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YOUTH MENTAL HEALTH NAVIGATORS

Improving Mental Health—Together

Youth Mental Health Navigator Program: School Year 2024-2025 Report

By: Patrick Clark, Christine Meeks, Megan Schultz, Beth Winterfeldt

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"You have been helping me so much along the way so I continue to be grateful for your help. This journey has been overwhelming but also step by step I can see the resources becoming helpful." (Parent of multiple children).

Dear Invested Partners,

Thank you for your continued support of the **Youth Mental Health Navigator Program**. Three years in, we can confidently say this phenomenal model is successfully addressing our region's youth mental health crisis. Since its inception, **this program has served over 1,500 youth and their families in Blue Earth, LeSueur, Nicollet, and Waseca counties**. The vast majority of these youth have been connected with effective and culturally appropriate mental health supports - leading to improved well-being.

As a quick review, Youth Mental Health Navigators (YMHNs) work directly with caregivers, school staff, and community providers to identify signs of mental health concerns, facilitate timely access to effective and culturally responsive care, and support sustained engagement with services. **Since its implementation, the program has demonstrated effectiveness in:**

- Early identification and prevention of mental health issues
- Support and stabilization for youth and families in crisis
- Equitable access to timely, culturally responsive services
- Reducing time-consuming system navigation barriers for both school staff and caregivers

Four YMHNs continue to serve all public schools in the 4-county region. In addition to connecting **738 youth and 76 caregivers** to mental health supports during the 2024-2025 academic year, we are excited to share that **South Central Service Cooperative** and **Greater Mankato Area United Way** are collaborating to expand this program beyond our region. With a comprehensive program guide, a securely encrypted digital tracking platform, and customizable training offerings, the program is ready to be implemented and tailored to unique contexts across the state and nation while ensuring program fidelity. Already, **Minnesota's Southwest West Central Service Cooperative** and **Connecticut's LEARN Cooperative** have hired their own YMHNs after learning about our program at the **Association of Educational Service Agencies** in July of 2024.

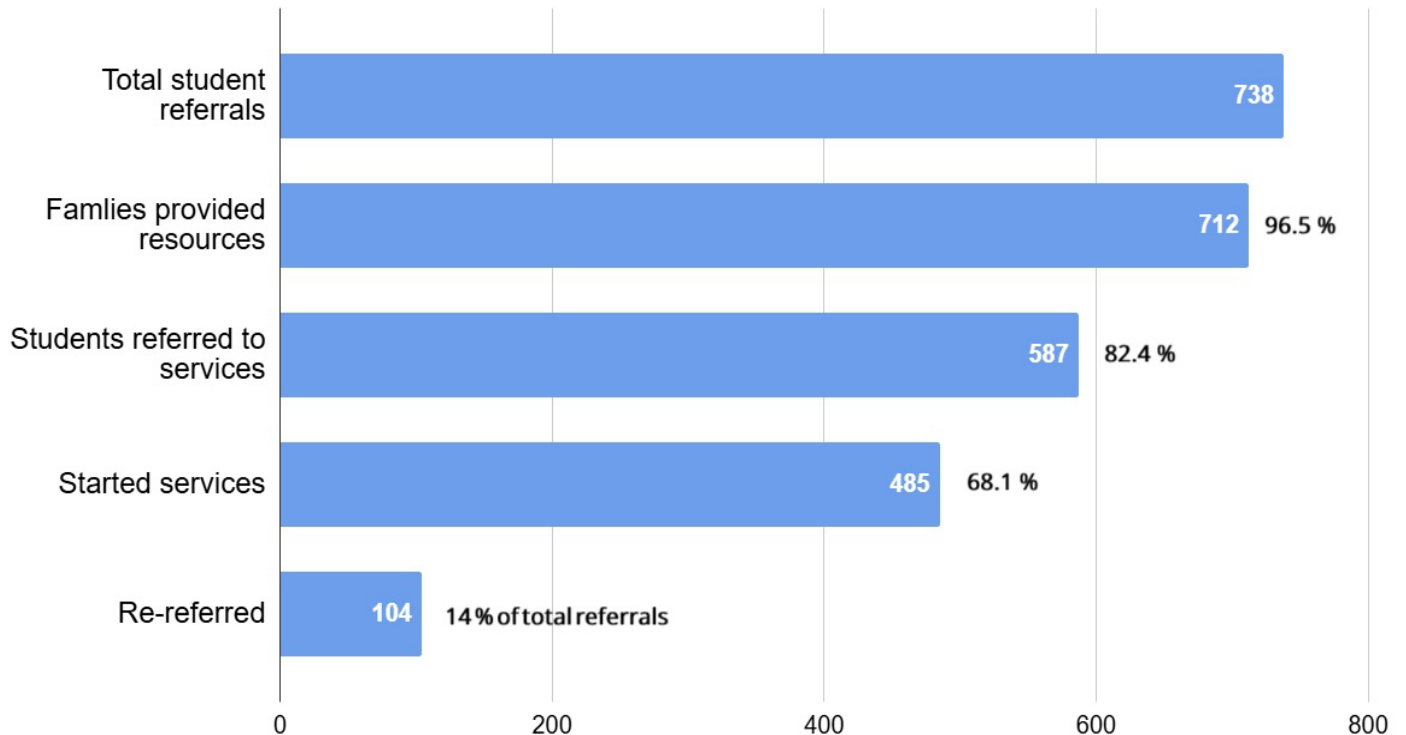
Regarding YMHN personnel; we are grateful for Patrick Clark's leadership as the pilot navigator and program lead. We wish him the very best, now that he has resigned and moved out of state. We also look forward to having Tara McCarron on our team, starting in August of 2025, who has been hired as Patrick's replacement. Finally, Beth Winterfeldt will be the program lead moving forward.

We invite you to read this report and celebrate the many positive outcomes from this past year. Please reach out for conversation if you would like. Our contact information is at the end of this report.

Sincerely,

Christine Meeks, Megan Schultz, and Beth Winterfeldt

Outcomes as of 6/30/25



* 'Started Services' are **known** to the Youth Mental Health Navigators. Most likely, multiple connections were made without the awareness of the YMHNs. Additionally, multiple youth will have their initial appointments in July or August of 2025.

Re-referrals are students who were served in the program in a previous year. In the vast majority of cases, YMHNs are helping caregivers navigate an additional support and/or a change in current services. This is due to the complexity of the mental health system, with each agency having different policies and expectations regarding accessing services.

