

STAYING *well*
MEANS STAYING
well-informed



ANNUAL REPORT
2016



A letter from our **EXECUTIVE DIRECTOR**



myHealth's mission is as important today as it was over 45 years ago when we began providing adolescent health care to those most in need. Our programs focus on the needs and unique challenges facing today's youth. We are honored to be the health care resource of choice for so many young people and their families. I am honored to work with a dedicated and experienced staff making a difference each day in the lives of our clients.

As a community resource, we are committed to empowering youth to be proactive about their physical and mental health and to take advantage of the preventative health care services offered at myHealth. While the need for myHealth's medical services and educational outreach has remained constant, demand for affordable, adolescent specific mental health care has reached a critical level.

Providing care for adolescents and young adults is best done collaboratively and we are grateful for the generosity of our community partners, parents, volunteers, donors and others striving to support young people and their families. When we do well, providing services in a safe space for the clients who need it most, our community does well.

As this year comes to a close, we thank you for your continuing support and all you have done to further the mission of myHealth.

Thank you!

A handwritten signature in black ink that reads "Gerilyn Hausback". The signature is fluid and cursive.

GERILYN HAUSBACK
EXECUTIVE DIRECTOR

A photograph of the myHealth storefront. The building has a brick facade and a blue awning. The awning has the myHealth logo and the text "myHealth For Teens & Young Adults". There are windows and a door visible. The background of the entire page is a light green color with various medical and health-related icons like a stethoscope, calendar, bandage, heart, syringe, pills, and a building.

myHealth's MISSION

myHealth for Teens & Young Adults takes a holistic approach to health, tailored to the medical, emotional and social needs of young people. Our focus is exclusively on health and education for young people and the families, educators and community organizations that support them. Together, we strive to consistently provide complete and accurate health information to support all young people in making responsible and well-informed decisions about their health.

myHealth is a 501c3 not for profit organization. We serve clients ages 12-26 and take all forms of insurance. Fees are charged on a sliding scale for clients who are uninsured and no client is ever turned away for inability to pay for service. myHealth relies on grants, government support and the generous donations of our supporters.

Everyone at myHealth really cares about you and they make you feel welcome.

My therapist ended up helping me with a lot of problems in my life. She helped me learn to express myself and to have a better relationship with my family.

Alexia,
AGE 14



This past year
AT MYHEALTH..

20,000 PEOPLE BENEFITED 

 **4,000 VISITS WERE MADE BY**
YOUNG PEOPLE

300 HOME VISITS TO PREGNANT & PARENTING TEENS 

OVER **600 PRESENTATIONS** WERE GIVEN

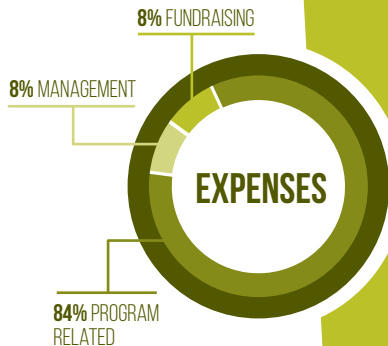
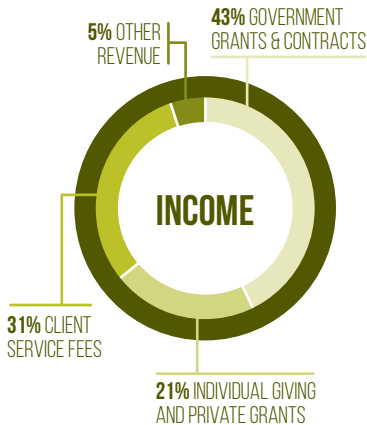
AT MORE THAN **100 LOCATIONS**

WITHIN **20 SCHOOL DISTRICTS**, REACHING

OVER **12,000 TEENS & 2,000 ADULTS**



Highlights of our 2016 FINANCIALS



Information includes unaudited financial results for the 10 months ending 10/31/16.



I came to myHealth a while back after getting out of a pretty rough relationship. I just wanted to get checked out. Afterwards, they recommended I meet with a therapist. That's really something that was way out of my comfort zone, but in the end

I was really happy that I went.

I didn't really have an outlet for the things I was going through. I would recommend myHealth to anyone, there's nothing that they can't help you with.

Mike,
AGE 22



MYHEALTH STAFF: GERILYN HAUSBACK, EXECUTIVE DIRECTOR • CONNIE ROBERTSON, DIRECTOR OF CLINICAL SERVICES • MEGAN LICHTY, DIRECTOR OF ADMINISTRATION AND OPERATIONS • JENNIFER BENTON, BECOMING PROGRAM MANAGER • JENNIFER POOLE-STOUT, COMMUNITY EDUCATION MANAGER • SARA STAMSCHORR-LOTT, MENTAL HEALTH PROGRAM MANAGER • ALL OF OUR STAFF MEMBERS HAVE SPECIALIZED TRAINING AND EXPERTISE IN WORKING WITH TEENS AND YOUNG ADULTS

MYHEALTH BOARD MEMBERS: KATHRYN KARLMAN, CHAIR • CHRISTOPHER ORR, VICE CHAIR • REBECCA REED FARHA, TREASURER • COURTNEY GERBER, SECRETARY • ROBYN BROWNING • DANICA GOSHERT • LYNN HARGREAVES • KELLY HOGLUND • MARTINA MALEK • RENEE SIEVING

A word from the **MYHEALTH BOARD CHAIR**

Recent events have caused us all to pause and consider the strength of our communities and how we will move forward to create a bright and safe future for ALL of our young people. Although I have always had great passion around our work at myHealth, I have a new sense of urgency and clarity around the absolute need for our community clinic and community partners to do the work every day that needs to be done for our teens and young adults. Two quotes touch my heart in this time.

“LIFE’S MOST PERSISTENT AND URGENT QUESTION IS, WHAT ARE YOU DOING FOR OTHERS?”

-MARTIN LUTHER KING

“DO NOT BE AFRAID OF WORK THAT HAS NO END”

-AVOT DE RABBI NATAN

I humbly ask you to reflect on how you will contribute to others next year and know that by helping myHealth you will be helping us on our mission to advocate for ALL of our young people. Our work at myHealth truly has no end – and we can’t do it without you.



KATHRYN KARLMAN

BOARD CHAIR

15 EIGHTH AVE SOUTH
HOPKINS, MN 55343

952-474-3251

MYHEALTHMN.ORG

