



LEE CARLSON CENTER

Lee Carlson Center is a provider of outpatient mental health services in the Twin Cities metro and surrounding areas, impacting the lives of 6,000+ individuals, families, and caregivers of all ages each year. Lee Carlson, a Registered Nurse, founded the center in 1979 with a focus on helping at-risk youth through support groups in area schools. Our School Based Mental Health program remains a cornerstone of our services, providing individual, group and family therapy in six school districts.

MISSION, VISION, VALUES

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

- 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.
- 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 schools.





MESSAGE FROM OUR CEO

At Lee Carlson Center, we are dedicated to "Hope. Healing. Health." While it's easy to read this quickly as a 'tagline' and move on in 2022, we made a powerful effort to understand and center our work around these three words.

Hope: The world presents us with many challenges that can easily diminish Hope. Hope is a feeling of expectation, requiring trust. Our clients overwhelmingly expressed their trust in us with addressing their mental health needs. It's through Hope that the journey towards Healing is possible.

Healing: We can work together towards
Healing if we have the foundation of trust.
Through the trust we've built, our clients are
able to heal from the increased stress and
anxiety due to the post-pandemic
environment. This path of Healing ultimately
leads to Health.

Health: Health is the ongoing work of weaving Hope and Healing. We continue to work towards the health of our clients, holistically addressing their well-being.

For us, much like for many of you, 2022 was a year to refocus. We wholeheartedly acknowledge YOU - clients, staff, and partners - are our focus and at the heart of our mission. Our commitment in 2023 is to continue to be a conduit to Hope, Healing, and Health. -Susan Fullerton, CEO

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PROGRAMS

CLINIC-BASED THERAPY

We provide outpatient mental health therapy at our clinic locations in the North Metro Twin Cities. We strive to have low- to no waitlist and offer flexible in-person and telehealth for individual, family or group therapy.



83% OF CLIENTS FEEL THEIR THERAPIST HAS A POSITIVE IMPACT AND THEY WERE MAKING PROGRESS ON THEIR GOALS.

BRIDGEVIEW DROP-IN CENTER

Bridgeview is a drop in-center for adults 18+ living with Serious & Persistent Mental Illness (SPMI) diagnosed by a physician or mental health professional. Members have access to individual therapy, daily support groups, lunch, outings, and an art studio. Staff work closely with members, care providers and community organizations to ensure access to resources and services needed. Membership and active participation are no cost to members, clinical therapy services are billed to insurance.



233 BRIDGEVIEW MEMBERS ACCESSED THE DROP-IN CENTER TO IMPROVE THER MENTAL WELL-BEING.

DOMESTIC ABUSE PROGRAM

Our Domestic Abuse Program (DAP) facilitates opportunities to restore lives and relationships using Cognitive Behavioral Therapy and a trauma-informed lens. DAP serves Anoka, Hennepin and surrounding counties with a variety of services for those who have experienced domestic abuse, whether as survivors or aggressors. DAP also includes a Restorative Parenting component and services for youth who have been affected by violence within the home.



SIX DAP GROUPS WERE OFFERED FOR PARTICIPANTS TO TAKE RESPONSIBILITY FOR THEIR ABUSIVE BEHAVIORS AND EMBARK ON A JOURNEY OF HEALING.

PROGRAMS CONTINUED

SCHOOL BASED MENTAL HEALTH

We provide innovative school based mental health programs to students in six school districts. School Based Mental Health includes individual, group and family therapy, consultation with school staff, and therapeutic approaches including art and play. Our participants also benefit from in-home services, psychiatric care, medication management, psychological testing, integrative and holistic treatments, as well as comprehensive parent support.



1002 YOUTH RECEIVED MENTAL HEALTH SERVICES IN THEIR SCHOOLS, EFFECTIVELY ELIMINATING BARRIERS TO THEIR CARE.

INTENSIVE IN-HOME

Intensive In-Home is flexible, focused, mental health services available to children living in, or at-risk of entering, foster care. This program offers a structured, consistent, strengths-based process provided by a clinician to children and their families to address the social, emotional, and behavioral-health needs of the child and their family.