Additional Outcomes/Impact

- **Increased Program Awareness:** Although we served the same number of school districts this year (as last), referrals came in from a wider variety of school staff and caregivers. Additionally, phone calls came in from other community members who had heard about the program and wanted help for their youth - homeschooled or attending other schools. Finally, several mental health providers and community agencies intentionally reached out to refer families to our services.
- **Expanded Services:** While the vast majority of referrals received are for elementary-aged youth, we also cultivated referrals from birth through grade 12. Supporting brand new and expecting parents in accessing mental health services is proactive and preventative. Helping preschool children access testing for neurodevelopmental conditions sets them up for success at very young ages. And helping high school youth

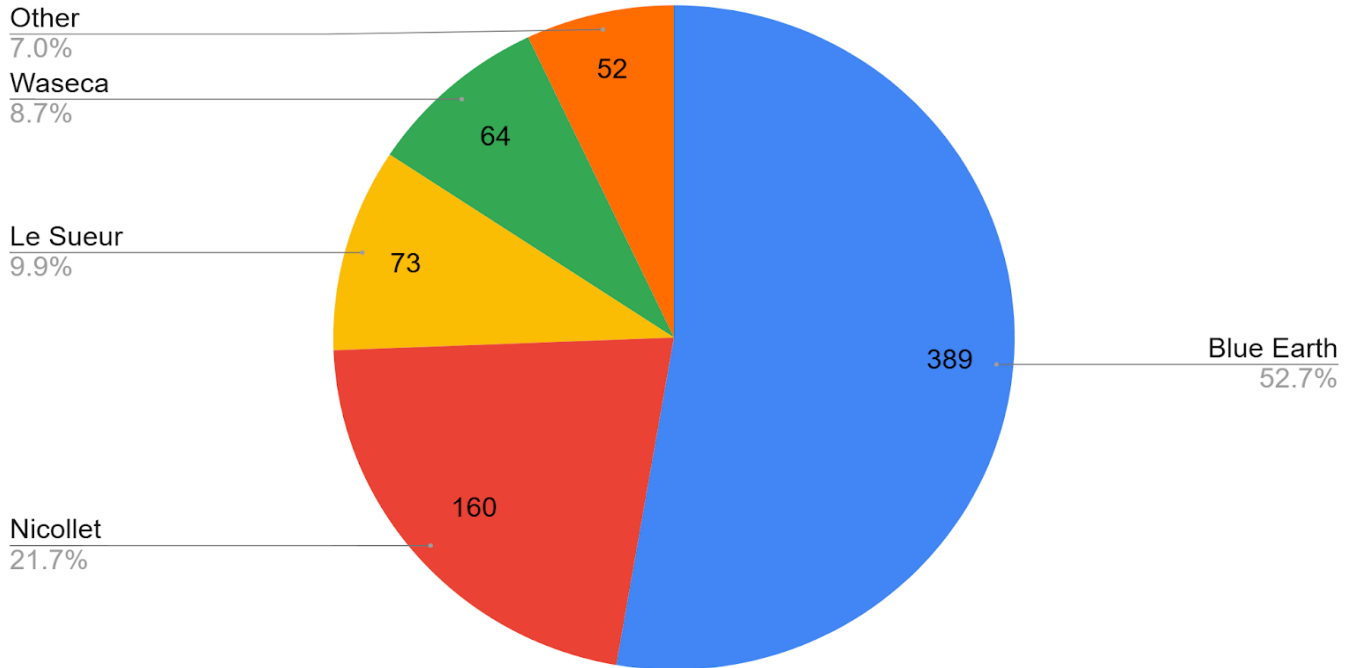
who want mental health support sets these ages up for success as well as they move into adulthood.

- **Enhanced Efficiency:** We developed and adopted a securely encrypted digital tracking platform that has reduced clerical work and documentation time by over 50%, increasing our capacity to help more families and be more timely in our communications.
- **Program Materials:** As noted in the introductory letter, we established official program materials that help ensure program fidelity. Additionally, we established our branding and now have marketing materials.
- **State-wide Presence:** We supported MN's Southwest West Central Service Cooperative in launching their own YMHN program, utilizing our model and experience.
- **Family Connections:** Upon receiving a referral, YMHNs also intentionally asked caregivers about their own needs for mental health support. 76 caregivers took us up on this offer - and many caregivers shared our contact information with their own friends and families.
- **Community Engagement:** Various community partners have begun to proactively utilize YMHNs in creative ways to collaboratively address mental health needs of youth and families. For example, Christine Meeks serves on three key committees in Le Sueur County: Le Sueur County Family Services Collaborative, Mental Health Solutions Team, and Community Resilience Planning Team. These groups work to assess and strengthen local behavioral health, medical health, and community support systems. This work supports the county's efforts to qualify for a grant to establish Family Resource Centers—centralized hubs offering comprehensive support to families.
 - YMHNs attend multiple collaborative and problem solving county meetings related to youth and family community mental health needs.
- **Professional Development Certification:** Youth Mental Health Navigators seek out certifications to provide psychoeducation to school staff and members of the community. For example:
 - As a member of the Community Resilience Planning Team, Christine Meeks is trained in NEAR Science (Neurobiology, Epigenetics, ACEs, and Resilience) and has presented to community groups at Le Sueur-Henderson High School, Tri-City United, and Minnesota Valley Action Council. During these presentations, she also promotes the YMHN program.
 - Beth Winterfeldt and Christine Meeks have been trained in responding to school crises and are members of the local School Crisis Response Team.

"Thank you so much for letting me know [about getting a student into therapy]! At least now a professional service can finally help.... Thank you for being so resourceful & keeping the things rolling! You are awesome!" - School Support Staff

