Dear Friends,

Thank you for making 2015 yet another remarkable year for Touchstone Mental Health. This year marked thirty three years of service for the organization.

Our dedicated staff has done an incredible job strengthening and expanding our programs in order to better serve people with a serious mental illness.

Our 2015 program highlights include:

- Opening a new Intensive Residential Treatment Program in Bloomington, MN
- Starting work on a new Intensive Residential Treatment Program in Anoka County
- Partnering with Aroha Philanthropies and Articulture to provide healing arts
- Working with our partners in Minnesota Community Healthcare Network to innovate and maximize our collective resources

Our goal is to help our clients live well in the community by providing recovery oriented community services, supports and housing - and you truly make this possible!

Touchstone Mental Health is stronger than ever due to our expanding community who comes together donating their time, talent and resources in support of our important mission.

We thank you for being a part of the Touchstone Mental Health family. We look forward to much more in 2016!

With Gratitude,
Ellie Skelton

"I have been in and out of my housing situations and hospitals in the past. I finally have a place to call my own and the help I need to stay in my apartment."

-Touchstone Client
# 2015 Financial Overview

## Statement of Activities

**Year Ended December 31, 2015**

### Support and Revenues

<table>
<thead>
<tr>
<th>Source of Support</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net Program Service Fees</td>
<td>$8,280,353</td>
</tr>
<tr>
<td>Rent/Food/Utilities</td>
<td>$397,305</td>
</tr>
<tr>
<td>Investment Income</td>
<td>$3,086</td>
</tr>
<tr>
<td>Grants</td>
<td>$201,141</td>
</tr>
<tr>
<td>Contributions</td>
<td>$60,406</td>
</tr>
<tr>
<td>Special Events</td>
<td>$(325)</td>
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<tr>
<td>Other</td>
<td>$38,507</td>
</tr>
<tr>
<td><strong>Total Support and Revenues</strong></td>
<td><strong>$8,980,473</strong></td>
</tr>
</tbody>
</table>

### Expenses

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assisted Living</td>
<td>$2,982,491</td>
</tr>
<tr>
<td>Residential Treatment</td>
<td>$1,820,067</td>
</tr>
<tr>
<td>Intensive Community Rehabilitation</td>
<td>$582,408</td>
</tr>
<tr>
<td>Care Coordination</td>
<td>$812,488</td>
</tr>
<tr>
<td>Intentional Communities</td>
<td>$374,854</td>
</tr>
<tr>
<td>Targeted Case Management</td>
<td>$709,960</td>
</tr>
<tr>
<td>Health and Wellness</td>
<td>$673,548</td>
</tr>
<tr>
<td>Home and Community Based Services</td>
<td>$290,466</td>
</tr>
<tr>
<td>Management and Administrative</td>
<td>$474,075</td>
</tr>
<tr>
<td>Fundraising</td>
<td>$318,726</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$9,039,083</strong></td>
</tr>
</tbody>
</table>

## Statement of Financial Position

**As of December 31, 2015**

### Assets

<table>
<thead>
<tr>
<th>Type</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current</td>
<td>$2,683,933</td>
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<tr>
<td>Fixed</td>
<td>$739,691</td>
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<tr>
<td>Other</td>
<td>$1,534,344</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$4,957,968</strong></td>
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</tbody>
</table>

### Liabilities and Net Assets

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Liabilities</td>
<td>$585,559</td>
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<tr>
<td>Long-Term Liabilities</td>
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<tr>
<td><strong>Net Assets</strong></td>
<td></td>
</tr>
<tr>
<td>Unrestricted</td>
<td>$3,071,273</td>
</tr>
<tr>
<td>Temporarily Restricted</td>
<td>$1,301,136</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$4,957,968</strong></td>
</tr>
</tbody>
</table>
After a flare up of mental health symptoms landed him in the hospital, Guy came to Touchstone’s residential treatment program for help.

This unique program isn’t just a place to stay, clients connect with others while they go to individual and group counseling, expressive therapy, nutrition education and fitness coaching. Guy worked with his case manager to find resources for his mental health and get back on the path to recovery.

