



20 Years of Investing in Behavioral Health



Societal behavioral health needs have undergone significant changes over the last two decades. To improve the mental wellness of those with the greatest need, we continuously invest in nonprofits that serve diverse populations with modern models of effective care.



Using telehealth to improve access to care

During the height of the pandemic and the months after, telehealth became an essential method of care delivery. Our financial support for our nonprofit partners helped them shift to this accessible care model. It also helped reduce the barriers to care many people still face.

Washburn Center for Children is a leading provider of mental health services for children in Minnesota. A \$100,000 grant enabled them to make a rapid and massive operational shift to telehealth, helping nearly 4,000 children and their families deal with the mental health pressures of the pandemic and social unrest.

Dakota Children's Advocacy Center (DCAC) serves children who have been abused and their families in Bismarck, North Dakota. Funding allowed DCAC to hire a new therapist to support its Telehealth Outreach Program for Traumatized Youth. By the end of 2022, nearly 50% of all services were telehealth counseling sessions for youth who otherwise couldn't access care due to varying factors such as poverty, limited transportation or living in isolated, rural areas.

"This is a proud point of our history — telehealth has been a tool that makes therapy available to all kids. It has opened doors for so many people."

—*Paula Condol, DCAC Executive Director*



Supporting students through school-based care

In 2005, five schools in Hennepin County, Minnesota began providing mental health services. Today, all 231 public non-charter schools in the county provide those services. That makes it easier for children to get care and reduce the stigma surrounding mental health. And, it also encourages students to learn and thrive.

American Indian Family Center (AIFC) offers Native American families culturally enriched programs and services. We supported AIFC's school-based mental health services in two districts, contributing to increased school attendance and lower rates of suicidal ideation.

Methodist Community Counseling Program (MCCP) offers behavioral health services at several neighborhood locations and at each middle school, high school, and alternative program in the Omaha Public School district. Our funding allowed MCCP to expand services in two new high schools, serving 44% more students and providing 15% more therapy sessions than expected.



Supporting the next generation of practitioners

Workforce burnout and a shrinking labor pool are two challenges that demand creative approaches to fill the gaps and inspire the next generation of mental health providers.

Avivo and **YouthLink**, two nonprofit organizations focused on ending homelessness, created an intern program for social work students pursuing their masters degree, to provide them with mental health therapist experience. These two organizations are also Medica grant partners. During this internship program, these emerging professionals served youth experiencing homelessness or at risk of homelessness. This opportunity not only helped provide valuable experiences to future practitioners, but it also provided much needed services to the community while supporting staff retention at these participating nonprofits.

Kente Circle Training Institute creates a diverse and culturally competent mental health provider workforce community in Minnesota. A grant from Medica provided training and resources to professionals and interns of color to earn credentials and cultivate professional support networks needed to be successful.



Information on investments addressing culturally responsive care and integrative health services can be found on our website [MedicaFoundation.org](https://www.MedicaFoundation.org)



Mental illness and substance use levels*

- 1 in 5 adolescents had a major depressive episode
- 13.5 percent of young adults aged 18 to 25 had both a substance use disorder and a mental illness
- 12.3 million adults aged 18 or older had serious thoughts of suicide.

*SAMHSA 2021 survey



\$11 million

The Medica Foundation has invested \$11 million in behavioral health programs over the last 20 years.