

Youth Mental Health Navigator Program (YMHN) Update

July 1, 2025 – May 15, 2026

Prevention and “Good-Match” is Key

Although YMHNs help with a variety of mental health concerns, including complex systems’ navigation, often we get simple yet specific requests such as these and are able to help make ‘good matches’ very quickly:

- Parent: **“Could you find a faith-based therapist for my child who is struggling with friendships?”** With YMHN help, appointment was scheduled within 10 days from referral date.
- Parent: **“My teen needs therapy but won’t listen to me.”** YMHN provided consultation, resulting in teen agreeing to therapy (choosing their own therapist from a list of options provided by YMHN) and a med consult – scheduled two weeks from initial contact.
- Parent: **“My spouse and I are separating. Can you help me find a therapist to help my child with anxiety about this?”** YMHN found good-fit, with an appointment scheduled within the week.

Outcome Stories – Improving Systems Along the Way

- **YMHN coordinated collaboration** between a mental health provider and county services to address communication barriers that were delaying families’ access to case management. Facilitated problem-solving between agencies to improve processes, communication, and access for families moving forward.
- YMHN supported a high school student in **successfully connecting to therapy and vocational/transitional services** after previous referral efforts had not resulted in ongoing care. Provided hands-on support with identifying providers, scheduling appointments, navigating intake processes, and building comfort and confidence in accessing services independently, including going along to an initial appointment.
- YMHN helped parents of a teen connect quickly to mental health services after they were unable to access a timely diagnostic assessment on their own. **Coordinated releases and referrals**, resulting in an appointment within a week at an agency that also offered medication management and psych eval testing. **Parent feedback: “You are a rockstar, thank you so much!”**

New Youth: 474 - Ages 0-24, never before served by this program, living or attending school in the 4-county area)

New Youth Who Have Started Services: 247 (~52%) - Known to have attended at least one appointment

New Caregivers: 54 - Referred to and/or started services who have not previously been served

Continued Support: 34 - Youth-only prior active referrals waiting to start, add, or change a service. (YMHNs have served numerous more youths in this category this year – and many have ‘closed’.)

For any additional data inquiries – please email Beth Winterfeldt @ bwinterfeldt@mnsccsc.org. A full report will be provided in early July of 2026.