Children's MINNESOTA
The Kid Experts®

Impact Report

Fall 2023



Donors Make Brighter Futures Possible

Mental Health Program Expands to Meet Growing Demand

iMRI is a Gift to John on His Golden Birthday

Create a Legacy for Kids with a Planned Gift

From the President



At left: Jennifer Soderholm with Marissa and Greg Frankenfield, donors to our mental health program

Dear Friends,

Our community and philanthropic partnerships are critical to helping us meet one of the most urgent challenges of our time, as young people are struggling with mental health like never before. Last year, the number of kids coming to our emergency departments with mental health concerns increased by 32%. **Because you, our donors, are with us every step of the way, we are meeting this challenge and helping more kids who need mental health care.**

Here is what we are building together to expand and strengthen our mental health services:

- Last winter we opened our first inpatient mental health unit, thanks to donor support. It's in our St. Paul hospital and will serve up to 1,000 young people a year.
- We're building a continuum of mental health care so we can serve all children no matter how acute their needs.
- On the preventative side, we're integrating mental health care into all of our primary care clinics so we can screen kids early and get them help faster.
- Not all kids need to be inpatient so we also have two intensive outpatient programs: one in Lakeville and the other in Roseville.
- With the opening of our new units, we are equipped to care for the whole child, to meet kids' physical and mental health needs. Resources for kids with both a mental health crisis and active medical needs are particularly scarce. We are one of very few health systems in the state that can do that.
- The mental health crisis cuts across all demographics, but kids who are African American, Latino, Native and LGBTQ+ face higher risk. So we're listening to and working closely with partners across many communities to ensure that all kids can thrive.

You are making brighter futures possible. On behalf of all of the kids and families we serve, thank you.

With gratitude,



Jennifer L. Soderholm
SVP and Chief Development Officer
President, Children's Minnesota Foundation

By the Numbers

Our mental health program focuses on providing a continuum of care model that meets patients wherever they are on their mental health journey.

Together with our philanthropic partners and supporters, we are addressing kids' mental health needs in the following ways:

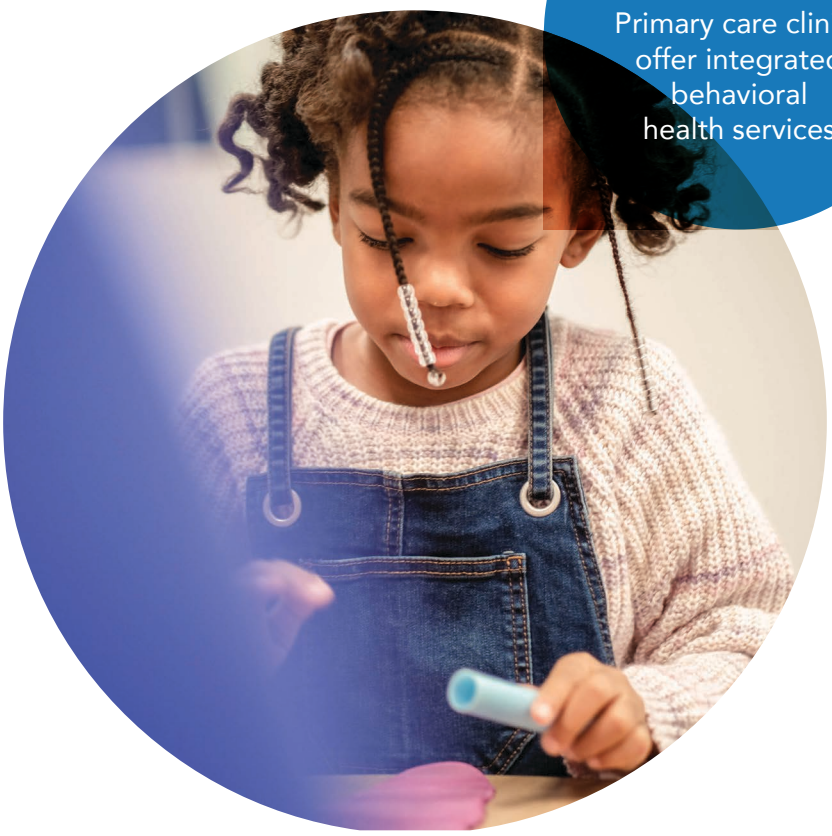
22-bed
Inpatient unit opened last year

6,000+
Patients served per year

2
Partial hospitalization programs

9
Primary care clinics offer integrated behavioral health services

7 days
Average length of stay on inpatient unit



Mental Health Program Expands to Meet Growing Demand

Together with our community of donors and community partners, Children's Minnesota is committed to reducing the stigma and leading the way in treatment and care for children and adolescents who have mental health challenges. We are making strategic investments in expanded facilities and services to improve access to pediatric mental health care, which makes a world of difference to young people and their families.

"Investing in mental health care is imperative as kids face an unprecedented mental health crisis that we see firsthand in our hospitals every day," said Dr. Gigi Chawla, Vice President, Chief of General Pediatrics. In 2019 our country crossed a devastating milestone when the American Academy of Pediatrics reported that mental health disorders surpassed physical conditions as the most common care need among adolescents.

Donor support is making it possible to continue building out our mental health care continuum, from primary care and outpatient specialty clinics to inpatient care for kids with acute needs.

