



LEE CARLSON CENTER™
For Mental Health & Well-Being

2020 Annual Report



Hope

Healing

Health

MISSION

To provide exceptional and affordable mental health services for families, children, youth, and adults in our community.

VISION

To be the agency of choice providing accessible, person-centered, and creative services, strategies, and solutions that promote mental wellness in our community while honoring the uniqueness and dignity of every individual.

VALUES

Organizational values define how Lee Carlson Center for Mental Health & Well-Being intends to behave.

Family Centered: We recognize the interdependence between client and family and believe that strong families lead to strong communities.

Advocate: We build and strengthen community supports for the client by being a compassionate diagnostic voice and teaching clients to advocate for themselves.

Quality: We are professionals of diverse backgrounds and expertise who diagnose a variety of needs early and accurately in a welcoming environment.

Sustainability: We implement systems and accountabilities that strengthen the financial sustainability of our organization in order to ensure the widest access to services and programs to meet the changing needs in our community.

Greatest Asset: We view our staff and volunteers as our greatest asset. We strive to engage them in professional development and decision-making processes in order to enhance their work.

Proactive Outreach: We go to the source by collaborating with community organizations and providing mental health services where they are most needed, such as in schools.

“Every time I leave an appointment from Lee Carlson Center, I feel so much better—mind, body, and soul—100%.”
- Satisfied Client

PROGRAMS

- Bridgeview Drop-In Center
- Clinic-Based Therapy
- Critical Event Resources and Services
- Domestic Abuse
- Group Therapy
- Housing Stabilization and Community Support Services
- In-Home Services
- Intensive Treatment in Foster Care
- Nurturing Everyday Wellness
- Psychiatry & Medication Management
- Psychological Testing
- School-Based Mental Health





LEE CARLSON CENTER...

- Serves 6,000+ clients annually through a vast range of services in home, clinic, and school settings.
- Offers a sliding-scale fee system and other financial assistance to make our services as accessible as possible to those who may benefit from them.
- Operates the only domestic abuse program in Anoka County that works with both aggressors and survivors.

In 2020, we...

- Shifted our business model toward telehealth capability in less than five business days at the beginning of the pandemic.
- Adapted drop-in center services to be virtual during the first COVID-19 lockdown, providing all levels of care we would have provided in non-pandemic times.
- Expanded school partnerships into private and charter schools.
- Contributed \$480,000 toward cost of care for clients who were un- or under-insured.
- Forgave \$250,000 in patient services.

MESSAGE FROM OUR CEO



The year 2020, to a degree many of us had never seen before, revealed vulnerabilities in our systems, communities, and selves. It became increasingly essential for each of us to unlock the potential of our own innate skills and learn new ways to

buffer day-to-day stress, anchor in self-care strategies, strengthen important relationships, and build a foundation of resiliency.

Since the outset of the COVID-19 pandemic, Lee Carlson Center for Mental Health & Well-Being has continuously pivoted to best meet the needs of our clients during this difficult period in history. In early 2020, we solely provided telehealth options, but soon witnessed how critical in-person accessibility was needed again in settings like schools, our drop-in center, in foster homes, in community settings, and in our clinic locations. We continue to reach all these needs in person while also meeting all our clients flexibly whenever needed

via telehealth. We have further demonstrated our commitment to accessibility by increasing our investment in sliding scale fee systems and financial assistance for clients. 178% more clients made use of these services in 2020 than in the previous year.

We are so grateful to all of our funders, supporters, staff, partners, and clients for continuing to prioritize mental health and joining Lee Carlson Center on this journey. We look forward to strengthening our role and reputation as a source of hope, healing, and health for years to come.