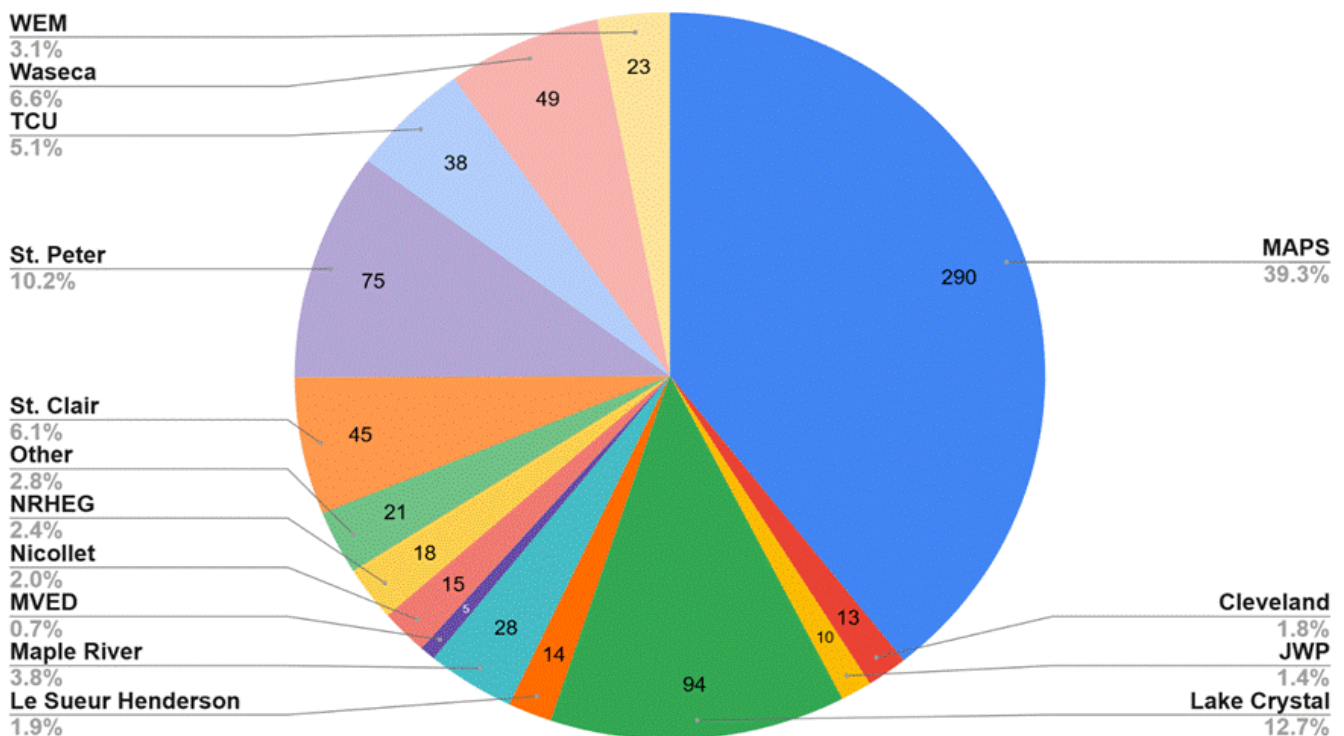
School District Data

Referrals by Counties

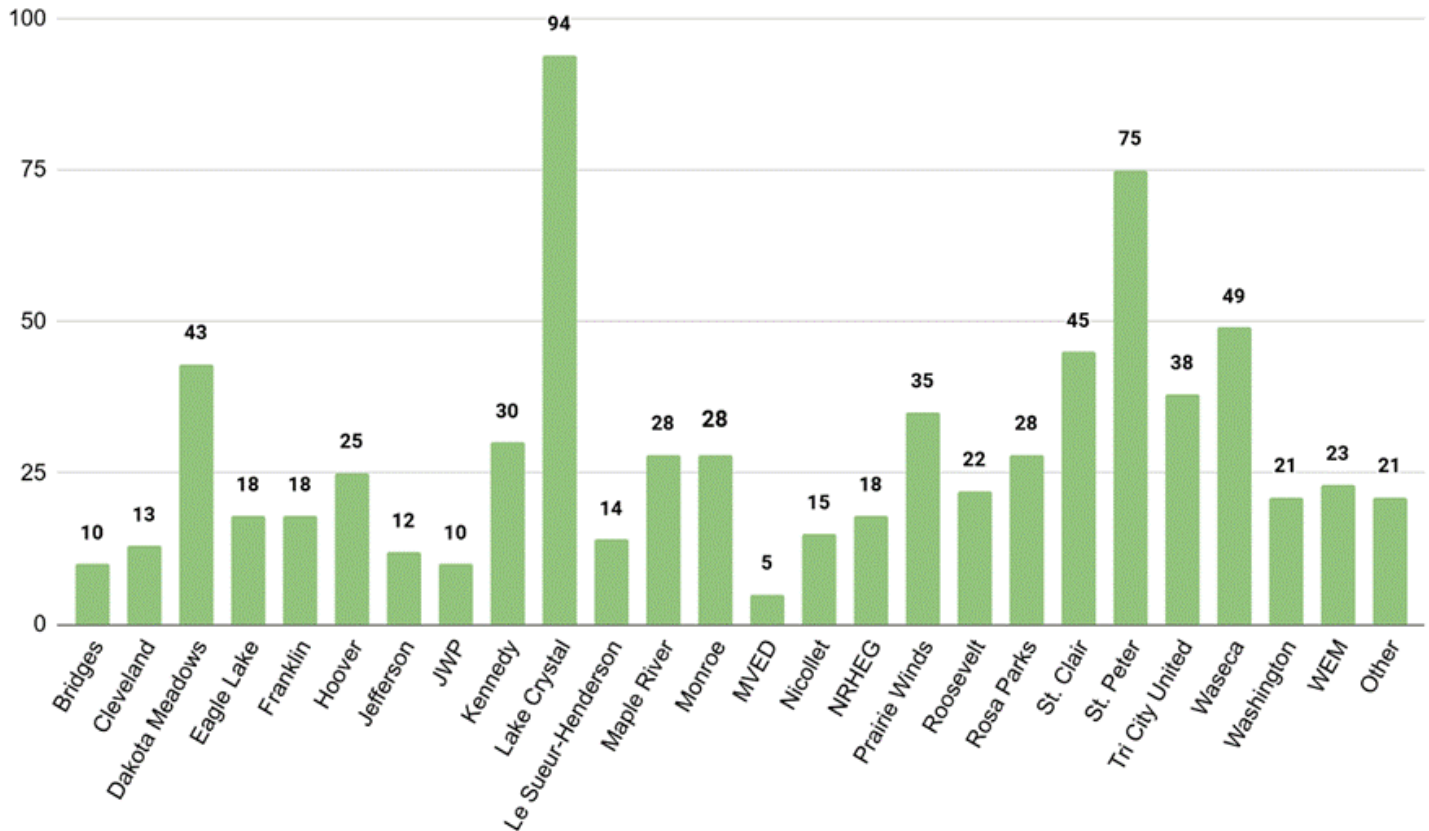


*Referrals from counties listed as 'other' attend school in Blue Earth, LeSueur, Nicollet, or Waseca counties, but are living in bordering counties.

