Expanding the Mission

ANNUAL REPORT
2017

WOODBOURNE CENTER
Dear Friends,

The children, youth, and families we serve face profound trauma, challenging behaviors, and emotional difficulties that make the future uncertain. Many have been offered other treatment options that have been unable to meet their specific needs. Many have struggled to stay in school or at home, even with good parental support. But we don’t give up. We work intensely with families and instill hope that things will get better. Last year, we helped 3,300 children and families heal the past, break the cycle, and change the future. We provided MORE when other help was not enough.

Our new affiliation with PATH, a provider of foster care and adoption services, broadened Nexus’ geographic area to North Dakota and Idaho, and provided us with more opportunities to address the urgent and growing need for foster care and community mental health services.

We continue to focus heavily on family stability. We know that kids do better in their homes and communities, so we work to get children back into a family setting as soon as possible. Last year, more than half of the children leaving our residential treatment and foster care services were able to resolve enough emotional, behavioral, and family issues to go back home or to another family setting and remain safely in the home.

Due to severe trauma and related symptoms that our clients experience, we continue to expand our evidence-based, trauma-focused treatment and have started to track long-term results.

We also have an eye on the future for the children and youth in our care. They need job skills to find stable employment, and we have embarked on robust vocational education programming to help them learn skills that can provide economic stability.

But none of this would have happened without your support. Our donors provided resources to license and train more foster parents so our youth have more family options and to grow and build vocational programming options. You help us live our mission of changing the course of a child’s life by stabilizing families and strengthening mental health.

We are so grateful to all of our donors, volunteers, legislators, foster families, staff, and community partners for helping us fulfill our mission in 2017. With your continued support, imagine what we can do together next year!

Changing one life really does change everything.

Dr. Michelle K. Murray
Nexus CEO, President

Anthony Wilson
Woodbourne Center
Executive Director
We are mental health experts who work with children and their families to heal complex trauma and restore well-being when a child’s needs are greater than a family, school, or community can safely address. We serve youth with the most complex needs at each level of care.

The children who come to Woodbourne Center need MORE...

...MORE hope for a better future.
Woodbourne Center is an affiliate of Nexus, a high-impact national 501(c)3 nonprofit organization that served 3,300 children, youth, and families across 5 states in 2017 by providing Community Mental Health Services, Foster Care/Adoption, and Residential Treatment Programs.

OUR LOCATIONS

Nexus in Idaho
PATH X IDAHO

Nexus in Illinois
INDIAN OAKS X ACADEMY
ONARGA X ACADEMY

Nexus in Maryland
WOODBOURNE X CENTER

Nexus in Minnesota
GERARD X ACADEMY
KINDRED FAMILY X FOCUS
MILLE LACS X ACADEMY
NEXUS X GLEN LAKE

Nexus in North Dakota
PATH X NORTH DAKOTA
Children Served by Nexus in 2017

- **1011** Community Mental Health Services: Includes outpatient services, Children’s Services and Supports (CTSS), independent living, supervised visitation, family support, and Crisis Nursery serving Wright County.
- **1234** Foster Care/Adoption: Includes short-term foster care, traditional foster care, treatment foster care, Wendy’s Wonderful Kids, Kindred Family Focus adoptions, Kindred Family Focus shelter program.

Youth Served at Woodbourne Center

- **154** Woodbourne Center served 154 youth through residential treatment and treatment foster care.

Clients served by age:
Youth ages 13-17 make up the largest proportion of clients served.
Mission

Strengthening Lives

We are always looking for ways to improve our care and offer innovative treatment options to help youth heal from their past trauma. In 2017, we involved youth in a variety of fun, engaging, and informative programs that will help build success during and after their time at Woodbourne.

• We introduced yoga and mindfulness practices to our youth, as well as our staff, to use in calming their stress, anger, and aggressive behaviors.

• Youth took part in the Young Men’s Conference to learn from staff and local influencers and businessmen on getting through hardships, fatherhood, caring for the community, and future career paths.

• Woodbourne staff created “A Club for Gentlemen” that centers around skills and professional development for the youth who join the 12-week curriculum.

• Woodbourne collaborated with the Maryland State Department of Education to develop a Wellness Policy to ensure youth receive the proper nutrition which impacts their health, well-being, and ability to learn.
Woodbourne Center held its first Comedy Benefit Fundraiser at the Baltimore Comedy Factory, raising over $4,600 for youth summer programming. Former Maryland Senator and Woodbourne Lobbyist John A. Pica, Jr. hosted the event, which featured comedians Kathy Carson, Alabama, Joe Recca, and headliner Mickey Cucchiella.

