

NorthPoint Health & Wellness Center Inc. 2014 Annual Report



Our Mission

Partnering to Create a Healthier Community

Letter to the Community

Dear Friends, Supporters, and Community Members,

In 2014, NorthPoint Health & Wellness Center, Inc. (NorthPoint) celebrated 47 years as a community services organization providing health and human services support to the community and residents in North Minneapolis. Our human services programs at NorthPoint provide a wide range of social services that address the social determinates of health including a food shelf, community outreach, financial assistance, chemical dependency treatment, health education and health coaching.

Over the past year, NorthPoint served 5,328 households totaling 14,186 individuals. As an organization strategically poised to impact and change the way social services and health is delivered to the underserved population in North Minneapolis, we have initiated and launched programs and activities that are geared toward helping individuals and families in the community learn and practice healthy behaviors that produce healthy outcomes. These include our annual Fit-4-Fun event, Summer Produce Distribution, See, Test and Treat cancer screening event in addition to our core programs. We have also changed the way we manage our community food shelf by offering wholesome, nutritious foods as well as nutrition education to encourage and promote healthy eating and living.

As we move towards a holistic approach in providing health and social services, we are changing our programs to be more individualized and culturally responsive to meet our clients' individual needs. As part of our strategy, we launched the On Point initiative in collaboration with Hennepin County, Northside Community Response Team (NCRT), and other community partners to provide targeted employment and culturally specific supportive services to African American families participating in the Minnesota Family Investment Program (MFIP). In 2015, NorthPoint will continue to partner with our community and stakeholders to enhance our core programs, develop innovative ways to impact health, wellbeing, and promote self-sufficiency. These measures will ensure that we are fulfilling our mission of "partnering to create a healthier community".

On behalf of the Board of Directors of NorthPoint we are profoundly grateful for your generous support in helping us pursue our vision of setting a standard of excellence in providing culturally responsive, integrated holistic primary health and social services. Our staff and leadership team, volunteers, and other partners remain committed and look forward to continued service to the people of North Minneapolis and Hennepin County.



Stella Whitney-West, CEO



A. Willie Dominguez, Board Chair

NorthPoint Vision and Values, Organization Information

2014 -15 Community Board of Directors

Agoubi, Mohammed

U.S. Bank

Azzahir, Atum

Executive Director, Cultural Wellness Center

Dominguez, A. Willie – Board Chair

PICA Head Start

Garcia-Rivera, Mayra

Minneapolis Public Schools

Haulcy, Dianne

Community Member

Higgins, Linda

Hennepin County Commissioner, District 2

Jackson, Juan

St. Paul Public Schools

Jackson, Rashida

Community Member

Khurana, Anil - Treasurer

President, PMI Construction Company

McKnight, Kenya - Secretary

Community Member

Magnan, MD, PhD, Sanne - President & CEO

Institute for Clinical Systems Improvement

Ochoa, Pedro

Community Member

Propes, Beverly

Community Member

Rolston, Bob – Vice-Chair

Vice President/General Manager, Honeywell

Shah, Seema - Director,

External Partner Development - Open Innovation

General Mills

NorthPoint Health & Wellness Center, Inc. is an independent 501 (c)(3) non-profit community services organization providing a broad array of social and human services designed to meet basic needs and promote health and self-reliance. NorthPoint Inc. is co-located on the campus with NorthPoint Health & Wellness Center, a full service community health center in North Minneapolis.

Originally established in 1967, NorthPoint Health & Wellness Center as an agency is the only remaining Neighborhood Service Program (NSP) of the original 13 established in 1967 with funding through President

Our Vision

NorthPoint sets a standard of excellence in providing culturally responsive, integrated, holistic primary health and social services that strengthen the lives of our community and the people we serve. We are leaders and partners in a shared vision of a healthy, environmentally safe, economically stable and self-reliant community.

NorthPoint's Values

Diversity / Inclusion

We meet each others' cultural needs and embrace our cultural differences. and create an environment honoring each other's dignity and contributions.