Referrals by School District



Referrals by School

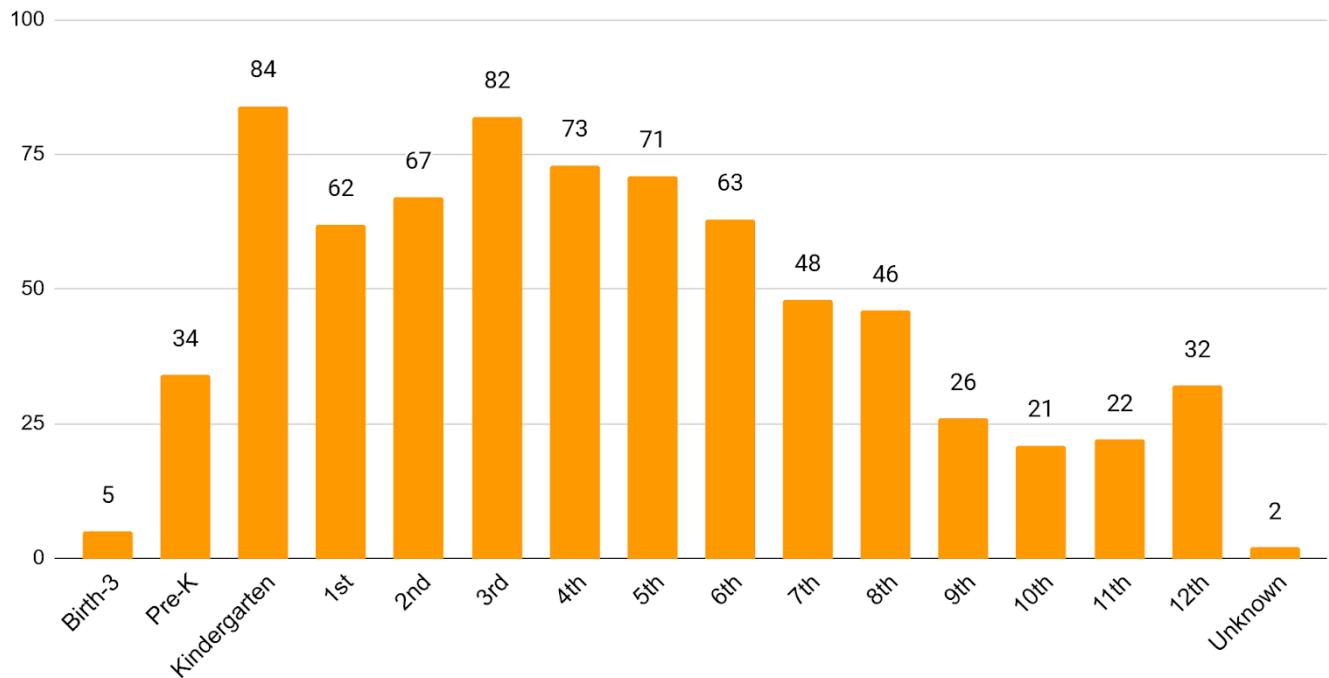


For context, eleven districts and one special education cooperative referred students from birth through 12th grade. The exceptions are MAPS (K-8th grade) and TCU (birth-6th grade).

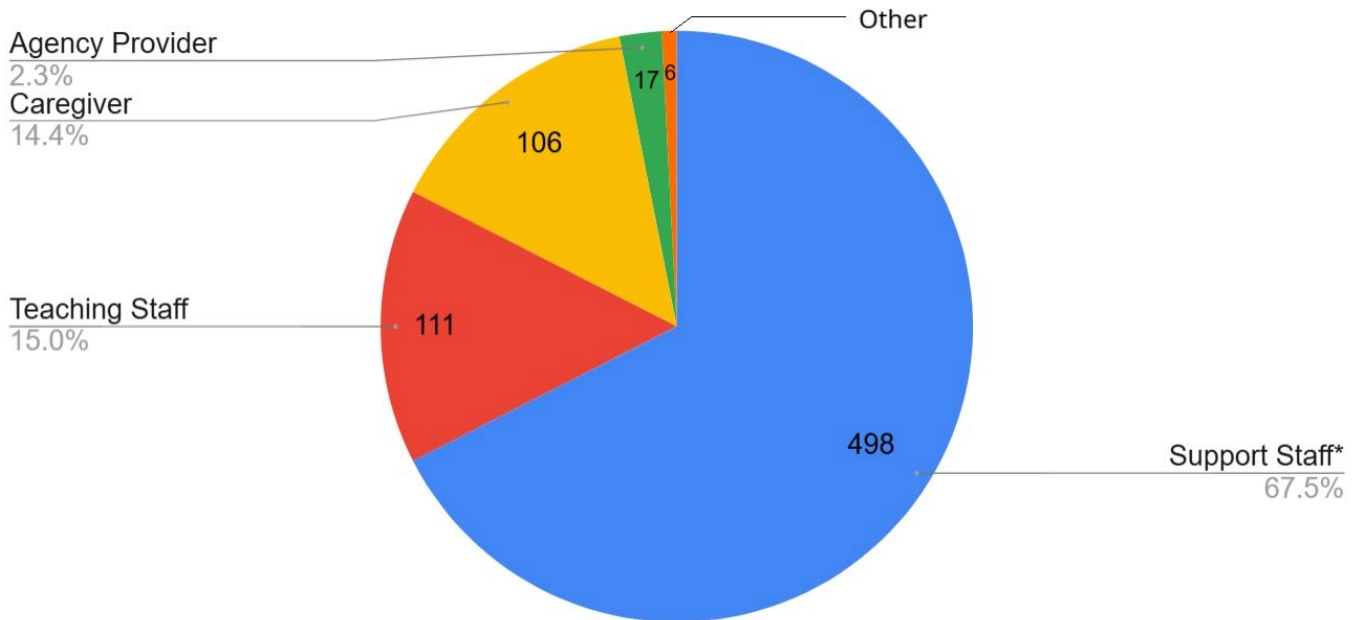
Although referral numbers per school district generally correspond to grades served and school enrollment numbers, some schools have higher referral numbers when compared to their school enrollment. When exploring the data further to understand why, it was discovered that youth from these schools are being referred to YMHN services by a wider variety of unique adults (school teachers, support staff, caregivers, community members, and mental health providers). YMHNs plan to build on this knowledge and hope to foster more direct relationships with a wider variety of school staff and community providers in the future to expand program awareness.

"I've had such a hard time trying to split my time helping all of my kids, and I feel like I haven't been able to give them the resources they need. Having you to help me with this has been a huge weight off my shoulders. Thank you!" - Parent

Referrals by Grade



Referral Source



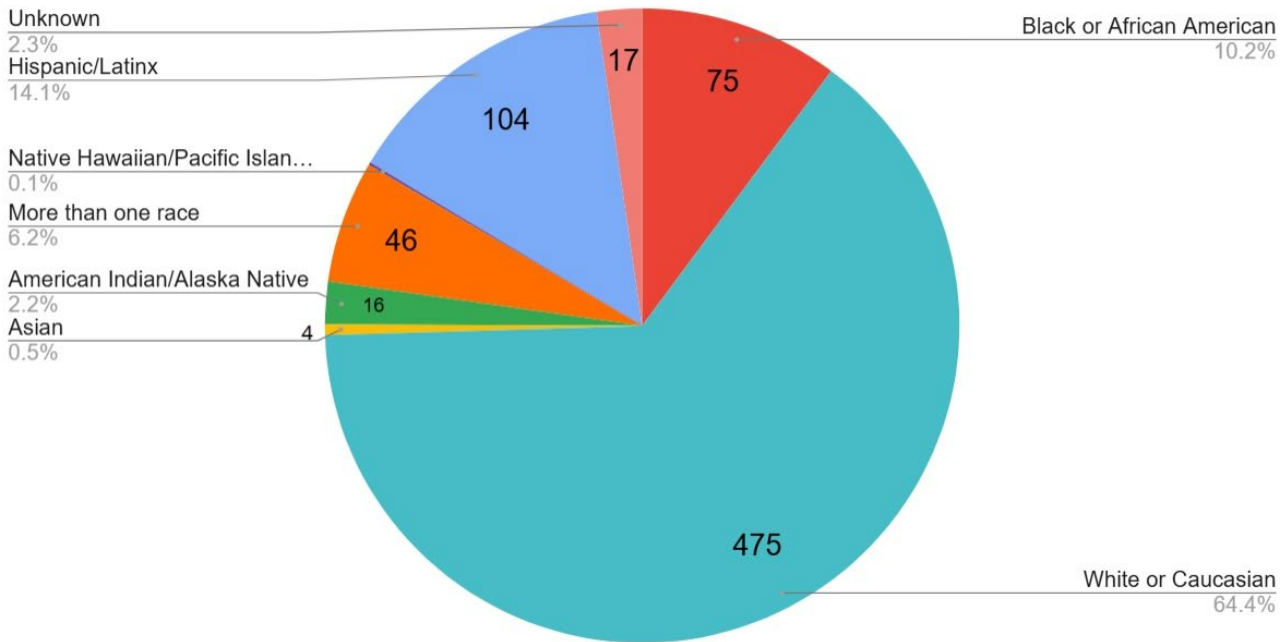
*Support Staff includes school administrators, social workers, counselors, behavior interventionists, and deans of students.