Rob Edwards
Chief Executive Officer

LEADERSHIP

Rob Edwards
CEO

Susan Fullerton
Chief Operating Officer

Rance Rand
Chief Financial Officer

Sarah Cafilisch
Chief Development Officer

Alyssa Larson
Senior Director of Community Based Programs

Amber Haley
Director of Intensive Mental Health Services

Katie Metcalf
Director of Clinics and Domestic Abuse Programming

Katie Rudek
Director of School Linked Mental Health

Brittani Locker
Operations Manager

Stephanie Kopp
HR Manager

Sue Vang
Manager of Quality Outcomes

BOARD

Steve Helseth, Board Chair
Bolt Hoffer Boyd Law Firm

Julie Tschida, Vice-Chair
Metropolitan Council

Kevin Rohe, Treasurer
Hennepin County

Lenny Austin
Columbia Heights Police Department

Sue Butler
Retired

Kevin Just
Fairview Health Services

Vickie Pitney
Retired, Anoka-Hennepin School District

Bobby Thibault
Boston Scientific

Alan Wiley
My City Mortgage



"We are incredibly passionate about providing trauma-informed, client-focused care in all facets of our domestic abuse programming. We navigated our way through the changing world of COVID, providing telehealth services to clients in need throughout all of 2020. In the summer of 2021 we were able to come together again in person for groups, while growing the program and the number of clients served. We look forward to providing pivotal services for the community for years to come!"

Katie Metcalf, MS, LPCC
Director of Clinics
and Domestic Abuse
Programming

DOMESTIC ABUSE PROGRAM

Lee Carlson's Domestic Abuse Program facilitates opportunities to restore lives and relationships using Cognitive Behavioral Therapy and a trauma-informed lens. Groups include:

- Men's domestic abuse group.
- Women's domestic abuse group.
- Survivor individual therapy.
- Restorative parenting individual therapy.
- Child/adolescent individual therapy.



INTENSIVE TREATMENT IN FOSTER CARE

Our Intensive Treatment in Foster Care (ITFC) program is a flexible, intensive, trauma-informed and client-centered mental health service available to children living in foster care. Children in this program receive a comprehensive extended assessment, psychotherapy services, crisis assistance, clinical care consultation, and psycho-education services.



"It's been an honor and privilege to work with our kids and families in the foster care system and to partner with county workers and school staff to wrap around and support our most traumatized children to find healing and hope in their communities. The resiliency and strength our clients possess is truly inspiring."

Amber Haley, MA, LPCC
Director of Intensive Mental Health Services

HEALING



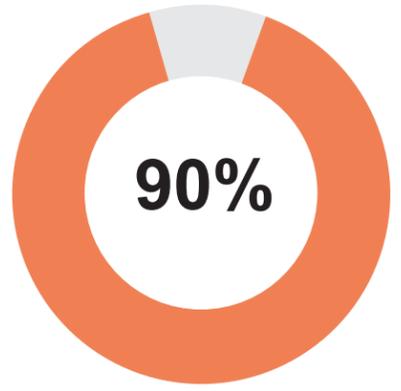
"After being solely virtual for about a year and a half during the pandemic, it is refreshing to hear voices and laughter again. The positive energy is infectious, and watching the care and support members have for each other is heartwarming. For many, the Bridgeview community is their family, and being open for in-person programming means the world. Bridgeview has a little bit of everything: art, music, lunch, support groups, therapy, ARMHS, etc. The atmosphere at Bridgeview speaks for itself: there's a place for you at Bridgeview, and when you are here, you are right where you belong."

Alyssa Larson, M.A., LPCC
Director of Community Based Programs

BRIDGEVIEW DROP-IN CENTER

Lee Carlson operates the **Bridgeview Drop-in Center**, Anoka County's only program serving adults with severe and persistent mental illness (SPMI). The program offers several therapeutic and enrichment services, including:

- Free transportation for Anoka County residents.
- Writing and art activities.
- Mental health education.
- Off-site field trips.
- Therapy groups and support groups.
- Individual therapy.
- Socialization.
- Community resource navigation assistance.
- Free lunch.



of Bridgeview members report an increase in mental well-being from attending programs.



HEALTH



"I am abundantly grateful for the opportunity to be a part of a team of school-based mental health providers who contribute to the helping, healing, and lifting up of children and families in our community. Giving children a chance to improve their circumstances and gain skills, support, and insight they need to overcome their struggles so that mental health challenges, victimization, and trauma do not become a life sentence is a priority for our team members and I am so glad to be a part of it!"

