

# Nexus Family Healing

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## Program Overview

**Mission:** Changing the course of a child’s life by stabilizing families and strengthening mental health.

Nexus Family Healing is a national nonprofit mental health organization that restores hope for thousands of children, families, and adults each year through services in community mental health, crisis and stabilization, foster care and adoption, and residential treatment.

For over 50 years, Nexus Family Healing has used innovative, personalized approaches to heal trauma, break cycles of harm, and reshape futures. Their belief is that every child is worth it and every family matters.

**Contract(s):** Dakota County has 2 contracts with **Nexus Family Healing** for the following service(s):

Service	Service Description	Funding Source(s)	Contract Term Date
Youth Shelter Support Services (Aspen House)	Nexus provides a safe and secured shelter facility that operates 24/7/365 with a structured environment including therapeutic and recreational activities. They coordinate services for youth and/or provide referrals to the family for services that supports the youth’s wellbeing. They work to reduce barriers and promote reunification of youth and family by conducting individualized case and transition planning with the youth’s support team.	100% funded by County Levy	1/1/2025-12/31/2026

Service	Service Description	Funding Source(s)	Contract Term Date
In-Home and Community-Based Services: Systemic Family Therapy (SFT) and Community Reintegration Services (CRS)	Nexus provides SFT and CRS services to avoid out-of-home placements, reduce length of stay in out-of-home placements, and provide transition support for youth coming out of placement. This service increases family functioning and decreases involvement with delinquent peers. SFT and CRS increases parental monitoring, structure and support to improve youth behavioral and emotional functioning.	100% funded by County Levy	1/1/2023-12/31/2026

## Strategic Alignment

Nexus Family Healing’s work supports and aligns with the following County Board strategies:

**Thriving people:** Dakota County creates access to opportunities, cares for vulnerable people, and fosters community safety, health and well-being.

## Oversight

**Youth Shelter Support Services (Aspen House):** A monthly Census Summary is sent along with the monthly statement that includes the total utilization of the shelter by the authorizing County or entity for each youth. Contractor will provide to the County with quarterly financial reports documenting actual costs and expenditures. Nexus and County meet quarterly to review and compare the financial reports actual costs to the Per Diem on a quarterly basis. At a minimum of at each year’s end, the Contractor and the County will meet to reassess the Per Diem based on the analysis of the quarterly financial reports.

**In-Home and Community-Based Services:** Nexus provides a monthly summary for CRS and weekly summary for SFT in a format with clearly written overarching goals that are measurable, directly related to the reasons for referral, and intermediary goals directly related to the goals. This includes client name, and a list of all the referral sources or key participants (i.e., County Case Manager, WRAP facilitator, school rep). Nexus submits updated monthly CRS monthly summaries and SFT weekly summaries that include updated intermediary goals. Nexus submits monthly paperwork to designated County Contact person to include weekly and monthly summaries, billing, client contact and aggregate reports and submits discharge report within thirty days of case closing.

## Outcome Measures

### SFT/CIBS and CRS – Survey Results and CANS Data/Functioning 2025

100% of responses to the “Client Satisfaction Survey,” agree with the statement, “I am satisfied with the services I/my child received.”

100% of clients served in CRS successfully discharged, meaning they completed one or more treatment goals.

### Overall

In 2025/2026, Nexus Family Healing served 12 clients from Dakota County across SFT/CIBS and CRS programs.

Across all community-based services (SFT/CIBS, CRS, CTSS, and Outpatient), Nexus Family Healing served 77 clients from Dakota County in 2025/2026.

### Aspen House – Dakota County Youth Served in 2025

Aspen House provided 38 youth from Dakota County with a safe place stay for an average 16 days.

In 2025, 74% of Dakota Youth discharged from Aspen House to either reunite with family or step down to a lower level of care.

16% of youth discharged to a more restrictive setting as part of their discharge plan.

10% of youth eloped, down 7.2% from 2024.

90% of Dakota youth were able to successfully stay in Aspen House’s care until a planned discharge to another placement was arranged.

### Youth Satisfaction Discharge Survey – Aspen House 2025

Some areas rated favorably by youth included “Your safety with staff,” “The staff’s respect of your rights,” and “Staff help with getting you ready for discharge.”

## Mandates

**Mandate Level** (Board Decision) – Program Name, Authority for Program (Statute, Resolution, etc.), Program Description:

**Youth Shelter Support Services (Aspen House):** The Board of Commissioners is not mandated to provide or contract for these services.

**In-Home and Community-Based Services:** The Board of Commissioners is not mandated to provide or contract for these services.

## Financials

**Total Contracted Payments 2024-2025: \$1,771,520**

Service	Contract Budget 2026-2027
Youth Shelter Support Services (Aspen House)	\$1,900,000
In-Home and Community-Based Services	\$200,000