Last year, most referrals came from support staff and administrators. As schools and communities become more familiar with the program, we are seeing an increase in referrals from teachers and caregivers. We hope this trend of diversifying referral sources continues moving forward.

When compared to last year's data, this year shows a notable increase in referrals coming from agencies outside the school district (counties, mental health providers, and community action agencies, for example). This shows the potential for new partnerships to explore for the benefit of serving youth in our communities.

Demographic Data

Referrals by Race

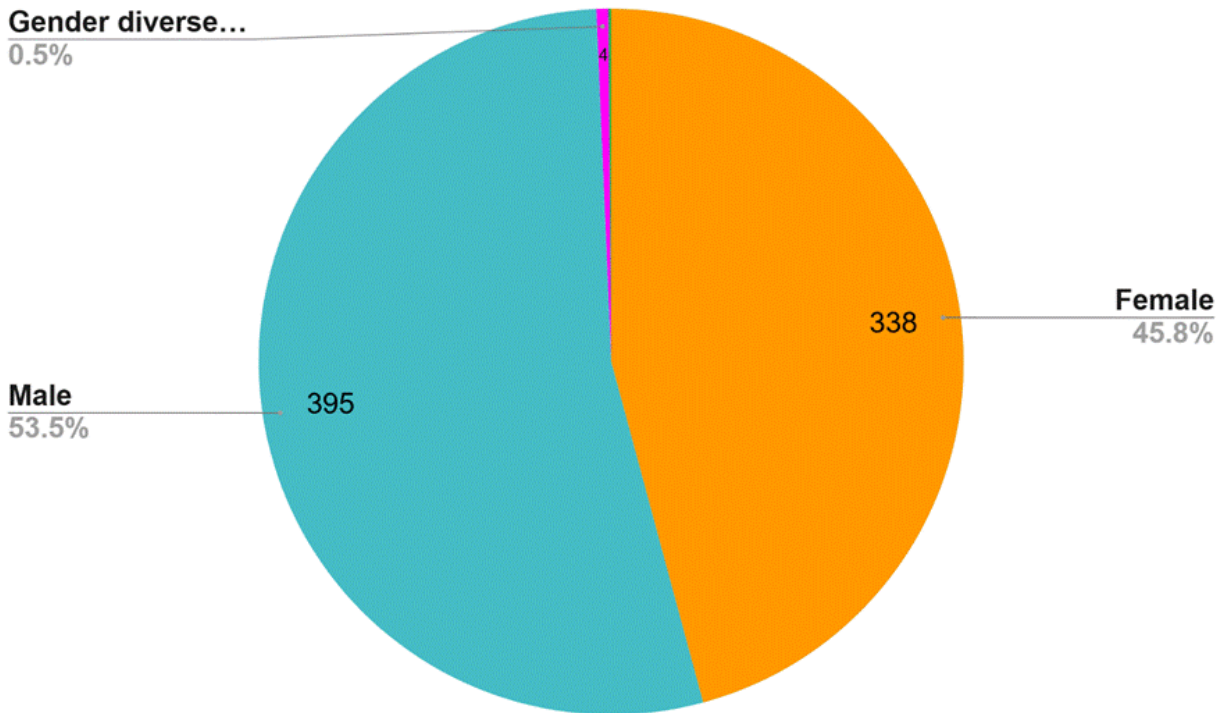


According to the [2022 Minnesota Student Survey](#), 55% of Hispanic/Latinx 5th grade students in Blue Earth County expressed 'feeling sad without knowing why' - compared to approximately 48% of White and Black students. While this is a very small data point that does not encompass the totality of mental health concerns in our larger region, it may be worth exploring how this program might work more intentionally in the future to cultivate referrals from communities experiencing higher degrees of mental health concerns. When compared to the demographic makeup of the four counties, Youth Mental Health Navigators are reaching a more diverse range of students and families. See table below:

Four County Region			
Black or African American.....	3.2%	American Indian/Alaska Native.....	0.03%
White- Non-Hispanic/Latinx.....	86.5%	Native Hawaiian/Other Pacific	
White- Hispanic/Latinx.....	5.5%	Islander/Asian.....	1.6%
More than one race.....	2.8%		

Information taken from www.mncompass.org. Pacific Islander and Asian populations were reported as one data point.

Referrals by Gender



According to the [2022 Minnesota Student Survey](#), 42.5% of fifth grade males and 55% of 5th grade females living in Blue Earth County expressed “feeling sad without knowing why”. While not comprehensive, it is worth noting this specific data point reflects that females and gender diverse populations are likely underrepresented in referrals for this program.

"Thank you so much for letting me know [about getting a student into therapy]! At least now a professional service can finally help.... Thank you for being so resourceful & keeping the things rolling! You are awesome!" - School Support Staff

Next Steps

YMHNs uphold a vision of a future when all youth and their caregivers have equitable access to timely, effective, and culturally responsive mental health care—leading to sustained well-being and improved lives. Our goal is to continually explore new opportunities for this program. Here is a list of possibilities our team believes will enhance and expand this program:

Program Awareness

- Continue Increasing awareness of services to caregivers, school staff and community members.
- Continue nurturing relationships with current providers and foster relationships with new providers.
- Explore new referral-entry points beyond the public schools.

Prevention Services

- Continue developing upstream/preventative services to prevent mental health concerns.
- Continue providing community and school presentations about this important topic.
- Continue prioritizing finding equitable and culturally relevant services.

Evaluation

- Informally and formally evaluate this program as appropriate, to ensure fidelity, assess program effectiveness, and identify areas of improvement needed.

Professional Development

- Continue to engage in navigator-specific professional development and training opportunities.

Program Expansion

- Continue exploring funding opportunities to support this program long-term.
- Intentionally build relationships and advocate for program expansion state and nation-wide.

Presentations Given

Youth Mental Health Navigators were asked to present at various events to build awareness of this program. Numerous collaborative conversations were held by all YMHNs with agencies, counties, schools, and other entities. Formal presentations given are listed below. Please spread the word in your networks that YMHNs are available to present about this program and any other topic that addresses mental health needs and reduces mental health stigma in our communities.