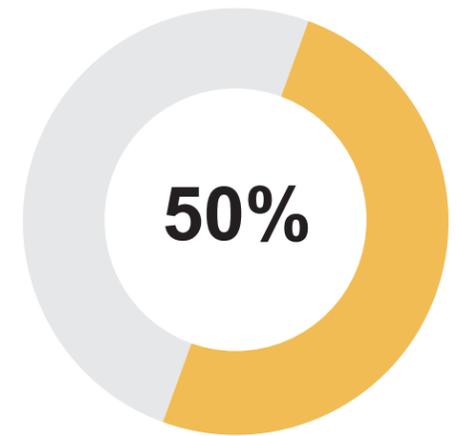
Katie Rudek, MS, LPCC
Director of School-Based
Mental Health



SCHOOL-BASED MENTAL HEALTH

Lee Carlson provides innovative school-based mental health programs focused on early identification and ease of access for **65 schools** across **8 school districts**.

By focusing our services in schools from early learning centers to middle- and high-school settings, Lee Carlson Center for Mental Health & Well-Being builds intentional partnerships with schools and communities to help increase access to mental health services and eliminate barriers for children and their families. Our school-based therapists are located within schools to provide therapy to students on-site.



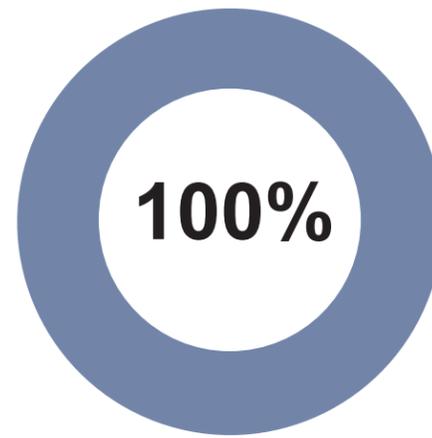
of all mental illnesses like major depression, anxiety disorders, and substance abuse start by age 14.



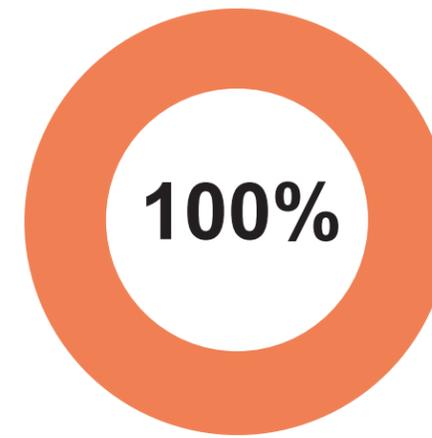
"Our team prioritizes their own well-being in a way that helps them to continue working toward the well-being of our clients."

**- Susan Fullerton, MS, RPT-S & LPCC
Chief Operating Officer**

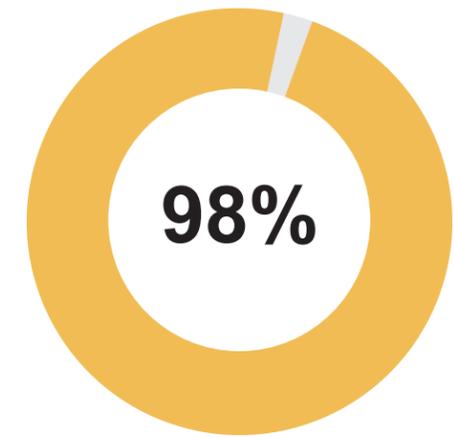
STAFF SAY...



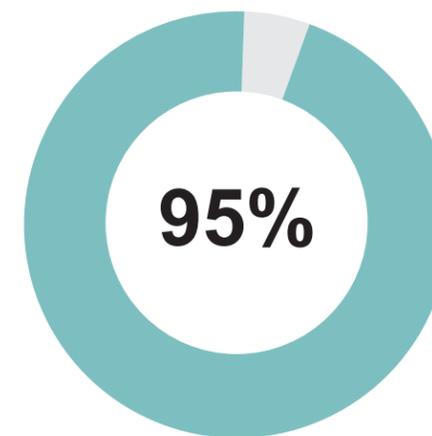
of staff agree that they contribute to the positive energy in the office.