In addition to mental illness many Touchstone clients also have health conditions like diabetes, heart disease and obesity. Many, like Guy, know they need to “eat healthy” but that can feel impossible for people who have a hard time trying new things or don’t know where to begin. Guy learned about...
simple changes and making healthier choices with one-to-one nutrition counseling, cooking activities and taste testing. “The dietician opened my eyes to a lot of things, making me want to be a healthy person.” said Guy. “I know I can, and will, eat better.”

Guy’s exploration of wellness didn’t stop with nutrition. He received fitness coaching where he learned ways to easily fit exercise into his daily life. “Exercise can help improve mood, outlook and overall, help people feel better.” said Jed, fitness coach. Guy also took part in meditation workshops where he learned how to eat mindfully, pay attention to his breath and slow down. Guy’s case manager, Anna, said the holistic approach made a difference for Guy and improved his outlook. “Guy was on a roller coaster for a while, but he is really capable and smart. When he has the right structure and support in place he is successful.” Not only did Guy learn about managing his mental health at Touchstone, he said he learned how to improve his overall wellness. “I did it and I empowered myself. Touchstone has done a lot for me.”

“Exercise can help people improve mood, outlook, and overall, help people feel better.”
96% of Intentional Communities clients have maintained housing 12 months or longer with no episodes of homelessness.

82% of Touchstone clients have a primary care provider which helps improve physical health.

88% of Case Management clients avoided psychiatric hospitalization.

93% of Touchstone clients responded that they were satisfied with Touchstone services on the annual satisfaction survey.

"Managing my stress is the most important outcome of my health coaching. I get along better with people. This makes me happy and peaceful."

-Touchstone Client
2015 Donors

**Pinnacle: $5000+**
- Mary Zbikowski

**Keystone - $1000-$4999**
- Ann Ahlstrom
- Joyce Bengtson
- Leslie Connelly
- Donna Langer-Hanson
- Martha Lantz
- Brian Mangnuson
- Dick and Rita Sanderson
- Lawrence Stirtz
- Ken and Mary Sutherland
- Erica Taylor

**Pillar: $500-$999**
- Peter Flint
- Dale Forsberg
- Deb Hesli
- Leigh Erin Irons
- Cal and Sandy Jenson
- Mark Oleson
- Hilke Riechard-Martinez
- Katie Strevey
- Cathy Wassberg
- Marjorie Werley
- Steve and Priscilla Williams

**Core: $250-$499**
- Anonymous (1)
- Deborah Bohn
- James Denzer
- Mark Fitzkee
- Peter Forsberg
- Tamra Kramer
- Barbara Milton
- Thomas Ryan
- Rachel Sarto
- Joe Stockhouse
- Michelle Wincell O’Leary

**Cornerstone: $100-$249**
- Glen and Sandy Albert
- David Baune
- Bruce Bernier
- Pamela Biljan
- Sarah Brew
- Jean Bundt
- Linda Crlan
- Anastasia Craig
- Michael Fink
- James Gosma
- Char Hov
- Marilyn and Lorre Johnson
- Merrie Kaas
- Zena Kocher
- Nico Leyva
- Holly Lund
- Michael LaMarche
- David Miller
- Judy Moris
- Margaret Murphy
- Mark Niblick
- Betty Noble
- Pat Nyman
- Jeffry Peterson
- Thomas Pingatore
- Michelle Plocher
- Clare Poulose
- Paul Ravich
- Thomas and Sharon Schwab
- Fred and Susan Shugars
- Jocelyn Stamer
- Sarah Stowell
- Colleen Talbert
- Patricia Tracy
- Jennie Wendt
- Kathleen Whiteford
- Angela Woodhouse
- Gary and Cary Zahrbock

