



2019 Impact Report

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

IMPACT OF GIVING FOCUS

In partnership with Park Nicollet Foundation, 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! works collaboratively in the school setting 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 on site at the school, eliminating barriers associated with transportation, affordability, time out of school, parent missed work, and mental health stigma. In addition, NOW! helps to eliminate language barriers with a Spanish-speaking therapist.

The generosity of our donors in 2019, gave children and families struggling with mental health concerns the extra support and services they needed to find a positive way forward.

61

INDIVIDUAL STUDENTS
AGED 12-19 WERE
PROVIDED CARE

728

MENTAL HEALTH THERAPY
SESSIONS VIA SECURE
VIDEO TECHNOLOGY

3

SCHOOL DISTRICT PARTNERS:
BURNSVILLE, RICHFIELD & ST. LOUIS PARK

Park Nicollet Foundation works to improve the health and well-being of patients, families and communities through partnerships and philanthropy.

A GIFT OF RESILIENCY

"This year, I worked with a student who was encouraged by a friend to start therapy. During our sessions, she was hesitant to open up due to her family's cultural views of mental health and previous negative experiences with social service and educational systems.

"We worked together in English and Spanish and she kept attending sessions. Over time, we've been able to process a specific traumatic event she experienced. She's also processed many painful experiences of rejection in her family of origin.

"This student now looks forward to our sessions and talks openly about her stressors and about her future. She's now attending a college prep program and is interested in a future career in healthcare.

"I know that without the NOW! program this young woman would never have had access to the mental health services that have helped her build resiliency and hope."



Amy Orecchia, MA, LP, psychologist
with Park Nicollet NOW!

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

Thanks to our donors in 2019, 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 61 students through 728 sessions. The program is funded entirely through philanthropy and is unique to our community.

Importance of mental health services

ONLY **51%** OF YOUTH WITH A MENTAL HEALTH DISORDER RECEIVED TREATMENT
Source: NAMI 2016

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 in the school where no outside transportation is necessary.

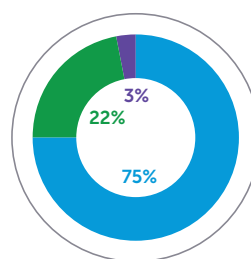
Missing class hours for appointments

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

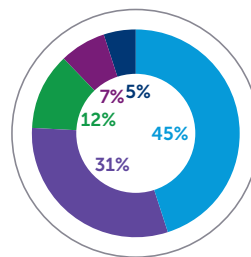
Parents often have to take time off work to get students to outside appointments. NOW! students are able to receive therapy without disrupting parents' work hours.

Demographics



PARTICIPANT GENDER

75% Female
22% Male
3% Non-Binary



ETHNICITY OF PARTICIPANTS

45% Caucasian
31% Latinx
12% African American
7% Asian
5% Multiracial

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

Student Outcomes

100%

LEARNED NEW SKILLS TO MANAGE NEGATIVE FEELINGS

83%

IMPROVED THEIR ATTENDANCE / GRADES

100%

REPORTED NOW! HELPED THEM DEAL WITH PROBLEMS AT HOME

Source: 2018-19 school year follow-up survey



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