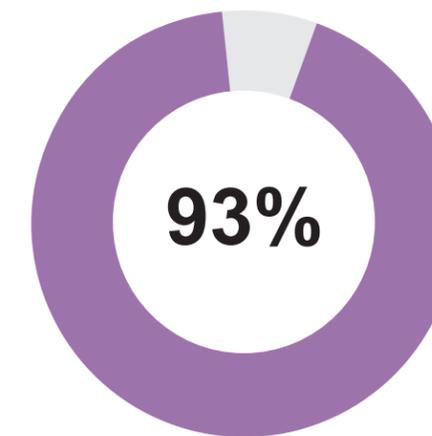
of staff agree our efforts are helpful and we are making a difference for our clients.



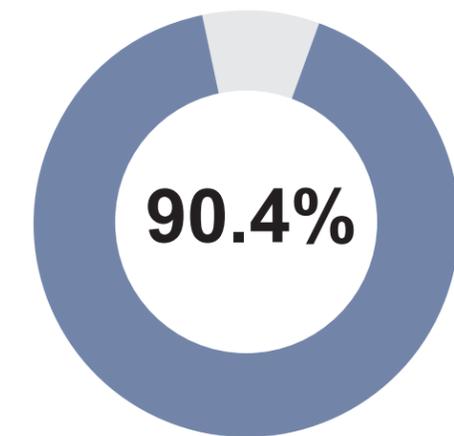
of staff agree they feel supported in their professional development by their supervisor.



of staff get excited about what we are doing to impact the lives of our clients.

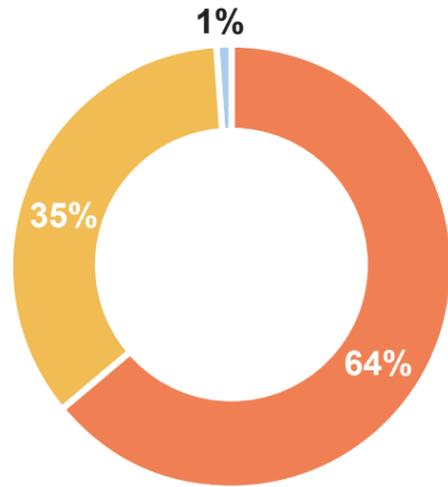


of staff agree this job is as meaningful as or more meaningful than any job they have had.



of staff agree that their workplace is inviting to their culture and other cultures.

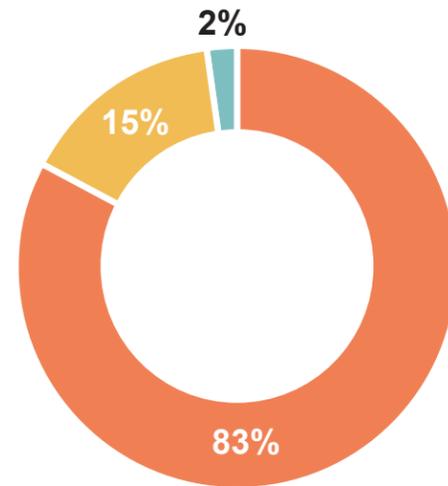
2020 REVENUE



- Program service revenue - 64%
- Government grants & contracts - 35%
- Miscellaneous income/support - 1%