Woodbourne employees, Gina Cucchiella, Records Management, and Bill Mojica, Development, collaborated to make this event come to life, along with a committee of employees from various departments. Cucchiella’s family was the perfect match for the event—her brothers, one a well-known local comedian and the other a comedy club general manager, had experience with comedy fundraisers. Together, Woodbourne staff, community vendors and supporters built a successful event that ultimately offered more opportunities to the youth in care.
Creating Family Permanency

It is our goal to return children to their biological home, a safe foster home, or a loving adoptive home, following treatment. In 2017, of the 883 children leaving Nexus residential treatment and foster care services, 529 youth discharged to a family setting, such as an adoptive/pre-adoptive home, a family member’s home, a relative’s home, a home of a non-related supportive adult, or a foster care home.

- Through assessments, we learned that 41% of all the children in our care have severe family problems.

- In 2017, 459 youth in Nexus foster care or residential treatment resolved enough emotional, behavioral, and family issues to return to live in a family setting.

- At Woodbourne, 36 treatment foster care and residential youth discharged to a home or family setting (foster care, home of parent/relative/supportive adult).
Mary* had 2 adult biological sons who were already out of the house when she heard that 2 girls she knew were going to have to leave their foster home and move far away. She couldn’t let that happen, so she became a licensed foster parent, and dove right back into being a full-time parent again. One year later, she adopted the girls as her first daughters. Ana and Maia* were thrilled to have big brothers, a new family, and the ability to stay together. Mary’s boys were excited to expand their family with new sisters. But Mary didn’t stop there. Over the years, she fostered 6 girls, each staying with her for many years. Today, Mary is planning to adopt another girl into her forever family; it will be a surprise for her new daughter’s next birthday.

*Not her real name or image of her children.
Nexus and its affiliates are nonprofit 501(c)3 organizations
Graphs reflect data from the Nexus Consolidated Audited Financial Statement for fiscal year ended as of December 31, 2017.

Full audited financial statements and IRS Form 990 for Nexus and affiliated agencies can be found at www.nexus-yfs.org or by calling 763-551-8640.

The operating activities of Woodbourne Center are not included in Nexus’ consolidated financial statements due to different fiscal years. Graphs reflect data from the Woodbourne Center fiscal year ended June 30, 2017.
INDIVIDUALS:
Anonymous
George H. Arch, Jr. and Shannon Couvillion Arch
Katherine Arend
Mary and Robert Babb
Perry Bacon
Becky Bauer and Aaron Brewer
Donna Beck
Bruce and Polly Behrens
William and Christine Bennett
Anthony O. and Margaret Blades
Aaron Blickenstaff
Thomas Bryson
Chaya Caine
Melanie Carrera
Robert Cure
Christy Delgolice
Jennifer Ehrhardt
Chris Faria
Thomas and Cynthia Fitzgerald
Timmy Forte
Nathaniel Fortier
Mark and Aimee Fulchino
Todd Gardner
Taylor Geyton
Pat and Frank Forman
Joshua M.D. Hall
Curtis Handy
Rodney G. Harris
Katherine and Daniel Heinz
Pandora Holt
W. Carl and Susan Hosfeld
Bill Hruz
Shakeisha Jarvis-Drake
Janet and James Jeffers
Brittany Kaszak
Francis Kelly
Deepa Khushlan
Paul and Susan Kolze
Kyle Locke
Kirk Mantay
Jeffrey McCormack
Eleanor Megraw
Troy Melton
Maurice Miller
Anne Modarressi
Bill and Norma Mojica
William and Kathy Mojica
Anna Muliro
Russell Murray
Rachel Ndungu
Emily Noto
Richard Morrison Patterson and Virginia Cooper Patterson
Barbara and Rick Peacock
Kurt Pfund
JaVonica Powell
Bob and Susan Price
Robert Proutt
Robert Reichhelm
Hilke Riechardt-Martinez and Vincent Martinez
Eric Rose
Gwen Rosen
Alyssa Salaga
Michael Salmond
Jennifer Schoenberger
Donella Scruggs
Don Short
Melissa Slabowski
William Spotts
Drew Taylor
Mike Tomaszewski
George and Jean Vaeth
Michael Wade
Arienne Weeks
Marilyn and Robert Weissman
Sarah Weissman and Cory Luquet
LaCresha White
Lavern Williams
Tara Williams
Michelle Williamson
Anthony and Tiffany Wilson
Dorothy and Richard Wolfe
Brock Wolff