Compassion

We create a caring environment that encourages healing, growth, and well-being, and delivers accessible and responsive health care and human services.

Stewardship

We earn the enduring goodwill of our clients, our patients and their families, and we are accountable and hold ourselves to high standards.

Innovation

We support the rapid diffusion of new ideas and new technology, and deliver an integrated holistic approach to health and human services.

Integrity

We treat each other fairly, and behave ethically.

Johnson's "War on Poverty" effort to provide coordinated access to health and human services programs.

The integration of the organization's clinical and human services programs was designed to improve patient and client care through the integration of both health and human services on a single campus. The human services and the clinic departments share a common mission, Board of Directors and CEO but maintain management and service distinctions based on the skills, orientation and demands of the populations we serve.

Program at a Glance

Programs at a Glance

- Client Services/Advocacy
- Community Food Shelf
- Housing Assistance & Financial Counseling
- Community Outreach
- Community Health Initiatives
- Client & Family Services Department
- Renaissance Program
- Community Service Involvement
- Additional NorthPoint Services

Client Services / Advocacy

Our Client Services and Advocacy team brokers community resources (e.g. housing, clothing, legal, transportation, etc.) and provides information and liaison assistance to individuals and families facing crises. Program Navigators provide crisis intervention by identifying the customer's immediate needs, determining the root causes of crisis and developing a plan of prevention.

Community Food Shelf

For over thirty years the Community Food Shelf at NorthPoint Health & Wellness Center, Inc. has been providing food services to assist those with immediate needs. Clients may obtain a three-day supply of wholesome, nutritious food once every 30 days.

Our food shelf customers shop in a grocery store format, letting them self-select the items they need and prefer. To meet the needs of the elderly and others with physical challenges we started operating a Mobile Food Program to deliver food to those unable to come to our food shelf site. In addition we provide a more holistic approach to health and wellness by incorporating the use of health screening and nutrition education to those we serve.



5,384 families (14,316 individuals) received 544,378 pounds of food and personal care items

- 42% of food shelf clients had incomes at or below 100% of poverty
- 33% of food shelf clients had incomes between 100-200% of poverty
- 50% of food shelf clients were 17 years old or younger
- 70% of food shelf clients were employed (in some form or fashion)

Housing Assistance / Community Outreach

Housing Assistance & Financial Counseling

Housing Assistance & Financial Counseling one-on-one specialized counseling service That includes providing emergency financial assistance for delinquent rents and financial assistance for damage or security deposits. NorthPoint assisted 213 individuals from 74 different households with financial counseling and housing assistance last year.



Community Outreach

NorthPoint's Community Outreach department provides prevention education and connects families and individuals to supportive resources to assist in developing the skills and knowledge needed to improve their physical and mental health. The outreach staff also works to raise awareness of the social and economic issues impacting families.

NorthPoint's Community Outreach and Community Health Workers staff participated at more than 200 community events. Including the annual Juneteenth Festival, the Hmong Health Fair, the Festival of Fathers, the Urban League Family Day and many more. In 2014 the community outreach department provided services to more than 3944 individuals from over 1519 different households.

Community Health Initiatives



Community Health Initiatives

In 2006, NorthPoint successfully integrated Community Health Workers (CHWs) into both the clinical and human service operations providing an effective means of addressing a variety of the health and socio-economic disparities facing our community.

NorthPoint's CHW's are trusted and knowledgeable frontline health personnel who come from the communities we serve. Roles include culturally-responsive outreach, patient and community education, social support, informal counseling and advocacy, as well as care coordination and health system navigation that address specific chronic diseases.

Current projects include

- **Breast Cancer Outreach and Education**

Focused on reducing the health disparities in breast cancer incidence and death among women of color in North Minneapolis. Over 1900 women were engaged.

- **Breathe Free North (BFN)**

A program to increase the number of smoke-free private and publicly owned multi-housing units in North Minneapolis as well as helping to reduce the number of stores that target youth tobacco use and sell flavored, single cigarettes and other tobacco products. In 2014 the Breathe Free Program worked directly with and helped to educate 439 individuals about the harmful effects of smoking.