25 CHILDREN RECEIVED SUPPORT TO ADDRESS THEIR SOCIAL, EMOTIONAL AND BEHAVIORAL-HEALTH NEEDS.



BOARD

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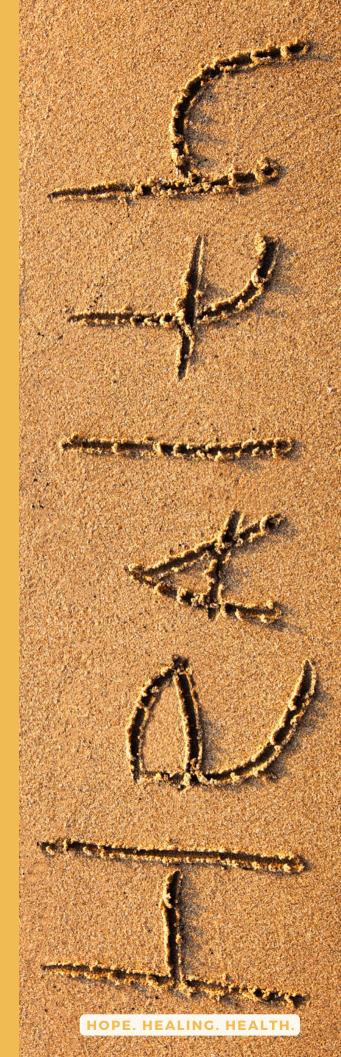
Alyssa Larson, MA, LPCC
Senior Director

Brittani Locker
Director of Client Access

Katie Rudek, MA, LPCC
Senior Director

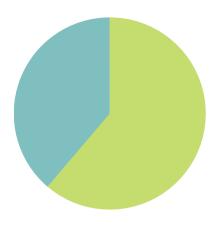
Sue Vang

Manager of Quality Outcomes



2022 FINANCIALS

REVENUE

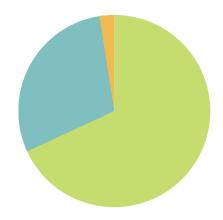








EXPENSES







Fundraising - 3%

2022 BALANCE SHEET

\$387,862

\$1,784,088

ASSETS

Current Assets

Cash & Cash Equivalents \$193,836 Accounts Receivable, Net \$406,183 Grants/Contracts Receivable \$370,693 Prepaid Expenses \$81,414 Total Current Assets \$1,052,126

Other Assets

Right-of-Use Assets

3	
Software License	\$218,619
Endowment	\$31,202
Property and Equipment, Net	\$94,279
Total Other Assets	<u>\$731,962</u>

TOTAL ASSETS NET ASSETS

Without Donor Restriction \$794,160

Designated Endowment \$31,202

With Donor Restriction \$150,050

TOTAL NET ASSETS \$975,412

LIABILITIES & NET ASSETS

Current Liabilities

Accounts Payable	\$158,647
Accrued Salaries and Vacation	\$147,653
Other Accrued Expenses	\$31,685
Operating Lease Liability	\$225,690
Total Current Liabilities	<u>\$563,675</u>
Non-Current Liabilities	
Line of Credit	\$50,000
Operating Lease Liability	\$195,001
Total Non-Current Liabilities	<u>\$245,001</u>
TOTAL LIABILITIES	\$808,676

TOTAL LIABILITIES & NET ASSETS:

\$794,160 \$1,784,088

FUNDERS

Adam Hoffman

Adam Struck

Al Iversen

Alan Kluz

Alan Wiley

Alison Bell

Allen Kluz

Allina Health-Mercy

Hospital

Alvssa Fox

American Craft Council

American Online Giving

Amy Moore

Amy Staples

Angelina Marie Aller

Anne & Steve Pollock

Anniken Fuller

Anoka County Children &

Family Council

Barbara Edwards

Barely Brothers Records

Barna, Guzy, & Steffen, LTD Fridley Lions Club

Bauhaus Brew Labs

Becky Schaub

Benjamin Jewett

Blaine Ham Lake Rotary

Bolt, Hoffer, Boyd

Brady Lassegard

BreAnn Haugrud

Brett Myhre

Brooke Jensen

Cari & Don Lee

Carlson Family Foundation

Carly Spotts-Falzone

Cate DelaCruz

Cheryl Hunter

Christine Pudney

Christopher Reedy

Church of St. Patrick of

Cedar Creek

Cindy Kopp

City of Andover

Connie Benardy Vol. Team Jeanine Elmhurst

Dan Gawarecki

Daniel Moser

David Larson

Deb Amazi & Paul Stolen

Debra Johnson

Dennis Gruhlke

Derek McKav

Diane Potter

Dwight Zeiher

E Flores-Barraza

Eric Carlson

Eric Olson

Erik Johnston

Francis Robert Lucas

Fred & Kristy Moyer

Fridley/ Columbia Heights

Rotary

Gail M. Christiansen

Gary Carlson

General Mills

George Saska

Gera Exire La Tour

Greg & Diane Haider

Haley Wiederhold

Ham Lake Chamber of

Commerce

Hannah Martin

Hannah Tuomi

Heather Karson

Heidi Carlson

HeightsNEXT

Herleng Vang

Hv-Vee SLP

Jae Lieder

James Sellers

Jeff & Moe Aschenbeck

Jen Wilev

Jennifer Prasek

Jennifer/Kathy Garber/

Krypel

Jerry Maeckelbergh

Jesse Griffin

Jessica Allv

JGM Properties

Joan Giles

John Maki

Jonathan Aller

Judith Smith

Judy Vogel

Julie Johnson

Julie Kretsch

Julie Tschida

Justin VanNingen

Kalee Petron

Kara & Michael Thannert

Kasey Payette

Katelyn Peters

Katie Bohlke

Katie Metcalf

Kelsey C. Daly

Kelsey Engelstad

Kerry Colpitts

Krista & Robert Behler

Kristen Peter

Larry Anderson

Lee Orwig

HOPE. HEALING. HEALTH.

FUNDERS CONTINUED

Linda Vinz Hummel

Lori Carlson

Lyn Stepaniak

Maggie & Shelle Page

Maple Grove Hospital

Executive Staff

Marco

Marissa Smook

Mark Petron

Mary Schoenknecht

Mary Vorhes

Matt Wallin

Matthew Rehnelt

Megan M. Harty

Michael Dwver

Michael Fox

Michael Francis Madaras

Michael Johnson

Michael Kuenster

Michelle d'Almeida

D'Almeida Arauio

Michelle Friemoth

Michelle Perkins

Michelle Siebenaler

Mikah Holloway

Mike Scholl

Minnesota State Arts Board Foundation

Monica Rauchwarter

Motorwerks BMW

Mutual of America

Mya Eden Honeywell

Nicki Schaper

North Memorial Health

Northeast Bank

Omnetics

Otto Bremer Trust

Pam Ecclesto

Pamela Schwartz

Patricia Kozero

Paul Knodel

Paul Lenzmeier

Paul Meunier

Protege Fitness

Radisson-Bloomington

Rance Richard Rand

Rebecca Spartz

Rhoda Olsen

Richard Heitzig

Rick & Kathy Kleve

Riley Sullivan

Rob Edwards

Saisha M Harris

Samuel Schellinger

Sarah Caflisch

Sarah Maki

Sauer Family Foundation

Sean Ryan

Shane & Maria Phelps

Sharon Steiger

Shawn Hipp

Slaggie Family

Foundation

Spring Lake Park Lions

St. Louis Park Rotary

Stacey Jensen

Steph Elmer

Stephanie Kopp

Stephen Eggert

Steve Helseth

Steven Breton

Sue Butler

Susan & Jeremy Page

Susan Fullerton

Susan J LaGue Susan Jarosak

Susan Lindeman

Suzanne Shatila

Suzanne Sioselius

Tammy Jo Schemmel

Taylor Robertson

Teresa McLean

Teri Osuorah

Tia Vang

Tiffany Toussaint

Todd Corhouse

Todd Miller

Tony Palumbo

TPC Rose

Tyler Dunleavy

UCare

United Health Care

Wade Kish

Walter C. Rasmussen

Northeast Bank Foundation

Wesley Volkenant

Western Insurance Agency-

WA Group

WhizKids

William Bisanz



LOCATIONS

FRIDLEY CLINIC

7954 University Ave NE Fridley, MN 55432

ST. LOUIS PARK CLINIC

7104 W Lake St St. Louis Park, MN 55426

BROOKLYN CENTER CLINIC

5540 Brooklyn Blvd Brooklyn Center, MN 55429

BRIDGEVIEW DROP-IN CENTER

7920 University Ave NE Fridley, MN 55432





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