ORGANIZATIONS:
Adventure Dental & Orthodontics
Allyson Washington Photography
American Endowment Foundation
Amicci’s
Babe Ruth Birthplace and Museum
Badger Contracting, Inc.
Baltimore Community Foundation
Boscow’s
BP
Brown Advisory
Center for Community and Justice
Charles Crane Family Foundation
Cobb Theatres
Colette
D’USSE
Elite Sports Performance Group LLC
Ezra Jack Keats Foundation
FILA USA
Glenwood Life Counseling Center
Golfer’s Charitable Foundation
Governor’s Office of Community Initiatives
Heritage Automotive
Hilton Baltimore
Hirsch Electric LLC
The Home Depot
The John E. Ruth Company
J. Schoenberger Design LLC
Kelly & Associates Insurance Group
Kelly Integral Solutions, LLC
Marcorp Ltd.
The Maryland Book Bank
Maryland Department of General Services
Maryland Institute College of Art Store
Maryland Lottery
Mission Tix
The Morris A. and Clarisse Mechanic Foundation, Inc.
National Aquarium
Network for Good
Pica & Associates, LLC.
Project PLASE
The Rose Group
S. Freedman & Sons, Inc.
Schochor, Federico and Staton, P.A.
Single Carrot Theatre
St. Thomas’ Episcopal Church
Target
Thomas Wilson Sanitarium for Children of Baltimore City
T. Rowe Price Program for Charitable Giving
United Way of Central Maryland
The York Road Sunoco
The Whiting-Turner Contracting Company
The William J. and Dorothy K. O’Neill Foundation
Zerodraft Maryland
Reducing Trauma Symptoms

In 2017, preliminary data from a subset of clients indicated a reduction in trauma symptoms. Assessment scores decreased by an average of 19.7 points, with the pre-treatment average at 45, and the post-treatment average at 25.

In addition to providing trauma-informed care, we are committed to providing evidence-based treatment for trauma. In 2017, we continued to train all new therapists in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). We have set a 2018 goal to train all therapists in Eye Movement Desensitization and Reprocessing (EMDR), another evidence-based practice that reduces the effects of trauma.

Lowered scores indicate these children were experiencing significantly fewer trauma-reactive symptoms as a result of the care they received through Nexus specialized services.
“Breathe in all the love and positivity life has to offer,” the instructor tells the staff and teens as they flow from yoga into meditation. For youth impacted by trauma, this has a different meaning than a conventional yoga class. “We wanted to offer the kids something other than the traditional talk therapy where there’s movement, and understanding that they could gain control, and not worry too much about the past or the future,” says Clinical Director Dr. Donna Beck. The yoga and mindfulness practice is helping youth gain additional skills to replace their aggressive tendencies, as well as train staff to further reduce traumatic coping responses that involve anger and aggression on campus.
Providing Self-Sufficiency for the Future

Education is the bridge out of poverty. The children treated by Nexus need job skills to be successful, and we are committed to making that happen. Last year, 291 students participated in vocational activities across Nexus sites, learning auto maintenance and repair, carpentry, woodworking, food service, lawn care, and snow removal through introductory and certified training courses.

**Vocational Capital Campaign**
- Woodbourne Center engaged in a capital campaign to raise more than $1.5 million to build a vocational training center for the male youth at Woodbourne Center and the surrounding Baltimore community. Donors and Maryland state agencies made the center a reality. It opened in late 2018, giving young men job training in carpentry, STEM, and auto mechanics.

**On-Campus Work Program**
- Youth can participate in an on-campus work program where they earn a stipend for their part-time work. Youth complete projects such as furniture building and restoration, painting, and maintenance.

**Community Projects**
- Through a collaboration with the York Road Partnership, youth built Little Free Pantries around the Baltimore area where many individuals may have food insecurities.
Kevin* never thought he would make it out of the neighborhood until a beat up old bench changed his life. In Woodbourne’s student work program, Kevin was assigned to rehabilitate an old bench for the campus. He had to strip the old stain off, restore the pieces, and get it back to its original beauty. During this process, his instructor and therapist worked together to make the rehabilitation project into a meaningful and symbolic representation of how Kevin could turn his life around. “As the work continued, it quickly evolved into a self-esteem building project,” his therapist said. “Kevin was able to see his hard work pay off, as he was able to create something with his own two hands. At the same time, he realized that perhaps his life had some direction and purpose after all.” As the project continued, Kevin’s success in treatment and overall confidence grew. In the end, Kevin successfully discharged from Woodbourne and named his project “Kevin’s Bench of Hope.”