Community Health Initiatives

- **COACH Dental Program**

COACH works to improve the oral health care for low income children, birth to age five and pregnant women in North Minneapolis. Community Health Workers (CHW's) partner with Dental Clinic hygienist to offer education and screening services to children and adults at community events and public venues. Those needing follow up services are schedule with dental appointments and referrals for specialized care. In 2014 a total 434 youth were provided with oral health care through the COACH Program.

- **Eliminating Health Disparities Initiative**

Provides comprehensive care coordination to African American, Hmong and Hispanic/Latino patients diagnosed with or at high risk for diabetes and cardiovascular disease. In the project year 2013-2014, NorthPoint provided 2494 direct patient contacts with individuals receiving care coordination services.

- **We Can Prevent Diabetes Minnesota**

A 16 week program focused on healthy lifestyle changes and diabetes prevention, forty two individuals were enrolled and participated in the program in 2014.

- **Let's Talk About It – Prostate Cancer**

To increase awareness and understanding of prostate and colorectal cancer risk factors, Let's Talk About It is an early detection project focused on men 40 years of age and older and those with a family history of cancer. In 2014 we assisted 18 men through this program.

- **Linking North Minneapolis Charter School Students with Health and Wellness Resources**

A comprehensive effort to provide preventive health screening and detection (medical, oral and mental health) with outreach and education, enrollment in health coverage and care coordination for children identified at risk, Linking Schools delivered services in three charter schools and screened over 870 children in 2014.

- **MNsure Health Insurance Enrollment**

Certified Navigators provide information about the Affordable Care Act through group and individual education sessions, community outreach and in-reach. In 2014 NorthPoint Navigators and Assistors enrolled 2,333 individuals in a health care program.

Client and Family Services



Erin Barker

Erin was raised in Racine Wisconsin with an older brother and her mother prior to moving to Milwaukee with her family. The older brother relocated to Minneapolis shortly after that move, and encouraged her to move here as well. Erin elected to stay with her ailing mom and look after her. When Erin's mom passed in 2011 she finally made the move to Minneapolis. Erin felt that there were limited opportunities in Milwaukee and thought she might do better by moving to Minneapolis. The move proved difficult and Erin eventually ended up homeless and living in shelters. Eventually, she found her way to NorthPoint and ended up in the Gateway program. Gateway helped her in many different ways including enrollment in the Job Club Workshops. Those workshops led to her finding employment and eventually enabled her to enroll in a program at Minneapolis Community & Technical College. The program is helping her to achieve the goal of getting a degree from in Community Health. Erin says, "I want to be able to help people in the same way that people helped me."

Client & Family Services Department

Addressing family stability and fostering economic independence of families, NorthPoint's Client & Family Services Department consist of 3 different and unique programs that work toward a goal of assisting individuals and families in reaching their potential and realizing a higher quality of life.

▪ Gateway Program

The Gateway Program supports families receiving Minnesota Family Investment Program and who face multiple challenges and barriers. The primary objective of the program is to leverage organizational and community resources to create sustained economic/familial outcomes in partnership with families. The Gateway Program provides case management, advocacy, weekly development groups and opportunities for civic engagement. In 2014, 109 individuals enrolled in the Gateway program

▪ African American Men Project (AAMP)

The mission of the African American Men Project is to create a community of healthy, strong, and self-reliant Black Men supported by and connected to effective partnerships and innovative strategies. In 2014 we assisted 157 men through this program.

▪ Co-Parent Court

Co-Parent Court is a problem solving court in Hennepin County that works with unmarried parents who are establishing paternity (legal fatherhood) for their child. Co-Parent Court is a non-traditional court that addresses barriers to effective parenting. In 2014 we assisted 19 women through this program.

Renaissance Program



NorthPoint's Renaissance Program is a dually licensed Rule 31 outpatient chemical dependency and co-occurring disorders treatment program that provides primary and relapse prevention treatment for adults with substance use disorders and who may also have a mental illness.

