



Annual  
Report  
2012

Friends,

myHealth is grateful for the support of our vision that one day all young people will be educated and empowered to make responsible decisions regarding their health and relationships. Our comprehensive medical services improve overall community wellness by promoting healthy behaviors among at-risk youth through family education initiatives and teen parent support services. In 2013, we aspire to cast a wider net and help more young people from underserved populations improve their health, stabilize their lives and create a strong foundation for future success.

Janice Hurd  
Board Chair

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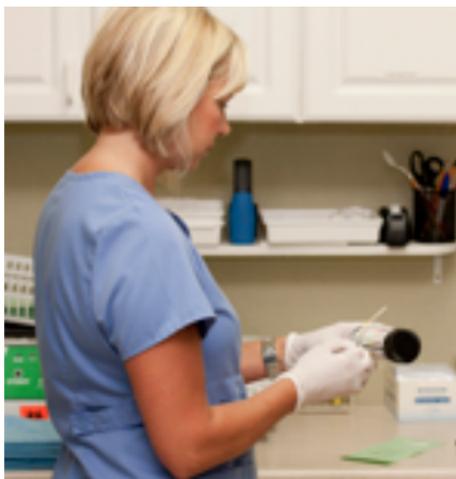
## Board of Directors

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## Clinical Services

For 41 years, myHealth has offered comprehensive, preventative and youth-focused Clinical Services. myHealth is a recognized and trusted advisor to teens and their parents, making thousands of contacts every year in our Hopkins and Excelsior clinic locations. We are a resource for young people who need confidential, safe and affordable access to health and wellness care. No one is ever turned away for an inability to pay.



*Our nurses understand young people. They provide confidential, safe and affordable care.*

Our clinics provide basic medical care, sports physicals,

immunizations, asthma care, reproductive care and mental health care. In 2012, our two clinics provided over 2,700 clients with low-cost medical services in 7,500 visits.

A recent partnership with Children's Dental Services helps us provide low-cost dental care to the community.

**In 2012,  
myHealth provided  
\$1.2 million  
of subsidized  
healthcare to the  
community.**

## Mental Health

In Minnesota, over 77,000 young people suffer from a serious mental illness. myHealth increases access to mental health care and education for high-risk adolescents and their families, helping an underserved population who otherwise may not receive adequate care. In 2012, myHealth served 175 youth in need of mental health interventions. Each myHealth clinic patient is screened on issues of social, emotional and mental well-being. All youth with identified mental health needs are referred to a teen clinic counselor within 48 hours.

In 2013, myHealth seeks to expand and enhance our mental health programming to foster a more integrated and holistic care experience for patients.

## Community Education

myHealth's Community Education program reaches teens, their parents, community members and professionals in over 100 locations, including 21 school districts throughout Carver, Scott and Western Hennepin Counties.

Nearly 20,000 students received information on pregnancy prevention, healthy relationships, decision-making, and other health topics in 2012. Through small and large group presentations, young people ages 12-23 receive age-appropriate instruction to make informed decisions regarding sexual health and healthy relationships in an effort to prevent teen pregnancies, STIs and risky sexual behavior.

myHealth staff members also facilitate small multi-session youth development groups to intensively work with the most at-risk young people. In 2012, 349 at-risk youth attended small group sessions.



**118**  
**volunteers donated**  
**3,394 hours**  
**of time in 2012.**

## Community Engagement

myHealth receives referrals from and works very closely with the staff of area junior and senior high schools as well as local colleges. We have close relationships with teachers, administrators, and school counselors in more than 20 school districts in the western and southern suburbs.

A myHealth nurse also works 5-7 hours per week at New Beginnings School for Pregnant and Parenting Teens, connecting students with community resources and helping them to create birth control plans to avoid subsequent pregnancies.

In 2012, 50 volunteer physicians, nurse practitioners, nurses, educators, and administrative workers supported our work.

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*“Just want to thank you for having a wide age range of services. I am in college, but I would not be able to afford ANY of these services if it weren't for you guys. Thank you so much!”*

*—myHealth client*

## Becoming Program

myHealth's Becoming Program provides education, support and assistance to pregnant and parenting teens and young adults ages 12 to 23 who have nowhere else to turn for assistance. In 2012, myHealth provided over 100 pregnant and parenting young women with one-on-one home visits, classes and case management.

myHealth's Becoming Program increases access to education and health services for at-risk teens, helping them to successfully care for their children, stay in school, and increase their self-sufficiency. In 2012, 100% of clients were connected to a doctor or clinic for prenatal care, and 100% had full-term births (37 week or greater) and birth weights of 5.5 pounds or greater.

In 2012  
myHealth served  
**100**  
young women  
through our  
**Becoming  
Program.**



*Through the Becoming Program, young parents are encouraged in their parenting and encouraged to reach their goals.*

Through home visits and prenatal classes, myHealth nurses help young mothers increase positive child outcomes and parental self-sufficiency skills. Clients also

participate in classes and one-on-one meetings to set personal goals for completing school, continuing education and job training.

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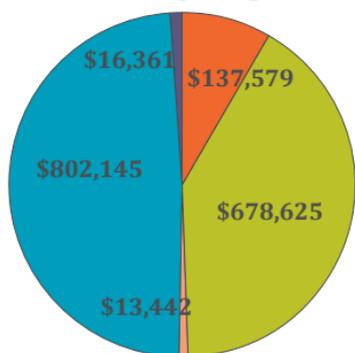
*“I feel very comfortable at myHealth. The nurses and doctors are very caring and helpful every time I come in. This is a safe place to come for questions and to get help.”*

*—myHealth client*

# Financial Statement

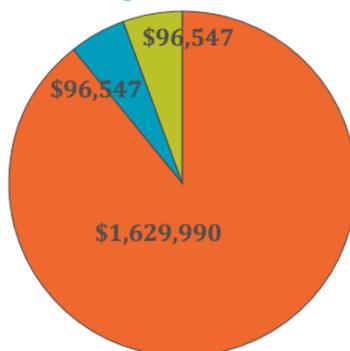
We completed year two with a second location (Hopkins). We continue to look for ways to expand services to meet the needs of Teens and Young Adults.

## Income



Total - \$1,648,152

## Expenses



Total - \$1,823,084



[info@myHealthMN.org](mailto:info@myHealthMN.org)

[www.myHealthMN.org](http://www.myHealthMN.org)

### Hopkins Clinic

15 Eighth Avenue South  
Hopkins, MN 55343

### Excelsior Clinic

478 Second Street  
Excelsior, MN 55331

**myHealth** is a non-profit organization. Clinic fees are charged on a sliding scale, and no client is ever turned away based on ability to pay. We rely on grants, government support and the generous donations of our supporters.

If you are interested in making a donation, volunteering or receiving our e-mail newsletter, please contact us.