*Not his real name or image.
Directors
Nexus and Affiliate Boards

**Nexus (2018 Roster)**
- **Dr. Michelle K. Murray**, President, CEO
  Nexus
- **Natalie McGrady**, Board Chair
  Director of Supplier Diversity, Cargill
- **Lisa Bjergaard**
  Director, North Dakota Division of Juvenile Services
- **Laureen Carlson**
  Owner, Portage Marketing
- **Victor Patterson**
  Regional HR Manager, Home Depot
- **Tom Emig**
  Independent Human Resources Consultant
- **John Haydon**
  VP of Marketing & Business Development, Kraus-Anderson Construction Company
- **Jeri Quest**
  Owner, Quest Brand Consulting
- **Greg Sanders**
  Professor, Human Development and Family Science, North Dakota State University
- **Paul Zimmer**
  Courey, Kosanda & Zimmer, P.A.

**Woodbourne Center (2018 Roster)**
- **Dr. Michelle K. Murray**, Board Chair
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- **Paula Minske**
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**Woodbourne Center Executive Leadership (2018 Roster)**
- **Anthony Wilson**
  Executive Director
- **Steven Schreiber**
  Operations Director
- **Dr. Donna Beck**
  Clinical Director
- **Luke Tourtlotte**
  School Principal
- **Chaya Caine**
  Clinical Director, Treatment Foster Care
- **Bill Mojica**
  Director of Development
- **Joyce Jones**
  Finance & Accounting Manager
- **Jami Hicks**
  Nursing Manager
- **Tom Fitzgerald**
  Admissions Supervisor
- **Justin Grier**
  IT Coordinator
- **Russell Murray**
  Facilities Director
Your involvement is key to our future success as we address the complex needs of children and families today. There is a tremendous need for services — the highest ever.

**We need to act now!**
Your financial investments enhance the quality of life and experiences for youth and families today, while helping to expand the availability of services now and into the future.

**Your contributions provide MORE for children and families in important ways**

$25,000  **Close the Gap**  
Support advocacy and new program development to increase access to critical mental health and foster care services

$10,000  **Support Their Future**  
Purchase equipment and other resources to expand vocational and educational opportunities for youth in residential care

$5,000  **Increase Impact**  
Provide training for staff and foster families to better meet the needs of children with mental health and trauma issues.

$1,000  **Support Foster Families and Children**  
Attract and retain foster family homes and give children experiences that help build character and self-esteem

$500  **Help Prevent Child Abuse and Neglect**  
Provide emergency care and supplies for families in crisis

$100  **Let Kids be Kids**  
Provide recreational equipment and outings for children in care

**Learn more and make a contribution today at**  
www.changingonelife.org

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Thank you to everyone who donated their time, gifts, and money in 2017 to help Nexus serve more children, youth, and families through Community Mental Health Services, Foster Care/Adoption, and Residential Treatment Programs. You are our heroes. For a complete list of donors, please visit www.changingonelife.org.
changing one life
CHANGES EVERYTHING
Nexxus nonprofit sites and affiliates deliver an array of services for children and families. While these programs are operated by separate and distinct legal entities, they share an underlying adherence to the Nexus Cornerstone Values and Guiding Principles, and enjoy the efficiency and economy of coordinated management functions. Gerard Academy is operated by Gerard Treatment Program, LLC, a Minnesota limited liability company, and a nonprofit subsidiary of Nexxus. Kindred Family Focus is a Minnesota nonprofit subsidiary of Nexxus. Woodbourne Center programs are operated by Woodbourne Center, Inc., a Maryland nonprofit corporation, and a nonprofit affiliate of Nexxus. The staff of Gerard Academy, Kindred Family Focus, and Woodbourne Center are now, and have always been, the employees of Gerard Treatment Programs, LLC, Kindred Family Focus; and Woodbourne Center, Inc., respectively. For the sake of convenience and continuity among programs of affiliated entities, this annual report refers to “Nexxus,” but that term should be read to mean the individual subsidiary or affiliate name, as listed above.