**Foothold - Up to $99**
- Sue and Lee Abderholden
- Loricke Best
- Barbara Brooks
- Sandra Burwell
- Don and Betty Cashin
- Richard Chase
- Gregory Coffey
- Frank Commers
- Steve Cramer
- Penelope DeHueck
- Alex Deming
- Nancy Dillon
- Rachel Erstad
- Matthew Fedde
- Walter Flynn
- Elizabeth Frid
- Charles Garetz
- Cheryl Grady
- Ron and Heide Grell
- Patricia Hall
- Gretchen Hesli
- Connie Hines
- Thomas Hirsch
- John Hogan
- Mark and Julie Hooton
- Kathleen Hustad
- Rosemary Januschkka
- Mary Jappe
- James and Lisa Jonas
- Jeffrey Koschmider
- Diane Kuhlmann
- Scott Larsen
- Harold LeVander
- Leslie Liedl
- Rodney Lipp
- Susan Lyons
- Jeff and Rebecca Maciej
- Leslie Mallory
- LaDonna Meinecke
- Mary Meister
- Stephanie Mosher
- Dan and Donna Mroczkowski
- Cathy Mrozinski
- Karen Nelson
- Jane Oslund
- Evelyn Parker
- Brenda Pflaurn
- Elizabeth Platt
- Rosemary Rausch
- Janice Reich
- Linda Robinson
- Nancy Schachtman
- Dean and Sally Schwass
- Kathy Severson
- Allan Slizewski
- Erik Smith
- Mona Smith
- Judy Soderberg
- Pat Teiken
- Rachel Thanye Brantingham
- DeDe Van Slyke
- Maryann Watters

**Foundations and Corporations**
- Unitarian Universalist Church
- Klodt, Inc.
- Ravich, Meyer, Kirkman, McGrath, Nauman Tansey, PA
- US Bank Foundation
- Victory Parking
- Bremer Bank

**Donations in Honor**
- Dick and Rita Sanderson
- In memory of Scott Paul Sanderson
- Michelle Wincell O’Leary
- In honor of Martha Lantz

**Donations in Memory**
- Anonymous (1)
- In memory of Robert Ruths
- Cal and Sandy Jenson
- In memory of Derek N. Johnson
- Anastasia Craig
- In memory of Helen Symchyck

**Dan Gower Memorial**
- Anonymous (1)
- Barbara Brooks
- Rachel Erstad
- Mark Fitzkee
- James Gosma
- Ron and Heide Grell
- Mark and Julie Hooton
- Nico Leyva
- Leslie Mallory
- Stephanie Mosher
- Dan and Donna Mroczkowski
- Pat Nyman
- Evelyn Parker
- Lind Robinson
- Thomas and Sharon Schwab
- Dean and Sally Schwass
- Kathy Severson

**Daniel Commers Memorial**
- Anonymous (1)
- Rosemary Arendt
- Lorice Best
- Sandra Burwell
- Gregory Coffey
- Frank Commers
- Michael Fink
- Gretchen Hesli
- Connie Hines
- John Hogan
- Rosemary Januschkka
- Scott Larsen
- Harold LeVander
- Leslie Liedl
- Mary Meister
- David Miller
- Judy Moris
- Cathy Mrozinski
- Margaret Murphy
- Betty Noble
- Jeffry Peterson
- Paul Ravich
- Thomas Ryan
- Nancy Schachtman
- Patricia Tracy
- Angela Woodhouse
- Klodt, Inc.
- Ravich, Meyer, Kirkman, McGrath, Nauman Tansey, PA
- Victory Parking

**Volunteers and/or Interns**
- Sydney Bailey
- Rebecca Beese
- Leslie Connelly
- Jonathan Ekerholm
- Kyla Flug
- Hannah Geeee
- Yukershala Givens
- Hannah Greene
- Drea Harrison
- Terriane Jones
- Levi Long
- Brenden McElroy
- Kristy Olsen
- Jacob Perlman
- Isabella Piwler
- Alyssa Quitschau
- Jamii Teunis
- Abbe Thompson
- Dawn Vernon
- Madison Wagner
- Andrew Wangler
- Lynn Whitfield
Our Programs

Touchstone Mental Health helps people recover from mental illness and develop the skills they need 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
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.