Resource Fairs:

- Project Community Connect
- Le Sueur County Back-to-School Resources Fair
- Waseca County Mental Health and Wellness Event

Presentations Given:

- MN Regional Low Incidence Projects Region 9 and SCSC's Breakout Bonanza
- Staff Professional Development at Nicollet Public Schools, Lake Crystal Public School, and Waterville-Elysian-Morristown Public Schools
- Mental health and coping presentation for YMCA youth stride group
- Le Sueur County Board Work Session
- Staff Professional Development at MVED
- Family Well-Being Presentations at Le Sueur-Henderson HS and TCU-Montgomery
- School Board Presentation at Waseca Public Schools
- NEAR Science Presentation at Minnesota Valley Action Council
- Greater Mankato United Way Board of Directors
- SCSC Counselor Community of Practice

Thank You for Your Support

This program exists because of our funding partners; thank you to everyone who has financially supported this program! To ensure its continuation and growth please consider spreading the word, so that new contributors can be identified.

We are grateful to our past and present funders:

- Greater Mankato Area United Way
- South Central Service Cooperative
- Mankato Area Public Schools
- Blue Earth County
- Waseca County
- Le Sueur County
- City of Mankato
- Mayo Clinic
- Mankato Clinic Foundation
- Consolidated Communications
- Waseca Public Schools

If you are interested in discussing possible funding/contributions to this program, please contact Barb Kaus at Greater Mankato Area United Way (contact information below).

Contact

- Barb Kaus, CEO, Greater Mankato Area United Way, barbk@mankatounitedway.org, (507) 345-4551
- Holle Spessard, Director of Student Support Services, South Central Service Cooperative, hspessard@mnsccsc.org, (507) 389-1914
- Beth Winterfeldt, South Central Service Cooperative Lead Navigator, bwinterfeldt@mnsccsc.org, (507) 908-6376
- Christine Meeks, South Central Service Cooperative Navigator, cmeeks@mnsccsc.org, (507) 779-3385
- Megan Schultz, Mankato Area Public Schools Navigator, mschul5@isd77.org, (507) 382-9636

"Thank you from the bottom of my heart. We usually can figure stuff out on our own, but you have been instrumental in ensuring our (child) gets the best chance possible to thrive."

Appendices

Monthly YMHN data reports
October 2024 - May 2025

Youth Mental Health Navigator Program (YMHN) Update

October 4, 2024

Stories to Share Regarding Program Impact

From a parent: (After years of trying to get help for a young teen, and frustration with how long it takes and how parent feels the only choice now is just to give up): "This has been the loneliest road and now even filling out a simple form is overwhelming, because I've filled out so much paperwork over the years, answering the same questions, over and over again. The questions are intrusive and make me feel so hopeless. Now I have hope that things might get better." (Parent feels the YMHN is 'in their corner' and can help relieve some of the bureaucratic burden).

From a school staff: "I love how quickly this can move into action!" (Staff referred student to YMHN, student had a therapy appointment within a week. Family had multiple barriers so would likely had not be connected so quickly without support.)

An example of our work: A YMHN met in a school with a parent who had no income or technology. The YMHN was able to spend 90 minutes supporting parent in getting insurance set up – the first step to access mental health care for his children...a perfect example of our program's ability to 'go the extra mile' to help families that would not otherwise get help. A social worker brought the parent to school to meet with the YMHN, and then was able to go back to her work with students.

An example of our work: A YMHN spent an hour with a parent and an in-person interpreter of a rare language. Language barrier has made it difficult for family to get connected with needed services. YMHN advocated on their behalf, and family is now connected to appropriate mental health supports/services.

Monthly Data Report

New Student Referrals:

- **158** (112 of these are ages 0 – 6th grade, and 27 of these were also referred during the 2023-2024 school year.)

Families Provided Thoughtfully Vetted and Targeted Resources:

- **140** (88% of total referrals)

Students Formally Referred to Mental Health Services by YMHN:

- **89** (63% of total referrals)

Students who YMHN's Know Have Started Services:

- **53** (38% of total referrals)
- Because of the carefully vetted resources provided to caregivers, YMHNs assume more students are likely connected to services than YMHNs are aware of.

Youth Mental Health Navigator Program (YMHN) Update

November 1, 2024

Stories to Share Regarding Program Impact

From a parent: “My child is doing so much better now. Thank you!” (After YMHN was able to secure a specific ADHD medication hard to come by, due to a national shortage. YMHN spent an hour on the phone with pharmacies, until one was found. After the pharmacy said: “20 pills left, first come first serve,” the parent was able to quickly secure the medication, and child is doing much better).

From school staff:

- “(Student’s) parents sang your praises! Thanks for all you do!”
- “Thank you so much! You are so helpful!” School staff referred a student with a rare insurance. YMHN found a therapist who could see student within a week.
- “I think I get why you are able to help so quickly - - because you aren't teaching students all day.”

From a Mental Health Agency: “This collaboration is helping so many! It's amazing! Thank you for all you do!

An Example of our Work: When a student expressed concerning interest in national news around a school shooting, school staff requested help from the YMHN. YMHN was able to arrange appropriate therapy for the student within two days, and the therapist was then able to meet with school staff the next day to discuss next steps and ensure the safety of all moving forward.

An Example of our Work: School staff have been working for three years to convince a student with significant cultural/language barriers to get help for significant mental health and substance use concerns. Once the student became receptive, the YMHN worked to get student and family connected to a “good fit” mental health therapist. The student stated: “I actually like my therapist.” and is now willing to get help with substance use.

Monthly Data Report

New Student Referrals:

- **245** (172 of these are ages 0 – 6th grade, and 46 of these were also referred during the 2023-2024 school year.)

Families Provided Thoughtfully Vetted and Targeted Resources:

- **219** (89% of total referrals)

Students Formally Referred to Mental Health Services by YMHN:

- **164** (75% of total referrals)

Students who YMHN’s Know Have Started Services:

- **107** (49% of total referrals)
- Because of the carefully vetted resources provided to caregivers, YMHNs assume more students are likely connected to services than YMHNs are aware of.

Adult Referrals (Mostly/All Caregivers): 20

Youth Mental Health Navigator Program (YMHN) Update

December 6, 2024

Stories to Share Regarding Program Impact

From Parents/Guardians:

"Our preschooler is showing progress. The school plus all the services you connected us with are helping a lot with her emotions and behaviors. We are so appreciative. What is incredible is everyone on her team is using similar techniques and methodologies to help her!"

"I met with you yesterday after school. I just wanted to say thank you for helping me get the services my child needs." (A parent gaining custody of her child back after eight years, now working to prioritize trauma-specific therapy for the child, with the help of a YMHN).

"I'm so glad you can come to meetings with me and help me get my child connected. As a single parent, I've never had help and have had to always fly solo. Now I feel supported. Thank you!"

From a Student: After helping a kindergarten student calm down they asked the YMHN: "Are we friends now?" 😊

From School Staff:

"We are so grateful for you and your services. You are such an integral part of our team!" – (Building Principal).