The program utilizes harm reduction principles to assist participants improve the quality of their lives by reducing or eliminating the negative effects created by substance use. Participants are provided with chemical dependency concepts, emotion regulation, mental health, and life skills education and skills develop groups.

Program services utilize a trauma responsive approach, treatment groups are gender specific treatment groups and curriculum is culturally appropriate to meet the diverse needs of clients. The Program is licensed through the State of Minnesota, Division of Licensing.

In 2014, 93 adults received treatment services while 275 individuals received assessments and were referred to appropriate levels of care.

Additional NorthPoint Services



NorthPoint's Computer Lab

NorthPoint's Public Computer Lab offers free computer and internet access, plus free computer training in a comfortable and friendly setting. The lab is open to the public and offers state of the art equipment and unlimited access. On site assistance is also available to help with basic computer activities, such as online job searches, resume writing, setting up email accounts, learning how to use the internet to access health and wellness information. The Lab is located in Room 100 in NorthPoint's Human Services Building. In 2014 there were over 4,185 users of our computer lab, 977 who were first time users.

Job Club Workshops

NorthPoint's Job Club Workshop (JCW) emphasizes skills needed to successfully prepare individuals for the workplace environment and show relevance of industry certifications, vocational training and post secondary education to future career and educational goals. The Job Club is open to everyone.

Community Service Involvement

NorthPoint Community Service Involvement

- NorthPoint annually conducts a “Toys for Tots” distribution in conjunction with the Marine Corps to provide new holiday gifts to disadvantaged children living in North Minneapolis. In 2014 we served 585 households.
- Back to School Supply Distribution, provides donations of basic school supplies to Northside students the week before school starts. In 2014 we served approximately 210 children.
- Fresh Produce Distribution –This annual summer program, sponsored by Second Harvest Heartland and Blue Cross Blue Shield, provides fresh fruits, vegetables and other food items to neighborhood families twice a month. In 2014 almost 3,000 individuals received fresh produce.
- Holiday Meal Distribution – NorthPoint distributes gift certificates and Holiday meal vouchers to families during Thanksgiving and Christmas holidays. In 2014 150 households received meals.
- Photo with Santa Event - Children from 150 different households shared a small smile with Santa during our Holiday Photo event.
- Fit 4 Fun Event - NorthPoint holds an on-site annual Fit 4 Fun event designed to encourage everyone to get out and exercise. 2014 was the third annual event.



Volunteers



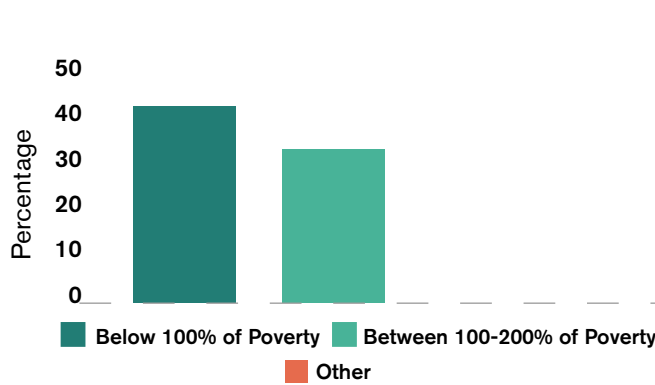
Volunteers

Volunteers support our efforts in many ways, from our summer produce distribution, See, Test, & Treat breast cancer screening event, to the Toys for Tots distribution in December. In 2014, 479 volunteers and interns provided 7,413 hours of service. That's equivalent to 3 ½ full-time employees.

