

# NYFS

## Northeast Youth & Family Services

Transforming Lives



Dear Friend of NYFS,

So much transformative work is happening at NYFS! I'm honored and delighted to be on this journey with you and share just one example of the many ways we're impacting our community with your help:

**"She was convinced that nothing would work," says Kathy Muellner, Day Treatment Coordinator.** The youth Kathy and the team worked with was struggling with severe anxiety, depression, and panic attacks. She'd given up hope that anything or anyone could help, and her parents feared she would drop out of our program completely.

"She believed she had no control over her thoughts and how they would impact her emotions," Kathy said. But with consistent, caring, and trauma-informed support from the Day Treatment team, not only did the youth stay in the program, *she began to thrive.*

**"She stuck it out and before she knew it – she was using new coping skills and even laughed with me when I pointed it out."** Kathy says. The client successfully graduated from day treatment and even sought out additional services to continue her progress. She recently came back to NYFS to visit staff and thank them for investing in her and her future.

**Your support helped transform her life and you can help many more.** Our communities are struggling more than ever with severe mental health issues. As we serve more youth and their families who face increasingly acute and life-threatening symptoms, your support helps to eliminate financial barriers to their care.

Thank you for being a part of this incredible community. Together we are doing so much more than we ever could do on our own. **Your ongoing or increased donation ensures that we can continue to live out our mission of transforming lives.** A secure and easy online donation can be made at [www.nyfs.org/donate](http://www.nyfs.org/donate) to support this work and your community.

Sincerely,

Angela Lewis Dmello, President and CEO  
Northeast Youth & Family Services

**P.S. Your donation today will be immediately used to support critical mental health services for youth and families in need in our communities. Will you join us in this work?**

## Your donation transforms lives.

**\$50**

Pays for an intake interview for our Community Advocate Program.

**\$100**

Gives an hour of mental health counseling to a low-income or underinsured resident who couldn't otherwise afford it.

**\$250**

Pays for a mental health needs assessment.

**\$500**

Covers the cost of an 8-week Community Connections Seminar for youth in our Diversion Program.

Donate online at  
[nyfs.org/donate](http://nyfs.org/donate)



## Thank you for your continued support!

[NYFS.ORG](http://NYFS.ORG)

Shoreview Headquarters (651) 486-3808 | White Bear Area Clinic (651) 429-8544

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