"You are amazing! Mom clearly trusted in you so much. I'm so glad she allowed you to get all those things set up for her! (School Social Worker)

"I am relieved that (the student) started (therapy) today, he hasn't made it to school at all this week. I am hopeful therapy will help with this". (School Social Worker, regarding a student in truancy)

"You are the best! This is so exciting and may remove so many barriers for some of our students!" (YMHN provided a low-barrier resource for therapy for teens).

From a Mental Health Agency: A provider was trying to get their client an autism assessment at an agency, but it was a long time. The YMHN helped navigate this using one of the YMHN's contacts at the agency. The family started the assessment shortly after this. The provider replied: "I am really glad he is able to get connected with them sooner than we had thought before. Thank you again for coordinating that!"

An Example of our Work: In addition to providing direct support to caregivers and staff, YMHNs are also asked to present on topics related to mental health. Beth Winterfeldt presented the topic "Supporting Student Well-Being: When to Support and When to Refer to Additional Supports" for a professional development day, resulting in increased knowledge for staff about when students' mental health symptoms need additional support outside of school and how to utilize YMHNs for that process. This topic is available for any additional school or agency – please ask!

Youth Mental Health Navigator Program (YMHN) Update

December 6, 2024

Monthly Data Report

New Student Referrals:

- **366** (276 of these are ages 0 – 6th grade, and 66 of these were also referred during the 2023-2024 school year.)

Families Provided Thoughtfully Vetted and Targeted Resources:

- **329** (90% of total referrals)

Students Formally Referred to Mental Health Services by YMHN:

- **243** (74% of total referrals)

Students who YMHN's Know Have Started Services:

- **158** (48% of total referrals)
- Because of the carefully vetted resources provided to caregivers, YMHNs assume more students are likely connected to services than YMHNs are aware of.

Adult Referrals (Mostly/All Caregivers): 28

Youth Mental Health Navigator Program (YMHN) Update

January 9, 2025

Stories to Share Regarding Program Impact

- A family did not have transportation and had a traumatic experience with public transportation; thus, they really wanted in-home mental health services for their young child. In-home services are nearly impossible to find. The YMHN reached out to multiple agency contacts and was able to find a mental health provider with an opening, willing to do in-home services. The next day, upon hearing the news from the navigator, the caregiver exclaimed: "You are a magician! Thank you SO much!"
- A student needed documentation from a psychiatrist to move forward with a special education evaluation. The school was having difficulty getting the paperwork back after multiple calls, faxes, etc. The YMHN went directly to the clinic to get the psychiatrist to sign the paperwork in person so the child can get special education services started. Email to the YMHN from the school psychologist: "We are so thankful you got that paperwork! This kiddo so badly needs services, we're so glad he can qualify! We don't know what we'd do without you!"
- "I wanted to take a moment to express my long-overdue gratitude for the incredible work you do in placing students/clients with the appropriate providers and ensuring they receive the appropriate level of care. Your thorough communication, diligent follow-through, and sensitivity throughout the process have been truly impressive, and the community is truly fortunate for all you do. We are honored to collaborate with such a dedicated and professional team. I could not think of a more fitting name for you all, "Mental Health Navigators." Whoever coined this name nailed it! 😊 – From the owner of a mental health agency.

Monthly Data Report

New Student Referrals:

- **422** (304 of these are ages 0 – 6th grade, and 72 of the total number were also referred during the 2023-2024 school year.)

Families Provided Thoughtfully Vetted and Targeted Resources:

- **384** (91% of total referrals)

Students Formally Referred to Mental Health Services by YMHN:

- **301** (78% of total referrals)

Students who YMHN's Know Have Started Services:

- **223** (58% of total referrals)
- Because of the carefully vetted resources provided to caregivers, YMHNs assume more students are likely connected to services than YMHNs are aware of.

Adult Referrals (Mostly/All Caregivers): 41

Youth Mental Health Navigator Program (YMHN) Update

February 7, 2025

Stories to Share Regarding Program Impact

Quote from a school counselor: "Thank you so much for all of your help with this!! I appreciate it!!". YMHN helped a family get connected to mental health case management and an insurance navigator.

Parent Feedback: "So far, [my daughter's therapist] has been wonderful! I do think that she is a good fit so far. Thank you for your amazing work!!!"

Examples of our Work:

A YMHN met with a parent and school staff to support a family's mental health. As a result, parent asked for help for each child, ensuring access to the necessary services for mental well-being. This parent has faced the challenge of managing multiple services to meet her children's high needs and has struggled to find quality resources. "I've had such a hard time trying to split my time helping all of my kids, and I feel like I haven't been able to give them the resources they need. Having you to help me with this has been a huge weight off my shoulders. Thank you!"

Within 10 days: 1) A parent called for help with their young teenager, who didn't want to see a therapist, even though it was needed. 2) A YMHN listened and offered ideas on how to talk with teens who are reticent. 3) Parent called back, saying the teen was willing to try a therapist, but wanted to choose one on their own. 4) The YMHN emailed with pictures and bios of 6 area therapists who had availability. 10 days after initial call – teen had their first appointment with their therapist of choice.

It continues to be profound work in connecting with families and teachers who care so very much about their children and students. We are constantly reminded of how difficult and complex the mental health system is. This complexity is the primary reason families connect with us again, after having done so last year. We call these families "Re-referrals." Common reasons why they reach out again include 1) a therapist has left the practice and they need help finding a new one, 2) insurance has changed and they need help, 3) last year they had lots of conversations with us about their child's mental health, but weren't yet ready to connect with therapy – and now they are, and 4) although therapy is in place and is helpful, they are needing help accessing an additional service – such as psychiatric medication, neuro psych assessment, etc. As one person said: **"Wow. I feel like there should be a class in high school teaching people how to navigate these services."**

(See 2nd page for specific data)

Youth Mental Health Navigator Program (YMHN) Update

February 7, 2025

Monthly Data Report

New Student Referrals:

- **487** (358 of these are ages 0 – 6th grade, and 86 of the total number were also referred during the 2023-2024 school year.)

Families Provided Thoughtfully Vetted and Targeted Resources:

- **445** (91% of total referrals)

Students Formally Referred to Mental Health Services by YMHN:

- **369** (83% of total referrals)

Students who YMHN's Know Have Started Services:

- **270** (61% of total referrals)
- Because of the carefully vetted resources provided to caregivers, YMHNs assume more students are likely connected to services than YMHNs are aware of.

Adult Referrals (Mostly/All Caregivers): 52

Thank you for your continued support of this program!

Youth Mental Health Navigator Program (YMHN) Update

March 7, 2025

Stories to Share Regarding Program Impact

After his first two sessions with a carefully selected therapist recommended by the Youth Mental Health Navigator, an eleven-year-old told his mother, "Mom, I feel so good! I can't wait for the next appointment!"

