

## Youth Mental Health Navigator Program (YMHN) Update

July 1, 2025 – November 14, 2025

### Help me understand.

YMHNs do much more than scheduling appointments—they help families make sense of the entire mental health system. For example, after a psychological evaluation, parents often feel overwhelmed by pages of recommendations. Navigators walk alongside them, explaining results in plain language and helping them carry out each next step so their child gets the support they need.



“The first appointment went so well! I feel so much better knowing an expert can help my child and my child really liked her. Thank you so much for finding the perfect fit, and so quickly!” (From a parent)



### “It’s like magic!”

That’s what caregivers say when Youth Mental Health Navigators (YMHNs) help their youth get connected to mental health support. Because YMHNs aren’t providing direct services to youth, they can invest time building strong relationships with local providers—learning their specialties, personalities, and availability. This means families get matched quickly and accurately, often starting services within a week after struggling for months on their own.



### Why is it taking so long?

Youth often get stuck in systems that move far too slowly. YMHNs step in as the persistent “squeaky wheels,” clearing the paths to quick access.

Recently, when a school had waited for a long time for mental-health assessment results needed for a student’s IEP meeting, a YMHN stepped in. Because of her relationship with the provider, the navigator was able to get the report within hours—moving support forward when it mattered most.

(See next page for data.)

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**New Youth: 174** - Ages 0-24, never before served by this program, living or attending school in the 4-county area)

**New Youth Who Have Started Services: 75 (~43%)** - Known to have attended at least one appointment

**New Caregivers: 13** - Referred to and/or started services who have not previously been served

**Continued Support: 76** - Youth-only prior active referrals waiting to start, add, or change a service

For any additional data inquiries – please email Beth Winterfeldt @ [bwinterfeldt@mncsc.org](mailto:bwinterfeldt@mncsc.org). A full report will be provided in early July of 2026.



YOUTH MENTAL HEALTH NAVIGATORS  
*Improving Mental Health—Together*