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                       Leigh-Erin Irons
CEO/Executive Director                      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).

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

**Age Range**

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

**Where They Live**

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

**Their Racial Background**

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

**Medical Conditions**

- 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: 80
- Substance Disorder and Medical Issue: 28
- Medical Condition: 91
What They Say...
Based on Service Satisfaction Survey

93%
Individuals served who have stated they were satisfied with Touchstone services.

93%
“I would recommend Touchstone to a friend or family member.”

92%
“Staff believe I can grow, change and recover.”

Our Results

85%
Individuals served in Case Management, Intentional Communities, and Assisted Living Apartments maintained stable housing for 12 months.

85%
Individuals served in Case Management and Intentional Communities avoided psychiatric hospitalization.

83%
Individuals served successfully completed Residential Treatment.

50%
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

<table>
<thead>
<tr>
<th>Service</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net Program Service Fees</td>
<td>$9,939,833</td>
</tr>
<tr>
<td>Rent and Utilities</td>
<td>$508,023</td>
</tr>
<tr>
<td>Investment Income</td>
<td>$9,166</td>
</tr>
<tr>
<td>Grants</td>
<td>$620,169</td>
</tr>
<tr>
<td>Contributions</td>
<td>$82,685</td>
</tr>
<tr>
<td>Other</td>
<td>$8,781</td>
</tr>
</tbody>
</table>

Total support and revenue $11,168,657

Expenses

<table>
<thead>
<tr>
<th>Service</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Services</td>
<td>$9,777,213</td>
</tr>
<tr>
<td>Management and General</td>
<td>$808,632</td>
</tr>
<tr>
<td>Fundraising</td>
<td>$175,893</td>
</tr>
</tbody>
</table>

Total Expenses $10,761,738

Net Assets, Beginning of Year $4,372,409

Net Assets, End of Year $4,779,328

Change in Net Assets $406,919

Balance Sheet

Assets

<table>
<thead>
<tr>
<th>Asset</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Cash Equivalents</td>
<td>$2,044,339</td>
</tr>
<tr>
<td>Short-Term Investments</td>
<td>0</td>
</tr>
<tr>
<td>Receivables, Net</td>
<td></td>
</tr>
<tr>
<td>Accounts</td>
<td>$886,446</td>
</tr>
<tr>
<td>Promises to Give</td>
<td>$25,000</td>
</tr>
<tr>
<td>Prepaid Expenses</td>
<td>$177,492</td>
</tr>
</tbody>
</table>

Total Current Assets $3,133,277

Property and Equipment, Net $878,281

Other Assets

<table>
<thead>
<tr>
<th>Asset</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endowment Investments</td>
<td>$73,009</td>
</tr>
<tr>
<td>Promise to Give, Leased Space</td>
<td>$1,079,925</td>
</tr>
<tr>
<td>Prepaid Rent, Net</td>
<td>$293,827</td>
</tr>
<tr>
<td>Deposits</td>
<td>$6,366</td>
</tr>
</tbody>
</table>

Total Other Assets $1,453,127

Total Assets $5,464,685

Liabilities and Net Assets

Current Liabilities

<table>
<thead>
<tr>
<th>Liability</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts Payable</td>
<td>$59,994</td>
</tr>
<tr>
<td>Accrued Expense</td>
<td>$625,363</td>
</tr>
</tbody>
</table>

Total Current Liabilities $685,357

Net Assets

<table>
<thead>
<tr>
<th>Type</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unrestricted</td>
<td></td>
</tr>
<tr>
<td>Undesignated</td>
<td>$2,805,034</td>
</tr>
<tr>
<td>Board Designated</td>
<td>$774,899</td>
</tr>
<tr>
<td>Temporarily Restricted</td>
<td>$1,199,395</td>
</tr>
</tbody>
</table>

Total Net Assets $4,779,328

Total Liabilities and Net Assets $5,464,685

"Touchstone was key to my recovery."
- Touchstone Service Client
Leadership Team

CEO I Executive Director
Ellie Skelton, MA

CFO I Vice President of Finance and Administration
Darvia Herold, MMA

Vice President of Community Mental Health
Khu Thao, MSW, LICSW, PsyD, LP

Vice President of Community Mental Health
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 Mc Kelvey
Hasan Ali

Leslie Connelly
Jon Ekerholm
Brittney Rohrer
Maria Shiue
Melissa Hayden
Kayla Hampton
Quinn Marone

Bryna McElligott
Laura Huff
Emily Van Der Hyden
Kirk Roggensak
Rachel Sarto
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 Cei 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  
Marcel, 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  
Marcel, Jeff  
Omer, Fatima  
Otto, Jackson  
Prieve, Kathie  
Ritter, Mark & Julie  
Rohr, Robin  
Rucci, Cathy  
Sarto, Rachel  
Scanlon, Kari  
Scherna, Becca  
Shear, Helene  
Stenz stadtvold, 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  
McGr aw-Schuchman, David  
Monson, Jodie  
Murphy, Margaret  
Poulose, Clare  
Raleigh, Helen  
Schirber, Chris  
Shwaid, Rhona  
Skelton, Kathy & Lowell  
Voigt, Susan  
Wass berg, Catherine  
Zahr bock, Cary & Gary

**Core $250-499**
Berner, 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  
Hesi, 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 Pohlad Family Foundation  
Clear Way Minnesota  
Medica Foundation  
Pizza Luce IV, Inc  
Otto Bremer Trust  
Richard Schulze Family Foundation

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

Shavlik Family Foundation  
Tankenoff Families Foundation  
Watson Forsberg  
WCA Foundation
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.