Christine Meeks, Youth Mental Health Navigator for New Richland-Hartland-Ellendale-Geneva Public Schools, writes the "Mental Health Matters" column in the school's monthly newsletter – providing parents with psychoeducation on various mental health topics. Each article includes her contact

A caregiver expressed, "I sincerely appreciate all of your help with this (finding mental health supports for children), because it has made things so much easier for us, which is huge since we are dealing with so much enough extra stuff right now."

MVED has decided to invite their YMHN to every intake meeting for new students and parents, to help facilitate connections and support in navigating mental health services for families in the community.

Monthly Data Report

New Student Referrals:

- **544** (408 of these are ages 0 – 6th grade, and 39 of the total number were also referred during the 2023-2024 school year.)

Families Provided Thoughtfully Vetted and Targeted Resources:

- **503** (92% of total referrals)

Students Formally Referred to Mental Health Services by YMHN:

- **413** (82% of total referrals)

Students who YMHN's Know Have Started Services:

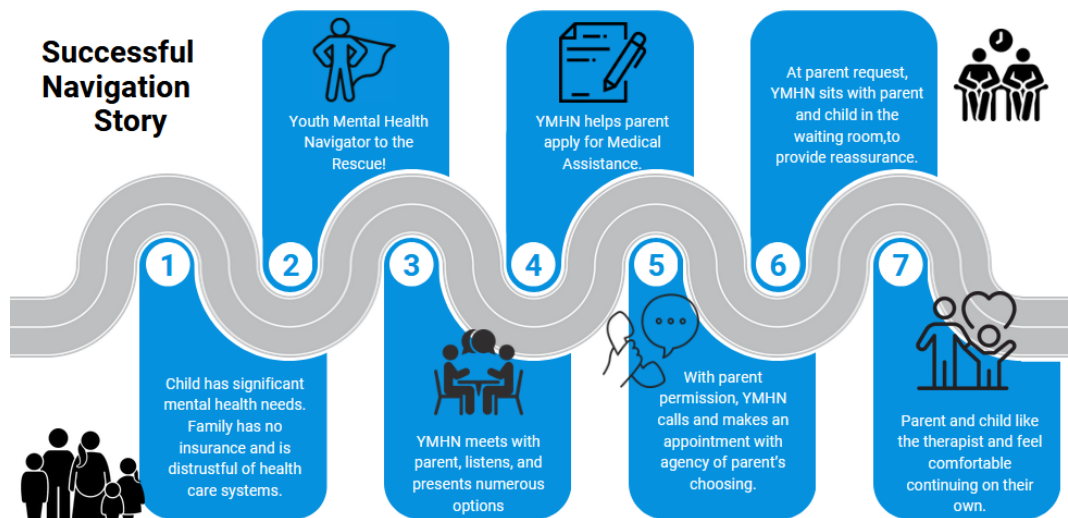
- **323** (62% of total referrals)
- Because of the carefully vetted resources provided to caregivers, YMHNs assume more students are likely connected to services than YMHNs are aware of.

Adult Referrals (Mostly/All Caregivers): 58

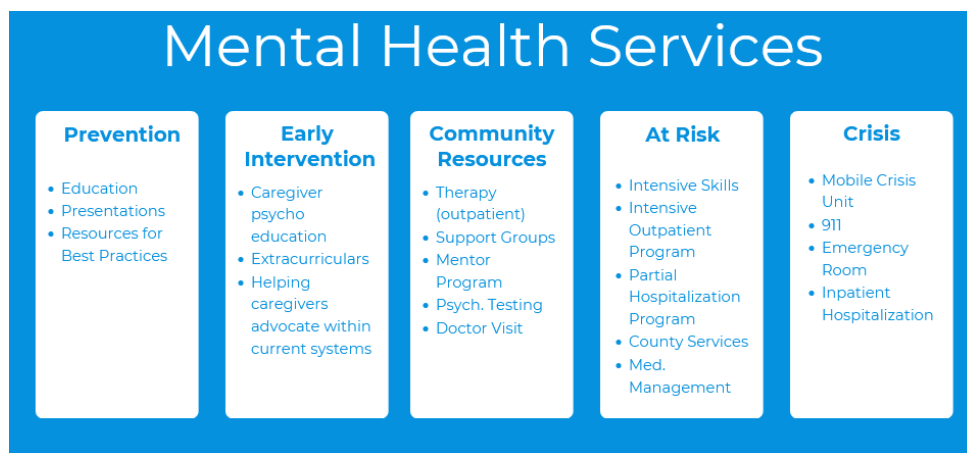
Youth Mental Health Navigator Program (YMHN) Update

April 4, 2025

Our team of navigators has had the privilege of assisting 650+ youth and 66+ parents in accessing mental health support so far this year throughout our 4-county region. We are honored that people share their experiences with us and do our best to journey with families through the process of accessing appropriate supports. We hear nearly daily about the success of this program. Here is one example of the kind of flexibility our program has in being able to meet families where they are – to get them connected to the supports they need.



As a refresher, here is a list of the various supports we help families access on a regular basis, and we continue to grow our list of partnering providers in each area:



(See specific data on next page.)

Youth Mental Health Navigator Program (YMHN) Update

April 4, 2025

New Student Referrals:

- **625** (463 of these are ages 0 – 6th grade, and 95 of the total number were also referred during the 2023-2024 school year.)

Families Provided Thoughtfully Vetted and Targeted Resources:

- **560** (90% of total referrals)

Students Formally Referred to Mental Health Services by YMHN:

- **450** (80% of total referrals)

Students who YMHN's Know Have Started Services:

- **360** (64% of total referrals)
- Because of the carefully vetted resources provided to caregivers, YMHNs assume more students are likely connected to services than YMHNs are aware of.

Adult Referrals: 66

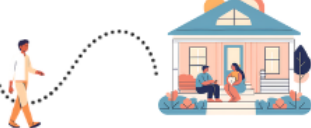
Youth Mental Health Navigator Program (YMHN) Update

May 8, 2025

Success Stories....



Over multiple months, school tries to connect with parent about a child's mental health without success.



Because of YMHN's ability to flex hours and meet parents where they are, YMHN meets parent in person to help.



Child starts therapy within a month with a thoughtfully vetted therapist at a convenient location for the family.



After learning about the YMHN program from a family member, a father reached out to get help for his three children after a traumatic event. Although he wanted all three children to be seen at the same agency for therapy, it was more important to him the children be seen quickly by good-fit providers. The YMHN was able to facilitate appointments for all three children with 2 weeks of the initial phone call, and coordinated appointment times that worked for the family.

New Student Referrals: 688 (463 of these are ages 0 – 6th grade, and 96 of the total number were also referred during the 2023-2024 school year.)

Families Provided Thoughtfully Vetted and Targeted Resources: 640 (93% of total referrals)

Students Formally Referred to Mental Health Services by YMHN: 497 (77% of total referrals)

Students who YMHN's Know Have Started Services: 403 (63% of total referrals) (Because of the carefully vetted resources provided to caregivers, YMHNs assume more students are likely connected to services than YMHNs are aware of).

Adult Referrals: 66