"I believe at the heart of this partial hospitalization program in Lakeville is the community these kids build together: one built from love, support, honesty, vulnerability and possibly most important of all, an understanding that no one is alone in their struggles."

- Mental health staff member

Our 22-bed unit opened in our St. Paul campus last winter and is equipped to serve 1,000 kids annually who require inpatient care. The new unit provides specialized care in a healing, compassionate environment, with a design focused on natural light and calming, sensory-friendly spaces. The large private rooms were designed for a parent or guardian to stay overnight





with their child, a feature not found in most pediatric mental health units. Our kids-first care was inspired by parent advocates who questioned why parents could spend the night with children receiving care for cancer but not for mental health. The unit is designed to care for kids from 6-18 years old, with separate areas for children and adolescents, and is the only facility in the Upper Midwest that serves kids as young as 6 years old.

Most patients, whose needs are less acute, are served by outpatient specialty clinics and partial hospitalization programs like the ones we opened in Lakeville in 2021 and Roseville in 2023. These highly impact their daily function.

We are partnering with community-based mental health provider Washburn Center for Children to improve outcomes for kids and ensure they get the right care at the right time. We're also partnering with psychiatric health system PrairieCare, which will provide programmatic guidance and joint clinical leadership for our inpatient unit.

Our focus on equity and inclusion will help us bridge current care disparities and improve mental health outcomes.

The dedicated, multi-disciplinary care team of psychiatrists, psychologists, program therapists, nurses, occupational therapists, child life and music therapists provides individualized treatment to meet each patient's needs — and has the ability to care for kids with medically complex conditions.

"When you're struggling with mental health, you shouldn't have to think twice about asking for help. My husband and I talk about mental health whenever we can, wherever we can. This is how we can help increase awareness and decrease stigma. We made a gift to the mental health program because we were impressed by how quickly Children's Minnesota responded to the crisis by building their inpatient unit. We usually give anonymously, but for mental health, we think it's important that our voices are heard so we attached our name to this gift."

- Trish Blake



Learn more about our mental health program and services.

Create a Legacy for Kids with a Planned Gift



What is a planned gift and how does it benefit patients and families?
Many people like to support the causes that mean the most to them with a gift through their will or trust, or other type of planned arrangement. These gifts — known as planned gifts — provide a unique opportunity to create a lasting legacy in our community by supporting the future of the programs that matter most to you. These charitable gifts also provide a way for you to not only pass on your values, but also to achieve certain financial and tax planning goals.

If you have already made provisions for supporting Children's Minnesota in the future, letting us know now helps us to envision our future services to patients and families. This also gives us the opportunity to recognize you as a member of the Guardian Circle, a special community of donors who are committed to a future of healthier children.

What are the different types and benefits of planned gifts?
Planned gifts provide a way for individuals and families to make a substantial gift commitment that may not be possible now due to current financial commitments. A planned gift can be made using assets such as stock, life insurance, real estate, personal property or your IRA. Some types of planned gifts can even provide a source of income to the donor for their lifetime. The current and future benefits of a planned gift make this charitable giving option very attractive for you and Children's Minnesota.

Can a planned gift be designated to a certain area?
Yes, you can designate support for an area or program that is most important to you. Many people find that a conversation about the legacy they want to leave helps them identify the ideal area or purpose.

To discuss a planned gift to Children's Minnesota, contact Robert King, J.D., Director of Development, Planned Giving at robert.king@childrensMN.org or 832.833.2134

Bob Knutson's ties to Children's Minnesota date back to his 1950s childhood and helped guide his decision to include the organization in his estate plan. In addition to the charitable component in his will, every year Bob contributes to the endowed fund his parents established in his mother's name. The Eleanor Gray Knutson Endowment supports patients and families who need it most and ensures that no child is turned away regardless of a family's ability to pay.

Read Bob's story and learn more about planned giving at Children's Minnesota.

iMRI is a Gift to John on His Golden Birthday



A few months before his ninth birthday, John Decker starting experiencing cramping in his left hand and lost the ability to wiggle the toes on his left foot. He was referred to Children's Minnesota where he had an MRI a week before his birthday, which detected a golf-ball sized tumor in his brain, requiring neurosurgery.

Just one day after his ninth birthday, John came into our Minneapolis hospital for brain surgery. His procedure was completed in the Richard M. Schulze Family Foundation iMRI Surgical Suite, which opened in February. The suite utilizes intraoperative magnetic resonance imaging (iMRI) technology that can perform brain and spine scans mid-procedure, which allows surgeons to make decisions in real-time. In John's case, this meant that his medical team was able to confirm that the entire tumor had been removed before he left the operating room.

"I get goosebumps thinking how awesome that technology was available for our son," said Stacy, John's mother. "And it won't just be our kid, it will be everybody that's faced with the same thing we are," added Christopher, John's father.

Today, John is completing physical and occupational therapy, and undergoing additional scans to monitor his brain. He's telling jokes, playing with his pet tortoise and looking forward to playing soccer again soon — all signs that he's getting back to his old self.

Learn more about how this technology is changing lives.

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Bhanu, Isla and Eden go to Children's Minnesota every 3-4 weeks to have labs drawn and get blood transfusions. They see an ophthalmologist, an endocrinologist and have hearing exams at the clinic. The girls have thalassemia, a complex medical condition that prevents the body's ability to make hemoglobin, which shuttles oxygen throughout the body and provides the strength to do daily activities. Thank you for the difference you make in the lives of these three smiling sisters.