

# 2016

## Annual Report

**TOUCHSTONE**  
MENTAL HEALTH

Dear Friends and Supporters,

2016 was a notable year of growth and accomplishments at Touchstone Mental Health. Our approach to recovery, whole person health and well-being resonates with people we serve and their families. Our staff focus on helping individuals to address their physical, mental health, social, emotional and spiritual needs.

Our agency highlights include:

- Served 1,932 individuals, which is a 50% increase since 2015.
- Rising Cedar Apartments and New Hope Apartments received the Bronze Award from the American Healthcare Association and National Center for Assisted Living.
- Collaborated with the University of Minnesota School of Nursing to receive a Health Research Services Administration grant.
- Offered fully accessible residential treatment services in Bloomington.
- Wilder completed The Aroha Philanthropers arts program evaluation which highlights the mental health benefits of art for individuals with a mental illness.
- Touchstone was awarded two housing grants which will offer transition and housing access, tenancy supports, individualized support and activities that build community involvement.

Our services are in greater demand than ever, so several have waiting lists. We have responded by starting an intensive case management program that offers frequent home visits, increased housing support options, and expanding our residential treatment services in Fridley in 2017.

Our work would not be possible without you—our supporters, funders, donors, and partners. Your time, energy and donations provide necessary resources so people living with a mental illness can receive needed services. Together, we will continue to inspire hope, healing and well-being in our community.

Ellie Skelton  
*CEO/Executive Director*

Leigh-Erin Irons  
*Board President*



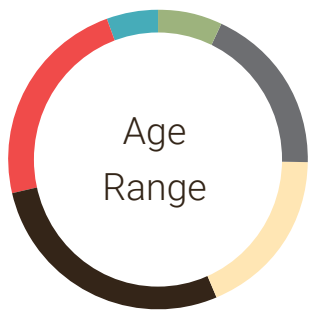
“ I’m so grateful for Touchstone. It’s improved the quality of my life.  
I never thought my life could be this good again. ”

# Who We Serve

## Total Number of People Served By Program

Number of clients that were served agency wide in 2016 = 1,932 total (non-duplicative).

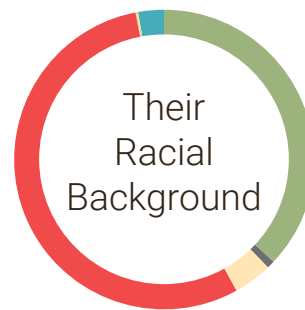
Program	# of Clients Who Received Services in 2016
Assisted Living - Minneapolis	52
Assisted Living - New Hope	21
Care Coordination	1,232
Health and Wellness Center	307
Home and Community Based Services	50
Intentional Communities	45
Intensive Case Management	123
Intensive Community Rehabilitation Services	72
Psychiatry	29
Residential Treatment Bloomington	109
Residential Treatment Minneapolis	84
Targeted Case Management	249



We serve people 18 and older



We serve people in the Twin City Metro Area

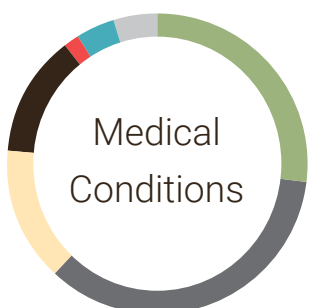


As indicated by individual

18-24	7%
25-34	18%
35-44	19%
45-54	27%
55-64	23%
65 or older	6%

Minneapolis	50%
Suburban Hennepin	10%
St. Paul	10%
Anoka County	2%
Other City	28%

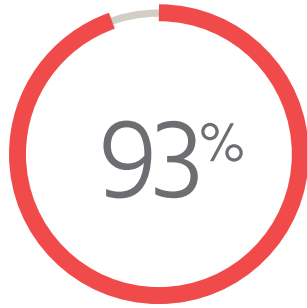
African American/Black	37%
American Indian/Alaskan Native	1%
Asian	4%
Caucasian/White	55%
Native Hawaiian/Pacific Islander	.1%
More than one race	3%