TOTAL: \$7,684,100

2020 EXPENSES



- Program services - 83%
- Management & general - 15%
- Fundraising - 2%

TOTAL: \$6,925,362

2020 BALANCE SHEET



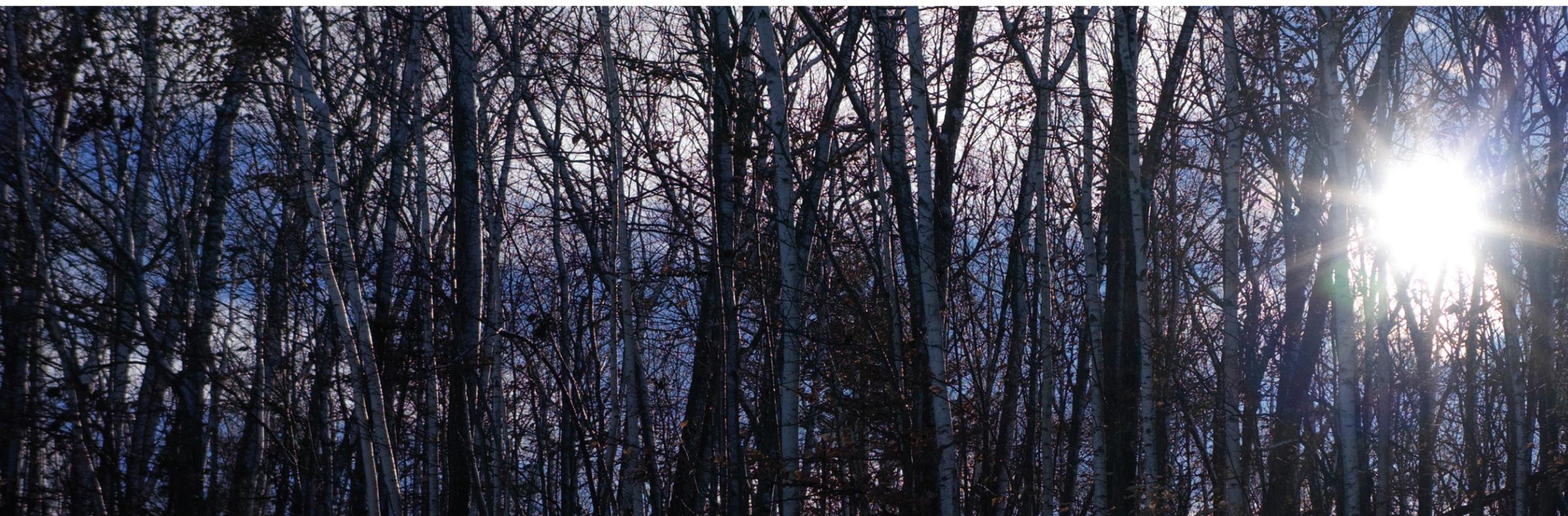
TOTAL ASSETS: \$2,729,260



TOTAL LIABILITIES: \$257,263

THANK YOU TO OUR INSTITUTIONAL FUNDERS!

- Allina Health - Mercy Hospital
- AmeriHealth Caritas
- Anoka County CARES
- Anoka County Children and Family Council
- Anoka County Community Development Block Grant
- Anoka County Community Social Services & Behavioral Health
- Antioch Foundation
- Blaine Ham Lake Rotary
- Bob's Produce Ranch
- Bolt Hoffer Boyd
- Church of St. Patrick of Cedar Creek
- Church of St. William
- City of Andover
- The Constellation Fund
- Department of Health Services
- First Congregational United Church of Christ Anoka
- Fridley Lions Club
- Fridley VFW 363 Auxilliary
- Fridley/ Columbia Heights Rotary
- Ham Lake Chamber of Commerce
- HeightsNEXT
- Hoffman Weber Construction
- House of Hope Presbyterian Church
- I-94 West Chamber of Commerce
- JGM Properties
- K & K Recycling
- Medica Foundation
- Northeast Bank
- Otto Bremer Trust
- Running Aces Casino & Racetrack
- Rx Artisans
- Salesforce
- Sauer Family Foundation
- Second Harvest Heartland
- Sheltering Arms Foundation
- Spring Lake Park Lions
- St. Paul/Minneapolis Foundation
- The Big Red Wagon Food Truck
- UCare Foundation
- Walter C. Rasmussen Northeast Bank Foundation
- Western Insurance Agency - WA Group
- WhizKids
- YIPA





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leecarlsoncenter.org



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twitter.com/leecarlsoncent



763-780-3036

CLINICS

Fridley Clinic

7954 University Ave NE
Fridley, MN 55432

Coon Rapids Clinic

10091 Dogwood St. NW
Suite 110
Coon Rapids, MN 55448

Brooklyn Center Clinic

5540 Brooklyn Blvd.
Brooklyn Center, MN 55429

St. Louis Park Clinic

7104 W Lake St.
St. Louis Park, MN 55426

Bridgeview Drop-In Center

7920 University Ave NE
Fridley, MN 55432

Hope

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