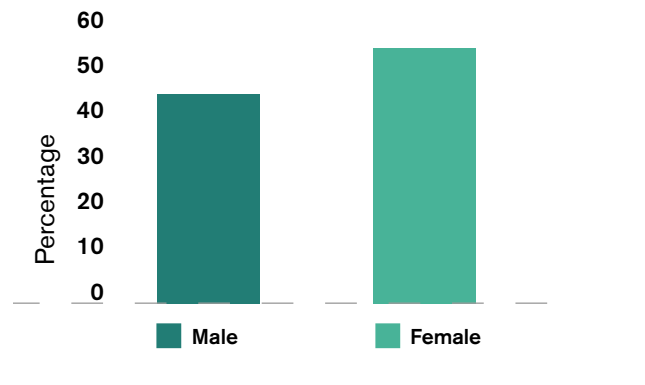


Demographics of Individuals Served

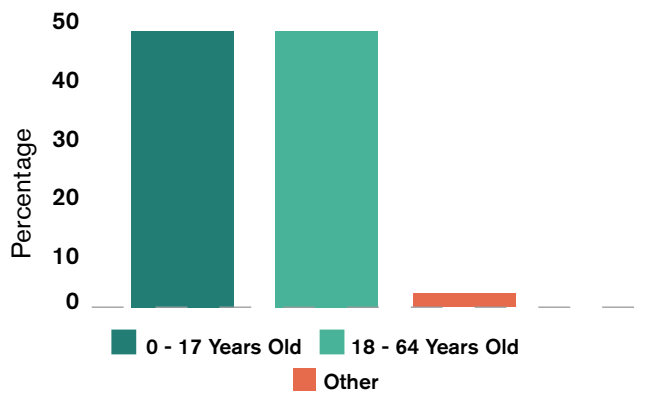
Total Individuals Served (non duplicated) 14,186 | 5328 Households Served



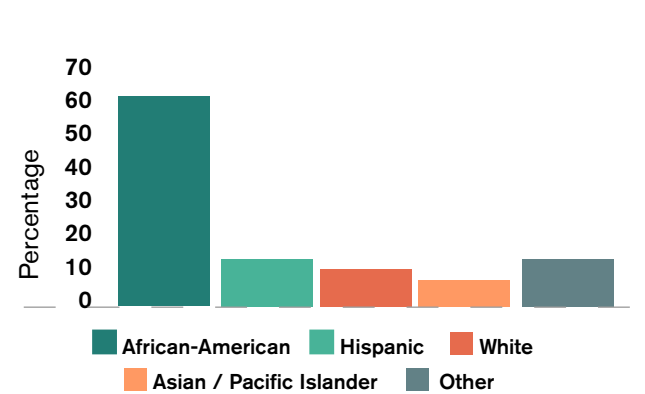
Household Income



Gender



Age



Ethnicity



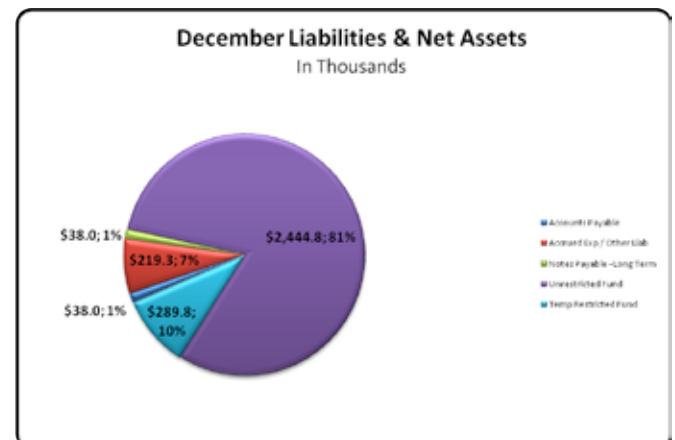
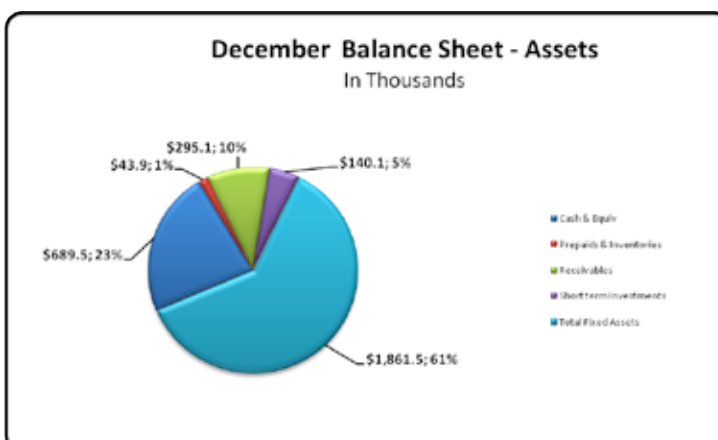
Financials