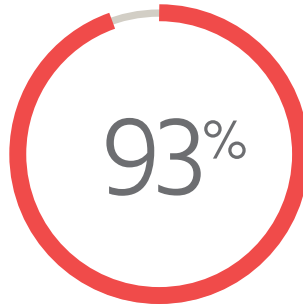
One Mental Health Diagnosis	525
Two or More Mental Health Diagnoses	675
Mental Health Diagnosis and Substance Disorder	281
Mental Health Diagnosis and Medical Issue	256
Substance Disorder and Medical Issue	28
Substance Disorder	80
Medical Condition	91

# What They Say...

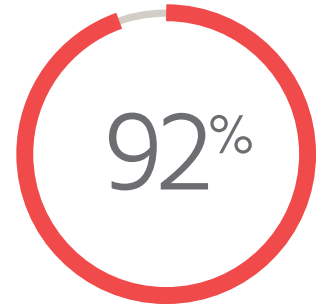
Based on Service Satisfaction Survey



Individuals served who have stated they were satisfied with Touchstone services.

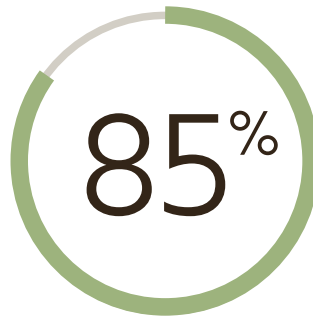


"I would recommend Touchstone to a friend or family member."

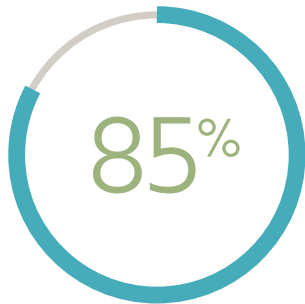


"Staff believe I can grow, change and recover."

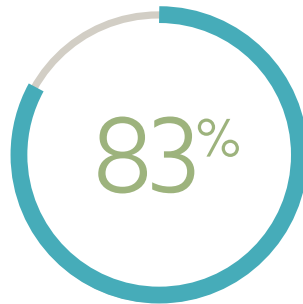
## Our Results



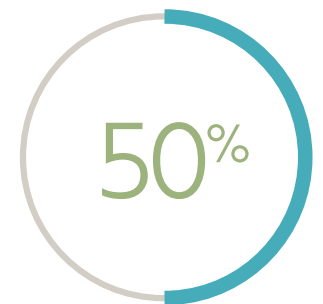
Individuals served in Case Management, Intentional Communities, and Assisted Living Apartments maintained stable housing for 12 months.



Individuals served in Case Management and Intentional Communities avoided psychiatric hospitalization.



Individuals served successfully completed Residential Treatment.



Increase number of individuals served in Touchstone programs.

"I have been involved in a lot of programs. I think Touchstone is the best."

