%** have behavior problems  
**32%** have depression

**1 to 15,000**

There is one child psychiatrist for every 15,000 children and adolescents under 18

Sources: Center for Disease Control and Prevention  
Web-Based Injury Statistics Query and Reporting System

### NOW! Eliminates Barriers to Mental Health Care Including:

#### 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.

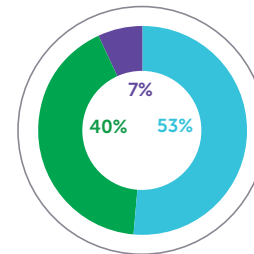
#### Missing class hours for appointments

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

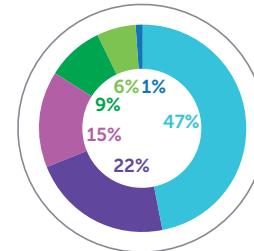
Parents often have to take time off work to get students to outside appointments. NOW! students are able to receive therapy without disrupting parents' work hours.

### Demographics



#### Participant Gender

- 53% Female
- 40% Male
- 7% Non-Binary



#### Ethnicity of Participants

- 47% Caucasian
- 22% Latinx
- 15% Multiracial
- 9% African American
- 6% Asian
- 1% Native American

### Student outcomes

- 100%** Learned new skills to manage negative feelings
- 100%** Reported NOW! helped them deal with problems at home

Source: 2018-19 school year follow-up survey

### Conditions and Issues Treated

School Anxiety

Academic Difficulties

Anger Management

Depression

Family Dysfunction

PTSD

Proximity to Homelessness

Gender/Sexual Identity

Parental Drug Use

Complex Grief

Chemical Abuse

Trauma



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