

Mental health has moved to the forefront – for everyone

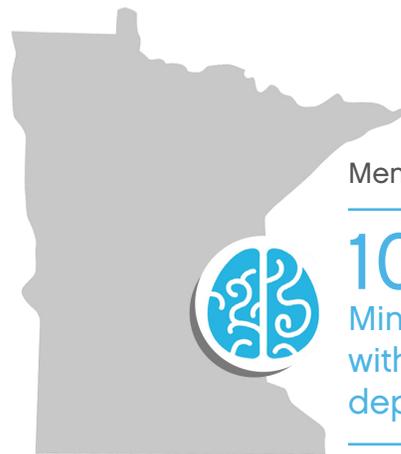
Stress created by the pandemic and social unrest of the past year has had a significant impact on everyone's mental well-being – including our children.

Our community's mental health system – already strained before COVID-19 – is seeing an influx of need. Washburn Center for Children offers families a solution full of hope and compassion.



A public health crisis – even before COVID-19

Children's mental health concerns are the most common and most costly health conditions of childhood. Untreated conditions have profound, life-long health consequences – both mentally and physically.



Mental Health Crisis

100,000+
Minnesota children suffer with untreated anxiety, depression and trauma



Trauma felt by all

COVID-19 created a “universal trauma” that impacted everyone's mental health, regardless of race, ethnicity or cultural identity.

- Mental health emergency room visits for kids ages 12 to 17 increased 31% from April to October 2020 (CDC)
- 72% of parents witnessed a decline in their child's emotional well-being during the pandemic - and 68% noted a regression in behavior (Child Mind Institute)



Culturally-responsive therapeutic care decreases anxiety and strengthens the entire family system.

The impact of COVID-19 on kids

Washburn Center's 170 licensed therapists offer care to nearly 4,000 children each year through clinic-based, school-based and in-home therapy. Here are trends that we are seeing:

- COVID-19 disrupted the typical "safety nets" which identified children who needed help: schools, annual check-ups and social activities
- There's an increased demand for services flooding the mental health system and all providers
- More kids are impacted by their caregiver's pandemic-related stress and untreated mental health challenges
- Mental health challenges are more complex than ever before
- Impact from this trauma will last long beyond the pandemic



Our supporters help us step up to respond

As the largest children's mental health center in the region, Washburn Center's donors help meet our community's growing needs by:

- Expanding our unique stabilization services to provide crisis coverage in 11 counties
- Broadening our partnership from 3 to 15 Allina Health hospitals to bring stabilizing care to families leaving the ER
- Supporting a 56% increase in families who need our sliding fee scale
- Strengthening the Pathways program to support people of color who want to become a therapist

Our goal: expand access to serve 5,000 children annually – a 40% increase over five years.

Bringing critical care to more kids

In 2019, Washburn Center launched *A Campaign to Transform Access to Children's Mental Health Care*.

Generous supporters have raised \$3.5 million of this \$4 million campaign which will enhance technology to decrease wait times and hire 35 additional therapists to serve more children. Learn more: washburn.org/transform

Your generosity offers children a compassionate solution

Therapy works – and helps children build skills for increased resilience. You help make this care accessible and affordable to *all* children.



We're grateful you're a part of this compassionate solution for our community's kids. Learn about the lives you help transform by visiting washburn.org/stories