NorthPoint Health & Wellness Center, Inc Statement of Financial Position 2014

Account Title	Current Period Balance
Revenue	
Individual & Other Donations	39,811
Corporations & Foundations	542,849
United Way Revenue	130,792
Hennepin County Revenue	3,033,563
Other Government Grants	338,930
Tenant Rental Revenue	54,469
Renaissance Program	290,759
Investments and Other	97,660
Total Revenue	4,528,833
Expense	
Salaries and Benefits	3,355,336
Professional Fees, Consultants, Temp	125,772
Program Expenses	403,035
Occupancy & Insurance	190,207
Depreciation Expense	78,137
General Operations Expense	87,426
Staff Expenses	20,580
Total Expenses	4,260,493
Net Surplus / (Deficit)	268,340

NorthPoint Health & Wellness Center, Inc Statement of Financial Position December 31, 2014

Account Title	Current Period Balance
Assets	
Current Assets	
Cash & Equivalents	689,466
Prepaid Expenses	21,362
Receivables	295,058
Short term Investments	140,056
Inventories	22,566
Total Current Assets	1,168,507
Fixed Assets	
Fixed Assets -Cost	2,585,630
Accumulated Depreciation	(724,089)
Total Fixed Assets	1,861,541
Total Assets	3,030,048
Liabilities & Net Assets	
Current Liabilities	
Accounts Payable	38,044
Accrued Wages	74,819
Other Liabilities	144,506
Total Current Liabilities	257,369
Long Term Liabilities	
Notes Payable - Long Term	38,000
Total Long Term Liabilities	38,000
Total Liabilities	295,369
Net Assets Fund Balances	
Unrestricted Fund	2,444,835
Temp Restricted Fund	289,844
Total Fund Balance	2,734,680
Total Liabilities & Net Assets	3,030,048



Thanks to our 2014 Donors

\$10,000 and up

Lona Healam Lindquist & Venum LLP

\$3,000 - \$5,000

Calvary Lutheran Church Community Health Fund of the Minneapolis Foundation
PCL Construction

\$1,000 - \$2,999

AT & T Greater Minneapolis Council Churches/ Mn. FoodShare
Jim & Linda Lee Foundation Minnehaha Academy Mn. Selects Hockey
Richard Vikander

\$500 - \$999

Anonymous Michael & Donna Kaplan Mortenson Construction (employees)
Kelly Ruby Stella Whitney-West

\$10 - \$499

Chris Acres	Cherise Ayers	Mary Banwell
Benevity Community Impact Fund	Brian Bergs	Charlie Bulman
Jonathan Carter	Jeffrey and Nancy Chihak	Shelley Clausen
Sherrie Simpson Coleman	Sherry Cooper	Kathy Curtis
Betsy David	Crystal Dancy	Paul Erickson
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Kimberly Spates	Ann Marie Sweeney	Ethel Thomas-Giles
Mai Ly Thor	Alanna Tyler	Catherine Upham
Naiyer A. Usmani	Donn Vargas	Patrick Wilson

Corporations & Foundations

General Mills Foundation	American Cancer Society	Blue Cross Blue Shield of MN Foundation
Otto Bremer Foundation	Komen Race for the Cure Foundation	
CAP Foundation	Greater Twin Cities United Way	
Delta Dental of Minnesota Foundation		

In Kind

Second Harvest Hartland	The Food Group (formally EFN)
Minneapolis Rotary Club / University of Minnesota Rotary Club	

Government Grants & Contracts

Hennepin County	FEMA
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