- Curtis, Touchstone Client



# Touchstone Mental Health 2016 Financial Overview

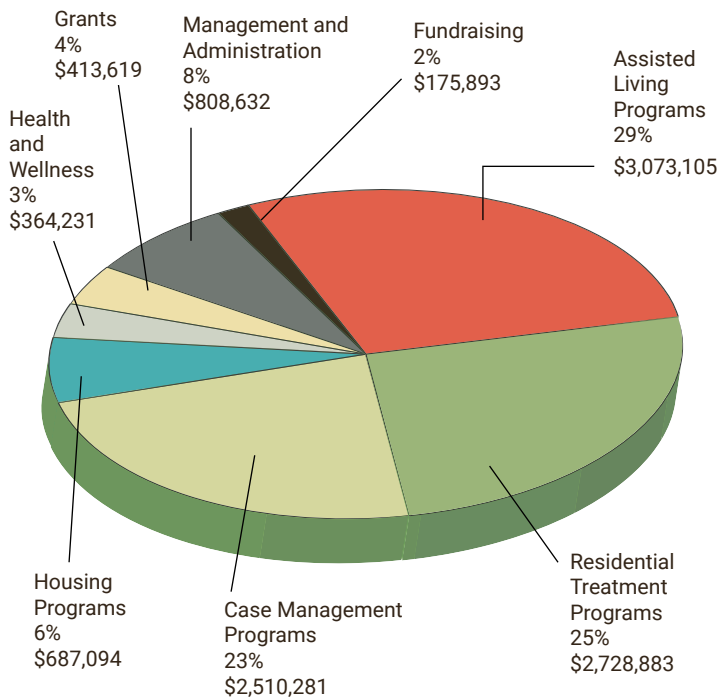
## Income and Expense Statement

Support and Revenue	
Net Program Service Fees	\$ 9,939,833
Rent and Utilities	\$ 508,023
Investment Income	\$ 9,166
Grants	\$ 620,169
Contributions	\$ 82,685
Other	\$ 8,781
<b>Total support and revenue</b>	<b>\$ 11,168,657</b>

## Expenses

Program Services	\$ 9,777,213
Management and General	\$ 808,632
Fundraising	\$ 175,893
<b>Total Expenses</b>	<b>\$ 10,761,738</b>

Change in Net Assets	\$ 406,919
Net Assets, Beginning of Year	\$ 4,372,409
Net Assets, End of Year	\$ 4,779,328



**Total Expenses \$10,761,738**

## Balance Sheet

Assets	
Current Assets	
Cash and Cash Equivalents	\$ 2,044,339
Short-Term Investments	0
Receivables, Net	
Accounts	\$ 886,446
Promises to Give	\$ 25,000
Prepaid Expenses	\$ 177,492
<b>Total Current Assets</b>	<b>\$ 3,133,277</b>
Property and Equipment, Net	
	\$ 878,281
Other Assets	
Endowment Investments	\$ 73,009
Promise to Give, Leased Space	\$ 1,079,925
Prepaid Rent, Net	\$ 293,827
Deposits	\$ 6,366
<b>Total Other Assets</b>	<b>\$ 1,453,127</b>
<b>Total Assets</b>	<b>\$ 5,464,685</b>

## Liabilities and Net Assets

Current Liabilities	
Accounts Payable	\$ 59,994
Accrued Expense	\$ 625,363
<b>Total Current Liabilities</b>	<b>\$ 685,357</b>

## Net Assets

Unrestricted	
Undesignated	\$ 2,805,034
Board Designated	\$ 774,899
Temporarily Restricted	\$ 1,199,395
<b>Total Net Assets</b>	<b>\$ 4,779,328</b>
<b>Total Liabilities and Net Assets</b>	<b>\$ 5,464,685</b>

"Touchstone was key to my recovery."

