

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

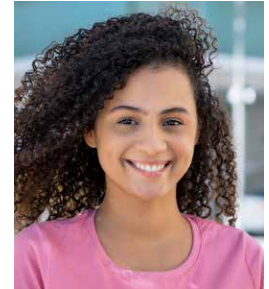


Funded by Park Nicollet Foundation, and in partnership with Park Nicollet Child and Family Behavioral Health and three local school districts, the NOW! Telemental Health Program provides no-fee school-based mental health services, via secure video technology, to students struggling with a variety of 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. The program 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 2022 gave children and families struggling with mental health concerns the extra support and services they needed to find a positive way forward.

“When my counselor referred me to the Health Resource Center (HRC) for therapy, I wasn’t sure I wanted to do it. I couldn’t identify with my previous therapist and I didn’t feel like we were working toward anything.



“Andrea”, student
NOW! patient

“I decided to try therapy at the HRC because I was told that the therapist was bilingual. I was excited to hear that because I thought it would be helpful to express myself since I feel more comfortable talking in Spanish.

“The therapist at the HRC made me comfortable and I was able to be open about my experiences, thoughts and feelings without having to worry that I was being judged.”

“The kids that are helped by the NOW! therapists are typically those who don’t have health insurance, wouldn’t have transportation to and from a mental health clinic, have parents who don’t speak



Kara Brandell, NOW!
clinician manager

English and aren’t comfortable interacting with a mental health professional themselves.

“Through the talented work of NOW! program therapists, they can receive mental health care to help them build their resiliency to cope with the sometimes harsh realities of life. In other words, the NOW! program provides essential

help to any child or teen that needs it—without barriers. And that is a beautiful thing.”

3

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

100%

Learned new skills
to manage negative
feelings



52

Individual students
aged 12-19 were
provided care

744

Hours of mental
health therapy

Thanks to our donors in 2022, 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 52 students through 744 sessions. The program is funded entirely through philanthropy and is unique to our community.



Importance of Mental Health Services

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

Source: *Psychiatric Times*, 10/2020

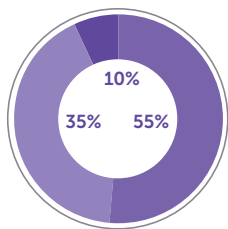
For children aged 3-17 with anxiety
38% have behavior problems
32% have depression

1 to 15,000

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

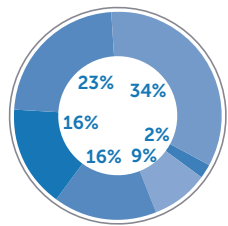
Sources: Center for Disease Control and Prevention Web-Based Injury Statistics Query and Reporting System

Demographics



Participant Gender

55% Female
35% Male
10% Non-Binary



Ethnicity of Participants

34% Caucasian
23% African American
16% Latinx
16% Multiracial
9% Asian
2% Native American

Student outcomes

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

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.

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



To learn more about the impact of your support, visit: parknicollet.com/impact

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

