

Youth Mental Health Navigator Program (YMHN) Update

July 1, 2025 – October 6, 2025

Success Stories...

From a parent of a now 4th grader, who was referred to the program in May of 2025, had therapy and psychological testing over the summer, and no longer needs services:

“Things are going so much better for my daughter this school year! Her therapist did an amazing job helping her learn how to manage her anxiety – and she has now graduated from therapy. I just got a positive note from her teacher saying how amazing she is in class which made me tear up – because last year we heard only negatives from school. I am so glad your program was there for our family, because I don’t know if we would have gotten where we are today without the helpful resources and support. Please share our story – because if it can help another family who is struggling and feeling helpless, I am all for it!”

From a LeSueur County Employee:

"This program helps fill the gap between families, schools, and providers by supporting the referral and intake process and helping families get appointments scheduled with a provider that is suited for them with availability. I simply can't say enough great things about this resource, or our Youth Mental Health Navigator!"

Examples of Our Work:

LeSueur County reached out to their YMHN, asking to table at a community event to help families get connected to mental health supports, following a community tragedy.

A YMHN provided professional development for school staff – to help them better understand and practice how to talk with parents about mental health needs of their children.

YMHNs have successfully helped numerous families find ‘great fit’ therapists, often within the week of the initial phone call. Families and schools are reporting relief to have this support.

New Youth: 94 - Ages 0-24, never before served by this program, living or attending school in the 4-county area)

New Youth Who Have Started Services: 41 (~44%) - Known to have attended at least one appointment

New Caregivers: 9 - Referred to and/or started services who have not previously been served

Continued Support: 61 - Youth-only prior active referrals active waiting to start or change a service

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