- Touchstone Service Client

## Leadership Team

CEO | Executive Director

*Ellie Skelton, MA*

CFO | Vice President of Finance and Administration

*Darvia Herold, MMA*

Vice President of Community Mental Health

*Khu Thao, MSW, LICSW, PsyD, LP*

Vice President of Housing, Clinic, and Fitness

*Michelle Wincell O'Leary, MA, LICSW*

Director of Housing Innovation Programs

*Deb Hesli, MSW, LICSW*

Director of Community Mental Health

*Beth Scheetz, MSW, LICSW*

Director of Human Resources

*Kari Scanlon, PHR*

Director of Clinic and Fitness Center

*Becca Schema, PsyD, LPCC*

Director of Rising Cedar

*Katie Shaughnessy, MSW, LICSW*

Director of Residential Treatment Bloomington

*Mary Beth Dekich, MA, LADC, LPCC*

Director of Residential Treatment Minneapolis

*Linda Stenstadvold, MSW, LICSW*

Director of Technology Services

*David Stirtz*

## Board Members

Leigh-Erin Irons, Board Chair

Joyce Bengtson, Treasurer

Erica Taylor, Vice Chair

Donna Langer, Past Chair

Gena Braaten

Harvey D. Linder, Ph.D., LP

Michelle Haik

Ann Marie Johnson, MA, PHR

Tamra Kramer

Michael LaMarche

Kevin Rohe

David McGraw Schuchman, MSW, LICSW

Joe Stackhouse

Cathy Wassberg

Ann Ahlstrom

Maureen O'Connell

Matthew Anderson

## Interns and Volunteers

Lynn Whitfield

Chrissy Czycalla

Brenden McElroy

Jesiah Collective

Jacob Perlman

Claire Olson

Tom Haselman

Judy Soderberg

Isaiah Hubbard

Benji Snow

Monica Martinez

Angela Frank

Jacob McKelvey

Hasan Ali

Leslie Connelly

Jon Ekerholm

Brittney Rohrer

Maria Shiue

Melissa Hayden

Kayla Hamptom

Quinn Marone

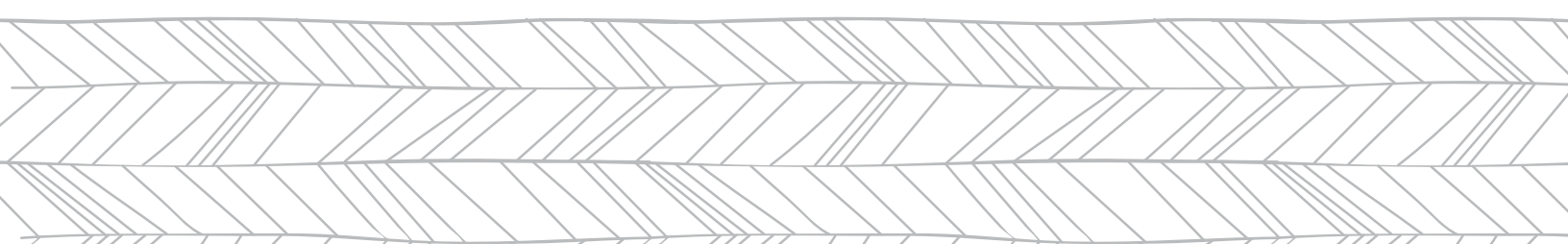
Bryna McElligott

Laura Huff

Emily Van Der Hyden

Kirk Roggensak

Rachel Sarto



# Touchstone Donors

## January 1, 2016-December 31, 2016

*Thank you for inspiring Hope, Healing and Well-being for those living with a mental illness.*

### Donations in Memory

Tankenoff Families Foundations  
*In memory of Danny Commers*

Gower, John  
Gower, Michael & Susan  
*In memory of beloved Daniel Gower (2)*

Olesen, Mark  
*In memory of Ceil Raleigh*

Raleigh, Helen  
*In memory of Dr. Cynthia Riggs*

Martinez, Phillip  
*In memory of Ricky & Justin*

### Donations in Honor

Sutherland, Mary & Ken  
*In honor of Kathy Cashin*

Voigt, Susan  
*In honor of Beth Scheetz*

Voigt, Susan  
Horns, Julie  
Marckel, Jeff  
*In honor of Ellie Skelton (3)*

### Foothold Up to \$99

Abderholden, Sue  
Accola, Sandra  
Albert, Glen  
Anderson, Krista  
Beduhn, Ryan  
Cashin, Don & Betty  
DeYoung, Ellen  
Farr, Denise  
Frid, Elizabeth  
Gower, John  
Horns, Julie  
Kaplan, David  
Koschmeder, Jeffrey  
Marckel, Jeff  
Omer, Fatima  
Otto, Jackson

Prieve, Kathie  
Ritter, Mark & Julie  
Rohr, Robin  
Rucci, Cathy  
Sarto, Rachel  
Scanlon, Kari  
Schema, Becca  
Shear, Helene  
Stenstadvold, Linda  
Talbert, Colleen  
Thaney, Rachel  
Wyland, Amy

### Cornerstone \$100-249

Anonymous  
Anonymous  
Baune, David  
Bilden-Shah, Kirsten  
  
Gower, Michael & Susan  
Hovi, Char  
Johnson, Marlyn & Lorrie  
Lund, Holly  
Martinez, Phillip  
McGraw-Schuchman, David  
Monson, Jodie  
Murphy, Margaret  
Poulose, Clare  
Raleigh, Helen  
Schirber, Chris  
Shwaid, Rhona  
Skelton, Kathy & Lowell  
Voigt, Susan  
Wassberg, Catherine  
Zahrbock, Cary & Gary

### Core \$250-499

Bernier, Bruce & Judy  
Brew, Sara  
Flint, Peter & Janice Symchych  
Linder, Harvey  
Milton, Barbara  
Stackhouse, Joe

Tarvin, Angela  
Wincell O'Leary, Michelle  
**Pillar \$500-\$999**  
Anderson, Matt  
Anderson, Sharon  
Braaten, Gena  
Hesli, Deb  
Irons, Leigh Erin  
Jenson, Cal  
Olesen, Mark  
Riechardt-Martinez, Hilke  
Williams, Steven

### Keystone \$1000-\$4999

Anonymous  
Bengtson, Joyce  
Connelly, Leslie  
LaMarche, Michael  
Mangnuson, Brian  
Skelton, Ellie & Tony Thomas  
Sutherland, Mary & Ken  
Symchych, Helen & B.E.  
Taylor, Erica  
Zbikowski, Mary

### Pinnacle \$5000+

Langer-Hanson, Donna

### Foundations & Corporations

Amazon Smile  
Aroha Philanthropies  
Ballinger Leafblad  
Bremer Bank  
Carl & Eloise Pohlrad Family Foundation  
ClearWay Minnesota  
Medica Foundation  
Pizza Luce IV, Inc  
Otto Bremer Trust  
Richard Schulze Family Foundation

Shavlik Family Foundation  
Tankenoff Families Foundation  
Watson Forsberg  
WCA Foundation

### In Kind Donations

Home Depot, Richfield  
Laura Huff  
Peg Larson  
Minnesota State Fair  
Morning Star Coffee  
Ellie Skelton  
Walgreens  
We Cater to You





## Our Programs

Touchstone Mental Health helps people recover from mental illness and develop the skills to live well in their communities. At Touchstone, we consider each person as a whole; integrating treatment, care and resources which support a healthy mind, body, and spirit.

### Assisted Living

Permanent, housing with 24-hour services offer clients the stability and care they need to focus on recovery and building independent living skills. Expressive therapy programs and activities are available in addition to on-site nursing and health and wellness services.

### Care Coordination

Touchstone Care Coordination helps people navigate our complex health and social service systems. Care Coordinators develop a care plan and work closely with the person's primary care, mental health and social service providers in order to improved health.

### Health and Wellness Center

Health and Wellness Services empower people to improve their physical health and well-being through health assessments, mindfulness, nutrition, fitness, health coaching and acupuncture. Health and Wellness services are integrated through all of our programs or available on their own.

Home and Community Based Services help clients find and sustain housing and improve their mental health. Staff provide intensive services which include mental health and nursing supports, independent living skills, recreation activities and coordinates care to improve client stability and participation in their community.

### Intensive Residential Treatment Services

Short-term residential treatment is designed to stabilize mental health, while building independent living skills. The program includes individual and group therapy, co-occurring substance abuse treatment, medication management and illness management skills.

### Intentional Communities

Our Intentional Communities program provides housing and supports bringing together adults with mental illness to form a community. Members plan activities, a monthly meal and assist each other through problem solving and mutual peer support. Our program has been recognized by the National Council for Behavioral Health for its innovation as a peer-driven model.

### Case Management

Our Case Managers help people living with a mental illness make short and long term goals, find resources, make referrals, monitor their health and safety, and provide support so they remain independent and stay in their own home.